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Mo Pai Nei Kung – John Chang. Having recently read the book The Magus of Java: Teachings of an Authentic Taoist Immortal I have become extremely interested in the cultivating of Yin Chi and Yang Chi bio energies. John Chang from the lineage of Mo Pai appears to be the

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most advanced person on the planet in terms of utilizing this unique form of energy.

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In the beginning make sure your shoulders don't move, as this indicates your breathing is too high and your newly cultivated chi will stay high and not make it into your dan tien. ... If you want Nei Kung instruction in Mo Pai, go to a teacher not to the hacked emails that only have part of the explanation. ... Is this Mo Pai Level 1 ?
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Neigong, also spelled nei kung, neigung, or nae gong, refers to any of a set of Chinese breathing, meditation and spiritual practice disciplines associated with Daoism and especially the Chinese martial arts. Neigong practice is normally associated with the so-called "soft style", "internal" or neijia ?? Chinese martial arts, as opposed to the category known as waigong ?? or "external ...

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