In the twenty-first century, it is necessary for Asia to step up and assume a larger leadership role on the global stage, commensurate with its economic weight and interests. Eighty-eight percent of the increase in the numbers of the middle class in the next five years will take place in Asia, underscoring the reality that global business and leadership will be colored in significant ways by Asian values, approaches and strategies. This book explores how this may impact our view and conceptual approach to the notion of global leadership. The contributors to this collection explore and examine the concept of global Asian leadership and outcome implications at the societal, corporate and policy-making level. They argue that global leaders will increasingly focus on specific needs, values and strategies that are uniquely Asian, which emphasizes the reality that we most likely will have to redefine our notion of global leadership. This comprehensive study of the integration of Asian and global leadership will benefit those employed in the corporate, government and educational sectors as well as a broader audience with an interest in leadership, policy-making and economics. Originating in India, Mahayana Buddhism spread across Asia, becoming the prevalent form of Buddhism in Tibet and East Asia. Over the last twenty-five years Western interest in Mahayana has increased considerably, reflected both in the quantity of scholarly material produced and in the attraction of Westerners towards Tibetan Buddhism and Zen. Paul Williams’ Mahayana Buddhism is widely regarded as the standard introduction to the field, used internationally for teaching and research and has been translated into several European and Asian languages. This new edition has been fully revised throughout in the light of the wealth of new studies and focuses on the religion’s diversity and richness. It includes much more material on China and Japan, with appropriate reference to Nepal, and for students who wish to carry their study further there is a much-expanded bibliography and extensive footnotes and cross-referencing. Everyone studying this important tradition will find Williams’ book the ideal companion to their studies. Enlightenment, the cosmic experience of universal unity, is a notoriously elusive concept in Zen. Here, the renowned scholar Heinrich Dumoulin traces the development of Zen and the concept of enlightenment from its origins in India through its development in China to its fruition in Japan. Delineating the Buddhist origins, as well as the Taoist and yogic influences, he traces the historical path Zen has followed, with special emphasis given to the development of koan practice and the writings of the great Japanese Zen master Dogen (1200–1253). He then brings the experience to life by presenting, in his own words, the enlightenment experiences of a number of contemporary practitioners of Zen. A comprehensive text that includes a study of the origins and history of Tai Chi; a detailed analysis of its relationship to Western philosophy, the I Ching, Tao te Ching, yoga, and Zen. The author also ties its use to esoteric systems, and discusses health and Chinese medicine in relation to Tai Chi. Includes several hundred detailed photographs showing application of the positions. The Columbia History of Chinese Literature is a comprehensive yet portable guide to China’s vast literary traditions. Stretching from earliest times to the present, the text features original contributions by leading specialists working in all genres and periods. Chapters cover poetry, prose, fiction, and drama, and consider such
contextual subjects as popular culture, the impact of religion, the role of women, and China's relationship with non-Sinitic languages and peoples. Opening with a major section on the linguistic and intellectual foundations of Chinese literature, the anthology traces the development of forms and movements over time, along with critical trends, and pays particular attention to the premodern canon. 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. 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. The host of PBS's Longevity Tai Chi and leading Western Tai Chi master Arthur Rosenfeld offers a groundbreaking guide to the myriad mental and physical benefits of this ancient martial art, including easing chronic pain and illness, dealing with stress, and resolving conflicts more easily. Are you looking to develop your mind as well as your body? Look no further than tai chi. A discussion of Taoist theories, symbols, methods and the results of meditation from a psychological-physiological point of view. Includes the use of meditation to promote a long and healthy life, and outlines the effects of opening up chi energy. The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the “Wheel of Love” to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices—such as ecstatic flight and how to find power animals and spirit guides—on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the “Wheel of Love” to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy. Introduces Taoism and its spiritual teachings. A comprehensive course of Taoist yoga. Instructions by ancient enlightened