



	2000 BCE	1500 BCE	1000 BCE	500 BCE	300 BCE	1 CE	300 CE	600 CE	900 CE	1200 CE	1500 CE	1800 CE →
Hinduism	Indus Valley Civilization  Vedas heard	Vedas written down c. 1500		Epics 400 BCE	<i>Yoga Sūtras</i> 200 BCE	<i>Law of Manu</i> 100 BCE	Tantras written down c. 300	Bhakti movement 600-1800 Ravidas 1376-1427  Kabir 1440-1518				Ramakrishna 1836-86  Rabindranath Tagore 1861-1941
Jainism	Twenty-three Tirthankaras before c. 777			Mahavira 599-527 BCE.	Digambaras & Svetambaras split 3 <sup>rd</sup> Cent.							Jain monks establish centers outside India
Sikhism										Guru Nanak 1469-1504		
Buddhism				Gautama 563-483 BCE	Asoka 258 BCE.  Theravada develops 200 BCE - 200 CE.  Mahāyāna develops 1 <sup>st</sup> Cent. CE		Buddhism introduced to Japan 556 CE			Zen comes to Japan		Buddhism spreads to West in 20 <sup>th</sup> Century
Daoism & Confucianism	Yellow River Valley settlements  Yellow Emperor		Shang Dynasty c. 1751-1123 (Shangdi)	Zhou Dynasty c. 1122-221 BCE  Laozi c. ?600-?300 BCE  Confucius c. 551-479 BCE	Zhuangzi c. 365-290 BCE  Qinshihuangdi r. 221-206 BCE  Han Dynasty c. 200 BCE-200 CE.  Yellow Turbans 184 CE		Japan imports Confucianism	Sung dynasty "neo-Confucianism"				Cultural Revolution in China 1966-76
Shintō	Shintō's prehistoric origins							<i>Kojiki</i> 712				State Shintō 1886
Abrahamic Religions	Abraham c. 1900-1700 BCE		King David c. 1010-970	First Temple destroyed; Jews exiled 586 BCE		Jerusalem falls to Romans 70 CE  Jesus 4-30 CE  Gospels c. 70-95 CE	Muhammad c. 570-632					Holocaust 1940-45





# In what sense does Daoism stress passivity and receptivity?

Chapter 67 of the *Daodejing* says:

Here are my three treasures. Guard and keep them!

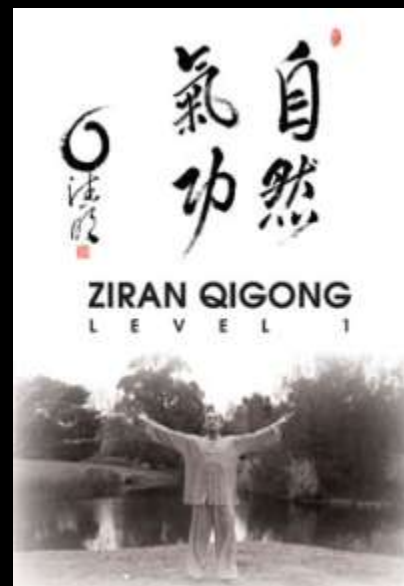
The first is compassion (慈);

the second, frugality (儉);

the third, refusal to be foremost of all things under heaven.



*wu wei*  
無為



*ziran*  
自然

In what sense does Confucianism stress activity and responsibility?

mandate of heaven

filial piety

*li* (propriety)



We learn about prehistoric China from the writings of Confucius and from archeology.



## 中國朝代列表 list of Dynasties of China

夏	Xia	2100-1600 BC
商	Shang	1600-1066 BC
周	Zhou	1066-256 BC
西周	Western Zhou	1066 - 771 BC
東周	Eastern Zhou	770 - 256 BC
春秋	Spring and Autumn	770 - 476 BC
戰國	Warring State	475 BC - 221 BC
秦	Qin	225 BC - 206 BC
漢	Han	206 BC - 220 AD
西漢	Western Han	206 BC - 23 AD
東漢	Eastern Han	25 - 220
三國	Three kingdoms	220 - 280
魏	Wei	220 - 265
蜀	Shu	221 - 263
吳	Wu	222 - 280

The Xia Dynasty is legendary.

Confucius, Zhuangzi and other ancient writers say it was ruled by the Yellow Emperor.

Where did Chinese knowledge come from?

(Qigong, Feng sui 風水, Acupuncture and Reiki, herbal medicine, dietary medicine...)



