



The Secret and Sublime: Taoist Mysteries and Magic

John Blofeld

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Originally the objective of all Taoist forms of contemplation and yoga had probably been identical—the union of opposites within oneself in order that the mysterious light of the indwelling Tao might be made manifest. It was held that the indivisibility of the One and the many and the identity of opposites could be experienced by unaided intuition, but that quietistic contemplation, helped by breath control and other physical yogas, was of great assistance. The breathing yogas mentioned by Chuang Tzu, were certainly of very ancient origin and, though virtually identical with those of the Buddhists, they had probably been arrived at independently. The works of both religions testify to similar results—sensations of pure light shining from within, or experiences of thunder and lightning also coming from within, followed by the direct perception of the hitherto veiled core of consciousness. For highly talented adepts, contemplation alone was held to be means sufficient in itself, the various breathing and alchemical yogas being supplementary aids. -----From Blofeld, John, *The Secret and Sublime: Taoist Mysteries and Magic*

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Dena Jacobs:

Playing with family inside a park, coming to see the water world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Secret and Sublime: Taoist Mysteries and Magic, you are able to enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

Jennifer Lorenzo:

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