

CONTENTS

PREFACEix
ACKNOWLEDGMENTS	xv
TABLES & ILLUSTRATIONS	xxi
ABBREVIATIONS	xxiii
INTRODUCTION: APPROACHING DAOIST LITERATURE	1
LESSONS	
Lesson 1: Examples of Daoist Text Titles with Abbreviations	65
Lesson 2: Chapter Titles of the <i>Zhuāngzǐ</i> 莊子 (Book of Master Zhuang)	71
Lesson 3: Chapter Titles of the <i>Bàopǔzǐ nèipiàn</i> 抱朴子內篇 (Inner Chapters of Master Embracing Simplicity)	79
Lesson 4: The Nine Practices From the <i>Tàishàng Lǎojūn jīnglù</i> 太上老君經律 (Scriptural Statutes of the Great High Lord Lao)	87
Lesson 5: Of Knobs & Pendants <i>Xíngqì yùpèi míng</i> 行氣玉佩銘 (Jade Ornament Inscription on Circulating Qi)	97
Lesson 6: Daoist Apophatic Meditation I From the <i>Nèiyè</i> 內業 (Inward Training)	105
Lesson 7: Dao-as-Mystery From the <i>Lǎozǐ</i> 老子 (Book of Venerable Masters)	115
Lesson 8: Daoist Apophatic Meditation II From the <i>Zhuāngzǐ</i> 莊子 (Book of Master Zhuang)	127
Lesson 9: Primordial Nondifferentiation & Cosmic Emanation From the <i>Huáinánzǐ</i> 淮南子 (Book of the Huainan Masters)	139
Lesson 10: Cosmological Attunement From the <i>Huángdì nèijīng sùwèn</i> 黃帝內經素問 (Yellow Thearch's Inner Classic: Basic Questions)	153

Lesson 11: Daoist Alchemical Symbology From the <i>Zhōuyì cāntóng qì</i> 周易參同契 (Token for the Kinship of the Three According to the <i>Changes of the Zhou Dynasty</i>)	167
Lesson 12: Daoist Subtle Anatomy & Physiology From the <i>Tàishàng huángtíng wài jǐng yùjīng</i> 太上黃庭外景玉經 (Jade Scripture on the Outer View of the Yellow Court from the Most High)	179
Lesson 13: Entering the Mountains & Making Elixirs From the <i>Bàopǔzǐ nèipiān</i> 抱朴子內篇 (Inner Chapters of Master Embracing Simplicity)	187
Lesson 14: Principles of Yángshēng 養生 (Nourishing Life) <i>Bǎoshēng míng</i> 保生銘 (Inscription on Protecting Life)	199
Lesson 15: Dietary Guidelines From the <i>Yǎngxìng yánmìng lù</i> 養性延命錄 (Record of Nourishing Innate Nature and Extending Life-Destiny)	211
Lesson 16: The Way of Heaven From the <i>Huángdì yīnfú jīng</i> 黃帝陰符經 (Yellow Thearch's Scripture on the Hidden Talisman)	221
Lesson 17: Returning to the Dao From the <i>Tàishàng Lǎojūn shuō cháng qīngjìng miào jīng</i> 太上老君說常清靜妙經 (Wondrous Scripture on Constant Clarity and Stillness, as Spoken by the Great High Lord Lao)	231
Lesson 18: Emptiness & Forgetfulness From the “Zuòwàng piān” 坐忘篇 (Treatise on Sitting-in-Forgetfulness) ..	241
Lesson 19: Alchemical Transmutation <i>Lǚzǔ bǎizì bēi</i> 呂祖百字碑 (Ancestor Lü's Hundred Character Stele)	253
Lesson 20: Activating the Daoist Alchemical Body From the <i>Zhōng-Lǚ chuándào jí</i> 鍾呂傳道集 (Anthology of the Transmission of the Dao from Zhong to Lü)	263
Lesson 21: Studying Immortality From the <i>Wùzhēn piān</i> 悟真篇 (Treatise on Awakening to Perfection) ..	273
Lesson 22: Dǎoyǐn 導引 (Guided Stretching) & Ànmó 按摩 (Self-Massage) From <i>Zázhù jiéjìng</i> 雜著捷徑 (Shortcuts from Various Authors)	281
Lesson 23: Daoist Living & Spiritual Companionship From the <i>Chóngyáng lijiào shíwǔ lùn</i> 重陽立教十五論 (Redoubled Yang's Fifteen Discourses to Establish the Teachings)	289
Lesson 24: Ethical Cultivation & Monastic Protocol From the <i>Chūzhēn jiè</i> 初真戒 (Precepts of Initial Perfection)	301

Lesson 25: Titles of Chapters 1–18 of the <i>Lǎozǐ zhāngjù</i> 老子章句 (Chapter-and-Verses Commentary on the <i>Laozi</i>)	311
Lesson 26: Governing the Country, Regulating the Self From the <i>Lǎozǐ zhāngjù</i> 老子章句 (Chapter-and-Verses Commentary on the <i>Laozi</i>)	323
Lesson 27: Precept Study & Application From the <i>Lǎozǐ xiǎng'ér zhù</i> 老子想爾注 (Commentary Thinking through the <i>Laozi</i>)	333
Lesson 28: Reflections from Dragon Gate From the <i>Dàodé jīng huìyì</i> 道德經會義 (Assembled Meaning of the Scripture on the Dao and Inner Power)	341

APPENDICES

Appendix 1: Chinese Character Radicals	357
Appendix 2: Important Chinese Character Radicals for Daoist Studies	365
Appendix 3: Foundational Classical Chinese Grammar	369
Appendix 4: Pinyin to Wade-Giles Romanization Conversion Chart	373
Appendix 5: Wade-Giles to Pinyin Romanization Conversion Chart	379
Appendix 6: Daoist Character Etymology	383
Appendix 7: Principles of Daoist Translation	397
Appendix 8: Towards a Dictionary of Daoist Classical Chinese	401
Appendix 9: Foundational Readings of Daoist Literature in Translation	419
Appendix 10: Texts Included in <i>Primer for Translating Daoist Literature</i>	435

BIBLIOGRAPHY	439
ABOUT THE AUTHOR	463