

Stephen Eskildsen

The Teachings and Practices of the Early Quanzhen Taoist Masters (Suny Series in Chinese Philosophy and Culture)

Publisher: State University of New York

Press (January 1, 2006)

Language: English

Pages: 284

Size: 16.73 MB

Format: PDF / ePub / Kindle



Explores the religion developed by the Quanzhen Taoists, who sought to cultivate the mind not only through seated meditation, but also throughout the daily activities of life....

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