



The Inner Teachings of Taoism

By Chang Po-tuan

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Taoist inner alchemy is a collection of theories and practices for transforming the mind and refining the self. *The Inner Teachings of Taoism* includes a classic of Chinese alchemy known as *Four Hundred Words on the Gold Elixir*. Written in the eleventh century by a founder of the Complete Reality School, this text is accompanied by the lucid commentary of the nineteenth-century adept Lui I-ming.

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Editorial Review

Language Notes

Text: English, Chinese (translation)

From the Inside Flap

A venerable Chinese work on the principles of Taoism, with a lucid commentary explaining the secret symbolism of the text.

About the Author

Thomas Cleary holds a PhD in East Asian Languages and Civilizations from Harvard University and a JD from the University of California, Berkeley, Boalt Hall School of Law. He is the translator of over fifty volumes of Buddhist, Taoist, Confucian, and Islamic texts from Sanskrit, Chinese, Japanese, Pali, and Arabic.

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