
**Quiet Sitting
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Approach For A
Healthy Mind
And Body By
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practice can prevent
and treat illness
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said using the
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p?ny?n zuòwàng is a
classic daoist
meditation technique
described as a state
of deep trance or
intense absorption
during which no trace
of ego identity is
felt and only the
underlying cosmic
current of the dao is
perceived as real
according to louis
komjathy this is one
term for daoist
apophatic meditation
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jìngzuò literal quiet
sitting sitting in
silence refers to the
neo confucian
meditation practice
advocated by zhu xi
and wang yang ming
jing zuo can also be
described as a form
of spiritual self
cultivation that
helps a person
achieve a more
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