

Eva Wong

Here, Taoist practitioner Eva Wong offers a colorful treatment of the history and evolution of Taoism, told through traditional teaching tales. These tales, which Wong first heard as a child growing up in Hong Kong, are gleaned from the local storytellers and the uncensored chronicles known as yeshi—the wild history of China, not monitored by the official imperial scholars and historians. The stories are by turns mysterious and intriguing, passionate and violent, and they are peppered with colorful characters, including hermits, politicians, social activists, revolutionaries, scholars, scientists, and mystics. Arranged chronologically from prehistory through the early twentieth century, these stories introduce the schools in the Taoist lineages, and capture the defeats and victories of Taoism, its periods of decadence and decay, and its renewal, maturation, and spiritual triumph. Wong puts these stories into context, and shows that Taoism is a dynamic spiritual tradition, constantly changing—and being influenced by—history.

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A beginner's entree to the sacred Chinese tradition of the Tao--in miniature--this book presents an abridgement of Wong's "Teachings of the Tao."

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.

Addressing religion and feminism on a global scale, this unprecedented book contains a nuanced and fine-tuned treatment of seven of the world's religions from a feminist perspective by leading women scholars. The fact that these authors share a dual but undivided commitment both to themselves as women and to their traditions as adherents imparts to their voices a prophetic quality, and if Mahatma Gandhi is to be believed, even scriptural value.

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.

A comprehensive study of feng-shui discusses the theoretical and philosophical principles of the ancient Chinese art of harmonious design, the history of its practice, and ways to adapt one's environment to harmonize the patterns of the universe. 15,000 first printing.

Explains the basic principles of feng shui, including how to evaluate the internal and external environments, how to set up a geomantic chart and relate that to a floor plan, and how to plan and choose a dwelling, furniture, and space.

The First International Conference on Hybrid Learning was organized by City University of Hong Kong, Caritas Francis Hsu College and Caritas Bianchi College of Teachers in August 2008. ICHL2008 was an innovative and consolidative experience for Hong Kong tertiary higher education. The conference aims to unify the traditional classroom face-to-face learning and Internet eLearning into one teaching and learning method—hybrid learning—for both teachers and students. Its audience are educators and eLearning practitioners. The conference obtained sponsorship from six local universities in Hong Kong: Hong Kong Baptist University, The Hong Kong Polytechnic University, The Hong Kong University of Science and Technology, University of Hong Kong, The Chinese University of Hong Kong, and Lingnan University. It was also sponsored by Pei Hua Education Foundation Limited, and K. C. Wong Education Foundation Limited. Hybrid learning originated from North America in 2000 and is an ongoing trend. It is not merely a simple combination of direct teaching and eLearning, but comprises different learning strategies and important elements for teaching and learning. It focuses on student center learning and provides an environment for knowledge learning. Students are given more opportunities to be active learners and practice practical skills such as communication, collaboration, critical thinking, creativity, self-management, self-study, problem solving, analysis and numeracy.

History and legend are interwoven in this folk novel that both entertains and instructs. Written by an unknown author, *Seven Taoist Masters* is the story of six men and one woman who overcome tremendous hardships on the journey to self-mastery. These characters and their teacher, Wang Ch'ung-yang, are all historical figures who lived in the Southern Sung (1127–1279) and Yuan (1271–1368) dynasties. Wang is regarded as the greatest patriarch of the Complete Reality school, a highly purified branch of Taoism having a strong affinity with Zen Buddhism. The novel brings to life the essentials of Taoist philosophy and practice, both through the instructions offered by Wang—on topics such as the cultivation of mind and body, meditation techniques, and overcoming the obstacles to enlightenment—and through the experiences of the characters.

This masterful six-volume encyclopedia provides comprehensive, global coverage of religion, emphasizing larger religious communities without neglecting the world's smaller religious outposts.

- Coverage of the religions of more than 240 countries, including all of the larger religious communities, denominations, and sects
- Detailed statistical information on the major religious communities in each country
- 100+ entries on famous and important religious sites and places of pilgrimage
- Biographies of the 100 most influential religious leaders in history
- More than 150 photographs, plus maps and illustrations for each nation
- A bibliography for each entry

primary sources on contemplative practice from various religious traditions. The contributors explore classical Daoist apophatic meditation, Quaker silent prayer, Jewish Kabbalah, Southern Buddhist meditation, Sufi contemplation, Eastern Orthodox prayer, Pure Land Buddhist visualization, Hindu classical Yoga, Dominican Catholic prayer, Daoist internal alchemy, and modern therapeutic meditation. Each introduction to a contemplative text discusses its historical context, the associated religious tradition and literature, the method of contemplative practice, and the text's legacy and influence. Volume editor Louis Komjathy opens the work with a thoughtful consideration of interpretive issues in the emerging interdisciplinary field of contemplative studies. Readers will gain not only a nuanced understanding of important works of contemplative literature, but also resources for understanding contemplative practice and contemplative experience from a comparative and cross-cultural perspective. "We have not seen anything this bold and this global since Friedrich Heiler wrote his classic study on the typology of prayer over eighty years ago. Komjathy and his essayists have vastly expanded the scope, depth, and sophistication of this project here. In the process, they have struggled with all of the critical questions around religious pluralism, tradition, and religious authority, and have emboldened the comparative project itself. Contemplation and comparison, it turns out, go very well together." — Jeffrey J. Kripal, author of *Comparing Religions: Coming to Terms* "Teachers and scholars, undergraduate and graduate students, and general readers interested in contemplative practice will cherish a book like this. I'm happy that Louis Komjathy has done this great work. It will undoubtedly be hailed as a milestone." — Ruben L. F. Habito, author of *Healing Breath: Zen for Christians and Buddhists in a Wounded World* Originally published: Langhorne, PA: Crossing Press, 2000.

