

Cosmic Healing I

Cosmic Chi Kung



Mantak Chia

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Contents

About the Author	9
Acknowledgements	12
Words of Caution	13
Chapter I	
Cosmic Healing	
Cosmic Healing Chi Kung in the Universal Tao System.....	14
Foundation of the Universal Tao System	14
Cosmic Inner Smile and the Six Healing Sounds	15
Iron Shirt Chi Kung and Bone Breathing	15
Stages of Mastering Chi.....	16
Four Sections of Cosmic Healing.....	17
Connecting to Heaven and Earth	17
Opening the Bridge and Regulator Channels & Extending your Chi Outwards	18
Opening and Energizing the Governor and Functional Channels	18
Activating One Finger Art and the Chi Belt	18
Chapter II	
Preparing for Cosmic Chi Kung	
Preparatory Practices.....	19
Warm up the Stove	19
Transform Sexual Energy	20
Filling the Joints with Chi	21
Bone Breathing and Marrow Washing	21
Bone Breathing.....	21
Marrow Washing	23
Heavenly Marrow Washing with Violet Light	23
Microcosmic Orbit.....	25
Chapter III	
Cosmic Chi Kung	
Opening the Three Tan Tiens to the Six Directions	27
Introduction	27
Relaxation, Letting Go, Surrender and Ego	28
Mind, Organs and Sexual Organs	28
Opening the Three Tan Tiens	30
Combined Practice	32
Warm Up Exercises	32

True Breath - Skin Breathing.....	33
Daily Practice: Opening, Connecting & Activating Chi Within & Cosmic Charging	34
Relax and Let go - Smile to Connect with Universe Within.....	41
Tan Tien Consciousness: The Second Brain	37
Three Minds into One: 'Yi' Power	44
Activating the Six Directions and the Three Fires	45
Direction Below	45
Front Direction and Tan Tien Fire	46
Back Direction and Kidney Fire.....	47
Heart Fire.....	48
Sacred Fire (Chi Fire).....	49
Open the Third Eye	49
Front Direction: Push/Pull Master Practice	51
Left and Right Directions	52
Direction Above	53
Open the Spine.....	54
Open the Middle Channel and Perineum.....	56
Tan Tien and the Universe	57
Open the Three Tan Tiens	59
Upper Tan Tien - Mideyebrow	58
Middle Tan Tien - Heart Center - Conscious Mind.....	61
Recharge and Cut Around the Armpits	62
Lower Tan Tien - Navel - Awareness Mind	63
Activate Chi in the Bones of the Hips, Legs and Sacrum	64

Chapter IV

General Healing Session

Three Minds into One Mind (Introduction).....	68
Activate the Six Directions (Introduction).....	68
Activate the Three Fires (Introduction)	68
Linking Personal Stars, Energy Bodies and the Universe (Introduction)	69
Protective Circle and Chi Field (Introduction).....	69
Sacred or Chi Fire.....	69
Chi (Sacred) Water Practice (Introduction).....	69
Empty and Fill (Introduction)	70
Clean with Green Light (Introduction).....	70
Clean with Blue Light (Introduction).....	70
Charge with Violet Light (Introduction)	70

Chapter V

Cosmic Healing I - Basic

Source of Chi and Colors	126
Earth Chi	127
Human and Nature Chi.....	128
Solar Chi	128
Simple Practice.....	128
General Information	128
Healing Colors	129
White Chi.....	129
Blue Chi.....	129
Green Chi.....	129
Red Chi	130
Tangerine Chi	131
Yellow Chi.....	131
Violet Chi	131
Golden Chi.....	133
The Spleen.....	133
Cosmic Healing Planetary Colors.....	134
Summary - Working with Color.....	135

Chapter VI

Individual Healing Session

Almighty Knife	138
Outline of Practice	139
Energizing and Activating the Immune System.....	141
Outline of Practice	142
Cleansing the Internal Organs Technique	143
Healing Some Common Illnesses	143
General Principles.....	145
Outline of Practice.....	146
Cleansing the Spinal Cord	149
Cleansing the Blood (Lungs).....	150
Outline for Cleansing the Blood/Lungs	150
Circulatory/Heart System	151
Stomach Pains.....	151
Relieving Pain: Blue Chi.....	152
Headache: Light Whitish Green and Light Whitish Blue Chi.....	153
Migraine Headache: Light Whitish Green Blue and Violet Chi	153
Toothache: Light Whitish Green and Blue Chi	153
Broken Bone: Orange - Yellow Chi	153
Back Injury: Light Whitish Blue and Green Violet Chi.....	154

Cysts: <i>Light Green and Blue Chi</i>	154
Infection and Inflammation: Light Green Chi	154
Fever	154
Insomnia: Green and Blue	155
Tinnitus	155
Blood Clotting: Blue Chi - Fresh Burns: Green and Blue Chi	155
Old Minor Burns: Green and Red Chi	155
Old Severe Burns: Green and Red Chi	156
Old Wounds: Green and Red Chi.....	156
Some Specific Points and Ailments:.....	156
Solar Plexus: Blue Chi	157
Skin Infection: Blue Chi	157
Eyes: Green Chi.....	158
Ears: Violet Chi	158
Summary of Individual Healing Session	159

Chapter VII

Different Hand Techniques

Forget about your Palms	165
Don't Focus your Mind on the Sick Part.....	165
Cosmic Healing is Teaching.....	165
Chi Kung Diagnosis: Hand Scanning	166
General Variations in the Energy Field	166
Hand Scanning the Internal Organs.....	167

Chapter VIII

Cosmic Chi Kung Palm and Finger Training

Why We Practice the Cosmic Chi Kung	169
Opening Heaven and Earth Force in the Palms - Heaven and Earth Spirals	170
Cell Breathing.....	171
Mind, Eyes, Heart and Intention (YI).....	172
Connecting the Bridge.....	173
Cosmic Chi Kung Preparation	174
Cosmic Chi Kung Preparation Standing.....	175
Opening to Heaven, Earth and Nature	176
Outline of Practice	176
Part I - Opening to Heaven, Earth and Cosmic Chi	177
Opening Movements	177
Core Movements of Part I	182
Closing Movements	183
Part II - Opening the Bridge and Regulator Channels.....	189
Theory	189

Contents

General Functions of the Eight Extraordinary Channels	190
The Eight Extraordinary Channels and Chi Kung	193
Special Functions of the Bridge and Regulator Channels.....	193
Bridge Channels Yin and Yang Chiao Mo Function	193
Summary.....	195
Practice	196
Part III - Opening the Functional and Governor Channels	205
Theory: The Functional and Governor Channels.....	205
Chi Ball	206
Part IV - Activating the Yin and Yang Channels on the Chi Belt.....	217
Theory	217
Yin and Yang Channels of the Arms.....	217
Projecting Healing Energy through the Fingers	217
Activating the Chi Belt - Dai Mo.....	222
Practice	223
Healing Others.....	226
Summary and Combined Practice	226
Cosmic Chi Kung: Simple Combined Sequence	226
Chapter IX	
Universal Tao Basic Practices	
Cosmic Inner Smile	232
Six Healing Sounds.....	236
The Six Healing Sounds - Practice	235
Appendix	241
Guide to Acupuncture Points used in Cosmic Chi Kung	241
Bibliography.....	249

About the Author



Mantak Chia

Master Mantak Chia is the creator of the Universal Tao System and is the director of the Universal Tao Center and Tao Garden Health Resort and Training Center in the beautiful northern countryside of Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit and “still the mind.” While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi.

Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Micro-cosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi's patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand.

A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and Renewal of the Tendons. Master Cheng Yao-Lun's system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women, and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Gestetner Company, a manufacturer of office equipment and became well acquainted with the technology of offset printing and copying machines.

Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Tao Center. During his years in America, Master Chia continued his studies in the Wu system of Tai Chi with Edward Yee in New York.

Since then, Master Chia has taught tens of thousands of students throughout the world. He has trained and certified over 1,200 instructors and practitioners from all over the world. Universal Tao Centers and Chi Nei Tsang Institutes have opened in many locations in North America, Europe, Asia, and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden, the Universal Tao Training Center in Chiang Mai.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching. He uses a laptop

computer for writing and is totally at ease with the latest computer technology.

Master Chia estimates that it will take thirty five books to convey the full Universal Tao System. In June 1990, at a dinner in San Francisco, Master Chia was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi gong Master of the Year. He is the first recipient of this annual award.

In December 2000, the Tao Garden Health Resort and Universal Tao Training Center was completed with two Meditation Halls, two open air Simple Chi Kung Pavilions, indoor Tai Chi, Tao Yin and Chi Nei Tsang Hall, Tai Chi Natural Swimming Pool, Pakua Communications Center with a complete Taoist Library, Internal World Class Weight Lifting Hall and complete 8 Court Recreational Facilities.

In February 2002, the Immortal Tao practices will be held at Tao Garden for the first time using Dark Room technology, creating a complete environment for the higher level Taoist practices.

He has previously written and published these Universal Tao books:

Awaken Healing Energy of the Tao - 1983

Taoist Secrets of Love: Cultivating Male Sexual Energy

co-authored with Michael Winn - 1984.

