



Heavenly Way

The Union of Tao and Universe

Translated & Compiled
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First Printing 1981
Second Printing 1985
Third Printing 1989

Published by:
SevenStar Communications
1412 14th Street
Santa Monica, CA 90404

All Chinese calligraphy in this book by Master Ni,
Hua-Ching

Library of Congress Catalog Card Number 81-50158
ISBN 0-937064-03-3

Dedicated To:

The Sincere Seeker of Personal Spiritual Growth
and the Truth of Eternal Life

禍福自己 善惡由心
謹其在我 外患莫侵
嗟彼姦惡 城府險深
陷穽是設 于戈相尋
潛維伏矣 上帝汝臨

Introduction

This booklet contains three important treatises which I have taken from one of my works, *The Sacred Book of the Integral Way*. These three treatises are the main guidance for a mature and healthy life from a tradition over five thousand years old.

People may spend a lifetime looking for the truth of life. People may be controlled by the false disciplines of immature religious cults or prejudicial social principles. People may sacrifice their own life before they really reach the truth. All of these tragic facts exist. But, if one has an open mind, a really hand, and a willing heart, a door of many thousands of blessings may open widely to welcome you. This door leads to a healthy, well-balanced, and mature life – a life of self-awareness and eternity.

I am not the writer of these treatises, but am merely the interpreter and elucidator. As I know, the truth cannot be written. Words are merely used as descriptions for the truth. These three treatises were evidently passed down by ageless, high divinities. I am just a student of the Truth and was fortunate enough to receive this precious guidance when I was young. But to recognize the truth – to completely subject oneself to the total truth – takes a much longer time to achieve.

It was just thirty years ago that almost every villager and family in China received these treatises as their basic education. But modern intellectual and revolutionary leaders thought that with this guidance

as a foundation, China could never withstand the aggressive international world. Normalcy of life was lost in the rebellion. But the new leaders actually saw protection in this. Unfortunately, many selfish leaders and shallow-sighted influential people did not have a chance to review the whole truth of life before they perished.

It has occurred in many generations, and especially in this one, that people do not seek the truth, but instead seeks to destroy or alter it. Can this be successful? The answer is “never.” Truth is truth. Truth must be time-tested and verified. Truth never applies only to one race; it is universal. Truth cannot be rebelled against or destroyed. Truth is always unattached to time and space. It cannot be momentarily escaped. This is why it is the truth. I was offered an opportunity to cultivate it, to live with it, and to enjoy it. Once you receive it, you too shall look at it, work on it, live with it and endlessly enjoy it.

That is the purpose of this booklet. There is no magical performance which promotes the recognition of truth. All the power of magic is short-lived. Even all great masters cease their performance. But truth and being truthful live forever.

This is the way of Heaven and the way to reconnect yourself with the divine nature. It enables you to awaken o all human mistakes and to understand the danger of all negative influences. This is the way to become strong enough to withstand all enslavements.

It is important to know the truth. It is more important to utilize the truth to enrich your life and to

enforce your being. Truth vitalizes your root. False beliefs only serve to polish the leaves of your own life's tree. Not every person who wears a solemn robe is a spiritual teacher.

The truth teaches the perpetual way. False beliefs cause your life to be consumed by great images or ideas. This booklet does not recommend anything of that sort. It only recommends the normal, perpetual flow of life's channel. The rotation continues endlessly, as with the change of seasons. This is why it is the Heavenly Way.

三才並立曰天地人
洞地兩間繫人一身
自賢而聖由於不神
頃刻涉假其德不新
顏淵如魯
端可玉也

Straighten Your Way (“Tai Shan Kan Yin Pien”)

God the highest said: “Calamities and blessings do not come through any definite, distinguishable door; it is the person who invites them.”

