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Vitality, Energy, Spirit: A
Taoist Sourcebook by
Thomas ...



In the Taoist series, probably the best books to begin with are Vitality, Energy, Spirit: a Taoist Sourcebook, and Taoist Meditation. The former has selections spanning the whole history of Daoist thinking, in particular regarding Jing/essence (vitality), Qi (energy) and Shen (spirit), their appreciation, conservation, cultivation and ultimate unification. Taoism - Class 3 - Vitality, Energy, Spirit ~~MANTAK CHIA - SEXUAL ENERGY PART 1/2~~ + London Real Benefits of Not

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Vitality, Energy, Spirit: A Taoist Sourcebook by Thomas Cleary
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