

## Johnson Daoist Alchemy

Employing a comparative religious studies approach, this book provides a comprehensive discussion of early Quanzhen as a Daoist religious movement characterized by asceticism, alchemical transformation, and mystical experiencing. Emphasis is placed on the complex interplay among views of self, religious praxis, and religious experience.

Based on the latest edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and edited to meet the needs of western practitioners. The editors emphasize the practice of Qigong, and this section of the book has been revised and expanded; a wide range of Qigong forms are presented, taking full account of the history, correct practice, and development of Qigong. The section on the clinical applications of Qigong in the treatment of a wide range of conditions, with the recommended Qigong forms for treatment, and relevant references to the ancient texts has been substantially revised, and focuses on conditions more common in the West. The book also presents the newest research on Medical Qigong, including groundbreaking new discoveries about the physiological and psychological mechanisms. Omitted from this paperback edition are the extensive excerpts from the ancient texts, and the detailed history, more appropriate for academic study. This is an unparalleled resource for practitioners of Qigong and Chinese medicine, as well as medical students and other healthcare professionals seeking a better understanding of the theory, practice and beneficial health applications of Medical Qigong.

A major Japanese Zen temple, viewed through its monks, gardens, meditation, and art. Explaining the process and energetics of Daoist internal alchemy, the author describes in detail the practice of Nei Dan, the alchemical firing practice of Daoism that has until very recently been a closely guarded secret. Drawing together a huge amount of esoteric material on the hidden aspects of Daoist practice, he presents theory and practice coherently for Western practitioners. He offers his own experiences of each stage of attainment, describing the tangible results that should appear, and provides guidance on the practicalities and potential pitfalls of alchemical training.

A comprehensive guide to practicing the magic of the Qabbalah • Spells for everyday problems related to health, love, prosperity, and protection • Rituals for advanced high-level magic, such as invocation of angelic powers or spiritual vision • Explains how to make and design talismans, amulets, and magic bowls, including harnessing the power of Hebrew letters in their designs • Details the magical uses of 150 psalms The Qabbalah--the Jewish esoteric tradition--is richly woven with magical practices, from amulets and magic bowls to invocations and magical use of psalms. In this comprehensive and practical guide to Qabbalistic magic, Salomo Baal-Shem explains how to authentically perform rituals from the Qabbalistic tradition. The spells and rituals included range from basic "everyday" magic for health, prosperity, love, protection, and prophetic dreams to advanced high-level magic such as invoking the highest angelic powers or creating an astral life-form, or Golem. Revealing the occult teachings of the 4th-century Book of the Mysteries, the magical uses of 150 psalms, and how to harness the power of Hebrew letters in talisman designs, the author also shows you how to contact the Maggid, or Divine inner teacher, or attain the spiritual vision of the

Merkabah. A thoroughly accessible guide to the magic of the Qabalah, this book also covers the underlying spiritual principles and history of these powerful magical practices.

Enter Mo Pai: The Ancient Training of the Immortals dives into the world of Mo Pai, a legendary internal cultivation system that has been secretly handed down by successions of meditation masters for well over 2,000 years. The path of Mo Pai develops the practitioner in the present life, but also ascends the practitioner in status with regards to the afterlife. In the present life, the goal of Mo Pai is to develop supernatural abilities capable of aiding an individual both in self-defense and in the rejuvenation of the physical body. Concerning the afterlife, the true master of Mo Pai reserves the ability to consciously navigate their soul after the death of the physical body, freeing themselves from the continuous cycle of death and rebirth. The greatest Mo Pai practitioner on Earth today, Master John Chang, has publically displayed his extraordinary developments to the world by performing many spectacular abilities on video such as electrokinesis, pyrokinesis, levitation, suspended animation, and telekinesis. In order to attain supernatural capacities, this ancient training augments the innate potential of the human body through gathering and harnessing the two fundamental life-force energies known as Yin Chi and Yang Chi. These two energies are abundant in nature and play an important role in sustaining the human body. Developing these vital energies to levels that many would consider unnatural, the Mo Pai student quickly gains an edge when compared to the average human. Included in this book is an analysis of the Mo Pai training and the techniques used for gathering, manipulating, and finally combining the two fundamental vital energies of Yang Chi and Yin Chi.

