

Free ebook Johnson daoist alchemy [PDF]

here in one slender volume are the essentials to a tradition that dates back to 3 000 b c among the topics covered here are 1 the origins of chinese alchemy 2 the quest for gold and immortality 3 the role of minerals and plants medicines astrology yoga and magic in chinese alchemy 4 alchemy in the east and in the west chinese alchemy largely associated with taoism has a recorded history of more than 2000 years but traditionally it goes back even further to the yellow emperor and his three immortal ladies some 3000 years bc while western alchemy was concerned with the search for spiritual and material gold classic taoist alchemy was a mystical quest for immortality but like western alchemy it was as spiritual quest its aim being union with the absolute j c cooper describes the history and development of taoist alchemy compares it with similar traditions in india and turkistan and gives it context by contrasting it with the rationale of the western hermetic tradition as she writes in her concluding chapter the whole work of alchemy is summed up in the phrase to make of the body a spirit and of the spirit a body the goal of the taoist alchemist mystic was transformation or perhaps more correctly transfiguration of the whole body until it ceases to be and is absorbed into and becomes the tao this is the first book to examine extensively the religious aspects of chinese alchemy its main focus is the relation of alchemy to the daoist traditions of the early medieval period third to sixth centuries it shows how alchemy contributed to and was tightly integrated into the elaborate body of doctrines and practices that daoists built at that time from which daoism as we know it today evolved the book also clarifies the origins of chinese alchemy and the respective roles of alchemy and meditation in self cultivation practices it contains full translations of three important medieval texts all of them accompanied by running commentaries making available for the first time in english the gist of the early chinese alchemical corpus originally written for chinese readers this book provides a clear description of the taoist practice of internal alchemy or neidan the author outlines the four stages of the alchemical practice and clarifies several relevant terms and notions including essence breath and spirit the cinnabar fields the fire times and the embryo the book is based on the system of the wuzhen pian awakening to reality one of the main sources of internal alchemy and contains about two hundred quotations from original taoist texts table of contents foreword vii introduction 1 the basis essence and spirit 3 stages of the alchemical practice in awakening to reality 11 the four stages 13 laying the foundations 15 main points in the practice of laying the foundations 20 the functions of essence breath and spirit 36 terms related to the coagulation of the three treasures 52 conclusion of the stage of laying the foundations 63 refining essence to transmute it into breath 65 refining breath to transmute it into spirit 99 refining spirit to return to emptiness 109 conclusion 119 the arts of the way 121 tables 123 glossary of chinese characters 133 the daoist canon is the definitive fifteenth century compilation of texts however many of these texts are undated and anonymous this book brings together an extraordinary compendium of data on alchemical knowledge in china describing the methods use reprint paperback 156p in china as elsewhere alchemy is a doctrine aiming to afford an understanding of the principles underlying the formation and functioning of the cosmos the alchemist overcomes the limits of individuality and ascends to higher states of being he becomes in chinese terms a zhenren or authentic man chinese alchemy went through a complex and not yet entirely understood development along its twenty centuries of documented history the two main traditions are conventionally known as waidan or external alchemy and neidan or internal alchemy the bulk of the chinese alchemical sources is found in the daoizang taoist canon the largest collection of taoist texts the cosmos as we know it is conceived of as the final stage in a series of spontaneous transmutations stemming from original non existence this process entails the apparent separation of primeval

unity into the two complementary principles yin and yang their re union generates the cosmos when the process is completed the cosmos is subject to the laws of cosmology the alchemist s task is to retrace this process backwards alchemy whether external or internal provides support to the adept leading one to the point when as some texts put it heaven spontaneously reveals its secrets its practice must be performed under the close supervision of a master who provides the oral instructions koujue necessary to an understanding of the processes that the adept performs with minerals and metals or undergoes within himself modern study of the alchemical literature began in the present century after the canon was reprinted and made widely available in 1926 johnson s work originally published in 1928 remains one of the full book length treatises in english on the subject for centuries high up in the mountains of china spiritual adepts explored the essence of being human known as taoist alchemists these practitioners developed and refined systems of energetic practice that allow us to experience our true nature the taoist alchemy of wang liping vol 1 introduces a traditional system of taoist self transformation known as internal alchemy or neidan outlining the core curriculum and instruction methods designed to awaken consciousness and the mind body connection wang liping is the current transmitter of the dragon gate lineage a taoist lineage that for centuries has been synonymous with the practice of neidan the first in a series volume one briefly details nathan s training with wang liping before presenting the core practices of the first alchemical phase how to build foundation and refine jing the lower frequency of energy associated with our physical body into a more rarified form of energy called qi numerous methods rituals and techniques are included as well as a clear framework for the practice wang liping is responsible for passing on the ancient knowledge of the dragon gate lineage of taoist practice as a mentor and teacher for the next generation of students wang liping s lineage is a traditional mountain taoist lineage these taoists are fully engaged in self transformation and the pursuit of transcendence born in china s northeast in 1949 wang liping was chosen by three masters of the dragon gate lineage to become the 18th heir holder and transmitter of the lineage wang liping s arduous training was described in the book opening the dragon gate the making of a modern taoist wizard wang liping began teaching publicly in 1985 since then he has trained many students throughout china and abroad he continues to live in china and teach nathan has been teaching chinese internal arts for over twenty years he began taoist practice in 1997 immersing himself in taoist temple arts martial arts meditation internal work neigong energy work qigong and internal alchemy for several years nathan lived in china and trained full time with a number of masters as well as learning mandarin chinese after china nathan returned to canada to pursue academic study of taoism where he received a ba in asian languages and culture and worked towards an ma at the university of british columbia extending his knowledge of classical chinese and the taoist canon after meeting wang liping nathan left graduate school and devoted himself wholly to learning taoist alchemy wang liping authorized nathan to teach in 2015 nathan now leads regular workshops in vancouver canada as well as internationally this book makes the self cultivation of daoist internal alchemy available to everyone avoiding predetermined academic categories it provides an outline of basic concepts in conjunction with evolutionary theory as well as easily accessible practice instructions done correctly the practice provides numerous benefits including freedom from disease an extended life expectancy increased wisdom and more this helps everyone the work opens the powerful esoteric system of internal alchemy to a wide general audience lifting it out of obscurity and mystification while yet retaining a strong hold in historical sources a must read for anyone interested in traditional chinese cosmology daoist practice and the active pursuit of a healthier and longer life a fascinating guide to the mental physical and esoteric spiritual transformative taoist practices designed to increase longevity and unity with the world with commentary and interpretation on the traditional text by a contemporary academic and meditation practitioner taoist alchemical practices are renowned for their mental physical and spiritually transformative benefits including longevity and