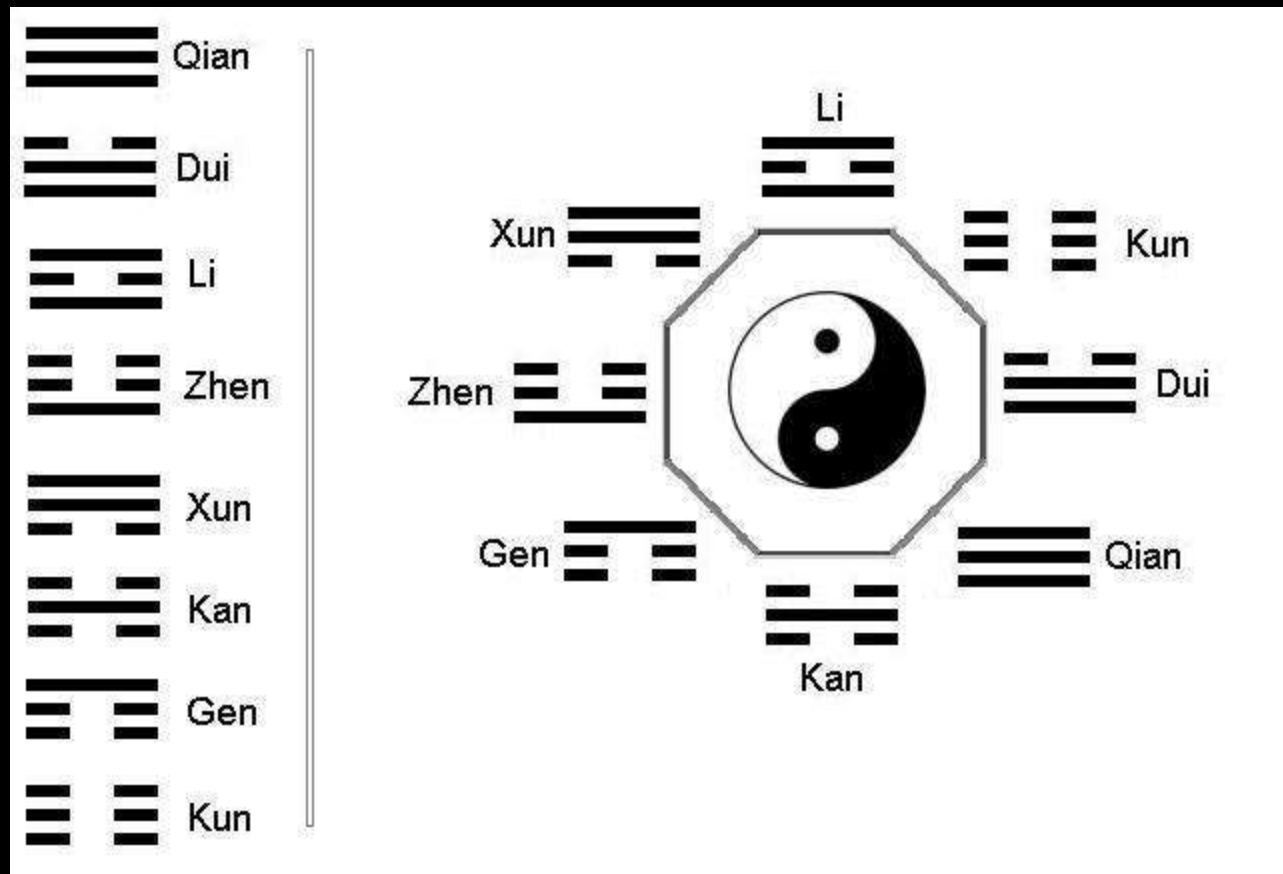


The legendary emperors saw the mythic *longma* 龍馬 "dragon horse"

A dragon horse is the vital spirit [*qi* 氣] of Heaven and Earth.



The Dragon Horse brought the Yellow River Chart on its back.



*The Limitless produces the limited, and this is the Great Ultimate (Taiji)*

*The Taiji produces two forms: yin and yang*

*Yin and yang produce four phenomena: lesser yin, great yin, lesser yang, great yang.*

*The four phenomena act on the eight trigrams.*

The eight trigrams are applied to astronomy, astrology, geography, geomancy, anatomy, the family, and elsewhere.

☰	☱	☲	☳	☴	☵	☶	☷
乾	兑	離	震	巽	坎	艮	坤
QIAN	DUI	LI	ZHEN	XUN	KAN	GEN	KUN
heaven	lake	fire	thunder	wind	water	mountain	earth
father	youngest daughter	second daughter	eldest son	eldest daughter	second son	youngest son	mother
south	southeast	east	northeast	southwest	west	northwest	north
northwest	west	south	east	southeast	north	northeast	southwest

Table 6. The eight trigrams and their main associations: elements in nature, family relations, and directions in the cosmological configurations “prior to Heaven” (*xiantian*) and “posterior to Heaven” (*houtian*).

In Jackie Chan Adventures, the trigrams are each written on a face of the Pan'ku Box.

The television series Lost incorporated the Eight Trigrams into the logos for the DHARMA Initiative.

In the anime and manga Naruto, the Hyuga clan's main attack is the Eight Trigrams Sixty-Four Palms.