Taoist Ways to Transform Stress into Vitality -1985

Chi Self-Massage: the Tao of Rejuvenation - 1986

Iron Shirt Chi Kung I - 1986

Healing Love Through the Tao: Cultivating Female Sexual Energy - 1986

Bone Marrow Nei Kung - 1989

Fusion of the Five Elements I - 1990

Chi Nei Tsang: Internal Organ Chi Massage - 1990

Awaken Healing Light of the Tao - 1993

The Inner Structure of Tai Chi co-authored with Juan Li - 1996

Multi-Orgasmic Man co-authored with Douglas Abrams 1996 - published by Harper/Collins

Tao Yin - 1999

Chi Nei Tsang II - 2000

Multi-Orgasmic Couple co-authored with Douglas Abrams 2000 - published by Harper/Collins

Cosmic Healing I - 2001

Cosmic Healing II co-authored with Dirk Oellibrandt - 2001

Also many of the books above are available in the following foreign languages:

Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Russian, Serbo-Croatian, Slovenian, Spanish, & Turkish editions are available from the Foreign Publishers listed in the Universal Tao Center Overview in the back of this book.

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Thanks to Juan Li for the use of his beautiful and visionary paintings, illustrating Taoist esoteric practices.

We offer our eternal gratitude to our parents and teachers for their many gifts to us. Remembering them brings joy and satisfaction to our continued efforts in presenting the Universal Tao System. For their gifts, we offer our eternal gratitude and love. As always, their contribution has been crucial in presenting the concepts and techniques of the Universal Tao.

We wish to thank the thousands of unknown men and women of the Chinese healing arts who developed many of the methods and ideas presented in this book. We offer our gratitude to Master Lao Kang Wen for sharing his healing techniques.

We wish to thank Colin Campbell for his editorial work and writing contributions on the first printing of this book, as well as his ideas for the cover. We appreciate his research and great labor. We wish to thank Matt Gluck for his editorial contributions on the revised edition of this book, as well as thanking our instructors, Dennis Huntington and Annette Derksen, for their insightful contributions to the revised version. We thank Dirk Oellibrandt for his technical editing and clear writing throughout the book.

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Words of Caution

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone, does so entirely at his or her own risk.

The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training.

Neither the Universal Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

This book does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Chinese Medicine and Chi Kung emphasizes balancing and strengthening the body so that it can heal itself. The meditations, internal exercises and martial arts of the Universal Tao are basic approaches to this end. Follow the instructions for each exercise carefully and do not neglect the foundations, i.e, the Microcosmic Orbit and any other supplemental exercises. Also pay special attention to the warnings and suggestions. People who have high blood pressure, heart disease or a generally weak condition should proceed cautiously, having prior consent from a qualified medical practitioner. People with venereal disease should not attempt any practices involving sexual energy until they are free of the condition.

The Universal Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.

Chapter I

Cosmic Healing

Cosmic Healing Chi Kung in the Universal Tao System

Cosmic Healing Chi Kung is an important branch of the Universal Tao, an entire system of Taoist practices for cultivating the body, the Chi and the spirit. Your level of skill in Cosmic Healing Chi Kung will be based upon your mastery of the Universal Tao System as a whole. One of the most important parts of the Taoist practices is working with the energy moving within the body.

Foundation of the Universal Tao System is the Microcosmic Orbit Meditation

This is the major practice to connect with the earth, cosmic and universal forces. This is the way to make a connection with the North Star and the Big Dipper's violet/red light which is one of the very powerful universal healing lights. Through this practice you learn to feel Chi and to use your mind/eye/heart power to guide the Chi flow through the primary energy routes in your body. This practice is later extended to include the arm and leg routes too; it is then called the Macrocosmic Orbit.

Many people, including Chi Kung Masters, come to me and say that they have been practicing Chi Kung for years and nothing is happening. They don't feel any energy and they think that they must be performing their Chi Kung incorrectly. I tell them that they also need to do meditation. Hand movements are nothing by themselves. There are hundreds of different Chi Kung forms in China. You could spend seventy lifetimes just learning the hand movements. The practice of the Microcosmic Orbit meditation will help you to feel the Chi more easily inside, outside or around the body and in the extremities of the hands and feet.

When I was a child I liked to practice Chi Kung so much I had to save my lunch money to learn. After many years of practice of many Chi Kung forms, I started to forget the first form, so I learned it again. One day when I tried to practice and review all the forms that I had learned, I couldn't remember many of them. I sat down and thought, "I only have two hands, two legs and one head. Why are there so many forms? And why are there are so many religions and beliefs." I said to myself that there must be one main thing that they have in common. I started to search and I found out that the most important thing is feeling the Chi within us. Being able to increase, transform, take in and stay in touch with the universal, the cosmic, nature and the earth force. Letting

them all combine within us is what is important. Likewise in religion there is God (a Force in Taoism we call Wu Chi, the nothingness, the supreme power controlling the universe); with a good heart and virtue energy we can connect with this force.

The complete practice of the Microcosmic Orbit Meditation is fully described in the book "Awaken Healing Light of the Tao" by Mantak Chia.

Cosmic Inner Smile and the Six Healing Sounds

These are very important practices to make the connection among the organs, the colors and the good virtue energy; each organ color will enhance your connection to the cosmic and the Universal Healing power.

Fig. 1.1 Red for the Heart
White for the Lungs
Yellow for the Spleen
Blue for the Kidneys
Green for the Liver.



Each organ has its own vital color and when abundant it will radiate out as an aura for healing and protection. These organ colors and their associated universal connections have great healing power. The power of the 'Six Healing Sounds' will help enhance the connection to the cosmic source. Each sound will foster different healing energy. The practices also help balance, refine and transform the negative energy back to positive energy.

Iron Shirt Chi Kung and Bone Breathing

Iron Shirt Chi Kung and Bone Breathing are a system of standing meditations. These exercises help you to become grounded and to root your connection into the earth force, in order to build a good structure and absorb greater force. In turn, this will help draw in the heavenly force, which will combine with the very potent healing power of the earth's yellow light. The practice also strengthens the body so you can hold a higher energetic charge. These abilities are essential prerequisites for handling greater amounts of energy.

Iron Shirt Chi Kung also includes the art of 'Changing the Sinews and Washing the Marrow'. Through these aspects of Iron Shirt, you learn to absorb, store and discharge large amounts of energy through the tendons and bones. *These practices are outlined in detail in the books "Iron Shirt Chi Kung" by Mantak Chia and "Bone Marrow Nei Kung" by Mantak Chia.*

To attain skill in Cosmic Chi Kung, it will help if you practice Iron Shirt, Bone Marrow and meditation as a minimum requirement. Beyond the basic level, the Universal Tao System includes many other intermediate and advanced level Chi Kung practices and meditations. The further one advances, the greater one's mastery of Chi.

Your increasing level of skill in the Universal Tao system will reflect immediately in your Cosmic Healing Chi Kung practice. Furthermore, you will discover that you can incorporate many of your Universal Tao practices directly into your practice of Cosmic Chi Kung. We will give you a simple combined practice of the Cosmic Healing Chi Kung, the Inner Smile, Microcosmic Orbit, Iron Shirt and the Sexual practices.

Stages of Mastering Chi

1. In the Universal Tao system, our *first* goal is to learn to conserve our Chi; when a battery is totally drained it is harder to charge; money makes money, Chi makes Chi. Conservation of Chi will help gain more Chi. To have more Chi we first need to maintain control of the gates through which energy normally leaks out and unwittingly drains our life force.

We leak energy: - through our reproductive system
 - through negative emotions
 - through constantly turning our senses outward

Without knowing how to conserve the Chi that we already have, what is the point of acquiring more?

2. We learn to balance our Chi; that is, we seek to keep a smooth and balanced flow of energy moving throughout the whole body. If our energy is imbalanced, we may have too much energy in some places and not enough in others; we may also be too yang or too yin. We may have excess or deficient heat, cold, damp or dryness. This imbalanced energy tends to make us go to extremes.
3. We learn to transform our Chi into more beneficial energies. For example, through the Taoist Sexual Chi Kung practices taught in the Universal Tao (the course known as Healing Love through the Tao), we can transform sexual energy back into basic life force Chi. Through other practices (such as the Inner Smile, the Six Healing Sounds, and Fusion of the Five Elements) we learn to transform negative emotional Chi into positive virtuous Chi. Thus Chi is not only the foundation of our health; it is also the basis of spiritual development in the Tao.
4. Once we have accomplished the three previous phases of mastering Chi, we then learn to increase it. Chi pervades all of heaven, earth and nature. In Cosmic Healing

Chi Kung we learn time tested ways to tap into these unlimited and transpersonal reservoirs of Chi and greatly expand the amount of energy available to us. It is very important to master first the stages of conservation, balance and transformation before we emphasize increasing our Chi. Otherwise we may waste the energy we bring in, or we may inadvertently amplify the imbalanced or negative energies that we have not yet learned to bring under control.

5. Finally, we learn to extend our mind to tap into the vast Chi of nature, cosmic and the universe, to heal our body, mind and spirit and to heal other people. Cosmic Healing Chi Kung practice sensitizes your hands to the feeling and movement of Chi; it uses the mind-eye power to absorb cosmic Chi into the palm and crown and to send it out through the hands and beyond, so that you can help restore balance in others without touching them or draining yourself.

This may sound fantastic at first, yet recent researchers in Chinese Chi Kung hospitals have not only measured the energies emitted by Chi Kung masters; they have also discovered that different varieties and frequencies of healing Chi can be emitted. This research has been corroborated by experiments in the United States at such places as the Menninger Institute.

Four Sections of Cosmic Healing

The next step is to learn the four sections of the Cosmic Healing Chi Kung, the 'Empty Force' sequence. Each of the four sections of Cosmic Healing Chi Kung develops a different type of energy mastery. Each section begins and ends in the same way, yet has different movements in the middle.

Connecting to Heaven and Earth

The first section of Cosmic Healing Chi Kung emphasizes connecting to the external Chi emanating from heaven and earth. This ability is very beneficial for self-healing and is essential for healing others. If you do not connect to some source of external energy when healing others, you will draw upon your own personal reservoirs. Our personal Chi is limited by nature, and can easily become depleted if we give it away too freely.

