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I ' m a digital designer based in London with several years of agency experience. People always give me new nicknames and I'm looking to collect more.

~~Eva Wong | London~~

~~Eva Wong, a leading Taoist practitioner and translator, provides a solid introduction to the Way. All of Taoism ' s most important texts, figures, and events are covered, as well as its extraordinarily rich history and remarkable variety of practice.~~

~~Eva Wong~~

~~Eva Wong is an independent scholar and a practitioner of the Taoist arts of the Pre-Celestial Way and Complete Reality lineages. She has written and translated many books on Taoism and related topics.~~

~~Eva Wong (Author of Seven Taoist Masters)~~

~~Eva Wong is a practitioner of the Xiantianwujimen (Primordial Limitless Gate) lineage of qigong, the Quanzhen (Complete Reality) lineage of meditation, and the Wudangshan (Wudang Mountain) lineage of~~

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martial arts. She is the author and translator of over fourteen books on Taoism.

~~Eva Wong - Shambhala Publications~~

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Fengshui- Eva Wong is a practitioner of several systems of traditional Chinese Fengshui, including Kanyu (land form), Xuankong (Flying Stars), Sanyuan (Three Periods), and Sanhe (Three Combinations). She consults in the Fengshui of residences, commercial enterprises, and spiritual practice centers worldwide.

~~Eva Wong - Shambhala Mountain Center~~

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+ Add or change photo on IMDbPro » Eva Wong is known for her work on Mou gaan dou II (2003), Dai mo wai (2004) and CollegeHumor Originals (2006). See full bio »

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See what Eva Wong (evawongie) has discovered on Pinterest, the world's biggest collection of ideas. Eva Wong. Follow. Eva Wong. 2 Followers • 53 Following. Eva Wong's best boards. Hairstyles. Eva Wong • 4 ...

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Eva Wong Nava is a good writer and I enjoyed the simplicity of the prose and how the language conveys the thoughts of the protagonist. While this book is written for children, it has great lessons for adult readers, including the thought that we can always overcome our limitations and achieve more if we focus on reaching a better place in life.

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Eva Wong, a leading Taoist practitioner and translator, provides a solid introduction to the Way. All of Taoism's most important texts, figures, and events are covered, as well as its extraordinarily rich history and remarkable variety of practice.

~~Eva Wong—amazon.com~~

Eva has a bachelor's degree. Current occupation is listed as Protective Service Occupations. Current address for Eva is 2720 West Pintail Wy, Elk Grove, CA 95757-8202. Zip code 95757 (Elk Grove) average rent price for two bedrooms is \$2,010 per month.

"The Tao that can be spoken of is not the real Way," reads a famous line from the Tao-te-ching. But although the Tao cannot be described by words, words can allow us to catch a fleeting glimpse of that mysterious energy of the universe which is the source of life. The readings in this book are a beginner's entrée into the vast treasury of writings from the sacred Chinese tradition, consisting of original translations of excerpts from the Taoist canon. Brief introductions and notes on the translation accompany the selections from the classics; books of devotional and mystical Taoism; texts of internal alchemy; stories of Taoist immortals, magicians, and sorcerers; ethical tracts; chants and rituals; and teachings on meditation and methods of longevity.

To age with the sun and moon and be renewed by spring and summer, to conserve the seeds of growth in autumn and winter and to be nourished by the eternal breath of the Tao—these are the goals of the Taoist alchemists, the masters of the arts of health, longevity, and immortality. This book is a translation of a concise

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Taoist alchemical manual known as the Dragon-Tiger Classic, along with its two most important commentaries. The classic, written in ancient times by an unknown author and published during the fifteenth century BCE, is regarded by contemporary Taoist practitioners as the most complete guide to spiritual transformation. It covers the three forms of Taoist practice: • External alchemy, concerned with the ingestion of minerals, herbs, and other substances to attain health, longevity, and immortality • Sexual alchemy, in which the practitioner uses the energy of a sexual partner to cultivate his or her own energy • Internal alchemy, the practice of meditation, calisthenics, and yogic postures to cultivate mind and body An extensive introduction by the translator and the inclusion of two commentaries by traditional Chinese authors aid the reader in understanding this concise, symbolic text.

A beautifully clear and accessible explanation of how to live a Taoist life—by renowned Taoist master Eva Wong Taoism isn't a spiritual extracurricular activity, it's an integral practice for living all of life to the fullest. Taoist living rests on four pillars—the public, the domestic, the private, and the spirit lives. Not only do Taoists strive to live these four aspects fully and in a balanced way, they also believe there is an outlook and an art to each of them. Here, modern Taoist adept Eva Wong is your guide to living well according to the wisdom of this ancient system. Drawing from ancient Taoist texts, she explains in simple terms the Taoist masters' approach to the four aspects of life, asking readers to reflect on the balance of their own lives and demonstrating how that balance is the secret infusing your life with health, harmony, and deep satisfaction.

