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# Tai Chi Journey



## **Synopsis**

Book by Lash, John

## **Book Information**

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## **Customer Reviews**

Book by Lash, John

This book is an amazing journey into what t'ai chi means to the universe! T'ai Chi is one of the most profound of arts and this book really gets that. This book gets past the dellusions, past the tournaments and other materialisms into what t'ai chi is really about: being in the eye of the hurricane! Above all else t'ai chi is an art that cultivates sensitivity and awareness; truth is the outcome of a succesful t'ai chi practice and this book is a book of unique purity and mystic revelation!

Still reading, loving it.

ok

I was mislead about this book. It was not what I expected, nor bythe author I expected. Not the seller's fault. I passed it on to someoneelse.

After reading this book you'll understand why all the "how to" books on Tai Chi are meaningless.

This is a book written for the individual who sees Tai Chi as more than a healthy choreography to be played during free time. It's a way of life and a means of approaching the complexities of life. The author has artfully taken a beautiful translation of the I Ching and selected verses. He then relates the verse's message to the artform/lifeform of Tai Chi. Anybody who appreciates the richness of The Dao and Tai Chi will have to have this book in their collection.

This is a book about Tai Chi but with a big difference. It incorporates a deep interpretation of the Tao which can be used as a guide to living with these values as a foundation to how we react to the world. It's a book which you can dip into when you feel like you want to scream and come out feeling calm and ready to view the world differently. I have been a beginner in the art of Tai Chi for the past ten years and this book makes me realise that I've only just dipped my toe into the subject and makes me want MORE! Unfortunately, the only copy I've been able to get hold of is a much thumbed library copy from the other side of the County and they want it back soon! With the gain in popularity of Tai Chi, I'm sure that if it was reprinted it would sell a lot of copies.

I carried this book with me everywhere, to help put me back on center throughout my daily life. It helped to deepen my spirituality and I had bought a lot of copies to give to friends as gifts. They all came back later to tell me how much it meant to them. I hope the publisher reprints, as I gave my personal copy away .

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