Over the past decade external Chi healing has become very popular in China. There are now hundreds of Chi Kung hospitals and clinics throughout the country. Yet many of the Chi Kung therapists can only administer two or three treatments a day; they spend the rest of their day practicing Chi Kung to replenish their own Chi. Those who practice the more traditional Chi Kung know how to connect to the Chi of heaven, earth and nature.

In this first section, you will learn to sense the energies outside your body. You will then learn to draw and absorb these energies into your body and process them in order to use them for self-healing and healing others.

Opening the Bridge and Regulator Channels and Extending your Chi Outwards

The second section opens and strengthens four of the Eight Extraordinary Channels: the Yin and Yang Bridge and Regulator Channels. This section also teaches the student to extend and take in the cosmic Chi and emit Chi out of the body for healing others. This ability is the heart of Cosmic Healing Chi Kung practice.

Opening and Energizing the Governor and Functional Channels

The third section enhances the energy in the points along the two channels used in the Microcosmic Orbit. Opening the Microcosmic Orbit strengthens and balances one's own energy, and prepares one to heal others. Practicing this section will be of great help with the Microcosmic Orbit Meditation.

Activating One Finger Art and the Chi Belt

The fourth section of Cosmic Healing Chi Kung activates the hands and you will practice emitting Chi from each of your fingers and opening the "Chi Belt." This channel is also known as the Belt Route or Girdle Vessel.

Chapter II

Preparing for Cosmic Chi Kung

Preparatory Practices

In the Universal Tao, we teach Cosmic Healing Chi Kung within an entire system of exercise and meditation. As a part of this system, Cosmic Healing Chi Kung comprises the art of healing oneself and others. It focuses on energy work for projecting Chi to effect these healings. One can easily learn the simple movements of Cosmic Healing Chi Kung without doing any other Universal Tao practices, but if one truly wishes to master the art of Cosmic Healing Chi Kung, it is important to have a firm foundation in the basic Universal Tao practices. Therefore in this chapter we will introduce you to the basic Universal Tao practices that are used in conjunction with Cosmic Chi Kung.

The preparatory practice consists of a few parts; work through each part at your own pace and eventually join them together as a whole.

Always start with "warming the stove" at the abdomen and direct the fire down to the sexual center to transform the sexual energy. Next practice the Cosmic Inner Smile. The Cosmic Inner Smile is a powerful relaxation and self-healing technique that uses the energy of love, happiness, kindness and gentleness as a language to communicate with the internal organs of the body. Each organ corresponds to a specific element and color. For example, the kidneys will consist of the element of water and the color blue. The heart will consist of the element of fire and the color red. This makes it very easy to guide the healing power into each organ by using the appropriate color. The practice also aids the transformation of negative emotions into positive virtuous energy. This transformation is a very powerful Chi Kung practice. A genuine smile transforms negative energy into loving energy that has the power to relax, balance and heal. By learning to smile inwardly to the organs and glands, your whole body will feel loved and appreciated and enjoy more Chi. After the Inner Smile, practice Bone Breathing, Marrow Washing, Cosmic Healing and the Microcosmic Orbit.

Warm Up the Stove

1. Sit on the edge of a chair with your hands clasped together and your eyes closed.
2. Start by doing the "bellows breathing", moving your abdomen in and out quickly. Emphasize the exhalation by breathing out forcefully 18 to 36 times. Rest, cover your navel and feel nice and warm.
3. Next, do the "inner laughing" exercise; you feel the abdomen vibrate inside you. Practice

this for a few minutes, allowing the movement of your inner laughter to grow stronger. Then rest and use the mind and eye power to gather the Chi (now felt as a warmth behind the navel) into the Tan Tien. Picture a stove with burning fire behind your navel. Feel nice and warm.

Transform the Sexual Energy

Once you feel the Tan Tien is warm enough, smile down and bring the warm Chi down to the sexual organs; women bring the Chi down to the uterus, men bring the Chi down to the testicles. It may feel like the 'sun shining on the water'. The rays of the sun purify the water until it becomes rising steam. Keep smiling down to the sexual organs and feel the warm or fiery feeling from the navel area continue to flow down to the sexual organs; this transforms the sexual energy into Chi, and this Chi rises up the spine into the brain helping to activate the 'crown' and 'mideyebrow' energy centers.

Focus your awareness in the sacrum. At the very tip of the sacrum there is a hole in the coccyx. Breathe into this hole until you feel some activity there. This may be felt as tingling, numbness or pulsing. If you can really activate this point it will generate 'suction'. Be aware of the sacrum opening. Feel the suction force pulling through the hole in the tailbone (sacral hiatus); breathe into it until you feel it becomes activated. When the sacrum is activated you will feel the suction easily, as well as breathing in the cranium and mideyebrow. Keep on gently smiling and softly breathing into the Tan Tien and feel the suction in the abdomen. Focus 95 % of your awareness in the Tan Tien and 5 % in the sacrum, the crown and the mideyebrow. Be aware of the Tan Tien breathing and observe internally the pulsing and breathing in the sacrum, the mideyebrow and the crown. Do this 36 times.

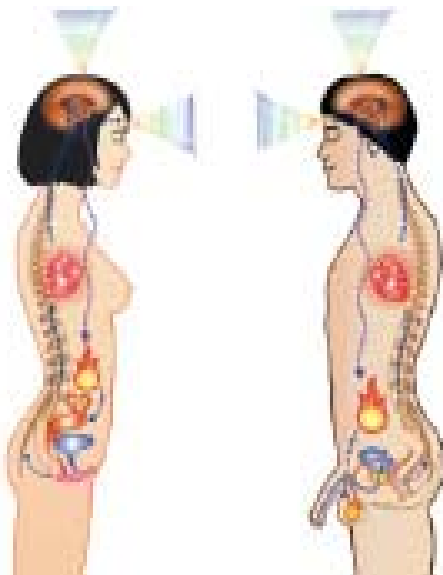


Fig. 2.1 *Smile down to the Lower Tan Tien.*

Filling the Joints with Chi

The bones have the ability to process Cosmic Chi (Chi above and around us) to be used by the body. The joints are also able to store Chi and they also serve as the cushion between the bones.

Be aware of your index fingers and thumbs; lightly raise the index fingers, feel a slight tension and open the thumbs to the sides and feel it magnify. Breathe into the finger tips, until you feel the sensation of Chi entering the fingers. The fingers will feel stiff as they stretch, to make way for the Chi entering the joints. Continue to breathe in the Chi - the stiffness will spread to the other fingers, wrists, elbows and shoulder joints making the whole arm tense and stiff. The fingers and the arms become one piece. Eventually the Chi will fill every joint of the body making it into a complete unit.

Be aware of the big toes; breathe into the toes and feel the toes grow longer. When the Chi fills the joints the big toes become tense and stiff. Gradually it will fill the other toes rising to the ankles, knees, hips, sacrum and spine; the feeling may be one of tension and stiffness, numbness or like an electrical charge. The legs and the spine become one piece. You will certainly feel good.

Bone Breathing and Marrow Washing

Bone Breathing is one of the main practices of Cosmic Healing Chi Kung. This is a method of drawing external Chi through the skin into the bones to help replenish the bone marrow, thereby reactivating the production of white blood cells. Sending Chi into the bones will enhance functioning of the immune system. This process also helps to clean out fat in the bone marrow ("Washing the Marrow"), one of the main causes of osteoporosis (brittleness of the bones). Tension in the muscles close to the bones is decreased so Chi and blood can flow into the bones easily, enabling them to become stronger.

The Bone Breathing process uses the mind and the eyes to absorb Chi into the bones. The better your Bone Breathing is the better your Cosmic Healing Chi Kung practice will be. Mind and eyes are also used immediately after the exercise to gather the energy at the navel. Once you have it, when you move your hand, the energy will follow easily. You will be able to absorb external Chi effortlessly, so you will not need to use your own energy in your healing work.

Bone Breathing

There are several variations in the Bone Breathing and Marrow Washing process. Here we will introduce you to the first type of Bone Breathing, inhaling and exhaling Chi

through the skin and packing it into the bones. In this method, you imagine that your bones are like hollow tubes, and that you breathe and suck the Chi into the bones.

Bone Breathing is practiced in a three-stage process. **Let your breathing follow a normal pace. Do not strain or hold your breath too long.**



Fig. 2.2 Bone Breathing through the Fingers

1. You can do this practice in the sitting position or in the Embracing the Tree posture (or any other Iron Shirt Chi Kung posture). You will use your mind and eye power to breathe in a short breath and at the same time feel suction. Suck the Chi of the atmosphere into your hands, eventually expand to the universe and breathe in a few more times. Use a combination of 'mind/eyes/heart' power (Yi), to suck the Chi from the atmosphere into your hands, while taking small sips of breath. Once you can clearly feel the increase of Chi 'pressure' in your hands, you extend the feeling throughout your arms. The whole skin surface of the arms breathes in the Chi, feeling the skin holding this pressure.
2. Inhale one more deep breath and lightly contract the arm muscles to squeeze the Chi into the bones. Hold for a while to condense the Chi into the marrow of your bones. Exhale and at the same time feel a distinct heaviness in the bones, meaning that the Chi has been condensed and packed into the bones successfully. Eventually you will use more mental power (mind/eyes/heart power) and less muscle, using soft breathing, to draw the force into the bones. Do 6 to 9 times; rest and feel the Chi that has been condensed into the bones.

