

Eva Wong

The teachings of Taoism, China's great wisdom tradition, apply to every aspect of life, from the physical to the spiritual—and include instruction on everything from lifestyle (a life of simplicity and moderation is best) to the work of inner alchemy that is said to lead to longevity and immortality. Here, Eva Wong presents and explains three classic texts on understanding the Tao in the macrocosm of the universe and the microcosm of the body that provide an excellent overview of the three traditional levels of the Taoist teachings—Outer, Inner, and Secret. The Outer teachings are concerned with understanding the Tao as manifested in nature and society. They are easily accessible to the layperson and consist of the Taoist philosophy of nature and humanity, advice on daily living, and a brief introduction to the beginning stages of Taoist meditation. The Inner teachings familiarize the practitioner with the energetic structure of the human body and introduce methods of stilling the mind and cultivating internal energy for health and longevity. The Secret teachings describe the highest level of internal-chemical transformations within the body and mind for attaining immortality.

The great depth and diversity of Taoist spirituality is introduced in a single, accessible manual. Millions of readers have come to the philosophy of Taoism thanks to the classics *Tao Te Ching* and the *I Ching*, or through the practices of t'ai chi and feng-shui, but the Tao is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Eva Wong, a leading Taoist practitioner and translator, provides a solid introduction to the Way. All of Taoism's most important texts, figures, and events are covered, as well as its extraordinarily rich history and remarkable variety of practice. Sections include:

- The History of Taoism traces the development of the tradition from the shamans of prehistoric China through the classical period (including the teachings of the famous sage Lao-tzu), the beginnings of Taoism as a religion, the rise of mystical and alchemical Taoism, and the synthesis of Taoism, Buddhism, and Confucianism.
- Systems of Taoism explores magical sects, divination practices, devotional ceremonies, internal alchemy, and the way of right action.
- Taoist Practices discusses meditation, techniques of cultivating the body, and rites of purification, ceremony, and talismanic magic.

This roadmap to the spiritual landscape of Taoism not only introduces the important events in the history of Taoism, the sages who wrote the Taoist texts, and the various schools of Taoist thinking, but also gives readers a feel for what it means to practice Taoism today. A comprehensive bibliography for further study completes this valuable reference work.

For thousands of years, students of the Tao have gleaned inspiration and illumination from its parables, and the thought-provoking examples in this collection discuss topics ranging from dignity in the face of challenge, to judging character to how to deal with loss. Whether solidifying a spiritual truth, unravelling a puzzle for contemplation or providing a moment of humour, these tales are a mainstay of Eastern philosophy. This unique collection brings together the most inspiring, illuminating and downright funny stories from the classical works of Taoist masters, alongside new writing inspired by traditional tales. Set against a backdrop of the mountains, waterfalls and gorges of China, these tales introduce important Taoist ideas about many of the most basic human

experiences – including birth, death, loss, pleasure, and how to surrender to the most fundamental experience of the Tao itself. Interwoven with classic Taoist quotations and illustrated with beautiful photography throughout, these engrossing narratives are as relevant today as they were in the great dynasties of ancient China.

Harmonizing Yin and Yang Shambhala Publications

China, with its geographical, historical, cultural, and political distance from the West, long has been a black box upon which we readily paste labels—communist, non-Western, developing country—but whose internal logic remains a mystery to us. Arguing that it would be a major step forward in our genuine knowledge of China if we understood its internal dynamic, this innovative book considers China from a historical perspective to chart its current dynamic and future direction. Renowned historians, economists, and political scientists explore the internal dynamic of China's rise since traditional times through the key themes of China's identity, security, economy, environment, energy, and politics. Each themed section pairs a historian with a social scientist to give an overall view of where China is coming from and where it is heading. One of the PRC's best-known experts on international relations provides a concluding reflection on the political psychology of China's view of itself in the world. Although a China-centered perspective does not yield clear, absolute truths about China's rise, focusing on change in the PRC from pre-modern times to the present allows us to distinguish between China's own dynamic and its relative change of position vis-à-vis other actors, including ourselves. Written in clear and accessible style, this nuanced book will be essential reading for all readers interested in China past and present and its growing global role. Contributions by: Lowell Dittmer, Erica S. Downs, Mark Elvin, Joseph W. Esherick, Joseph Fewsmith, Barry Naughton, Dwight H. Perkins, Qin Yaqing, Evelyn S. Rawski, R. Keith Schoppa, Michael D. Swaine, and Brantly Womack.

