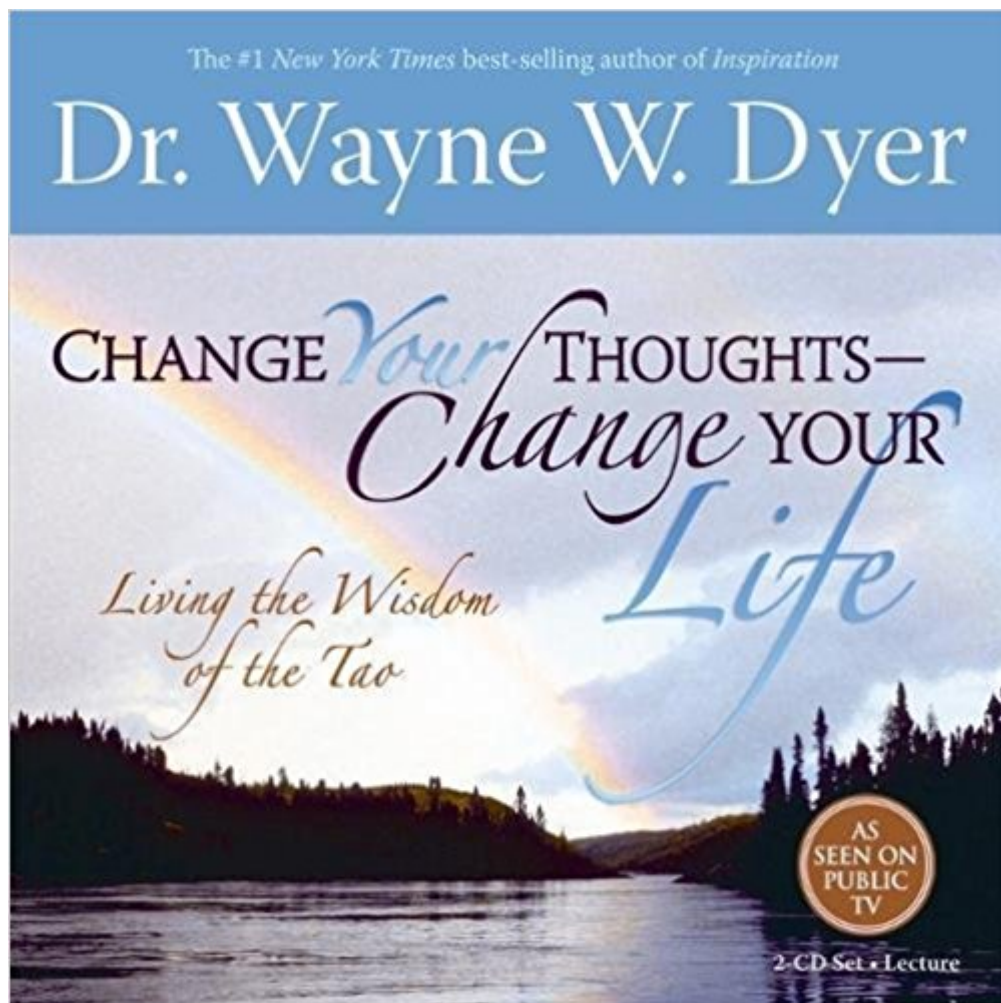




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# Change Your Thoughts Meditation CD: Do The Tao Now!



## Synopsis

Five hundred years before the birth of Jesus, a God-realized being named Lao-tzu in ancient China created the ultimate commentary on the nature of our existence. This classic text, called the Tao Te Ching or the Great Way, offered advice and guidance that was balanced, moral, spiritual, and always concerned with working for the good. On this CD, for the very first time, Dr. Wayne W. Dyer takes you on a compelling journey through all 81 verses of the Tao, as he offers affirmations and a unique meditation technique that you can directly apply to your life. By actually repeating the word Tao as a mantra, you will subliminally attain a level of wisdom and peace that you may have never experienced before. Do the Tao now . . . and usher in an entirely new way of thinking!

## Book Information

Audio CD

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Product Dimensions: 5.7 x 0.5 x 5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 134 customer reviews

Best Sellers Rank: #339,544 in Books (See Top 100 in Books) #75 in Books > Books on CD >

Reference #90 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #91

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## Customer Reviews

"Warm and inspiring" Spirit & Destiny

Affectionately called the "father of motivation" by his fans, Dr. Wayne W. Dyer was an internationally renowned author, speaker, and pioneer in the field of self-development. Over the four decades of his career, he wrote more than 40 books (21 of which became New York Times bestsellers), created numerous audio programs and videos, and appeared on thousands of television and radio shows. His books *Manifest Your Destiny*, *Wisdom of the Ages*, *There's a Spiritual Solution to Every Problem*, and the New York Times bestsellers *10 Secrets for Success and Inner Peace*, *The Power of Intention*, *Inspiration*, *Change Your Thoughts*, *Change Your Life*, *Excuses Begone!*, *Wishes Fulfilled*, and *I Can See Clearly Now* were all featured as