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.

On the heels of his widely successful trilogy of works honoring H. P. Lovecraft, Donald Tyson now unveils a true grimoire of ritual magic inspired by the Cthulhu Mythos. The Grimoire of the Necronomicon is a practical system of ritual magic based on Lovecraft's mythology of the alien gods known as the Old Ones. Fans of Lovecraft now have the opportunity to reliably and safely get in touch with the Old Ones and draw upon their power for spiritual and material advancement. Tyson expands upon the Old Ones' mythology and reintroduces these "monsters" in a new, magical context—explaining their true purpose for our planet. As a disciple, you choose one of the seven lords as a spiritual mentor, who will guide you toward personal transformation. Grimoire of the Necronomicon features ritual forms and invocations for the daily and yearly rites of the Old Ones, individual rituals devoted to each of the seven major figures of the mythos, and most importantly, a grand ritual for personal attainment. The daily rituals provide an excellent system of esoteric training for individual practitioners. This grimoire also provides structure for an esoteric society—Order of the Old Ones—devoted to the group practice of this unique system of magic.

Given the degree of popular fascination with Gnostic religions, it is surprising how few

pay attention to the one such religion that has survived from antiquity until the present day: Mandaism. Mandaeans, who esteem John the Baptist as the most famous adherent to their religion, have in our time found themselves driven from their historic homelands by war and oppression. Today, they are a community in crisis, but they provide us with unparalleled access to a library of ancient Gnostic scriptures, as part of the living tradition that has sustained them across the centuries. Gnostic texts such as these have caught popular interest in recent times, as traditional assumptions about the original forms and cultural contexts of related religious traditions, such as Judaism, Christianity, and Islam, have been called into question. However, we can learn only so much from texts in isolation from their own contexts. Mandaean literature uniquely allows us not only to increase our knowledge about Gnosticism, and by extension all these other religions, but also to observe the relationship between Gnostic texts, rituals, beliefs, and living practices, both historically and in the present day.

Medicinal leech therapy has undergone a renaissance in recent years, both in terms of how well the effects of using leeches are understood, and in the discovery of new clinical applications that have resulted in remarkable outcomes. This timely book introduces the basic principles of using leeches in clinical practice, and clearly sets out the methodology and potential applications. Emphasis is given to those areas of medicine where scientific studies have already provided firm evidence of success -- treatment of arthrosis and pain is already benefiting from this highly effective therapy. Excellent instructions for the use of leeches cover the full spectrum of possible applications, while the encouraging new developments in research are also addressed. This valuable guide for physicians to this important therapy comes from the acknowledged experts in the field.

A comprehensive course of Taoist yoga. Instructions by ancient enlightened patriarchs and masters are translated here for the first time. A classic work.

This book presents an in-depth analysis of Zhang Sanfeng's Tai Ji Quan Treatise, the most important document of all Tai Ji Quan (T'ai Chi Ch'uan) classical literature.

Olson's commentary provides clear descriptions on each verse of the treatise and how it applies to actual Tai Ji practice. Zhang Sanfeng (Three Peaks Zhang), a Taoist priest of the 12th century, is credited with the creation of Tai Ji Quan and several works on Neidan (Internal Alchemy). He reportedly lived 170 years, from the late Song dynasty through the Yuan and into the early Ming dynasty. Zhang's life exemplified the Chinese ideal of a true wandering immortal. The Tai Ji Quan Treatise shows not only the depth of his knowledge, but the great historical influence Tai Ji Quan has had in the world. ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

Although the energetic anatomy of men and women is different, the ancient teachings of Nu Dan, a separate branch of internal alchemy for women, have been lost in the literature over the centuries and only survive through practice in the lineages. This book takes a detailed look at female energetic anatomy, exploring how it is different from its male counterpart, and explains and describes the specific practices which support the unique strengths and challenges that the female energy system presents. Previously wrapped in secrecy, the teachings in this book include qigong exercises that activate the energy of the uterus and an explanation of how menstruation and a connection to the cycles of the moon can be converted into a tool for Nei Gong development.

