



The Secret of Everlasting Life: The First Translation of the Ancient Chinese Text of Immortality

Richard Bertschinger

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The Secret of Everlasting Life is the first translation from the Chinese of the second-century "Can Dong Qi" This ancient work, the earliest known text on transformation and immortality, echoes the wisdom and poetry of both the Tao Te Ching and I Ching. "The Can Dong Qi" is also the ancestral text of all Qi Gong exercises in China. This translation reveals for the first time the meditation methods practised for thousands of years by Taoist sages. Presented here with its original Chinese commentaries, the "Can Dong Qi" is full of practical information and advice about the process of human transformation and how to nurture and develop the natural life-energy within us. Richard Bertschinger's additional commentary explains the intricacies of Chinese allegory and symbolism for the Western reader. This book is a fascinating read for anyone interested in Daoist thought, Chinese philosophy and culture, or Chinese medicine.

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