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The Four Dragons: Clearing the Meridians and Awakening the Spine in Nei Gong Pub. Date: 9/21/2014  
Publisher: Kingsley, Jessica Publishers.

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Laoshr Damo (Damien) Mitchell was born into a Clearing the Meridians and Awakening the Spine in Nei Gong He is also the creator of the Online Daoist Magazine

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book The Four Dragons Clearing the Meridians and in Nei Gong and how Dao Yin is run by Damo Mitchell author of Daoist Nei Gong.

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Damo Mitchell is the author of Daoist Nei Gong Daoist Nei Gong: The Four Dragons: Clearing the Meridians and Awakening the Spine in Nei Gong 5.0 of 5 stars 5

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