



The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun

By Yang Sen

Download now

Read Online 

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen

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.

 [Download The Immortal: True Accounts of the 250-Year-Old Ma ...pdf](#)

 [Read Online The Immortal: True Accounts of the 250-Year-Old ...pdf](#)

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun

By Yang Sen

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen

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.

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen Bibliography

- Sales Rank: #343642 in Books
- Published on: 2014-07-20
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 1.06" w x 5.50" l, 1.16 pounds
- Binding: Paperback
- 422 pages

 [Download The Immortal: True Accounts of the 250-Year-Old Ma ...pdf](#)

 [Read Online The Immortal: True Accounts of the 250-Year-Old ...pdf](#)

Download and Read Free Online The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen

Editorial Review

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.

Users Review

From reader reviews:

Mitchell Smith:

Here thing why this kind of The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun are different and reliable to be yours. First of all reading a book is good however it depends in the content of the usb ports which is the content is as yummy as food or not. The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun giving you information deeper as different ways, you can find any guide out there but there is no guide that similar with The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun. It gives you thrill examining journey, its open up your eyes about the thing that will happened in the world which is possibly can be happened around you. It is easy to bring everywhere like in park, café, or even in your way home by train. For anyone who is having difficulties in bringing the published book maybe the form of The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun in e-book can be your alternate.

Katie Jones:

The actual book The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun will bring someone to the new experience of reading any book. The author style to elucidate the idea is very unique. If you try to find new book you just read, this book very appropriate to you. The book The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun is much recommended to you you just read. You can also get the e-book from the official web site, so you can easier to read the book.

Ralph Rodriguez:

Reading a book tends to be new life style on this era globalization. With reading you can get a lot of information that could give you benefit in your life. Together with book everyone in this world could share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their particular reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on this planet always try to improve their proficiency in writing, they also doing some study before they write to their book. One of them is this The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun.

Sarah Heath:

Do you like reading a reserve? Confuse to looking for your favorite book? Or your book seemed to be rare? Why so many concern for the book? But virtually any people feel that they enjoy with regard to reading. Some people likes reading, not only science book and also novel and The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun or even others sources were given know-how for you. After you know how the truly amazing a book, you feel wish to read more and more. Science book was created for teacher or maybe students especially. Those publications are helping them to add their knowledge. In other case, beside science publication, any other book likes The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun to make your spare time much more colorful. Many types of book like this one.

Download and Read Online The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen #G3DAUXJYEIF

Read The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen for online ebook

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen books to read online.

Online The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen ebook PDF download

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen Doc

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen MobiPocket

The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen EPub

G3DAUXJYEIF: The Immortal: True Accounts of the 250-Year-Old Man, Li Qingyun By Yang Sen