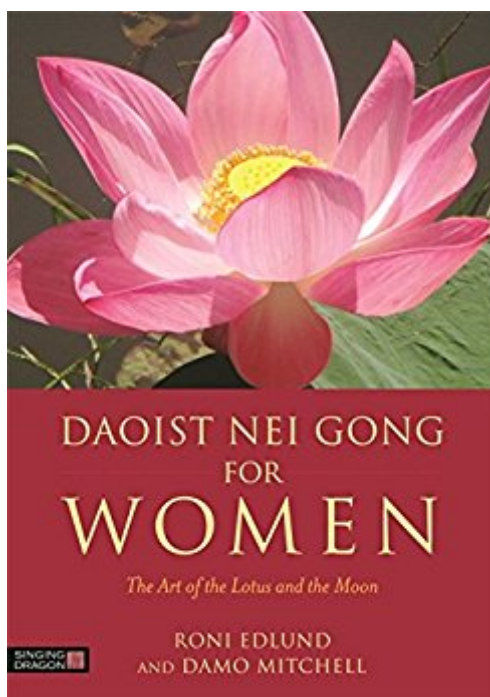


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# Daoist Nei Gong For Women: The Art Of The Lotus And The Moon



## Synopsis

Although the energetic anatomy of men and women is different, the ancient teachings of Nu Dan, a separate branch of internal alchemy for women, have been lost in the literature over the centuries and only survive through practice in the lineages. This book takes a detailed look at female energetic anatomy, exploring how it is different from its male counterpart, and explains and describes the specific practices which support the unique strengths and challenges that the female energy system presents. Previously wrapped in secrecy, the teachings in this book include qigong exercises that activate the energy of the uterus and an explanation of how menstruation and a connection to the cycles of the moon can be converted into a tool for Nei Gong development.

## Book Information

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## Customer Reviews

Excellent book! A lot of information but not too dense. I'd recommend it for anyone practicing internal arts but especially for women.

This is a helpful book written by a wonderful teacher. Anyone interested in Nei Gong should take a

look.

Interesting but a bit long!When I've read the summary I was curious about the differences... Of course. At the same time, I was asking myself if it may be the same way with all the practice. Like for Tai Chi or even if we could apply it for meditation as we all are different.So I was having a lot of questions and was excited to start this journey.Don't get me wrong, it was a great one to hear about the authors experiences and the way they have discovered a new way of practicing for women. I just thought that it has taken too much time to explain it and to go right to the point.Of course, you need to learn and understand the background but it has put an heaviness in something that already need some concentration.Interesting but with length

:)

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