

Legend: Guang Chengzi, an Ancient Cultivator (Image)

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(**Clearwisdom.net**) Guang Chengzi was from the period of time when the Yellow Emperor ruled. He lived in solitude in a stone dwelling in Kongtong Mountain located in Western Pingliang City, Gansu Province. The Yellow Emperor once visited him in person and asked him what the essence of the supreme Dao [*the Way, path of enlightenment*] was.

Guang Chengzi answered: "The supreme Dao was originally a state of nothingness and profound. Its highest attainment was tranquil and indistinct. One can only experience it with rapt attention in a tranquil state. Once you achieve this, your body and spirit will naturally be upright and you will enter into a realm of peace and enlightenment. The key is to devote oneself to the cultivation of the Dao and not be disturbed by any outside matters. Because I simply persevere in maintaining tranquility and remain silent and keep my heart in peace, I don't age - although more than 1,200 years have passed."



CATEGORY: Traditional Culture