Taoism and the use of the five elemental forces of nature for healing, says Gilles Marin, are esoteric, understandable only through daily experience with a knowledgeable mentor. Marin's 25 years of clinical practice teaching the ancient Taoist method of Chi Nei Tsang, which uses hands-on techniques and Taoist meditations to help clients heal, uniquely qualifies him for the task. *Five Elements, Six Conditions* shows how simple and practical the ancient Taoist healing principles are and how effectively they deepen all methods of healing, including modern medical approaches. Step-by-step, he shows how to work with instead of against the body, whereby healing becomes not only possible but inevitable. His clear language, along with color-coded maps and diagrams, enables readers to understand the alchemical principles formed and refined over hundreds of years. Each chapter includes specific exercises and meditations to help anyone integrate the essence of the teaching and develop at the physical, mental, emotional, and spiritual levels.

"My sincere hope is that everyone will read this treasure trove of essential inner knowledge. This book is a magnificent accomplishment." -- Caroline Myss, author of *Anatomy of the Spirit* Alchemy is the science of transformation—how to change one thing into something else. In *The Alchemy of Inner Work*, Dechar and Fox examine how illness, suffering, and dis-ease—the "lead" of our lives—can become the "gold" of our authentic selves, and the key to good health and well-being. Drawing on traditional Chinese medicine, Eastern and Western alchemical traditions, Kabbalah, and Jungian psychology—plus case studies from working with patients—the authors provide hands-on insights for bringing "the soul of medicine" back into our lives. The book includes: A simple introduction to the ancient practices and principles alchemy How the alchemical model offers a profoundly new path to true health and well-being An array of practices for removing the barriers that block our own healing energy An invitation to alchemical "dream work" as a support on the path of healing

In *The Way of Demons*, Simon Bastian presents the Yin aspect of Taoist practice and theory. Demons are examined through the common range of societal, psychological, and supernatural interpretation via the prism of what is called Western Taoism.

This book explores the Daoist encounter with modernity through the activities of Chen Yingning (1880-1969), a famous lay Daoist master, and his group in early twentieth-century Shanghai. In contrast to the usual narrative of Daoist decay, with its focus on monastic decline, clerical corruption, and popular superstitions, this study tells a story of Daoist resilience, reinvigoration, and revival. Between the 1920s and 1940s, Chen led a group of urban lay followers in pursuing Daoist self-cultivation techniques as a way of ensuring health, promoting spirituality, forging cultural self-identity, building community, and strengthening the nation. In their efforts to renew and reform Daoism, Chen and his followers became deeply engaged with nationalism, science, the religious reform movements, the new urban print culture, and other forces of modernity. Since Chen and his fellow practitioners conceived of the Daoist self-cultivation tradition as a public resource, they also transformed it from an "esoteric" pursuit into a public practice, offering a modernizing society a means of managing the body and the mind and of forging a new cultural, spiritual, and religious identity.

The *Encyclopedia of Taoism* provides comprehensive coverage of Taoist religion, thought and history, reflecting the current state of Taoist scholarship. Taoist studies have progressed beyond any expectation in recent years. Researchers in a number of

languages have investigated topics virtually unknown only a few years previously, while others have surveyed for the first time textual, doctrinal and ritual corpora. The Encyclopedia presents the full gamut of this new research. The work contains approximately 1,750 entries, which fall into the following broad categories: surveys of general topics; schools and traditions; persons; texts; terms; deities; immortals; temples and other sacred sites. Terms are given in their original characters, transliterated and translated. Entries are thoroughly cross-referenced and, in addition, 'see also' listings are given at the foot of many entries. Attached to each entry are references taking the reader to a master bibliography at the end of the work. There is chronology of Taoism and the whole is thoroughly indexed. There is no reference work comparable to the Encyclopedia of Taoism in scope and focus. Authored by an international body of experts, the Encyclopedia will be an essential addition to libraries serving students and scholars in the fields of religious studies, philosophy and religion, and Asian history and culture.

