

## Earth To Hell Journey Wudang 1 Kylie Chan

It's suicide, Shyla. You're the prize they want. Through her courage and tenacity, Shyla Sun-Kissed has awoken the power of The Eyes of Tamburah. But this feat only marks the beginning of the challenges that the magical order, the Invisible Sword, faces to free the underground city of Zirdai. Though they have allies among the monks and splinter cells inside the city, Shyla knows the Invisible Sword doesn't have the strength to win. With the group fracturing due to the strain of losses from their latest ordeal, thinly veiled suspicions and endless disagreements, it's up to Shyla to forge a new united order. When both the draconian Water Prince and brutal Heliacal Priestess learn of Shyla's new powers, life becomes even more complicated as they will stop at nothing to capture Shyla and take the magic of The Eyes for themselves. Hunted at every turn and unable to hide, Shyla and the Invisible Sword must use every resource at their command - and unearth new ones - in their race to save the city from destruction. But their enemies always seem to be one step ahead. And the cost to win the battle may be more than Shyla would ever be willing to pay...

"I am valor for my Valor, the King, I am strength for my Strength, the King..." A broken vow. A murdered prince. And a villain's plot distressingly incomplete. The King's Guardsmen of Rilken are legendary for their strength, skill, and loyalty. How is it then that the king of Rilken is murdered on a forest road while surrounded by the elite Guardsmen who have sworn to give their lives to protect him? The king's death, the loss of his eldest son, and the death of the Guardsmen drive the last remaining prince into a spiral of grief and the counry into confusion. The blame falls on Bovan, a Guardsman captain, and as punishment his wife and daughters are cast friendless out of the capital city. Deep in the woods, the woman-observant Shlivie, impulsive Rosie, and their determined mother Tara-scrape out a home for themselves. They seek to keep hidden, but surprising friends appear. So do hunters and spies, and an unearthly bear no weapon can harm. When the heartbreaking truth surrounding the king's death slowly comes to light, Shlivie, Rosie, and Tara must turn to the wisdom of the Guardsmen for strength to face the foe and dare the impossible. A fabulous tale of gods, dragons, ... and stones. A mix of Kylie Chan's text and stunning illustration/comic work by Queenie Chan shows the events leading up to Kylie's bestselling DARK HEAVENS TRILOGY (WHITE TIGER; BLUE DRAGON; RED PHOENIX). SMALL SHEN is the amazing story of Gold - a stone spirit and a chronic troublemaker in the court of the great Gods of Chinese mythology. A mix of Kylie Chan's brilliant storytelling and Queenie Chan's beautiful illustrations, SMALL SHEN is a fantastic treat for fans of WHITE TIGER. Readers will be thrilled to discover the events leading up to John Chen and Emma Donahoe's story in this wonderful prequel. Shown through Queenie Chan's stunning illustrations and comics, the story follows the stone spirit Gold's entertaining adventures throughout history. His escapades include seducing a dragon princess, attempting to steal one of the tiger's wives, making bets with demons, and working for the Blue Dragon of the East. Eventually, as a result of his crimes against Heaven and his constant philandering, Gold is ordered to join the household of Xuan Wu, the Dark Lord of the Northern Heavens. Xuan Wu is also known as John Chen, a Hong Kong businessman, the story then follows Gold and Jade - the dragon princess - in contemporary Hong Kong, the two small shen must help guard John Chen's beloved human wife and baby daughter from demon attack. John Chen is vulnerable to attack while living on Earth, but his family are in the most danger of all... SMALL SHEN is a unique piece of work for fans of Kylie Chan to treasure, but also a fantastic introduction to this gripping series.