increased connection to the world around us in this guide to master huang yuanji s taoist classic ge guolong presents the basics of inner alchemy and the tradition s most essential meditation practices along with explanations of the fundamental theories and methods one needs to actually start walking the path historically taoist teachers borrowed complex terminology from astrology numerology and metallurgical alchemy to describe the process of individual transformation that occurs as a result of long term meditation practice ge guolong demystifies that classical terminology illuminating taoism s straightforward and eminently practical philosophy these vivid explanations of huang yuanji s discourses a taoist master from the late ming early qing dynasty 1636 1912 are particularly striking for their clarity relevance to day to day life and close relationship to the philosophy of such works as the tao te ching and chuang tzu synthesizing numerous streams of chinese philosophy and elucidating their lived practice taoist inner alchemy is as an excellent entry point to discover the riches of traditional taoist thought and meditation taoist inner alchemy is a collection of theories and practices for transforming the mind and refining the self the inner teachings of taoism includes a classic of chinese alchemy known as four hundred words on the gold elixir written in the eleventh century by a founder of the complete reality school this text is accompanied by the lucid commentary of the nineteenth century adept lui i ming forget slow spiritual evolution that takes lifetimes there is no need to wait until you are fully matured to achieve the spiritual transformation you re seeking especially if you follow the roadmap left by the ancient alchemists being a rudderless boat at sea being tossed this way and that trying to get more of the good stuff and avoid all the bad stuff at all costs isn t just annoying it s downright taxing and exhausting without a level of wizardry in our own lives we end up succumbing to the power of the wind blowing us hither and thither through life life does not have to be this way whether your dream is to live without suffering to achieve your fullest potential or to reach true enlightenment through the mystery gate is the blueprint this book and its alchemy blueprint emerged from the work of alchemical healer leta herman and alchemical life strategist jaye mcelroy founders of the alchemy healing center and co hosts of the inspired action podcast who have been facilitating alchemical transformations for over 20 years in this book herman and mcelroy go beyond enigmatic chinese medicine concepts and dive into what it means to become an alchemist why people should do it and then explain step by step how this can be done if you feel living more authentically could allow you to have more control over your life and your level of happiness or you can t find your wings to lift off the runway of life this is the book for you the nine stages of alchemy path that herman and mcelroy lay out is simple but not easy because your greatest gifts can often be squelched by the roadblocks and obstacles you ve put in your own way in this tang classic text from the 9th century daoist practitioner shi jianwu describes how through adapting our own breathing to the breath of the universe and daily meditation one can develop an astral body and transcend earthly matters to walk in the divine richard bertschinger offers the first annotated english language translation of this text with practical guidance for qigong meditative practice and personal development with elements of daoist tradition and drawing on mayahana buddhist influences this ancient guide aims to bring to the fore perceptions and focus on a natural form of breathing for pure meditation much of this chinese practice has been misunderstood and lost over the years until now richard s thoughtful translation and additional comments serve to distribute shi jianwu s original message with open interpretations for the individual reader cultivating the tao is a complete translation of one of the main works by the renowned taoist master liu yiming 1734 1821 divided into 26 short chapters this book provides a comprehensive overview of the basic principles of taoism and an introduction to taoist internal alchemy or neidan authored by one of the greatest representatives of this tradition liu yiming was an 11th generation master of the longmen dragon gate lineage having recovered from severe illness in his youth he undertook extended traveling that led him to meet his two main masters in 1780 he settled in the qiyun mountains in the

present day gansu province since then until his death he devoted himself to teaching and writing his works mainly consist of writings on neidan and of commentaries on major neidan scriptures liu yiming grafts internal alchemy onto the teachings of the book of the way and its virtue daode jing and of the later taoist tradition few other masters have illustrated the relation between taoism and internal alchemy as clearly as he does in this book find new balance energy awareness and personal power through the ancient mystery techniques of alchemy and qi gong this book translates master wang s original practice instructions and discourses given during training seminars his system of internal alchemy goes back to two ancient daoist texts the 13th century lingbao bifa linked to the immortals zhongli quan and l dongbin and the 17th century taiyi jinhua zongzhi secret of the golden flower also connected to l together they are known as the lingbao tong zhineng neigong shu arts of internal mastery wisdom and potential based on numinous treasure the texts outline the concoction of a golden elixir through the dual cultivation of inner nature and life destiny this book follows the classics and presents all different kinds of techniques including walking pacing sleeping circulating the five phases absorbing tree energy and capturing planetary essences in a systematic format and with a great amount of instructional detail it contains a wealth of information invaluable to anyone interested in genuine daoist cultivation and elucidates numerous rather obscure concepts to contextualize each practice this anthology presents complete or partial translations of sixteen important works belonging to the taoist tradition of neidan or internal alchemy while the selections are far from covering the whole field of neidan a virtually impossible task given its width and variety they are representative of several lineages and branches d104s have been selected in this perspective and are arranged chronologically in order to provide an overview not only of neidan but also of the history of its discourses and practices four of the sixteen texts are integrally translated six texts and two commentaries are translated in this book entirely or partially for the first time into english the book is concluded by several tables and by an index of the main terms contents d104s marked with an asterisk are integrally translated foreword sources 1 the seal of the unity of the three cantong qi 2 the hidden agreement yinfu jing with comm by yu yan 3 mirror for compounding the medicine ruyao jing with comm by wang jie 4 the transmission of the dao from zhongli quan to lü dongbin zhong lü chuandao ji 5 awakening to reality wuzhen pian by zhang boduan 6 four hundred words on the golden elixir jindan sibai zi attr to zhang boduan with comm by peng haogu 7 pointers to the mystery zhixuan pian by bai yuchan 8 model images of the golden elixir jindan faxiang by weng baoguang 9 questions and answers on the golden elixir jindan wenda by xiao tingzhi 10 fifteen essays to establish the teaching chongyang lijiao shiwu lun by wang zhen wang chongyang 11 the harmony of the center zhonghe ji by li daochun 12 the great essentials of the golden elixir jindan dayao by chen zhixu 13 rectifying errors for the seekers of the golden elixir jindan jiuzheng pian by lu xixing 14 principles of the conjoined cultivation of nature and existence xingming guizhi 15 the secret of the golden flower jinhua zongzhi 16 discriminations on difficult points in cultivating reality xiuzhen biannan by liu yiming tables index of main terms glossary of chinese characters works cited awakening to reality wuzhen pian is one of the most important and best known taoist alchemical texts written in the eleventh century it describes in a poetical form and in a typically cryptic and allusive language several facets of neidan or internal alchemy the present book presents the first part of the text consisting of sixteen poems which contain a concise but comprehensive exposition of neidan in addition to notes that intend to clarify the meaning of the more obscure points the book also contains selections from a commentary dating from the late eighteenth century which is distinguished by the use of a lucid and plain language fabrizio pregadio has taught at the university of venice 1996 97 the technical university of berlin 1998 2001 and stanford university 2001 08 he is the author of great clarity daoism and alchemy in early medieval china stanford university press 2006 and the editor of the encyclopedia of taoism routledge 2008 the qigong it is a chinese art of

