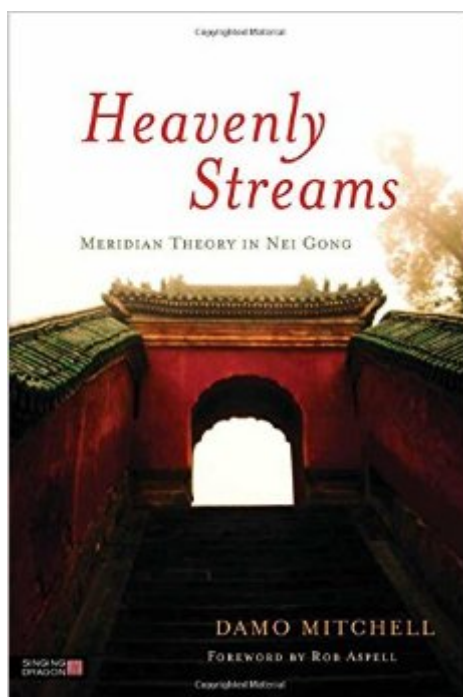


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# Heavenly Streams: Meridian Theory In Nei Gong (Daoist Nei Gong)



## Synopsis

The art of connecting with, feeling and adjusting the energy body using the consciousness is a key aspect of Nei Gong and Qi Gong. It sits somewhere between Qi Gong, meditation and the lesser-known art of Shen Gong, and although it is known in China it has never before been written about in an accessible way in the West. Damo Mitchell provides step-by-step instructions on how to experience the various elements which make up the energy body, explaining how to identify and feel these, and how to diagnose imbalances and restore harmony. He describes the nature of the five elements, the meridians and the meridian points, inviting the reader to experience them through guided internal exercises using the body, breath and mind. Instructional drawings and photographs are included throughout the book. Connecting the fundamentals of Chinese medicine with the lesser-known spiritual and esoteric aspects of practice, this book will be of great interest to intermediate and advanced practitioners of Qi Gong, Nei Gong, Taijiquan and Chinese medicine.

## Book Information

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## Customer Reviews

I have been involved in internal martial arts and spirituality for 50 years. I have noted over time how more and more information, previously hard to obtain, has been made available. This book continues the trend. The specific strength of this book is a detailed, precise and accurate explanation of the process of focusing awareness on the acupuncture points and meridians of the body as a Qigong practice. This is rarely explained in enough detail to enable one to practice it without

personal instruction or prior knowledge. This book does the trick. Mitchell also presents information easily accessible elsewhere: the locations and functions of the various points and meridians. He does so (as far as I can judge) accurately and succinctly. It appears to me that Mitchell is a well-qualified teacher who wants to communicate accurate and helpful information, and is able to do so with welcome clarity.

It's almost written as though you're talking to him, as opposed to reading a text book. He speaks from experience and it shows. No mindlessly repeating what others have said. I have read a lot of books about chi and if I were going to pick two to recommend it would be this and Daoist Nei Gong, his previous book.

This book is a must read whether you are just an acupuncture student looking for some greater understanding or a Nei Gong practitioner seeking a deeper understanding of your practice. So far, this book offers a great deal of deep insights. It is simply a book worth adding to your library.

While I do not personally agree with everything the author says based on my own experience, what makes this book a rare gem, is that it is based on his quality experience, and will move you in the right direction both in approach and wisdom. Thanks to the author, and I highly recommend it for practitioners who can apply themselves in this way.

Mitchell has really gifted us with a gem. He provides a clear and concise methodology for connecting the mind into the meridian channels and acupuncture points. His techniques for dredging the channels, although simple, are remarkably wonderful. I couldn't be happier to have picked this one up. Thanks!

This book presents folklore of the beginnings of Zen meditations and tales that are seldom heard outside of the native language of these eastern practitioners. Explanations of the I Ching and its history was eye opening. A very informative read.

Mitchell is the real deal. His writing is intelligent, practical, useful and full of insight. If you are willing to put in the training time and sincere effort, you will reap the benefit of Mitchell's information. Mitchell's methods have undeniably improved both my life and practice.

Now this is what I was missing. This is beyond mambo yambo...The contents of this book are surprisingly easy to understand If you have read much of Taoist Alchemy you'll know what I am talking about.This volume has graphics to aid you on the understanding of Qi, Hemispheres and lots more. Great reading material.

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