patriarchs and masters are translated here for the first time. A classic work. Originally written for Chinese readers, this book provides a clear description of the Taoist practice of Internal Alchemy, or Neidan. The author outlines the four stages of the alchemical practice and clarifies several relevant terms and notions, including Essence, Breath, and Spirit; the Cinnabar Fields; the "Fire Times"; and the Embryo. The book is based on the system of the "Wuzhen pian" (Awakening to Reality), one of the main sources of Internal Alchemy, and contains about two hundred quotations from original Taoist texts. Table of Contents Foreword, vii INTRODUCTION, 1 The Basis: Essence and Spirit, 3 STAGES OF THE ALCHEMICAL PRACTICE IN "AWAKENING TO REALITY," 11 The Four Stages, 13 "Laying the Foundations," 15 Main Points in the Practice of "Laying the Foundations," 20 The Functions of Essence, Breath, and Spirit, 36 Terms Related to the "Coagulation of the Three Treasures," 52 Conclusion of the Stage of "Laying the Foundations," 63 "Refining Essence to Transmute it into Breath," 65 "Refining Breath to Transmute it into Spirit," 99 "Refining Spirit to Return to Emptiness," 109 CONCLUSION, 119
Taoism, the set of philosophical teachings and religious practices rooted in the understanding of the Chinese character Tao, or "The Way," was founded by the Chinese philosopher Laozi in the 6th Century BCE, whose work, the Tao Te Ching (The Book of the Way and its Virtue) laid the philosophical foundation for the religion's beliefs. This volume starts, as it should, with a detailed chronology of Taoism and its relationship both to China and other teachings. Focusing on the early medieval herbal recipes found in the Lingbao Wufuxu (The Preface to the Five Lingbao Talismans of Numinous Treasure), this study analyses Daoist asceticism and ideas regarding the body, health, grain avoidance diets, the Three Worms, and immortality. Includes practices for cleansing the blood of toxins, relieving pain, using sexual energy for healing, and other tools for the treatment and prevention of disease. Explains the unique healing potential of chi kung color therapy and how to harness universal and earthly elemental energies in healing. By Mantak Chia, coauthor of The Multi-Orgasmic Man. Taoists believe in an underlying unity that permeates the universe and intimately binds all things. Taoist Cosmic Healing presents chi kung techniques that develop and strengthen awareness of the forces and energetic principles of the universe and the earthly six directions, allowing the reader to draw upon these forces for healing themselves and others. Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and, when combined with specific body positions and the chi kung stance, to heal others. Through Mantak Chia’s profound understanding of the ancient esoteric science of guiding chi energy, students can learn how to harness the astral energies of specific stars. Master Chia also explains the important role that compassion and positive energy play in enhancing one’s ability to heal. He presents for the first time in the West the details of chi kung color therapy and how it can activate and strengthen the immune system. Learn the Taoist secrets of slow, sensual sex, massage and sexual healing. Containing sixty translations from a large variety of texts, this is an accessible yet thorough introduction to the major concepts, doctrines, and practices of Taoism. It presents the philosophy, rituals, and health techniques of the ancients as well as the practices and ideas of Taoists today. Divided into four sections, it follows the Taoist Path: The Tao, Long Life, Eternal Vision, and Immortality. It shows how the world of the Tao is perceived from within the tradition, what fervent Taoists did, and how practitioners saw their path and goals. The Taoist Experience is unique in that it presents the whole of Taoist tradition in the very words of its active practitioners. It conveys not only a sense of the depth of the Taoist religious experience but also of the underlying unity of the various schools and strands. An interdisciplinary group of scholars explores the social history and anthropology of Daoism from the late nineteenth century to the present, focusing on the evolution of traditional forms of practice and community, as well as modern reforms and reinventions. Essays investigate ritual specialists, body cultivation and meditation traditions, monasticism, new religious movements, state-sponsored institutionalization, and transnational networks. Revealed here for the first time in English are the secrets of the White Tigress that have all but disappeared from the world. Under the guidance of Madame Lin, the matriarch of a distinguished White Tigress lineage still in existence in Taiwan, Hsi Lai was given the privilege to study these practices and record them from a modern perspective so they will be forever preserved. The vast majority of Taoist texts on alchemy, meditation, and sexuality are directed at male practitioners. The Sexual Teachings of the White Tigress presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of ching (sexual energy), chi (vital energy), and shen (consciousness)--the Three Treasures of...
