

# INTERNAL ELIXIR CULTIVATION

The Nature of Daoist Meditation



Robert James Coons

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## Internal Elixir Cultivation: The Nature of Daoist Meditation



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Most manuals quit there, but Daoist Meditation goes on to guide you step-by-stage to the summit, the ultimate esoteric achievement how to create Daoism's legendary "Internal Elixir. Coons translates and explains core ideas from the writings of the great teachers. Internal Elixir Cultivation cuts through cultural obscurity and cult secrecy to provide to the West the effortless essence of one of the globe's most effective wellness practices. Effective meditation begins and ends with simply watching your breathing. Inside our period, global scholar and tea merchant Robert James Coons offers devoted his existence to rediscovering and mastering the ancients' most profound achievement traditional Daoist meditation and internal elixir cultivation practices." Daoist Meditation is a surprising revelation for those who have wished to meditate but had been put off by MODERN phonies or certain practitioners' confusing jargon. A large number of years back Chinese sages learned how to hack into the human nervous system for a lifetime of greater health, pleasure and wisdom. After an easy-to-follow intro to Qi, the reader can be taught clear techniques to develop and circulate individual energy via meditation. This break-through book goes to the highest-possible degree of practice. Prepare for how easy it truly is to revolutionize your life.



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Great foundation for meditation practice (the Daoist way) That is a phenomenal book for individuals who want in meditation in general and enjoy beauty and sensibilities of Daoist culture. Robert has set up an excellent foundational look in Daoist meditation: its roots ever solid, its evolution and practical uses today; along with amazing scientific and metaphysical interpretations of the procedure. The introduction and exercises are easy to follow and the written text acts a sort of cheerleader to help you through the procedure of learning and integrating the brand new practices. It really is all very encouraging, that is until you get to the deeper ideas later in the book which require more tolerance and caused me to stumble a little bit. The deeper concepts may need to be examined slowly a few times to essentially understand (as well as perhaps for several years to come).. This book has some wonderful information about internal elixir cultivation. This book has some wonderful information on the subject of internal elixir cultivation, a hard subject to understand. A very good book for anyone who wants to begin a Daoist . prepared to sign up for me in my meditation sessions. Excellent A thorough yet easy to understand introduction to Daoism and Daoist meditation. Strongly suggested. The author made difficult concepts and concepts an easy task to grasp and use. This book makes it easy. A very good publication for anyone who would like to take up a Daoist meditation practice.. Robert succinctly concludes with some more practical suggestions and leaves you seeking more. I'm extremely impressed with how simple the author has made the reason of the techniques. Very exact informations and good references. I recommend this book for all those looking for a direct, practical and down to earth approach to meditation. 5 stars! This book now resides on my favourites shelf alongside my tea set;.. I'm very impressed with how simple the author has made . I am using them daily for two months now and also have noticed a dramatic decrease in my stress levels, which have also improved the my clarity of thought.



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