management of the internal energy qi qigong has much different schools and directions the outlined qigong method in this book was originated in tianzhu shan mountains and was developed by such famous daoist masters as ling gu he jiafan wang jiafan liang yaopin its modern form this system got due to the efforts of such mentor as liu shaobin a distinctive feature of the presented to the readers system is the harmonious combination of static and dynamic exercises which allows easily and relatively quickly achieve tangible results in the mastering of the ancient daoist art of the inner alchemy to age with the sun and moon and be renewed by spring and summer to conserve the seeds of growth in autumn and winter and to be nourished by the eternal breath of the tao these are the goals of the taoist alchemists the masters of the arts of health longevity and immortality this book is a translation of a concise taoist alchemical manual known as the dragon tiger classic along with its two most important commentaries the classic written in ancient times by an unknown author and published during the fifteenth century bce is regarded by contemporary taoist practitioners as the most complete guide to spiritual transformation it covers the three forms of taoist practice external alchemy concerned with the ingestion of minerals herbs and other substances to attain health longevity and immortality sexual alchemy in which the practitioner uses the energy of a sexual partner to cultivate his or her own energy internal alchemy the practice of meditation calisthenics and yogic postures to cultivate mind and body an extensive introduction by the translator and the inclusion of two commentaries by traditional chinese authors aid the reader in understanding this concise symbolic text this book draws upon the best of daoist scholarship but is also noteworthy for its inclusion of contemporary practitioners the cantong qi is the forefather of the scriptures on the elixir of all times its words are ancient and profound arcane and subtle no one can fathom their meaning thus begins a preface found in one of the commentaries to the cantong qi these words express several significant features of the work translated in the present book the charm of its verses the depth of its discourse its enigmatic language and its intimate relation to taoist alchemy waidan and neidan under an allusive poetical language and thick layers of images and symbols the cantong qi hides the exposition of a doctrine that inspired a large number of commentaries and other works and attracted the attention not only of taoist masters and adepts but also of philosophers cosmologists poets literati calligraphers philologists and bibliophiles neidan internal alchemy is the legacy that has shaped the dominant image and understanding of the cantong qi in china by placing this work at the origins of its teachings and practices besides this one there has been within the taoist tradition a second less well known way of reading the text the cantong qi is concerned not with one but with three major subjects namely cosmology the system of the book of changes taoism the way of non doing and alchemy and joins them to one another into a single unique doctrine in addition to a complete translation of the cantong qi this book the fruit of more than 20 years of work contains explanations of each of its sections notes on many of its verses and a detailed introduction to its history and doctrines this book explores the daoist encounter with modernity through the activities of chen yingning 1880 1969 a famous lay daoist master and his group in early twentieth century shanghai in contrast to the usual narrative of daoist decay with its focus on monastic decline clerical corruption and popular superstitions this study tells a story of daoist resilience reinvigoration and revival between the 1920s and 1940s chen led a group of urban lay followers in pursuing daoist self cultivation techniques as a way of ensuring health promoting spirituality forging cultural self identity building community and strengthening the nation in their efforts to renew and reform daoism chen and his followers became deeply engaged with nationalism science the religious reform movements the new urban print culture and other forces of modernity since chen and his fellow practitioners conceived of the daoist self cultivation tradition as a public resource they also transformed it from an esoteric pursuit into a public practice offering a modernizing society a means of managing the body and the mind and of forging a new cultural spiritual and religious identity the ruyao jing mirror for compounding the medicine is one of the

most famous texts of taoist internal alchemy or neidan written in the 10th century and attributed to cui xifan it describes the foundations of internal alchemy in 20 short poems of four verses because of its symbolic and cryptic language it has been subjected to different and sometimes conflicting interpretations this book contains the first complete translation of the ruyao jing and of the commentary by wang jie who lived in the 14th century wang jie also known as wang daoyuan and as hunran zi master of the inchoate was a second generation disciple of the great neidan master li daoqun his commentary is characterized by a strong connection between the doctrinal and the practical aspects of neidan the translator's notes provide details on the main technical terms and on the relation of this work to other important texts of internal alchemy in particular the cantong qi seal of the unity of the three and the wuzhen pian awakening to reality the book is vol 1 in the masters series of golden elixir press contents introduction p vii translation p 1 five poems by wang jie p 65 chinese text p 69 glossary of chinese characters p 83 works quoted p 89 this is a new release of the original 1928 edition a comprehensive guide to the core practices of the universal healing tao system and the advanced esoteric practices of inner alchemy explains each of the nine levels of inner alchemy and their more than 240 formulas explores the four healing arts for transformation of the emotional body physical body energy body and spiritual body provides simplified versions of core universal healing tao practices to more easily integrate the system into your daily life shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death explaining the evolution and core of the universal healing tao system master mantak chia and william u wei offer a condensed approach to the inner alchemy practices taught to master chia by his first taoist master yi eng more than 60 years ago beginning with the basic principles called the five enlightenments the authors explain each of the nine levels of inner alchemy and their more than 240 formulas including simplified versions of the microcosmic orbit the inner smile sexual alchemy exercises for men and women fusion of the five elements practices kan and li alchemy the sealing of the five senses and star and galaxy alchemy they explore the four healing arts that encompass the nine levels of inner alchemy living tao practices for transformation of your emotional body chi nei tsang practices for transformation of the physical body cosmic healing practices for transformation of the energy body and immortal tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware vessel they also offer simplified versions of the other core practices such as iron shirt chi kung bone marrow nei kung and wisdom chi kung to help you easily integrate inner alchemy and universal healing tao practices into your daily life providing a primer not only on the foundational practices of the universal healing tao system but also a condensed guide to the esoteric practices of inner alchemy master chia and william u wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death this exciting new work translates two 12th century texts associated with the legendary immortals zhongli quan and l dongbin founders of the zhong l tradition of internal alchemy first the zhong l chuandao ji in dialogue format outlines the cosmological parameters of the practice then describes various methods of attainment second the lingbao bifa assembling various revealed sources and commentaries presents similar concepts and adds more specific practices in addition to the translations the zhong l system provides a discussion in five chapters historical unfolding the workings of the universe the human condition stages and processes and key practices it makes both the underlying cosmology and the practical transformation accessible and understandable in plain straightforward language beyond providing an in depth understanding for modern practitioners the work is essential for anyone concerned with daoist history cosmology and internal alchemy this collection of fascinating short reads on daoist thought including chinese medicine brings together some of the most popular articles from the scholar sage online magazine alongside new material from damo mitchell it includes how the

