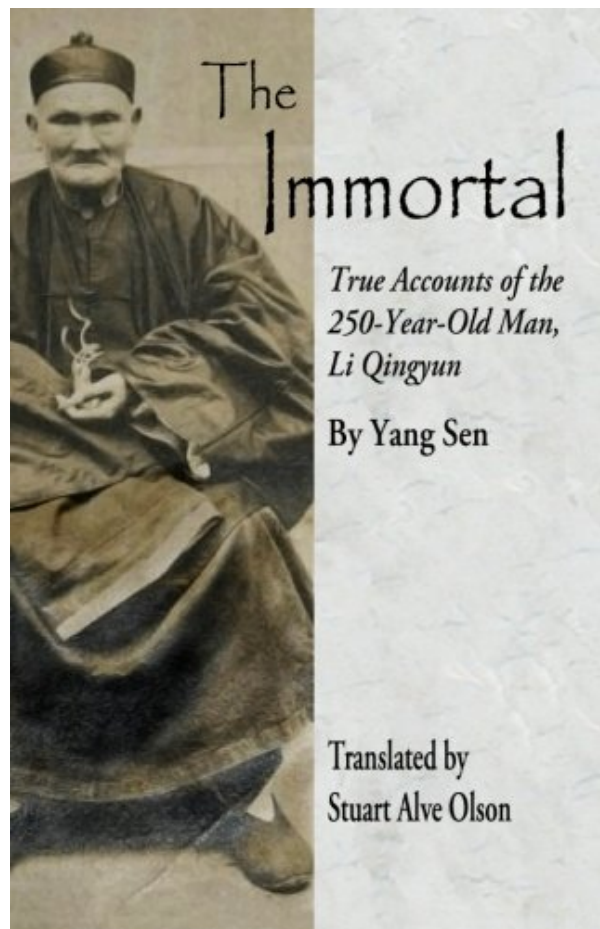
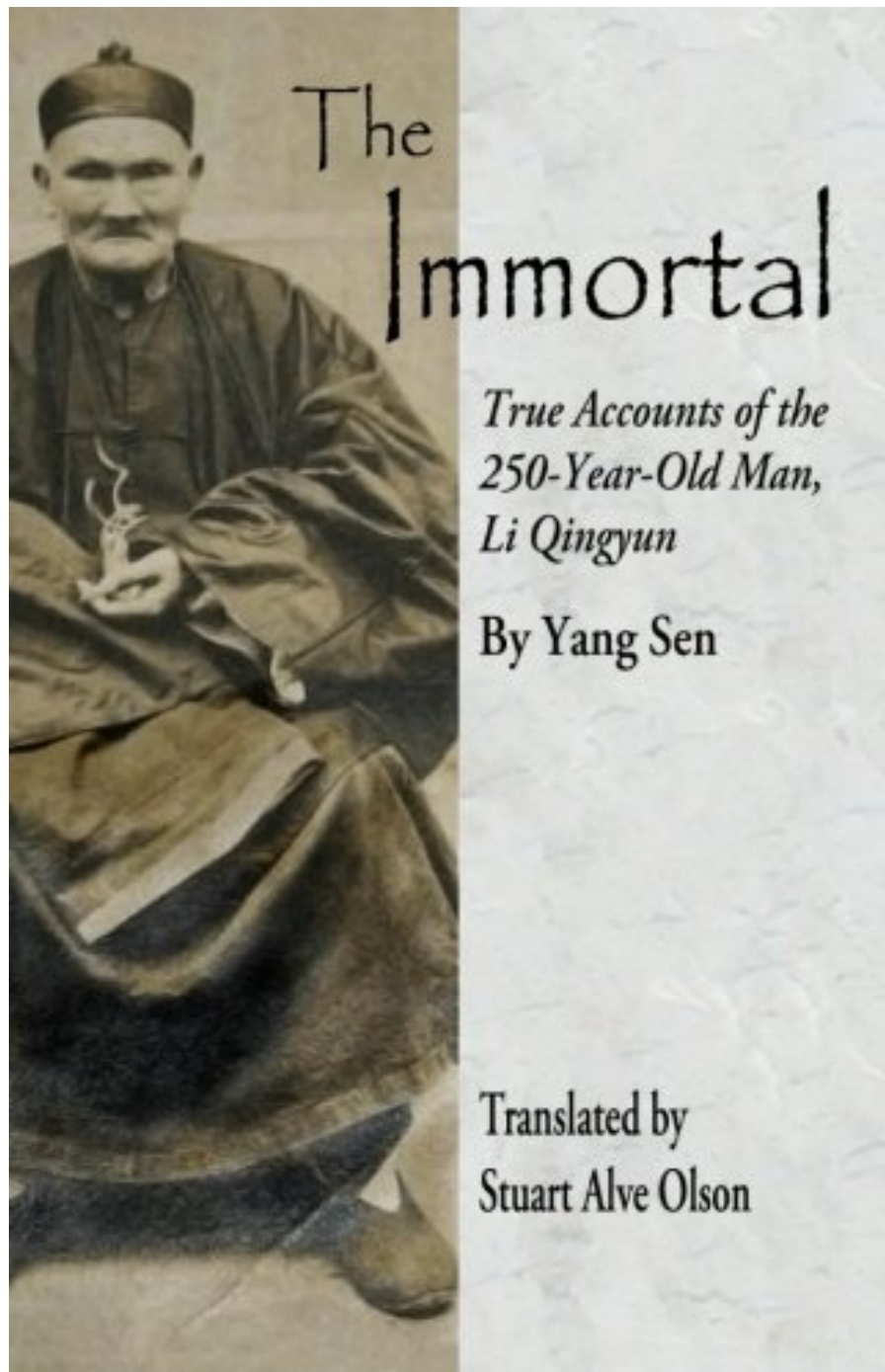


