

# THE ESSENTIAL CHUANG TZU



TRANSLATED AND EDITED BY  
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# The Essential Chuang Tzu

**Karin Nielsen-Saines**



## **The Essential Chuang Tzu:**

**The Essential Chuang Tzu** Sam Hamill, 1999-10-19 The Chuang Tzu has been translated into English numerous times but never with the freshness accessibility and accuracy of this remarkable rendering Here the immediacy of Chuang Tzu s language is restored in a idiom that is both completely fresh and true to the original text This unique collaboration between one of America s premier poet translators and a leading Chinese scholar presents the so called Inner Chapters of the text along with important selections from other chapters thought to have been written by Chuang Tzu s disciples

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oldest of all Taoist texts the Tao te ching Book of the Tao and Its Potency Representing the philosophy of its main author Chuang Chou along with several other early Taoist strands the text has inspired spiritual seekers for over two thousand years Using parable anecdote allegory and paradox the Chuang tzu presents the central message of what was to become the Taoist school a reverence for the Tao the Way of the natural world and the belief that you are not truly virtuous until you are free from the burden of circumstance personal attachments tradition and the desire to reform the world In this special SkyLight Illuminations edition leading Taoist scholar Livia Kohn PhD provides a fresh modern translation of key selections from this timeless text to open up classic Taoist beliefs and practices She provides insightful accessible commentary that highlights the Chuang tzu s call to reject artificially imposed boundaries and distinctions and illustrates how you can live a more balanced authentic and joyful life at ease in perfect happiness by following Taoist principles

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**The Essential Prose**  
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**The Lincoln Library of Essential Information**, 1924 道法自然 道法自然, 1967

**Attaining Unlimited Life** Hua Ching Ni, 1989 Chuang Tzu took Lao Tzu s mystical teachings and illuminated their value in everyday life His teaching encouraged the foundation of modern Taoism and stimulated the development of Zen Buddhism Chang Tzu s teachings however are still challenging to read and to understand Therefore in *Teachings of Chuang Tzu s treasures* and make their understanding complete An invaluable guide for spiritual practitioners and lovers of eternal truth

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