

P R E F A C E

# BEGINNING

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*Return to the Beginning;  
Wander in the Beginningless.*

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Western Daoist (Taoist) aspirants, seekers, and students have long been in need of a reliable, tradition-based guide to Daoist practice-realization. A practice manual written by committed Daoists for others with similar affinities and aspirations, beyond ethno-cultural and nationalistic identity. A primer in Daoist inner cultivation and Daoist lifeways. Here is that book. Drawing on a life, actually the commingling of two lives, rooted in Daoist commitment, participation, and affiliation, *Entering Stillness* offers guidance on developing a root in authentic Daoist study-practice and on following a Daoist path. The way to the Way. In this manner, the present book draws inspiration from previous Chinese Daoist spiritual guidebooks, including the *Lìjiào shíwǔ lùn* 立教十五論 (Fifteen Discourses to Establish the Teachings), *Lóngmén*

*xīnfǎ* 龍門心法 (Core Teachings of Dragon Gate), and *Dàojiào yífàn* 道教儀範 (Daoist Regulations and Decorum). Daoist manuals. Patterns and models. Infused with a Daoist contemplative approach, primarily rooted in a quietistic model with a complementary alchemical dimension, *Entering Stillness* emphasizes the Three Orientations of view, practice, and experience as well as the Three Expressions of cultivation, embodiment, and transmission. A way of life. Cultivating and embracing stillness leading to myriad blessings and myriad clarities as well as constant virtue and constant acceptance. This involves holistic and integrated Daoist training, including the dual cultivation of innate nature and life-destiny through stillness and movement practice. And energetic attunement, seasonal dietetics, and mountain observation. Through transformation, vitality, virtue, study, and reverence. *Entering Stillness* provides spiritual direction for those with the affinity, aspiration, and openness. A gesture towards authentic Daoist being and community. It is a guidebook for Daoists in all places, at all times. Within and beyond time. So that the Tradition of the Dao may be preserved and transmitted. So that the historical and energetic continuum, infused with numinous and mysterious presence, is re-membered. As offered and as received. Welcoming and belonging. For you.