The rewards of good and evil are like a shadow accompanying one’s body. The subtle response of the universal energy to one’s mind and behavior is not usually recognized. Yet the accuracy of retributive operation is always un-mistakenly happening to people, as if a spiritual being is keeping records of one’s evil deeds, and determining the punishment according to the seriousness of the transgressions. In fact, the quality and quantity of a person’s life will truly be affected or drastically changed by how he or she thinks or behaves. When the normal standard of life is destroyed, one’s health becomes poor and one’s spirit becomes wasted. One often meets with sorrow and misery, and most people dislike such a person. Punishments and calamities in all different forms pursue this person; good luck and joy shun this person; evil energy rays do them harm. When the opportunity of life is exhausted, the person will die.

Furthermore, there are spiritual beings who are roaming above people’s heads and who quietly watch them. People bear the marks of crimes and sins on their auras. Thus, they receive reprimands and retaliation from the different levels of the subtle realm. All enjoyment is stripped of; the enjoyment turns out to be poison. There are also evil spirits who

come to reside inside the person's body to meet the growth of evil. Those who seek everlasting good life must first avoid all evil things.

Go forward if your deeds follow the Way; but withdraw immediately if they violate the Way. Do not tread evil paths. Do nothing shameful even in the recesses of your own privacy. Accumulate virtue and amass spiritual merits. Have a compassionate heart toward all creatures. Be loyal to the real authority of life, filial to your parents, friendly to your younger brothers and brotherly to your older brothers. Always fulfill your share; set no demands on either a family or group life. Cultivate yourself so as to bring forth good influence on others. Be compassionate to orphans and sympathetic to the old and cherish the young. Even insects, grass, and trees must not be unreasonably hurt. You should grieve at the misfortune of others and rejoice in their good fortune. Assist those in need and save those in danger. Regard the gains of others as your own, and the losses of others as your own loss. Do not publicize the shortcomings of others nor boast of your own superiorities. Stop evil and promote good. Yield much, but take little. Accept humiliation without complaint and accept favor with a sense of apprehension. Bestow kindness and seek no recompense. Give without regret.

One who is good is respected by all people. The Way of Heaven helps those who are good; happiness and wealth will follow them, all evil things will shun them, and spiritual beings will help protect them. The person may even become a god.

It is traditional spiritual knowledge that one who seeks to become a divine immortal god should fulfill 3,000 subtle, virtuous deeds. One who seeks to become happy and lead a long life on earth should perform 300-1200 good deeds.

But if one acts contrary to righteousness or behaves improperly; if one is insatiably covetous and greedy and swears to seek vindication for one's filthy shame; if one loves liquor or drugs and becomes rude, weak and disorderly; if one is angry and quarrelsome with people; if people are not in harmony with each other; if one treats the spirits of one's ancestors with disrespect; if one is unfaithful towards one's family, duties, or occupation; if one is occupied with what is not beneficial to either oneself or others; if one cherishes a disloyal heart; if one curses oneself and others or is partial in one's love and projects hatred, if one disrespects the source of one's food and drink and abuses it; if one kills babies or misuses abortions or does actions of secret depravity; if one does not remain peaceful and quiet at the beginning and end of the day, month, and year; if one violates the energy cycle corresponding with directions and seasons and engages in unusual activities; if one desecrates the sanctity of one's home, one's body, or the stars; if one kills without any reason; if one commits these or similar crimes, the Subtle Arbiter of Destiny within and without one's being will, according to the seriousness of the crime devitalize the person's life, devastate the person's effects, and deprive one of reapin the harvest. If death is not sever enough

punishment to the person, then for the future generations and lives, one and one's family will continue to be plagued with evil.

Moreover, if one wrongly seizes another's property, the person's wife or husband, children, or other members of the family shall all be held responsible. The expiration is to be proportionate for all the members of the family. If death is not severe enough punishment, then there will be disasters from water, fire, thieves, loss of property or position, illness and wars to compensate for the wrongdoings. This also applies to the incorrect seizure of high positions and social power.

One who kills people unjustly or puts weapons into the hands of those who will turn on him or her, will be killed by those weapons. One who seizes property or power un-righteously is like the one who relieves hunger with spoiled food or quenches thirst with poisoned wine. Fullness will last only momentarily; death will inevitably follow.

There are many who do evil deeds and later repent of their own accord and correct their behavior. By refraining from doing any further evil and earnestly practicing much good, then in time, good fortune will surely be obtained. This is what is called changing calamities into blessings.

