

## Vitality Energy Spirit A Taoist Sourcebook Shambhala Classics

This is a compilation of the finest spiritual wisdom from China, covering nearly 5,000 years of masterly insight including the great traditions of Confucianism, Taoism, Zen, Chinese Buddhism and Chinese poetry.

Employing a comparative religious studies approach, this book provides a comprehensive discussion of early Quanzhen as a Daoist religious movement characterized by asceticism, alchemical transformation, and mystical experiencing. Emphasis is placed on the complex interplay among views of self, religious praxis, and religious experience.

A crosscultural exploration of the meanings, definitions, practices, and common themes of mysticism via a study of original texts (in translation) from different parts of the world. It brings together the writings of the mystics from Christianity, Judaism, Islam, Buddhism, Hinduism, Taoism, and Confucianism in one volume. Conventional wisdom traces Tarot cards to medieval Italy, but their roots go back much further in time and draw on a surprisingly rich variety of cultures and spiritual traditions. Combining pioneering scholarship with practical spiritual instruction, *Origins of the Tarot* is the first book to unveil the full range of the ancient streams of wisdom from which the Tarot emerged. The timeless principles of conscious realization and cosmological unfoldment underlying the Tarot have never been explored in a comparably extensive and detailed way: herein the teachings of a tremendous range of traditions, including Kabbalah, Western esotericism and alchemy, Buddhism, Taoism, yogic disciplines, Sufism, mystical Christianity, Gnosticism, and Neoplatonism, are masterfully incorporated and synthesized. Author Dai Léon explores a confluence of philosophical schools from East and West as they relate to the Tarot, giving each its due in the exposition of a universal procession of evolution and the soul's quest for enlightenment. In the process, the Tarot is seen as a unique exemplification of perennial teachings on the soul and its liberation, as well as a still-unfolding window into concealed currents of human history. The book's profound learning and unprecedented range of references are sure to attract close study among students both of the world's most enduring esoteric tradition and of esotericism itself.

The first English translation of Master Li Ching-yun's teachings on the Eight Brocades, the central practice of qigong. • Explains the physical and spiritual benefits of the Eight Brocades and offers step-by-step instructions for this powerful sequence of postures. • 85 illustrations highlight the postures and philosophies. • Author's commentary provides insight and depth to the original translation. Throughout history Taoists have promoted the development and restoration of the Three Treasures-- body, breath, and spirit--through the gentle practice of qigong. At the center of the qigong practice are the Eight Brocades, a series of postures that developed during the 3,000-year Taoist quest for longevity

and vitality. Now qigong expert Stuart Olson translates into English Master Li Ching-yun's treasured teachings on the Eight Brocades. One of the most famous qigong masters of this century, Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to and validate the Eight Brocades as the quintessence of Taoist health and qigong practices. With Master Li Ching-yun's original teachings as a guide, Stuart Olson presents an authentic yet accessible approach to this unique practice. Each exercise is accompanied by original text from Master Li, step-by-step instructions for each posture, illustrations of the positions, and insights on theory and practice. Because the Eight Brocades are the foundation of all qigong, this book provides valuable advice for all practitioners, regardless of the style they practice or the depth of their experience.

Lao-tzu, the legendary sage of ancient China, is traditionally considered to be the author of the Tao Te Ching, one of the most popular classics of world literature. Now Lao-tzu's further teachings on the Tao, or Way, are presented here in the first English translation of the Chinese text known as the Wen-tzu. Although previously ignored by Western scholars, the Wen-tzu has long been revered by the Chinese as one of the great classics of ancient Taoism. In it, Lao-tzu shows that the cultivation of simplicity and spontaneity is essential to both the enlightened individual and the wise leader. This timeless work will appeal to a broad audience of contemporary readers who have come to consider Lao-tzu's Tao Te Ching a classic on the art of living.

