



Eva Wong

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Eva Wong:

The Tao of Health, Longevity, and Immortality, 2000-12-05 Here is a classic Chinese text on the Taoist arts of longevity and immortality The text dates from the Five Dynasties 907-960 C E and is attributed to Chungli Chuan and L Tung pin two of the most popular figures of Taoism and Chinese culture This text focuses on Taoist inner alchemy a theory and method for transforming the mind from within by using practices such as breath control calisthenics meditation practices and sexual alchemy the method of gathering energy from a sexual partner The teachings address the following topics The nature of immortality and how it can be attained by realizing the laws of the Tao within us The art of health The art of longevity How to deal with obstacles and recognize spiritual progress The Art of Health Longevity and Immortality will be of interest to both beginning students of Taoism and scholars Wong's introduction includes a concise overview of the evolution of Taoist longevity practices as well as an elucidating section for readers who are unfamiliar with the teachings and practices of Taoist inner alchemy She also includes a list of helpful hints for reading and understanding each section of the text *Cultivating Stillness* Eva Wong, 1992-11-24 A principal part of the Taoist canon for many centuries this Lao Tzu classic is an essential overview of the Taoist practice of internal alchemy or qigong 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 Tai 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 ching Tzu explains the alchemical symbolism of the text and the methods for cultivating internal stillness of body and mind A key text in the Taoist canon *Cultivating Stillness* is still the first book studied by Taoist initiates today [How to Win](#) Eva Wong, 2020-06-02 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

Taoism Eva Wong, 2011-03-08 A leading scholar feng shui master presents the great depth and diversity of Taoist philosophy practices and history in this accessible manual to the oft misunderstood spiritual tradition Millions of readers have come to the philosophy of Taoism thanks to the classics Tao Te Ching and the I Ching or through the practices of tai chi and feng shui but the Tao is less known for its unique traditions of meditation physical training magical practice and internal alchemy Eva Wong a leading Taoist practitioner and translator provides a solid introduction to the Way All of Taoism's most important texts figures and events are covered as well as its extraordinarily rich history and remarkable variety of practice Sections include The History of Taoism traces the development of the tradition from the shamans of prehistoric China through the classical period including the teachings of the famous sage Lao tzu the beginnings of Taoism as a religion the rise of mystical and alchemical Taoism and the synthesis of Taoism Buddhism and Confucianism Systems of Taoism explores magical sects divination practices devotional ceremonies internal alchemy and the way of right action Taoist Practices discusses meditation techniques of cultivating the body and rites of purification ceremony and talismanic magic This roadmap to the spiritual landscape of Taoism not only introduces the important events in the history of Taoism the sages who wrote the Taoist texts and the various schools of Taoist thinking but also gives readers a feel for what it means to practice Taoism today A comprehensive bibliography for further study completes this valuable reference work

Nourishing the Essence of Life Eva Wong, 2004-03-02 A Taoist adept provides a reader friendly interpretation of the Taoist teachings on health and longevity 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

Tales of the Taoist Immortals Eva Wong, 2001-07-24 As a girl growing up in Hong Kong Eva Wong heard and memorized many tales told to her by Hong Kong's finest professional storytellers by actors on the radio and by her grandmother These popular tales of the Taoist immortals were also often dramatized in Chinese operas The stories are of famous characters in Chinese history and myth a hero's battle with the lords of evil the founder of the Ming dynasty's treacherous betrayal of his friends a young girl who saves her

town by imitating rooster calls Entertaining and often provocative these tales usually include a moral The immortals are role models in Chinese culture as well as examples of enlightenment Some of the immortals were healers some were social activists some were aristocrats and some were entrepreneurs The tales chosen by Eva Wong here are of the best known immortals among the Chinese Their names are household words and their stories are told and retold by one generation to the next

RESULTS Coaching Kathryn Kee,2010-08-09 This resource offers coach leaders tools and strategies for guiding staff to continuously grow and improve maximize their potential and create productive school cultures

Introduction to the Philosophy and Religion of Taoism Jeaneane Fowler,2005-08-22 In its rich evolution from antiquity to present times Chinese religion has encompassed manifold religious expressions Taoism is one facet of Chinese religion and exemplifies particularly well the variety of beliefs and practices that humankind has adopted and experienced in the search for answers to both ultimate and proximate questions about life and death This book explores the different pathways Taoism took in that search touching at many points on the other interrelated facets of Chinese religion in Confucianism Buddhism and popular religion The mystical philosophical traditions of Taoism are analysed as well as the more colourful and overtly religious strands of Taoism

