



Internal Elixir Cultivation: The Nature of Daoist Meditation

Robert James Coons

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Thousands of years ago Chinese sages learned how to hack into the human nervous system for a lifetime of greater health, happiness and wisdom. In our time, global scholar and tea merchant Robert James Coons has devoted his life to rediscovering and mastering the ancients' most profound achievement – traditional Daoist meditation and internal elixir cultivation practices. Internal Elixir Cultivation cuts through cultural obscurity and cult secrecy to bring to the West the effortless essence of one of the world's most powerful wellness practices. Successful meditation begins and ends with simply paying attention to your breathing. Coons translates and explains core concepts from the writings of the great teachers. After an easy-to-follow introduction to Qi, the reader is taught clear techniques to develop and circulate human energy via meditation. Most manuals stop there, but Daoist Meditation goes on to guide you step-by-step to the summit, the ultimate esoteric achievement — how to produce Daoism's legendary "Internal Elixir." Daoist Meditation is a revelation for those who have wanted to meditate but were put off by New Age phonies or certain practitioners' confusing jargon. This break-through book takes you to the highest-possible level of practice. Prepare for how easy it really is to revolutionize your life.

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