The teachings of Taoism, China's great wisdom tradition, apply to every aspect of life, from the physical to the spiritual—and include instruction on everything from lifestyle (a life of simplicity and moderation is best) to the work of inner alchemy that is said to lead to longevity and immortality. Here, Eva Wong presents and explains three classic texts on understanding the Tao in the macrocosm of the universe and the microcosm of the body that provide an excellent overview of the three traditional levels of the Taoist teachings—Outer, Inner, and Secret. The Outer teachings are concerned with understanding the Tao as manifested in nature and society. They are easily accessible to the layperson and consist of the Taoist philosophy of nature and humanity, advice on daily living, and a brief introduction to the beginning stages of Taoist meditation. The Inner teachings familiarize the practitioner with the energetic structure of the human body and introduce methods of stilling the mind and cultivating internal energy for health and longevity. The Secret teachings describe the highest level of internal-alchemical transformations within the body and mind for attaining immortality. In *Holding Yin, Embracing Yang*, Eva Wong presents translations of three key texts containing the highest teachings of the Eastern and Western schools of

Taoist internal alchemy—the discipline of cultivating health, longevity, and immortality by transforming the energetic structures of body and mind. The texts are primarily concerned with meditation, breathing practices, and sexual yoga with a partner—all as means for developing within ourselves the same life-giving energy that sustains and nourishes the universe. The texts in this collection offer a clear view of the physical, mental, and spiritual methods of Taoist practice, showing why they are important and how these methods all can work together in the cultivation of mental peace, radiant health, and longevity. This collection will provide inspiration and the essential foundation necessary to begin Taoist practice under the guidance of a teacher. The three classics translated here are: *Treatise on the Mysterious Orifice* by Xuanweilun (sixteenth century), *Discussion on the Cavity of the Tao* by Daojiaotan (nineteenth century), and *Secret Teachings on the Three Wheels* by Sanjubizhi (nineteenth century). Included is an introduction in which Wong discusses the various schools of internal alchemy, as well as their main practices.

"The Tao that can be spoken of is not the real Way," reads a famous line from the *Tao-te-ching*. But although the Tao cannot be described by words, words can allow us to catch a fleeting glimpse of that mysterious energy of the universe which is the source of life. The readings in this book are a beginner's entrée into the vast treasury of writings from the sacred Chinese tradition, consisting of original translations of excerpts from the Taoist canon. Brief introductions and notes on the translation accompany the selections from the classics; books of devotional and mystical Taoism; texts of internal alchemy; stories of Taoist immortals, magicians, and sorcerers; ethical tracts; chants and rituals; and teachings on meditation and methods of longevity.

For the first time, the great depth and diversity of Taoist spirituality is introduced in a single, accessible manual. Taoism, known widely today through the teachings of the classic *Tao Te Ching* and the practices of t'ai chi and feng-shui, is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Covering all of the most important texts, figures, and events, this essential guide illuminates Taoism's extraordinarily rich history and remarkable variety of practice. A comprehensive bibliography for further study completes this valuable reference work.

Pattern Recognitions by Humans and Machines, Volume 2: Visual Perceptions covers aspects of research on visual perception. The book discusses visual form perception, figure-ground organization, and the spatial and temporal responses of the visual system; eye movements; and visual pattern perception. The text also describes a computer vision model based on psychophysical experiments; perspectives from brain theory and artificial intelligence; and the capacity to extract shape properties and spatial relations among objects and objects' parts. Knowledge-mediated perception is also considered. Psychologists and people involved in the study of visual perceptions will find the book useful.

A comprehensive introduction to the resurgence of religion in China and Taiwan

since the end of the Cultural Revolution and a wide-ranging examination of the impact of religious traditions on Euro-Americans and Chinese immigrants in present-day North America. * A collection of essays written by a diverse lineup of distinguished experts including James Miller, Tam Wai Lun, Ven. Jing Yin, Kim Sung-Hae, Alison Marshall, Tak-ling Terry Woo, David Palmer, Jonathan H. X. Lee, and Elijah Siegler * Photographs illustrating important aspects of Chinese religious practices * A bibliography for each chapter to facilitate further research * An index for fast access to key events, individuals, organizations, deities, religious terms and practices, and time periods

