

# **INTERNAL ELIXIR CULTIVATION: THE NATURE OF DAOIST MEDITATION BY ROBERT JAMES COONS**

## INTERNAL ELIXIR CULTIVATION

The Nature of Daoist Meditation



Robert James Coons

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## About the Author

Robert James Coons began his study of Daoism and Chinese culture at the early age of eight. Throughout his childhood he studied Oriental martial arts and always maintained a passion for the study of ideas coming from other cultures and times in history. On suggestion of his teacher, Robert went to China in search of a new perspective on martial arts. Robert currently resides between Canada, where he runs a tea business and meditation club, and Henan China, where he operates an English school and studies Chinese arts and culture.

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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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This is a phenomenal book for those who are interested in meditation in general and enjoy beauty and sensibilities of Daoist culture.

Robert has set up a great foundational look at Daoist meditation: its roots in history, its evolution and practical uses today; along with fascinating scientific and metaphysical interpretations of the process.

The introduction and exercises are easy to follow and the text acts a sort of cheerleader to guide you through the process of learning and integrating the new practices.

It is all very encouraging, that is until you get to the deeper ideas later in the book which require more patience and caused me to stumble a bit. The deeper concepts may need to be read slowly a few times to really understand (and perhaps for many years to come).

Robert succinctly concludes with some more practical advice and leaves you wanting more.

I highly recommend this book for those looking for a direct, practical and down to earth approach to meditation.

This book now resides on my favourites shelf along with my tea set; ready to join me in my meditation sessions.

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