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Nei Kung: The Secret Teachings of the Warrior Sages

Kosta Danaos

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Nei Kung: The Secret Teachings of the Warrior Sages Kosta Danaos
Explains the science behind the practice of nei kung, the elemental nature of yin and yang energy--the two components of ch'i, and how learning to control the yang energy in our ch'i can result in the release of dynamic energy.

• Establishes the existence and understanding of nei kung in the practices of many of the world's ancient cultures.

• Includes a step-by-step guide to the meditation that forms the basis of the practice of nei kung.

• By Kosta Danaos, author of *The Magus of Java* and apprentice to an immortal of the Mo-Pai tradition.

In 1994 Kosta Danaos was accepted as a student by John Chang, a Chinese-Javanese Taoist in the Mo-Pai tradition and a master of *nei kung*, the practice of harnessing and controlling our body's bioenergy, or *ch'i*. *Nei Kung: The Secret Teachings of the Warrior Sages* describes the practice of nei kung and how learning to control our ch'i can result in the release of dynamic energy that can be used for healing, pyrogenesis, telekinesis, levitation, telepathy, and more.
Danaos suggests that both components of ch'i--yin and yang energy--are fundamental to the earth and to life and were recognized and used in many of the world's ancient cultures. Though we have forgotten how to access them, these components are in fact elemental parts of us. The author explains that we first must open our minds to the fact that the power of ch'i is real. Next, in learning to control our ch'i as a whole, we must learn to channel our yang energy in productive ways--a potential we all possess. To help readers understand their capacity to connect with this inner elemental power, the author offers a fascinating blend of teachings that include sound scientific theories explaining much of the "magic" of nei kung. He also offers historical, linguistic, artistic, and literary proof of the presence and understanding of nei kung throughout the ages and a step-by-step introduction to several types of simple meditation--fundamental to directing one's ch'i.

With his engaging storytelling and disarming humor, his physics-based explanations for seemingly mystical phenomena, and his reassurances that he's really no different from the rest of us, Kosta Danaos shows us that once we remember our capacity to harness our yang energy, we can change ourselves and our world.

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