



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

*By Damo Mitchell*

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**Heavenly Streams: Meridian Theory in Nei Gong (Daoist Nei Gong)** By Damo Mitchell

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.

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### **Editorial Review**

#### **Review**

This book should be studied by students and practitioners of Chinese internal martial arts, Chinese medicine, and all others using Meridians in their practices... This is one of the few books that gives a Qigong practice which allows you to feel or sense your own Meridians and Acupoints. It also teaches you how to inject Qi into Acupoints. -- Marty Eisen, PhD, Yang Sheng Magazine This new work is a treasure trove of information about Chinese medicine and Nei Gong... I found this a fascinating book and would highly recommend it to any qigong practitioner or Chinese medicine practitioner/student. -- qigong.co.uk Damo's explanations and insights are indispensable. Whether you are just beginning your journey of personal development with an interest in philosophical and spiritual thought, or even if you are a fully qualified practitioner of Chinese medicine, Heavenly Streams will certainly enrich your practice. -- from the foreword by Rob Aspell, Practitioner of Chinese Medicine and the Daoist Arts Like all the ancient Daoist traditions, the art of classical Chinese medicine is one rooted in experiential learning. In Heavenly Streams, Damo Mitchell shares an inner method to access our meridians and points. It is a valuable guidebook for those interested in practicing with the subtle energies of their own bodies. -- Master Zhongxian Wu, a lifelong Daoist practitioner, is the author of numerous books on Daoist traditions, including Vital Breath of the Dao and Heavenly Stems and Earthly Branches - TianGan DiZhi Heavenly Streams not only provides a truly comprehensive introduction to Nei Gong and Chinese medicine from the point of view of Daoism but offers the reader an effective way to understand this information within themselves. -- Nick Lowe, practitioner of Chinese Medicine and Daoist Qigong Instructor Delivered with an informal familiarity that has already sparked so many imaginations at Damo's course lectures across Europe and the United States, Heavenly Streams peels away Daoism's persistently obscure mystical dogma to put today's practitioners in touch with internal arts and the energetic realm. -- Steve Galloway, Taiji Teacher and Owner of the Taiji Online website

#### **Review**

This book should be studied by students and practitioners of Chinese internal martial arts, Chinese medicine, and all others using Meridians in their practices... This is one of the few books that gives a Qigong practice which allows you to feel or sense your own Meridians and Acupoints. It also teaches you how to inject Qi into Acupoints. (Marty Eisen, PhD, Yang Sheng Magazine)

This new work is a treasure trove of information about Chinese medicine and Nei Gong... I found this a fascinating book and would highly recommend it to any qigong practitioner or Chinese medicine practitioner/student. (qigong.co.uk)

Damo's explanations and insights are indispensable. Whether you are just beginning your journey of personal development with an interest in

philosophical and spiritual thought, or even if you are a fully qualified practitioner of Chinese medicine, Heavenly Streams will certainly enrich

your practice.

(from the foreword by Rob Aspell, Practitioner of Chinese Medicine and the Daoist Arts)

Like all the ancient Daoist traditions, the art of classical Chinese medicine is one rooted in experiential learning. In *Heavenly Streams*, Damo Mitchell shares an inner method to access our meridians and points. It is a valuable guidebook for those interested in practicing with the subtle energies of their own bodies. (Master Zhongxian Wu, a lifelong Daoist practitioner, is the author of numerous books on Daoist traditions, including *Vital Breath of the Dao* and *Heavenly Stems and Earthly Branches - TianGan DiZhi*)

*Heavenly Streams* not only provides a truly comprehensive introduction to Nei Gong and Chinese medicine from the point of view of Daoism but offers the reader an effective way to understand this information within themselves. (Nick Lowe, practitioner of Chinese Medicine and Daoist Qigong Instructor)

Delivered with an informal familiarity that has already sparked so many imaginations at Damo's course lectures across Europe and the United States, *Heavenly Streams* peels away Daoism's persistently obscure mystical dogma to put today's practitioners in touch with internal arts and the energetic realm. (Steve Galloway, Taiji Teacher and Owner of the Taiji Online website)

#### About the Author

Damo Mitchell has studied the martial, medical and spiritual arts of Asia since the age of four. His studies have taken him across the planet in search of authentic masters. He is the technical director of the Lotus Nei Gong School of Daoist Arts, and teaches Nei Gong in the UK, Sweden and the USA. He is the author of *Daoist Nei Gong: The Philosophical Art of Change*, also published by Singing Dragon.

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