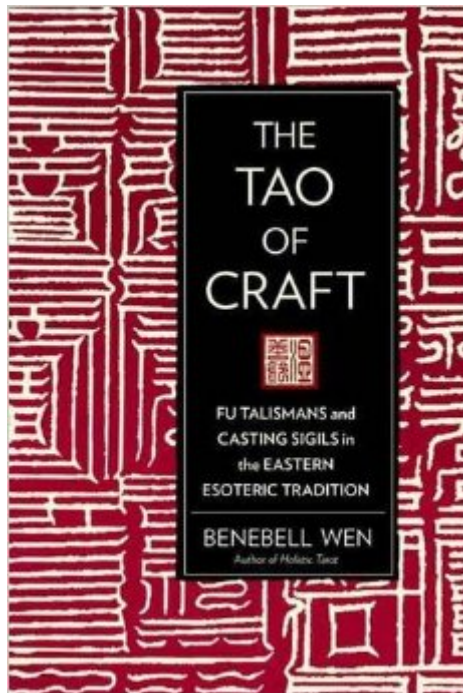


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# The Tao Of Craft: Fu Talismans And Casting Sigils In The Eastern Esoteric Tradition



## Synopsis

For the first time in English, Benebell Wen reveals the rich history and theoretical principles underlying the ancient practice of crafting Fu talismans, or magical sigils, in the Chinese Taoist tradition and gives detailed instructions for modern practitioners who would like to craft their own Fu. Fu talismans are ideograms and writings typically rendered on paper and empowered by means of invocations, ritual, and transferences of energy, or Qi. Talismans can be used for many purposes, such as strengthening or weakening personality characteristics, finding love, earning more money, or easing emotional tensions in the home. The Tao of Craft shows how metaphysical energy can be harnessed to amplify, strengthen, weaken, dispel, or block other metaphysical energy and to rectify perceived imbalances in the material plane. Supported by an abundance of detailed charts and images, this book serves as a step-by-step handbook that gives readers the knowledge and confidence to craft their own Fu talismans for personal empowerment. Wen, author of *Holistic Tarot*, delves into historic and cultural contexts of the Fu, from the neolithic period of Chinese history to contemporary practices of esoteric Taoism. Providing a solid foundation in the principles of Eastern spellcrafting, she highlights the blending of Taoist metaphysical practices with Western approaches to magic by pointing out eclectic, integrating, and harmonizing facets from other cultures and religions. Historically, Fu talismans were used by medieval Chinese for alleviating illness; averting misfortune, magical attacks, and curses; defending against assaults; and avoiding poverty. This book shows Western practitioners that the skill and knowledge to develop an interactive relationship with spirit realms are still available to them today, and serves as a practical handbook for accumulating Qi energy from sources in the environment and channeling it in concentrated form into their own Fu talismans.

## Book Information

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