

## Models of Daoist Practice & Attainment

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1. **Alchemical:** Transformation of self through ingestion of various substances (external) and/or through complex physiological practices (internal)
2. **Ascetic:** Renunciation, perhaps even body-negation. May involve psychological purification (internal) or practices such as fasting, sleep deprivation, voluntary poverty, etc. (external)
3. **Cosmological:** Emphasis on cosmological integration and seasonal attunement
4. **Dietetic:** Attentiveness to consumption patterns and influences
5. **Ethical:** Emphasis on morality and ethics, including precept study and application
6. **Hermeneutical:** Emphasis on scripture study and interpretation, often resulting in the production of commentaries
7. **Meditative:** Meditation as central, with the recognition of diverse types of meditation
8. **Quietistic:** “Non-action” (*wúwéi* 無為), involving non-interference, non-intervention, and effortless activity, as central
9. **Ritualistic:** Ritual as central, with the recognition of diverse types of ritual expression and activity

**Source:** *The Daoist Tradition* (2013) by Louis Komjathy, 12-13;  
*Daoism: A Guide for the Perplexed* (2014) by Louis Komjathy, 11