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic *Awaken Healing Energy Through the Tao* In 1983, Mantak Chia introduced the "Microcosmic Orbit" to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The Microcosmic Orbit showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. *Healing Light of the Tao* presents the more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy

body can lead to physical rejuvenation that the Taoists called immortality. The I Ching , or "Book of Change," is considered the oldest of the Chinese classics and has throughout history commanded unsurpassed prestige and popularity. Containing several layers of text and given numerous levels of interpretation, it has captured continuous attention for well over two thousand years. It has been considered a book of fundamental principles by philosophers, politicians, mystics, alchemists, yogins, diviners, sorcerers, and more recently by scientists and mathematicians. This first part of the present volume is the text of the I Ching proper—the sixty-four hexagrams plus sayings on the hexagrams and their lines—with the commentary composed by Liu I-ming, a Taoist adept, in 1796. The second part is Liu I-ming's commentary on the two sections added to the I Ching by earlier commentators, believed to be members of the original Confucian school; these two sections are known as the Overall Images and the Mixed Hexagrams. In total, the book illuminates the Taoist inner teachings as practiced in the School of Complete Reality. Well versed in Buddhism and Confucianism as well as Taoism, Liu I-ming intended his work to be read as a guide to comprehensive self-realization while living an ordinary life in the world. In his attempt to lift the veil of mystery from the esoteric language of the I Ching , he employs the terminology of psychology, sociology, history, myth, and religion. This commentary on the I Ching stands as a major contribution to the elucidation of Chinese spiritual genius.

How can Qi offer you the means, tools and will to live a life of balance? Explaining what Qi is, where it comes from, how we use it, and how we can cultivate it in order to achieve wholeness and balance, this much-needed book combines knowledge and practice to explore all aspects of Qi, including its modern, everyday implications. The book not only covers the history of Qi, but also demystifies the vital philosophies and practices surrounding it. Filled with valuable information on how to recognise and cultivate Qi in order to increase your energetic capacity and return to a more efficient physical, emotional, and psychological state, it also illustrates Qi's central importance in meditation, Taiji, Qigong, and other Internal Arts practices that focus upon its vitality. The author also offers instruction on a number of methods for opening the energy gates of the body to cultivate Qi.

The Great Shift is about the new era of humanity. We have entered the new epoch of humanity's spiritual evolutionary journey into higher consciousness. Our present world is one in which order is arising out of chaos. Everything is changing and seeking equilibrium. The conditions are nothing short of a rebirth. We are quite literally witnesses and participants in the shift from individual to planetary consciousness. We are part of the emerging consciousness, and the signs are everywhere. It is here now, and we all have a part to play in it. This book is a guide to navigating the shift from an old paradigm into a new one. It is deeply rooted in the shamanic and Taoist traditions, which are a fountain of wisdom and knowledge for restoring our relationship with the Earth. Shamanism and Taoism are a way of living in harmony with nature, rather than an adherence to a religious doctrine. By practicing these ways of being, we awaken our soul calling and our connection to nature. They provide a myriad of responses to the

spiritual quest of self-discovery. They are ways that embed us in the living web of life, yielding greater awareness and perspective. These practices are easily integrated into contemporary life and provide a means of navigating the turbulent times in which we live.

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.

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

Unlocking the secrets of Tantra—one of the most alluring forms of Buddhism Often misunderstood, Tantrism focuses on a particular style of meditation and ritual. Having far more to do with the sacred than the sexual, Tantric Buddhism is believed to have originated around the 5th Century AD in the rich cultural basin of Bengal and spread throughout the Asian world. Today it is widely practiced in Tibet, Japan, and the West. The Secrets of Tantric Buddhism presents accessible translations of 46 classic texts found in the Carya-Giti, a collection of teachings by more than twenty famous Siddhas, or Tantric adepts, who lived during the illustrious Pala dynasty of the 10th and 11th centuries. Renowned translator and scholar Thomas Cleary unlocks the mysteries of these texts and provides commentary for each that explains the ancient teachings in a way that makes them seem fresh and contemporary. These teachings emanate from one of the most dynamic sources of Buddhism, at the height of its religious development. They are completely nonsectarian and will be greeted enthusiastically by those interested in spirituality, world religions, and classic Buddhism.