In the anime Cowboy Bebop episode "Boogie Woogie Feng Shui", the device that Maefa uses with the sunstone contains trigrams from the Eight Trigrams.

In the film G.I. Joe: The Rise of Cobra, Snake-Eyes has the Eight Trigrams symbols for water and fire printed on the arm of his uniform, since the original comics had the same symbols as the arm tattoo used by members of the Arashikage clan (Snake-Eyes and Storm Shadow's clan).

In the movie The Karate Kid, the matches in the final contest sequence take place on large circular Eight Trigrams arrangements that delimit the combat area.

In the cartoon series Avatar: The Last Airbender, Airbending is based on the Eight Trigrams.

In Touhou Project, a bullet hell series, the character Marisa Kirisame uses a "mini-Hakkero" with one of the Eight Trigrams diagrams on it.



The 8 Diagrams is an album released by The Wu-Tang Clan in 2007.





# The Medical Classic of the Yellow Emperor

*Translated by Zhu Ming*

FOREIGN LANGUAGES PRESS

黄帝内经

The Shang Dynasty was once considered a mythological  
bronze age. 1600-1066 BCE









**Zhou Dynasty (age of philosophers)  
1027 B.C.E. - 221 B.C.E.**



*Portrait of Laozi*  
by **Fachang Mugi**, Southern  
Song dynasty, early 13<sup>th</sup> cent.

hanging scroll, ink on paper  
88.9 x 33.5 cm



*Laozi on an Ox, mid 1500s, by Zhang Lu (c. 1490–1563), China, Ming dynasty, hanging scroll, ink on paper, National Palace Museum, Taipei.*



*Loujuantai. The small knoll beyond the gravel bed of the Tien River at the foot of the Chungnan Mountains is where Daoists say Laozi wrote the Daodejing for Yin Xi, the guard of the gate.*



道可道，非常道。名可名，非常名。  
無名天地之始；有名萬物之母。故  
常無欲，以觀其妙；常有欲，以觀  
其徼。此兩者，同出而異名，同謂  
之玄。玄之又玄，衆妙之門。

*The Tale of the  
Peach Blossom Spring*

by Tao Yuanming(365-427).



*Daodejing (Tao Te Ching) #80:*

Let there be a small country with a small population.  
Though there may be tens and thousands of contrivances  
The people have no use for them.  
They love their lives here and will not migrate.  
Though there are ships and carriages, none will ride in them.  
Though there are weapons and arrows, none will regard them.  
May the people return to knotting cords.  
Let them enjoy their food and clothing, and cherish their home and customs.  
Though the neighboring countries are within sight.  
And the cocks crowing and dogs barking can be heard,  
They may grow old and die without visiting them.



