

# **Inside The Way Of Reason**

**by Dr. Her Yue Wong**

This landmark text presents decades of knowledge and insights into the workings of the Universe and its effects on human existence, accumulated through meditation, observation, introspection, scientific research, practice of the Chinese martial arts and Qigong, and the study of Chinese Daoist and Confucian classics.

Beautifully bound and complemented by numerous illustrations, *Inside The Way Of Reason* also provides instruction on 12 types of Qigong Meditations, as well as healing sounds and visualization exercises to foster health, strength, peace of mind, and longevity. For more information on all the topics that are addressed, see the section below entitled *Inside The Way Of Reason At a Glance*.

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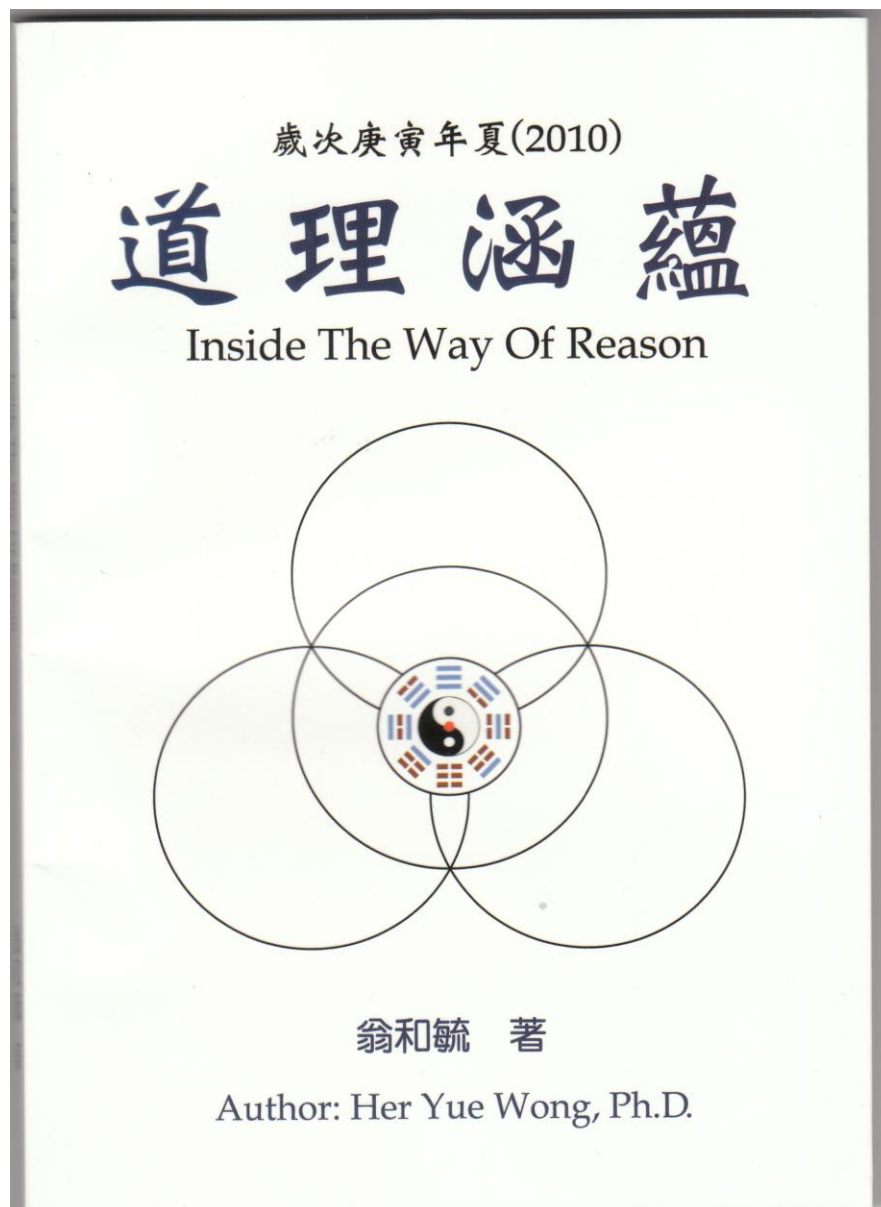
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## ***Inside The Way Of Reason At a Glance***

In addition to the chapters listed here, the book also includes a thorough Glossary of all the terms presented in the text, with the traditional Chinese characters, Pinyin Romanization for ease of pronunciation, and an English explanation of each term. The chapters are:

- Elucidation of the Way of Reason
- The Universe of Dao
- The Universe of Wu
- The Universe of *You*
- The Evolution of Existence

- The Universe of the Sun
- The Universe of the Earth
- The Universe of Living Things
- The Universe of the Human Body
- Nourishment from Food and Air
- The Realm of the Supernatural
- Thoughts on Confucianism and Daoism
- Life and Hope



## Inside the Way of Reason

### Preface

Since the founding of the Dao Li Jiao (The Way of Reason school of Daoism) in 2001, membership has increased rapidly. Its members have recognized the need to have a book explaining the principles of the Way of Reason. In response to this interest, in 2005 the author began writing this book. The following pages include discussion on the *Dao* (Way, or Nature) from Daoists, *Li* (Reason) from Confucians, and further expand on the meanings presented with concepts from modern science. This book contains a total of thirteen chapters. Each chapter is a brief and concise description of the titled subject matter, leaving the details for discussion by persons interested in its content.

The book begins with an elucidation of the Way of Reason, extends to the Universe of the Dao, and then offers separate explanations of *Wu* and *You*. *Wu* is *nothingness* that never changes, and therefore requires no further discussion. *You*, however, is *existence* that changes continually, and so additional discussion is warranted. The special characteristics of the Universe at various levels are discussed one by one. Even though Heaven and Earth are of great interest to us, these writings focus on the human body, toward the purpose of promoting longevity and peace of mind. The book then concludes with a discussion of the life and hopes of ordinary people.

As soon as the rough draft for each chapter was completed in Chinese, the author immediately translated it into English. Some Chinese phrases do not have appropriate English equivalents, so Pinyin transliterations are used to establish standard terminology

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## Glossary of Terms(詞彙)

The following is a list of Chinese Pinyin terms appearing in *Inside the Way of Reason*. The goal of the Glossary is to assist readers in establishing a vocabulary of Way of Reason terminology for future research and discussion. The words and phrases are presented in Pinyin alphabetical order, along with best-effort, roughly equivalent English translations or descriptions.

**Ba Gua** (Bagua) (八 卦) – The Eight Trigrams representing all phenomena in the Universe

**Ba Xian** (八 仙) – The Eight Immortals of Daoist mythology: Zhang Guo Lao, Lu Dong Bin, Cao Guo Jiu, Zhong Li Quan, Li Tie Guai, Han Xian Zi, He Xian Gu, and Lan Cai He

**Chun Qiu** (春 秋) – The Spring and Autumn Annals written by Confucius; held as the world's first book of history

**Chu Wu Wei** (處 無 爲) – Without activity in affairs; the approach of resting, relaxing, and waiting for the situation to change when one faces adversity

**Da Dao** (大 道) – Great Dao

**Da Liu Ren** (大 六 壬) – Calendrical astrology

**Dan Ding** (丹 鼎) (or **Nei Dan**) (內 丹) – The northern branch of religious Daoism that is primarily distributed in the area north of the Yangtze River and the Yellow River area

**Dan Tian** (丹 田) – A center of energy in the human body; there are 3 Dan Tian's in the body – upper, middle, and lower