



THE VALLEY SPIRIT

A Female Story

of Daoist

Cultivation

Lindsey Wei

SINGING
DRAGON



The Valley Spirit A Female Story Of Daoist Cultivation Second Edition

Vitaly Filbert



The Valley Spirit A Female Story Of Daoist Cultivation Second Edition:

The Valley Spirit Lindsey Wei, 2013-01-15 A young woman Lindsey Wei graduates from high school in America and sets out to find her roots in China questing for who she is and where her life path belongs She discovers in herself a skill for martial arts and seeks the hidden knowledge of meditation After three years of study in various martial styles and unveiling false teachers she is finally led to the ancient Wudang Mountains Here she meets a Daoist recluse Li Shi Fu who has renounced the world of the red dust and long since retired into an isolated temple to cast oracles and read the stars The coming together of these two extraordinary characters master and disciple begins a spiritual relationship taking the young adept on an unforgettable journey through the light and dark sides of modern China and deep into herself Battling between earthly desires and heavenly knowledge she makes the transformation into a dynamic and complete woman A coming of age personal account the book describes the lived experiences of a profoundly sincere bitter yet ultimately liberating female quest It is written for anyone who ponders the true meaning of Chinese wisdom and the way of the Dao in the hope of discovering a deeper strength within themselves *The Valley Spirit* Lindsey Wei, 2010 *Immortal Sisters* Thomas Cleary, 1996-11-11

Immortal Sisters presents life stories and teachings of distinguished female Taoist adepts who lived from the third to twelfth centuries Among them is the poet and mystic Sun Bu er who passed into folklore as one of the famous Seven Immortals and appears as a character in countless popular novels of China These accomplished women renowned in their own day and in history represent a uniquely female heritage of spiritual mastery Through poems stories teachings and commentaries *Immortal Sisters* sheds light on the spiritual methods taught and practiced by these women and illustrates the importance of the feminine in Taoism **Daoist Cultivation, Book 19** Vitaly Filbert, 2025-08-26 The teachings of female alchemy n d n are one of the rarest treasures of Daoism While inner alchemy n id n has long been described in male terms semen conservation and the refinement of Yang essence Daoist masters also preserved a profound body of writings tailored to women These reveal how menstrual cycles and the Great Yin body can be transformed into the very instruments of transcendence This book presents the first complete English translation of *Female Alchemy A Combined Compilation with Selected Annotations* by He Longxiang along with detailed commentary It includes the Ten Instructions on the Women s Elixir Oral Instructions the Qiaoyang Scripture on the Cultivation of Women s Work illustrated guides to practice and more concluding with Liu Yiming s classic *The Method of Women s Alchemy* More than technical instruction these texts carry a powerful moral and spiritual message true cultivation cannot be replaced by ritual or deferred promises of salvation but must be realized in this very body and this very life Both translation and commentary this book opens teachings once confined to esoteric circles and makes them accessible to today s readers It is intended for students of Daoist philosophy practitioners of inner cultivation and all who wish to understand how the Dao unfolds equally through the bodies of women and men

Daoist Cultivation, Book 6 Vitaly Filbert, 2022-08-11 *Wu Zhen Pian* or Chapters on Awakening to the True Reality is one of

the most advanced and well known treatises on Daoist Inner Alchemy It was written by the Daoist Master Zhang Boduan around 1068 1077 and is addressed to students already familiar with the fundamental knowledge of Daoist practice and philosophy Although some of the verses may not be easy for beginners to understand it is still worth studying this treatise because it will help you touch with the profound wisdom of the Daoist tradition The translation includes Foreword by Zhan Boduan Upper Scroll Sixteen chapters Middle Scroll Sixty four chapters Lower Scroll One verse and Sixteen chapters Five quatrains Afterword by Zhan Boduan

Daoist Cultivation, Book 11 - Zhang Sanfeng Sanfeng Zhang, Vitaly Filbert, 2023-05-20 This book presents texts by Daoist Master Zhang Sanfeng such as Speaking of the Dao in Simple Words and Song of Meditation Both translated texts are accompanied by commentaries in which I explain difficult to understand passages The original text of Speaking of the Dao in Simple Words was written without chapters but for convenience I have broken it into some parts given them titles and put them in brackets I did it because it has many topics and it was easy to get confused and it's more clear now In addition to the translations commentaries have been added to these texts Sometimes I explain the meaning of the terms show the Chinese characters and explain why I translated them one way or another The text Song of Meditation is not so large but dense in meaning These texts are highly recommended to everyone who is interested in studying Daoist Teaching In addition I give answers to some questions about the practice