teaching of the three worms sanchong demonstrates the way daoism pulls together models of the physical energetic spiritual and psychological a translation of and commentary on the classic of breath and qi consolidation an important daoist classical poem that discusses the relationship of jing and qi in the body the importance of the pineal gland in daoist alchemical thought the internal alchemy of fire water dragon and tiger the meaning behind the pairs of fu dogs often seen guarding the entrances of chinese temples government buildings and restaurants how fa jin works how increasing your excitement threshold can help you to find contentment in states of perpetual centeredness understanding and using food energetics and much more helping you to think about your practice in new ways the book features contributions from senior students at the lotus nei gong school of daoist arts including roni edlund lauren faithfull tino faithfull donna pinker and dr seb smith internal alchemy is an ancient daoist practice of self cultivation it provides a path to becoming a daoist sage an enlightened individual who lives virtuously and in harmony with society and nature such individuals are able to act selflessly for the good of all as we stand at a critical point in the development of humanity with growing disharmony and unease within society and the environment the need for the daoist sage is greater than ever this book brings together the teachings of internal alchemy through the experience and wisdom of a living daoist master preserving and clarifying the traditional knowledge and practices while making them relevant to the concerns and events of the modern world through her shared experiences personal stories and training the reader will see that the daoist sage is not merely an idealised theoretical concept but a very real state of attainment that anybody can reach provided that they bring enough dedication and perseverance to their journey this book contains four essays on internal alchemy neidan by isabelle robinet originally published in french and translated here for the first time into english the essays are concerned with the alchemical principle of inversion the devices used by the alchemists to give form to the formless by the word and thus manifest the authentic and absolute dao the symbolic function of numbers in taoism and in internal alchemy and the original meanings of the terms external elixir waidan and internal elixir neidan table of contents acknowledgements vii 1 the world upside down in taoist internal alchemy 1 2 the alchemical language or the effort to say the contradictory 17 3 role and meaning of numbers in taoist cosmology and alchemy 45 4 on the meaning of the terms waidan and neidan 75 tables and pictures 103 appendix works by isabelle robinet 113 glossary of chinese characters 117 works quoted 123 taoist inner alchemy is a collection of theories and practices for transforming the mind and refining the self the inner teachings of taoism includes a classic of chinese alchemy known as four hundred words on the gold elixir written in the eleventh century by a founder of the complete reality school this text is accompanied by the lucid commentary of the nineteenth century adept lui i ming the literati path explores the life and teachings of the ming author and alchemist lu xixing 1520 1601 it begins by examining his biography religious community alchemical doctrine and methods of practice lu was special in that he embodied the literati tradition of self cultivation engaging in the alchemical arts without ever leaving his habitual life he did not abandon his family was never ordained and had no connection to daoist or other institutions he learned internal alchemy from books and through spirit writing seances where he met lü dongbin and other immortals next the work expounds the cosmological doctrines at the foundation of internal alchemy including those found in the yijing and the cantong qi and outlines the universal ebb and flow of yin and yang as the basis of the immortal elixir it moves on to describe just how the practice serves to overcome destiny modeling techniques on biological gestation and creating a new being deep within it explains major alchemical concepts as applied by lu xixing and systematically describes his path to immortality all the while questioning the validity of his reputation as a sexual alchemist shedding fascinating new light on the religious life of ming literati and providing a first access to a unique take on internal alchemy in late imperial china the literati path to immortality is a must for anyone interested in traditional chinese religion and culture

white tiger green dragon follows the spiritual erotic and psychic evolution of tu ming a taoist monk in old china tu is apprenticed in sequence to five female adepts in the discipline known as the dual cultivation a kind of tantra yoga in which sexual techniques replicate states of spiritual progress this practice culminates in the creation of a spiritual embryo at the moment of enlightenment the five masters who instruct tu run the gamut of chinese folklore characters including the gentle pillow girl mei cha the doughty herb gatherer su ba and lekshe tsogyel an acrobatic aristocrat from tibet tu advances not only in his practice but also in his understanding of life and love as he falls under the spell of five unforgettable women unequalled in religious literature in the exciting conclusion he experiences an epiphany that redefines what it means to attain the highest knowledge explaining the process and energetics of daoist internal alchemy the author describes in detail the practice of nei dan the alchemical firing practice of daoism that has until very recently been a closely guarded secret drawing together a huge amount of esoteric material on the hidden aspects of daoist practice he presents theory and practice coherently for western practitioners he offers his own experiences of each stage of attainment describing the tangible results that should appear and provides guidance on the practicalities and potential pitfalls of alchemical training in this seventeenth century chinese novel han xiangzi best known as one of the eight immortals seeks and achieves immortality and then devotes himself to converting his materialistic politically ambitious confucian uncle han yu a real historical figure to daoism written in lively vernacular prose interspersed with poems and songs the novel takes its readers across china to the heavens and into the underworld readers listen to debates among confucians daoists and buddhists and witness trials of faith and the performance of magical feats in the mode of the famous religious novel journey to the west the story of han xiangzi uses colorful characters twists of plot witty dialogue and action suitable for a superhero comic book to convey its religious message that worldly life is ephemeral and that true contentment can be found only through daoist cultivation this is the first translation into any western language of han xiangzi quanzhuan literally the complete story of han xiangzi on one level the novel is a delightful adventure on another it is serious theology although the story of han xiangzi s irreverent attitude toward the confucian establishment prevented its acceptance by literary critics in imperial china it has remained popular among chinese readers for four centuries philip clart s introduction outlines the han xiangzi story cycle presents yang erzeng in his social context assesses the literary merits and religious significance of the text and explores the theory and practice of inner alchemy this unabridged translation will appeal to students of chinese literature and to general readers who enjoy international fiction as well as to readers with an interest in daoism

Chinese Alchemy 2016-01-07 here in one slender volume are the essentials to a tradition that dates back to 3 000 b c among the topics covered here are 1 the origins of chinese alchemy 2 the quest for gold and immortality 3 the role of minerals and plants medicines astrology yoga and magic in chinese alchemy 4 alchemy in the east and in the west chinese alchemy largely associated with taoism has a recorded history of more than 2000 years but traditionally it goes back even further to the yellow emperor and his three immortal ladies some 3000 years bc while western alchemy was concerned with the search for spiritual and material gold classic taoist alchemy was a mystical quest for immortality but like western alchemy it was as spiritual quest its aim being union with the absolute j c cooper describes the history and development of taoist alchemy compares it with similar traditions in india and turkistan and gives it context by contrasting it with the rationale of the western hermetic tradition as she writes in her concluding chapter the whole work of alchemy is summed up in the phrase to make of the body a spirit and of the spirit a body the goal of the taoist alchemist mystic was transformation or perhaps more correctly transfiguration of the whole body until it ceases to be and is absorbed into and becomes the tao

Great Clarity 2006-02-27 this is the first book to examine extensively the religious aspects of chinese alchemy its main focus is the relation of alchemy to the daoist traditions of the early medieval period third to sixth centuries it shows how alchemy contributed to and was tightly integrated into the elaborate body of doctrines and practices that daoists built at that time from which daoism as we know it today evolved the book also clarifies the origins of chinese alchemy and the respective roles of alchemy and meditation in self cultivation practices it contains full translations of three important medieval texts all of them accompanied by running commentaries making available for the first time in english the gist of the early chinese alchemical corpus

