Ling Bao Tong Zhi Neng Nei Gong Shu

Ling Bao Tong Zhi Neng Nei Gong Shu is a guide for meditation in the way of the Taoist Dragon System of Internal Alchemy. The book follows the classics and presents all different kinds of techniques—including walking, pacing, sleeping, circulating the five phases, absorbing tree 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-
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 Tai Ji (Tao of Supreme Harmony) and its six methods of body and mind. The book also provides instructions for the use of the Six Celestial Methods, which are: walking, pacing, sleeping, absorbing tree, circulating the five phases, and meditating. Each method is described in detail, including the specific postures, movements, and breathing techniques. The book also includes a section on the cultivation of the inner alchemical fire and the use of the three treasures (true fire, life essence, and qi). The Ling Bao Tong Zhi Neng Nei Gong Shu is a guide for meditation in the way of the Taoist Dragon System of Internal Alchemy.