From the Pulitzer Prize winning journalist: a revelatory portrait of religion in China today its history, the spiritual traditions of its Eastern and Western faiths, and the ways in which it is influencing China's future. Following a century of violent antireligious campaigns, China is now awash with new temples, churches, and mosques as well as cults, sects, and politicians trying to harness religion for their own ends. Driving this explosion of faith is uncertainty over what it means to be Chinese, and how to live an ethical life in a country that discarded traditional morality a century ago and is still searching for new guideposts. Ian Johnson lived for extended periods with underground church members, rural Daoists, and Buddhist pilgrims. He has distilled these experiences into a cycle of festivals, births, deaths, detentions, and struggle - a great awakening of faith that is shaping the soul of the world's newest superpower. (With black-and-white illustrations throughout).

The information contained within the Chinese Medical Qigong Therapy: A Comprehensive Clinical Text has currently been tripled and reformatted into five exciting new textbooks. The five new Medical Qigong textbooks are composed of both modern and ancient knowledge, graphics, and expanded techniques guaranteed to fascinate and intrigue the reader. Never before in the history of Chinese Medicine has a textbook series been made available to the public that includes such comprehensive and thorough understandings on ancient Chinese energetic healing techniques. Written by an internationally recognized Grand Master of Martial, Medical, and Spiritual Qigong training, this five textbook series (often referred to as the "Medical Qigong Encyclopedia") provides the first complete explanation of ancient Chinese esoteric theory that has for centuries eluded and confounded the West. This fourth textbook includes a thorough understanding of ancient Daoist and Buddhist energetic exercises, secret meditations and advanced energetic theories, as well as many other aspects of training related to the practical applications of Chinese energetic medicine. This text also covers a wide range of energetic treatment protocols, such as the treatment of stroke, paralysis, M.S., and parkinson's disease. The featured highlights of this clinical textbook include: -Prescription Exercises -Internal Organ Self-Massage Prescriptions -Healing Sound Prescriptions -Prescription Meditations -Daoist Medical Qigong Prescription Exercises -Qi Emission Therapy for Liver Diseases -Qi Emission Therapy for Heart Diseases -Qi Emission Therapy for Spleen and Stomach -Qi Emission

Therapy for Lung Diseases -Qi Emission Therapy for Kidney Diseases -Treatment of Miscellaneous Diseases -Medical Qigong Therapy and Pediatrics -Medical Qigong Therapy for Geriatrics -Medical Qigong Therapy and Gynecology -Medical Qigong Therapy and Neurology -Medical Qigong Therapy and Psychology.

Over the past few decades, Daoism has become a recognizable part of Western “alternative” spiritual life. Now, that Westernized version of Daoism is going full circle, traveling back from America and Europe to influence Daoism in China. *Dream Trippers* draws on more than a decade of ethnographic work with Daoist monks and Western seekers to trace the spread of Westernized Daoism in contemporary China. David A. Palmer and Elijah Siegler take us into the daily life of the monastic community atop the mountain of Huashan and explore its relationship to the socialist state. They follow the international circuit of Daoist “energy tourism,” which connects a number of sites throughout China, and examine the controversies around Western scholars who become practitioners and promoters of Daoism. Throughout are lively portrayals of encounters among the book’s various characters—Chinese hermits and monks, Western seekers, and scholar-practitioners—as they interact with each other in obtuse, often humorous, and yet sometimes enlightening and transformative ways. *Dream Trippers* untangles the anxieties, confusions, and ambiguities that arise as Chinese and American practitioners balance cosmological attunement and radical spiritual individualism in their search for authenticity in a globalized world.

