



Overcoming Sickness with Nei Kung: Why do so many Mo Pai practitioners get seriously ill? What you can do to prevent, or correct this

Shifu Lin

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If there is a big name in Mo Pai that you have heard of, they have probably had a serious health problem from training in Nei Kung. Kostas Dervenis, the author of *Magus of Java and Nei Kung* (writing under the pen-name Kostas Danaos), recently explained that “I know of no one who has not suffered some kind of complication.” This does not need to be the case, if one takes the proper approach to Nei Kung...

This text is about common Nei Kung health problems that so many Mo Pai practitioners have had. It will help explain why this occurs in some cases, in terms of qi, and in terms of spiritual effects of practicing Nei Kung without a guarding against spiritual threats. It will explain what Nei Kung is doing energetically and how it can tax the body, as well as giving recommendations for supplemental exercises that can help counter-act potential detriments of practice when one’s energy is not in an optimal state. Finally, it will give some advice on how to correct problems that you may already have experienced, or to prevent problems from ever arising.

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Heather Killen:

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