
Lu Kuan Yu Taoist Yoga Alchemy And Immortality

Hsin-lun (New Treatise) and Other Writings by Huan T'an (43 B.C.-28 A.D.)

The Record of Linji

The A to Z of Taoism

The Secrets of Chinese Meditation

Taoist Shaman

Tranquil Sitting

Daoism in the Twentieth Century

Sitting in Oblivion

Six Ways of Being Religious

Ch'an and Zen Teaching

Historical Dictionary of Taoism

Taoism

The Book of Lieh-tzu

Grass Mountain

Tao & Longevity

Taoist Yoga

Lieh-tzu

Practical Buddhism

The Taoist Experience

The Zen Teachings of Master Lin-chi

A History of Knowledge

Taoism and Self Knowledge

On the Emergence and Understanding of Asian Global Leadership

Cultivating the Empty Field

Taoist Yoga

The Alchemy of Sexual Energy

Early Daoist Dietary Practices

Tai Chi--The Perfect Exercise

The Magus of Java

Taoist Yoga and Sexual Energy

Taoist Yoga

Lao-tzu's Taoteching

A Pilgrim in Chinese Culture

Taoist Cosmic Healing

Tao

Among Tibetan Texts

The Way and Its Power

Taoism

CLARK SANTOS

Hsin-lun (New Treatise) and Other Writings by Huan T'an (43 B.C.-28 A.D.) Univ of California Press
First published in 1934. Unlike previous translations, this translation of Lao Tzu's Tao Tê Ching is based not on the medieval commentaries but on a close study of the whole of early Chinese literature.

The Record of Linji Da Capo Press

Drawing on ancient and modern sources, "a lucid discussion of Taoism and the Chinese language [that's] profound, reflective, and enlightening." —Boston Globe According to Deepak Chopra, "Watts was a spiritual polymath, the first and possibly greatest." Watts treats the Chinese philosophy of Tao in much the same way as he did Zen Buddhism in his classic *The Way of Zen*. Critics agree that this last work stands as a perfect monument to the life and literature of Alan Watts. "Perhaps the foremost interpreter of Eastern disciplines for the contemporary West, . . . Watts begins with scholarship and intellect and proceeds with art and eloquence to the frontiers of the spirit."—Los Angeles Times

The A to Z of Taoism Llewellyn Worldwide

The Lieh-tzu is a collection of stories and philosophical musings of a sage of the same name who lived around the fourth century BCE. Lieh-tzu's teachings range from the origin and purpose of life, the Taoist view of reality, and the nature of enlightenment to the training of the body and mind, communication, and the importance of personal freedom. This distinctive translation presents Lieh-tzu as a friendly, intimate companion speaking directly to the reader in a contemporary voice about matters relevant to our everyday lives.

The Secrets of Chinese Meditation Weiser Books

Taoist techniques for replenishing our internal energy with universal cosmic energy • Shows how to transform excess sexual energy (Ching Chi) into self-healing energy • Presents advanced Cosmic Healing Chi Kung practices, which gather the limitless resources of Cosmic Chi for healing • Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body's internal energy, but we must learn how to harness excess sexual energy and transform it into chi, or life-force energy. When we circulate the sexual energy in the Microcosmic Orbit--a continuous energy loop that runs up the spine and down the front of the body--we transform it into self-healing energy that can be stored in the organs and the three tan tiens: energy centers in the brain, the heart center, and the lower abdomen. The *Alchemy of Sexual Energy* builds upon Microcosmic Orbit practices discussed in *Healing Light of the Tao*. The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe. By learning to open the three tan tiens to the six directions, the Taoist practitioner combines mind power with extension of chi to draw cosmic energy

into the body. This energy, too, can be stored in the three tan tiens and used as needed for healing. When we learn to flow in this way with the energy of the Tao, life ceases to be a struggle.