Did Chinese mysticism vanish after its first appearance in ancient Taoist philosophy, to surface only after a thousand years had passed, when the Chinese had adapted Buddhism to their own culture? This first integrated survey of the mystical dimension of Taoism disputes the commonly accepted idea of such a hiatus. Covering the period from the *Daode jing* to the end of the Tang, Livia Kohn reveals an often misunderstood Chinese mystical tradition that continued through the ages. Influenced by but ultimately independent of Buddhism, it took forms more various than the quietistic withdrawal of Laozi or the sudden enlightenment of the Chan Buddhists. On the basis of a new theoretical evaluation of mysticism, this study analyzes the relationship between philosophical and religious Taoism and between Buddhism and the native Chinese tradition. Kohn shows how the quietistic and socially oriented *Daode jing* was combined with the ecstatic and individualistic mysticism of the *Zhuangzi*, with immortality beliefs and practices, and with Buddhist insight meditation, mind analysis, and doctrines of karma and retribution. She goes on to demonstrate that Chinese mysticism, a complex synthesis by the late Six Dynasties, reached its zenith in the Tang, laying the foundations for later developments in the Song traditions of Inner Alchemy, Chan Buddhism, and Neo-Confucianism.

This monograph takes an interdisciplinary and cross-cultural approach to 20th and 21st -century Canadian Daoist poetry, fiction and criticism in comparative, innovative and engaging ways. Of particular interest are the authors’ refreshing insights into such holistic and topical issues as the globalization of concepts of the Dao, the Yin/Yang, the Heaven-Earth-Humanity triad, the Four Greats, Five Phases, Non-action and so on, as expressed in Canadian literature and criticism – which produces Canadian-constructed Daoist poetics, ethics and aesthetics. Readers will come to understand and appreciate the social and ecological significance of, formal innovations, moral sensitivity, aesthetic principles and ideological complexity in Canadian-Daoist works.

The teaching and practices of the ancient Daoist tradition of Da Xuan have been kept secret for generations. In this ground-breaking book, Serge Augier, the current inheritor of the Da Xuan system, presents this unique approach to Daoism and reveals the basic principles and theory behind the practice of Da Xuan. Weaving a masterful presentation of both astonishing depth and refreshing simplicity, Serge Augier covers the Daoist practices for developing mind, emotions and internal energy and provides specific exercises for cultivating and transforming the Jing (body energy), Qi (life force) and Shen (mind or spirit) on the path to enlightenment. He explains theory and practice in clear, easy-to-understand terms and explores the deeper reaches of Daoist internal alchemy in a way that gives access to practitioners of all levels to the necessary knowledge.

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"--Publisher's Web site.

Explains the science behind the practice of nei kung, the elemental nature of yin and yang energy--the two components of ch'i, and how learning to control the yang energy in our ch'i can result in the release of dynamic energy. • Establishes the existence and understanding of nei kung in the practices of many of the world's ancient cultures. • Includes a step-by-step guide to the meditation that forms the basis of the practice of nei kung. • By Kosta Danaos, author of *The Magus of Java* and apprentice to an immortal of the Mo-Pai tradition. In 1994 Kosta Danaos was accepted as a student by John Chang, a Chinese-Javanese Taoist in the Mo-Pai tradition and a master of nei kung, the practice of harnessing and controlling our body's bioenergy, or ch'i. *Nei Kung: The Secret Teachings of the Warrior Sages* describes the practice of nei kung and how learning to control our ch'i can result in the release of dynamic energy that can be used for healing, pyrogenesis, telekinesis, levitation, telepathy, and more. Danaos suggests that both components of ch'i--yin and yang energy--are fundamental to the earth and to life and were recognized and used in many of the world's ancient cultures. Though we have forgotten how to access them, these components are in fact elemental parts of us. The author explains that we first must open our minds to the fact that the power of ch'i is real. Next, in learning to control our ch'i as a whole, we must learn to channel our yang energy in productive ways--a potential we all possess. To help readers understand their capacity to connect with this inner elemental power, the author offers a fascinating blend of teachings that include sound scientific theories explaining much of the "magic" of nei kung. He also offers historical, linguistic, artistic, and literary proof of the presence and understanding of nei kung throughout the ages and a step-by-step introduction to several types of simple meditation--fundamental to directing one's ch'i. With his engaging storytelling and disarming humor, his physics-based explanations for seemingly mystical phenomena, and his reassurances that he's really no different from the rest of us, Kosta Danaos shows us that once we remember our capacity to harness our yang energy, we can change ourselves and our world.

