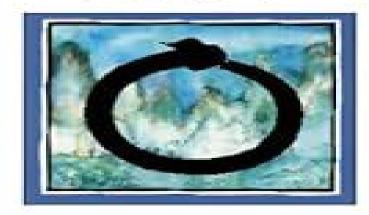


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and research by university students The modern history section is relatively concise while the topics related to ancient Chinese history are longer reflecting the country's rich history and corresponding wealth of materials There is also an in depth discussion on the socialist modernization of the People's Republic of China The book provides insights into Chinese history allowing readers to see the value of civilization through history to see the preciseness of history through civilization It focuses on the social background lifestyle and development processes to illustrate ideologies and ideas Ronnie L. Littlejohn, 2010-10-23 It is arguably Confucianism not Communism which lies at the core of China's deepest sense of self Although reviled by Chinese intellectuals of the 1950s 1990s who spoke of it as yellow silt clotting the arteries of the country Confucianism has defied eradication remaining a fundamental part of the nation s soul for 2500 years And now as China assumes greater ascendancy on the world economic stage it is making a strong comeback as a pragmatic philosophy of personal as well as corporate transformation popular in both home and boardroom What is this complex system of ideology that stems from the teachings of a remarkable man called Confucius Kongzi who lived in the distant sixth century BCE Though he left no writings of his own the oral teachings recorded by the founder's disciples in the Analects left a profound mark on later Chinese politics and governance They outline a system of social cohesiveness dependent upon personal virtue and self control For Confucius society s harmony relied upon the appropriate behaviour of each individual within the social hierarchy and its emphasis on practical ethics has led many to think of Confucianism as a secular philosophy rather than a religion In this new comprehensive introduction Ronnie Littlejohn argues rather that Confucianism is profoundly spiritual and must be treated as such He offers full coverage of the tradition's sometimes neglected metaphysics as well as its varied manifestations in education art literature and culture Zen and the Art of Sleep Barrett Williams, ChatGPT, 2025-02-16 Unlock the secrets to restful slumber with Zen and the Art of Sleep your timeless guide to weaving the tranguil principles of Zen into the fabric of your nightly routine This compelling ebook blends ancient wisdom with modern science offering a holistic roadmap to rejuvenating rest and transformative well being Dive into the Philosophy of Zen and discover its profound impact on sleep through practical insights that enhance sleep quality and holistic health Understand the mechanics of sleep with an accessible exploration of sleep cycles common disorders and the wide reaching effects of sleep deprivation on body and mind Venture into the creation of a peaceful Zen sanctuary Learn how to design a minimalist serene sleep environment that harmonizes with aromatherapy and calming environmental factors for optimal rest Master the art of breathing and calming your mind with guided techniques and pranayama tailored specifically for tranquil sleep preparation Experience the transformative power of mindfulness and meditation as you learn to quiet your mind before bed through guided exercises and soothing evening rituals Balance movement and stillness to harmonize body and mind with gentle yoga and stretching routines while embracing the art of stillness to cultivate inner peace and silence Explore the intersection of nutrition and Zen optimizing your diet with sleep supportive foods mindful eating and natural sleep aids Tackle stress with powerful techniques

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that is difficult to learn Howard breaks it down into clear and easily absorbed principles and exercises that beginners can master and incorporate into higher levels of practice at their own pace Numerous easy to follow photographs illustrate core practices such as circle walking post standing and palm changes as well as foundandational techniques of posture and alignment fluid motion generating whole body power absorbing and redirecting energy striking while in motion and much more In addition to providing a solid foundation for a lifetime practice Bagua Zhang Fundamentals also offers more advanced practitioners valuable tips on how to increase their knowledge and understanding of this multifaceted martial art

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