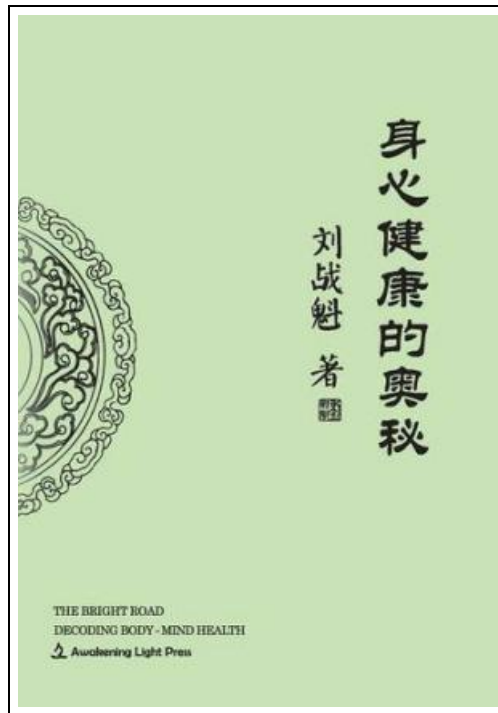


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Awakening Light Press, United States, 2015. Hardback. Condition: New. Chinese ed.. Language: Chinese . Brand New Book ***** Print on Demand *****. The Bright Road: Decoding Body-Mind Health, by Mr. Liu Zhankui, an enlightened master of contemporary oriental wisdom and a spiritual practitioner of body-and-mind cultivation who has realized Dao, is the third volume of the Path to Wisdom Series. Books collected in this series are streamlined versions of their corresponding parent volumes in the Oriental Wisdom Series by Master Liu. The Bright Road: Decoding Body-Mind Health is a streamlined version of the six-volume Eternal Wisdom. It revealed the secrets of body-mind health, opened the door to wisdom education culture, and guides the readers to live a happy life of freedom. In this book, Master Liu Zhankui repeatedly stressed: self-cultivation is learning how to practice good conduct of life - how to be a man of wisdom and good health. An overall physical and mental health is the foundation, and consciousness cultivation is the root key. A good overall health in both the body and mind requires the health pursuer to practice exercise forms that are in line with the laws of life evolution and transmutation. Liu s Exercise Series introduced in this book consist of Liu s Breathing Exercise, Liu s Head Massaging Exercise, Liu s Circle Walking Exercise, etc. These exercises were compiled and created from the essences of ancient and modern Yangsheng cultures that have been proved safe and highly effective. Liu s Exercise Series are simple and easy for all levels of fitness enthusiasts to practice for self-healing, wellness and longevity. Consciousness cultivation requires purification in the source of thoughts through constant introspection and correction in details of daily life activities in order to raise the vigilant awareness and eventually manifest the True Master - the...



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