How can Daoism, China's indigenous religion, give us the aesthetic, ethical, political, and spiritual tools to address the root causes of our ecological crisis and construct a

sustainable future? In China's Green Religion, James Miller shows how Daoism orients individuals toward a holistic understanding of religion and nature. Explicitly connecting human flourishing to the thriving of nature, Daoism fosters a "green" subjectivity and agency that transforms what it means to live a flourishing life on earth. Through a groundbreaking reconstruction of Daoist philosophy and religion, Miller argues for four key, green insights: a vision of nature as a subjective power that informs human life; an anthropological idea of the porous body based on a sense of qi flowing through landscapes and human beings; a tradition of knowing founded on the experience of transformative power in specific landscapes and topographies; and an aesthetic and moral sensibility based on an affective sensitivity to how the world pervades the body and the body pervades the world. Environmentalists struggle to raise consciousness for their cause, Miller argues, because their activism relies on a quasi-Christian concept of "saving the earth." Instead, environmentalists should integrate nature and culture more seamlessly, cultivating through a contemporary intellectual vocabulary a compelling vision of how the earth materially and spiritually supports human flourishing.

Why did the Greeks excel in geometry, but lag behind the Mesopotamians in arithmetic? How were the great pyramids of Egypt and the Han tombs in China constructed? What did the complex system of canals and dykes in the Tigris and Euphrates river valley have to do with the deforestation of Lebanon's famed cedar forests? This work presents a cross-cultural comparison of the ways in which the ancients learned about and preserved their knowledge of the natural world, and the ways in which they developed technologies that enabled them to adapt to and shape their surroundings. Covering the major ancient civilizations - those of Mesopotamia, Egypt, China, Greece, the Indus Valley, and Meso-America - Olson explores how language and numbering systems influenced the social structure, how seemingly beneficial construction projects affected a civilization's rise or decline, how religion and magic shaped both medicine and agriculture, and how trade and the resulting cultural interactions transformed the making of both everyday household items and items intended as art. Along the way, Olson delves into how scientific knowledge and its technological applications changed the daily lives of the ancients.

This book describes traditional methods of both ancient and modern forms of Chinese Mysticism (Daoist occult magic), and is not intended to persuade the readers in any way, shape or form to believe in or practice sorcery. Any person attempting such rituals is doing so at his or her own risk. Additionally, sometimes Daoist exercises and meditations require special herbal formulas, as well as the regulation of the individual's diet (e.g., fasting) and living environment (solidarity). It is important to note that herbal prescriptions will vary according to the individual's constitution, condition and specific goal, and must be treated accordingly only by a doctor or herbalist qualified to prescribe Chinese medicinal herbs. [publisher].

In this book, J.J. Clarke shows us how Taoist texts, ideas, and practices have been assimilated within a whole range of Western ideas and agendas. We see how Chinese thinkers such as Lao-tzu and Chuang tzu, along with practices such as Feng Shui and Tai Chi, have been used as a key Western inspiration in religion, philosophy, ethics, politics, ecology and health. The Tao of the West not only provides a fascinating introduction to Taoism, it also offers a timely insight into the history of the West's encounter with this ancient tradition, and into the issues arising from inter-cultural

dialogue. Anyone interested in understanding the key influence Taoism has had on the West will welcome and embrace this book.