Taoist Shaman Red Wheel

The *Linji lu* (Record of Linji) has been an essential text of Chinese and Japanese Zen Buddhism for nearly a thousand years. A compilation of sermons, statements, and acts attributed to the great Chinese Zen master Linji Yixuan (d. 866), it serves as both an authoritative statement of Zen's basic standpoint and a central source of material for Zen koan practice. Scholars study the text for its importance in understanding both Zen thought and East Asian Mahayana doctrine, while Zen practitioners cherish it for its unusual simplicity, directness, and ability to inspire. One of the earliest attempts to translate this important work into English was by Sasaki Shigetsu (1882-1945), a pioneer Zen master in the U.S. and the founder of the First Zen Institute of America. At the time of his death, he entrusted the project to his wife, Ruth Fuller Sasaki, who in 1949 moved to Japan and there founded a branch of the First Zen Institute at Daitoku-ji. Mrs. Sasaki, determined to produce a definitive translation, assembled a team of talented young scholars, both Japanese and Western, who in the following years retranslated the text in accordance with modern research on Tang-dynasty colloquial Chinese. As they worked on the translation, they compiled hundreds of detailed notes explaining every technical term, vernacular expression, and literary reference. One of the team, Yanagida Seizan (later Japan's preeminent Zen historian), produced a lengthy introduction that outlined the emergence of Chinese Zen, presented a biography of Linji, and traced the textual development of the *Linji lu*. The sudden death of Mrs. Sasaki in 1967 brought the nearly completed project to a halt. An abbreviated version of the book was published in 1975, but neither this nor any other English translations that subsequently appeared contain the type of detailed historical, linguistic, and doctrinal annotation that was central to Mrs. Sasaki's plan. The materials assembled by Mrs. Sasaki and her team are finally available in the present edition of the *Record of Linji*. Chinese readings have been changed to Pinyin and the translation itself has been revised in line with subsequent research by Iriya Yoshitaka and Yanagida Seizan, the scholars who advised Mrs. Sasaki. The notes, nearly six hundred in all, are almost entirely based on primary sources and thus retain their value despite the nearly forty years since their preparation. They provide a rich context for Linji's teachings, supplying a wealth of information on Tang colloquial expressions, Buddhist thought, and Zen history, much of which is unavailable anywhere else in English. This revised edition of the *Record of Linji* is certain to be of great value to Buddhist scholars, Zen practitioners, and readers interested in Asian Buddhism.

Tranquil Sitting Routledge

For three decades, E. Gene Smith ran the Library of Congress's Tibetan Text Publication Project of the United States Public Law 480 (PL480) - an effort to salvage and reprint the Tibetan literature that had been collected by the exile community or by members of the Bhotia communities of Sikkim, Bhutan, India, and Nepal. Smith wrote prefaces to these reprinted books to help clarify and contextualize the particular Tibetan texts: the prefaces served as rough orientations to a poorly

understood body of foreign literature. Originally produced in print quantities of twenty, these prefaces quickly became legendary, and soon photocopied collections were handed from scholar to scholar, achieving an almost cult status. These essays are collected here for the first time. The impact of Smith's research on the academic study of Tibetan literature has been tremendous, both for his remarkable ability to synthesize diverse materials into coherent accounts of Tibetan literature, history, and religious thought, and for the exemplary critical scholarship he brought to this field.

Daoism in the Twentieth Century Scarecrow Press

This reference book on Taoism, one of the major spiritual traditions of China, includes in its coverage both Taoist philosophy and Taoist religion. An introduction provides overall insight into Taoist development through the ages, while the dictionary itself is comprised of 275 entries that define Taoist concepts, scriptures, deities, practices, and personalities. Includes an extensive bibliography.

Sitting in Oblivion BRILL

A Source Book in Chinese Philosophy is a milestone along the complex and difficult road to significant understanding by Westerners of the Asian peoples and a monumental contribution to the cause of philosophy. It is the first anthology of Chinese philosophy to cover its entire historical development. It provides substantial selections from all the great thinkers and schools in every period--ancient, medieval, modern, and contemporary--and includes in their entirety some of the most important classical texts. It deals with the fundamental and technical as well as the more general aspects of Chinese thought. With its new translation of source materials (some translated for the first time), its explanatory aids where necessary, its thoroughgoing scholarly documentation, this volume will be an indispensable guide for scholars, for college students, for serious readers interested in knowing the real China.