3. Proceed in the same way, breathing in progressively through the bones of the fore-arms, upper arms, scapulae, collarbone, sternum and ribs. You may feel a different sensation as you breathe in each area; in some areas the feeling is cool, in others warm or tingling, depending on the bone structure and the quality of the marrow.
4. Inhale and exhale in the same way through the toes, feet and legs; then, in a step-by-step progression, inhale up through the calf bones, thighbones, pelvis, coccyx and sacrum, and up the spinal column to the C-7 vertebrae.
5. Finally breathe in through the arms and legs simultaneously. Combine their energy as it flows up past C-7 and up through the neck and skull. Breathe in this way for at least nine breaths. Conclude by collecting energy at the navel.

Marrow Washing

You can wash your bone marrow with earth force, heavenly force or with cosmic force. This energy helps to cleanse and rejuvenate the bone marrow.

Heavenly Force Marrow Washing with Violet Light

1. Men place the left palm on the top of the head, and cover it with the right palm. Be aware of your 'Personal Star' (star that appears in your mind's eye and is located above your crown), above. Slightly press the palms and spiral in the clockwise direction, spiralling from the front to the right ear, to the back and the left ear 9 times; rest and feel the increased Chi pressure in the crown. Do 3 sets.
2. Women place the right palm on the top of the head and cover it with the left palm. Be aware of your Personal Star above you. Press the palms lightly and spiral in a counterclockwise direction, spiralling from the front to the left ear, to the back and the right ear 9 times; rest and feel the increased Chi pressure in crown. Do 3 sets.
3. Face your palms towards Heaven and feel that you are scooping a galactic Chi ball from above. This Chi ball contains the North Star (Violet) and the Big Dipper (Red). See the dipper fill with violet/red energy. Imagine you reach out your arms to hold the dipper handle and pour the violet/red liquid over your crown. It will feel like there is a numbness descending. Your palms face down to your crown and pour the whole galaxy onto your crown. You may perceive this energy as violet amethyst and red light frequencies. Smile.
4. Guide this sensation down into your skull, deep into your brain, cervical vertebrae, sternum, thoracic vertebrae, lumbar vertebrae and down through your legs. Feel it penetrating and enlivening your bones, deep into the bone marrow, washing, cleansing, energizing. This 'liquid-like' Chi spills all the way down to your feet. Feel it connecting with the earth through the soles of your feet; be aware of the bubbling springs in the feet (the K1 points of the kidney meridian) breathing and pulsating.
5. Touch your navel with the fingers of both hands. Focus on the door of life, and let the fire activate in the Tan Tien and kidneys. Chi will rise up to the brain.

6. Move your hands down touching your femur bones; feel your hands penetrate into the bone and into the bone marrow. Feel like an electric shock or a tingling moving all the way down through the bones of the leg and down to the soles of your feet.
7. Slowly move your fingers down touching the bone and into bone marrow and extend yourself down past the earth to touch the galaxy on the other side. Raise your sacrum and picture yellow light coming up from the earth and the other side of the galaxy; focus on the Lower Tan Tien and feel it fill with Chi. Do this three times. Go back down to the squatting position.



Fig. 2.4 Galaxies Spiral Star and the Direction of Spiral

8. Place the palms face down to the earth and be aware of the galaxy and the yellow light; make three to six circles to gather the Chi below. Gather the yellow Chi; touch your heels and feel the yellow Chi flowing up the leg bones. Feel the bubbling of your bones like an electric current running up through the feet, tibia and fibula, femur, pelvis, and spine. While touching your bone and bone marrow with your fingers, slide your hands up along the back of your legs; slowly come all the way up to touch the coccyx and the sacrum. Concentrate on your sexual center so the energy will flow and spread out to the sexual organs. Go back to the navel and gather the Chi into your Tan Tien.



Fig. 2.5 Hands circle to gather Earth Chi.

Microcosmic Orbit

The Microcosmic Orbit Meditation awakens, circulates and directs Chi through the 'Governing Channel', which ascends from the base of the spine up to the head and the 'Functional' or 'Conception Channel', which runs from the tip of the tongue down the middle of the torso to the perineum. Dedicated practice of this ancient esoteric method eliminates stress and nervous tension, energizes the internal organs, restores health to damaged tissue and builds a strong sense of personal well being.

The Microcosmic Orbit is the foundation of Cosmic Healing Chi Kung practice. Each new practice is dependent upon the high quality of your meditations and your ability to perfect the Microcosmic Orbit. In order to master Cosmic Chi Kung, one must practice meditation daily. The meditations in the Microcosmic Orbit also strengthen the 'Original Chi' and teach you the basics of circulating Chi. They allow the palms, the soles of the feet, the mideyebrow point and the crown to open. These specific locations are the major points where energy can be absorbed, condensed and transformed into fresh new life force.

1. Focus on the Lower Tan Tien (the area where the Original Chi is stored, between the navel, kidneys and sexual organs). Feel the pulsing in this area, observe whether this area feels tense or relaxed, cool or warm, expansive or contracting. Notice any sensations of Chi: tingling, heat, expansiveness, pulsing, electric or magnetic sensations. Allow these to grow and expand. Then let this energy flow out to the Navel Center.

2. Use your intention (mind-eye-heart power) to spiral in the navel point guiding and moving the Chi. Let the energy flow down to the sexual center (Ovarian or Sperm Palace).
3. Move the energy from the sexual center to the perineum and down to the soles of the feet.
4. Draw the energy up from the soles to the perineum and to the sacrum.
5. Draw the energy up from the sacrum to the Door of Life (the point in the spine opposite the navel).
6. Draw the energy up to the mid-spine point (the T-11 vertebrae).
7. Draw the energy up to the base of the skull (Jade Pillow).
8. Draw the energy up to the crown.
9. Move the energy down from the crown to the mideyebrow point.
10. Touch the tip of your tongue to your upper palate, press and release a few times; then lightly touch the palate, sensing the electric or tingling feeling in the tip of the tongue. Move the energy down from the mideyebrow to where the tip of your tongue and palate meet.
11. Move the energy down from the palate through your tongue to the throat center.
12. Move the energy down from the throat to the heart center.
13. Bring the energy down from the heart to the solar plexus and feel a small sun shining out.
14. Bring the energy back down to the navel.
15. Continue to circulate your energy through this entire sequence of points, at least nine times. Once the pathways are open, you can let your energy flow continuously like a river of energy without needing to stop at each point.
16. Conclude when you wish by collecting energy at the navel.

Men: Cover your navel with both palms, left hand over right. Collect and mentally spiral the energy outward from the navel 36 times clockwise, and then inward 24 times counterclockwise.

Women: Cover your navel with both palms, right hand over left. Collect and mentally spiral the energy outward from the navel 36 times counterclockwise, and then inward 24 times clockwise. *For details of this practice see the book, "Awaken Healing Light", by Mantak Chia.*

Chapter III

Cosmic Chi Kung

Opening the Three Tan Tiens to the Six Directions

Introduction

Opening the Three Tan Tiens is a Chi Kung meditation that strengthens our connection to the universe, opening us up to the primordial force of the Cosmos and the energy within Nature. We are dynamically connected to the infinite. "As above, so below" is an echo of wisdom heard from sages and mystics throughout the ages. When we can connect to and absorb the energy that surrounds us, we are able to tap into the many splendors of the universe.

We exist because of the unique combination of the forces that are around and within us. The two main forces are electricity and magnetism. 'Bio-electro magnetism' is the western term for life force, and what the Tao refers to as Chi. For the last 5000 years, the Taoists have utilized this bio-electro-magnetic energy to enhance their way of life and establish a relationship with the universe. Bio signifies life, electro refers to the universal energies (yang) of the stars and planets and the magnetic force refers to the earth force (yin) or gravitational force present on all planets and stars. As we align ourselves with these forces, we become a conduit through which we can absorb and digest these energies through the body, mind and spirit establishing a direct connection with the universe. The Taoists recognized this connection and created the Chi Kung form of 'Opening the Three Tan Tiens to the Six Directions' to enhance our relationship to and our understanding of this connection.

Humans normally access bio-electro-magnetic energy through food and air. Plants take the universal energies of the sun and the magnetic energies of the earth and digest and transform them, thereby making these energies available to all living beings. Taoists believe that the food sources with the purest form of energy are the green leafy vegetables. These have taken sunlight directly into their cells. Rather than waiting until the energy in the universe is processed through plants, the Taoist goes directly to the source of this primordial energy. Through Chi Kung and meditation, the Taoists direct the energy of the universe precisely. Opening the Three Tan Tiens is a meditational Chi Kung exercise that focuses on how to directly tap into the source of energy all around us.

The Tao views human beings as lamps filled with fuel. Many people burn this fuel at very high intensity, without ever taking the time to replenish the oil in the lamp. Alcohol,

drugs, tobacco and promiscuity all quicken the depletion of this fuel. The Taoist exercises strive to continually refuel the energy within. The Taoist recognizes that we are limited in our nature as human beings, unless we connect the sources of energy within the universe, thereby becoming infinite. So, within the limitations of our human nature, we constantly fill ourselves with the unlimited abundance of energy around us.

Through their internal quest, the Taoists discovered a doorway to the universe. The more we open our internal energy, the more we are capable of connecting to the forces of energy around us.

Human beings have amazing potential and capabilities. We are unique creatures in the way we use our minds and hands. Look at the world around you, the skyscrapers, the architecture, computers, technology and the myriad creations of man. All have come about through the combination of the mind with the hands. In the Tao practice, we use the mind and the hands, in both Chi Kung and meditation, to connect to the forces of the universe. We use the mind to project a pattern of energy into the universe, to connect to the force, and to bring this energy back into the body.