Foundations of Internal Alchemy 2011 originally written for chinese readers this book provides a clear description of the taoist practice of internal alchemy or neidan the author outlines the four stages of the alchemical practice and clarifies several relevant terms and notions including essence breath and spirit the cinnabar fields the fire times and the embryo the book is based on the system of the wuzhen pian awakening to reality one of the main sources of internal alchemy and contains about two hundred quotations from original taoist texts table of contents foreword vii introduction 1 the basis essence and spirit 3 stages of the alchemical practice in awakening to reality 11 the four stages 13 laying the foundations 15 main points in the practice of laying the foundations 20 the functions of essence breath and spirit 36 terms related to the coagulation of the three treasures 52 conclusion of the stage of laying the foundations 63 refining essence to transmute it into breath 65 refining breath to transmute it into spirit 99 refining spirit to return to emptiness 109 conclusion 119 the arts of the way 121 tables 123 glossary of chinese characters 133

Explorations in Daoism 2007-03-06 the daoist canon is the definitive fifteenth century compilation of texts however many of these texts are undated and anonymous this book brings together an extraordinary compendium of data on alchemical knowledge in china describing the methods use

A Study of Chinese Alchemy 2009-04 reprint paperback 156p in china as elsewhere alchemy is a doctrine aiming to afford an understanding of the principles underlying the formation and functioning of the cosmos the alchemist overcomes the limits of individuality and ascends to higher states of being he becomes in chinese terms a zhenren or authentic man chinese alchemy went through a complex and not yet entirely understood development along its twenty centuries of documented history the two main traditions are conventionally known as waidan or external alchemy and neidan or internal alchemy the bulk of the chinese alchemical sources is found in the daoang taoist canon the largest collection of taoist texts the cosmos as we know it is conceived of as the final stage in a series of spontaneous transmutations stemming from original non existence this process

entails the apparent separation of primeval unity into the two complementary principles yin and yang their re union generates the cosmos when the process is completed the cosmos is subject to the laws of cosmology the alchemist s task is to retrace this process backwards alchemy whether external or internal provides support to the adept leading one to the point when as some texts put it heaven spontaneously reveals its secrets its practice must be performed under the close supervision of a master who provides the oral instructions koujue necessary to an understanding of the processes that the adept performs with minerals and metals or undergoes within himself modern study of the alchemical literature began in the present century after the canon was reprinted and made widely available in 1926 johnson s work originally published in 1928 remains one of the full book length treatises in english on the subject

The Taoist Alchemy of Wang Liping: Volume One 2020-02-11 for centuries high up in the mountains of china spiritual adepts explored the essence of being human known as taoist alchemists these practitioners developed and refined systems of energetic practice that allow us to experience our true nature the taoist alchemy of wang liping vol 1 introduces a traditional system of taoist self transformation known as internal alchemy or neidan outlining the core curriculum and instruction methods designed to awaken consciousness and the mind body connection wang liping is the current transmitter of the dragon gate lineage a taoist lineage that for centuries has been synonymous with the practice of neidan the first in a series volume one briefly details nathan s training with wang liping before presenting the core practices of the first alchemical phase how to build foundation and refine jing the lower frequency of energy associated with our physical body into a more rarified form of energy called qi numerous methods rituals and techniques are included as well as a clear framework for the practice wang liping is responsible for passing on the ancient knowledge of the dragon gate lineage of taoist practice as a mentor and teacher for the next generation of students wang liping s lineage is a traditional mountain taoist lineage these taoists are fully engaged in self transformation and the pursuit of transcendence born in china s northeast in 1949 wang liping was chosen by three masters of the dragon gate lineage to become the 18th heir holder and transmitter of the lineage wang liping s arduous training was described in the book opening the dragon gate the making of a modern taoist wizard wang liping began teaching publicly in 1985 since then he has trained many students throughout china and abroad he continues to live in china and teach nathan has been teaching chinese internal arts for over twenty years he began taoist practice in 1997 immersing himself in taoist temple arts martial arts meditation internal work neigong energy work qigong and internal alchemy for several years nathan lived in china and trained full time with a number of masters as well as learning mandarin chinese after china nathan returned to canada to pursue academic study of taoism where he received a ba in asian languages and culture and worked towards an ma at the university of british columbia extending his knowledge of classical chinese and the taoist canon after meeting wang liping nathan left graduate school and devoted himself wholly to learning taoist alchemy wang liping authorized nathan to teach in 2015 nathan now leads regular workshops in vancouver canada as well as internationally

Chinese Alchemy 1984 this book makes the self cultivation of daoist internal alchemy available to everyone avoiding predetermined academic categories it provides an outline of basic concepts in conjunction with evolutionary theory as well as easily accessible practice instructions done correctly the practice provides numerous benefits including freedom from disease an extended life expectancy increased wisdom and more this helps everyone the work opens the powerful esoteric system of internal alchemy to a wide general audience lifting it out of obscurity and mystification while yet retaining a strong hold in historical sources a must read for anyone interested in traditional chinese cosmology daoist practice and the active pursuit of a healthier and longer life

Internal Alchemy for Everyone 2018 a fascinating guide to the mental physical and esoteric spiritual transformative taoist

practices designed to increase longevity and unity with the world with commentary and interpretation on the traditional text by a contemporary academic and meditation practitioner taoist alchemical practices are renowned for their mental physical and spiritually transformative benefits including longevity and increased connection to the world around us in this guide to master huang yuanji s taoist classic ge guolong presents the basics of inner alchemy and the tradition s most essential meditation practices along with explanations of the fundamental theories and methods one needs to actually start walking the path historically taoist teachers borrowed complex terminology from astrology numerology and metallurgical alchemy to describe the process of individual transformation that occurs as a result of long term meditation practice ge guolong demystifies that classical terminology illuminating taoism s straightforward and eminently practical philosophy these vivid explanations of huang yuanji s discourses a taoist master from the late ming early qing dynasty 1636 1912 are particularly striking for their clarity relevance to day to day life and close relationship to the philosophy of such works as the tao te ching and chuang tzu synthesizing numerous streams of chinese philosophy and elucidating their lived practice taoist inner alchemy is as an excellent entry point to discover the riches of traditional taoist thought and meditation

Taoist Yoga 1973 taoist inner alchemy is a collection of theories and practices for transforming the mind and refining the self the inner teachings of taoism includes a classic of chinese alchemy known as four hundred words on the gold elixir written in the eleventh century by a founder of the complete reality school this text is accompanied by the lucid commentary of the nineteenth century adept lui i ming

