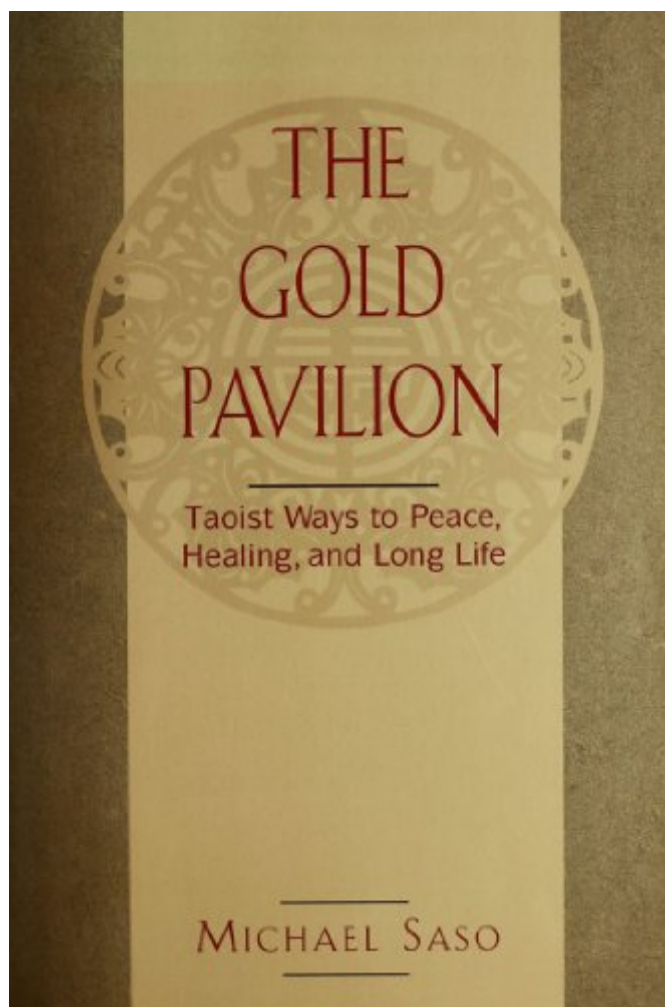


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# The Gold Pavilion: Taoist Ways To Peace, Healing And Long Life



## Synopsis

The Gold Pavilion: Taoist Ways to Peace, Health, and Long Life is a step-by-step instruction of Taoist meditation from ancient China. The writings of the ancient Chinese Taoist masters tell us that when the mind, heart, and body are in tune with the harmonics of nature, a new inner peace emerges. This peace can be achieved through Taoist meditation, which is revealed in this fascinating book. Author Michael Saso provides a concise introduction to the history of and many sources from which Taoism is drawn. He outlines the essential Taoist texts, the Ching, the Tao-te Ching and the Chuang-tzu, as well as the different forms of Taoist and Tibetan Tantric meditation. He then offers an engaging translation of the Gold Pavilion classic, a Taoist meditation first practiced by a great fourth-century mystic, Lady Wei Huacun, founder of a special kind of Taoism called the Highest Pure School. This important text teaches how to find Tao, "the Way," within by emptying the mind and heart of all desires and concepts. Combining discussions of Chinese philosophy, history and healing arts, The Golden Pavilion reveals a way to find inner peace and harmony in a world with little time for quiet contemplation.

## Book Information

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## Customer Reviews

"Gold Pavilion" is an early work from the important Taoist scholar, which creatively transmits some important pearls of the Eastern wisdom to the Western mindset. I found the work to be primarily a very good introduction to Taoism for the beginners, but the extensive introduction and commentary provide some unique information and insights that could also benefit more advanced students. I wouldn't recommend this work for the actual serious practice (without expert adaptations) though, as it contains some imprecise translation choices and explanations. As Saso is a reputable Taoist priest, I would suspect that such imprecisions are intentional, to preserve parts of the secret knowledge within the inner circle. Such approach was fairly common in the early transmissions of the sacred Taoist texts and martial art forms to the West (in the eighties and nineties). At the very beginning of the translation of the "External Scripture of the Yellow Court" that is provided in the "Gold Pavilion" (in the Chapter four), for instance, I found the following issues:- Lao Zi (Dao De Tian Zun) is presented as an Emperor of the Highest Purity Realm (he is traditionally associated with the Greatest Purity), instead of Ling Bao Tian Zun.- Qi is associated to the "intellect" (instead of Vital Energy) and head (instead to Middle Dan Tian), while Jing is associated to the "intuition" (instead of Generative, Sexual Energy).- Commentary suggests the need to "cast off all the forms and spirits that dwell in the microcosm", but this is accurate only in regards to the corruptive "Three Corpses" or "Worms" that lead to sickness and ageing.

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