



Great Clarity: Daoism and Alchemy in Early Medieval China (Asian Religions and Cultures)

Fabrizio Pregadio

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This is the first book to examine extensively the religious aspects of Chinese alchemy. Its main focus is the relation of alchemy to the Daoist traditions of the early medieval period (third to sixth centuries). It shows how alchemy contributed to and was tightly integrated into the elaborate body of doctrines and practices that Daoists built at that time, from which Daoism as we know it today evolved. The book also clarifies the origins of Chinese alchemy and the respective roles of alchemy and meditation in self-cultivation practices. It contains full translations of three important medieval texts, all of them accompanied by running commentaries, making available for the first time in English the gist of the early Chinese alchemical corpus.

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