Contemplative Literature Louis Komjathy,2015-08-31 This is the first theoretically informed and historically accurate comparative anthology of primary texts on meditation and contemplative prayer Written by international experts on the respective texts and corresponding traditions *Contemplative Literature* provides introductions to and 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

Feminism and World Religions Arvind Sharma,Katherine K. Young,1999-01-01 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

Holding Yin, Embracing Yang ,2005-06-14 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 Case of the Unnecessary Sequel Brian Landon,2010-06-15 Some sequels should never be made This is one of them On the set of a controversial sequel to the most notorious movie ever filmed in Minnesota an actor is murdered Detective Doyle Malloy specialist in celebrity cases is asked to assist in the investigation Complications arise when his partner William becomes personally entangled in the case Can Doyle stop the murderer from killing anyone else including himself or those closest to him

Tales of the Dancing Dragon Eva Wong,2007-11-13 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

The Uncomfortables Gates Whiteley,2023-01-01 Down Below also known as Hell chaos reigns Junior devils Ishtar and Scabrous have failed in their efforts to control the life of their patient Jack As punishment they are transformed into hounds for mortal combat To escape and avoid execution for their failures these devil dogs seek refuge in the Harrows Since Noah s Flood the Harrows has been a refuge for those excluded from heaven and hell In the desert lands of the Harrows a spring flows at the place where a mysterious itinerate Jewish preacher appeared long ago The occupants of the Harrows are warned not to drink from the constantly flowing spring In 1979 Jack arrives in isolated West Berlin to fulfill his ongoing responsibilities as executor of his murdered wife Sarah s estate Intent on repatriating Sarah s collection of Nazi stolen art Jack is distracted by a former lover Aydin Aydin flees from the clutches of her crazed uncle who intent on effecting an honor killing has killed Sarah by mistake In West Berlin Jack must stay a step ahead of criminal forces intent on seizing Sarah s art while dealing

with Aydin who has machinations of her own *Sophos Ontology* Lee Irwin,2024-01-04 *Sophos Ontology On Post Traditional Spirituality* discusses religious plurality and post traditional perspectives on emergent forms of sacred sensibility particularly for those identifying as spiritual but not religious This book is divided into three parts The first part is a retrospective account of multiple religious traditions with emphasis on esoteric thought as influenced by mystical writings covering western eastern and Native American traditions The second part discusses the need for a new conceptualization of the sacred as expressed through multiple spiritual perspectives relevant to a pansentient post traditional process ontology Other topics in this section include the importance of an ethically shaped spirituality collective influences dreams imagination and the role of pluralism in shaping beliefs Part three explores the role of faith redefined as spiritual commitment mysticism as direct experiential knowledge and transpersonal theory influenced by comparative studies in altered states of consciousness paranormal research and the metaphysics of discovery all contributing to the development of present and future spirituality

The Empty Vessel ,2000 **Cultivating Stillness** Eva Wong,1992-11-24 A principal part of the Taoist canon for many centuries this Lao Tzu classic is an essential overview of the Taoist practice of internal alchemy or qigong 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 key text in the Taoist canon *Cultivating Stillness* is still the first book studied by Taoist initiates today *Harmonizing Yin and Yang* Eva Wong,1997-08-12 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 *Teachings of the Tao* Eva Wong,1996-12-17 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 entry 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.

Cultivating the Energy of Life Liu Hua-Yang, 1998-02-17

A modern translation of Hui ming Ching, the classic Taoist manual on cultivating and conserving energy as a means of achieving greater health, longevity, and inner peace. To live a healthy and long life, to be tranquil and untouched by the dust of the mundane world, and to become one with the life-giving energy of the Tao, these are the goals of the practitioner of Taoist spirituality. The classic Chinese text Hui ming ching, Treatise on Cultivating Life, is one of the most important Taoist classics on the arts of longevity and a major inspiration for many techniques of Qigong. Even two hundred years after its initial publication, it is still one of the most accessible works on a branch of Taoist practice that has been heretofore shrouded in mystery. Abandoning the symbolic language typically used in the ancient classics, it discusses the practices of the Microcosmic and Macrocosmic Orbits, the role of breath in circulating energy, and the conservation of procreative energy in a straightforward and concrete way. Now in this new complete translation, a foremost translator of Taoist texts clarifies and elucidates the Taoist methods of conserving and cultivating energy for the attainment of health, longevity, and inner peace.

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Eva Wong Introduction

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