**Stele with the Deified Laozi and Two Attendants**  
Northern Wei dynasty, dated 515. Sandstone, 43.5 cm

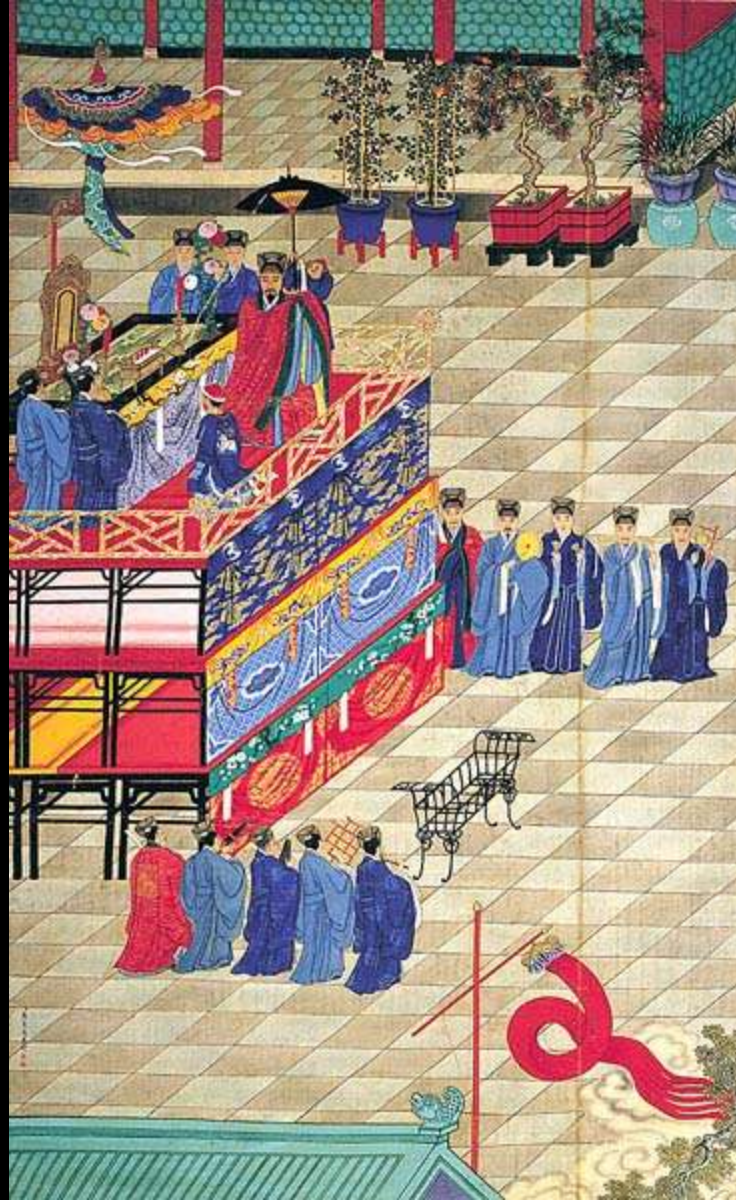


Religious Daoist ceremony





Daoist ordination ceremony



**Jiao Bingzhen**

**Taoist Ritual at the Imperial Court, Qing dynasty, 1723-1726**

**Hanging scroll; ink and colors on silk, 358 x 157 cm**

**Arthur M Sackler Gallery, Smithsonian Institution, Washington D.C.**

## Laozi as a deity





The central deity, Celestial Worthy of Primordial Beginning. He is believed to have spontaneously formed from pure energy at the beginning of the world.



Celestial Worthy of Numinous Treasure. He is considered a source of Taoist knowledge and scripture.



Celestial Worthy of the Way and Its Power, Laozi. He reveal divine teachings to humanity.

## The Three Purities (or Pure Ones)

From the White Cloud Monastery in Beijing, head temple of the Complete Realization sect.



The Queen Mother of the West, or Xiwangmu in Chinese, is usually depicted holding court within her palace in Kunlun or the Western Paradise, surrounded by a female retinue of prominent goddesses and spiritual attendants. This court is depicted as being nearby to the orchard of the Peaches of Immortality.



Han coin

Money tree and bird-like Queen Mother. From a Han Dynasty tomb.

Zhuangzi said she had attained the Dao. During the Han Dynasty she was worshipped by the imperial family, the aristocracy and ordinary people.



Lady Dai (died c. 168 BCE) was buried in four coffins.  
The silk banner draped the innermost of the coffins.







**Top section:**

- Queen Mother of the West (maybe)
- Realm of the immortals, entrance guarded by gods of destiny, keeping record of lifespan
- Moon with toad and rabbit. The Moon Rabbit or Jade Rabbit lives on the moon in East Asian folklore and pounds the elixir of immortality (the craters are imagined to look like this). In Feng Shui, a three-legged money toad of good luck also lives on the moon.
- Sun with raven. Its three legs represent three phases -rising, noon and setting.





**The lower section of the banner shows the offerings and ceremonies devoted to her body soul (*po*). Sacrificial vessels are provided for her and attendants are standing next to her, ready to serve her soul which resides in the tomb. Beneath the tomb we get a glimpse of the creatures living in the underworld: A deity of the earth carries the foundation of the tomb, her netherworld dwelling.**



Lady Dai's body was so well preserved an autopsy was done on her body. It was determined that she likely died of a heart attack related to her diet.



Qigong chart found in Lady Dai's tomb.



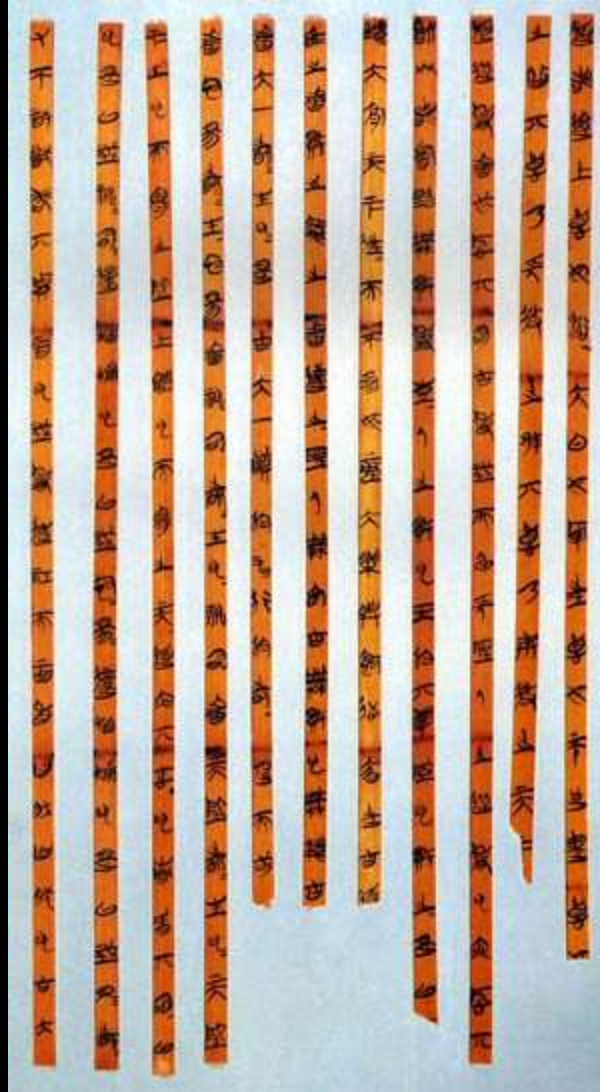
## **Greenville, SC. April 29, 2007 – “World Tai Chi & Qi Gong Day”**

Members of Falun Gong (or Falun Dafa) give a Qigong demonstration and handout literature on the persecution.

