## MY VISIBLE TRACES



\*\*Illustrations and Explanations on Correct Cultivation\*\*
Ming dynasty (1368-1644), Wanli period (1573-1619)
Compiled by Jiao Hong (1541-1620; jinshi of 1589); explanatory text by Wu Jixu; illustrated by Ding Yunpeng (1547-ca. 1628); engraved by Huang Qi Nanjing, Jiangsu Province Folios