The second book in Australian author Kylie Chan 's ingenious urban fantasy saga—a tale of ancient gods and foul demons doing battle in the modern world—Red Phoenix combines Chinese mythology with martial arts, paranormal romance, and magic in a story that takes off like a rocket and never slows down. The action moves from Hong Kong to Europe as heroine Emma Donahoe finds a demonic circle of death closing around her and the people she loves: the breathtaking and powerful god she is bound to and his innocent young daughter whom Emma has sworn to protect. Red Phoenix is gripping globe-trotting adventure, urban fantasy, and Kung Fu all rolled into one spectacular package that fans of Lilith Saintcrow, Liz Williams, Karen Chance, Devon Monk, and Ilona Andrews are going to flip over.

Deconstructing Martial Arts

Web of Lies

The True Dharma Eye

A Manual of Taiji Jian

The Way of Complete Perfection

Master of Furies

Book 1 of Journey to Wudang Series

A collection of three hundred koans compiled by Eihei Dogen, the thirteenth-century founder of Soto Zen in Japan, this book presents readers with a uniquely contemporary perspective on his profound teachings and their relevance for modern Western practitioners of Zen. Following the traditional format for koan collections, John Daido Looi Roshi, an American Zen master, has added his own commentary and accompanying verse for each of Dogen's koans. Zen students and scholars will find The True Dharma Eye to be a source of deep insight into the mind of one of the world's greatest religious thinkers, as well as the practice of koan study itself.

A new and expanded edition of a highly successful textbook on world religions with a comparative approach which explores how six major religions are lived and expressed through their customs, rituals and everyday practices. A new edition of this major textbook, exploring the world's great religions through their customs, rituals and everyday practices by focusing on the 'lived experience.' This comparative study is enriched and broadened with the inclusion of a sixth religion, Daoism Takes a thematic, comparative and practical approach; each chapter explores a series of key themes including birth, death, ethics, and worship across all six religions at each time Broadens students' understanding by offering an impartial discussion of the similarities and differences between each religion Includes an increased range of student-friendly features - designed to allow students to engage with each religion and extend their understanding

From extreme poverty in rural China, to rising as a prominent spiritual leader in the West, Master Chen has used the Dao to guide thousands of people to create health, happiness, and harmony. He was chosen as child to be trained by the 5 Elder Daoist Masters in the legendary temples of the sacred Wu Dang Mountains. Master Chen then journeyed to the United States in 1990 on a sacred mission to teach Daoist practical philosophies to empower seekers in the West to heal the body, mind, and spirit. This book will provide you a road map to live your spiritual purpose with passion. It's time for you to become the master within.

From the international bestselling author of The Dark Heavens and Journey to Wudang series... The Heavenly defenses struggle to hold against the combined might of the Eastern and Western demon hordes. The God of War Xuan Wu is now at full strength -- but is his might enough to safeguard the realm when half the Heavens are already in their hands? John and Emma fight a last-ditch desperate struggle to conserve their kingdom and their protect their families. But will the kingdom ever be the same again?

A Trip through Hip Hop's 36 Chambers

A Novel of an Ancient China that Never was

Become the Master Within

Asian Traditions in a Transnational World

Journey to Wudang

Dark Serpent

A Novel

*The First Book in Bestselling Author Kylie Chan's Thrilling Celestial Battle Trilogy When the ancestry of Xuan Wu's fiancée, Emma, is revealed, it threatens the harmony of the whole Celestial realm. The demons are gathering, powerful alliances are being made and stone Shen are under threat. However, Xuan Wu is distracted—he must save Emma from the Demon King and give her the elixir of immortality, but at what cost?*

*The three kingdoms of Alton Savia have lived in peace for generations; but now a dark force gathers in the North and threatens the Southern Alliance as rumours spread of the resurgence of the Order of the Obsidian Mask. Dorian longs to escape from the remote village he has known all his life and now a sudden turn of events catapults him into a strange and dangerous new world, a world of intrigue, magic and the unflinching march of ten thousand men into battle. Who can turn the tide of war or is all hope lost in the face of unmitigated evil? What is the essence of martial arts? What is their place in or relationship with culture and society? Deconstructing Martial Arts analyses familiar issues and debates that arise in scholarly, practitioner and popular cultural discussions and treatments of martial arts and argues that martial arts are dynamic and variable constructs whose meanings and values regularly shift, mutate and transform, depending on the context. It argues that deconstructing martial arts is an invaluable approach to both the scholarly study of martial arts in culture and society and also to wider understandings of what and why martial arts are. Placing martial arts in relation to core questions and concerns of media and cultural studies around identity, value, orientalism, and embodiment, Deconstructing Martial Arts introduces and elaborates deconstruction as a rewarding method of cultural studies.*

