



Workbook for Spiritual Development of All People: Revised Edition

By Hua-Ching Ni

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'The Workbook for Spiritual Development' is a practical, hands-on approach for those devoted to spiritual achievement. The workbook contains diagrams and descriptions of sitting and standing postures, plus ancient invocations useful in purifying and protecting your spirit. This is not a book of dogma or theories; it is a practical workbook for daily use. with step-by-step guidance for self-cultivation and self-achievement.

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Editorial Review

About the Author

Hua-Ching Ni, author, teacher and healer, addresses the essential nature of human life and works to further the personal growth and spiritual development of this and future generations. Raised in a long family tradition of healing and spirituality, Hua-Ching Ni spent his youth learning from highly-achieved masters in the mountains of China. He is the beneficiary of a broad spiritual tradition passed down since the golden age of China and is the author of over 40 books on Taoism, natural healing and spirituality.

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