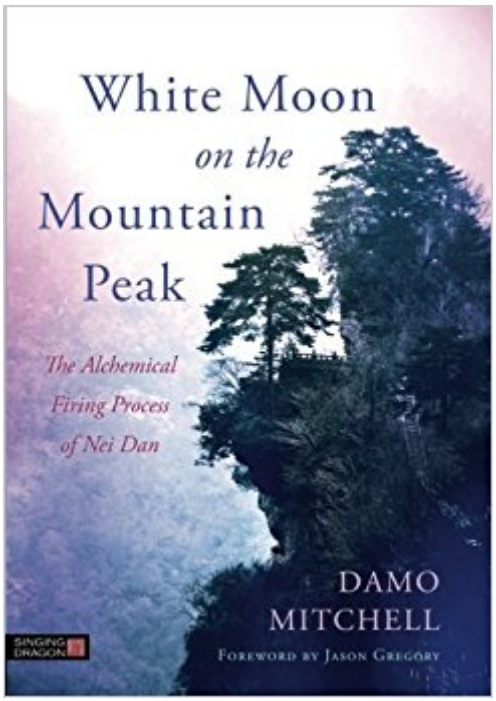
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White Moon On The Mountain Peak: The Alchemical Firing Process Of Nei Dan (Daoist Nei Gong)



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Synopsis

Explaining the process and energetics of Daoist internal alchemy, the author describes in detail the practice of Nei Dan, the alchemical firing practice of Daoism that has until very recently been a closely guarded secret.Drawing together a huge amount of esoteric material on the hidden aspects of Daoist practice, he presents theory and practice coherently for western practitioners. He offers his own experiences of each stage of attainment, describing the tangible results that should appear, and provides guidance on the practicalities and potential pitfalls of alchemical training.

Book Information

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Customer Reviews

I have been devotedly practicing and researching the esoteric methods of Buddhism and Daoism since I was a teenager. In my travels and research I have been blessed to have received authentic teachings in the internal martial arts and the meditation methods of Buddhism. In strong contrast to this, despite my efforts I have never been able to access the authentic teachings of the Nei Dan firing process. What was available was shrouded in symbolic language and secrecy. That all changed when I met Damo Mitchell. Not only is Damo’s transmission authentic but his teachings are clear and practical. The teachings given in this book are a true gift for the English speaking Daoist community. --Adam Mizner, Founder of Heaven Man Earth Taiji InternationalWith all the information circulating today we face the difficulty of discerning between what is true and what is pure mental fabrication. A number of publications give us misleading information on the reality of practice.

Damo’s book stands out from these publications and illuminates us, supporting our personal research. My personal practice started 40 years ago I learn something every day - I would like to come across books like this one more often! This is a clear and useful handbook, convenient and concise. This is a book for those who love living Daoism. --Serge Augier, heir to the Daoist tradition of Ba Men Da Xuan and author of ’Shen Gong and Nei Dan in Da Xuan’The most precise instructions in the practice of Nei Dan you will ever read. This book will be a revelation to everyone who has previously lost their way in the obscurities of Daoist alchemical texts. --Mike Jones, The Glastonbury Oracle

I have been devotedly practicing and researching the esoteric methods of Buddhism and Daoism since I was a teenager. In my travels and research I have been blessed to have received authentic teachings in the internal martial arts and the meditation methods of Buddhism. In strong contrast to this, despite my efforts I have never been able to access the authentic teachings of the Nei Dan firing process. What was available was shrouded in symbolic language and secrecy. That all changed when I met Damo Mitchell. Not only is Damo’s transmission authentic but his teachings are clear and practical. The teachings given in this book are a true gift for the English speaking Daoist community. (Adam Mizner, Founder of Heaven Man Earth Taiji International)With all the information circulating today we face the difficulty of discerning between what is true and what is pure mental fabrication. A number of publications give us misleading information on the reality of practice. Damo’s book stands out from these publications and illuminates us, supporting our personal research. My personal practice started 40 years ago I learn something every day - I would like to come across books like this one more often! This is a clear and useful handbook, convenient and concise. This is a book for those who love living Daoism. (Serge Augier, heir to the Daoist tradition of Ba Men Da Xuan and author of Ã¢â ¬ËœShen Gong and Nei Dan in Da XuanÃ¢â ¬â„¢)The most precise instructions in the practice of Nei Dan you will ever read. This book will be a revelation to everyone who has previously lost their way in the obscurities of Daoist alchemical texts. (Mike Jones, The Glastonbury Oracle)