Here is a classic Chinese text on the Taoist arts of longevity and immortality. The text dates from the Five Dynasties (907–960 C. E.) and is attributed to Chungli Ch'uan and Lü Tung-pin—two of the most popular figures of Taoism and Chinese culture. This text focuses on Taoist inner alchemy, a theory and method for transforming the mind from within by using practices such as breath control, calisthenics, meditation practices, and sexual alchemy (the method of gathering energy from a sexual partner). The teachings address the following topics: • The nature of immortality and how it can be attained by realizing the laws of the Tao within us • The art of health • The art of longevity • How to deal with obstacles and recognize spiritual progress The Art of Health, Longevity, and Immortality will be of interest to both beginning students of Taoism and scholars. Wong's introduction includes a concise overview of the evolution of Taoist longevity practices as well as an elucidating section for readers who are unfamiliar with the teachings and practices of Taoist inner alchemy. She also includes a list of helpful hints for reading and understanding each section of the text.

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.

Addressing religion and feminism on a global scale, this unprecedented book contains a nuanced and fine-tuned treatment of seven of the world's religions from a feminist perspective by leading women scholars. The fact that these authors share a dual but undivided commitment both to themselves as women and to their traditions as adherents imparts to their voices a prophetic quality, and if Mahatma Gandhi is to be believed, even scriptural value.

A beautifully clear and accessible explanation of how to live a Taoist life—by renowned Taoist master Eva Wong Taoism isn't a spiritual extracurricular activity, it's an integral practice for living all of life to the fullest. Taoist living rests on four pillars—the public, the domestic, the private, and the spirit lives. Not only do Taoists strive to live these four aspects fully and in a balanced way, they also believe there is an outlook and an art to each of them. Here, modern Taoist adept Eva Wong is your guide to living well according to the wisdom of this ancient system. Drawing from ancient Taoist texts, she explains in simple terms the Taoist masters' approach to the four aspects of life, asking readers to reflect on the balance of their own lives and demonstrating how that balance is the secret infusing your life with health, harmony, and deep satisfaction. ?

They say religion is a personal and private affair. But when a woman believes in a tradition, she has a relationship to that faith beyond her sacred space. Religious traditions' historically poor treatment of women has lead many to question why they believe. How has their tradition either embraced and enlightened, or excluded and confined women throughout history? Her Voice, Her Faith presents the personal and historical perspectives of women who not only live their faith day to day, but who also know their religion's history with women in general.

Potent advice on how to think and act strategically in business, politics, and relationships--drawn from classic Chinese military and political expertise. The ancient strategies of war and politics have much to offer us in navigating the complicated challenges we face today--and to help us wisely and effectively meet our business, political, and relational goals. Here, eminent Chinese scholar and Taoist teacher Eva Wong unpacks the wisdom of The Thirty-Six Strategies, a collection of advice encoded in sayings, steeped in Chinese history and culture. She explores strategies attributed to renowned military philosophers such as Sun Tzu and Zhuge Liang (aka "The Sleeping Dragon"), along with other less-known advisors, that were implemented during three of the most chaotic eras of Chinese history--the Spring and Autumn Period, the Warring States Period, and the Three Kingdoms. Covering three categories of strategy--proactive, reactive, and desperate--Wong expertly connects the words of ancient military philosophers with timeless advice, as useful today as it was in the Tang dynasty (618-906) when this collection was originally gathered. In Chinese military philosophy and political theory, the thirty-six strategies are considered "yin" or "shadow" in nature, meaning that they operate best in darkness and concealment. As Wong writes, "Desperate times call for desperate measures, and since the thirty-six strategies rose out of times of war and conflict, it is inevitable that they were used to win wars, triumph over opponents, take advantage of situations, and survive when defeat is imminent."

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As a girl growing up in Hong Kong, Eva Wong heard and memorized many tales told to her by Hong Kong's finest professional storytellers, by actors on the radio, and by her grandmother. These popular tales of the Taoist immortals were also often dramatized in Chinese operas. The stories are of famous characters in Chinese history and myth: a hero's battle with the lords of evil, the founder of the Ming dynasty's treacherous betrayal of his friends, a young girl who saves her town by imitating rooster calls. Entertaining and often provocative, these tales usually include a moral. The immortals are role models in Chinese culture, as well as examples of enlightenment. Some of the immortals were healers, some were social activists, some were aristocrats, and some were entrepreneurs. The tales chosen by Eva Wong here are of the best-known immortals among the Chinese. Their names are household words and their stories are told and retold by one generation to the next.

