



About the Book

TaoTuning: the art of flow explores the profound concept of finding true happiness by doing the work necessary to optimize one's life. The book introduces the concept of becoming "Tao surfers," balancing the waves of life to achieve harmony and authenticity, and how to stay within your "wave-amplitude" to achieve a flow state and peak performance. The author explains that the state of flow is not just something to experience occasionally in extreme situations such as mountain climbing or elite sports. It is a space available to everyone and is the natural way to live. He urges people to spend the majority of their time in that zone rather than believing it is restricted to special and rare circumstances.

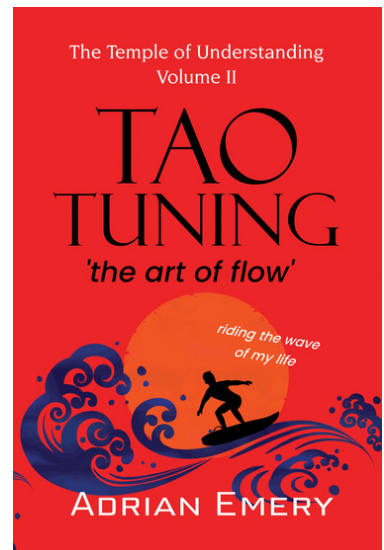
About the Author

Author, entrepreneur, philosopher, environmentalist and keen gardener, Adrian Emery has devoted his life to creating a new philosophy called LifeWorks based on understanding the laws, principles and codes that make life work easily, effortlessly and successfully. He has developed a coaching modality called *TaoTuning* designed to assist others in finding their life purpose (ikigai) and attune to the flow of their inner destiny and fate. Emery also built rusticspirit in the Blue Mountains of Australia as a spiritual retreat for guests to come and experience the stillness. He currently lives just outside the Blue Mountains National Park with his partner Marianne in Sennikatan, a spectacular 10-acre botanic garden and ecosystem, built over the last 50 years to demonstrate we can regenerate the Earth. To learn more, please visit AdrianEmery.com or follow him on Instagram @AdrianMoranEmery and Facebook @adrianemery.author.

Praise for *TaoTuning*

"This book is a treasure trove of wisdom and practical advice. It has the power to transform lives by encouraging readers to pursue their passions and embrace the timeless principles of Taoism. Highly recommended for anyone seeking a deeper understanding of life and a path to true happiness."

– Laurens van den Oever, CCO of ForwardKeys



TaoTuning: 'the art of flow'
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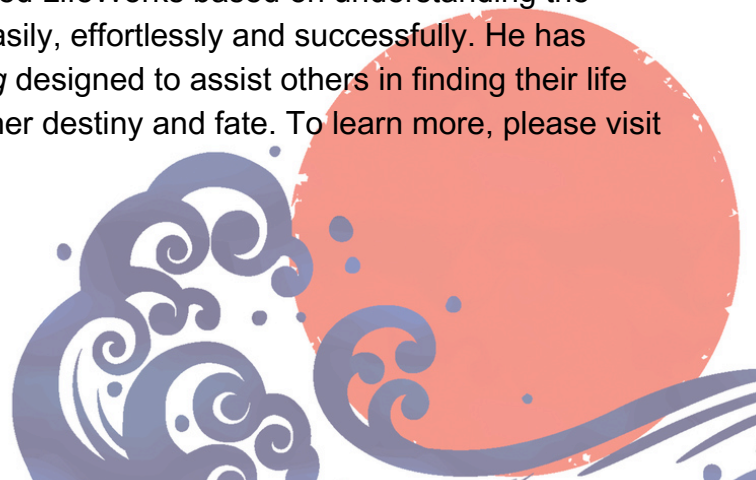


Full Author Bio:

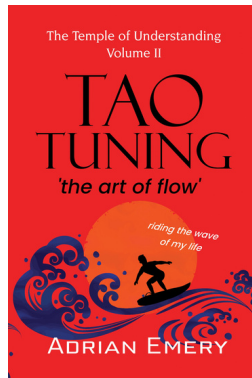
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Short Author Bio:

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Sample Interview Questions for Adrian Emery



1. What does the phrase *TaoTuning* mean?
2. How does one reach optimal “flow”?
3. What does ikigai mean?
4. What is one small change a person can make right now to help find true happiness?
5. What led to your interest in Taoism?
6. Please explain your belief about the next stage of human evolution.
7. Why have humans become divorced from nature?
8. How can humans live in better harmony with nature?
9. How long did it take to write the book, *TaoTuning*?
10. Tell us more about the entire Temple of Understanding series.
11. When did you know you wanted to be a writer?
12. Where can readers find out more about your book?

Excerpt from *TaoTuning*

Chapter 18, pp 208-209

And herein lies the real heart of the problem: can humanity humbly accept that it is not the smartest person in the room? Can humanity accept that matter is not dead and inanimate but rather that consciousness pervades every cell, every atom, every sub-atomic particle and that everything is connected to everything else; that we truly do live in a holographic universe? And more importantly, that all of life is sacred and to negate this reverence to any part of creation, ultimately brings our own self-destruction.

We cannot wantonly continue to believe in blissful ignorance that nature is here to be dominated and abused. We can no longer believe that matter is unfeeling, dead and at humanity's disposal. We live in a holographic universe that is alive and interconnected. The biosphere of the planet is demonstrating this to us in no uncertain terms: the more we rape the earth, the more we tinker with the vital life support systems within which we live. We have become so obsessed with short-term profit that we are robbing the future of its very existence. We will go down in history as the single most selfish generation that stole from its future generations.

This is the logical outcome of a myopic, negative ego that is isolated, alienated and separated from the very core of its existence. Humanity has lost its holistic perspective and thus its way. David Bohm stresses that it is the responsibility of every human being to contribute to the development of collective human consciousness – what he calls the noosphere. *'There's nothing else to do--there is no other way out. That is absolutely what has to be done and nothing else can work.'*

Now we need to emphasise, that this is not the preaching of a mystical or religious fanatic – this is the teaching of one of the leading quantum physicists of our age who worked at Berkeley, Princeton and Birkbeck and whose philosophy was the direct outcome of his experience as a nuclear physicist. Moreover, most quantum physicists as well as most astronauts have come to these same conclusions concerning the true nature of reality.

This reality is characterised by the qualities of order, intelligence, creativity and a sense of holiness or sacredness. The one overriding outcome that ultimately joins these modern scientists with the ancient mystics is the essential oneness, unity and sacredness of life; that there is a cosmic energy that holds everything together within itself and that this cosmic energy obeys and manifests through cosmic law. We have referred to this universal law as the Tao; Bohm calls it the holomovement which transcends both space and time in another dimension of wholeness or consciousness.

