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Nota di contenuto	Intro -- The Teachings and Practices of the Early Quanzhen Taoist Masters -- Contents -- Acknowledgments -- 1. Introduction -- Opening Comments -- Historical Summary -- Preview to This Book's Contents -- 2. Cultivating Clarity and Purity -- Conclusion -- 3. The Asceticism of the Quanzhen Masters -- 4. Cultivating Health and Longevity -- The Anatomy -- The Causes of Disease and Death -- How the Quanzhen Masters Combated Disease and Death -- Conclusion: Nurturing the Qi and Completing the Spirit -- 5. Visions and Other Trance Phenomena -- Introduction -- A Remarkable Incident from the Childhood of Yin Zhiping -- Communications from Realized Beings of Past and Present -- Miscellaneous "Signs of Proof": Sights, Sounds, Tastes, and Sensations -- Difficulties and Frustrations Involved in Gaining "Signs of Proof -- Conclusion -- 6. The Miraculous Powers of the Quanzhen Masters -- How to Attain Miraculous Power -- Manifesting the Radiant Spirit -- Clairvoyance -- Two Physical Feats of Wang Zhe Confirmed by Qiu Chuji -- Healing and Ritual Thaumaturgy -- Wondrous Mirages -- Conclusion -- 7. Death and Dying in Early Quanzhen Taoism -- Hagiography -- Collected Sayings -- Conclusion -- 8. The Compassion of the Early Quanzhen Masters -- 9. Rituals in Early Quanzhen Taoism -- Attitudes toward Rituals -- The Quanzhen Masters As Ritual Purists -- Final Remarks -- 10. Conclusion -- Notes -- Bibliography -- Secondary Sources in English and French --

Secondary Sources in Chinese -- Secondary Sources in Japanese --  
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Glossary -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K  
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Sommario/riassunto

Stephen Eskildsen's book offers an in-depth study of the beliefs and practices of the Quanzhen (Complete Realization) School of Taoism, the predominant school of monastic Taoism in China. The Quanzhen School was founded in the latter half of the twelfth century by the eccentric holy man Wan Zhe (1113–1170), whose work was continued by his famous disciples commonly known as the Seven Realized Ones. This study draws upon surviving texts to examine the Quanzhen masters' approaches to mental discipline, intense asceticism, cultivation of health and longevity, mystical experience, supernormal powers, death and dying, charity and evangelism, and ritual. From these primary sources, Eskildsen provides a clear understanding of the nature of Quanzhen Taoism and reveals its core emphasis to be the cultivation of clarity and purity of mind that occurs not only through seated meditation, but also throughout the daily activities of life.

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