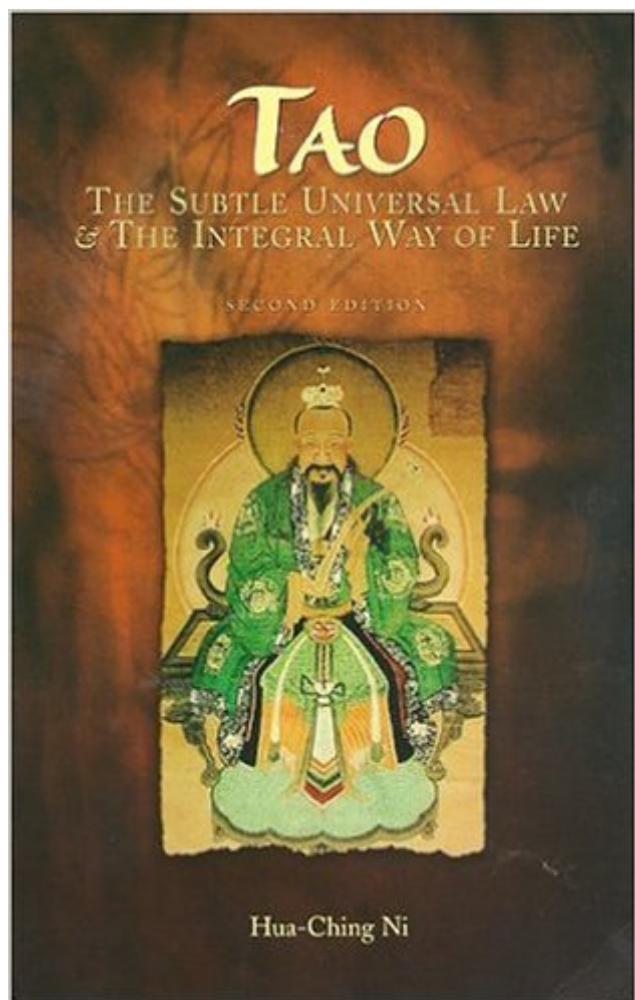


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# Tao, The Subtle Universal Law And The Integra: Second Edition



## **Synopsis**

In the modern world, people are not only separated from their environment, but also from their own bodies and minds. We can learn to integrate all these fragments and return to our original nature. In 'Tao, the Subtle Universal Law', Hua-Ching Ni carefully presents the wisdom and practical methods that the ancient Chinese have successfully used for centuries. To lead a good stable life is to be aware of the actual conjoining of the universal subtle law with every moment and event of our lives. The real meaning of taoist self-discipline is to harmonize with universal law. This is almost the total secret of a Taoist life. The value of this book lies in the fact that it not only tells us 'why' but also 'how.'

## **Book Information**

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## **Customer Reviews**

This book is chock full of good techniques and ideas. It's a great read for beginners for an overview of a fairly typical approach to Chinese Taoism. It's good for experts because of the nice summation of topics studied. It discusses things like the wu xing, the tai chi symbol, six healing sounds, tai chi basics, heaven earth and man, internal (energy, meditation) ideas, and much more. The simplistic writing is required due to the amount of subject material the author covers. This same simple language also makes it very easy to understand. Again, it's good for beginners because it introduces new topics, and good for advanced students as a review. Mine is a soft bound copy, with heavy pages and a semi-gloss finish on the sturdy cover. The fit and finish of the book itself is great, and the cover art is sublime. Five stars.

I found this book to be particularly detailed and informative covering subjects from diet, sleep, etc. A great addition to the collection to go with The Scholar Warrior and, of course, The Classics.

I already own this book reading it several times, outstanding. I purchased 3 additional copies to give as gifts to family.

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