Cloud Hands
The Gentle Mind-Body Arts of T'ai Chi Ch'uan and Chi Kung

Taoism, Nature Mysticism, Alchemy, and Chinese Philosophy
Related to Tai Chi Chuan and Qigong

By

Michael P. Garofalo

February 6, 2004

Cloud Hands - Yun Shou
Bibliography and Webliography

Taoism, Buddhism, Philosophy, Nature Mysticism, Alchemy, Esoterica, Plant Lore, Herbs and Magic


Beyond the Closed Door: Chinese Culture and the Creation of T'ai Chi Ch'uan.

"A classical thirteenth-century anthology of Taoist writings, including essays,
conversations, poetry, and songs from the School of Complete Reality. The writings combine the essences of Taoism, Buddhism, and Confucianism into an alchemical elixir teaching Vitality, Energy and Spirit - the "Three Treasures" of Taoism that promise mental and physical well-being.

Books and Tai Chi Chuan and Taoism

Breathing and Taijiquan

Master Cheng Man-ch'ing (1901-1975)

Cloud Hands: Tai Chi Chuan and Chi Kung. 300K+


Confucius, K'ung Fu-tzu: Sayings, Links, Bibliography, Notes, Quotes, Chronology.


Dao House: Of Discourses and Dreams "A compendium of links to great online Daoist (Taoist) resources." An excellent selection of fine links with informative and fair annotations; all presented in an attractive and easy to read format. The in-depth and creative collection of links are arranged by 18 topics. The attention to detail and research involved to create this guide are worthy of high praise. This website is outstanding! A must visit for students and enthusiasts of Taoism.

Dao House - Practical Dao Qigong and Tai Chi fans will find an excellent and current collection of fascinating links with informative annotations on this attractive webpage.

Daoist Studies: Database of Courses and Syllabi.

The Eight Section Brocade Qi Gong. By Michael P. Garofalo. 190K+


Fifteen Discourses of Wang Chong-yang 55Kb+

Flowers - Quotes, Poems, Lore and Links


I Ching Bookmarks The definitive on-line directory!


Individualism and Holism: Studies in Confucian and Taoist Values. Edited by Donald Munro.

K'ung Fu-tzu (Confucius): Sayings, Links, Bibliography, Notes, Quotes.
Chronology.


The Magical Staff

Master Chang San-Feng: Quotes, Poems, Legends and Lore, Links

Months: Nature, Seasons, Gardening - Quotes, Poems, Sayings, Links, Bibliography

Nature Mysticism


The Original Tao: Inward Training and the Foundations of Taoist Mysticism. By Harold Roth.

Overview of Internal Exercise. By Gaofei Yan and Jude Smallwood. 29K.


The Spirit of Gardening. Three thousand quotes, poems, sayings, and quips.

Summer Solstice - June 21st


Tai Chi Chuan Bibliography and Webliography. By Michael P. Garofalo. 50K+
Tai Chi Chuan Ching (Cannon). Translated by Dan Docherty.


T'ai Chi Ch'uan Classics: Links, Bibliography, Quotes, Poems

Tai Chi Symbol, Yin-Yang Emblem, Taiji Tun

Taoism and the Philosophy of Tai Chi Chuan. An excellent content rich website! By Christopher Majka and Empty Mirrors Press.


Taoism: Growth of a Religion. By Isalelle Robinet.


Taoist Arts Center

The Taoist Classics. The collected translations of Thomas Cleary. Volume
Four.
Index, 436 pages. ISBN: 1570629080. MGC.

Taoist Culture and Information Center  An highly informative and extensive website.
An essential on-line resource.

135 pages.
ISBN: 0825630290. MGC.


Taoist Meditation and Longevity Techniques. Edited by Livia Kohn.

Taoist Meditation: Methods for Cultivating a Healthy Mind and Body.
Translated by Thomas Cleary.

Tao of Abundance: Eight Ancient Principles for Abundant Living. By Laurence G. Boldt.

Taoist Sanctuary of San Diego

Tao of Health, Longevity, and Immortality: The Teachings of Immortals Chung and Lu. Translated

The Tao of Meditation. By Jou Tsung Hwa. 195 pages.


Traditions of Inner Alchemy. By Eric Wynants. 65KB.

Trees - Quotes, Wisdom, Poems, and Lore

Valley Spirit Tai Chi Chuan Journal. A daily journal with reflections, notes, suggestions, references, questions and answers, blog, links and quotations. By Michael P.
Garofalo. 
Valley Spirit or Gu Shen notes.


Wudang Research Association

Wuwei Foundation

"T'ai Chi Ch'uan bases itself exclusively on gentleness, softness, naturalness and bringing you back to your original nature. Daily training makes the muscles and bones become softer and more pliable, and it especially causes the breath to become natural. These are the results of disciplining and refining the ching, ch'i, and shen to the end of your days. How then can you consider dispensing with your kung or wish to suffer bitterly."

**Introduction**

Return to the Main Index
Cloud Hands - Yun shou
Michael P. Garofalo's E-mail

Red Bluff, Tehama County, North Sacramento Valley, Northern California, U.S.A.
Close to the Cities of Chico, Orland, Corning, Los Molinos, Cottonwood, Anderson,
and Redding CA

Valley Spirit Taijiquan Journal

© Michael P. Garofalo, 2003, All Rights Reserved

Disclaimer

Zen Poetry

Cuttings: Haiku and Short Poems

Cold Mountain Sages

The Spirit of Gardening

Nature Mysticism

Spirituality and Gardening

Trees

Haiku and Short Poems

String Figures and Tricks

Religion and Gardening
Cloud Hands: Tai Chi Chuan and Chi Kung Website

Tai Chi Chuan, Taijiquan, T'ai Chi Ch'uan, Tai Chi, Tai Ji Quan, Taiji, Tai Ji Chuan, Tie Jee Chewan

Chi Kung, Qi Gong, Qigong, Chee Gung, Qi, Chi, Tu Na, Dao Yin, Yi, Neigong, GongFu

Witchcraft, Neopaganism, Totems, Nature Magic, Occult, Esoteric, Herbs, Plant Lore, Animal Lore

Return to the Main Index
D.C. Lau, trans., *Lao Tzu: Tao Te Ching*
Victor H. Mair, trans., *Wandering on the Way: Early Taoist Tales and Parables of Chuang Tzu*
D.C. Lau and Roger T. Ames, trans., *Yüan Dao: Tracing Dao to its Source*
Isabelle Robinet, *Taoism: Growth of a Religion*
Livia Kohn, ed., *Taoist Meditation and Longevity Techniques*

**On Course Reserve:**
Roger T. Ames, *Wandering at Ease in the Zhuangzi*
Stephen R. Bokenkamp, *Early Daoist Scriptures*
J. Baird Callicott and Roger T. Ames, eds., *Nature in Asian Traditions of Thought: Essays in Environmental Philosophy*
Mark Csikszentmihalyi and Philip J. Ivanhoe, eds., *Religious and Philosophical Aspects of the Laozi*
One of the Haikus that perfectly describes the weather that is up and about today the place where I stay. It brings out images of a marshy, silent, secret land all shrouded up in a mystical fog. Outside, it's cloudy and ominous today; much like a drop of water poised achefully at the edge of a leaf, pondering whether to take the plunge or not.