Taoism—the secret to unlocking eternal youthfulness and immortality. Expanded ed. of: Seven steps to the Tao. 1987. This book comprehensively examines religious faith in China from the perspective of cultural philosophy and cultural history. It explores the social, political, cultural and spiritual meanings of religions, tracing their historical development and related paradigm shifts. It also analyzes the characteristics of the country’s local religions and the process of indigenization of world religions, and describes the peaceful co-existence and harmonious confluence of multiple religions in Chinese spiritual life, revealing the vibrant and diverse colors of its religious culture. Examining these religions’ social and cultural functions in contemporary Chinese society, the book demonstrates the rich and complex intertwining of religious faith, cultural spirit and national disposition among the Chinese people. The oral factor in Chinese literature, although critically important, has been largely neglected in the scholarship of the last generation. In this study, one of the leading specialists in classical Chinese literature introduces readers to a repertoire of seventy-seven songs and ballads of early imperial China. Each song-text is newly translated and fully annotated and explicated. Anne Birrell deals systematically with problems of the earliest sources, attribution, textual variants, meter, and structure. Her introductory essay provides a valuable sociohistorical context for this material. First published in 1988, this important study of the folk song has become standard reading for students of oral literature and Chinese folklore and popular culture. Concise guide describes the art of spiritualizing one’s sexuality and offers efficient methods for transmuting fear and attachment into love and universal power. Step-by-step instructions demonstrate how to perform traditional yoga exercises. This engaging book on Chinese religion and culture by Judith Berling has been welcomed by longtime scholars of the same as a vital and fresh perspective. ‘A Pilgrim in Chinese Culture’ is a story of faith meeting faith that will enrich wisdom-seekers as well as provide a tool to introduce students to cross-cultural and interfaith issues. Berling tells how she became immersed in the issues of religious diversity, of her experiences living with religious neighbors, and of discovering how different from her own Midwestern Protestant milieu is the world of Chinese religion and culture. In China, one can be Buddhist, Confucianist, Taoist, and animist at a single moment. Exploring how this inclusivity can be achieved infuses ‘A Pilgrim in Chinese Culture’. The multiplicity of deities, the notion of Truth as having many embodiments, even patterns of hospitality - Berling examines how these key aspects of Chinese culture shape and inform religion in China. Through the tales it tells, ‘A Pilgrim in Chinese Culture’ offers readers insights that no textbook can match, bringing home what religious diversity means in surprising and illuminating ways. In Taoism and Self Knowledge, Catherine Despeux develops a history of the “Chart for the Cultivation of Perfection” a text containing an array of meditative techniques for individual salvation and thunder rites. This chart was transmitted widely among Taoists in Quanzhen tradition. A rich, poetic, and socially relevant version of the great spiritual and philosophical classic of Taoism, the Tao Te Ching—from one of America’s leading literary figures in this landmark modern-day rendition of the ancient Taoist classic, Ursula K. Le Guin presents Lao Tzu’s time-honored and astonishingly powerful philosophy like never before. Drawing on a lifetime of contemplation and including extensive personal commentary throughout, she offers an unparalleled window into the text’s awe-inspiring, immediately relatable teachings and their inestimable value for our troubled world. Jargon-free but still faithful to the poetic beauty of the original work, Le Guin’s unique translation is sure to be welcomed by longtime readers of the Tao Te Ching as well as those discovering the text for the first time. The Dao De Jing exists on the border between poetry and philosophy, embracing both mythos and logos. Its poetic form can stand alone, but it is enriched when its timeless ideas are analyzed and explained through careful scholarship. For example: He who knows others is knowledgeable. He who knows himself is wise. These words resemble Socrates’ account of his own quest in Plato’s Apology. Ancient philosophy, both in China and in Greece, places self-knowledge at the center of the search for wisdom. Contemporary philosophers are often misled about this way of thinking, because the self has been detached from external things and separated from nature and society. The wisdom of China and of Europe unites human existence and nature. © Agora Publications ©2015 Agora, New Internet Technologies (P)2015 Agora, New Internet Technologies Presents a translation and commentary to the oldest known extant Taoist text, Inward Training (Nei-yeh), which is
