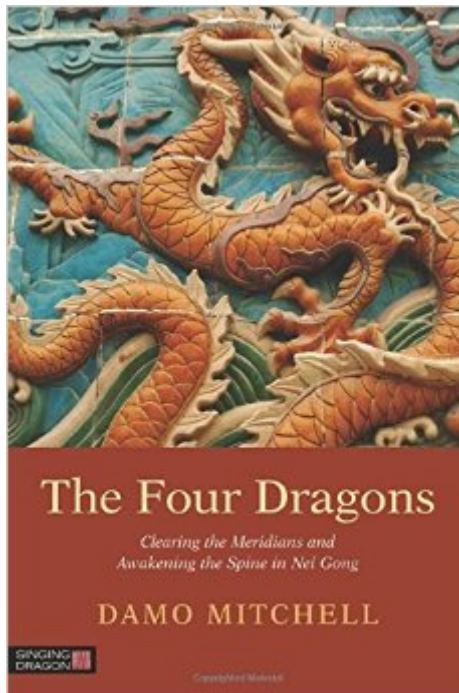


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# The Four Dragons: Clearing The Meridians And Awakening The Spine In Nei Gong (Daoist Nei Gong)



## Synopsis

Within the context of a larger discussion of Dao Yin, Damo Mitchell teaches and explains the Dragon Dao Yin exercises, a set of four short sequences designed to work with the subtle energies of the spine and lead pathogenic energies out of the body. More 'Yang' in nature than Qi Gong, Dao Yin focuses on outwards movements and strong internal cleansing. The book highlights this important distinction and covers the theory, history and development of Dao Yin exercises, as well as the relationship between Chinese medical theory and Dao Yin training. One chapter is devoted to problems related to stagnation and the flow of Qi, and explains the different causes and forms of stagnation. Later chapters look at breathing patterns and the extension of Yi, opening the joints, and rotating the bones and spine. Damo Mitchell also discusses stillness as the source of movement, the philosophical significance of the Dragon and the pearl, and the means of hardwiring Dao Yin exercises into the energetic body. Central to the discussion is the concept of the spine, and how to wake it up. For the first time in the English language, the Dragon exercises – "Awakening, Swimming, Soaring and Drunken" – are described in detail, with photographs and step-by-step instructions on each of the exercises as individual therapeutic exercises and as a form.

## Book Information

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## Customer Reviews

I have been a serious student of the internal arts for 21 years ..... the last 9 of which I have depended upon books and DVDs to guide my practice. In my book, Damo Mitchell is right up there

with Bruce Frantzis and Mantak Chia with respect to the quality of his work and the impact it has had on my practice. For those who may be wondering about my agenda. I have none. I am grateful for the material presented in this book. I don't know and have never met Damo Mitchell, but I know enough from his writings to trust him implicitly in sharing material of the highest quality and which is based on his knowledge and EXPERIENCE. His authenticity is impeccable. He knows what he's talking about, he says it clearly and his generosity in sharing his knowledge is inspirational. His use of written directions and line drawings to explain the exercises are highly effective, but his sharing of internal, i.e., energetic feelings which may accompany the exercises is over the top. They provide validation to those of us who have practiced for awhile, a lighted path ahead that we can pursue with confidence, and inspiration for less experienced practitioners on the path. With his guidance, progress is under the control of the reader and is limited only by the consistency of practice.

Thanks, Damo!!

Thanks for such a plain and straight forward look at Nei Gong. Prooving once again there is always more to learn this little book is a must have for anyone working with energy and the body.Well Done Damo.

Phenomenal. Excellent instruction for a VERY powerful tool that will advance health in mind body and spirit. I plan on reading all of his books and devoting myself to this beautiful and effective internal art. I am thrilled.

Among books on qigong and dao yin, I think this is very special - presents explanations for aspects of the body that have eluded me, and is very down-to-earth and logically presented.

I have the DVD and the book,the book has a lot of Info that I did not get from the DVD.but I think both are great

His book are always easy to read,they give you food for deep thoughts and help work on your answers

Nicely done... as expected.

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