Founded in 1992, Falun Gong claims to not be an organization. Its texts speak of it as a practice rather than a religion.



*Daodejing (Tao te Ching) From Mawangdui. Second oldest extant copy.*



from Guodian tombs, dated 4<sup>th</sup> century BCE





Travelers Among Mountains and Streams by Fan Kuan  
early 11<sup>th</sup> century CE

## Close-up of Travelers Among Mountains and Streams





*Seeking the Tao in the Autumn Mountains, 900–1000, by Juran, China, Northern Song dynasty (960–1126), hanging scroll, ink on silk.  
National Palace Museum, Taipei.*



### **Mountain-shaped Censer**

From the tomb of Liu Shen at Lingshan, Mancheng, Hebei province Western Han dynasty, second half 2nd century BCE. Bronze with gold inlay  
H 26 cm; diam 15.5 cm. **Hebei Provincial Museum, Shijiazhuang**



Dragon Mountain, area of Daoist retreat



Chinese “scholar’s rock”  
gongshi. *Gong* means "spirit"  
and *shi* equals "stone“.

From Lake Tai

Tai Hu in Missouri  
Botanical Garden



Rock Garden at Komyoji Temple  
(Jodo Sect) in Kamakura



Rock at Mount Koya



Moongate Temple Beijing





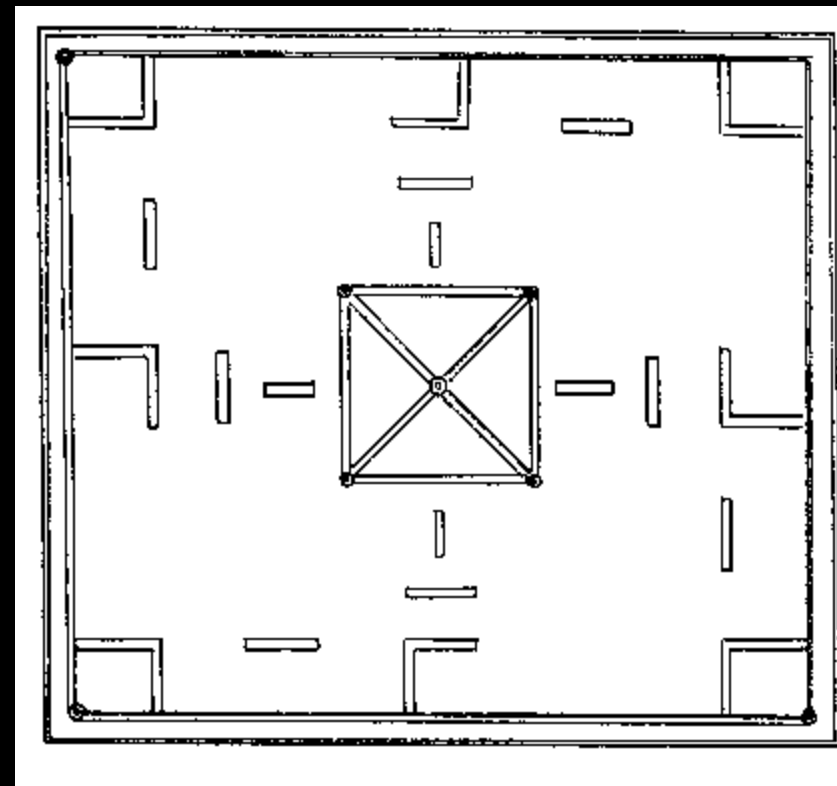
**Shanghai World Financial Center. Top was meant to be a moon gate but people felt that looked too much like a rising sun.**



Bronze mirror from Lady Dai's tomb.



“TLV” Bronze mirrors from the Han Dynasty.



Liubo board and drawing showing the classical “TLV” pattern as found in Zhongshan, 4th c. BC.



## Star Chart

Ink rubbing of a stele at the Confucian Temple, Suzhou, Jiangsu province  
Southern Song dynasty, Chunyou reign, dated 1247

Hanging scroll; ink on paper, 83 x 100 cm. **Stone Carving Museum, Suzhou**



Big dipper shrine in a Daoist temple in Vancouver

The Big Dipper, mother of all stars.