Blending Western tradition and Eastern Taoist thought, this unusual guide explains how to use that Tao Te Ching as a framework for interpreting the Tarot cards. Original. 20,000 first printing.

The benefits of sexual bliss were not lost on the ancients, who knew well its powers to enhance health, concentration, and peace of mind. These ancient Chinese Taoist texts explain the transformative effects sex can have when properly and wisely practiced, demonstrating Taoism's emphasis on cultivating life's "three treasures"—vitality, energy, and spirit—in all the activities of daily life. The texts are part of the famous Mawangdui finds, Han Dynasty tombs that yielded the richest cache of ancient medical manuscripts ever found in China. The first three texts—Ten Questions, Joining Yin and Yang, and Talk on Supreme Guidance for the World—deal with physical health and sex lore, including diet, exercise, sleep, and techniques of lovemaking. The last two, A Course in Effectiveness and A Course in Guidance, concentrate on the psychological factors of good health and well-being, especially the reduction of stress and cultivation of wholesome social relations.

The Book of Balance and Harmony is a renowned anthology of writing by a thirteenth-century master of the Complete Reality School of Taoism, a movement begun around the turn of the first millennium CE whose aim was a return to the purity of Taoism's original principles and practices. This classic collection, compiled by one of the master's disciples, is still very much in use by the Taoist adepts of China today. Its serves as a compendium of the teaching of the Complete Reality School, both in theory and in practice, employing a rich variety of literary forms, including essays, dialogues, poetry,

and song. The writings herein condense the essences of the Chinese religious traditions of Taoism, Confucianism, and Buddhism into an alchemical elixir teaching Vitality, Energy, and Spirit—the "three treasures" of Taoism that promise mental and physical well-being.

Presents a compendium of Taoist texts, from ancient times to the present, which deal with the "three treasures" of human life, understood to be the source of the creativity, capability, and intelligence of which humankind is capable. Reprint.

The great depth and diversity of Taoist spirituality is introduced in a single, accessible manual. Millions of readers have come to the philosophy of Taoism thanks to the classics *Tao Te Ching* and the *I Ching*, or through the practices of t'ai chi and feng-shui, but the Tao is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Eva Wong, a leading Taoist practitioner and translator, provides a solid introduction to the Way. All of Taoism's most important texts, figures, and events are covered, as well as its extraordinarily rich history and remarkable variety of practice. Sections include: • The History of Taoism traces the development of the tradition from the shamans of prehistoric China through the classical period (including the teachings of the famous sage Lao-tzu), the beginnings of Taoism as a religion, the rise of mystical and alchemical Taoism, and the synthesis of Taoism, Buddhism, and Confucianism. • Systems of Taoism explores magical sects, divination practices, devotional ceremonies, internal alchemy, and the way of right action. • Taoist Practices discusses meditation, techniques of cultivating the body, and rites of purification, ceremony, and talismanic magic. This roadmap to the spiritual landscape of Taoism not only introduces the important events in the history of Taoism, the sages who wrote the Taoist texts, and the various schools of Taoist thinking, but also gives readers a feel for what it means to practice Taoism today. A comprehensive bibliography for further study completes this valuable reference work.

The concept of gender is one that is static for many and malleable for some. Many mistakenly interchange gender with sexuality. Some argue that it is cultural/environmental, while other say that it is genetic. What is gender? The answer continues to elude. Tarynn Whitten's introspective work seeks to explore the mystery of gender identity through an integration of various principles of Taoism. The *Tao of Gender* grew out of a personal need to provide peaceful reading for those who seek "The Way" on their journey through life, in a world where transgenderism and transsexuality are all too often misunderstood. The author hopes to help those on this journey to find balance by tapping into their infinite capacity for resourcefulness and wisdom within. What readers are saying This book is a gift of inspiration and insight for those who experience gender fluidity or want to explore the nature of trans-genderism. Tarynn artfully weaves the personal and the philosophical, creating a tapestry of gender and Taoism with threads of self-discovery and renewal.—Randi Ettner, Ph.D., author of *Gender Loving Care*; and *Confessions of a Gender Defender*