*This insightful biography looks at the turbulent lives, groundbreaking music and lyrics, and powerful brand of hip hop's infamous Wu-Tang Clan. • A chronology of important events and milestones pertaining to the Wu-Tang Clan • Photographs of the group and its individual members • A glossary of slang words and colloquial jargon used in Wu-Tang Clan's lyrics*

White Tiger

Dark Heavens

The Chart for the Cultivation of Perfection (Xiuzhen tu)

Women Chan Masters of Seventeenth-Century China

The Last Guardsman

A Comparative Introduction

The Wu-Tang Clan and RZA: A Trip through Hip Hop's 36 Chambers

*In the Cities of Coin and Spice and In the Night Garden introduced readers to the unique and evocating imagination of Catherine M. Valente. Now she weaves a lyrically erotic spell of a place where the grotesque and the beautiful reside and the passport to our most secret fantasies begins with a stranger's kiss... Between life and death, dreaming and waking, at the train stop beyond the end of the world is the city of Palimpsest. To get there is a miracle, a mystery, a gift, and a curse—a voyage permitted only to those who've always believed there's another world than the one that meets the eye. Those fated to make the passage are marked forever by a map of that wondrous city tattooed on their flesh after a single orgasmic night. To this kingdom of ghost trains, lion-priests, living kanji, and cream-filled canals come four travelers: Oleg, a New York Locomith; the beekeeper November; Ludovico, a binder of rare books; and a young Japanese woman named Sei. They've each lost something important—a wife, a lover, a sister, a direction in life—and what they will find in Palimpsest is more than they could ever imagine.*

Earth to HellJourney to Wudang: Book OneHarper Collins

*From King of Ashes to Queen of Storms, it's all built up to this—the thrilling conclusion to legendary New York Times bestselling author Raymond E. Feist's epic Firemane saga. War has swept across Marquensas. Ruthless raiders have massacred the inhabitants of Beran's Hill, including Gwen, the beloved wife of Declan Smith. Hollow of heart, his hopes burned to ashes, Declan swears to track down and destroy the raiders, an ambition shared by Baron Dayton Dumarch, whose family was massacred as they fled the capital. Meanwhile Hava, whose gift for piracy has seen her acquire the treasure ship Borzon's Black Wake and the swift Azhante sailing vessel, Queen of Storms, and won her name of "the Sea Demon," is closing in on the whereabouts of those who unleashed the murderous hordes. Her husband, Hatahsaly, the last remaining member of the ruling family of Iltiracs, the legendary Firemanes, seeks to control the magical powers he has inherited. He is able now to visualize and even travel among the filaments of energies that power all existence: the furies. But will he be able to channel his magic in time to combat the deepest, darkest threat the world of Garn has ever faced?*

*This book examines Tangut translations of secular Chinese texts excavated from the ruins of Khara-khoto. After providing an overview of Tangut history and an introduction to the emergence of the field of Tangut studies, it presents four case studies grouped around different themes. A central concern of the book is the phenomenon of Tangut appropriation of Chinese written culture through translation and the reasons behind this.*

Death Before Dragons, Book 8

Daoist Internal Mastery

Cultivate Enlightened Health and Happiness

The Eye of Disparager

Black Jade

Book Three of the Firemane Saga

Translating Chinese Tradition and Teaching Tangut Culture

An anthology of English translations of primary texts of the Quanzhen (Complete Perfection) school of Daoism.