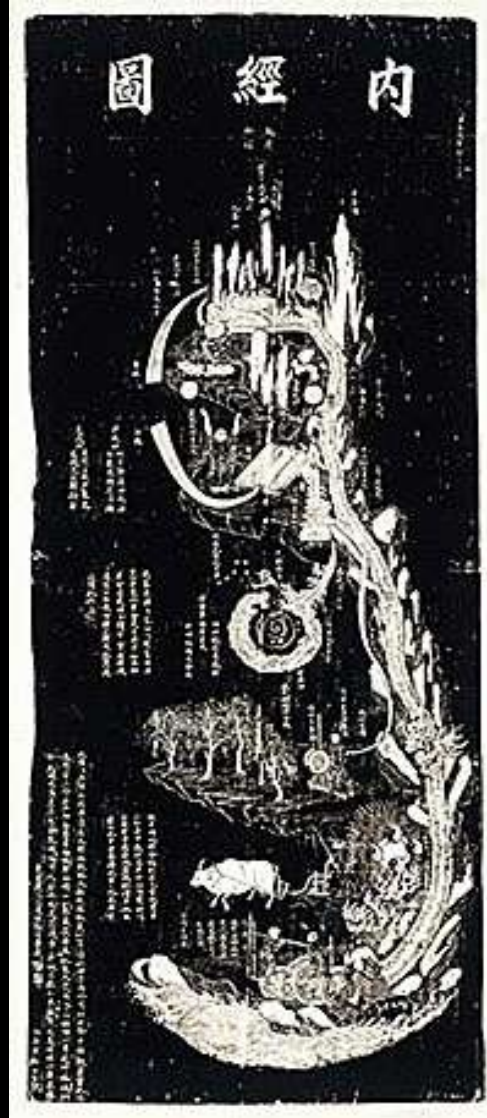


*Meditating Under the Protection of the Big Dipper.*



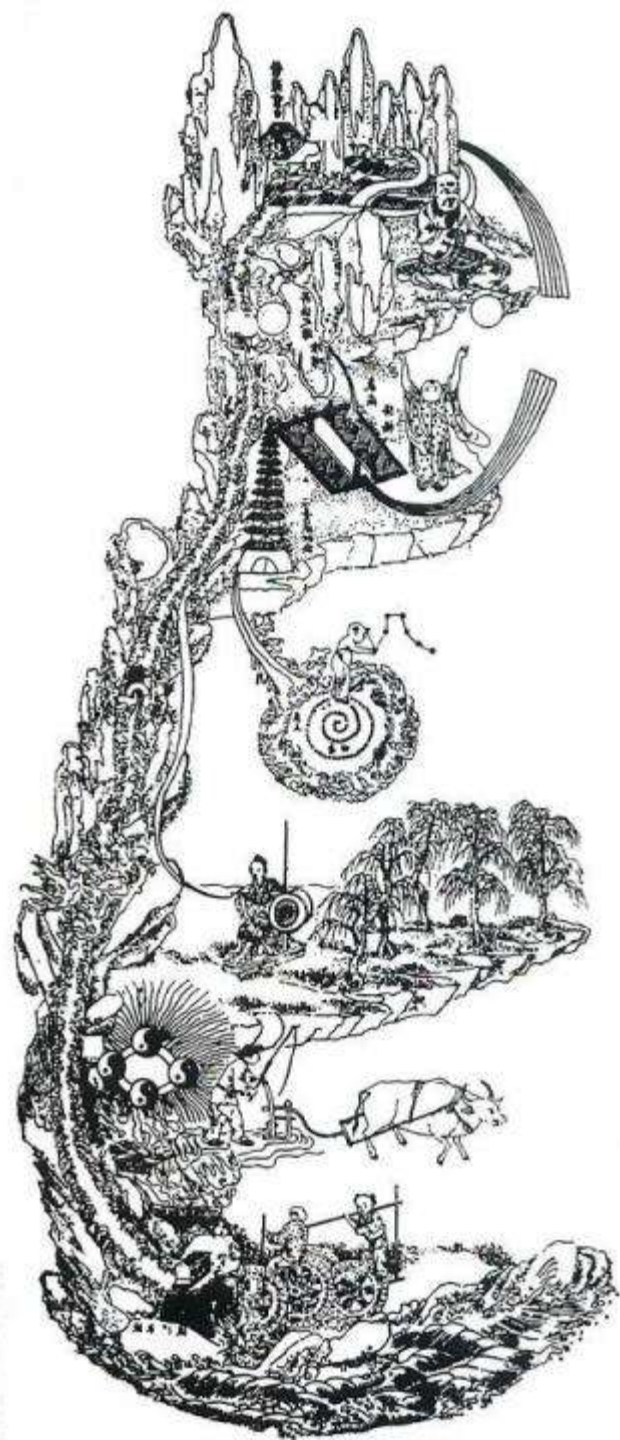
Daoist in mediation

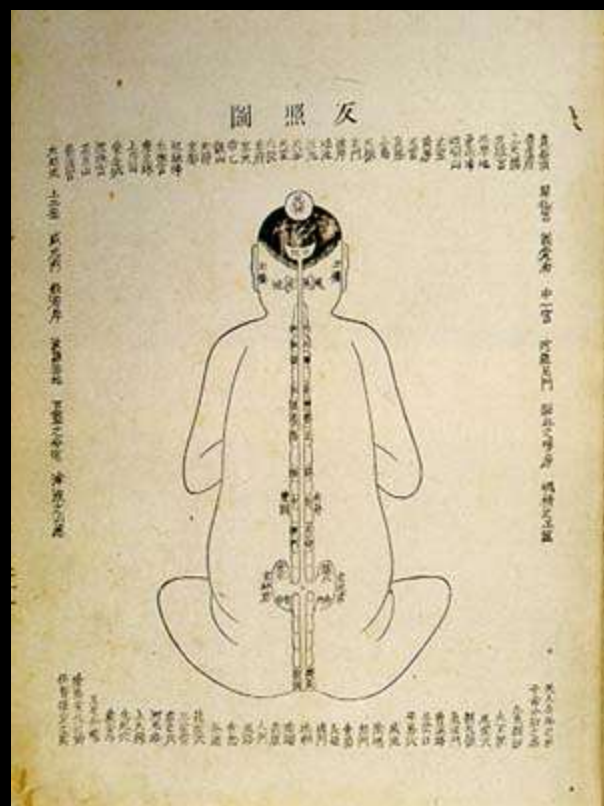




*Illustration of Inner Circulation, 1800–1900, China, Qing dynasty (1644-1911), ink rubbing, ink on paper.*

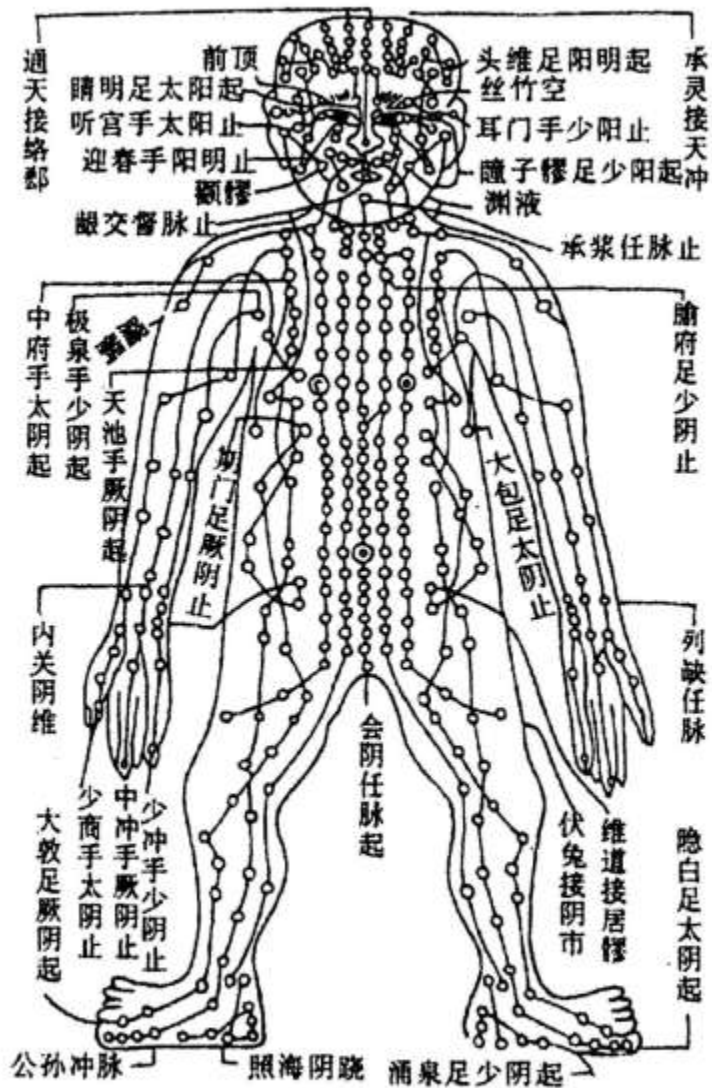
*Richard Rosenblum Family Collection, Newton Center, Massachusetts.*





*Directions for Endowment and Vitality.* Woodblock-illustrated book, ink on paper, 30.8 x 26.3 cm, Ming dynasty, Wanli reign 1615.

# 五脏六腑之图 以下俱杨氏<sup>①</sup>



仰人经图

acupuncture meridian chart



**Cinnabar**, sometimes called **cinnabarite**, is red mercury sulfide ( $\text{HgS}$ ).





**Medic**

**Mercurochrome®**

ACTIVE INGREDIENT:  
Merbromin 2%  
Also contains: Purified Water.

