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surrounding the mechanics behind the ancient training of Mo Pai. From the Back Cover Enter Mo. Pai: The Ancient Training of the Immortals dives into the world of Mo Pai, a legendary internal. cultivation system that has been secretly handed down by successions of meditation masters for. well over 2,000 years. The path of Mo Pai develops the practitioner in the present life, but also

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Enter Mo Pai: The Ancient Training of the Immortals

Enter Mo Pai: The Ancient Training of the Immortals dives into the world of Mo Pai, a legendary internal cultivation system that has been secretly handed down by successions of meditation masters for well over 2,000 years. The path of Mo Pai develops the practitioner in the present life, but also ascends the practitioner in status with regards to the afterlife. In the present life, the goal of Mo Pai is to develop supernatural abilities capable of aiding an individual both in self-defense and in the rejuvenation of the physical body. Concerning the afterlife, the true master of Mo Pai reserves the ability to consciously navigate their soul after the death of the physical body, freeing themselves from the continuous cycle of death and rebirth. The greatest Mo Pai practitioner on Earth today, Master John Chang, has publically displayed his extraordinary developments to the world by performing many spectacular abilities on video such as electrokinesis, pyrokinesis, levitation, suspended animation, and telekinesis. In order to attain supernatural capacities, this ancient training augments the innate potential of the human body through gathering and harnessing the two fundamental life-force energies known as Yin Chi and Yang Chi. These two energies are abundant in nature and play an important role in sustaining the human body. Developing these vital energies to levels that many would consider unnatural, the Mo Pai student quickly gains an edge when compared to the average human. Included in this book is an analysis of the Mo Pai training and the techniques used for gathering, manipulating, and finally combining the two fundamental vital energies of Yang Chi and Yin Chi.

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.

The story of John Chang, the first man to be documented performing pyrokinesis, telekinesis, levitation, telepathy, and other paranormal abilities. • The author, a mechanical engineer, provides scientific explanations of how these powers work. • For the first time, the discipline of Mo-Pai is introduced to the West. In 1988 the documentary Ring of Fire was released to great acclaim. The most startling sequence in the film is that of a Chinese-Javanese acupuncturist who demonstrates his full mastery of the phenomenon of chi, or bio-energy, by generating an electrical current within his body, which he uses first to heal the filmmaker of an eye infection and then to set a newspaper on fire with his hand. Ring of Fire caused thousands to seek out this individual, John Chang, in pursuit of instruction. Of the many Westerners who have approached him, John Chang has accepted five as apprentices. Kosta Danaos is the second of those five. In his years of study with John Chang, Danaos has witnessed and experienced pyrokinesis, telekinesis, levitation, telepathy, and much more exotic phenomena. He has spoken with spirits and learned the secrets of reincarnation. Most important, he has learned John Chang's story. John Chang is the direct heir to the lineage of the sixth-century b.c. sage Mo-Tzu, who was Confucius's greatest rival. His discipline, called the Mo-Pai, is little-known in the West and has never before been the subject of a book. Now, John Chang has decided to bridge the gap between East and West by allowing a book to be published revealing the story of his life, his teachings, and his powers. It will surely expedite what may well become the greatest revolution of the twenty-first century--the verification and study of bio-energy.

Originally written for Chinese readers, this book provides a clear description of the Taoist practice of Internal Alchemy, or Neidan. The author outlines the four stages of the alchemical practice and clarifies several relevant terms and notions, including Essence, Breath, and Spirit; the Cinnabar Fields; the "Fire Times"; and the Embryo. The book is based on the system of the "Wuzhen pian" (Awakening to Reality), one of the main sources of Internal Alchemy, and contains about two hundred quotations from original Taoist texts. Table of Contents Foreword, vii INTRODUCTION, 1 The Basis: Essence and Spirit, 3 STAGES OF THE ALCHEMICAL PRACTICE IN "AWAKENING TO REALITY," 11 The Four Stages, 13 "Laying the Foundations," 15 Main Points in the Practice of "Laying the Foundations," 20 The Functions of Essence, Breath, and Spirit, 36 Terms Related to the "Coagulation of the Three Treasures," 52 Conclusion of the Stage of "Laying the Foundations," 63 "Refining Essence to Transmute it into Breath," 65 "Refining Breath to Transmute it into Spirit," 99 "Refining Spirit to Return to Emptiness," 109 CONCLUSION, 119 The "Arts of the Way," 121 Tables, 123 Glossary of Chinese Characters, 133

Enter Mo Pai: The Ancient Training of the Immortals

This book presents a unique approach for studying mechanisms and machines with drawings that were depicted unclearly in ancient Chinese books. The historical, cultural and technical backgrounds of the mechanisms are explained, and various mechanisms described and illustrated in ancient books are introduced. By utilizing the idea for the conceptual design of modern mechanisms, all feasible designs of ancient mechanisms with uncertain members and joints that meet the technical standards of the subjects' time periods are synthesized systematically. Ancient Chinese crossbows (the original crossbow and repeating crossbows), textile mechanisms (silk-reeling mechanism, spinning mechanisms, and looms), and many other artisan's tool mechanisms are used as illustrated examples. Such an approach provides a logical method for the reconstruction designs of ancient mechanisms with uncertain structures. It also provides an innovative direction for researchers to further identify the original structures of mechanisms and machines with drawings in ancient literature. This book can be used as a textbook and/or supplemental reading material for courses related to history of ancient (Chinese) machinery and creative mechanism design for senior and graduate students.

This authorized biography of the contemporary Taoist expert Wang Liping (1949 -) tells the true story of his apprenticeship in Taoist wizardry, as well as Taoist principles and secrets of inner transformation. The 18th-generation transmitter of Dragon Gate Taoism, Wang Liping is heir to a tradition of esoteric knowledge and practice accumulated and refined over eleven centuries. This is the first English translation by noted writer Thomas Cleary of the authorized biography by two longtime disciples of this living master of the Dragon Gate branch of the Complete Reality school of Taoism, which integrated Buddhism and Confucianism into a comprehensive new form of Taoism.

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This book translates Master Wang's original practice instructions and discourses given during training seminars. His system of internal alchemy goes back to two ancient Daoist texts: the 13th-century Lingbao bifa, linked to the immortals Zhongli Quan and Lü Dongbin; and the 17th-century Taiyi jinhua zongzhi (Secret of the Golden Flower), also connected to Lü. Together they are known as the Lingbao tong zhineng neigong shu (Arts of Internal Mastery, Wisdom, and Potential, Based on Numinous Treasure). The texts outline the concoction of a golden elixir through the dual cultivation of inner nature and life-destiny. This book follows the classics and presents all different kinds of techniques--including walking, pacing, sleeping, circulating the five phases, absorbing tree energy, and capturing planetary essences--in a systematic format and with a great amount of instructional detail. It contains a wealth of information invaluable to anyone interested in genuine Daoist cultivation and elucidates numerous rather obscure concepts to contextualize each practice.

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