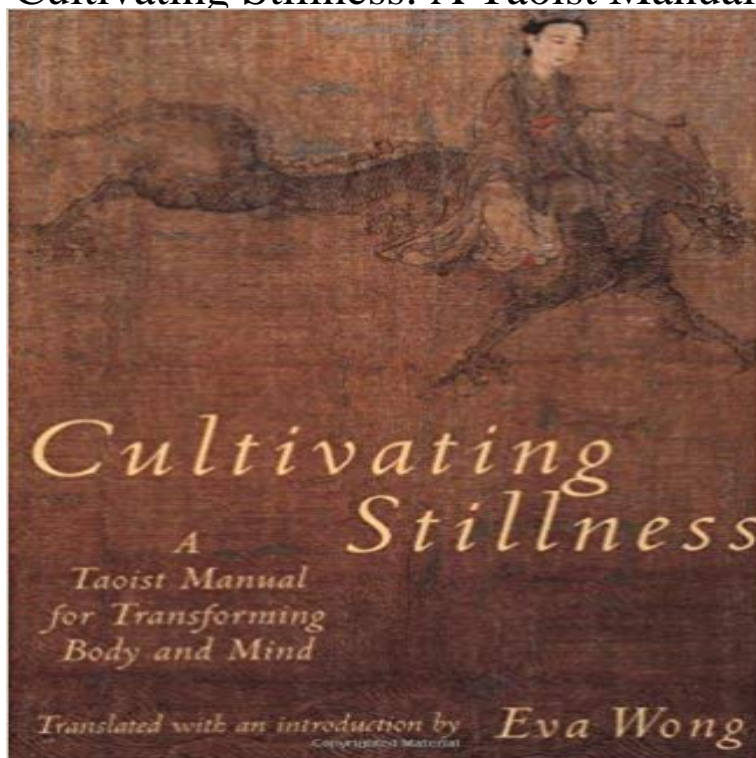


Cultivating Stillness: A Taoist Manual for Transforming Body and Mind



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 principal part of the Taoist canon for many centuries, *Cultivating Stillness* is still the first book studied by Taoist initiates today.

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