**Content Introduction to the Book *Correct Daily Spiritual Practice to Heaven***

A book greatly helpful for the beginners of spiritual practice, this book was one of the best books to help us reach enlightenment. It describes the **Sword of Wisdom** clearly that no other book does. The concept of Sins, Wrongs, and Mistakes (SWMs) within an individual is well illustrated and explained. Watching and correcting one’s own SWMs diligently every day almost guarantees the success of one’s spiritual practice. Actively changing the way one does daily things is much more important than changing one’s thoughts. When one acts out a book’s ideas, one’s thoughts will follow. This is a book we highly recommend.

 Like a comic, this book describes how to solidly practice spirituality. Try your best to practice 24 hours a day 7 days a week. Review yourself and reflect Tao as you lie in bed and are ready to sleep. The next day after you wake up, resume the spiritual practice of the previous day. Continue for at least one to two years to see an obvious change within yourself. Immerse yourself in spiritual practice is a solid path to transcend to Heaven. A solid practice each day would likely lead to a solid result. No shortcut exists for spiritual practice.

***修道指南***書內容介紹

這是一本對靈性修行初學者有很大幫助的書。這是一本對我們啟蒙幫助最大的書之一。它清楚地描述**智慧劍**，這是其他書所沒有。個人罪過錯 (SWMs) 的概念有很好的圖片說明和解釋。每天勤奮地觀察和糾正自己的 SWMs 幾乎可以保證修行的成功。積極改變一個人日常做事的方式比改變一個人的想法重要得多。當一個人將書的方法付諸實踐時，想法就會隨之而來。這是我們強烈推薦的一本書。

 這本書像一本漫畫，講述如何紮實地修養靈性。盡力每天 24 小時、每週 7 天靈修。當躺在床上準備睡覺時，回顧自己所做並反思道。隔天醒來後，繼續前一天的靈修。持續至少一到兩年，你會看到自己內心明顯的改變。沉浸自心在靈修，是超凡回天的踏實道路。每天紮實的靈修極可能帶來紮實的結果。修道無捷徑。