The mind can travel millions of light years in a few moments. Taoists discovered the unlimited potential of the human mind. If you picture something in your mind; an ocean, a sunset or a mountain, you automatically connect with that image. The mind can take you anywhere you imagine. With the proper training you can connect to the energy of nature and the universe and project your Chi to combine with it, drawing these forces into the body. The hands are called the touching force, and like antennae they can transmit the frequencies and vibrations from space. With the mind and the hands, each of us can journey into the boundless energy of the universe.

Relaxation, Letting Go, Surrender and Ego

In some religions and spiritual paths, there is a great emphasis on surrender and letting go. This is actually a form of relaxation. Taoist practices emphasize relaxation, letting go, and emptiness. When a person is relaxed, the muscles are open, the breathing is soft, and the energy can flow through the channels of the body. There is no resistance and no fighting. This allows the creative and higher forces to flow into us.

Most religions have a similar process. To contact the higher self and the higher forces, one needs to let go and surrender in order to reach the level where one can be in contact and become one with the higher forces. Through the surrender of control, one opens up and touches the forces of nature. However, if you continue to surrender and let go, you will lose the energy you have sent out. In the long term, this will gradually drain you. The force will suck the energy out of you, rather than help you to bring the energy into yourself. To avoid this, at the moment that one is in touch with the higher forces, one again becomes aware of oneself and his or her own energy. One is then able to project his or her own thoughts, intentions and patterns into the force, integrating the outer with the doubling or tripling inner energies. You can bring this force back to your place, your house and into yourself.

One must remain open and empty while using one's intentions, mind and Chi to draw the energy into oneself. What might initially appear to be a paradox is reformed as one does the practice and learns how to be empty and open and to simultaneously retain enough consciousness to draw the force into oneself.

Mind, Organs and Sexual Organs

It seems that some people are disconnected from themselves and from their sexual organs. The mind and organs are therefore separate. Taoism believes that the mind, body and spirit must work together. The results depend on a person's practice.

Brain

The brain can access and generate the higher forces, but storing this energy in the brain itself is not easy. We need to train the brain to increase its ability and capacity to store energy. The brain energy, when increased to a certain level, can enable more synapses to grow, and can help turn protein into brain cells. The Tao believes that with training and practice, one can learn to grow more brain and nerve cells, as well as increase the number of synapses in the central nervous system.

Organs of the Body

The organs can also generate energy, but much less than the sexual organs and the brain. They also have a much greater capacity to store and transform energy.

Sexual Organs

The Tao discovered that the sexual organs are the only organs that can generate a significant amount of sexual energy (life force). However, the sexual organs cannot store the energy efficiently. When too much energy is generated, considerable amounts have to be dumped out. And this is the best energy that one has. It is the 'creative' energy.

Three Tan Tiens

The Three Tan Tiens can also store energy, transform it and supply it to the brain, spinal cord, sexual organs and other organs.

The aim of Taoist basic training is to integrate the brain, sexual organs and other organs into one system. If the brain generates too much energy, it can store the energy in the organs. The excess sexual energy can also be stored in the organs and the three Tan Tiens. If the brain generates too much of the higher forces and we are unable to store this energy, we have to throw it away. It is like preparing food for one hundred people, when only one person is eating. The rest gets thrown away. In the same way,

when too much sexual energy is produced and there is no place to store it, it is wasted. We do not have enough of this energy to be able to waste it. We have a limited amount of energy and of time.

Some practices just deal with the spirit and ignore the body and the sexual energy. These practices can generate a lot of energy, but when one is not connected to the organs, it cannot be stored anywhere. One will end up draining oneself. Some people practice sitting quietly, emptying the mind, with the whole body relaxed and calm, but very little energy is actually generated. When one gets deep into the practice, some people find it hard to come back to society, because they have no energy and their mind power does not work well. These people have to depend on others to support them.

In the Universal Tao, we are learning to create a sacred and holy temple within ourselves. With the simple practice of smiling to all the organs, we can integrate our bodies, minds and spirits. They are no longer separate. The sexual practice connects the mind with the sexual organs and the brain. The separation between these parts of ourselves is bridged and a synergy is created.

The Taoist practice provides us with the resources to extend beyond the realm of our senses. By tapping into our internal resources and channeling the energy around us, we can perceive much more than the senses normally report to the mind. We want to extend our perception from the limited perspective of the sociologically conditioned senses to the unlimited awareness of the universe. For example, our senses tell us that the earth is flat, that we are stationary, and that heaven is above us. In reality, the earth is a sphere hurtling through space at thousands of miles per hour and the heavens are above, below and beyond the earth in every direction. The goal of the Three Tan Tiens is to connect with the forces from the six directions - above, below, left, right, front and back - and draw all these forces into the body. Eventually, with practice one can draw upon many different energies and use them as needed, thereby giving form to the formless energy that is abundant in nature.

Opening the Three Tan Tiens

Opening the Three Tan Tiens to the Six Directions is just another one of the many resources the Taoist practitioner uses to connect with the universe. The practice combines the power of the mind with the extension of Chi. This combination allows our personal consciousness to directly connect to the patterns and matrices of energy in the universe. When we put our thoughts into the web of the universe, we transform the electromagnetic energy into a force that is accessible to us. The combination of mind power and energy is what allows us to establish a relationship to these creative forces and the high sources of energy.

Three Tan Tiens

Once we make the connection with the forces of energy in the universe, we then want to be able to store this energy in the body. Energy is like money, if you are making a million dollars a year and spend a million dollars, you have nothing left to use in the future. That is the way we live and use our energy in our society. We are spending more energy than we are saving and we are living on borrowed energy, paying very high interest. Our credit will run out very soon.

In the Tao practice, we store energy in the Three Tan Tiens. The Three Tan Tiens are the reservoirs of energy within us.



Fig. 3.1 The **Upper Tan Tien** is in the brain (the **Crystal Room**, third ventricle), and when it is full of energy, the capacity of the brain increases. We store our spiritual intelligence, the mind here. All the Tan Tiens have both yin and yang within them. In nature, the yin and yang are present in all things. Day (yang) turns into the sunset, which turns to night (yin). It is very important to feel the qualities of yin within yang and yang with yin (sunrise/sunset). One quality does not exist without the other. They are inseparable qualities of the same force.



Fig. 3.2 The **Heart Center Tan Tien**, between the two nipples, is the **Middle Tan Tien**. It is associated with the fire element. Yet, within fire there is always water. The original spirit (Shen) is stored here.



Fig. 3.3 The lower abdomen at the **Navel** is like an empty universe, or ocean. We want to feel a universe of energy in the **Lower Tan Tien**. Within this universe or ocean, there is a fire, like a volcano under the ocean; 'fire under water'.

The Three Tan Tiens refer to the three reservoirs of energy within the body. These reservoirs are places where we can store, transform and collect energy. The reservoirs are the source of energy that flows through the body. The meridians are rivers of energy fed by these reservoirs. The goal of Opening the Three Tan Tiens is to continually fill and replenish the energy of the Three Tan Tiens. When we are connected to the Tao, life ceases to be a struggle. Through the observation of nature, the Taoists learned to flow with the stream of energy and connect to forces in the universe.

In these practices, we use a variety of hand movements and body postures to open to the energy around us. We draw the energy from the six directions into the body, activate the three fires, open the Three Tan Tiens and circulate this energy in the Microcosmic Orbit.

Combined Practice

Warm - Up Exercises

Rotating the Sacrum

Rotating the sacrum is an excellent exercise to open the lower back and activate the spinal cord. Place one hand over the sacrum and the other over the pubic bone. Rotate the sacrum in a circle, 36 times in each direction. This movement activates the sacral pump.



Spinal Cord Breathing

Inhale and expand the chest, arms bent at the elbows and extended to the sides of the body. Exhale, tuck the tailbone under you and round the back, bringing the elbows toward one another in front of the chest. Smile. Inhale, expand the chest, tuck the chin in toward the throat, push the chin back and raise the crown and bring the arms out to the sides. Repeat this back and forth movement 36 times. This movement activates the cranial and sacral pumps, and loosens all the joints in the spine.

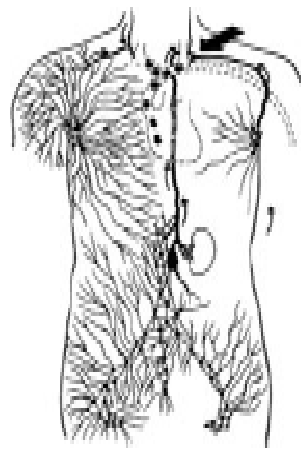
Shaking

Shake the whole body loose, especially the joints, by bouncing up and down on the heels. Let all the joints open and relax. Also, shake the testicles and the breasts loose. This will open the sexual energy (the yin electric) and you do this on back as well.

The yin and yang are the negative and positive electric forces in the universe. The heart produces impulses (the yang electric) and the adrenal glands produce the adrenal hormone to stimulate the heart to beat. Of all the hormones inside us, this is the one that gives the vital force to our life.



When we concentrate on the sexual organs, the heart and the mind, we can make the yin and the yang electricity combine.



Point of Lymphatic drainage into the Vena

Direction of Lymphatic flow

Fig. 3.4 Whole Body shaking and Lymphatic System

True Breath - Skin Breathing

We exist because of the physical food and the unique combination of forces that surround us. The daily requirement of calories is about 6,000 units, while we only get 2,000 calories from food. The other 4,000 calories come from the forces around, above and below us. These forces that surround us are electricity, magnetism, cosmic particle energy, light, sound and heat. If we don't know how to absorb and transform this cosmic food, we need to depend on others to supply us. We then need to ask a priest, monk or holy person to give us our daily spiritual food.

