



Voyage to the Shore, An Invitation to Enhance Your Health and Develop Your Life, Part 1

Yuan Tze

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For those who practice Qigong "Voyage to the Shore" is a goldmine. It leads to greater understanding of what Qigong is all about and thus to more efficient and more in-depth training. In the human nature is to try to understand life and the meaning of life. We try to use different methods and philosophies of life. The newspapers often produce lots of health tips on how to eat, work, think and relax to feel good. The predictions often have a 'best before date' as the newer ones are often contradictory to the older. In everyday life, in meetings with other people, we end up in situations that often are difficult to master. Most often we see the world very limited - based on our own terms. It often leads to "we are doing the wrong thing at the wrong time", which creates stress, frustration, anger, sadness, both in ourselves and others. Put another way - we lack understanding of how life works. Voyage to the Shore provides readers with opportunities to immerse themselves in and get an understanding of the laws of life and how we can change and improve our lives and thus maintain and improve our health.

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Kerri Goodman:

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