

Tranquil Sitting A Taoist Journal On Meditation And Chinese Medical Qigong

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When I first began teaching Yin Yoga, I thought it was about sitting in poses to get a deeper stretch of ... clear definition other than that it 's the opposite of yang. Yin is a Taoist term that ...

This is the Taoist Master Yin Shi Zi's inspirational testament and practical guide to the healing power and spiritual benefits of meditation. The book offers in-depth documentation of the theory, physiological aspects and instruction for the practice of meditation, and provides an account of Yin Shi Zi's personal experiences with meditation.

Using a historical, textual and ethnographical approach, this is the most comprehensive presentation of Daoism to date. In addition to revealing the historical contours and primary concerns of Chinese Daoists and Daoist communities, this provides an account of key themes and defining characteristics of Daoist religiosity - showing it to be a living and lived religion. A focus on exploring Daoism as a religion and

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from a comparative religious studies perspective gives the reader a deeper understanding of religious traditions more broadly. Beginning with an overview of Daoist history, the book then covers key elements of Daoist worldviews such as cosmology, virtue, and morality. This is followed by coverage of major Daoist practices, moving onto the importance of place and sacred sites as well as representative examples of material culture in Daoism. It concludes with an overview of Daoism in the modern world. The book includes a historical timeline, a map of China, 20 images, a glossary, text boxes, suggested reading and chapter summaries. A companion website provides both student and lecturer resources.

Master Cherng's translation of Discourse on Sitting and Forgetting, an 8th century classic text on meditation by Si Ma Cheng Zhen, is accompanied by his extensive explanatory commentary, unique in its ability to make this complex text accessible to the Western reader. In the introduction to the text, Master Cherng explains how to practice the Purification of the Heart method of meditation and photographs clearly illustrate the correct postures. He deciphers the Chinese metaphors and abstract language of Si Ma Cheng Zhen to give a clear explanation of the processes involved and the resulting changes to mind, spirit and body. His translation and explanatory commentary present the classic text in a way that can be easily understood and applied, allowing Western students of Daoism, and anyone with an interest in meditation, direct access to the meaning of this text in practice.

Exploring classic Qigong meditation from the perspective of modern psychology, parapsychology and cognitive science, Dr. Tianjun Liu defines the mental state of 'still' Qigong in new terms, identifying a specific mental state, Rujing. He examines the psychology of meditation, showing what happens, both mentally and physically, when a person is in a meditation state. Dr Liu shows how the mastery of Rujing is a fundamental skill vital to the practice of Qigong, and presents a new type of Qigong exercise which takes the achievement of Rujing as its primary goal. His scientific approach to meditation is a breakthrough in this area and will be of interest to practitioners of Qigong and related practices at any level, in addition to anyone with an academic interest in meditation.

Ged Sumner introduces the unique Body Intelligence form of meditation which creates a deeply felt connection with the physical body. The exercises and meditations inspire readers to take time out from the stresses of modern life, and helps them to tune in to subtle states of life that lie within the body. Pathways are provided to access different levels of connections, from the powerful, collective wholeness of the diaphragm to the calmness and flow of the fluid body. With a little practice a deep relationship and awareness emerges. The innovative methods Sumner describes allow practitioners to open up their awareness of the body's sensations, bringing about a powerful sense of presence and experience of the now. This can lead to remarkable meditative states of bliss, energy and trauma resolution. An original approach, this book will be an invaluable resource for anyone interested in meditation, particularly practitioners of craniosacral therapy, chi kung, martial arts, shiatsu, yoga, Rolfing, massage and anyone who uses meditation to deepen and support their practice.

Zen master Julian Daizan Skinner guides the reader through a sequence of meditation techniques that can safely lead even a complete novice through to advanced levels. Based on his own long experience of the Rinzai Zen tradition, as taught by the great seventeenth-century masters, Hakuin and Bankei, Daizan highlights the key points for success and addresses the pitfalls. Structured around a traditional teaching framework called "The two wings of a bird," Daizan clearly lays-out how these methods build and combine to create a transformative and sustaining practice. The book contains an extremely useful section describing the experiences of western practitioners who have successfully applied this framework within the pressures of modern life. The final section features key source texts in translation, making the book a complete introduction and guide to Zen meditation. The work of a master, the book speaks at a deep level, with utmost simplicity.

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A young woman, Lindsey Wei, graduates from high school in America and sets out to find her roots in China, questing for who she is and where her life path belongs. She discovers in herself a skill for martial arts and seeks the hidden knowledge of meditation. After three years of study in various martial styles and unveiling false teachers, she is finally led to the ancient Wudang Mountains. Here she meets a Daoist recluse, Li Shi Fu, who has renounced the world of the 'red dust' and long since retired into an isolated temple to cast oracles and read the stars. The coming together of these two extraordinary characters, master and disciple, begins a spiritual relationship taking the young adept on an unforgettable journey through the light and dark sides of modern China and deep into herself. Battling between earthly desires and heavenly knowledge, she makes the transformation into a dynamic and complete woman. A coming-of-age, personal account, the book describes the lived experiences of a profoundly sincere, bitter yet ultimately liberating female quest. It is written for anyone who ponders the true meaning of Chinese wisdom and the way of the Dao in the hope of discovering a deeper strength within themselves.

Dating from the Tang dynasty, this unusual tantric guide documents a sexual tantra that is thought to have been practiced by kings for several dynasties. The ancient text, translated into English for the first time, carefully describes the methods of this sexual internal alchemy practice in beautiful poetry and prose, with explanatory commentaries.

Jing Gong (quiet sitting) has been shrouded in mysticism since it traveled out of the Far East and across the shores to the West. Along the way, new schools of thought developed and the essential keys to the simple practice that is Jing Gong had been lost. *Quiet Sitting: The Daoist Approach for a Healthy Mind and Body* is a combination of two translated texts from two of the most famous Jing Gong pioneers in China during the early 20th century. This no-frills handbook is essential to anyone who is interested in the Eastern technique of breathing for a healthy mind and body. Free of esoteric words and phrases, this book offers beginner students a basic, yet powerful, knowledge of the breath: where it comes from, how it is distributed throughout the body, and how to harness it to heal from within. Whether you are looking for alternative ways to improve your physical health, maintain your mental well being, or curious about breathing meditations, *Quiet Sitting* provides the basic tools needed to get started.

The teaching and practices of the ancient Daoist tradition of Da Xuan have been kept secret for generations. In this ground-breaking book, Serge Augier, the current inheritor of the Da Xuan system, presents this unique approach to Daoism and reveals the basic principles and theory behind the practice of Da Xuan. Weaving a masterful presentation of both astonishing depth and refreshing simplicity, Serge Augier covers the Daoist practices for developing mind, emotions and internal energy and provides specific exercises for cultivating and transforming the Jing (body energy), Qi (life force) and Shen (mind or spirit) on the path to enlightenment. He explains theory and practice in clear, easy-to-understand terms and explores the deeper reaches of Daoist internal alchemy in a way that gives access to practitioners of all levels to the necessary knowledge.

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