Taoist Inner Alchemy 2024-03-12 forget slow spiritual evolution that takes lifetimes there is no need to wait until you are fully matured to achieve the spiritual transformation you re seeking especially if you follow the roadmap left by the ancient alchemists being a rudderless boat at sea being tossed this way and that trying to get more of the good stuff and avoid all the bad stuff at all costs isn t just annoying it s downright taxing and exhausting without a level of wizardry in our own lives we end up succumbing to the power of the wind blowing us hither and thither through life life does not have to be this way whether your dream is to live without suffering to achieve your fullest potential or to reach true enlightenment through the mystery gate is the blueprint this book and its alchemy blueprint emerged from the work of alchemical healer leta herman and alchemical life strategist jaye mcelroy founders of the alchemy healing center and co hosts of the inspired action podcast who have been facilitating alchemical transformations for over 20 years in this book herman and mcelroy go beyond enigmatic chinese medicine concepts and dive into what it means to become an alchemist why people should do it and then explain step by step how this can be done if you feel living more authentically could allow you to have more control over your life and your level of happiness or you can t find your wings to lift off the runway of life this is the book for you the nine stages of alchemy path that herman and mcelroy lay out is simple but not easy because your greatest gifts can often be squelched by the roadblocks and obstacles you ve put in your own way

The Inner Teachings of Taoism 2001-01-09 in this tang classic text from the 9th century daoist practitioner shi jianwu describes how through adapting our own breathing to the breath of the universe and daily meditation one can develop an astral body and transcend earthly matters to walk in the divine richard bertschinger offers the first annotated english language translation of this text with practical guidance for qigong meditative practice and personal development with elements of daoist tradition and drawing on mayahana buddhist influences this ancient guide aims to bring to the fore perceptions and focus on a natural form of breathing for pure meditation much of this chinese practice has been misunderstood and lost over the years until now richard s thoughtful translation and additional comments serve to distribute shi jianwu s original message with open interpretations for the individual reader

Through the Mystery Gate 2021-02-15 cultivating the tao is a complete translation of one of the main works by the renowned taoist master liu yiming 1734 1821 divided into 26 short chapters this book provides a comprehensive overview of the basic principles of taoism and an introduction to taoist internal alchemy or neidan authored by one of the greatest representatives of this tradition liu yiming was an 11th generation master of the longmen dragon gate lineage having recovered from severe illness in his youth he undertook extended traveling that led him to meet his two main masters in 1780 he settled in the qiyun mountains in the present day gansu province since then until his death he devoted himself to teaching and writing his works mainly consist of writings on neidan and of commentaries on major neidan scriptures liu yiming grafts internal alchemy onto the teachings of the book of the way and its virtue daode jing and of the later taoist tradition few other masters have illustrated the relation between taoism and internal alchemy as clearly as he does in this book

A Record of the Assembled Immortals and Gathered Perfected of the Western Hills 2018-01-18 find new balance energy awareness and personal power through the ancient mystery techniques of alchemy and qi gong

Cultivating the Tao 2013-12-01 this book translates master wang s original practice instructions and discourses given during training seminars his system of internal alchemy goes back to two ancient daoist texts the 13th century lingbao bifa linked to the immortals zhongli quan and l dongbin and the 17th century taiyi jinhua zongzhi secret of the golden flower also connected to l together they are known as the lingbao tong zhineng neigong shu arts of internal mastery wisdom and potential based on numinous treasure the texts outline the concoction of a golden elixir through the dual cultivation of inner nature and life destiny this book follows the classics and presents all different kinds of techniques including walking pacing sleeping circulating the five phases absorbing tree energy and capturing planetary essences in a systematic format and with a great amount of instructional detail it contains a wealth of information invaluable to anyone interested in genuine daoist cultivation and elucidates numerous rather obscure concepts to contextualize each practice

Rise and Shine 2011-04 this anthology presents complete or partial translations of sixteen important works belonging to the taoist tradition of neidan or internal alchemy while the selections are far from covering the whole field of neidan a virtually impossible task given its width and variety they are representative of several lineages and branches d104s have been selected in this perspective and are arranged chronologically in order to provide an overview not only of neidan but also of the history of its discourses and practices four of the sixteen texts are integrally translated six texts and two commentaries are translated in this book entirely or partially for the first time into english the book is concluded by several tables and by an index of the main terms contents d104s marked with an asterisk are integrally translated foreword sources 1 the seal of the unity of the three cantong qi 2 the hidden agreement yinfu jing with comm by yu yan 3 mirror for compounding the medicine ruyao jing with comm by wang jie 4 the transmission of the dao from zhongli quan to lü dongbin zhong lü chuandao ji 5 awakening to reality wuzhen pian by zhang boduan 6 four hundred words on the golden elixir jindan sibai zi attr to zhang boduan with comm by peng haogu 7 pointers to the mystery zhixuan pian by bai yuchan 8 model images of the golden elixir jindan faxiang by weng baoguang 9 questions and answers on the golden elixir jindan wenda by xiao tingzhi 10 fifteen essays to establish the teaching chongyang lijiao shiwu lun by wang zhen wang chongyang 11 the harmony of the center zhonghe ji by li daochun 12 the great essentials of the golden elixir jindan dayao by chen zhixu 13 rectifying errors for the seekers of the golden elixir jindan jiuzheng pian by lu xixing 14 principles of the conjoined cultivation of nature and existence xingming guizhi 15 the secret of the golden flower jinhua zongzhi 16 discriminations on difficult points in cultivating reality xiuzhen biannan by liu yiming tables index of main terms glossary of chinese characters works cited

Daoist Internal Mastery 2019 awakening to reality wuzhen pian is one of the most important and best known taoist alchemical

texts written in the eleventh century it describes in a poetical form and in a typically cryptic and allusive language several facets of neidan or internal alchemy the present book presents the first part of the text consisting of sixteen poems which contain a concise but comprehensive exposition of neidan in addition to notes that intend to clarify the meaning of the more obscure points the book also contains selections from a commentary dating from the late eighteenth century which is distinguished by the use of a lucid and plain language fabrizio pregadio has taught at the university of venice 1996 97 the technical university of berlin 1998 2001 and stanford university 2001 08 he is the author of great clarity daoism and alchemy in early medieval china stanford university press 2006 and the editor of the encyclopedia of taoism routledge 2008

Taoist Yoga 1970 the qigong it is a chinese art of management of the internal energy qi qigong has much different schools and directions the outlined qigong method in this book was originated in tianzhu shan mountains and was developed by such famous daoist masters as ling gu he jiafan wang jiafan liang yaopin its modern form this system got due to the efforts of such mentor as liu shaobin a distinctive feature of the presented to the readers system is the harmonious combination of static and dynamic exercises which allows easily and relatively quickly achieve tangible results in the mastering of the ancient daoist art of the inner alchemy

Taoist Yoga 1973 to age with the sun and moon and be renewed by spring and summer to conserve the seeds of growth in autumn and winter and to be nourished by the eternal breath of the tao these are the goals of the taoist alchemists the masters of the arts of health longevity and immortality this book is a translation of a concise taoist alchemical manual known as the dragon tiger classic along with its two most important commentaries the classic written in ancient times by an unknown author and published during the fifteenth century bce is regarded by contemporary taoist practitioners as the most complete guide to spiritual transformation it covers the three forms of taoist practice external alchemy concerned with the ingestion of minerals herbs and other substances to attain health longevity and immortality sexual alchemy in which the practitioner uses the energy of a sexual partner to cultivate his or her own energy internal alchemy the practice of meditation calisthenics and yogic postures to cultivate mind and body an extensive introduction by the translator and the inclusion of two commentaries by traditional chinese authors aid the reader in understanding this concise symbolic text

