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Vitality, Energy, Spirit: A Taoist Sourcebook by Thomas Cleary

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About Vitality, Energy, Spirit. The “three treasures” of human life—vitality, energy, and spirit—are envisioned in Taoist thought as the source of creativity, capability, and intelligence. This comprehensive anthology traces the teachings on these three treasures through the long history of Taoism, highlighting the quintessential works on their practical application for mental and physical well-being.

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It focuses on vitality, energy, and spirit - the 'three treasures' of human life as envisioned in Taoist thought. The three treasures are understood to be the source of the creativity, capability, and intelligence of which humankind is capable, and Taoist adepts developed techniques for working with the treasures for health, strength, and wisdom. This volume traces the teachings on these three treasures through the long history of Taoism up to the present century, highlighting quintessential ...

Vitality, Energy, Spirit: A Taoist Sourcebook (Shambhala ...

The former has selections spanning the whole history of Daoist thinking, in particular regarding Jing/essence (vitality), Qi (energy) and Shen (spirit), their appreciation, conservation, cultivation and ultimate unification. In the much shorter Taoist Meditation, Cleary says:

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Using the theme of the 3 Taoist Treasures i.e. Vitality, Energy and Spirit Thomas Cleary translates and presents teachings and stories on this subject from the beginnings of Taoism onwards. This is a very readable and enjoyable book which will appeal to Taoists and those with little or no knowledge of Taoism.

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