Six Ways of Being Religious Red Wheel

-- Burton Watson

Ch'an and Zen Teaching Princeton University Press

An interdisciplinary group of scholars explores the social history and anthropology of Daoism from the late nineteenth century to the present, focusing on the evolution of traditional forms of practice and community, as well as modern reforms and reinventions. Essays investigate ritual specialists, body cultivation and meditation traditions, monasticism, new religious movements, state-sponsored institutionalization, and transnational networks"--Publisher's Web site.

Historical Dictionary of Taoism Lexington Books

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

Taoism Golden Elixir Press

- Includes practices for cleansing the blood of toxins, relieving pain, using sexual energy for healing, and other tools for the treatment and prevention of disease
- Explains the unique healing potential of chi kung color therapy and how to harness universal and earthly elemental energies in healing
- By Mantak Chia, coauthor of *The Multi-Orgasmic Man* Taoists believe in an underlying unity that permeates the universe and intimately binds all things. Taoist Cosmic Healing presents chi kung techniques that develop and strengthen awareness of the forces and energetic principles of the universe and the earthly six directions, allowing the reader to draw upon these forces for healing themselves and others. Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and, when combined with specific body positions and the chi kung stance, to heal others. Through Mantak Chia's profound understanding of the ancient esoteric science of guiding chi energy, students can learn how to harness the astral energies of specific stars. Master Chia also explains the important role that compassion and positive energy play in enhancing one's ability to heal. He presents for the first time in the West the details of chi kung color therapy and how it can activate and strengthen the immune system.

The Book of Lieh-tzu University of Hawaii Press

This book offers a comprehensive course in Taoist yoga. Specially written to make its contents accessible, it explains the mysteries of Taoist spiritual alchemy, which entails many sexual practices to preserve the generative force of the body.

Grass Mountain Wipf and Stock Publishers

The host of PBS's *Longevity Tai Chi* and leading Western Tai Chi master Arthur Rosenfeld offers a groundbreaking guide to the myriad mental and physical benefits of this ancient martial art, including easing chronic pain and illness, dealing with stress, and resolving conflicts more easily. Are you looking to develop your mind as well as your body? Look no further than tai chi.

Tao & Longevity University of Michigan Press

Learn the Taoist secrets of slow, sensual sex, massage and sexual healing.

Taoist Yoga Walter de Gruyter GmbH & Co KG

Many people today are familiar with Indian yoga but the secrets of the Chinese system have never been widely available. TAOIST YOGA offers a comprehensive course, which has passed down through the generations from ancient Chinese masters. Specially written to make its contents accessible to the Westerner, the book explains the mysteries of Taoist spiritual alchemy, which entails many sexual practices to preserve the generative force of the body.

Lieh-tzu Tuttle Publishing

- The shamanic roots of Taoist practice
- Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching

Includes exercises from the “Wheel of Love” to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel’s application to sacred sexuality, they offer exercises from the “Wheel of Love” to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

Practical Buddhism Simon and Schuster

Much as the modern Western world is concerned with diets, health, and anti-aging remedies, many

early medieval Chinese Daoists also actively sought to improve their health and increase their longevity through specialized ascetic dietary practices. Focusing on a fifth-century manual of herbal-based, immortality-oriented recipes—the Lingbao Wufuxu (The Preface to the Five Lingbao Talismans of Numinous Treasure)—Shawn Arthur investigates the diets, their ingredients, and their expected range of natural and supernatural benefits. Analyzing the ways that early Daoists systematically synthesized religion, Chinese medicine, and cosmological correlative logic, this study offers new understandings of important Daoist ideas regarding the body’s composition and mutability, health and disease, grain avoidance (bigu) diets, the parasitic Three Worms, interacting with the spirit realm, and immortality. This work also employs a range of cross-disciplinary scientific and medical research to analyze the healing properties of Daoist self-cultivation diets and to consider some natural explanations for better understanding Daoist asceticism and its underlying world view.

The Taoist Experience Columbia University Press

A discussion of Taoist theories, symbols, methods and the results of meditation from a psychological/physiological point of view. Includes the use of meditation to promote a long and healthy life, and outlines the effects of opening up ch'i energy.

The Zen Teachings of Master Lin-chi University of Hawaii Press
Expanded ed. of: Seven steps to the Tao. 1987.