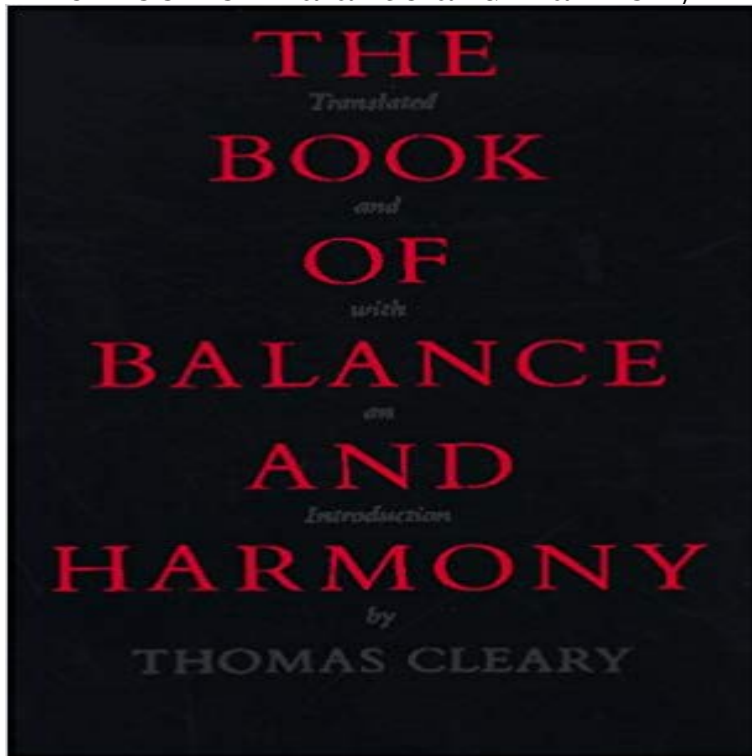


The Book of Balance and Harmony



If one can be balanced and harmonious in oneself, then the being that is fundamentally so is clear and aware, awake in quietude, accurate in action; thus one can respond to the less changes in the world. The Book of Balance and Harmony is a classic thirteenth-century anthology of Taoist writings, including essays, conversations, poetry, and songs from the School of Complete Reality. The writings combine the essences of Taoism, Buddhism, and Confucianism into an alchemical elixir teaching Vitality, Energy, and Spirit -- the three treasures of Taoism that promise mental and physical well-being. This first translation into English of a major text of Taoism is rered and introduced by Thomas Cleary, who has been called the premier translator of Buddhist and Taoist texts. Among his many published works are original translations of monuments of Oriental spirituality, such as The Flower Ornament Scripture, the most sophisticated and comprehensive of primary Buddhist sourcebooks; The Blue Cliff Record, one of the major literary classics of Zen Buddhism; and Understanding Reality, the definitive classic of Taoist spiritual alchemy.

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