The Taoists discovered that we can learn to absorb these surrounding and universal energies through the skin and the major energy centers. Absorbing energy through the skin is called the True Breath. This powerful energetic technique requires the Inner Smile and relaxation. The more one can relax, the more the body and the skin can open to the energy around us. The practice allows one to extend the mind, to touch the force and to draw that energy back into the body.

Daily Practice: Opening, Connecting and Activating Chi Within and Cosmic Charging

Paradoxically, in order to project ourselves out into the immensity of the galaxies and the universe to gather limitless resources of Cosmic Chi for healing, we must take the first steps of the journey within ourselves. In order to 'go out', we must first 'go in'. The vehicle for this magical journey is powered by our ability to relax in mind and body. As we physically relax and let go of muscular and emotional tensions and joint and bone structures we gain access to the inner realms by turning on our very special subtle smile. It opens the pathways of the parasympathetic nervous system. This helps us to reduce the out flowing habits of our senses so that we can be more alert in sensing our inner universe.

This simple process of 'going in' enables us to develop our internal skills so as to safely 'go out' to the universe.

Practice

Relax and Let go - Smile to Connect with the Universe Within

Smile to mideyebrow, eyebrows, eyes, mouth, jaw, tongue, lips, cheeks, ears, shoulders, ribcage and brain. Let the relaxed sensations and the 'Observer Mind' (Upper Brain) sink down into the Lower Tan Tien.

1. Smile to the mideyebrow. Relax and let go. Smile to the eyebrows and let them grow long to the sides. Lower these relaxed sensations down to the Tan Tien.

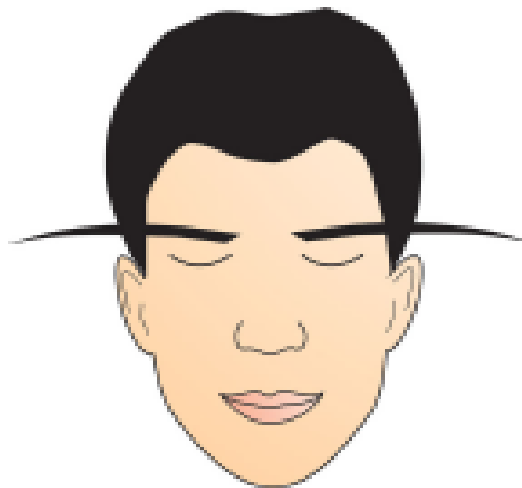


Fig. 3.5 Smile and Relax to the Mideyebrow and think of the eyebrows growing long.

2. Smile to the eyes: relax the eyes and feel how nice and cool they are. Let the eyes draw back in their sockets and start to sink down to the chest and gradually down to the abdomen, the home of your 'feeling and awareness mind'.

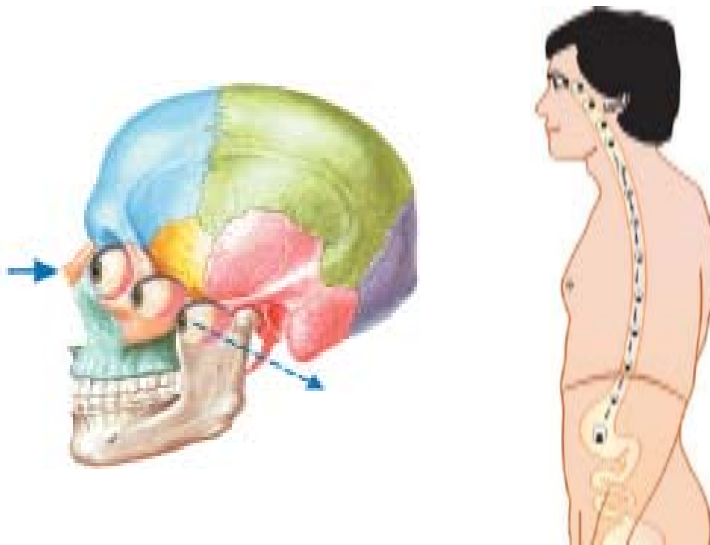


Fig. 3.6 Smile and relax the eyes, sink into the eye sockets and gradually feel the eyes dropping down into the Abdomen.

3. Relax the two broad muscles extending from the outer portions of the upper lips across the cheekbones, and lightly smile feeling their connection to the upper front of the ears. Gradually feel the ears growing 'long', up and down. Feel the ears grow all the way down and connect to the kidneys.

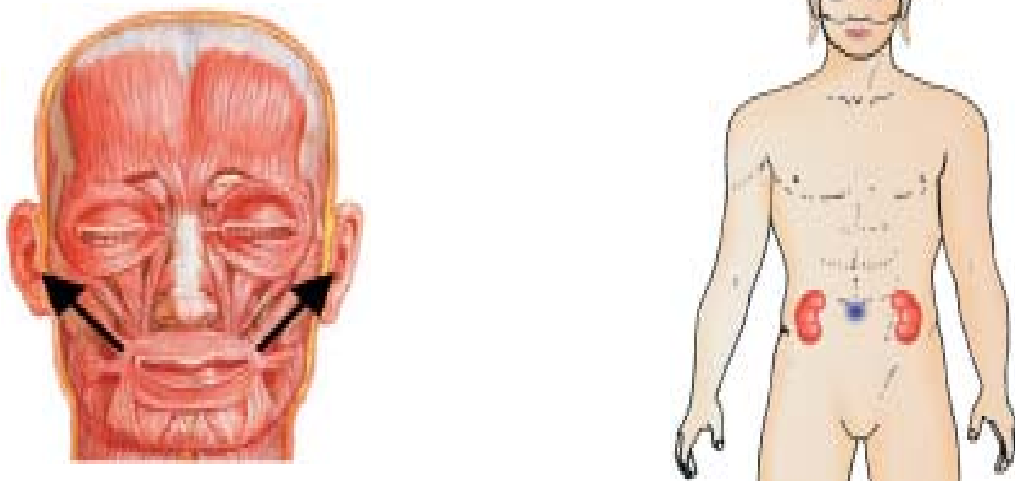


Fig. 3.7 Smile to the Ears and listen to the Kidneys.

4. Open your mouth and relax your jaw, separating the upper and lower teeth. Feel the jaw relax. Once the jaw relaxes the shoulders will relax and drop down. Continue to feel the jaw relax until you feel the saliva start to come out. Relax down to the rib cage. Feel the rib cage drop down, softening all the joints, relaxing down to the Lower Tan Tien. Let the tongue relax back in the mouth. Feel the tongue start to drop down into the throat to the chest and all the way down to the navel sinking the 'floating' sensation down to the Lower Tan Tien.
5. Smile to the shoulders and relax until you feel the shoulders drop and the rib cage relax.

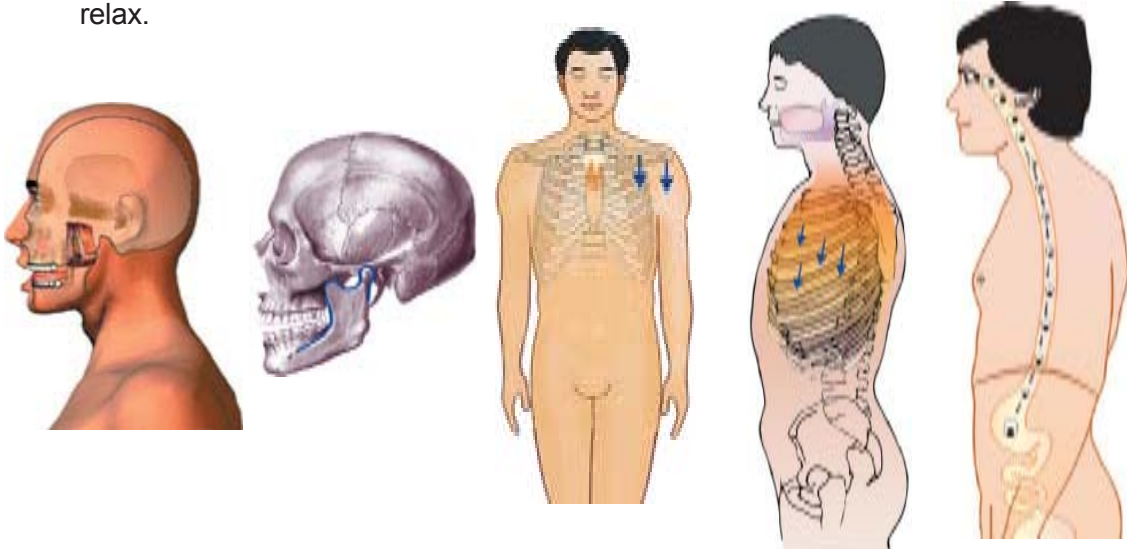


Fig. 3.8 Relax the Jaw; and the Shoulders and Tongue will relax down to Lower Tan Tien.

6. Lightly close the lips, but keep the teeth slightly separated. Physically begin a child-like smile with the corners of the mouth gently uplifted and the outer edges of the eyes softly crinkled up. Breathe through your nose.
7. Smile into the brain and empty the upper (observing) mind down to the Tan Tien.
8. Become aware of your inner universe as a big empty space. Keep on sinking – sinking down, into the darkness of your empty space. Keep sinking and experience the vastness until you get closer and closer to the center, the 'original force.' Stay relaxed and alert so as to be able to see one dot of light. It becomes a galaxy spiraling inside you.

Do the above practice several times until you become familiar and comfortable with it.

