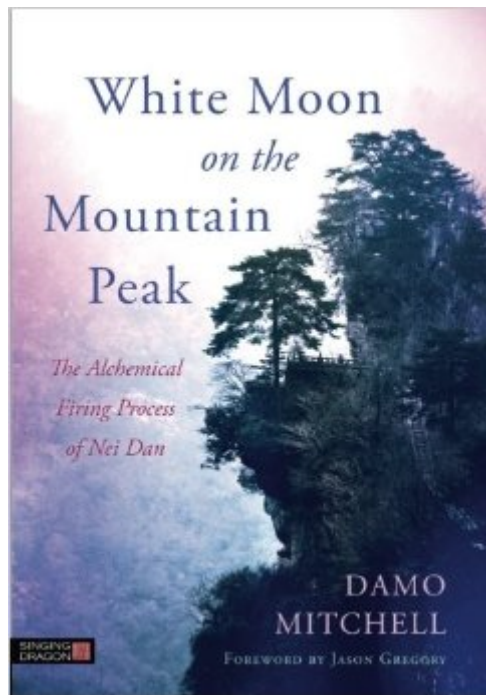


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White Moon On The Mountain Peak: The Alchemical Firing Process Of Nei Dan (Daoist Nei Gong)



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

This book starts out very heavy on Daoist/Chinese esoteric spiritual philosophy. I was quite worried that I'd just spent a lot of money on a very long book about philosophy. I'm a very practical guy, and I like philosophy only inasmuch as it genuinely assists with the practical application of techniques to further my inner development. Since I bought the kindle version, I couldn't just flip through the whole book at random to find out. After a few chapters the scholarly smoke clears and the main course is served. I'd researched the writer a bit before buying this book, so I knew that he likely had some experience. There aren't a lot of advanced meditators writing books about meditation, who also write about their own personal experiences of the progressive states and stages. Shaila Catherine (an advanced Buddhist meditator and author), Ajahn Brahmavamso, and a few others are the only ones I know of. This type of writing-from-experience in the field of meditation is so extraordinarily

valuable that it cannot be underlined enough. This individual experience absolutely essential when attempting to move onto the next stage after the preceding stages have been achieved and surpassed. At each stage, there are new experiences, and new hurdles. Almost like a puzzle, you have to intuit and discern what is necessary to move onto the next, and have faith that you're on the right course. With someone else's experiences at hand, you can simply follow the directions and know that it's only a matter of time; you just put in the effort, follow the road, and watch for the signs.

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