



# Voyage to the Shore - An Invitation to Enhance Your Health and Develop Your Life (Part Two)

*Yuan Tze*

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Part 1 and Part 2 of the Voyage to the Shore trilogy is the theoretical aspect of the Qigong Teachers? & Therapists Training Program run by Yuan Tze. They consist of the theories of Qigong and Zhineng Qigong. With the incorporation of Ren Xue in the teaching, Qigong can be understood in more depth and in a broader context of life cultivation as a whole.

These two books provide an ocean of information essential for wellbeing, addressing questions at the heart not only of the human condition, but also of our very existence in the universe.

- What is the fundamental law of the universe?
- What is the fundamental law of life as a holistic existence?
- How do we lose health? What is the fundamental nature of health? What is the most effective approach to regaining and maintaining health?
- What is the fundamental approach to solving our problems?

These two books can be useful tools for helping people gain better understanding of life and the consciousness and elevate life effectively and safely.

Visit our website for more information on Yuan Tze, Ren Xue and the Voyage to the Shore book series:  
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