



## Heavenly Streams: Meridian Theory in Nei Gong

*Damo Mitchell*

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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.

## **Heavenly Streams: Meridian Theory in Nei Gong Details**

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Author : Damo Mitchell

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## From Reader Review Heavenly Streams: Meridian Theory in Nei Gong for online ebook

### John says

This is an interesting book with some useful exercises and concepts that are not easily found elsewhere. There is also quite a bit that is commonly found in many TCM texts. This book could be a little daunting for those with no background in TCM and/or Daoism, but for those that have a decent foundation, it contains some interesting aspects.

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### Henrik says

I gave myself five days of diarrhoea working with the principles in this book. 5/5

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### Melissa says

Having an interest in Chinese medicine and being a student of qi gong, I found this book to be a great resource. It goes into meridian, Wu Xing (5 elements) and Zang-Fu theories. You can very easily go down various rabbit holes with this information but everything that is presented is clear & concise. I highly recommend this book if you're looking to expand your knowledge on these theories.

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### Li Or says

I really appreciate Singing Dragon sending me this book in the goodreads giveaway. As a thank you, here is my honest review:

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Despite it's poetic-sounding title which may have you think the contents of the book would be similarly flowery, "Heavenly Streams" is a plainly-written, in-depth, to-the-point, factual Traditional Chinese Medicine (TCM) / Daoist Arts textbook.

From the beginning "Heavenly Streams" provided a clear and easy-to-understand look at TCM principles and theory, including a thorough explanation of the macrocosm/microcosm principle, the Three Treasures (Qi, Shen & Jing), Yin and Yang, the five spiritual lights, the five elements, body meridians and points, external pathogenic factors (Damp, Heat, Wind etc), the Three Heaters / Dan Tien, the Zang and Fu body organs, Zang Fu disturbances, and even a discussion on the Spine. I would estimate that about 80% of the book is theory; and this is all theory that is pretty much essential to know, remember and internalise in order to effectively carry out the remaining 20% of the book which consists predominantly of practical Internal Exercises.

After laying down some groundwork TCM theory, the book goes on to build on this practically by including

a small amount of relevant practical Qi Gong exercises\* which I really enjoyed, and also meditation-type exercises that train you to direct your Qi using your focus (Yi). These latter exercises were, for me, the exciting part of this book which I haven't personally seen written about anywhere else. I liked how Damo uses his personal experience to give helpful tips to guide you through the exercises.

In my opinion the mental exercises are **\*very advanced\*** - partly because of the amount of theoretical knowledge required to carry them out effectively, and partly because doing the exercises (much like meditation) requires a great deal of practice, patience and time before you (a.) do them correctly and (b.) experience the positive results of doing them correctly. Dedication and perseverance seem crucial to do these Internal exercises in a serious way where results will be seen.

The reward? being able to feel your energetic body (and in some cases "see" it too), helping you understand what's going on (where the imbalances lie), and then being able to re-balance any physical and mental imbalances by simply using directed mental focus and deliberate breathing to do the work. It gives you a way to take responsibility for your own health. Rebalancing physical and mental health aside, there is also the potential reward of general spiritual expansion as you open yourself up to connecting with the Shen and higher levels of consciousness.

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\*Note to Readers:

I found the youtube video by Damo Mitchell to be helpful (if not essential) in bringing to life the Wu Xing Qi Gong exercises described in the book. I recommend this video of his to go along with the exercises in Chapter 2.

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About my rating:

I chose to give this book 4 stars because I was a little disappointed at how much hard work is needed to experience the full benefits from this book, and as of yet, I feel I have not yet "gotten there" to get the full 5/5 out of it. Although it is absolutely excellently written and I cannot fault the book one bit, I think it will be a very special subset of dedicated Daoist practitioners who will draw the full power and use from this book.

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