The question of how to teach the Daode Jing haunts a growing number of non-specialists who find themselves called upon for either curricular or intellectual reasons to teach it. This book is designed to provide access to contemporary scholarship and pedagogical strategies that can be used when introducing this confounding text.

Is there potential for a U.S. regulatory system that is more efficient and effective? Or is the future likely to involve 'paralysis by analysis'? *Improving Regulation* considers the challenges faced by the regulatory system as society and technology change, and our knowledge about the effects of our activities on human and planetary health becomes more sophisticated. While considering the difficulty in linking regulatory design and performance, *Improving Regulation* makes the case for empowering regulatory analysis. Studying applications as diverse as fire protection, air and water pollution, and genetics, its contributors examine the strategies of different stakeholders in today's complex policymaking environment. With a focus on the behavior of institutions and people, they consider the impact that organizational politics, science, technology, and performance have on regulation. They explore the role of technology in creating and reducing uncertainty, the costs of control, the potential involvement of previously unregulated sectors, and the contentious public debates about fairness and participation in regulatory policy. Arguing that the success of many regulations depends upon their acceptance by the public, Fischbeck, Farrow, and their contributors offer extensive, inductive evidence on the art of regulatory analysis. The resulting book provides 'real world' examples of regulation, and a demonstration of how to synthesize analytical skills with a knowledge of physical and social processes.

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.

China's phenomenal rise in economic power has amazed the world. While manufacturing operations have developed at lightning speed, the business environment has evolved more slowly. Many companies are struggling to decide where they are going, how to manage their operations more effectively, and how to establish win-win relationships with customers and other companies.

Working in the world's fastest growing economy, largest population and most ancient culture, Eva Wong, Chairperson and President of Top Human Group, has spent 10 years developing, practicing and refining the Ren Coaching Model. *The Power of*

Ren: China's Coaching Phenomenon traces the development of this unique coaching technology and offers a fresh perspective of coaching by applying a fusion of Western management principles and ancient Eastern philosophies to a Chinese environment. Packed with fascinating case studies of Chinese companies and individuals that turned their businesses and personal lives around through coaching, The Power of Ren also offers valuable insights into the qualities that transforms China into an economic powerhouse. For anyone looking to improve their business and personal achievement, The Power of Ren offers an eye-opening framework for the transformation of people, both yourself and those around you. It shows that coaching can improve your management skills and quality and, more importantly, empowers you to live your dream and your life fully.

A heart-warming story of a young girl and her nanny, with a hint of magic and love! Six-year-old Ella is finding it difficult to cope with her nanny, Mina, going home. She tries hard, in her six-year-old way, to stop Mina from leaving. But Mina has to go. A present from Mina forms a magical bond between them. While Mina goes back to tending to her children, her affection and love for Ella flows through the malong.

A comprehensive study of feng-shui discusses the theoretical and philosophical principles of the ancient Chinese art of harmonious design, the history of its practice, and ways to adapt one's environment to harmonize the patterns of the universe. 15,000 first printing.

'You'll laugh like a drain' Stylist Dear Girls is Ali Wong's collection of heartfelt and hilarious letters to her daughters covering everything they need to know in life, like the unpleasant details of dating, how to be a working mum in a male-dominated profession and how she trapped their dad. She shares the wisdom she's learned from a life in comedy and reveals stories from her life off stage, including the brutal single life in New York (and the inevitable confrontation with erectile dysfunction), reconnecting with her roots (and drinking snake blood) in Vietnam and parenting war stories. Ali Wong's letters are absurdly funny, surprisingly moving and enlightening (and gross) for all.

Reveals techniques for achieving spiritual immortality through an in-depth exploration of Lao-tzu's Tao Te Ching • Includes practices and meditations for living in harmony with the Tao (universal essence) and Te (kind action) • Reveals the integration of heavenly and human power in the mystic field within us • Presents Tao Huang's English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Lao-tzu, whose name means "the ancient child," wrote these brief but essential verses that have both confounded and conferred blessings on humankind. Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins of this philosophy, the meaning behind its 5,000 pictographs, and the way of living that generations have followed. While the text of the Tao Te Ching has been passed down in literary form for generations, the essence of the text can be understood only through heart awakening--a true integration of body and mind--made possible with the insights and exercises in this book. The authors analyze Lao-tzu's teachings, line by line, and offer meditations, interpretations, and practical illustrations that clarify the true meaning and purpose of this classic text.

