

呂洞賓、劉海蟾等北宋參同清修 內丹家¹

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摘要

北宋承襲隋唐五代的趨勢，湧現出更多的參同清修內丹術師。其中，呂洞賓和劉海蟾最為重要，但二人的生平被傳說得撲朔迷離，學術界相信誤傳的人也很多。根據年代最早並且內容平實的資料，我們可以推測呂洞賓是五代至北宋太宗末年人，即907-997年左右的人；可以推測劉海蟾蓋歷北宋太宗、真宗、仁宗三朝，即經歷了976-1063年；可確認劉海蟾有可靠傳授事實的弟子只有晁迥、王荃、王庭揚和馬自然四位。另外，北宋其他清修內丹家還有林太古、劉希岳、張無夢、張抱黃、高象先、楊谷、陳舉、任象、湖南何仙姑、曹仙姑和劉烈等。在北宋皇帝崇道、道教興盛和各種丹法興盛的背景下，鍾呂丹法呼之欲出。

關鍵詞：參同清修內丹術、呂洞賓、劉海蟾、劉海蟾弟子、鍾呂丹法

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¹ 本文係教育部人文社會科學重點研究基地重大專題07JJD730053「道教房中史論」的研究成果之一。感謝程樂松博士為本文整理格式。

An Introduction to Inner Alchemists of the Cantong Tradition: Lü Dongbin, Liu Haichan and Others in the Northern Song Dynasty

Zhu Yue-li

Abstract

Many inner alchemists of the Cantong tradition continued to be active into the Song. Lü Dongbin and Liu Haichan were the most important among them. Records about their lives are untrustworthy, yet even a number of scholars have trusted clear misrepresentations in them. I contend that Lü Dongbin lived during the Five Dynasties and the end of Northern Song (907–997 A.D.), on the basis of the earliest reliable materials. Liu Haichan had four disciples about whom we have reliable data. They were Chao Jiong, Wang Quan, Wang Tingyang and Ma Ziran. Other inner alchemists included Lin Taigu, Liu Xiyue, Zhang Wumeng, Zhang Baohuang, Gao Xiangxian, Yang Gu, Chen Ju, Ren Xiang, the female Immortals He, and Chao and Liu Lie. As the emperors of the Northern Song came to support Daoism, the religion and its various cultivation methods flourished, and the inner alchemy of Zhong-Lü was ready to appear on the scene.

Keywords: cantong inner alchemy, Lü Dongbin, Liu Haichan, disciples of Liu Haichan, inner alchemy of Zhong-Lü