

儒與道教

EXTERNAL & INTERNAL ALCHEMY

外與內丹

Precursors

- (1) Fang-shih
- (2) Mountain hermits

Idea of 10 Souls:

3 yang (*hun* 魂 [hún]) NB: 鬼 (guǐ) = spirit, ghost
7 yin (*p'o* 魄 [pò])

Prerequisites

- (1) Initiation
- (2) Faith
- (3) Purity
- (4) Consecration

Methods

- (1) Calisthenics: Gymnastics/Exercises
- (2) Morality: Three Cadavers 三屍 [sānshī]
- (3) Sexual Techniques (*yang-ch'i ho-ch'i*) 養氣合氣 [yǎngqìhéqì]
- (4) Diet, Grain Avoidance
- (5) Meditation

Alchemy (=religious chemistry):

External 外丹 [wàidān]
Internal 內丹 [nèidān]

External Alchemy 外丹 [wàidān]

Elixir 丹 [dān]

cinnabar (mercury sulphide, HgS)

Requirements of external alchemy: (1) faith
(2) purity
(3) consecration

Principles of external alchemy: (1) symbol
(2) homology (=correlation)
(3) contraction of time

Ko Hung (Ge Hong 葛洪 [Gě Hóng]) 261-341 CE

Book of the Master Who Embraces Simplicity (*Pao p'u-tzu/Baopuzi* 抱樸子 [bàopǔzǐ])

Internal Alchemy 內丹 [nèidān]

Three Treasures/Flowers (1) essence/semen (*ch'ing* 精 [jīng])
(2) vital energy (*ch'i* 氣)
(3) spirit energy (*shen* 神 [shén])