Daoist Cultivation, Book 10 - Retreat Program Vitaly Filbert, 2023-04-20 This book is about the Retreat Program In the book you can find the traditional recommendations for the retreat and answers to the following topics How to choose the right place for a retreat What should you know about the retreat General Retreat Schedule How to deal with this program Detailed Information about methods you should practice during the retreat A translation of the text The True Man Wang Chongyang transmits Ma Danyang Twenty Four Secrets is added at the end of the book

Daoist Cultivation, Book 12 - The Secret of the Golden Flower Dongbin Lu, Vitaly Filbert, 2023-07-07 The Secret of the Golden Flower is one of the well known Daoist texts in the West It describes many aspects of Daoist Inner Alchemy in detail The text contains many Buddhist ideas and terms as well as Confucian thoughts The very first translation was made by Richard Wilhelm in 1929 with commentaries by psychologist C G Jung But frankly this is a poor translation containing misleading information and misinterpreting many parts of the text Since C G Jung's commentaries are based on this translation there is no sense in commenting on it In addition the last five chapters 9 13 have not been translated at all There is one more well known translation by Thomas Cleary but he didn't use traditional Daoist terms in his translation For instance instead of Yang and Yin he used positive energy or positivity and negative energy or negativity But frankly Yin and Yang are special terms that include deeper meanings than just negativity or positivity That is why in my translation I have left all the special terms as they are Also some fragments of the text were not translated by Thomas Cleary The text is accompanied by many of my commentaries in which I explain difficult to understand terms fragments of the text or why I translated certain pieces in one way or another

A Record of the Assembled

Immortals and Gathered Perfected of the Western Hills Richard Bertschinger, 2018-01-18 This is the first English language translation of an 9th century text by Daoist practitioner Shi Jianwu which prescribes the practice of deep intentional breathing along with meditation for Qigong and improved spiritual awakening The author provides insights to this ancient tradition that depicts the journey from knowledge to refinement

Daoist Cultivation, Book 17 - Later Debates on the Cultivation of True Reality Liu Yiming, Vitaly Filbert, 2025-07-28 This book presents a complete and faithful translation of the classical Daoist text Later Debates on the Cultivation of True Reality a profound continuation of the earlier work Debates on the Cultivation of Reality Written in a clear and direct style this later text deepens the exploration of Daoist internal alchemy n id n correcting misunderstandings and offering practical insight into the authentic Way The text covers both foundational and advanced principles discussing virtue clarity of mind gradual progression and the true meaning behind alchemical metaphors such as Lead Mercury and the Elixir The work emphasizes the importance of sincerity perseverance and inner transformation over superficial methods or empty ambition Although rooted in a specific historical context the warnings and corrections for students offered in this text remain strikingly relevant for modern practitioners It speaks directly to those who sincerely wish to refine their body energy and spirit in alignment with the Dao This edition includes A complete high fidelity translation in refined English Extensive internal alchemical commentary in clear prose Clarification of common errors and subtle alchemical principles A formal introduction and final reflection on the work s meaning The book discusses topics such as Precelestial Essence J ng Qi and Spirit Sh n Postcelestial Essence J ng Qi Q and Spirit Sh n The Precelestial True One Qi True and False Body and Mind True and False Xing and Ming Precelestial and Postcelestial Yin and Yang Internal and External Five Phases Internal and External Medicines Lesser and Greater Returned Elixirs On the Application of Auspiciousness and Inauspiciousness The Earlier and Later Furnace and Cauldron Internal and External Fire Phases Other House My House The True Initial Channel Flow Subduing and Refining the Nine Cauldrons The Mysterious Pass and the One Aperture Movements of the Heavenly Pivot Life and Death Punishment and Virtue Highest Virtue and Lower Virtue Doing and Non Doing Zi Wu Mao and You Life and Death Being and Non Being Precelestial and Postcelestial Kan and Li Refining the Self and Establishing the Foundation Internal and External Companions Thoroughly Explore the Principle with One s Entire Heart Whether you are a student of Daoism a serious cultivator or a reader interested in classical wisdom Later Debates on the Cultivation of True Reality offers a rare and valuable window into the heart of the internal path

Women in Daoism Catherine Despeux, Livia Kohn, 2003 Women in Daoism outlines the status and roles of women in the Daoist tradition from its inception to the present day It describes the historical development and role of Daoist women in Chinese society focusing on the different ideals women stood for as much as on the religious practices they cultivated Cover

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