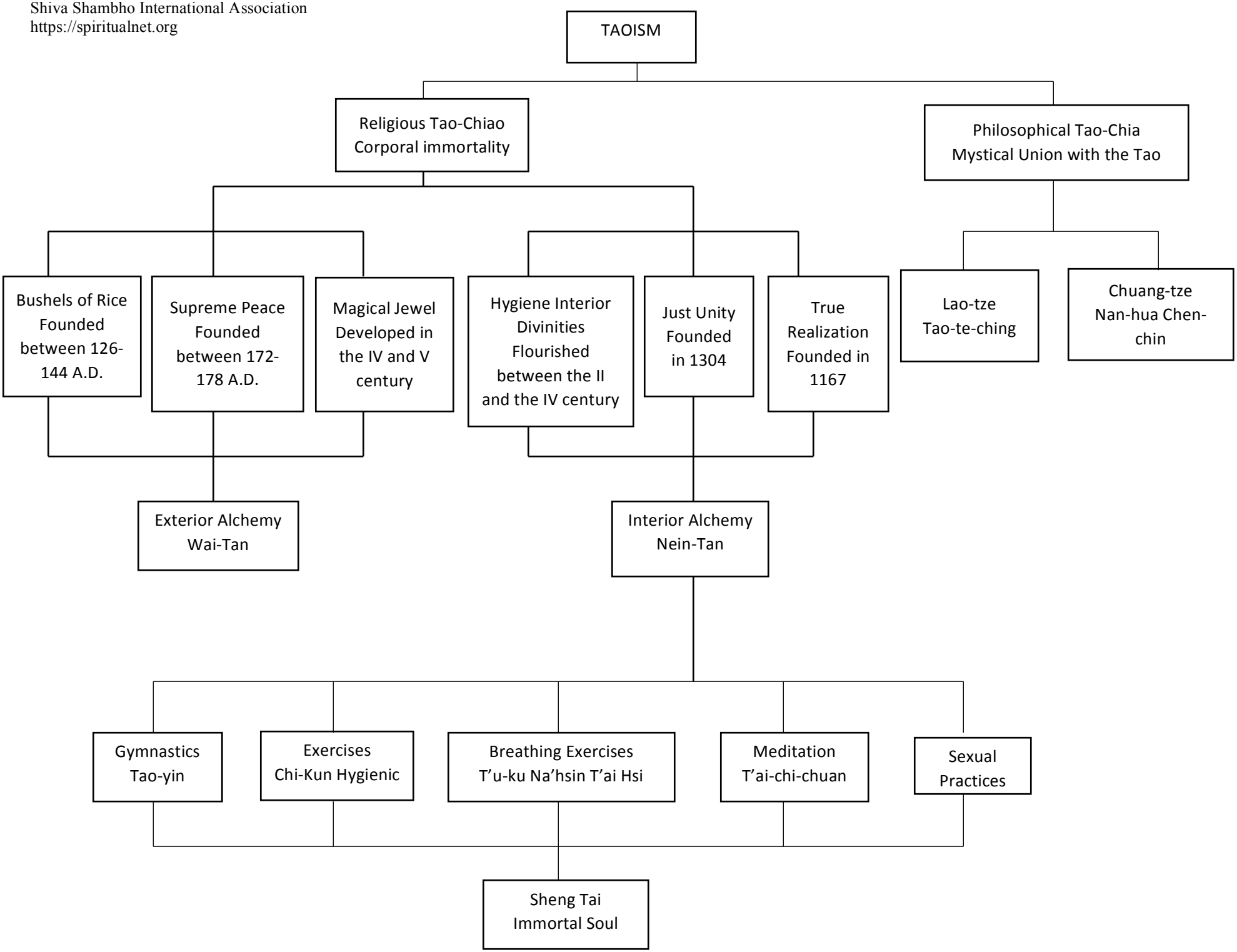
TAOISM
Religious Tao-Chiao
Corporal immortality
Philosophical Tao-Chia
Mystical Union with the Tao
Bushels of Rice
Founded
between 126-
144 A.D.
Supreme Peace
Founded
between 172-
178 A.D.
Magical Jewel
Developed in
the IV and V
century
Hygiene Interior
Divinities
Flourished
between the II
and the IV century
Just Unity
Founded
in 1304
True
Realization
Founded in
1167
Lao-tze
Tao-te-ching
Chuang-tze
Nan-hua Chen-
chin
Exterior Alchemy
Wai-Tan
Interior Alchemy
Nein-Tan
Gymnastics
Tao-yin
Exercises
Chi-Kun Hygienic
Breathing Exercises
T'u-ku Na'hsin T'ai Hsi
Meditation
T'ai-chi-chuan
Sexual
Practices
Sheng Tai
Immortal Soul