"A beautiful story of gods and demons, shapeshiftors and martial arts... It is eight years since Xuan Wu, God of the Northern Heavens, living in Hong Kong as wealthy businessman John Chen, was exiled from the mortal realm. Emma and Simone, John's daughter, are facing a new series of threats, while their best fighter, Leo, sits in Hell. They must persuade him to come home... but, in Hell, nothing is as it appears. On Earth, Simon Wong, the Demon King's son, is no longer around to trouble them, but his associates have taken over Simon's underworld activities. The otherworldly stones are being targeted and are in danger of their kind being completely destroyed. It seems that the Demon King is the only one Emma can turn to for help... Praise for the Dark Heavens trilogy: 'addictive ... you won't want to put it down' femall.com.au 'hitch up ya britches, put on some good running shoes and get into the pace' AurealisXpress 'packed with Chinese mythology, kick - ass action and sexual tension' Asif.dreamhosters.com

The story of Xuanzang, the monk who went from China to India in quest of Buddhist scriptures.

"Packed with Chinese mythology, kick-ass action, and sexual tension...A smart, entertaining read." —Australian Specific A young woman accepts a position as nanny to the young daughter of a handsome, wealthy, and mysterious Chinese businessman—only to discover her new employer is really a god...and every foul demon in creation is out to destroy him! With a premise like that, fantasy aficionados and die-hard action lovers alike will no doubt be expecting something exceptional—and Australian author Kylie Chan delivers big time! White Tiger is the first book in Chan's breathtaking trilogy that ingeniously blends magic, martial arts, and urban fantasy with a healthy dollop of paranormal romance thrown in to sweeten the pot. Fans of Hong Kong kung fu movies and the novels of Lilith Saintcrow, Liz Williams, Karen Chance, Devon Monk, and Ilona Andrews will flip over White Tiger, Kylie Chan's remarkable non-stop martial arts supernatural adventure love story.

Journey to Wudang: Book One

Earth to Hell

Taoism and Self Knowledge

Manuscripts and Printed Books from Khara-Khoto

The Journey to the West, Revised Edition

Hell to Heaven (Journey to Wudang, Book 2)

Secrets of the Sword 2

For ten years, I've been using a magical sword that I won in battle to ruthlessly slay enemies, break evil artifacts, and open stubborn pickle jars, but I don't know much about it. That's about to change. Thanks to the fact that I'm dating a powerful dragon, I can get a ride to the dwarven home world, and we're going to research the sword's roots. Not that I care much about its history, mind you, but several allies and enemies have suggested it can do a lot more than whack things. Considering the magical bad guys I fight are always stronger, faster, and more powerful than I am, I need every advantage I can get. There's just one problem: a half-dwarf thief has shown up and says she's the rightful heir to the sword. I want to believe it's a scam and can't possibly be true, but I didn't get the sword in the most legitimate manner. If I have to give it up, I might not be able to do my job anymore, and just as bad, I'll be a target for all the bad guys who have been waiting for an opportunity to take me down.

Australian author Kylie Chan concludes her action-packed contemporary urban fantasy trilogy with Blue Dragon—a most satisfying end to her electrifying tale of ancient gods and malevolent demons, of love and extraordinary destiny. Once again, the author of White Tiger and Red Phoenix draws from Chinese mythology and ingeniously combines magic, martial arts, and Taoist philosophy with paranormal romance, as heroine Emma Donahoe must battle supernatural evil in numerous foul forms in order to save her beloved husband, a 3000 year old Chinese god whose power is being drained by living in the mortal world. A breathtaking blend of urban fantasy and Kung Fu, Blue Dragon and the other books in Chan 's spectacular series will delight fans of Lilith Saintcrow, Liz Williams, Karen Chance, Devon Monk, Ilona Andrews, and any fantasy lover looking for something distinctly different.