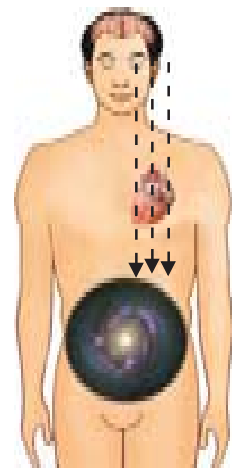


Fig. 3.9 Bring the Senses down to the Tan Tien.

Tan Tien Consciousness: Second Brain

Already terms have been used like ‘upper mind’, ‘feeling and awareness mind’ in the abdomen and lower ‘Tan Tien’. In the next phase of practice, the ‘conscious mind of the heart’ is introduced. For those readers who have not been updated on the scientific and medical revelations of the recent era about a ‘second’ and ‘third’ brain, we offer the following information.

Along with this, there is the long-standing Taoist practice of cultivating and training consciousness in the Three Tan Tiens, especially the Lower Tan Tien. There is my own experience in participating in brain wave measurements and ‘brain energy potential’ research in recent years. The combination of all these areas of knowledge and experience in our time, makes Cosmic Healing practices accessible for our minds while also being very ‘down to earth.’ Now let’s talk about the Lower Tan Tien.

In addition to its importance as the control center for the mechanics of the physical structure of the body, the Lower Tan Tien also houses a treasure of even more far-reaching significance. It has been a well-kept secret in the western world, as well as in most of the rest of the world: our Second Brain. Most of us who have had Taoist training in Chi Kung, Tai Chi, various Chi meditations or healing practices have often heard the reminder, ‘Be aware of your Tan Tien.’ But, do most people really ‘get’ the meaning of the injunction to always be conscious of the Tan Tien? Probably not. Further, do we use our Second Brain as much as we can? Definitely not.

In western terms, do we actually understand “Be aware of your Tan Tien” as being a way to train consciousness and awareness, like educating a brain in the abdominal area, in our Tan Tien? Probably not. Throughout the world, there are institutions to train the brain in the head. That is good. But, what about training the ‘second brain’ in the abdominal area? I didn’t think of it exactly like that in western terms, either, even though that is exactly what I have been doing all of my life in my Taoist training and teaching.

Personal Revelation

Suddenly I came to understand a few things which are so simple and so important, and that’s what I am going to share with you. It started in 1994 in Los Angeles when a clinical psychologist there, Dr. Rhonda Jessum, wanted to start testing me. I agreed to do the testing, but the machines at that time didn’t tell me much. However, it was discovered that when I did the Inner Smile meditation, my brain waves went down dramatically – but at the same time, my ‘beta’ waves increased to a very high level. That means the waves showed that I could be driving a car, but that my brain should have been resting and sleeping. So the researchers said, “Hey, how did you do that?” I didn’t understand either – because it was not clear to me either.

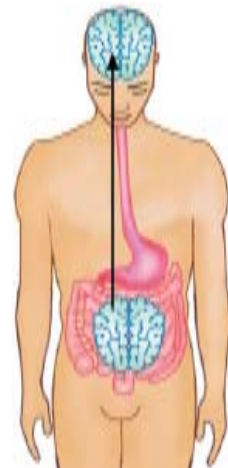


Fig. 3.10 *First and Second Brains are linked.*



Fig. 3.11 Second Brain

After that, I was invited to start testing in Europe by the Institute for Applied Biocybernetics and Feedback Research. My name is becoming known there because I teach in Europe a lot. One of the biggest institutes for training top athletes in Europe is in Vienna. They developed an instrument that can measure the brain's potential energy, which represents all the energy in the body. The doctors also said that this proves to the west that Chi exists, there is energy and a life force running in the body. That instrument picks it up in the brain and indicates how much potential brain energy you have. It also determines how much energy you have for the whole day and how much of that energy is for mental clarity and body power. They use these instruments to measure the athletes.

The study measures brainwave frequencies during four practices.

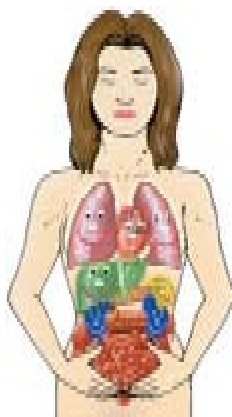


Fig. 3.12
Cosmic Inner Smile

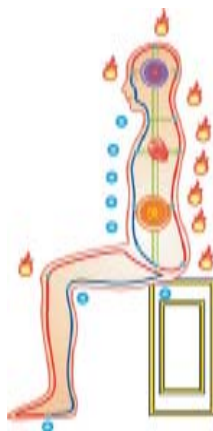


Fig. 3.13
Cosmic Orbit



Fig. 3.14
Six Healing Sounds



Fig 3.15
Orgasmic Upward Draw

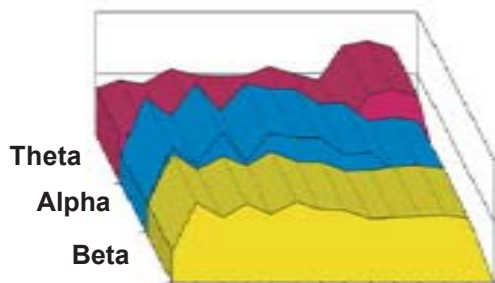


Fig. 3.16 *Alpha and Theta Waves increasing during the Cosmic Inner Smile Meditation.*



Fig. 3.17 *Ultraslow Brain potentials measurement while in Vienna.*

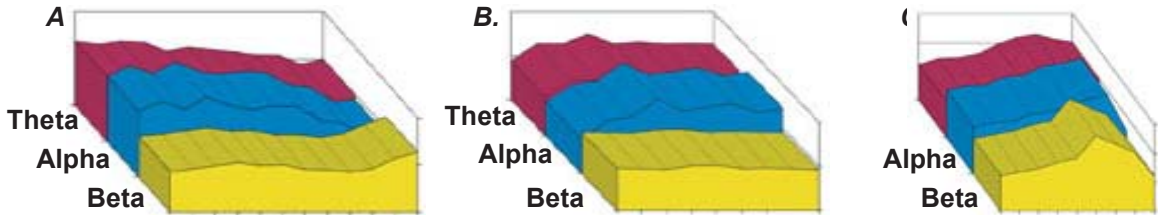


Fig. 3.18 **A.** Altering dominance of alpha and theta waves during the Cosmic Orbit Meditation. **B.** Cosmic Healing Sounds Meditation, results in increases in alpha and theta frequencies. There are minimal beta brainwaves; the brain reaches a state of stillness and internal focus. **C.** Orgasmic Upward Draw Meditation increases the levels of alpha and theta.

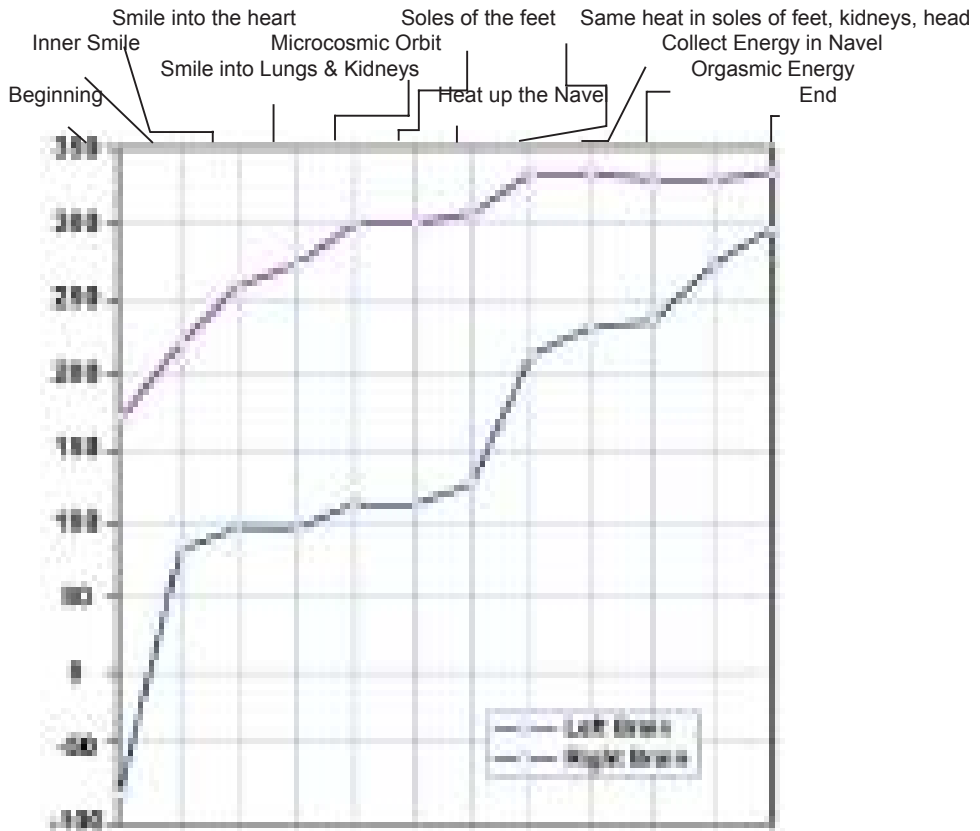


Fig. 3.19 Left and Right Brain Charts

It's interesting because the energy I have been describing in my teaching is exactly what they were measuring during their testing. So I went there and did the measurements with them. I just did the Inner Smile, smiling into my abdomen. They picked up these readings very quickly and said, "Your brain waves are going lower, lower and resting – and you are nearly in the sleeping state." At the same time, the muscle tension

was very low, the heartbeat was very low and the skin resistance was very low. After that, I surged the energy up to the brain and they started to see that the energy actually charged up there. When we are thinking, worrying or feeling anger, shame or guilt – the energy level in the brain actually decreases, and the brain doesn't get charged up. They were quite amazed, and said, "Hey, this is what we're looking for!"