Therefore, the person of good fortune speaks good, sees good, and does good. Every day, one has these three kinds of goodness. At the end of three years, one's good being will invite blessings and Heaven will come to help. The person of evil fortune speaks evil,

sees evil and does evil. Every day one has these three kinds of evil. At the end of three years, one's evil being invites calamities on him or her and Heaven departs from this person.

Does this not convey that truthful words may not be beautiful, and beautiful words may not be truthful? This is not merely beautiful poetry or an essay on eloquence. Neither is it a graceful work of literature or ornamental knowledge. But it is the plain truth of life. Here it is earnestly stated.

Commentary

The responsiveness of the mind and one's behavior play a decisive role in one's personal fortune. The natural energy formation is very fundamental. For example, a duck has a long neck but short legs. This is its natural formation. One could not expect to cut the duck's neck of fin order to lengthen its legs and thus have a more "desirable" duck. As for an individual's or a family's fortune, there are always some things longer and some things shorter. If it is a natural process, then in these occasions, sins, crimes, and retributions are not generally involved.

However, the process of nature is always evolving and transforming, especially with human life. The long process of the formation of individual human life really happens through many lives. (This is actually the meaning of "evolution"). Therefore, in every moment, we are forming or reforming ourselves. The environment just reacts to what and how we are forming. Do we fit the spiritual environment or does

the subtle reformation of the spiritual environment suit us? The particular individual being is responsible for every moment of his or her being. Tension causes tension, and self-dissolution causes dissolution of the subtle environment. The former is called negative creativeness and the latter, positive creativeness. In the phase of life, harmony or balance is the highest virtue. The meaning of personal destiny is just the shadow of one's mind or the pattern of one's dreams.

Therefore, spiritual education is higher than the moral education of the cultural sphere. Yet, the two cannot be divided in a general sense. A spiritual person is naturally a moral person. But a moral person is not necessarily a highly spiritually-achieved person. On the spiritual level, the real value of morality rests on the attainment of high spiritual awareness. This is natural morality. Natural morality rebukes the imitations of morality. This imitation is mockery, it is not real. If things are not real, how can they be natural?

To the vast human society, moral education is not natural, but its source is from the natural truth. Thus, it should be valued and encouraged. The pursuit of spiritual growth cannot be separated from the growth of individual life. On a deep spiritual basis, this is amoral. The sense of morality, when one discusses it, has already been transcended on the spiritual level. But it is still moral when it involves the profound sphere of yin and yang. This may astonish the ordinary mind!

In the long run, human life cannot escape the moral way. To a highly achieved spiritual person, being moral exists ever moment; it cannot be evaded. In the fundamental implication of my translation of Tao, it is still the unavoidable, moral way. The foundation of natural morality is not the erroneous cultural or religious morality. For example, when one holds weapons for the purpose of killing, natural kindness does not support killing people just because their backgrounds are different. This is a natural morality. But with education morality, many people are asked to kill because others may be different (as in wars). Natural morality is spiritual integration; divine immortality is the fruit one reaps by engaging in a long process of cultivation.

We should discard all cultural and religious fabrications and conceptions. They are merely expressions limited by time, race, and the spiritual status of their leaders. Even if we do not know anything about such concepts, we may still hold the truth of life. But we cannot in any minute banish natural morality, for it expresses how we are shaped and formed as real beings in any time, in any space, and in any lifetime.

境有明暗

心無顯也

一念之舉

十月已過

刑諸事而

洪水焚流

衰衰捷市

何必外求

不悅屋漏

心正身修

Sickness

According to Lao Tzu the following guidelines are appropriate:

To be moody and fussy and use others as one's victim is sick.

To be greedy and disregard righteousness is sick.

To be lascivious and ignore one's own virtue is sick.

To cling to worldly objects is sick.

To hate others and to pray for their death is sick.

To overindulge in something that one likes and to discard one's spiritual light is sick.

To defame the reputation of others and then to boast of one's own goodness is sick.

To change for one's own benefit that which has already been accepted is sick.

To rejoice in the misfortunes of others is sick.

