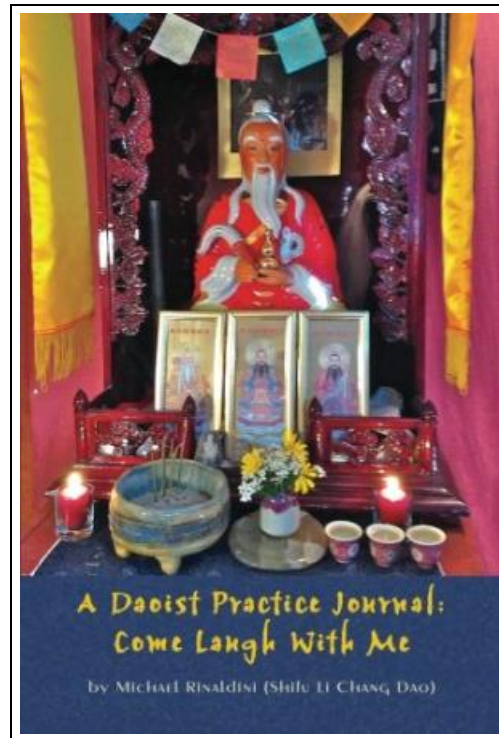


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A DAOIST PRACTICE JOURNAL: COME LAUGH WITH ME



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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Qigong Teacher and Daoist Priest Michael Rinaldini has written a book on the modern day practices of a Daoist. His book, A Daoist Practice Journal: Come Laugh With Me offers the cultivation methods for walking the Daoist path. The entries cover topics like zuowang meditation, scriptures, qigong, the value of silence and solitude, and Daoist, Buddhist and Catholic mysticism, tea drinking and more. Here are some samples of his entries, which provide a glimpse into the heart of his writings. 2012 January 14 Sky Farm Hermitage Solitary Retreat In silence and solitude I begin another retreat on Saturday afternoon, January 14, 2012. The rest of Saturday afternoon was spent un-packing and settling into a 6-day retreat. 6:15pm What does a Daoist eat while on retreat? Tonight, I made a soup with soba noodles and assorted vegetables. I forgot to bring ginger root. 9:40pm I vow to practice . in silence and solitude, until I realize Complete Perfection. January 15 8:30pm One of my goals for this retreat is to write about the common practices between the Daoist and the Christian paths. I am specifically interested in the Daoist zuowang meditation method of sitting in forgetfulness or oblivion, and the Christian fourteenth-century mystical text, The Cloud of Unknowing. Both of these ways of meditation or contemplation feature an emphasis on placing the mind s activities into a state of forgetting or the cloud of forgetting. The Cloud, was written by an anonymous author, and it is speculated that the author was a Carthusian monk, and if not, possibly a Catholic priest living a hermetic lifestyle. And so what are the similarities, the common practices between zuowang meditation, and the...

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