### My life story

Jing Gong (quiet sitting) has been shrouded in mysticism since it traveled out of the Far East and across the shores to the West. Along the way, new schools of thought developed and the essential keys to the simple practice that is Jing Gong had been lost. Quiet Sitting: The Daoist Approach for a Healthy Mind and Body is a combination of two translated texts from two of the most famous Jing Gong pioneers in China during the early 20th century. This no-frills handbook is essential to anyone who is interested in the Eastern technique of breathing for a healthy mind and body. Free of esoteric words and phrases, this book offers beginner students a basic, yet powerful, knowledge of the breath: where it comes from, how it is distributed throughout the body, and how to harness it to heal from within. Whether you are looking for alternative ways to improve your physical health, maintain your mental well being, or curious about breathing meditations, Quiet Sitting provides the basic tools needed to get started.

A fascinating exploration of the role that magic has played in the history of Buddhism As far back as we can see in the historical record, Buddhist monks and nuns have offered services including healing, divination, rain making, aggressive magic, and love magic to local clients. Studying this history, scholar Sam van Schaik concludes that magic and healing have played a key role in Buddhism's flourishing, yet they have rarely been studied in academic circles or by Western practitioners. The exclusion of magical practices and powers from most discussions of Buddhism in the modern era can be seen as part of the appropriation of Buddhism by Westerners, as well as an effect of modernization movements within Asian Buddhism.

However, if we are to understand the way Buddhism has worked in the past, the way it still works now in many societies, and the way it can work in the future, we need to examine these overlooked aspects of Buddhist practice. In Buddhist Magic, van Schaik takes a book of spells and rituals--one of the earliest that has survived--from the Silk Road site of Dunhuang as the key reference point for discussing Buddhist magic in Tibet and beyond. After situating Buddhist magic within a cross-cultural history of world magic, he discusses sources of magic in Buddhist scripture, early Buddhist rituals of protection, medicine and the spread of Buddhism, and magic users. Including material from across the vast array of Buddhist traditions, van Schaik offers readers a fascinating, nuanced view of a topic that has too long been ignored.

Nei Gong has been a well-kept secret within the Daoist sects of China for centuries. Based upon the original teachings of the great sage Laozi, it has only ever been taught to close students of the masters chosen as the heads of the ancient orders. This book provides a breakdown of the entire Nei Gong process, and explains in plain English the philosophy which underpins Nei Gong practice, and which is based on the original teachings of the ancient Daoist priests. The methodology of Sung breathing, an advanced meditative practice which has until now been reserved for 'inner-door' students is described, and the book contains an entire set of Qigong exercises accompanied by instructional photographs and drawings. This book will be of interest to all practitioners of Qi Gong, martial arts and meditation, and will be a rewarding read for anyone interested in Eastern philosophy.

Also available in an open-access, full-text edition at

<http://oaktrust.library.tamu.edu/handle/1969.1/86080> The black sun, an ages-old image of the darkness in individual lives and in life itself, has not been treated hospitably in the modern world. Modern psychology has seen darkness primarily as a negative force, something to move through and beyond, but it actually has an intrinsic importance to the human psyche. In this book, Jungian analyst Stanton Marlan reexamines the paradoxical image of the black sun and the meaning of darkness in Western culture. In the image of the black sun, Marlan finds the hint of a darkness that shines. He draws upon his clinical experiences—and on a wide range of literature and art, including Goethe's Faust, Dante's Inferno, the black art of Rothko and

Reinhardt—to explore the influence of light and shadow on the fundamental structures of modern thought as well as the contemporary practice of analysis. He shows that the black sun accompanies not only the most negative of psychic experiences but also the most sublime, resonating with the mystical experience of negative theology, the Kabbalah, the Buddhist notions of the void, and the black light of the Sufi Mystics. An important contribution to the understanding of alchemical psychology, this book draws on a postmodern sensibility to develop an original understanding of the black sun. It offers insight into modernity, the act of imagination, and the work of analysis in understanding depression, trauma, and transformation of the soul. Marlan's original reflections help us to explore the unknown darkness conventionally called the Self. The image of Kali appearing in the color insert following page 44 is © Maitreya Bowen, reproduced with her permission, maitreyabowen@yahoo.com.

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