Adapted from a series of lectures on the historical basis and current resurgence of the sacred feminine, given by Andrew Harvey at the California Institute of Integral Studies in Spring 1994, *The Return of the Mother* is a profound journey into the heart of the Divine Mother. In this comprehensive and groundbreaking work, mystical scholar Andrew Harvey unearths traces of the sacred feminine in major world religions—Hinduism, Islam (Sufism), Buddhism, Taoism, and Christianity—and in aboriginal and indigenous wisdom traditions. Harvey presents a scathing critique of the patriarchal distortions in religious history and doctrine that have obscured full knowledge of the Divine Mother, and shows how to reintegrate this vital aspect into the spiritual consciousness of humankind. *The Return of the Mother* offers a radical new perspective, balancing the historical overemphasis on transcendence by honoring the immanence of the divine in passionate engagement in the world. Only by cultivating a direct, respectful relationship with the transformative power of the sacred feminine can we alter our disastrous

attitude of dissociation from nature, the body, sexuality, and the details of human life, and generate the energy and compassion needed to reverse the course of destruction we have set the planet—and all of life—hurtling toward. In lively question-and-answer sections, Harvey further illuminates these vital issues and takes a strong stand against our dependence on “gurus” and “masters,” proposing instead an egalitarian model of spiritual community based on intimate groups of mutually supportive guides and friends. *The Return of the Mother* is an eloquent and passionate call for all of us to rediscover and reclaim an authentic and empowering relationship to the divine, and recreate a sacred life-in-the-world.

Here is a rich and varied selection from the most popular classics of ancient Taoism, including the TAO-TE CHING, CHUANG-TZU, HUAI-NAN-TZU, and WEN-TZU. Also translated are wonderful Taoist fables and stories from the "Tales of Inner Meaning" and a selection of short teachings of the famed Taoist patriarch Ancestor Lu, one of the great figures of early Taoism. Copyright © Libri GmbH. All rights reserved.

“Marries ancient healing wisdom with practical spiritual insights to help you create your own dynamic and uniquely personal healing journey. Your 21st-century guide to integrating and healing body, mind and soul.”—Ann Louise Gittleman, New York Times bestselling author of more than 30 books on health and nutrition *There’s more to you than meets the eye. Your Seven Energy Centers* contains powerful insights and tools for wholeness based on the science of the body’s subtle energy system. It draws from the wisdom of the world’s spiritual traditions to show how you can nurture your soul through seven stages of personal growth. Includes an overview of holistic techniques that help restore the body’s energetic balance—from homeopathy, vitamins and spa therapies to meditation, affirmations and visualization.”

Reveals the close relationship between the eight basic postures of T'ai Chi and the hexagrams of the I Ching, detailing how practicing the Before Heaven T'ai Chi form restores flexibility and spiritual freedom. Original.

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman’s life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman’s life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious

energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

Therapists often encounter people who have suffered severe emotional damage resulting in feelings of psychological fragmentation. Sandplay therapy, which combines the physical actions of play with observation and understanding through the use of symbolism, can be a useful method of treating this kind of damage. This book focuses on the theoretical aspects of sandplay therapy, presenting Dora M. Kalff's ideas and drawing out the significance of Kalffian sandplay for therapists. Building on Kalffian ideas of the integration of Eastern and Western thought in relation to healing through sandplay, the author explores theories in quantum physics and Eastern philosophies. Her theoretical insights are illustrated with clinical examples, and her book will be of great interest to arts therapists and to students of related disciplines. Discusses the history, basic beliefs, and traditional practices of Daoism as well as the renewed interest and growth in modern China and the world.

