



Cultivating the Energy of Life: A Translation of the Hui-Ming Ching and Its Commentaries

Liu Hua-Yang

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Here
is the
Hui-ming
Ching,

a classic Taoist manual on the circulation of internal energy by means of meditation and the inspiration for many techniques of Qigong. It is one of the few Taoist treatises to describe the landmarks of spiritual development and document the process of spiritual transformation from start to finish.

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