

Daoism Vocabulary

Alchemy: Internal alchemy (*Neidan*) is the usage of certain practices to make an immortal spiritual body that would survive after death. External alchemy (*Waidan*) is making an elixir that renders the drinker immortal.

Bagua: 8 symbols used in Daoism to represent the 8 things that make up human reality.

Celestial Masters/Orthodox Unity School: A Daoist sect originating in 142 CE by Zhang Daoling. At its peak, the Celestial Master school controlled most of Sichuan.

Cinnabar Fields: 3 places in the human body that have a huge role in *Neidan*; abdomen, heart, and brain.

Complete Perfection School: Currently the most popular Daoism sect; mainly focuses on *Neidan* rather than *Weidan*

Dao: Literally, the Way. I don't know how to elaborate.

Dao de Jing: Basically the Bible of Daoism; written by its founder, Laozi

De: Virtue, inner power

Five Marchmounts: 5 important mountains in China in Daoism

Fu: Summons/instructions to deities/spirits or medicinal potions

Gui Spirits: A demon that roams around the world causing everything bad; originate from people who weren't properly buried

Eight Immortals: 8 immortal people that are revered by Taoists

Li: Law; order of nature

Pu: Simple, natural, spontaneous

Qi: The life-force that makes up everything

Sage: One whose actions harmonize with the environment around them

Shen Spirits: A good spirit of the dead

Tai Ji: The condition before yin and yang; oneness before duality

Wu Wei: Do nothing; effortless action

Xian: A person being immortal

Yijing: "Book of changes"; a really influential Chinese divination text

Yang: Everything good

Yin: Everything bad