ANTI-INFECTIVE  
FOR EXTERNAL USE ONLY

1 FL OZ (30 mL)

“Oh My” by the Meat Puppets (covered by Nirvana)

If I had to lose a mile  
If I had to touch feelings  
I would lose my soul  
The way I do

I don't have to think  
I only have to do it  
The results are always perfect  
And that's old news

Would you like to hear my voice  
sprinkled with emotion  
Invented at your birth?

I can't see the end of me  
My whole expanse  
I cannot see

I formulate infinity  
Stored deep inside me

Zhuangzi (Chaung tzu,  
4<sup>th</sup> century BCE)







Zhuangzi and Huizi were strolling along the dam of the Hao Waterfall when Zhuangzi said, "See how the minnows come out and dart around where they please! That's what fish really enjoy!"

Huizi said, "You're not a fish — how do you know what fish enjoy?"

Zhuangzi said, "You're not me, so how do you know I don't know what fish enjoy?"

Huizi said, "I'm not you, so I certainly don't know what you know. On the other hand, you're certainly not a fish — so that still proves you don't know what fish enjoy!"

Zhuangzi said, "Let's go back to your original question, please. You asked me *how* I know what fish enjoy — so you already knew I knew it when you asked the question. I know it by standing here beside the Hao."



Men claim that Mao and Lady Li were beautiful, but if fish saw them they would dive to the bottom of the stream; if birds saw them they would fly away, and if deer saw them they would break into a run.

Of these four, who knows how to fix the standard of beauty in the world?



Zhuangzi seeking a skull beside a road said, "You are now dead, how much better it is to be alive."

The skull retorts, "How do you know it's bad to be dead?"



## Lu Dòngbīn.

One of the 8 Daoist immortals.

Riding a dragon, holding an open bottle of the elixir of immortality.

"Dream of the Yellow Millet"

There are many stories about Lü helping others to learn the Dao. According to the official History of the Song Dynasty, Lü was seen several times visiting the house of Chen Tuan, who was believed to be the first person to present Tai Chi to the public. A Chinese saying goes, "dogs bites Lü Dongbin," which means an inability to recognize goodness or to repay kindness with vice.

“Immortal Riding a Dragon”  
by Ma Yuan (active c. 1190-1230).

from *Zhuangzi*, Book 1:

“Far away on the hill of Ku-shih there dwelt a Spirit-like man whose flesh and skin were like ice and snow, his manner was elegant and delicate as a virgin; he did not eat any of the five grains, but inhaled the wind and drank the dew; he mounted the clouds, drove along the flying dragons, rambling and enjoying himself beyond the four seas; by the concentration of his spirit-like powers he could save men from disease and pestilence, and secure every year a plentiful harvest.”





Daoist master doing Taiji (Tai Chi Chuan).



Daoist Immortal Li Ching Yuen, Qi Gong Master and Herbalist. When this photo was taken, he was said to be 249 years old.

Daoists have reportedly been seen walking through a town in the morning and still walking over a hundred miles away by night.



15<sup>th</sup> century painting by Shi Rui of  
The Yellow Emperor Inquiring about the Dao

In 1973 a series of 2<sup>nd</sup> century BCE tombs were discovered. They contained the four books of the Yellow Emperor, that had been lost until then.

The Yellow Emperor is considered the first Chinese martial artist.





*Nine Dragons* was painted by Chen Rong while intoxicated. The rough work was reportedly done with the artist's hat dipped in ink, with the fine details filled in with a calligraphy brush.



**Zhang Huang**

Diagram of the Supreme Ultimate (太極 *Taiji*), from the Compendium of Diagrams Ming dynasty, dated 1623. Woodblock-printed book, Ink on paper 26.3 x 15.5 cm

花間一壺酒。 *A cup of wine, under the flowering trees;*  
獨酌無相親。 *I drink alone, for no friend is near.*  
舉杯邀明月。 *Raising my cup I beckon the bright moon,*  
對影成三人。 *For her, with my shadow, will make three men.*  
月既不解飲。 *The moon, alas, is no drinker of wine;*  
影徒隨我身。 *Listless, my shadow creeps about at my side.*  
暫伴月將影。 *Yet with the moon as friend and the shadow as  
slave*  
行樂須及春。 *I must make merry before the Spring is spent.*  
我歌月徘徊。 *To the songs I sing the moon flickers her beams;*  
我舞影零亂。 *In the dance I weave my shadow tangles and  
breaks.*  
醒時同交歡。 *While we were sober, three shared the fun;*  
醉後各分散。 *Now we are drunk, each goes his way.*  
永結無情遊。 *May we long share our odd, inanimate feast,*  
相期邈雲漢。 *And meet at last on the Cloudy River of the sky.*

Lǐ Bái / Lǐ Bó) (701-762, Tang Dynasty)



“Li Bai Strolling”  
by Liang Kai, 13th  
century