

Daoist Practice According to the *Handbooks for Daoist Practice*

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Nèiyè 內業
(Inward Training)

Dàodé 道德
(Dao & Inner Power)

Sùwèn 素問
(Basic Questions)

Qīngjìng 清靜
(Clarity-and-Stillness)

Jīnglǜ 經律
(Scriptural Statutes)

Rìyòng 日用
(Daily Application)

Yīnfú 陰符
(Hidden Talisman)

Chóngyáng 重陽
(Redoubled Yang)

Tiānyīn 天隱
(Celestial Seclusion)

