Start Unschuld & Tessenow p. 30, 1-2-1

p. 32 "they adopt absurd [behavior] as regular [behavior]"以妄为常

以 yǐ – "to take up and use as a means for some purpose" (SCM)

妄 wàng – "haphazard, frivolous; insubstantial; fraud(ulent); sham" (SCM)

为/為 wèi – "on account of... for the sake of...; in place of, substituting for" (SCM)

常 cháng – "constant; permanent; frequent; conventional, ordinary, commonplace; routine"
(SCM)

p.33 "They make every effort to please their hearts, [but] they oppose the [true] happiness of life" 务快其心

务/務 wù - "Apply oneself to; strive" (SCM)

快 kuài – "please(d); cheerful; untroubled, carefree"

其 qí – his, her, their

ர்) xin – heart/mind

逆于生乐

逆 nì – go against; counterflow

于/於 – at, in, on

生 shēng – live, be alive; life

乐/樂 lè – "merry; delighted; (en)joy(ment)" (SCM)

p. 34 "Quiet peacefulness, absolute emptiness the true qi follows [these states]"

恬恢虚无

恬 tián – "tranguil, quiet; poised, peaceful" (SCM)

恢 huī – "extensive, vast; expand, increase, broaden" (SCM)

虚 xū – "empty, unoccupied" (SCM)

无/無 wú – to lack, be without; nothing

真气从之

真 zhen – "real, true to its nature, authentic; pure, perfect" (SCM)

气/氣 qì

从/從 cóng – "follow; come or go after" (SCM)

之 zhī – "her, him, it"

To 1-4-4

Chapter 2, p.53

2-12-4 "Only the sages follow the [Way];

Hence, their bodies have no strange diseases."

2-13-2 "If one acts contrary to the qi of spring, then the minor yang does not promote generation. The liver qi changes internally."

逆春气/--氣

逆 nì "welcome; meet straight on, confront" (SCM)

"go against; contrary; go backward; against the current" (SCM)

则少阳不生/則少陽不生

则/則 zé "standard, norm; according to norm" (SCM)

"verb phrase conjunction, 'if... then...'" (SCM)

生 shēng "live, be alive, exist" (SCM)

"cause to live" (SCM)

肝气内变/-氣-變

变/變 biàn "change; change into" (SCM)

"sudden change from th expected order of things; catastrophe" (SCM)

"unusual, unordinary" (SCM)

c.f. 化 huà "transform(ation), change, transmute; provide the trigger or reason for

change" (SCM)

"bring round to new perspective or understanding" (SCM)

"euph. for death, dying, the ultimate transformation" (SCM)

变化 biàn huǎ Modern – change, vary