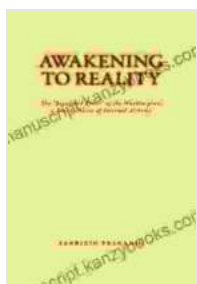


The Regulated Verses of the Wuzhen Pian: A Guide to Internal Alchemy

The Regulated Verses of the Wuzhen Pian is a classic Taoist text on internal alchemy. It is attributed to the Taoist immortal Lü Dongbin and is considered one of the most important texts on the subject. The text provides a detailed guide to the practice of internal alchemy, which is a system of self-cultivation that seeks to transform the body and mind into a state of immortality.



Awakening to Reality: The "Regulated Verses" of the Wuzhen pian, a Taoist Classic of Internal Alchemy (Kindle Neidan Texts Book 1) by Fabrizio Pregadio

★★★★☆ 4.4 out of 5

Language : English
File size : 607 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 112 pages
Lending : Enabled



The text is divided into two parts. The first part consists of 100 verses that describe the theory and practice of internal alchemy. The second part consists of 50 verses that provide a commentary on the first part. The verses are written in a concise and poetic style, and they are full of symbolism and allegory.

The Regulated Verses of the Wuzhen Pian has been a source of inspiration for Taoist practitioners for centuries. It is a valuable text for anyone who is interested in learning more about internal alchemy and the Taoist path of self-cultivation.

History of the Wuzhen Pian

The Wuzhen Pian is believed to have been written by Lü Dongbin in the 8th century AD. Lü Dongbin was one of the Eight Immortals of Taoism, and he is considered one of the most important figures in the history of Taoism. The Wuzhen Pian is said to have been revealed to Lü Dongbin in a dream, and it is believed to contain the secrets of internal alchemy.

The Wuzhen Pian was first published in the 10th century AD, and it quickly became one of the most popular Taoist texts. It has been translated into many languages, and it is still studied by Taoist practitioners today.

Contents of the Wuzhen Pian

The Wuzhen Pian is divided into two parts. The first part consists of 100 verses that describe the theory and practice of internal alchemy. The second part consists of 50 verses that provide a commentary on the first part.

The first part of the Wuzhen Pian begins with a discussion of the nature of the universe. Lü Dongbin explains that the universe is composed of two forces: yin and yang. Yin is the negative force, and yang is the positive force. These two forces are constantly interacting with each other, and they create all the phenomena of the universe.

Lü Dongbin then goes on to discuss the nature of the human body. He explains that the human body is a microcosm of the universe, and that it is also composed of yin and yang. The yin forces are located in the lower body, and the yang forces are located in the upper body. The goal of internal alchemy is to balance the yin and yang forces in the body, and to transform the body into a state of immortality.

The second part of the Wuzhen Pian provides a commentary on the first part. Lü Dongbin explains the meaning of the verses in the first part, and he provides additional instructions on how to practice internal alchemy.

Significance of the Wuzhen Pian

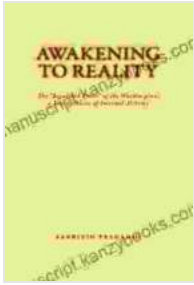
The Wuzhen Pian is a valuable text for anyone who is interested in learning more about internal alchemy and the Taoist path of self-cultivation. The text provides a detailed guide to the practice of internal alchemy, and it is full of symbolism and allegory that can be interpreted on many levels.

The Wuzhen Pian has been a source of inspiration for Taoist practitioners for centuries, and it continues to be studied by Taoist practitioners today. The text is a valuable resource for anyone who is interested in learning more about the Taoist path of self-cultivation.

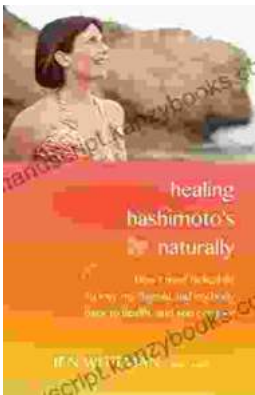
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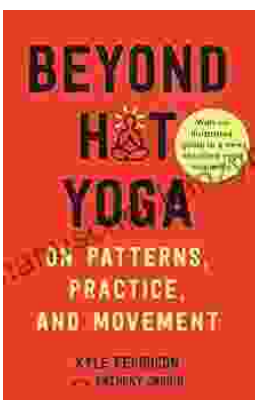


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