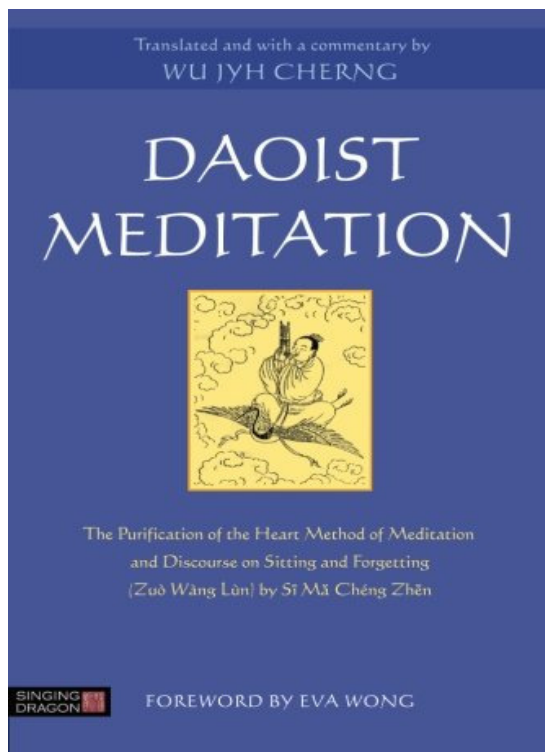


Daoist Meditation



translated by Wu Jyh CHERNG



Master Cherg's translation of Discourse on Sitting and Forgetting, an 8th century classic text on meditation by Si Ma Cheng Zhen, is accompanied by his extensive explanatory commentary, unique in its ability to make this complex text accessible to the Western reader. In the introduction to the text, Master Cherg explains how to practice the Purification of the Heart method of meditation and photographs clearly illustrate the correct postures.

Master Cherg deciphers the Chinese metaphors and abstract language of Si Ma Cheng Zhen to give a clear explanation of the processes involved and the resulting changes to mind, spirit and body. His translation and explanatory commentary present the classic text in a way that can be easily understood and applied, allowing Western students of Daoism, and anyone with an interest in meditation, direct access to the meaning of this text in practice.

Review

It has been a true pleasure to read this book on the arts of sitting and forgetting and emptying the heart. Though not an easy practice, perseverance and diligence can help a person to enrich every aspect of their life. Any assistance whilst walking this path is always welcome and I am sure that the guidance in Daoist Meditation will help many in their training. --Damo Mitchell, author of *Daoist Nei Gong: The Philosophical Art of Change and Heavenly Streams: Meridian Theory in Nei Gong*

RRP \$69.00

**special
\$58.65**

plus p&h

Name _____

Address _____

State _____

P/code _____

Phone _____

Email _____



CHINA BOOKS, Shop F7, 683 George St, SYDNEY NSW 2000



02 9280 1887

1. Please bill my credit card Visa Mastercard Signature: _____

Exp

2. Direct Deposit: China Books Sydney, NAB World Square, BSB #082-024 Account #55251-0842.

3. By Cheque / Money Order