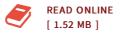




## Clarity and Tranquility: A Guide for Daoist Meditation (Paperback)

By Stuart Alve Olson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Clarity Tranquility: A Guide for Daoist Meditationis an in-depth work on the method of Tranquil Sitting, a crucial and important practice for all Daoist practitioners. Stuart Alve Olson s introduction provides a great deal of valuable advice, history, and purpose for Tranquil Sitting. The main body of the work is divided into three integral sections that provide a comprehensive overview for anyone seriously seeking to practice meditation, whether one is a beginner or a longtime practitioner. Each section is distinct, yet they all work together to ensure the meditation practitioner has not only the insight of purpose for Daoist meditation, but the correct method. The Supreme Exalted One s Clarity and Tranquility of the Constant Scripture is a central and key text on Daoist meditation. During the Song dynasty (960-1279 CE), Bai Yuchan (Jade Toad immortal) said the following on its importance, The main theme of this text is to reveal that the attainment of clarity and tranquility are the source conditions for obtaining immortality. In 1927, Li Qingyun, the 250-Year-Old Man, gave the following advice on Tranquil Sitting, Meditation is the first...



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