

Preface

by Yuan Tze

This book is the third of the Voyage to the Shore trilogy. You may have noticed that the Chinese title of this book is different from the title used for the previous two books. That's right. We use '圓子人學' (Yuan Tze Ren Xue) instead of '人之學' (Ren Xue) this time. Although part of the trilogy, this book is very different from the previous two. While the first two books provide information on the basic elements necessary for the understanding of Yuan Tze Ren Xue, this book contains the essential teachings of the system. Using an analogy with a building, the first two books are the foundation and this one is the building itself. The central ideas and principles presented in this book, although still on a basic level, convey the true meaning and purpose of Yuan Tze Ren Xue. The Chinese title therefore reflects this.

Books on life are not something you are unfamiliar with. However, I see the need to point out the qualities that make this book unique. Firstly, like the previous two, this book is also a record of verbal teaching, and the translation and editing have been done with the intention of providing as truthful a representation of the original teachings as possible.

Secondly, this book records the teachings given to students at five Ren Xue retreats. It takes you through those retreats as though you were also present, engaging in the processes of learning, self-discovery and life development. The experience provided is not only real but also profound.

When reading this book, you will experience the connection and exchange between the students and myself and the greater understanding of human culture in all its manifestations that emerges out of the interaction during the Question and Answer sessions at the retreats. You can also witness how individuals gain clarity and grow and how the qifield develops throughout this sequence of retreats. This book records changing of life and it can change your life, if that is what you wish.

Allow me to make a few wishes here. My first wish is that you will read this book with your heart, an open and sincere heart. If it touches your heart, take the messages seriously. I wish this book to be seen as representing me, a special, loyal friend and guardian who will always be at your side to provide the help and support you need for the rest of your life. It is also my wish that this book will help as many people as possible to improve their lives and help humanity to create a truly civilized society.

If you are still wondering, 'Does this book have anything to do with me?', my answer is 'YES!'. It has everything to do with your life and the way it unfolds. This applies not just to you, but to all human beings and all forms of life in the universe. When you have built a genuine relationship with this book, you may start to experience the following changes:

- Your life may start to turn around.
From –
A state of loss, confusion, pain, despair, helplessness
To –
having more clarity, more confidence, more happiness and joy, more hope for everything in life, especially your future.

- Your understanding of life and ability to steer your life may start to develop
From –
 having a lack of understanding of the root causes of your problems and therefore being unable to deal with them effectively, to make real progress in life development or to help other people effectively
To –
 having better understanding of the law of life; being able to follow the law in dealing with problems and in changing life safely and effectively; having the ability to help other people effectively; realizing the goal of developing together with fellow human beings.
- A new path for life
 You may find a path that can help you walk in the right direction and reach your goal of realizing the true meaning and purpose of your life.
- You may start to taste the fruit of your work – health, happiness, a sense of well-being and development of life. You may have lost them but now they can gradually come back.
- You may become a learner and practitioner of ‘wisdom culture’, and you may become a promoter of this culture after you have experienced the benefits of it.
- You may start to experience life on a higher level of realization and wisdom.

Nothing remains unchanged. Indeed, everything is changing all the time and anything is possible. Everyone wants to have a better life, a happier and healthier family, more progress in society and more harmony between humans and nature. There is a path that can help us reach these goals, and many people have embarked on it, working on life and reaping the benefits of their work.

You may still be wondering, ‘Is it really possible to turn the wonderful picture I have painted into reality?’ The answer is, ‘It is possible.’ How? By learning and gaining true understanding of Ren Xue and applying it with genuine effort in your life.

I am looking forward to learning and working with you to create