

Press: Immediate Release for Book

Tao, Art of Flow

An Inspirational Journey through Intimate Wisdom

Written & Illustrated by John A. Salat

Personal Growth • Zen Prose • Spiritual Psychology • Eastern Philosophy

- **Experience deeper dimensions of a powerful being**
 - **Allow your spirit to Flow effortlessly and timelessly**
 - **Pleasantly watch miracles pour daily through your life**

Steer your life towards radical new levels using innovative tools. Receive rich insights that actively transform your health, your career, and your relationships. John Salat's personal experience freshly reveals ancient knowledge from the Tao to you with an intimate, artful Flow. His poetic, expressive, and meditative writing leads you through a warm spiritual journey of touching invisible, conscious streams. He explores Tao through an insightful personal story that unravels ancient secrets and leads you to explore a step by step series of guided contemplations in a fresh, new way.

For thousands of years, the organic knowledge of Tao (meaning "path") has guided souls through an endless, serendipitous Flow. This living wisdom is energy that moves freely without our interference, because the world's natural course carries this intelligence fluently with life's balances of changing cycles. The mysterious philosophy of Tao is often sought from China's Lao-Tzu's writings of Tao Te Ching. This book, however, journeys beyond traditional writings by immersing you deep within your primordial awareness to reveal universal insights and inspiration for living in today's contemporary world.



John Salat is an innovative optimist whose goal is inspiring human exploration of awareness. As a teacher of energy flow and a master of Energy Psychology, his 30 years of personal experience in bio-energetic healing stems from living Tao principles.

John Salat is a certified transformational leader (CTL), Certified Reiki Master (CRM), registered Sidha®, licensed architect (AIA), and signed label musician. His meditative mediums are featured in many publications and broadcasted on both radio and television.

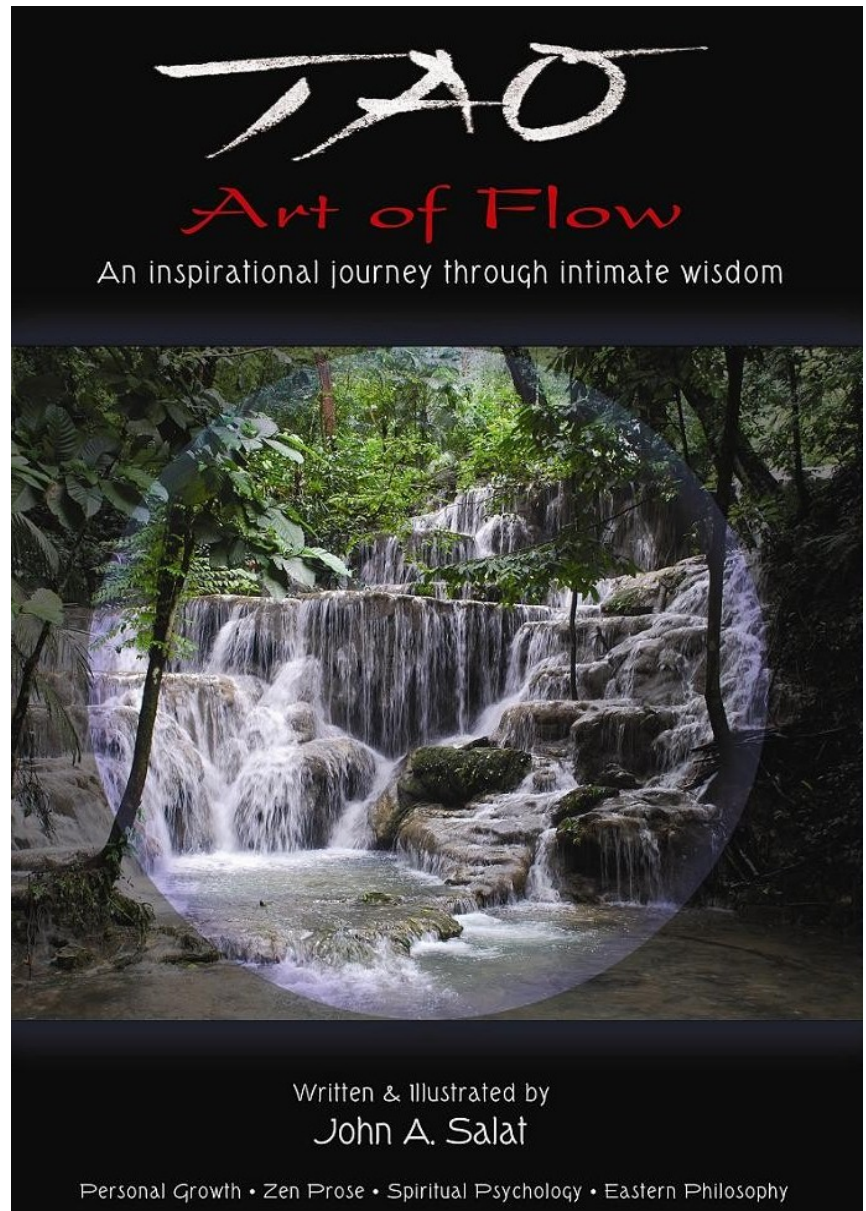
He teaches weekly classes on effective communication skills, Tai Chi, Qigong, meditation, healing and Reiki. His clients include famous and well-known actors, producers, writers, politicians and some of the leading health practitioners in the country.

John's has set sail on a lifelong journey to access ancient wisdom. His extensive travels throughout China allowed him reach a dozen sacred temples including where Tao and Confucianism originated. He also studied with great living masters of Taoist principles. John's hands-on participation at the Esalen Institute has allowed him to successfully integrate these, and other Taoist-derived healing modality experiences to both teach and incorporate these ancient systems into the mainstream of Western teaching.

John presently lives with his family in Southern California.

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You will be touching everyday life situations responsibly through exploring a series of distinctions, open inquiries with warm reflective moments. This wisdom profoundly ignites while discovering your ways to hold this conscious path wide open. Through the natural course-ways, the soul begins powerfully to liberate and honor what it really needs. Accepting these magical synchronicities creates more than just meaningful coincidence; it taps intimately with having extraordinary experiences.



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