Taoist Internal Alchemy 2019-03-10 this book draws upon the best of daoist scholarship but is also noteworthy for its inclusion of contemporary practitioners

Awakening to Reality 2009 the cantong qi is the forefather of the scriptures on the elixir of all times its words are ancient and profound arcane and subtle no one can fathom their meaning thus begins a preface found in one of the commentaries to the cantong qi these words express several significant features of the work translated in the present book the charm of its verses the depth of its discourse its enigmatic language and its intimate relation to taoist alchemy waidan and neidan under an allusive poetical language and thick layers of images and symbols the cantong qi hides the exposition of a doctrine that inspired a large number of commentaries and other works and attracted the attention not only of taoist masters and adepts but also of philosophers cosmologists poets literati calligraphers philologists and bibliophiles neidan internal alchemy is the legacy that has shaped the dominant image and understanding of the cantong qi in china by placing this work at the origins of its teachings and practices besides this one there has been within the taoist tradition a second less well known way of reading the text the cantong qi is concerned not with one but with three major subjects namely cosmology the system of the book of changes taoism the way of non doing and alchemy and joins them to one another into a single unique doctrine in addition to a complete translation of the cantong qi this book the fruit of more than 20 years of work contains explanations of each of its sections notes on many of its verses and a detailed introduction to its history and doctrines

Daoist Qigong 2015-09-28 this book explores the daoist encounter with modernity through the activities of chen yingning 1880 1969 a famous lay daoist master and his group in early twentieth century shanghai in contrast to the usual narrative of daoist decay with its focus on monastic decline clerical corruption and popular superstitions this study tells a story of daoist resilience reinvigoration and revival between the 1920s and 1940s chen led a group of urban lay followers in pursuing daoist self cultivation techniques as a way of ensuring health promoting spirituality forging cultural self identity building community and strengthening the nation in their efforts to renew and reform daoism chen and his followers became deeply engaged with nationalism science the religious reform movements the new urban print culture and other forces of modernity since chen and his fellow practitioners conceived of the daoist self cultivation tradition as a public resource they also transformed it from an esoteric pursuit into a public practice offering a modernizing society a means of managing the body and the mind and of forging a new cultural spiritual and religious identity

Harmonizing Yin and Yang 1997-08-12 the ruyao jing mirror for compounding the medicine is one of the most famous texts of taoist internal alchemy or neidan written in the 10th century and attributed to cui xifan it describes the foundations of internal alchemy in 20 short poems of four verses because of its symbolic and cryptic language it has been subjected to different and sometimes conflicting interpretations this book contains the first complete translation of the ruyao jing and of the commentary by wang jie who lived in the 14th century wang jie also known as wang daoyuan and as hunran zi master of the inchoate was a second generation disciple of the great neidan master li daoqun his commentary is characterized by a strong connection between the doctrinal and the practical aspects of neidan the translator s notes provide details on the main technical terms and on the relation of this work to other important texts of internal alchemy in particular the cantong qi seal of the unity of the three and the wuzhen pian awakening to reality the book is vol 1 in the masters series of golden elixir press contents introduction p vii translation p 1 five poems by wang jie p 65 chinese text p 69 glossary of chinese characters p 83 works quoted p 89

Alchemy, Medicine, and Religion in the China of A.D. 320 1981 this is a new release of the original 1928 edition

Internal Alchemy 2009 a comprehensive guide to the core practices of the universal healing tao system and the advanced esoteric practices of inner alchemy explains each of the nine levels of inner alchemy and their more than 240 formulas explores the four healing arts for transformation of the emotional body physical body energy body and spiritual body provides simplified versions of core universal healing tao practices to more easily integrate the system into your daily life shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death explaining the evolution and core of the universal healing tao system master mantak chia and william u wei offer a condensed approach to the inner alchemy practices taught to master chia by his first taoist master yi eng more than 60 years ago beginning with the basic principles called the five enlightenments the authors explain each of the nine levels of inner alchemy and their more than 240 formulas including simplified versions of the microcosmic orbit the inner smile sexual alchemy exercises for men and women fusion of the five elements practices kan and li alchemy the sealing of the five senses and star and galaxy alchemy they explore the four healing arts that encompass the nine levels of inner alchemy living tao practices for transformation of your emotional body chi nei tsang practices for transformation of the physical body cosmic healing practices for transformation of the energy body and immortal tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware vessel they also offer simplified versions of the other core practices such as iron shirt chi kung bone marrow nei kung and wisdom chi kung to help you easily integrate inner alchemy and universal healing tao practices into your daily life providing a primer not only on the foundational practices of the universal healing tao system

but also a condensed guide to the esoteric practices of inner alchemy master chia and william u wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death

The Seal of the Unity of the Three 2011 this exciting new work translates two 12th century texts associated with the legendary immortals zhongli quan and l dongbin founders of the zhong l tradition of internal alchemy first the zhong l chuandao ji in dialogue format outlines the cosmological parameters of the practice then describes various methods of attainment second the lingbao bifa assembling various revealed sources and commentaries presents similar concepts and adds more specific practices in addition to the translations the zhong l system provides a discussion in five chapters historical unfolding the workings of the universe the human condition stages and processes and key practices it makes both the underlying cosmology and the practical transformation accessible and understandable in plain straightforward language beyond providing an in depth understanding for modern practitioners the work is essential for anyone concerned with daoist history cosmology and internal alchemy

Daoist Modern 2020-03-17 this collection of fascinating short reads on daoist thought including chinese medicine brings together some of the most popular articles from the scholar sage online magazine alongside new material from damo mitchell it includes how the teaching of the three worms sanchong demonstrates the way daoism pulls together models of the physical energetic spiritual and psychological a translation of and commentary on the classic of breath and qi consolidation an important daoist classical poem that discusses the relationship of jing and qi in the body the importance of the pineal gland in daoist alchemical thought the internal alchemy of fire water dragon and tiger the meaning behind the pairs of fu dogs often seen guarding the entrances of chinese temples government buildings and restaurants how fa jin works how increasing your excitement threshold can help you to find contentment in states of perpetual centeredness understanding and using food energetics and much more helping you to think about your practice in new ways the book features contributions from senior students at the lotus nei gong school of daoist arts including roni edlund lauren faithfull tino faithfull donna pinker and dr seb smith

Commentary on the Mirror for Compounding the Medicine 2013-02 internal alchemy is an ancient daoist practice of self cultivation it provides a path to becoming a daoist sage an enlightened individual who lives virtuously and in harmony with society and nature such individuals are able to act selflessly for the good of all as we stand at a critical point in the development of humanity with growing disharmony and unease within society and the environment the need for the daoist sage is greater than ever this book brings together the teachings of internal alchemy through the experience and wisdom of a living daoist master preserving and clarifying the traditional knowledge and practices while making them relevant to the concerns and events of the modern world through her shared experiences personal stories and training the reader will see that the daoist sage is not merely an idealised theoretical concept but a very real state of attainment that anybody can reach provided that they bring enough dedication and perseverance to their journey