To convert one's virtue to new, fashionable immature thoughts is sick.

To be treacherous collusion is sick.

To pass rumors about anything is sick.

To hold a narrow view and mislead people is sick.

To make false statements is sick.

To defile the good name of others is sick.

To swindle simple people is sick.

To brag about one's own achievements is sick.

To violently use one's force, capability, and speech is sick.

To be dualistic in thinking and unfaithful to one's true nature is sick.

To lie and cheat is sick.

To be meddlesome in the business of others is sick.

To disclose the secrets of others is sick.

To look into the activities of others without their knowledge and approval is sick.

To bewilder people so that they will stumble and fall is sick.

To teach evil is sick.

To rob people of their profits is sick.

To take from others when they do not have the strength to resist is sick.

To be deceitful is sick.

To injure others with evil and crafty means is sick.

To postulate conclusions is sick.

To misappropriate and cheat is sick.

To suppress the weak and help the violent is sick.

To be hypocritical is sick.

To be untruthful in speech and insincere in thought is sick.

To bend one's own virtuous principles for popular interests is sick.

To be jealous of another's virtues and capabilities is sick.

To engage in extravagant talk and impure chatter is sick.

To allure and entice the naïve is sick.

To use slanderous language is sick.

To seduce the young, ignorant, or naïve is sick.

To vilify the virtuous is sick.

To exaggerate in emotions and speech is sick.
To radically treat those who are lost is sick.
To pride oneself on one's own intelligence and to use this sarcastically against other is sick.
To abuse one's own influence by suppressing others is sick.
To use force is sick.
To use social power to threaten others is sick.
To try to influence others with an alluring manner of speech is sick.
To borrow and not return is sick.
To take pride in one's wealth is sick.
To take pride in one's honor and glory is sick.
To envy those who become prosperous is sick.
To ridicule the success of others is sick.
To be please with, or to be pleased by flattery is sick.
To take price in one's own high virtue is sick.
To obstruct another from accomplishments is sick.
To disturb public affairs with selfish purposes is sick.
To disguise one's bad motives with a beautiful approach is sick.
To make people believe that one is straight when one is actually crooked is sick.
To insult others with what one thinks is correct is sick.
To feel that others are disgusting but to praise oneself is sick.
To think that one is superior to all others is sick.

To take credit for other people's accomplishments is sick.

To complain about one's own life is sick.

To make people believe that a fabricated story is true is sick.

To endanger others in order to acquire or preserve one's own security, or because one likes to behave this way, is sick.

To incite a riot is sick.

To be critical of the affairs of others, but not to practice one's own cultivation is sick.

To cause others to be burdensome is sick.

To take advantage of people is sick.

To use people's shortcomings as a means of controlling them is sick.

To expect repayments for doing favors is sick.

To demand that people do you favors is sick.

To envy what others have acquired is sick.

To argue habitually is sick.

To curse animals is sick.

To use black magic is sick.

To disgrace the talents and virtues of others is sick.

To hate people, or yourself, because others are better than you is sick.

To take drugs or use alcohol improperly is sick.

To hold prejudices is sick.

To not forgive others for their wrongdoings is sick.

To refuse the good advice and teachings of others is sick.

To behave recklessly is sick.

To be unreasonable is sick.

To be self-righteous is sick.
To hold skepticism toward all truth is sick.
To make fun of people who are insane and ill is
sick.
To be arrogant and impolite is sick.
To use vulgar and obscene language is sick.
To disrespect people who are young or old is sick.
To adhere to an unhealthy environment is sick.
To be undutiful in one's work is sick.
To be irresponsible for one's life is sick.

乾卦六陽元為善長
寸陰不容純乎天象
受天之中在人能養
推而行之安利剋險
陽長陰消此心天廣

The Way of Heaven – The Silent Way of Blessing

The following treatise is as popular as “Tai Shang Kan Yin Pien” which was elucidated as the subtle law of the universe, and translated into English in my book *Tao – The Subtle Universal Law and the Integral Way of Life*. Both original works can be found in any rural village in China, although there may only be a few books.

