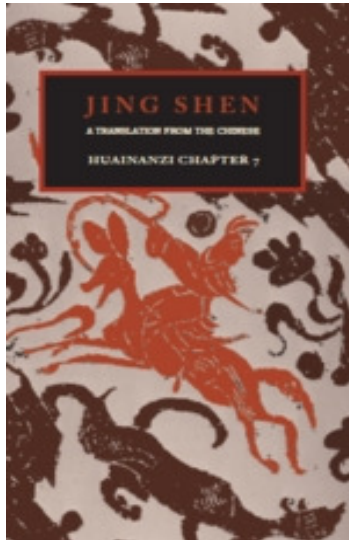


Jing Shen

A Translation of Huainanzi Chapter 7

Elisabeth ROCHAT DE LA VALLE



Elisabeth Rochat de la Vallée

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Jing Shen is the title of the seventh chapter of the Huainanzi, a major Daoist text of the early Chinese Han dynasty.

Until recently it has remained relatively unrecognized and only partially translated. Long dismissed as merely a reiteration of earlier writings, its importance as a work in its own right and its role in Chinese intellectual history is only now beginning to be appreciated.

Chapter 7, Jing Shen – vital or embodied spirit – examines the origins of life and the integral place of human beings within the cosmos.

As a contemporary text to the Huangdi Neijing, The Yellow Emperor's Inner Classic, it is of interest to practitioners of Chinese medicine as well as to the more general reader. This is a group translation, made under the aegis of Claude Larre and Elisabeth Rochat de la Vallée.

'The couple jing shen ...expresses the origin, order and unfoldment of heaven and earth within a human being.'

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