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


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 Chongyang 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


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
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

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Religion and Gardening
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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

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**On Course Reserve:**
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