



The Woo Way: A New Way of Living and Being (Paperback)

By James Downton

Humanics Ltd, United States, 2002. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The Life Gardening Project is designed to help people cultivate change in themselves and their lives. Based on the ancient Taoist principle of wu wei, which means living in harmony with the Tao as the fullness of life, Jim Downton uses the playful adaptation Woo Way to develop learning processes that enhance the lives of people today. He has been developing and teaching the principles of The woo Way for many years at the University of Colorado in Boulder and in community workshops. The Woo Way is an experiential journey that opens greater access to personal freedom and leads to more balance and wholeness. Automatic patterns are replaced with conscious choices. Personal suffering and stress are significantly reduced while happiness, contentment, and wisdom expand. It is mind and life altering work. Like digging the ground to plant a garden, the work takes effort. By cultivating new thinking and behavior, you discover that life doesn't have to be such a struggle. It can be easier and more fun. As you nourish that ease and playfulness, you realize the words of the Woo Master:...



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