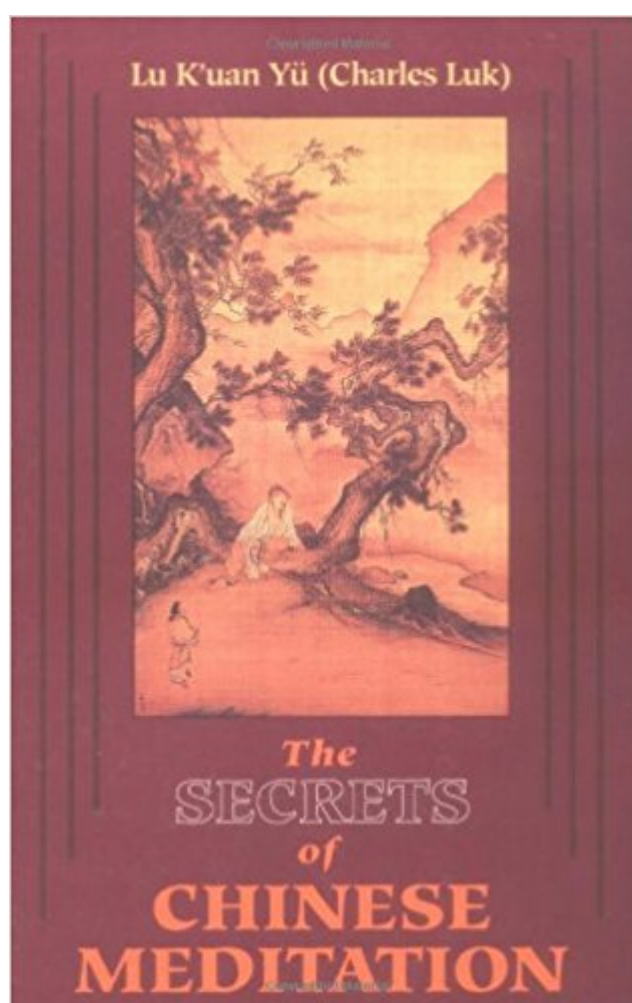


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# The Secrets Of Chinese Meditation: Self-Cultivation By Mind Control As Taught In The Ch'An, Mahayana And Taoist Schools In China



## Synopsis

The Secrets of Chinese Meditation is a classic text that presents a rare opportunity: a chance to study the ancient and original sources which are the basis for most contemporary texts on consciousness development. Lu K'uaan Yu is one of the foremost interpreters of Chinese meditation practices. This concise volume is a presentation of different methods of meditation as practiced in China, including extracts from ancient and modern classics as well as practiced and detailed suggestions for meditation. Meditation is crucial for the development of consciousness, and the Taoist art of controlling the breath is a prerequisite for training in the martial arts. The Secrets of Chinese Meditation provides students with practical instructions for controlling the breath and calming the mind- the foundation of self-realization. The way to consciousness will be different for all individuals. This classic work is a source book that encourages you to knowledgeably choose the way most useful to your chosen path.

## Book Information

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## Customer Reviews

Techniques are a bit obscure especially without a deep background in Tao practices

As a novice, I found this book troublesome. While the information is very interesting for my Buddhist study, it offered me little practical help in my meditation practices. I do enjoy the text for its readings and explanations of the various schools of Buddhist thought. But I have found better texts and more helpful texts when it comes to instruction on personal meditation.

interesting read

good book.

A must have!

I like it but there are much theory and lose in it. It is difficult to understand because so cryptic language and alegory in old china.

Good

I really like this book because it was composed at a high level of enlightenment. It's not about how to reach clarity. It's about how 6 traditions reach that state. I tend to pay attention to Zen, Taoism, and American Indian traditions more than any others, and this book has pretty good workings in Tao and Zen. I would no more tell you to follow one path as I would tell you how to taste your food or kiss a woman.

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