

Daoist Dietetics Immortality Livia Kohn

Daoist Dietetics The Daoist Tradition Daoism in Japan Early Daoist Dietary Practices Greatest Kan and Li Taoist Meditation and Longevity Techniques Daoist Body Cultivation Christianity and Chinese Religions Hua i Hsüeh Chih People's Republic of China: Policies and implications of structural reform Introducing Daoism God of the Dao Bodily Immortality Livia Kohn Louis Komjathy Jeffrey L. Richey Shawn Arthur Mantak Chia Livia Kohn Livia Kohn Hans Küng Frank N. Pieke Livia Kohn Livia Kohn Paul Tyner Daoist Dietetics The Daoist Tradition Daoism in Japan Early Daoist Dietary Practices Greatest Kan and Li Taoist Meditation and Longevity Techniques Daoist Body Cultivation Christianity and Chinese Religions Hua i Hsüeh Chih People's Republic of China: Policies and implications of structural reform Introducing Daoism God of the Dao Bodily Immortality *Livia Kohn Louis Komjathy Jeffrey L. Richey Shawn Arthur Mantak Chia Livia Kohn Livia Kohn Hans Küng Frank N. Pieke Livia Kohn Livia Kohn Paul Tyner*

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using a historical textual and ethnographic 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 the daoist tradition provides an account of key themes and defining characteristics of daoist religiosity revealing daoism to be a living and lived religion exploring daoism from a comparative religious studies perspective this book gives the reader a deeper understanding of religious traditions more broadly beginning with an overview of daoist history the daoist tradition then covers key elements of daoist worldviews and major daoist practices this is followed by a discussion of the importance of place and sacred sites as well as representative examples of material culture in daoism the work concludes with an overview of daoism in the modern world the book includes a historical timeline a map of china 25 images a glossary text boxes suggested reading and chapter overviews a companion website provides both student and lecturer resources bloomsbury com the daoist tradition 9781441168733

like an ancient river daoist traditions introduced from china once flowed powerfully through the japanese religious landscape forever altering its topography and ecology daoism s presence in japan still may be discerned in its abiding influence on astrology divination festivals literature politics and popular culture not to mention buddhism and shintō despite this legacy few english language studies of daoism s influence on japanese religious culture have been published daoism in japan provides an exploration of the particular pathways by which daoist traditions entered japan from continental east asia after addressing basic issues in both daoist studies and the study of japanese religions including the problems of defining daoism and japanese the book looks at the influence of daoism on ancient medieval and modern japan in turn to do so the volume is arranged both chronologically and topically according to the following three broad divisions arrivals c 5th 8th centuries ce assimilations 794 1868 and apparitions 1600s present the book demonstrates how chinese influence on japanese religious culture ironically proved to be crucial in establishing traditions that usually are seen as authentically even quintessentially japanese touching on multiple facets of japanese cultural history and religious traditions this book is a fascinating contribution for students and scholars of japanese culture history and religions as well as daoist studies

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

a fully illustrated guide to the most advanced kan and li practice to birth the immortal spirit body and unite with the tao explains how to establish the cauldron at the heart center to collect cosmic light activate the cranial and sacral pumps and align the three triangle forces details how to merge energy at the heart center to birth the immortal spirit body allowing you to draw limitless energy from the cosmos discusses the proper pi gu diet and herbs to use with kan and li practice reveals how to expel the three

worms or death bringers that can imbalance the three tan tiens leading to misdirection in your sexual material and spiritual goals after mastering the inner alchemy practices of lesser kan and li and greater kan and li the advanced student is now ready for the refinement of the soul and spirit made possible through the practice of the greatest kan and li with full color illustrated instructions master mantak chia and andrew jan explain how to establish the cauldron at the heart center to collect cosmic light activate the cranial and sacral pumps and align the three triangle forces they detail how merging energy at the heart center then leads to the birth of the immortal spirit body uniting you with the tao and allowing you to draw limitless energy and power from the cosmos the authors explain the proper pi gu diet and herbs to use in conjunction with kan and li practice and provide warm up exercises such as meditations to expel the three worms or death bringers that can imbalance the three tan tiens leading to misdirection in your sexual material and spiritual goals revealing the ancient path of inner alchemy used for millennia by taoist masters to create the pill of immortality the authors show that the unitive state of oneness with the tao made possible through kan and li practice represents true immortality by allowing past and future heaven and earth to become one

french german and japanese scholars explore historical and technical as well as religious aspects of taoism ranging from pre han practice to the contemporary revival

daoist body cultivation is a comprehensive volume by a group of dedicated scholars and practitioners that covers the key practices of medical healing breathing techniques diets and fasting healing exercises sexual practices qigong and taiji quan each presentation places the practice in its historical and cultural context and relates its current application and efficaciousness ultimately aiming to energetically transform the person into a spiritual and transcendent being daoist cultivation techniques have proven beneficial for health time and again and can make an important contribution in the world today daoist body cultivation provides a deeper understanding of the practices in their cultural and historical contexts bridging the gap between healing and religion and allowing both scholars and practitioner to reach a deeper understanding and appreciation contributors shawn arthur bede bidlack catherine despeux stephen jackowicz lonny jarrett livia kohn louis komjathy michael winn

dr ching presents and comments on china s religious traditions and dr kungoffers a christian theological response to her views together they show the significance of traditions in china s long and varied history and address the role of christianity in china today

contains bibliographies and book reviews

this two volume set collects in a conveniently accessible form the most influential articles by leading authorities in the study of china it provides an international reference work combined with an authoritative introduction by the editor

first published in 2009 routledge is an imprint of taylor francis an informa company

lord lao first known as the philosopher laozi the purported author of the daode jing later became an immortal a messiah and high god of daoism laozi divinized during the han dynasty and in early daoist movements reached his highest level of veneration under the tang when the rulers honored him as a royal ancestor in subsequent eras he remained prominent and is still a major deity in china today livia kohn s two part study first traces the historical development of lord lao and the roles he played at different times for different believers part two is based on one of lord lao s major hagiographies the twelfth century youlong zhuan like unto a dragon and studies the complex myth surrounding him lord lao appears in eight distinct mythical roles each associated with a particular phase in his life he is the creator of the universe bringer of cosmic order teacher of dynasties and the divine made flesh on earth he is also the converter of the barbarians the source of major daoist revelations and the god of great peace and political harmony comparing his story with related confucian buddhist and western mythic tropes kohn illuminates the dynamics of the daoist tale and persuades us to appreciate lord lao as a key deity of traditional china includes illustrations and tables livia kohn is professor of religion and east asian studies boston university adjunct professor of chinese studies eotvos lorand university budapest hungary and visiting professor of japanese religion stanford center for technology and innovation kyoto japan her most recent book is lao tzu and the tao te ching

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