History and legend are interwoven in this folk novel that both entertains and instructs. Written by an unknown author, Seven Taoist Masters is the story of six men and one woman who overcome tremendous hardships on the journey to self-mastery. These characters and their teacher, Wang Ch'ung-yang, are all historical figures who lived in the Southern Sung (1127–1279) and Yuan (1271–1368) dynasties. Wang is regarded as the greatest patriarch of the Complete Reality school, a highly purified branch of Taoism having a strong affinity with Zen Buddhism. The novel brings to life the essentials of Taoist philosophy and practice, both through the instructions offered by Wang—on topics such as the cultivation of mind and body, meditation techniques, and overcoming the obstacles to enlightenment—and through the

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experiences of the characters.

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.

Here, Taoist practitioner Eva Wong offers a colorful treatment of the history and evolution of Taoism, told through traditional teaching tales. These tales, which Wong first heard as a child growing up in Hong Kong, are gleaned from the local storytellers and the uncensored chronicles known as yeshi—the wild history of China, not monitored by the official imperial scholars and historians. The stories are by turns mysterious and intriguing, passionate and violent, and they are peppered with colorful characters, including hermits, politicians, social activists, revolutionaries, scholars, scientists, and mystics. Arranged chronologically from prehistory through the early twentieth century, these stories introduce the schools in the Taoist lineages, and capture the defeats and victories of Taoism, its periods of decadence and decay, and its renewal, maturation, and spiritual triumph. Wong puts these stories into context, and shows that Taoism is a dynamic spiritual tradition, constantly changing—and being influenced by—history.

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To age with the sun and moon and be renewed by spring and summer, to conserve the seeds of growth in autumn and winter and to be nourished by the eternal breath of the Tao—these are the goals of the Taoist alchemists, the masters of the arts of health, longevity, and immortality. This book is a translation of a concise Taoist alchemical manual known as the Dragon-Tiger Classic, along with its two most important commentaries. The classic, written in ancient times by an unknown author and published during the fifteenth century BCE, is regarded by contemporary Taoist practitioners as the most complete guide to spiritual transformation. It covers the three forms of Taoist practice: • External alchemy, concerned with the ingestion of minerals, herbs, and other substances to attain health, longevity, and immortality • Sexual alchemy, in which the practitioner uses the energy of a sexual partner to cultivate his or her own energy • Internal alchemy, the practice of meditation, calisthenics, and yogic postures to cultivate mind and body An extensive introduction by the translator and the inclusion of two commentaries by traditional Chinese authors aid the reader in understanding this concise, symbolic text.

Specialised English: New Directions in ESP and EAP Research and Practice provides an authoritative and cutting-edge account of the latest avenues of research and practice in the dynamic field of Specialised English. Ken Hyland and Lillian Wong present 17 specially commissioned chapters by some of the world's leading experts to offer discussions of key topics in research, theory and pedagogy from a variety of international perspectives. Divided into three sections, which focus on conceptual issues, text and classroom practice, this book:

Offers a clear and accessible introduction to current issues in EAP and ESP, including academic interaction, academic lingua franca, second language publishing, workplace talk, practitioner identity, data-driven learning and critical thinking Includes studies of a range of genres such as research articles and student reports, student spontaneous speech, personal statements, builders' diaries and university tutorials

Presents links between theory and practice with a sampling of different research methodologies, practical applications and theoretical approaches Specialised English is essential reading for upper-level undergraduate and postgraduate students and researchers in EAP/ESP and applied linguistics, as well as pre- and in-service teachers and teacher educators.

Explains the basic principles of feng shui, including how to evaluate the internal and external environments, how to set up a geomantic chart

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and relate that to a floor plan, and how to plan and choose a dwelling, furniture, and space.

Set in Auckland, New Zealand, in 1942, in an area of the city known as Chinatown where the descendants of the Chinese miners and market gardeners gathered together to maintain their culture and provide a sense of community. New Zealand is at war when Silvey starts her diary, but for Silvey this is just a backdrop to the main issues of her world—the closure of her school and the arrival of Chinese-American soldiers. 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.

This book includes instructional design and practice of how immersive technology is integrated in discipline-based and interdisciplinary curriculum design. It focuses on pedagogical models and learning outcomes of immersive learning experiences and demonstrates how immersive learning can be applied in industries. This book brings scholars, researchers and educators together around an international and interdisciplinary consolidation and reflection on learning through immersion. The originality lies in how advanced technology and contemporary pedagogical models can integrate to enhance student engagement and learning effectiveness in higher education.