This practical, down-to-earth guide offers the means for you to awaken your healing hands. Focussing on the use of hand sensitivity and energy in healing, the guide introduces methods to rapidly sharpen your latent skills and increase your confidence when feeling and working with Qi. Based on a combination of clinical examples, Daoist philosophy, and detailed 'how-to' instructions, the author shows you how to develop your ability to work energetically with your hands, providing an invaluable, powerful tool for subtle diagnosis and healing work that can supplement other methods.

Vitality, Energy, Spirit A Taoist Sourcebook Shambhala Publications

This extraordinary collection of teachings and commentaries illuminates the many profound mysteries of inner alchemy, one of the most important dimensions of the Taoist tradition. The science of inner alchemy consists of meditation practices that enable the individual to have a more intimate, energizing, and inspiring relationship with life. Although these techniques are described in the sourcebooks of ancient Taoism, they are often couched in cryptic symbolic language, making it difficult for today's seekers to put these teachings into practice. Some classical Taoist writers, however, did adopt a more explicit manner of expression. Practical Taoism is a collection of writings from these more accessible commentators on the traditional alchemical texts, compiled by a seventh-generation master of the Northern Branch of the Complete Reality School of Taoism known as the Preserver of Truth.

Nei Gong has been a well-kept secret within the Daoist sects of China for centuries. Based upon the original teachings of the great sage Laozi, it has only ever been taught to close students of the masters chosen as the heads of the ancient orders. This book provides a breakdown of the entire Nei Gong process, and explains in plain English the philosophy which underpins Nei Gong practice, and which is based on the original teachings of the ancient Daoist priests. The methodology of Sung breathing, an advanced meditative practice which has until now been reserved for 'inner-door' students is described, and the book contains an entire set of Qigong exercises accompanied by instructional photographs and drawings. This book will be of interest to all practitioners of Qi Gong, martial arts and meditation, and will be a rewarding read for anyone interested in Eastern philosophy.

"The Spiritual Quest, the first book in the Sacred Adventure series, presents a step-by-step guide to the spiritual path. It gives a thorough understanding of the purpose of life—from your point of origin to your becoming a masterful spiritual being. You'll find dynamic keys to your spiritual growth in each of the chapters on your divine origin, your higher self, living a spiritual life in a material world, expanding the flow of light within, karma (good, bad and balanced), reincarnation, and your ultimate destiny. Includes charts, diagrams, color illustrations and audio links throughout."

The Ecstasy of Enlightenment is an inside look at the spiritual world of Tantra--one of the most sophisticated, alluring, and controversial forms of Buddhism. Cleary unlocks the mysteries of the Carya-Giti, a collections of teachings by more than twenty famous Siddhas, or Tantric adepts, who lived during the illustrious Pala dynasty of old Bengal. These teachings emanate from one of the most dynamic sources of international Buddhism, at the height of its religious development, and as such, they are completely nonsectarian. Particularly noteworthy is Cleary's demonstration of the parallels between Tantric Buddhism in Old Bengal and the original Zen Buddhism of China.

This collection of translated texts includes: *Vitality, Energy, Spirit: A Taoist Sourcebook*: An extraordinarily rich and diverse collection of Taoist writings from the fifth century BCE to modern times. *The Secret of the Golden Flower: The Classic Chinese Book of Life*: Essentially a practical guide to the integration of personality—hailed by C. G. Jung as a link between the insights of the East and his own psychological research. *Immortal Sisters: Secrets of Taoist Women*: The writings of six distinguished Taoist women adepts writing between the fourth and twelfth centuries. *Awakening to the Tao*: Another treasure from Liu I-ming, this is a collection of one hundred forty-two of the master's brief but admirably lucid essays on living according to the Tao.