Dragons and martial arts, science and magic ... great action when our world meets the gods and demons of Chinese myth and legend ... the gods and demons of ancient china are alive and kicking in this popular, bestselling series ... Emma teeters on the edge of becoming fully demon, and must make a journey to the Kunlun Mountains in the West, home of the reclusive ancient goddess Nu Wa, in an attempt to regain her humanity travelling with Emma is Xuan Wu's daughter, Simone, who is struggling with her growing powers and trying to defend herself from the demons who want to destroy her. And Michael is trying to come to terms with the shock of finding out he might be half demon... and a danger to them all. Praise for Kylie Chan: 'If you like urban fantasy with martial arts fighting and Chinese mythology, then you'll love this series!' Infinitas 'addictive ... you won't want to put it down' femall.com.au

'packed with Chinese mythology, kick-ass action and sexual tension' Asif

World Religions in Practice

Hell to Heaven

Martial Arts as Embodied Knowledge

Bridge of Birds

Dark Heavens Book One

Heaven to Wudang (Journey to Wudang, Book 3)

Blue Dragon

The second book in an addictive urban fantasy series of gods and demons, martial arts and mythology, from the author of White Tiger.

The Second Book in Bestselling Author Kylie Chan's Thrilling Celestial Battle Trilogy War with Hell looms and the cruel demons could gain control of everything, Emma Donahoe has saved down threats to her loved ones and never given up the fight. But as the demons close in, she faces a new danger—John's love for her could lead to her complete annihilation. As battles rage for control of Heaven and Earth, Emma must fight her own war to retain her identity as it disintegrates into the man she loves... .

In Taoism and Self Knowledge, Catherine Despeux develops a history of the "Chart for the Cultivation of Perfection" a text containing an array of meditative techniques for individual salvation and thunder rites. This chart was transmitted widely among Taoists in Quanzhen tradition.

Author Kylie Chan has a holly, bright unique take on urban fantasy—she combines it with Kung Fu. In Earth to Hell, Chan launches the characters from her Dark Heavens trilogy (White Tiger, Red Phoenix, Blue Dragon) on a new adventure that will take them from the teeming streets of Hong Kong through the portals of Hell to set free a friend—as demons and devils rise up to challenge them in life-or-death battles, forcing Emma Donahoe Chen, wife of God of the Northern Heavens, to seek the help of a sworn foe, the fearsome Demon King. An irresistible blend of Chinese mythology, martial arts action, and ingenious invention, Earth to Hell is a treat for Kung Fu movie fans; for readers of Lilith Saintcrow, Liz Williams, Karen Chance, Devon Monk, and Ilona Andrews; and for anyone who desires a different kind of fantasy.

Palimpsest

Demon Child

Chronicles of St Mary's 13

The City of Zirdai

A Quanzhen Daoist Anthology

Journey to Wudang Bk 3

The Art of Chinese Swordsmanship

The third book in an addictive new urban fantasy series of gods and demons, martial arts and mythology, from the author of White Tiger.

The seventeenth century is generally acknowledged as one of the most politically tumultuous but culturally creative periods of late imperial Chinese history. Scholars have noted the profound effect on, and literary responses to, the fall of the Ming on the male literati elite. Also of great interest is the remarkable emergence beginning in the late Ming of educated women as readers and, more importantly, writers. Only recently beginning to be explored, however, are such seventeenth-century religious phenomena as "the reinvention" of Chan Buddhism—a concerted effort to revive what were believed to be the traditional teachings, texts, and practices of "classical" Chan. And, until now, the role played by women in these religious developments has hardly been noted at all. Eminent Nuns is an innovative interdisciplinary work that brings together several of these important seventeenth-century trends. Although Buddhist nuns have been a continuous presence in Chinese culture since early medieval times and the subject of numerous scholarly studies, this book is one of the first not only to provide a detailed view of their activities at one particular moment in time, but also to be based largely on the writings and self-representations of Buddhist nuns themselves. This perspective is made possible by the preservation of collections of "discourse records" (yulu) of seven officially designated female Chan masters in a seventeenth-century printing of the Chinese Buddhist Canon rarely used in English-language scholarship. The collections contain records of religious sermons and exchanges, letters, prose pieces, and poems, as well as biographical and autobiographical accounts of various kinds. Supplemental sources by Chan monks and male literati from the same region and period make a detailed re-creation of the lives of these eminent nuns possible. Beata Grant brings to her study background in Chinese literature, Chinese Buddhism, and Chinese women's studies. She is able to place the seven women, all of whom were active in Jiangnan, in their historical, religious, and cultural contexts, while allowing them, through her skillful translations, to speak in their own voices. Together these women offer an important, but until now virtually unexplored, perspective on seventeenth-century China, the history of female monasticism in China, and the contributionof Buddhist nuns to the history of Chinese women's writing.

