



THE
SECRET OF
THE *A CHINESE BOOK OF LIFE*
GOLDEN
FLOWER

A NEW, COMPLETELY REVISED
AND AUGMENTED EDITION TRANSLATED AND
EXPLAINED BY **RICHARD WILHELM**
WITH A EUROPEAN COMMENTARY BY
C. G. JUNG

RICHARD WILHELM and C. G. JUNG

THE SECRET OF THE GOLDEN FLOWER

A Chinese Book of Life

REVISED AND AUGMENTED EDITION

A celebrated book that has steadily gained in importance with the growing interest in Eastern philosophy and Western psychology is now available again in a new, completely revised, and augmented edition.

Some thirty years ago the noted German Sinologue, Richard Wilhelm, and the great analytical psychologist C. G. Jung joined in the presentation of an ancient Chinese text. "The Secret of the Golden Flower," the treatise that provides the central part of this book, was discovered by Professor Wilhelm, who recognized it as an essentially practical guide toward the integration of personality. His translation came into the hands of Professor Jung, who immediately hailed it as a link between the insights of the East and the conclusions drawn from his own psychological research. He contributed the brilliant and highly significant commentary.

Since its first publication *The Secret of the Golden Flower* has become a classic text for anyone concerned with Eastern and Western philosophy and psychology. This edition, which is illustrated with fifteen plates, also contains part of another Chinese meditation text, the *Hui Ming Ching* or *The Book of Consciousness and Life*.

Translated by Cary F. Baynes

A HELEN AND KURT WOLFF BOOK
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THE GOLDEN FLOWER
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Translated and explained by
RICHARD WILHELM
with a Foreword and Commentary by
C. G. JUNG

and part of the Chinese meditation text
THE BOOK OF CONSCIOUSNESS AND LIFE
with a Foreword by
SALOME WILHELM

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*Translated from the German by
Cary F. Baynes*

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"Through the combined efforts of Wilhelm and Jung we have for the first time a way of understanding and appreciating Eastern wisdom which satisfies all sides of our minds. It has been taken out of metaphysics and placed in psychological experience. We approach it with an entirely new tool, and are protected from the perversions the East undergoes at the hands of the cultmongers of the West. At the same time, its meaning for us is greatly deepened when we know that, despite the gulf separating us from the East, we follow exactly similar paths when once we give heed to the inner world.

"But this book not only gives us a new approach to the East, it also strengthens the point of view evolving in the West with respect to the psyche. The reshaping of values in progress to-day forces the modern man out of a nursery-world of collective traditions into an adult's world of individual choice. He knows that his choice and his fate now turn upon his understanding of himself. Much has been taught him in recent years about the hitherto unsuspected elements in his psyche, but the emphasis is all too often on the static side alone, so that he finds himself possessed of little more than an inventory of contents, the nature of which serves to burden him with a sense of weariness rather than to spur him on to master the problems that confront him. Yet it is precisely the need of understanding himself in terms of change and renewal which most grips the imagination of modern man. Having seen the world of matter disappear before his scientific eye and reappear as a world of energy, he comes to ask himself a bold question: Does he not contain within his psyche a store of unexplored forces, which, if rightly understood, would give him a new vision of himself and help safeguard the future for him? In this book his question is answered from two widely different sources, Chinese yoga and analytical psychology. Stripped of its archaic setting, *The Secret of the Golden Flower* is the secret of the powers of growth latent in the psyche, and these same powers as they reveal themselves in the minds of Western men also form the theme of Jung's commentary. In the commentary he has shown the profound psychological development resulting from the right relationship to the forces within the psyche."

—Cary F. Baynes