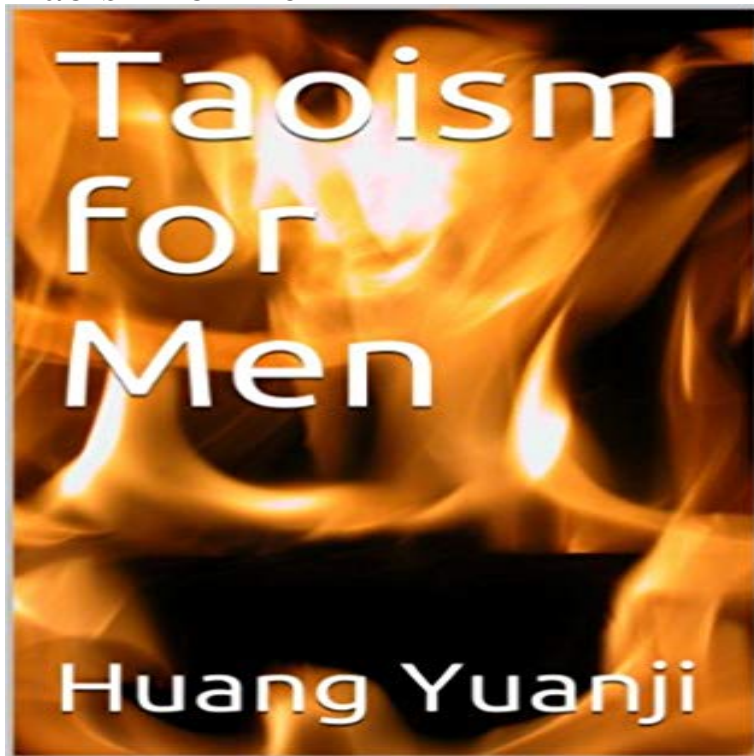


Taoism for Men



This is a manual of Taoist practice for men. Designated an essential text by modern Taoist authorities, this manual gained considerable currency and influence among practitioners of Chinese medicine, Qigong, and Taoist meditation in the 20th century. Drawing on the traditional terminology of allegorical alchemy and the aesthetic imagery of spiritual immortality, these talks elucidate the central Taoist practice known as twin cultivation of essence and life, or spirit and energy. This twin cultivation is a way of enlivening and enhancing the creative and recuperative powers of mind and body, to foster physical energy and mental clarity as a foundation for a healthy and harmonious way of life.

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