Kylie Chan's Journey to Wudang series - Earth to Hell, Hell to Heaven and Heaven to Wudang - the best-selling adventures of the gods and demons of ancient China in one convenient and affordable volume. In the acclaimed Dark Heavens series, Emma Donohoe learned about martial arts, magic and the true nature of John Chen. It is now eight years since Xuan Wu, God of the Northern Heavens, living in Hong Kong as wealthy businessman John Chen, was exiled from the mortal realm. Emma and Simone, John's daughter, are facing a new series of threats, while their best fighter, Leo, sits in Hell. they must persuade him to come home ... but, in Hell, nothing is as it appears. Human and demon, heaven and hell battle for the fate of the world in this trilogy of bestselling books from Kylie Chan.

Earth has joined the Galactic Empire, a vast interstellar society ruled by dragon-like aliens where everybody is immortal. Pain, famine and disease have been eradicated, but this doesn't mean the end of conflict. A cruel alien Republic has been watching from afar and wants to take the Empire's progress for its own. Jian Choumali, ex-British forces and now Colonel in the Imperial space force, must fight to keep her friends, family and fellow citizens in the Empire safe. A brutal battle of skill and will begins as Jian and her human colleagues attempt to combat the invaders - but with all their technology, enhancements and weapons in the hands of their enemies, the odds are stacked against them. And there is the very real threat of the destruction of the Empire itself.

Dark Heavens Book Two

Eminent Nuns

Red Phoenix

Celestial Battle: Book Three

Celestial Battle: Book Two

Guardian of Empire

Zen Master Dogen's Three Hundred Koans

*For the first time - the trilogy that began with WHITE TIGER in one book! 'packed with Chinese mythology, kick-ass action and sexual tension' Asif Martial arts, gods and demons - find out how it all began with the complete trilogy of Kylie Chan's bestselling series. In WHITE TIGER, RED PHOENIX and BLUE DRAGON, Kylie Chan creates an addictive story balanced between the Celestial and mortal worlds. Emma Donahoe has just started her job as nanny to Simone, the daughter of rich businessman John Chen. She knows that Simone may be a target for kidnapers but she has no idea of just how dangerous her new job could be. Soon she is drawn into a world of martial arts, magic and extreme danger... And the mysterious John Chen seems to be more than just a businessman. Get set to be drawn into a fast-paced world of action as Emma learns about martial arts, discovers her own secret abilities, fights demons, and falls in love with a 3000-year-old Chinese god.*

*Most Westerners are familiar with Taiji Quan (often spelled Tai Chi Ch'uan), the graceful, dancelike exercise movements practiced by the Chinese to promote health and longevity. However, many do not realize that Taiji is also a martial art, and that it includes practice with weapons, including the ancient sword called Jian. As with Taiji Quan, the practice of Taiji Jian is based on Chinese yin-yang, five-elements, and Daoist philosophical concepts, and combines meditation, martial, and healing arts. The Art of Chinese Swordsmanship is the first complete English-language introduction to Taiji Jian. It describes the history of Jian swordsmanship, its fundamental principles, and its essential form of thirty-two postures, including a thorough discussion of both internal and external components. Written by a master who has practiced the sword form for twenty-five years, it will allow interested Westerners to study and practice this rewarding path to physical and mental well-being.*

