



The Taoist Classics Volume 2: Understanding Reality, the Inner Teachings of Taoism, The Book of Balance and Harmony, Practical Taoism

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This collection of translated texts includes: *Understanding Reality: A Taoist Alchemical Classic*: A tenth-century text on the principles of inner alchemy. *The Inner Teachings of Taoism*: The essentials of self-transformation according to the Complete Reality School of Taoism, with commentary by Liu I-ming. *The Book of Balance and Harmony*: These essays, conversations, poetry, and songs about the secrets of Taoism teach how to live a centered and orderly life. *Practical Taoism*: A collection of the most accessible of the texts on inner alchemy.



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