The Study of Chinese Alchemy 2013-10 this book contains four essays on internal alchemy neidan by isabelle robinet originally published in french and translated here for the first time into english the essays are concerned with the alchemical principle of inversion the devices used by the alchemists to give form to the formless by the word and thus manifest the authentic and absolute dao the symbolic function of numbers in taoism and in internal alchemy and the original meanings of the terms external elixir waidan and internal elixir neidan table of contents acknowledgements vii 1 the world upside down in taoist internal alchemy 1 2 the alchemical language or the effort to say the contradictory 17 3 role and meaning of numbers

in taoist cosmology and alchemy 45 4 on the meaning of the terms waidan and neidan 75 tables and pictures 103 appendix works by isabelle robinet 113 glossary of chinese characters 117 works quoted 123

The Tao of Immortality 2018-02-20 taoist inner alchemy is a collection of theories and practices for transforming the mind and refining the self the inner teachings of taoism includes a classic of chinese alchemy known as four hundred words on the gold elixir written in the eleventh century by a founder of the complete reality school this text is accompanied by the lucid commentary of the nineteenth century adept lui i ming

The Zhong-Lü System of Internal Alchemy 2020 the literati path explores the life and teachings of the ming author and alchemist lu xixing 1520 1601 it begins by examining his biography religious community alchemical doctrine and methods of practice lu was special in that he embodied the literati tradition of self cultivation engaging in the alchemical arts without ever leaving his habitual life he did not abandon his family was never ordained and had no connection to daoist or other institutions he learned internal alchemy from books and through spirit writing seances where he met lü dongbin and other immortals next the work expounds the cosmological doctrines at the foundation of internal alchemy including those found in the yijing and the cantong qi and outlines the universal ebb and flow of yin and yang as the basis of the immortal elixir it moves on to describe just how the practice serves to overcome destiny modeling techniques on biological gestation and creating a new being deep within it explains major alchemical concepts as applied by lu xixing and systematically describes his path to immortality all the while questioning the validity of his reputation as a sexual alchemist shedding fascinating new light on the religious life of ming literati and providing a first access to a unique take on internal alchemy in late imperial china the literati path to immortality is a must for anyone interested in traditional chinese religion and culture

Daoist Reflections from Scholar Sage 2016-09-21 white tiger green dragon follows the spiritual erotic and psychic evolution of tu ming a taoist monk in old china tu is apprenticed in sequence to five female adepts in the discipline known as the dual cultivation a kind of tantra yoga in which sexual techniques replicate states of spiritual progress this practice culminates in the creation of a spiritual embryo at the moment of enlightenment the five masters who instruct tu run the gamut of chinese folklore characters including the gentle pillow girl mei cha the doughty herb gatherer su ba and lekshe tsogyel an acrobatic aristocrat from tibet tu advances not only in his practice but also in his understanding of life and love as he falls under the spell of five unforgettable women unequaled in religious literature in the exciting conclusion he experiences an epiphany that redefines what it means to attain the highest knowledge

Chinese Alchemy 2009 explaining the process and energetics of daoist internal alchemy the author describes in detail the practice of nei dan the alchemical firing practice of daoism that has until very recently been a closely guarded secret drawing together a huge amount of esoteric material on the hidden aspects of daoist practice he presents theory and practice coherently for western practitioners he offers his own experiences of each stage of attainment describing the tangible results that should appear and provides guidance on the practicalities and potential pitfalls of alchemical training

Taoist Yoga 1976 in this seventeenth century chinese novel han xiangzi best known as one of the eight immortals seeks and achieves immortality and then devotes himself to converting his materialistic politically ambitious confucian uncle han yu a real historical figure to daoism written in lively vernacular prose interspersed with poems and songs the novel takes its readers across china to the heavens and into the underworld readers listen to debates among confucians daoists and buddhists and witness trials of faith and the performance of magical feats in the mode of the famous religious novel journey to the west the story of han xiangzi uses colorful characters twists of plot witty dialogue and action suitable for a superhero comic book to convey its religious message that worldly life is ephemeral and that true contentment can be found only through

daoist cultivation this is the first translation into any western language of han xiangzi quanzhuan literally the complete story of han xiangzi on one level the novel is a delightful adventure on another it is serious theology although the story of han xiangzi s irreverent attitude toward the confucian establishment prevented its acceptance by literary critics in imperial china it has remained popular among chinese readers for four centuries philip clart s introduction outlines the han xiangzi story cycle presents yang erzeng in his social context assesses the literary merits and religious significance of the text and explores the theory and practice of inner alchemy this unabridged translation will appeal to students of chinese literature and to general readers who enjoy international fiction as well as to readers with an interest in daoism

Internal Alchemy 2014-08-28

The World Upside Down 2011-07

The Inner Teachings of Taoism 2001-01-09

The Literati Path to Immortality: The Alchemical Teachings of Lu Xixing 2020

White Tiger, Green Dragon 2000-10

White Moon on the Mountain Peak 2015-09-21

The Story of Han Xiangzi 2011-07-01

- [study guide and sample test for the national police officer selection \(PDF\)](#)
- [technical traders guide to computer analysis of the futures markets Copy](#)
- [les secrets du mentaliste \[PDF\]](#)
- [a courthouse conservation handbook \(Download Only\)](#)
- [fundamentals organizational communication 9th edition Full PDF](#)
- [chapter 5 populations vocabulary review \[PDF\]](#)
- [the rational optimist how prosperity evolves Full PDF](#)
- [bmw e30 buyers guide \[PDF\]](#)
- [graduation day the testing 3 joelle charbonneau \(Download Only\)](#)
- [bookkeeping for small businesses simple steps to becoming a confident bookkeeper teach yourself \(Download Only\)](#)
- [national geographic kids cutest animals sticker activity over 1 000 stickers \(2023\)](#)
- [kuhs bds model question paper Full PDF](#)
- [how to write an analysis paper example Copy](#)
- [bad habits chords fidlar guitar chords \(Download Only\)](#)
- [magellano e loceano che non cera ediz illustrata .pdf](#)
- [math113141 algebra test 2 past paper solutions mathsoc Copy](#)
- [short answer question for public health exam \(Read Only\)](#)
- [london tattoos \(PDF\)](#)
- [plwha a rough guide to dirty sex thebody \(Download Only\)](#)
- [solutions of engineering mechanics by ak tayal \(2023\)](#)
- [cutnell johnson physics 6th edition \[PDF\]](#)
- [common core character analysis \[PDF\]](#)
- [the hurdy gurdy in eighteenth century france \[PDF\]](#)
- [finite element analysis saeed moaveni solution Full PDF](#)
- [basketball junkie a memoir chris herren \(Read Only\)](#)