

儒與道教

THE SHANGQING TRADITION OF MYSTICAL DAOISM

上清

Shang Ching (上清) = Highest Purity (Wong) / Highest Clarity (Kohn)

Yang Hsi 楊羲 [Yáng xī]

Lady Wei Hua-ts'un 魏華存 [Wèihuácún]

Bestowal of Scriptural Texts

- Emergence and transmission
- from master to disciple

Meditational Practices

ecstasy
entasy

Guarding/Maintaining the One 守一 [shǒuyī]

- 3 phases:
- (1) preparation
 - (2) returning to primordial chaos
 - (3) creation (re-construction) of divine embryo

“Three Ones” (三一): Head, Body, Abdomen

cinnabar fields 丹田 [dāntián]