# THE IMMORTAL: TRUE ACCOUNTS OF THE 250-YEAR-OLD MAN, LI QINGYUN BY YANG SEN



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## **About the Author**

Stuart Alve Olson, longtime protege of Master T.T. Liang (1900–2002), is a teacher, translator, and writer on Taoist philosophy, health, and internal arts. In 2006, he formed Valley Spirit Arts to present his books and DVDs, and is the head teacher at the Sanctuary of Tao in Phoenix, Arizona, where he focuses on translating various Taoist texts, conducting lectures, leading retreats, and teaching.

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In 1927, General Yang Sen invited Li Qingyun to Wanxian, China, to teach about health and longevity. Li Qingyun was reported to be 250 years old at the time, and his visit to Wanxian was big news. In 1970, Yang Sen compiled a book of his and others' accounts of Li Qingyun, titled *An Authentic and True Record of a 250-Year-Old Man*, which Stuart Alve Olson started translating into English in 1982.

Besides the notion of someone living to 250 years of age, this book goes well beyond the biography of Li Qingyun's life. It has great historical value, especially for Westerners who are unfamiliar with much of Chinese history towards the end of the Qing dynasty. It also explains incredible health therapies and provides information on what is now called Medical Qigong. Much is explained about Daoism on meditation, breathing, qigong exercise, food, sex, and philosophy for Daoist living. Another true gem of this book is the philosophical teachings, as much of this material has never been presented in English. The depth of information provided in this book surpasses any previously published work on Daoist health practices and philosophy. It is rare to come across a text with such abundance of insights and written with such clarity as this material provides.

Although *Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun* was published in 2002, which includes translations from Yang Sen's book, the entire translation is now finally available. This book belongs in everyone's library who studies or has an interest in Chinese philosophy, qigong regimes, and biographies.

A companion DVD—*Li Qingyun's Eight Brocades*—is now available.

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- Binding: Paperback
- 414 pages

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## Most helpful customer reviews

18 of 20 people found the following review helpful.

If you practice QiGong, this is a treasure

By Manuel H. G.

When confronted with the question about prolonged life through the practice of QiGong, this is a must. Since I am also interested in QiGong history, this book turns out to be a milestone because it gives a direct account of master Li about his practice and theories, so one is able to witness the fusion of the three main Chinese traditions in QiGong: taoism, buddhism and confucianism.

Obviously, the great question at first is whether this is a true case, but after reading the book one sees that the main issue is about living a good life, a happy and wholesome life. And if one can add one single day of such a life, it might be worth the while. That being said, personally, I trust the evidence presented. But above all stands the great lesson that master Li gives almost as something trifling: the way is in practicing with diligence every day of our lives.

6 of 6 people found the following review helpful.

Superior translation of Daoist ways for gaining a long healthy happy life.

By John Voigt

Great reviews so far. I just wish to add a few more comments to them. First, Stuart Alve Olson has made one of the

most difficult things to do appear easy: translating Chinese concepts into English. Chinese thought--at least its traditional concepts--is relative, holistic; as in everything is connected to all else. The west thinks what exactly is it? Traditional Chinese thought would study how "it" interacts with the universe, and/or nature, and/or human culture. So often certain key words are impossible to totally translate into English. For example, qi (ch'i) [but do see qi-encyclopedia.com for some attempts at that]. Daoism (Taoism) in the west is thought to be a profound academic intellectual philosophy, or a primitive many gods and goddesses folk religion. The Chinese who know must laugh at us for such veiled chauvinism. Of course it is both and neither, because what it is actually is a practical way to gain happiness and health -- "Wellbeing" -- in this topsy-turvy world we exist in. Can that well-being include "immortality"? Li Qingyun shows that one can certainly live and be healthy and happy for many many years. But for two and a half centuries? Much longer longevity exist as dogma in the west. (Try the Book of Genesis, chapters 4,5 and 11).

The majority of the book is "The Secrets of Li Qingyun's Immortality." In effect it is a Daoist "how to do it" manual. It is as profound as any academic thesis on Daoism/Taoism, but it offers not only the philosophy but the practice to gain (or at least further our way on the path to) immortality.

John Voigt, editor qi-encyclopedia.com

10 of 12 people found the following review helpful.

... and has not been fluffed into new age feel good thoughts i found this book outstanding for the meditations ...

By Amazon Customer

as a person who has read on this topic for over 20 years and studied when available it is almost impossible to find a real teacher or a book that isn't just a regurgitation of someones else's work and has not been fluffed into new age feel good thoughts i found this book outstanding for the meditations and how it is put in laymen's terms so one can actually study it i also ordered the dvd that goes with this book and will do a review on that when i watch it. For others trying to go down this path i recommend mantak chia book awakening the healing light of the tao which has the inner smile, 6 healing sounds and many others, another outstanding author is wang li ping, and a book called prenatal energy mobilization qigong and master zhongshan wei book of chinese shamanic cosmic orbit qi gong. i believe the reason it is so hard to find good books on the subject is because most people writing them do not actually know and understand the content themselves. Stuart olson is one of the people i believe who truly knows what he is writing about. this is the only book i have read of his just so people don't assume i am a student or friend if anyone would like to start a group discussion or discuss taoist studies i am more than happy to my email is wagaige at aol dot com

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