The ancient meditation techniques of Taoism encompass a wide range of practices—with an aim toward cultivating a healthy body as well as an enlightened mind. These selections from classic texts of Taoist meditation represent the entire range of techniques—from sitting meditation practices to internal alchemy. Most of the texts appear here in English for the first time. Selections are taken from the following classics: • *Anthology on Cultivation of Realization*: A document from 1739 (Ming Dynasty) that emphasizes development of the natural, social, and spiritual elements in human life. • *Treatise on Sitting Forgetting*: A Tang Dynasty text that sets meditation practice in terms familiar to Confucians and Buddhists. • *Sayings of Taoist Master Danyang*: Wisdom of the Taoist wizard and representative of the Complete Reality School. • *Secret Writings on the Mechanism of Nature*: An anthology taken from one hundred sixty-three Taoist sources, including ancient classics and works on meditation and spiritual alchemy, along with admonitions and teachings of the great Taoist luminaries. • *Zhang Sanfeng's Taiji Alchemy Secrets*: A treatise on the inner mediation practices that are the proper foundation of the martial art Taiji. • *Secret Records of Understanding the Way*: A rare and remarkable collection of talks by an anonymous Taoist master of the later Qing dynasty (1644–1911). Traditional teachings with a sometimes strikingly modern bent.

Taoism, the set of philosophical teachings and religious practices rooted in the understanding of the Chinese character Tao, or "The Way," was founded by the Chinese philosopher Laozi in the 6th Century BCE, whose work, the *Tao Te Ching* (The Book of the Way and its Virtue) laid the philosophical foundation for the religion's beliefs. This volume starts, as it should, with a detailed chronology of Taoism and its relationship both to China and other teachings.

This collection of translated texts includes: • *Understanding Reality: A Taoist Alchemical Classic*: A tenth-century text on the principles of inner alchemy. • *The Inner Teachings of Taoism*: The essentials of self-transformation according to the Complete Reality School of Taoism, with commentary by Liu I-ming. • *The Book of Balance and Harmony*: These essays, conversations, poetry, and songs about the secrets of Taoism teach how to live a centered and orderly life. • *Practical Taoism*: A collection of the

most accessible of the texts on inner alchemy.

This compact collection of Taoism's greatest masterpieces introduces its most fundamental teachings and reveals the essential spirit of Tao. From the time of its earliest sages in prehistoric China, Taoists have looked to the underlying Way of all things (the Tao) as the essential guide to life. For them, the patterns of nature revealed the answers to their deepest spiritual questions and provided the inspiration for their unique teachings. Over the centuries, Taoism has blossomed into a profound tradition with a variety of forms—all united by a single, core philosophy of radical simplicity and natural living. Today, Taoism is most widely known through the Tao-te Ching, yet its corpus of literature is vast—ranging from philosophical dialogues and essays to astonishing fables, legends, proverbs, and more. This compact collection of Taoism's greatest masterpieces introduces its most fundamental teachings and reveals the essential spirit of Tao. This book was previously published under the title *The Taoism Reader*. This volume includes: *Tao-te Ching*: The foundational source of Taoist thought by the legendary Lao Tzu *Chuang-tzu*: Philosophical dialogues from one of Taoism's most famous sages *Huai-nan-tzu*: Teachings from the time of the Han dynasty on affairs of state, natural science, and Taoist psychology *Wen-tzu*: Records of further sayings by Lao Tzu on the art of living *Tales of Inner Meaning*: Fables, stories, and jokes from the Lieh-tzu and others on the subtleties of Taoist philosophy *Sayings of Ancestor Lu*: Teachings from Lu Yen, a seminal figure in the founding of the Complete Reality school of Taoism and master synthesizer of China's classic spiritual traditions This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Containing sixty translations from a large variety of texts, this is an accessible yet thorough introduction to the major concepts, doctrines, and practices of Taoism. It presents the philosophy, rituals, and health techniques of the ancients as well as the practices and ideas of Taoists today. Divided into four sections, it follows the Taoist Path: The Tao, Long Life, Eternal Vision, and Immortality. It shows how the world of the Tao is perceived from within the tradition, what fervent Taoists did, and how practitioners saw their path and goals. The Taoist Experience is unique in that it presents the whole of Taoist tradition in the very words of its active practitioners. It conveys not only a sense of the depth of the Taoist religious experience but also of the underlying unity of the various schools and strands.

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