



The Process of Self-Transformation: A Spiritual Guide for Effective Healing

Vicente Hao Chin

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“From time immemorial,” says the author, “sages from diverse cultures have passed on enduring solutions to the dilemmas of living. Yet their insights are not as known to the world as they ought to be.” This deep, wise, and practical guide intends to make them more so.

It is the harvest of the popular seminars developed and led by Vic Hao Chin, former president of the Theosophical Society in the Philippines and a worldwide teacher and presenter. He gives time-proven approaches for eliminating fear, resentment, worry, depression, and the stress of daily living in order to deepen spiritual practice.

And he includes sections on overcoming negative conditioning, developing relationships, and optimizing physical health. To help readers in the process of self-actualization, he also provides helpful illustrations, case studies, and step-by-step instructions for meditation and breathing exercises.

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