The Chinese internal arts are shrouded in symbolic language and mystery. Damo Mitchell has an amazing ability to explain these processes in a way the Western mind can understand. This book is filled with so much information it, along with his previous books, provide a lifetime of learning and practice. It’s especially gratifying to see information pertaining to the differences necessary for female practitioners. This is something that is lacking in most other books on this subject.The Dalai

Lama has said before choosing a teacher you should spy on him or her for several years to see if they live what they teach. Following that advice I have been spying on Damo Mitchell (not in a creepy way) for some time. While I haven't met him personally, he does have a large online presence with two websites and a YouTube channel. He indeed lives what he teaches. I have asked questions in the comment section of both his YouTube videos and his website articles and videos. Each time he has answered clearly, quickly and kindly. From my admittedly limited interactions with him he appears to embody the qualities of humility and compassion he points out as being important in this new book. This is important to me as I have little tolerance for abuse or even rudeness from a teacher.These arts are so complex and diverse it can be confusing, for the beginner at least, to study the work of several different teachers. Of all the authors I have read (quite a few) Mitchell's work is the clearest and most in depth. I highly recommend not only this book but his previous books as well.

Incredible.I've read the first two books, Daosits Neigong and Heavenly Streams - which I also highly recommend. White Moon on the mountain peak was no exception: a fantastic balance of theory and practices are outlined.

It is very well written, clear, with obvious intent for the author to make it easier on practitioners to understand the basics of Nei Dan. I admire Damo for his generosity, and compassion, he is one of the few dedicated to help others to expand their awareness. I do not like the idea of books on internal practices because they can be misleading and can be even harmful. Damo's explanations however, are so clear and adds the precautions that need to be taken, it makes me feel much better about the practice. Thank you, Damo, hope to meet you in person some time.

Prior to encountering Damo Mitchell, the books I had come across on the internal arts came in two varieties: they were either easily comprehensible but lacked the depth and substance a practitioner needed, or they were poorly translated versions of highly technical esoteric texts. Combined with a good teacher, Damo's previous books on Nei Gong and Chinese Medicine offer the practitioner an unparalleled education to the theory and practice of the Daoist arts. White Moon on the Mountain Peak is no exception. In his latest book, Damo provides the practitioner with a manual on Daoist internal alchemical meditation, taking the reader from a background on Daoist alchemy through advanced stages of training. The depth and breath of material covered is superb, and students of the internal arts will be richly rewarded.

I first read Damo’s books several years ago & began to do some of the practices outlined. In summary they have been life changing, and I am truly grateful. There are many books on Daoism available, and from my experience most of them are written from an asian perspective using metaphors that are difficult for westerners to understand - Damo’s books cut through a lot of the chase and get down to the meat of it. Thank you Mr. Mitchell!

This is by far the most informative and easy to understand writing on Daoist Nei Dan available to western readers. The author goes to great lengths to present the material in the most digestible manner possible. If you have ever wanted to understand and or practice Daoist internal alchemy, then you have come to the right place. You can not go wrong by reading this book.

For those already familiar with neidan practices this book may prove interesting. It gave me a couple clues to mysteries I have been researching. but for those not familiar with internal alchemy I think it would be confusing. So a great book for advanced practitioners.

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