Millions of copies have been distributed over the years by good-willed people. This book has been deep-rooted religious and spiritual education for the majority of Chinese people.

The following work was written by a Taoist deity whose secular name was Chang O. He lived as a recluse after serving as a royal official of the Tang dynasty (620-950 A.D.). His moral power has a tremendous unconscious influence on the Chinese people. The people of Shu, where Chang O lived, showed great respect for him and built a temple in his name after he died. (In Taoism, life and death are considered mere “signs” of the great transformation.)

Chang O actually realized the Heavenly way that “when a great task is accomplished, it is time for one to retire.” He was achieved as the Immortal of literature and left behind the sole document about personal experiences of soul evolution through many generations. Numerous elegant, tower-like pavilions were built as temples and memorials in almost every city in China. As chapter 54 of the *Tao Teh Ching* (or

The Sacred Book of the Integral Way) says: “The well-built cannot be removed. The firmly help cannot slip away. The one who builds himself with virtue will be honored by generations to come.” Descendants have long made sacrifices to Chang O.

“The Silent Way of Blessing”

The Sacred Scripture by Chang O:

For seventeen generations, I have been incarnated as a man of superior position, and I have never oppressed people or my subordinates. I have saved people from misfortune; helped people in need; shown pity to orphans; and forgiven people for their mistakes. I have extensively practiced the subtle virtue of doing good deeds without requiring anything in return. In this way, I have become attuned to the Heavenly Way.

If you can set your mind on things as I have, then Heaven will surely bestow blessings upon you.

Therefore, here are the suggestions I give to you:

Whosoever wants to expand his field of happiness should rely on his moral nature.

Do good work at all times, and secretly practice many meritorious deeds.

Benefit living creatures and human beings by cultivating goodness and happiness.

Be honest and straightforward, and on behalf of Heaven, promote moral reform or yourself and others.

Be compassionate and merciful, and for the sake of human love, serve people.

Be faithful to your leader and serve your parents with maturity.

Be respectful toward elders and truthful with friends.

Let some worship the Three Pure Ones – Yi, Shi and Vi – and revere the divine subtle rays of the highest sphere of the universe; let others bow before various statues and recite from different sacred books. These ways are merely expressions of the different levels of the evolving human spirit and are the reality of personal growth.

Repay the kindness that has been bestowed upon us by Heaven, Earth, parents and society.

Help people in distress. Free people from danger as you would free a bird from a net.

Be compassionate to orphans and kind to widows. Respect the aged and have pity for the poor and the poor in spirit. Collect food and clothing to relieve those who are hungry and cold. Be sure you are well-prepared when you travel and, especially, on your spiritual journey, be independent.

Give away coffins so the dead among the poor will not be exposed. However, have a coffin for yourself in which to bury your own ego and the past.

If your own family is well provided for, extend a helping hand to your relatives. If the harvest fails, then help your neighbors and friends. Also, do not forget enemies of old days gone. Extend a hand to them also.

Let measures and scales be accurate, and do not give less when selling or take more when buying. Above all, have accurate scales for your virtues, too.

Treat your employees with fairness and consideration. Why should you be severe when disciplining and harsh with your demands? Try this behavior on yourself first!

Write and publish sacred scriptures. The best is not said with words, but with subtle virtues.

Build and repair temples and shrines, and when doing so, do not neglect the temple and shrine within yourself.

Distribute herbs for medicine in order to alleviate suffering of the sick. In all your actions, be aware of your own sick-mindedness.

Offer tea and water to relieve the distress from thirst and use them to replace liquors and drugs that cause sickness.

Keep your diet primarily vegetarian.

Buy captive creatures and set them free; imagine yourself the captive.

Abstain from taking life by your own hand or with your command; it is not a privilege for mankind to slaughter the lives of others.

Whenever taking a step, watch for ants and insects, lest you hurt one of them. If the privileged in life are determined by size, then camels should ride on humans!

Prohibit the building of fires outside, lest insects be killed; do not set woods or forests ablaze. Also do not set “fire” among people.

Light a lantern at night to illuminate a path for people to follow. Have a lantern to guide your own life, especially through those dark moments.

