



## White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong)

By Damo Mitchell

Download now

Read Online →

### White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell

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.

↓ [Download White Moon on the Mountain Peak: The Alchemical Fi ...pdf](#)

📄 [Read Online White Moon on the Mountain Peak: The Alchemical ...pdf](#)

# White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong)

*By Damo Mitchell*

**White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell**

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.

**White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell Bibliography**

- Sales Rank: #334311 in Books
- Brand: imusti
- Published on: 2015-09-21
- Released on: 2015-09-21
- Original language: English
- Number of items: 1
- Dimensions: 9.69" h x .87" w x 6.81" l, 1.60 pounds
- Binding: Paperback
- 384 pages

 [Download White Moon on the Mountain Peak: The Alchemical Fi ...pdf](#)

 [Read Online White Moon on the Mountain Peak: The Alchemical ...pdf](#)

## **Download and Read Free Online White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell**

---

### **Editorial Review**

#### Review

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 '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

#### Review

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 '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)

## 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 Heavenly Streams: Meridian Theory in Nei Gong, Daoist Nei Gong: The Philosophical Art of Change, and The Four Dragons: Clearing the Meridians and Awakening the Spine in Nei Gong, all published by Singing Dragon.

## Users Review

### From reader reviews:

#### James Anderson:

The book White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) can give more knowledge and also the precise product information about everything you want. Why must we leave a very important thing like a book White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong)? Wide variety you have a different opinion about guide. But one aim that will book can give many information for us. It is absolutely suitable. Right now, try to closer using your book. Knowledge or data that you take for that, you may give for each other; you could share all of these. Book White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) has simple shape but the truth is know: it has great and big function for you. You can seem the enormous world by open and read a guide. So it is very wonderful.

#### Jonathan Solis:

Spent a free time to be fun activity to accomplish! A lot of people spent their free time with their family, or their friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) can be very good book to read. May be it could be best activity to you.

#### William Chestnut:

A lot of people always spent their own free time to vacation or even go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a publication. The book White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) it is quite good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy the actual e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book has high quality.

**Tim Andrus:**

Book is one of source of knowledge. We can add our expertise from it. Not only for students but native or citizen have to have book to know the revise information of year for you to year. As we know those publications have many advantages. Beside most of us add our knowledge, could also bring us to around the world. With the book *White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong)* we can have more advantage. Don't one to be creative people? To be creative person must want to read a book. Only choose the best book that ideal with your aim. Don't be doubt to change your life at this book *White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong)*. You can more desirable than now.

**Download and Read Online *White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong)* By Damo Mitchell #7P8K4C2HD3L**

## **Read White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell for online ebook**

White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell books to read online.

### **Online White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell ebook PDF download**

**White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell Doc**

**White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell Mobipocket**

**White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell EPub**

**7P8K4C2HD3L: White Moon on the Mountain Peak: The Alchemical Firing Process of Nei Dan (Daoist Nei Gong) By Damo Mitchell**