National Public Television specials. Wayne held a doctorate in educational counseling from Wayne State University, had been an associate professor at St. John's University in New York, and honored a lifetime commitment to learning and finding the Higher Self. In 2015, he left his body, returning to Infinite Source to embark on his next adventure. Website: [www.DrWayneDyer.com](http://www.DrWayneDyer.com)

I would like to address the comments regarding the 'obnoxious' sounds from Dr. Dyer. Please, if you are actually meditating along with anyone...you will hear them and I would hope are chanting right along with them. The focus is not on the background noises. Why is anyone focusing on the music? That defeats the purpose of this lesson. I do not agree with the negative comments on how you can't hear the music; yes, you can hear it just fine. This is meditation and you are to participate...which means, you also say the sounds at the same time. Dr. Dyer's voice is vibratory, alive, and I completely feel in tune as I listen and chant with him. I would find it less meaningful if the voice was barely audible. I have listened to the CD three times now and I walk away relaxed and peaceful each time. Our thoughts influence our actions, reactions and self-image. The meditation CD gives an opportunity to internalize the Tao. It provides affirmations that are not to be memorized but "taken in" that use the 81 verses of the Tao. There is a very short introduction from Dr. Dyer (as in maybe a minute if that). Then it starts right in on the meditation; beginning with an affirmation and then we chant 'Tao', followed by another affirmation, and chant of 'Tao', and so on. I wish you all health and happiness.

Not at all what I expected. Dyer saying one sentence then chanting "Tao" three times was not what I expected to hear. Very disappointing, especially from Dyer. I agree with concepts just not this delivery.

Dr. Dyer's thoughts are very good to make one think of life and how to modify it for the better. I have no qualms about his philosophy of life. Unfortunately, Dr. Dyer has chosen in this rendition, and narrating it himself, to intersperse and repeat the word "Tao" in a humming manner after each verse, which after the third or fourth time wears thin, and by the 7th or 8th time becomes very difficult for listening. It is very annoying and I finally had to turn off the CD, and return to the book. It is a shame, and I don't know where Dr. Dyer came up with the idea, but it left me in the cold, and I think I am not alone. I have written my own interpretation of the Tao Te Ching: A Plain English Version, which is published by Xlibris, and available from . My interpretation, combined with that of Dr. Dyer would make a good combination to make a better life for many. I give 5 stars for the

interpretation by Dr. Dyer, but was very disappointed in the Compact disk, and thus, a one star rating.

I love Wayne Dyer, but I did not think this was going to be a LONG CD of him chanting...I love him but he sings off key and it is hard to focus on his words knowing he is going to chant off tune each time he starts! Just saying!

This is a great meditation. It allows me to go deep and contemplate the messages from the Tao. My only suggestion would be to create a day time affirmation version of this also. With only the affirmations and not the 3 x Tao said at the end of each phrase. This would allow me to play it in the background all day long so that I can subliminally take in the powerful messages in each statement made. Simply awesome.

I purchased the book as well as the meditation CD and I would highly recommend both together. I was new to the "dowwwohhhmmmmm" chanting and was a bit surprised to hear it at first. My little dogs were also surprised as well since they barked at the sound until they got used to it. It was a good chuckle, but in all seriousness, now I find the chanting to be pleasant and the dogs ignore it. I downloaded the CD onto my ipod and I find listening in private more rewarding. Every time I read some of the book or listen to the meditations I absorb a little bit more. I am grateful to Dr. Dyer for sharing his insights with us once again and for introducing me to the Tao Te Ching.

I am a huge Wayne Dyer fan, and was looking forward to listening to this CD. Unfortunately, as others have mentioned, the chanting that happens after he does every affirmation is NOT calming!! He has a wonderfully soothing voice, and the light music playing in the background is just great, and then you are jolted with this awful Doooooowwwwww sound that is such a contrast to the sounds you just heard. For me it's like fingernails on a chalkboard. In my first listening I quickly and thankfully discovered each affirmation is its own track, so after he's said the verse, I learned to skip to the next track. Now that's not really so soothing because it makes me have to listen carefully before I get hit with the Dooooooww[...] I have now ripped the CD to my computer and am in the process of editing the awful sound off each of the tracks. It's going to take a while to get through 82 tracks, but it will be so much better to listen to after I get it done.

AS ALWAYS, DR. WAYNE DYER DELIVERS A TRANSFORMATIVE, HIGHLY EFFECTIVE CD.

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