Build boats to ferry people across rivers. Be a “ferry” for those who are unable to cross life’s troubled waters.

Do not go into the woods to catch birds in nets nor to the waters to trap fish. Do not set nets of greed or aggression for yourself. Instead, destroy all poisonous motives within you.

Do not butcher the ox that plows your fields. Shall the plowman receive the same treatment?

Do not throw away your writing or let the paper be scattered on the ground; also respect the writing of others.

Do not scheme for other property or neglect the property within yourself.

Do not envy the skills or abilities of others, but sharpen your own in order to better serve people.

Do not sexually harm the wives or daughters of others. Sexual violation only results in self-destruction and has no benefit.

Do not initiate litigation. Righteousness can only be found by the inspection of one’s innermost self.

Do not injure the reputation or interest of others. This behavior injures your own virtue and reflects your own insufficient character.

Do not destroy marriages. This creates broken hearts for children.

DO not, on account of personal enmity, create disharmony between brothers. Do not, because of

small profits, cause father and son to quarrel. Keep yourself outside the families of others. Be the spectator to worldly competition.

Do not misuse your power to disgrace the good and the law-abiding.

Do not use your wealth to oppress the poor and needy. Instead, offer them opportunities for survival and better living.

Be close to and friendly with, the good; this will improve your own moral character. Keep a distance from the bad; this will help protect you from imminent danger. Watch your mind as you defend yourself from robbers and cheaters.

Conceal people's vices but proclaim their virtues, lest you misjudge them.

Do not say "yes" with your mouth and "no" with your heart. Always keep your mouth and heart in accord with each other.

Cut brambles and thorns that obstruct the road. Remove bricks and stones that lie in the path. This practice will help to remove obstacles in your future.

Repair the roads that have been rough for years since they, too, help to smooth your own life's road.

Build bridges over which thousands of people may travel. Be a bridge for people trying to reach the Pure Realm.

Leave moral instruction so that others can correct their faults. More importantly, leave your subtle virtuous merits for the generations to come.

Donate money to help others complete their good deeds. By doing this, you actually make their own virtues complete.

Follow the way of Heaven in your life. Listen to, and obey what your heart says in all your actions.

Admire the ancient integral model of sages to the extent that you see them while eating soup or looking at the wall. Be so clear in conscious that when you sleep alone, you are not ashamed before your bed; and when you walk alone, you are not ashamed before your own shadow. In this way, you are totally responsible for your own being.

Refrain from doing evil, but earnestly do good deeds. This is the highest doctrine of all good religions. Thus, there will never be any ill influences upon you and you will always be protected by good and auspicious spirits.

Immediate reward will come to you, and later rewards will reach your posterity depending on how you treat others. A hundred blessings will come to you like a chariot pulled by rushing horses; a thousand fortunes will surround you like auspicious clouds gathering above.

All these things come through the silent way of blessing as I have revealed to you.

RESOURCES

Tao of Wellness Health Center

Santa Monica, CA

310-917-2200

www.taofwellness.com

Pasadena, CA

626-397-1000

www.taofwellness.com

Newport Beach, CA

949-706-7770

www.taofwellness.com

The Tao of Wellness Health Center is the integral way to total wellbeing and a long life. Each patient is seen as an individual whose health is immediately affected by his or her lifestyle including diet, habits, emotions, attitude, and environment. The center, co-founded by Drs. Daoshing and Mao Shing Ni, focuses on acupuncture and Chinese herbs for complete health, longevity, and fertility.

The Wellness Living Store

800-772-0222; 310-260-0013

www.taostar.com

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Nourishing Chinese herbal products from the 38th-generation Ni Family Healing tradition. Books on Taoist teachings to nurture the spirit and to provide tools for positive living. Tai Chi and qi gong on DVD, and guided meditation on CD. The Wellness Living Store also carries products and everything to make your life healthier.

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Chi Health Institute

Los Angeles, CA

www.collegeoftao.com

contact@collegeoftao.com

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College of Tao

Los Angeles, CA

www.collegeoftao.com

contact@collegeoftao.com

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