



# Blue Dragon, White Tiger: Verses for Refining the Golden Elixir

*Chang Sen Feng*

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Written during the Tang dynasty, this unusual tantric guide documents a sexual tantra that is thought to have been practiced by kings for several dynasties, before losing favor to a more ascetic approach to Taoism. According to legend, the author was last seen on the edge of a precipice, clasping the book to his chest, and proclaiming the sincerity of his practice.

Translated into English for the first time, this illuminating text carefully describes the methods of this sexual internal alchemy practice, pursued strictly for the spiritual advancement of the practitioner, and undertaken only once desire and attachment for a consort had been overcome. Cloaked in metaphor, the techniques and attendant virtues of the practice are presented in beautiful poetry and prose, with explanatory commentaries throughout.

This is an important historical text that will provide a fascinating insight into ancient tantric practices for anyone with an interest in Taoism, Chinese history and philosophy, and tantra or meditation practices.

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