



Tao II: The Way of Healing, Rejuvenation, Longevity, and Immortality

Zhi Gang Sha Dr.

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Millions of people are searching for secrets, wisdom, knowledge, and practical techniques to heal, rejuvenate, prolong life, and move toward immortality. The way to accomplish all of these is to reach and meld with Tao.

This book, the successor to *Tao I: The Way of All Life*, reveals the highest secrets and most powerful practical techniques for the Tao journey, which includes one's physical healing and rejuvenation journey *and* one's entire spiritual journey. Its essence can be summarized in one sentence:

Jin Dan Da Tao Xiu Lian is the way to heal, rejuvenate, prolong life, and move in the direction of immortality.

Shou Yi Yan Jin Ye is the most important daily practice for reaching Tao. "Shou yi" means focus on the Jin Dan area below the navel. "Yan jin ye" means swallow Heaven's sacred liquid and Mother Earth's sacred liquid.

Tao II: The Way of Healing, Rejuvenation, Longevity, and Immortality explains the significance of this highest secret and exactly how to do it. It gives you the sacred key for your whole life's practice and shares two hundred and twenty sacred phrases that include not only profound sacred wisdom but also additional simple and practical techniques.

Practice. Practice. Practice.

Reach fan lao huan tong, which is to transform old age to the health and purity of the baby state.

Prolong life.

The final goal is to reach immortality to be a better servant for humanity, Mother Earth, and all universes.

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