



The Jade Emperor's Mind Seal Classic: The Taoist Guide to Health, Longevity and Immortality (Paperback)

By Stuart A Olson

Inner Traditions Bear and Company, United States, 2003.
Paperback. Book Condition: New. New edition. 228 x 152 mm.
Language: English . Brand New Book. The first English translation with commentary of three classic Taoist texts on immortality Translates The Jade Emperor's Mind Seal Classic, The Immortals, and The Three Treasures of Immortality Defines the Taoist concept of immortality and examines the lives and practices of Taoists who achieved this state Reveals the steps needed to achieve immortality in our modern society Taoist mystics claim that it is possible to achieve immortality: Within each of us dwells the medicine to cure the affliction of mortality. Now Western readers can access the wisdom of Taoist masters on the subject of immortality through the first English translations of three classic Taoist treatises: The Jade Emperor's Mind Seal Classic; The Immortals, from the Pao P u Tzu by Ko Hung of the Sung Dynasty; and The Three Treasures of Immortality, from the Dragon Gate Sect. The Jade Emperor's Mind Seal Classic teaches that one can attain immortality through the cultivation of the three treasures of Taoism: ching (sexual and physical energy), qi (breath and vital energy), and shen (spirit and mental...



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