Eva Wong abandoned the hectic life of a businesswoman, running a coaching empire in China that enhanced Chinese people's lives and helped them achieve their dreams. Dedicating her life to charity, she founded Heart Chorus Association International in the spirit of "paying it forward" and connecting young people - future leaders - the world over, helping them fulfill their inner potential. The Heart Chorus story takes Eva from Hong Kong to China, to Toronto, Canada, to Antarctica and to Sydney, Australia, where she, her volunteers and international students broke the world record for largest number of climbers on the Sydney Harbour Bridge. Eva's story is a unique inspirational journey of exploration and sharing, of passion, belief, grit, responsibility and the creation of possibilities.

Meet Siti Hasmah, a little girl, who wants to be a journalist, in a period when not every girl was sent to school. Watch what happens to her, her family, and country when World War II strikes. Walk in her footsteps as she graduates from university and goes on to save the lives of many Malaysian women and children. See what she finally ends up becoming. The *Woman Who Shaped Asia* series aim not just to educate but also to motivate. These stories celebrate the amazing accomplishments of women from the region. Their remarkable strength in the face of adversity and sheer determination make it possible for their dreams to be fulfilled, no matter how big! They remind our young readers that great things are accomplished by people who were once little, just like them. [Related Link\(s\)](#)

Taoism isn't a spiritual extracurricular activity, it's an integral practice for living all of life to the fullest. The modern Taoist adept Eva Wong is your guide to living well according to the wisdom of this ancient system. She uses the ancient texts to demonstrate the Taoist masters' approach to the traditional four aspects of life—the public, the domestic, the private, and the spiritual—and shows how learning to balance them is the secret to infusing your life with health, harmony, and deep satisfaction

The ancient meditation techniques of Taoism encompass a wide range of practices—with an aim toward cultivating a

healthy body as well as an enlightened mind. These selections from classic texts of Taoist meditation represent the entire range of techniques—from sitting meditation practices to internal alchemy. Most of the texts appear here in English for the first time. Selections are taken from the following classics: • *Anthology on Cultivation of Realization*: A document from 1739 (Ming Dynasty) that emphasizes development of the natural, social, and spiritual elements in human life. • *Treatise on Sitting Forgetting*: A Tang Dynasty text that sets meditation practice in terms familiar to Confucians and Buddhists. • *Sayings of Taoist Master Danyang*: Wisdom of the Taoist wizard and representative of the Complete Reality School. • *Secret Writings on the Mechanism of Nature*: An anthology taken from one hundred sixty-three Taoist sources, including ancient classics and works on meditation and spiritual alchemy, along with admonitions and teachings of the great Taoist luminaries. • *Zhang Sanfeng's Taiji Alchemy Secrets*: A treatise on the inner mediation practices that are the proper foundation of the martial art Taiji. • *Secret Records of Understanding the Way*: A rare and remarkable collection of talks by an anonymous Taoist master of the later Qing dynasty (1644–1911). Traditional teachings with a sometimes strikingly modern bent.

A beginner's entree to the sacred Chinese tradition of the Tao--in miniature--this book presents an abridgement of Wong's "Teachings of the Tao."

In *Holding Yin, Embracing Yang*, Eva Wong presents translations of three key texts containing the highest teachings of the Eastern and Western schools of Taoist internal alchemy—the discipline of cultivating health, longevity, and immortality by transforming the energetic structures of body and mind. The texts are primarily concerned with meditation, breathing practices, and sexual yoga with a partner—all as means for developing within ourselves the same life-giving energy that sustains and nourishes the universe. The texts in this collection offer a clear view of the physical, mental, and spiritual methods of Taoist practice, showing why they are important and how these methods all can work together in the cultivation of mental peace, radiant health, and longevity. This collection will provide inspiration and the essential foundation necessary to begin Taoist practice under the guidance of a teacher. The three classics translated here are: *Treatise on the Mysterious Orifice* by Xuanweilun (sixteenth century), *Discussion on the Cavity of the Tao* by Daojiaotan (nineteenth century), and *Secret Teachings on the Three Wheels* by Sanjubizhi (nineteenth century). Included is an introduction in which Wong discusses the various schools of internal alchemy, as well as their main practices.

"The Tao that can be spoken of is not the real Way," reads a famous line from the *Tao-te-ching*. But although the Tao cannot be described by words, words can allow us to catch a fleeting glimpse of that mysterious energy of the universe which is the source of life. The readings in this book are a beginner's entrée into the vast treasury of writings from the sacred Chinese tradition, consisting of original translations of excerpts from the Taoist canon. Brief introductions and

notes on the translation accompany the selections from the classics; books of devotional and mystical Taoism; texts of internal alchemy; stories of Taoist immortals, magicians, and sorcerers; ethical tracts; chants and rituals; and teachings on meditation and methods of longevity.

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