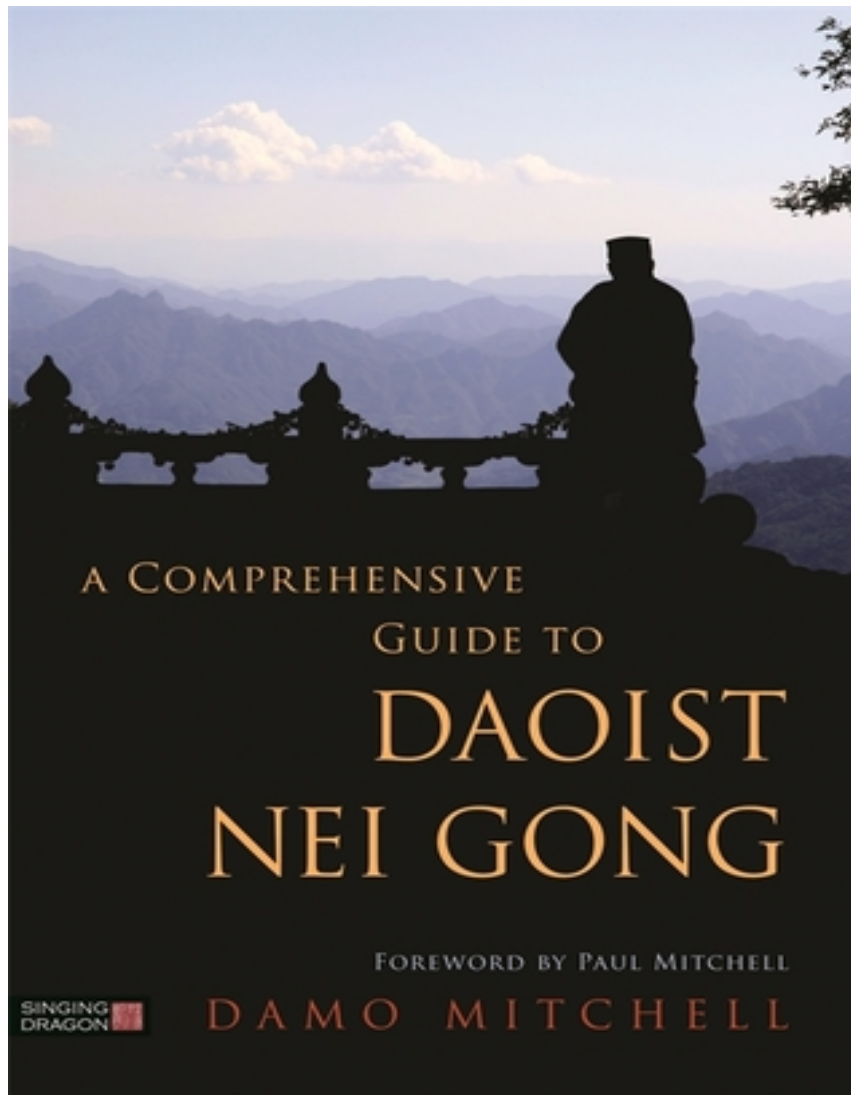


# P.D.F DOWNLOAD A Comprehensive Guide to Daoist Nei Gong Damo Mitchell

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## Book Description :

Nei Gong is the practice leading to attainment of real internal skill and transformation, and the philosophical art of change that runs through all Daoist practice. This book provides a unprecedented insight into the entire Nei Gong process, expanding upon the foundations laid in the author's previous widely read book, Daoist Nei Gong, to provide a deeper and more comprehensive understanding of the practice. Going into unparalleled detail whilst remaining accessible, it explains the philosophy at the heart of Nei Gong, and the steps whereby transformation is achieved. A foundational knowledge of Chinese medicine will help the reader appreciate the explanation more deeply, but is not required for understanding. Essential reading for anyone seriously interested Qi Gong, Chinese martial arts, and the Daoist tradition, the book

will also be an invaluable resource for practitioners of Chinese medicine, or advanced meditation.