Have you had experiences with telepathy, precognition or subtle energies? You are not alone. These and many other extraordinary abilities have been reported since the earliest days of humankind and hint at an indwelling potential we all share. To broaden our understanding of these abilities, *Infinite Possibility* compares eight different spiritual traditions and the Scientific paradigm to understand: How different cultures understand the extraordinary The range of abilities seen across cultures Where in the hierarchy of consciousness extraordinary abilities occur The methods used to evoke abilities And the risks reported in undertaking the extraordinary Perhaps you are interested in what your particular tradition has contributed to our understanding of the extraordinary. Or you may simply enjoy reading about the exploits of saints, lamas, shaman and intuitives. Whatever your reason, this exceptional survey of the worlds traditions is guaranteed to deepen your understanding of our infinite human potential. Is Feng Shui merely an ancient philosophy direct from the Orient, like so many claims; or is it a subtle and potentially dangerous form of the occult? The practitioners of Feng Shui consult on commercial and residential interior design, architecture, landscaping, building construction, real estate, home staging, personal concerns, and a huge assortment of holistic and alternative forms of healing. They also teach, lecture, author books, as well as sell "Feng Shui" merchandise. But are they qualified, affordable and responsible? Feng Shui practitioners offer a huge smorgasbord of cures for healing everything from the common cold to cancer; and for maintaining optimal health and well-being. But how do the scientific and medical professions evaluate these health and healing methods? Similarly the alternative healing therapies used by those embracing Feng Shui philosophies - are these beneficial, dangerous or a hoax? What are the decorating methods and beliefs propagated by Feng Shui? How do these compare to the design theories established by Sherrill Whiton, the father of modern interior design? Should a Christian use Feng Shui methods to decorate their home or office? For the Christian, what are the considerations and the consequences if these methods are used in their home or office? How should the Christian respond to Feng Shui, it's practitioners and the many "services" provided by them? As you turn the pages of this book you will find answers to these questions that may surprise, alarm and disturb you as Feng Shui is carefully evaluated from a Christian perspective.

This resource offers “coach-leaders” tools and strategies for guiding staff to continuously grow and improve, maximize their potential, and create productive school cultures.

In interior design, the definition and popular perception of the interior has long been concerned with bounded spaces, and with the relationship between private and public realms. However, two issues have challenged traditional boundaries between interior and exterior, and private and public: first, the emergence of new technological practices, and second, a broader understanding of diverse cultures. Popular perceptions of public and private space are currently being revised, and the interior ...

Potent advice on how to think and act strategically in business, politics, and relationships--drawn from classic Chinese military and political expertise. The ancient strategies of war and politics have much to offer us in navigating the complicated challenges we face today--and to help us wisely and effectively meet our business, political, and relational goals. Here, eminent Chinese scholar and Taoist teacher Eva Wong unpacks the wisdom of *The Thirty-Six Strategies*, a collection of advice encoded in sayings, steeped in Chinese history and culture. She explores strategies attributed to renowned military philosophers such as Sun Tzu and Zhuge Liang (aka "The Sleeping Dragon"), along with other less-known advisors, that were implemented during three of the most chaotic eras of Chinese history--the Spring and Autumn Period, the Warring States Period, and the Three Kingdoms. Covering three categories of strategy--proactive, reactive, and desperate--Wong expertly connects the words of ancient military philosophers with timeless advice, as useful today as it was in the Tang dynasty (618-906) when this collection was originally gathered. In Chinese military philosophy and political theory, the thirty-six strategies are considered "yin" or "shadow" in nature, meaning that they operate best in darkness and concealment. As Wong writes, "Desperate times call for desperate measures, and since the thirty-six strategies rose out of times of war and conflict, it is inevitable that they were used to win wars, triumph over opponents, take advantage of situations, and survive when defeat is imminent."

Here is the *Hui-ming Ching*, a classic Taoist manual on the circulation of internal energy by means of meditation and the inspiration for many techniques of Qigong. It is one of the few Taoist treatises to describe the landmarks of spiritual development and document the process of spiritual transformation from start to finish.

Equanimity, good health, peace of mind, and long life are the goals of the ancient Taoist tradition known as "internal alchemy," of which *Cultivating Stillness* is a key text. Written between the second and fifth centuries, the book is attributed to T'ai Shang Lao-chun—the legendary figure more widely known as Lao-Tzu, author of the *Tao-te Ching*. The accompanying commentary, written in the nineteenth century by Shui-ch'ing Tzu, explains the alchemical symbolism of the text and the methods for cultivating internal stillness of body and mind. A principal part of the

Taoist canon for many centuries, *Cultivating Stillness* is still the first book studied by Taoist initiates today.

Executive coaching is big business. A top coach in America can earn more than fifteen thousand dollars a day—well beyond the normal fees charged by most consultants. This comprehensive guide explains everything you need to know to engage and deploy coaches and mentors effectively. Topics covered include: • Goals and costs of different types of coaching and mentoring • How to assess a coach's effectiveness • Tips for helping coaches and mentors succeed • Pitfalls to avoid • Real-life lessons learned by those interviewed for this book The drive to excellence for individuals and organizations makes coaching and mentoring ever more important in our challenging 24/7 global business environment.

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