



The Bright Road: Decoding Body-Mind Health (Path to Wisdom Series, Volume 3) (Hardback)

By Zhankui Liu

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...

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