*'Jodi Taylor is quite simply the Queen of Time. Her books are a swashbuckling joyride through History' C. K. McDONNELL BOOK 13 IN THE INTERNATIONALLY BESTSELLING CHRONICLES OF ST MARY'S SERIES For fans of Richard Osman's Thursday Murder Club series, Jasper Fforde and Doctor Who. -- Finally - finally! - Max has that nice office job she's always wanted. The one with no heavy lifting and no one tries to kill her. Well, one out of two's not bad... Punching well above their weight, Max and Markham set out to bring down a sinister organisation founded in the future - with a suspicious focus on the past. Max's focus is staying alive long enough to reunite with Leon and Matthew, alternately helped and hindered by St Mary's. Who aren't always the blessing they like to think they are. But non-stop leaping around the timeline - from witnessing Magna Carta to disturbing a certain young man with a penchant for gunpowder - is beginning to take its toll. Is Max going mad? Or are the ghosts of the past finally catching up with her? What people are saying about Jodi Taylor: 'Once in a while, I discover an author who changes everything... Jodi Taylor and her protagonist Madeleine "Max" Maxwell have seduced me "This amazing series is anything but formulaic. Just when you think you've got to grips with everything, out comes the rug from under your feet' Addictive. I wish St Mary's was real and I was a part of it "St Mary's stories are the much-anticipated highlight of my year" Jodi Taylor has an imagination that gets me completely hooked" "A tour de force"*

*Whoever controls the Hundred Halls, controls the world. Aurelia "Aurie" Silverthorne has high hopes for her second year in the Hundred Halls, the world's only magical university, but her expectations are destroyed when she accidentally unleashes a plague of faez-eating thralls and spends week after week getting killed in the Grand Contest. But none of this matters when Aurie learns that the Cabal searches for a powerful magic that will help them get control of the Hundred Halls. If Aurie can't stop them, then passing her classes will be the least of her worries.*

Journey to Wudang Bk 2

A Catalogue of Catastrophe

Heaven to Wudang

Celestial Battle: Book One

Small Shen

The Teachings and Practices of the Early Quanzhen Taoist Masters

This book translates Master Wang's original practice instructions and discourses given during training seminars. His system of internal alchemy goes back to two ancient Daoist masters: the 13th-century Lingbao bifa, linked to the immortals Zhongli Quan and L ü Dongbin; and the 17th-century Taiyi jinhua zongzhi (Secret of the Golden Flower), also connected to L ü . Together they are known as the Lingbao tong zhiqing neigou shu (Arts of Internal Mastery, Wisdom, and Potential. Based on Numinous Treasure). The texts outline the concoction of a golden elixir through the dual cultivation of inner nature and life-destiny. This book follows the classics and presents all different kinds of techniques—including walking, pacing, sleeping, circulating the five phases, absorbing tree energy, and capturing planetary essences—in a systematic format and with a great amount of instructional detail. It contains a wealth of information invaluable to anyone interested in genuine Daoist cultivation and elucidates numerous rather obscure concepts to contextualize each practice.

A heart-stopping conclusion to these bestselling books ... Chinese shapshifting gods and demons and humanity create unparalleled adventure ... Human and demon, heaven and hell battle for the fate of the world in this fabulous bestselling series ... the demons that could control stones and elements have been defeated, but the most powerful of Simon Wong's associates still remains to create almost undetectable copies of humans and Shen, this demon allies with Kitty Kwok to prepare a torturous trap for Emma and Simone from which they may never return. Wudang Mountain is enveloped by dark foreboding as Xuan Wu begins to reappear - sometimes human, sometimes turtle, but always without memory. Emma and Simone are in a race against time as they try to rescue Xuan Wu ... before the demons capture him.Praise for Kylie Chan: "a rich tapestry of culture, action and love" HORRORSCOPE'martial arts fighting and Chinese mythology ... you'll love this series' INFINITAS'addictive ... you won't want to put it down' FEMAIL.COM.AU

Explores the religion developed by the Quanzhen Taoists, who sought to cultivate the mind not only through seated meditation, but also throughout the daily activities of life.

Dark Heavens Book Three