



Entering the Tao: Master Ni's Teachings on Self-Cultivation

Hua-Ching Ni

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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
- Meditations
and invocations from the Taoist tradition

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