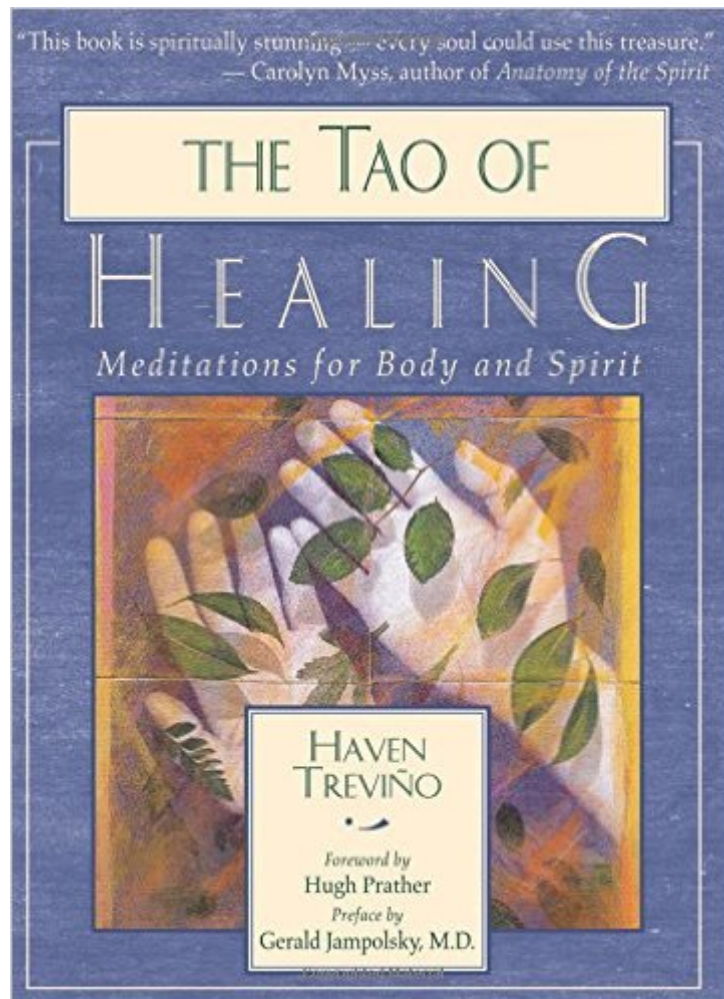


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# The Tao Of Healing: Meditations For Body And Spirit



## Synopsis

Haven Trevino, a lifelong student of Taoism, was in the final stages of Lou Gehrig's disease when he wrote this book. His modern adaptation of the Tao Te Ching lends itself beautifully to the subject of healing. These meditations offer insight, humor, and hope.

## Book Information

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## Customer Reviews

The Tao Of Healing: Meditations For Body And Spirit, Second Edition, is a beautiful book, both in its content and its presentation. Haven Trevino says it is his "adaption of the Tao Te Ching, or 'Way of Life,' which first appeared around 600 B.C." Lao Tzu is believed to be the author of Tao Te Ching, which has been translated innumerable times. Trevino, a lifelong student of the Tao Te Ching, chose to use Lao Tzu's wisdom on the art of healing. Seriously ill himself, Trevino says his translation taught him that "beneath our shells of pain and darkness lives a light that transcends description, and all it takes to reunite us is our intention to do so. This light, or love, is who we truly are, and true healing is remembering this simple truth." Love and ancient wisdom permeates Trevino's verses. Each verse is meant to be quietly savored and reflected upon as it gently brings insight and inspiration to the student. Lao Tzu and Trevino both clearly understand human frailties. Gerald Jampolsky, M.D., well-known for his own writing on spiritual healing, wrote the preface to Trevino's book. He says that "reading this book is like listening to the heart of the universe sing an ancient melody of truth and wisdom." He adds it is "about giving and receiving, loving and forgiving, and simply being." Readers, whether healers or in need of healing, will find in The Tao Of Healing

the enlightenment they need for their journey. Sandra Smith, Reviewer

I have owned this book for 7 years and it still continues to offer solace in times of sorrow or frustration. It is written in poetic form and each page offers beautiful insights as to how to perceive the pain of life in a way that provides growth and acceptance and love. Very deep and beautiful.

I found this small volume at my local bookstore when they were going out of business. I spent several hours browsing through the volumes and this was the one that spoke to me. At first glance I did not realize that it was yet another translation of the Tao Te Ching. When reading the introduction while waiting in line I thought, oh silly me! I have several other versions but none seems so sweetly honest. Perhaps it is because the author wrote this book during the last stages of a terminal illness. Perhaps it resonates because my father recently completed his journey here on earth. Enough simple yet profound wisdom to last a lifetime. Highly recommend.

This book was written by a man who was in the last stages of dying of Lou Gehrig's disease and it is an adaptation of the Tao Te Ching. Both of these facts got my attention! It was a beautifully written book. I read it over 3 times and turned down multiple pages. I am a family physician, and the book brought home for me how I could become a healer, which I long to be, even more than a family physician. I am also an artist and found inspiration in the book to paint illustrations for some of the quotes. I would highly recommend this book if you feel that being a healer might be your calling and you are asking the question "If I was a healer, how would that look?"

Got this book after my yoga instructor read from it and it sounded familiar. Sure enough it was the book I had in its 1st edition many years ago. It is as relevant now and will be for many years to come with its beautiful homilies, prayers, meditations and nuggets of wisdom. I read one each day to soothe my way in the world. Beautiful!

Haven Travino's interpretation of the Tao presents an unusual but useful view of the Tao's Asian philosophy, informed by his need for reassurance and comfort during his own terminal illness. It is sometimes a stretch to find the traditional ideas, but this book is nevertheless an original creation that delivers needed reassurance. The author's central message of love is clear, along with conviction that we are already whole and at one with the universe. It is a comforting book to dip into for a quick read on any page. Carol Grever

When I first purchased this book, I thought it not as good a rendition as the book upon which it is based, the ancient Tao Te Ching (I use the Mitchell translation). But I came back to it several years and many experiences later, particularly now, taking care of my long-time husband who is bed-bound with MS and cancer, and find it is very insightful in a new and refreshing way. The same thing happened to a friend I gave it to as a gift: she couldn't get into it, and after she herself experienced a life-changing illness and treatment, she loves it! I highly recommend it, particularly for those who are ill or who care for those that need very special care.

The principles of the Tao are very clearly outlined here. Clearly, this work is very explicit about the "Oneness" of the Universe! If only we could begin to realize this globally! If the world can come together in London to respectfully compete in the Olympics - both the para-olympics and the other, then why doesn't make sense to us all to realize that we are One with the Universe? The Tao of Healing: Meditations for Body and Spirit

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