



Entering The Tao (Paperback)

By Hua-Ching Ni

Shambhala Publications Inc, United States, 1997. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Master Hua-Ching Ni uses straightforward language and personal experiences, as well as traditional stories and teachings of the ancient masters, to impart the wisdom of Taoism, the Integral Way. His teachings promote a simple, natural, healthy, and happy way of life that lays the foundation for spiritual self-cultivation. Master Ni emphasizes that it is important first to establish a good understanding of basic spiritual principles and then begin to realize this wisdom in daily life by adopting practices and attitudes that help to conserve, nourish, and refine the subtle energy. Among the topics he discusses in short, accessible passages are basic spiritual self-protection; self-reliance; emotional balance; do s and don ts for a healthy, natural lifestyle; sleeping and dreaming; diet; love, sex, and marriage; and meditations and invocations from the Taoist tradition.



Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

Other PDFs



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Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



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