



# A Daoist Practice Journal: Come Laugh With Me

*Michael Rinaldini*

Download now

Read Online 

[Click here](#) if your download doesn't start automatically

# A Daoist Practice Journal: Come Laugh With Me

*Michael Rinaldini*

## **A Daoist Practice Journal: Come Laugh With Me** Michael Rinaldini

Qigong Teacher and Daoist Priest Michael Rinaldini has written a book on the modern day practices of a Daoist. His book, *A Daoist Practice Journal: Come Laugh With Me* offers the cultivation methods for walking the Daoist path. The entries cover topics like zuowang meditation, scriptures, qigong, the value of silence and solitude, and Daoist, Buddhist and Catholic mysticism, tea drinking and more. Here are some samples of his entries, which provide a glimpse into the heart of his writings.

2012 January 14 Sky Farm Hermitage Solitary Retreat In silence and solitude I begin another retreat on Saturday afternoon, January 14, 2012. The rest of Saturday afternoon was spent un-packing and settling into a 6-day retreat. 6:15pm What does a Daoist eat while on retreat? Tonight, I made a soup with soba noodles and assorted vegetables. I forgot to bring ginger root. 9:40pm I vow to practice ... in silence and solitude, until I realize Complete Perfection.

January 15 8:30pm One of my goals for this retreat is to write about the common practices between the Daoist and the Christian paths. I am specifically interested in the Daoist zuowang meditation method of sitting in forgetfulness or oblivion, and the Christian fourteenth-century mystical text, *The Cloud of Unknowing*. Both of these ways of meditation or contemplation feature an emphasis on placing the mind's activities into a state of forgetting or the cloud of forgetting. *The Cloud*, was written by an anonymous author, and it is speculated that the author was a Carthusian monk, and if not, possibly a Catholic priest living a hermetic lifestyle. And so what are the similarities, the common practices between zuowang meditation, and the contemplative practices as presented in *The Cloud of Unknowing*?

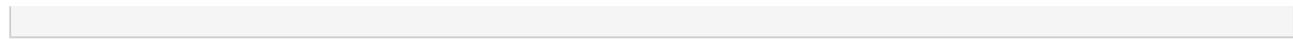
January 16 2pm Sitting in silence outside on the porch, The only sounds-birds singing, An occasional movement of the wind, And very faint voices from neighbors down the valley. Odd at how sound travels. And right now, there was the sound of a car, actually, What I heard was the sound of the road, A gritty gravel sound. My mind filled in the blanks, And I instantly labeled it, "a car driving nearby," Though it could have been a truck. And now my sneezes and coughing, And blowing my nose, all disrupt the silence A large crow just landed in my valley, Returning me to silence.

January 17 Sitting on the porch, all bundled up. Drinking Scottish Christmas tea and a banana, and one cookie. A large part of being in silence and solitude is simply listening. Even the wind down the valley. You can hear it as it makes it way up the hills, And now, I feel it against my body, It flaps the page of this journal book. And before you know it- It's gone, and the silence returns. Except for the birds, sound of distant dogs, chickens, And that same sound that cars/trucks make on the gravel road. 12:30pm *The Cloud's* author says: Forget what you know. Forget everything God made and everybody who exists and everything that's going on in the world, until your thoughts and emotions aren't focused on or reaching toward anything, not in a general way and not in any particular way. Let them be. For the moment, don't care about anything (11). And finally, why even bother to think? From the zuowang tradition: I forget the vastness even of Heaven and Earth, Never mind the minuteness of the hair in autumn. Resting in serenity and silence, I listen to Pure Harmony. Still, I am free, away from it all! Movement stilled, language silenced- Why ever think? (212).

January 18 4:30 pm Inspired from yesterday's research, and last full day of retreat. Forget everything, Put nothing, between myself, And the Great Emptiness of Ultimate Stillness. That's the nameless Dao! End of Retreat

 [Download A Daoist Practice Journal: Come Laugh With Me ...pdf](#)

 [Read Online A Daoist Practice Journal: Come Laugh With Me ...pdf](#)



**Download and Read Free Online A Daoist Practice Journal: Come Laugh With Me Michael Rinaldini**

---

## **Download and Read Free Online A Daoist Practice Journal: Come Laugh With Me Michael Rinaldini**

---

### **From reader reviews:**

#### **Enrique Myers:**

Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each guide has different aim or maybe goal; it means that reserve has different type. Some people experience enjoy to spend their time for you to read a book. They are really reading whatever they consider because their hobby is actually reading a book. How about the person who don't like looking at a book? Sometime, individual feel need book if they found difficult problem or even exercise. Well, probably you will want this A Daoist Practice Journal: Come Laugh With Me.

#### **Andrew Fogarty:**

Are you kind of occupied person, only have 10 or perhaps 15 minute in your moment to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you have problem with the book in comparison with can satisfy your short time to read it because this time you only find guide that need more time to be study. A Daoist Practice Journal: Come Laugh With Me can be your answer as it can be read by you who have those short spare time problems.

#### **Jerry Hull:**

In this period globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. Often the book that recommended to your account is A Daoist Practice Journal: Come Laugh With Me this book consist a lot of the information of the condition of this world now. That book was represented so why is the world has grown up. The terminology styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. Honestly, that is why this book suitable all of you.

#### **Cassandra Rosas:**

That publication can make you to feel relax. This particular book A Daoist Practice Journal: Come Laugh With Me was vibrant and of course has pictures on there. As we know that book A Daoist Practice Journal: Come Laugh With Me has many kinds or variety. Start from kids until teenagers. For example Naruto or Investigation company Conan you can read and believe you are the character on there. So , not at all of book are make you bored, any it offers you feel happy, fun and rest. Try to choose the best book for you personally and try to like reading which.

**Download and Read Online A Daoist Practice Journal: Come Laugh  
With Me Michael Rinaldini #P1QVJ3USHFY**

## **Read A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini for online ebook**

A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini books to read online.

### **Online A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini ebook PDF download**

**A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini Doc**

**A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini Mobipocket**

**A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini EPub**

**A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini Ebook online**

**A Daoist Practice Journal: Come Laugh With Me by Michael Rinaldini Ebook PDF**