

Daoism, Meditation,
AND THE
Wonders of Serenity

SUNY SERIES IN CHINESE PHILOSOPHY AND CULTURE
Roger T. Ames, editor

Daoism, Meditation,
AND THE
Wonders of Serenity

*From the Latter Han Dynasty (25–220)
to the Tang Dynasty (618–907)*

STEPHEN ESKILDSEN

STATE UNIVERSITY OF NEW YORK PRESS

Cover illustration: *Laozi Riding an Ox*, hanging scroll, light color on paper, 101.5 x 55.3 cm.
National Palace Museum, Taiwan. Laozi is carrying a copy of the *Dao De Jing*.
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Published by State University of New York Press, Albany

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Printed in the United States of America

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For information, contact State University of New York Press, Albany, NY
www.sunypress.edu

Production, Dana Foote
Marketing, Michael Campochiaro

Library of Congress Cataloging-in-Publication Data

Eskildsen, Stephen

Daoism, meditation, and the wonders of serenity : from the latter Han dynasty (25–220) to the Tang dynasty (618–907) / Stephen Eskildsen.

pages cm.—(SUNY series in Chinese philosophy and culture)

Includes bibliographical references and index.

ISBN 978-1-4384-5823-6 (hardcover : alk. paper)—ISBN 978-1-4384-5824-3 (e-book) 1. Meditation—Taoism. 2. Taoism—China—History—To 1500.

I. Title.

BL1923.E845 2015

299.5'1443509—dc23

2014045580

10 9 8 7 6 5 4 3 2 1