For the first time, the great depth and diversity of Taoist spirituality is introduced in a single, accessible manual. Taoism, known widely today through the teachings of the classic Tao Te Ching and the practices of

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t'ai chi and feng-shui, is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Covering all of the most important texts, figures, and events, this essential guide illuminates Taoism's extraordinarily rich history and remarkable variety of practice. A comprehensive bibliography for further study completes this valuable reference work.

The Lieh-tzu is a collection of stories and philosophical musings of a sage of the same name who lived around the fourth century BCE. Lieh-tzu's teachings range from the origin and purpose of life, the Taoist view of reality, and the nature of enlightenment to the training of the body and mind, communication, and the importance of personal freedom. This distinctive translation presents Lieh-tzu as a friendly, intimate companion speaking directly to the reader in a contemporary voice about matters relevant to our everyday lives.

Equanimity, good health, peace of mind, and long life are the goals of the ancient Taoist tradition known as "internal alchemy," of which *Cultivating Stillness* is a key text. Written between the second and fifth centuries, the book is attributed to T'ai Shang Lao-chun—the legendary figure more widely known as Lao-Tzu, author of the *Tao-te Ching*. The accompanying commentary, written in the nineteenth century by Shui-ch'ing Tzu, explains the alchemical symbolism of the text and the methods for cultivating internal stillness of body and mind. A principal part of the Taoist canon for many centuries, *Cultivating Stillness* is still the first book studied by Taoist initiates today.

Here, Taoist practitioner Eva Wong offers a colorful treatment of the history and evolution of Taoism, told through traditional teaching tales. These tales, which Wong first heard as a child growing up in Hong Kong,

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are gleaned from the local storytellers and the uncensored chronicles known as yeshi—the wild history of China, not monitored by the official imperial scholars and historians. The stories are by turns mysterious and intriguing, passionate and violent, and they are peppered with colorful characters, including hermits, politicians, social activists, revolutionaries, scholars, scientists, and mystics. Arranged chronologically from prehistory through the early twentieth century, these stories introduce the schools in the Taoist lineages, and capture the defeats and victories of Taoism, its periods of decadence and decay, and its renewal, maturation, and spiritual triumph. Wong puts these stories into context, and shows that Taoism is a dynamic spiritual tradition, constantly changing—and being influenced by—history.

Here is a classic Chinese text on the Taoist arts of longevity and immortality. The text dates from the Five Dynasties (907 – 960 C. E.) and is attributed to Chungli Ch'uan and L ü Tung-pin—two of the most popular figures of Taoism and Chinese culture. This text focuses on Taoist inner alchemy, a theory and method for transforming the mind from within by using practices such as breath control, calisthenics, meditation practices, and sexual alchemy (the method of gathering energy from a sexual partner). The teachings address the following topics:

- The nature of immortality and how it can be attained by realizing the laws of the Tao within us
- The art of health
- The art of longevity
- How to deal with obstacles and recognize spiritual progress

The Art of Health, Longevity, and Immortality will be of interest to both beginning students of Taoism and scholars. Wong's introduction includes a concise overview of the evolution of Taoist longevity practices as well as an elucidating section for readers who are unfamiliar with the teachings and practices of Taoist inner alchemy. She also includes a list of helpful hints for reading and understanding each section of the text.

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History and legend are interwoven in this folk novel that both entertains and instructs. Written by an unknown author, *Seven Taoist Masters* is the story of six men and one woman who overcome tremendous hardships on the journey to self-mastery. These characters and their teacher, Wang Ch'ung-yang, are all historical figures who lived in the Southern Sung (1127 – 1279) and Yuan (1271 – 1368) dynasties. Wang is regarded as the greatest patriarch of the Complete Reality school, a highly purified branch of Taoism having a strong affinity with Zen Buddhism. The novel brings to life the essentials of Taoist philosophy and practice, both through the instructions offered by Wang—on topics such as the cultivation of mind and body, meditation techniques, and overcoming the obstacles to enlightenment—and through the experiences of the characters.

The great depth and diversity of Taoist spirituality is introduced in a single, accessible manual *Millions of Readers Have Come to the Philosophy of Taoism* thanks to the classics *Tao Te Ching* and the *I Ching*, or through the practices of t'ai chi and feng-shui, but the Tao is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Eva Wong, a leading Taoist practitioner and translator, provides a solid introduction to the Way. All of Taoism's most important texts, figures, and events are covered, as well as its extraordinarily rich history and remarkable variety of practice. Sections include:

- *The History of Taoism* traces the development of the tradition from the shamans of prehistoric China through the classical period (including the teachings of the famous sage Lao-tzu), the beginnings of Taoism as a religion, the rise of mystical and alchemical Taoism, and the synthesis of Taoism, Buddhism, and Confucianism.
- *Systems of Taoism* explores magical sects, divination practices, devotional ceremonies, internal alchemy, and the way of right action.
- *Taoist Practices* discusses meditation, techniques of cultivating the body, and rites of purification, ceremony, and talismanic magic.

This roadmap to the spiritual

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landscape of Taoism not only introduces the important events in the history of Taoism, the sages who wrote the Taoist texts, and the various schools of Taoist thinking, but also gives readers a feel for what it means to practice Taoism today. A comprehensive bibliography for further study completes this valuable reference work.

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