composed of short poetic verses devoted to the practice of breath meditation and its resultant insights about human nature and the cosmos. Roth argues that Inward Training is the basis of early Taoism, and suggests that there may be more continuity between early philosophical Taoism and later Taoist religion than scholars have thought. The story here makes the process of linking sexual energy and transcendent states of consciousness accessible to the reader. This reference book on Taoism, one of the major spiritual traditions of China, includes in its coverage both Taoist philosophy and Taoist religion. An introduction provides overall insight into Taoist development through the ages, while the dictionary itself is comprised of 275 entries that define Taoist concepts, scriptures, deities, practices, and personalities. Includes an extensive bibliography. The story of John Chang, the first man to be documented performing pyrokinesis, telekinesis, levitation, telepathy, and other paranormal abilities. • The author, a mechanical engineer, provides scientific explanations of how these powers work. • For the first time, the discipline of Mo-Pai is introduced to the West. In 1988 the documentary Ring of Fire was released to great acclaim. The most startling sequence in the film is that of a Chinese-Javanese acupuncturist who demonstrates his full mastery of the phenomenon of chi, or bio-energy, by generating an electrical current within his body, which he uses first to heal the filmmaker of an eye infection and then to set a newspaper on fire with his hand. Ring of Fire caused thousands to seek out this individual, John Chang, in pursuit of instruction. Of the many Westerners who have approached him, John Chang has accepted five as apprentices. Kosta Danaos is the second of those five. In his years of study with John Chang, Danaos has witnessed and experienced pyrokinesis, telekinesis, levitation, telepathy, and much more exotic phenomena. He has spoken with spirits and learned the secrets of reincarnation. Most important, he has learned John Chang's story. John Chang is the direct heir to the lineage of the sixth-century b.c. sage Mo-Tzu, who was Confucius's greatest rival. His discipline, called the Mo-Pai, is little-known in the West and has never before been the subject of a book. Now, John Chang has decided to bridge the gap between East and West by allowing a book to be published revealing the story of his life, his teachings, and his powers. It will surely expedite what may well become the greatest revolution of the twenty-first century--the verification and study of bio-energy. First published in 1934. Unlike previous translations, this translation of Lao Tzu's Tao Tê Ching is based not on the medieval commentaries but on a close study of the whole of early Chinese literature. This is the Taoist Master Yin Shi Zi's inspirational testament and practical guide to the healing power and spiritual benefits of meditation. The book offers in-depth documentation of the theory, physiological aspects and instruction for the practice of meditation, and provides an account of Yin Shi Zi's personal experiences with meditation. -- Burton Watson Better known in his own times than later, Huan T’an (43 BCE–25 CE) was a scholar-official, independent in his thought and unafraid to criticize orthodox currents of his time. A practitioner of the Old Text exegesis of the Classics, he maintained a position on the court during a turbulent time of political crises, uprisings, and civil war, spanning the reigns of four emperors. His principal work, Hsin-lun, differs from other books on political criticism in that it does not deal primarily with history but takes many examples from contemporary social and political life. While belonging to the Old Text group of court officials and scholars, Huan T’an differed radically from them in his stress on direct knowledge, in his range of practical experience, and in his outspoken criticism of popular opinions. He was not a systematic philosopher, but his ideas were influential in the return to a more worldly conception of Confucianism. To translate Huan T’an’s writings, one must reconstruct the texts. Timoteus Pokora uses two nineteenth-century fragments as a basis around which to orient quotations from Hsin-lun from sixty-four other sources, primarily encyclopedias and commentaries. Pokora provides notes to give context to these short references and to account for discrepancies between quotations and originals, and he includes a large index to add coherence and points of entry. Many people today are familiar with Indian yoga but the secrets of the Chinese system have never been widely available. TAOIST YOGA offers a comprehensive course, which has passed down through the generations from ancient Chinese masters. Specially written to make its contents accessible to the Westerner, the book explains the mysteries of Taoist spiritual alchemy, which entails many sexual practices to preserve the generative force of the body. 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.

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