They asked me what I was doing. I said, "I'm smiling to my abdomen." They kept on talking to me and asking me questions. They discovered that this brain (in the head) was not very active at all, meaning that there was not much activity in the brain. It was still in a very light resting state. But, how could I answer their questions? They said, "Hey, look! Master Chia is talking to us in his sleep. How can he talk to us in his sleep?"

After that, I said, "Oh, I understand now." Because, throughout the whole practice of the Tao is the injunction, 'train the second brain in order to use the second brain.' It took the westerners a long time to understand that. So, when the article about the 'Hidden Brain in the Gut' came out in The New York Times,¹ I started to understand that. You can be miserable; you can be happy; you can feel all kinds of feelings. But according to this article, they had also discovered that this brain in the gut, the enteric nervous system, can do a lot of functions. It says that this gut brain can send and receive impulses; it can record experience and respond to emotions. So, it is like a brain. In this article, they had only discovered that the large intestine and the small intestines have the same neurons as the brain cells. After that article, a new book, *The Second Brain*, was published.²

Now in medical science, I might add, they have begun to discover consciousness in the heart. They found that the heart can record a whole event, and it has its own brain. Dr. Paul Pearsall has written a new book, called *The Heart's Code*.³ They have found that people who have a heart transplant actually get the emotions of the donor. They actually experience whatever the donor experienced. One of the cases is that of a girl who was brutally killed, and they didn't know who killed her. But, the heart was OK; so, it was transplanted into another girl. After that, the girl started to get nightmares and described somebody killing her. Then she described how the killer looked. Finally, the mother took the girl to a psychiatrist, and he in turn contacted the police. The girl gave the police an exact description and a police artist drew a likeness of the killer. With the information provided by the girl, the police were able to go and arrest the man. Afterwards, when confronted with clear details of the crime, the man confessed that he was indeed guilty of this crime. So, from that experience, medical scientists and others came to realize that the heart can record all of an event and remember it.



Fig. 3.20 Heart's Code

- ¹ "Complex and Hidden Brain in the Gut Makes Stomachaches and Butterflies," The New York Times, section C1, Tuesday, January 23, 1996
- ² Gershon, Michael. *The Second Brain* (New York: Harper Collins Publishers Inc., 1998).
- ³ Pearsall, Paul, Ph.D. *The Heart's Code* (New York: Broadway Books, 1998)



The Lower Brain consumes less energy and can do a lot of daily work, like send and receive impulse records and experience and respond to emotions. When you lower down the Upper Mind, it will also lower the blood pressure and anxiety.

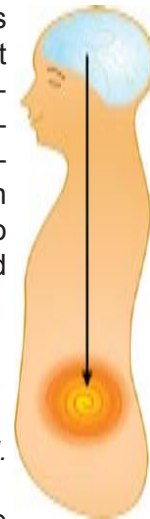


Fig. 3.21 Abdomen has its own Brain: the Awareness Mind.

On the second page of the Times' article, it says that even the large intestine is loaded with neurons. The question was posed, 'Can it learn?' But I say, "Hey, this goes back to 4,700 years of the Tao practice, which says: Train all the organs; train them how to do different things." You can rest the head brain when you're not using it – and use the brain in the gut. Why is it so important? Because the head brain is a 'monkey mind' riddled with doubt, shame, guilt and a suspicious mind. It is always thinking. Worrying, figuring things out things, head trips – it just keeps on, all the time. To be a God, you must let go of the past and empty the mind. Now we are in the information age; anything flits in – we think. Just one word flits in and we start an entire string of thought. When somebody says one bad word to you, you can think and figure it out for three days and three nights. 'How am I going to get revenge? How am I going to get revenge?'

Scientists have discovered that when people worry too much, thinking, planning, etc., this brain actually uses up a lot of energy. Depending on the type of person – some people are very physical types who use very little brain energy, but their physical body consumes a lot of energy. However, most people think and think and think. So the scientists give an approximation, by way of a percentage. This is just a number for comparison, not an exact number. They say that this brain in the head can use up to 80% of the body's energy. So, what happens is you have only 20% left for the organs.

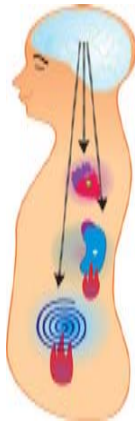


Fig. 3.22 Cross-section of the neurons in the Large Intestine.

According to the information about the brain in the gut, they have discovered that the brain in the head and the brain in the gut can do some similar jobs. For example, this brain in the gut is the emotional and the feeling brain. In the west you have the expres-

sions, 'I feel you from my gut' and 'I have a gut feeling about something.' Why do people mention a gut feeling? Obviously people have some feeling in their gut. It's very interesting that the whole Tao practice is feeling, awareness and consciousness – using this gut to feel, to be aware, and to be conscious.

You can rest, relax the brain in the head by using the 'brain in the gut.' This is the first step. The first thing we learn in the Tao is to forgive and let go. When we keep on remembering past negative emotions, we will stop seeing the truth. To let go of the past is to empty the mind and use the abdominal mind, the awareness and consciousness. Here's an interesting point in the way of the Tao: This gut brain can do a lot of simple functions that are similar to the functions of the brain in the head. This is a feeling and awareness type of functioning similar to many of our 'right brain' functions. However, we need to use the brain in the head in order to perform complex functions such as reasoning, making plans and making complex calculations. For rational functions, we need to use the brain in the head for the 'left brain' functions.



For our daily life of consciousness, awareness and feeling, we can use either the brain in the gut or the brain in the head. When we use the upper brain less, it will become charged with more energy and its power will be increased – and more power will be available to the body. That is why we say in Taoism, that we have to train the brain in the gut, so that we can use it when the brain in the head is resting. When the head brain is resting, it can be recharged: brain repair and maintenance occurs. Also, it can grow new brain cells. With more charging we have more power for creativity or whatever we want to use it for. If we like, we can use it to develop our higher spiritual nature.

Fig. 3.23 When you are not using the Upper Brain allow it to rest by sending it down to the Lower Tan Tien.

The simple thing is, that for the same job that the head brain or the gut brain can do, the head brain charges you eighty dollars. The gut brain only charges you twenty dollars. So, which one do you want to use? No, of course we are not that silly to use this overpriced person for the same work. But when we come to our own actual life, we don't know how to do it. We always use this mind, this high-priced brain. To add to this, we continue using it and using it, until the brain energy is completely consumed – no more energy. When you get to a certain level the brain is empty. These brain energy measurements are not only for indicating mental energy levels, they also represent energy conditions for the whole body and spiritual energy.

Whenever I smile down, the brain waves go lower and lower very quickly – and the transformed energy from the Tan Tien and organs charges up the brain in the head! Just by flexing the facial muscles into the mode we use with a genuine smile, we can produce the effects on the nervous system that normally goes with the natural sponta-

neous feeling. We can actually make ourselves relaxed and happy by taking advantage of this built-in human mechanism. It's natural. Just do it! Learning to smile down to the abdominal area and maintain the awareness of the relaxed, smiling sensation in the Tan Tien is the first step in training the *Second Brain!* Think about it: Pure awareness and consciousness can change attitudes and emotions carried in the DNA.

Remember: Number 1: "Empty your mind down to the Tan Tien, and fill the Tan Tien with Chi." An axiom in the Tao is, where the mind goes the Chi follows. And, Number 2: "When your mind is empty, it will be filled!" This means that when the organs have extra energy, the extra organ energy will rise up and fill the brain with Chi.

Fig. 3.24 When the mind is empty, transformed energy from all the organs can charge the brain with Chi.

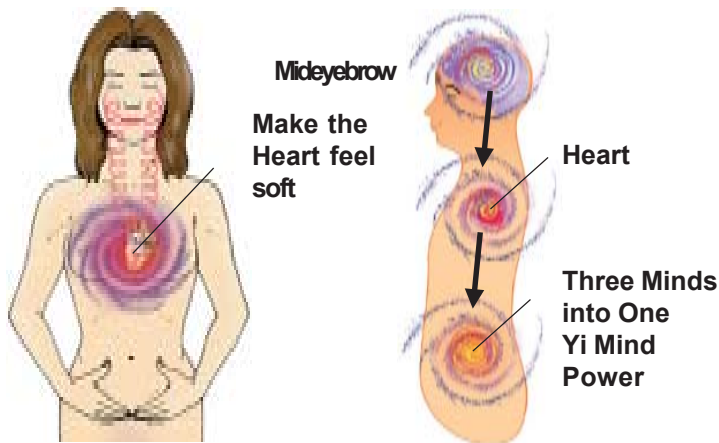


Practice

Three Minds into One: 'Yi' Power

Smile into your heart. Lower the Observation Mind, then the Heart Mind down to the Tan Tien. With the Feeling/Awareness Mind, Spiral the three minds into one.

1. Smile into your heart. Make it feel soft. Feel love. Feel joy. Feel happy and feel compassion in your heart. Feel the heart spiral.
2. Spiral in the upper mind. Lower your upper mind, the observation mind, down to the Tan Tien in your navel area.
3. Turn the consciousness in your heart, activated by your love and softness, down to your Tan Tien.
4. Combine the upper and middle minds with the energy of the feeling/awareness mind of the entire nervous system – the Second Brain in the abdomen. Merge the three minds into one mind by spiraling their energy, blending them together as one in the



Tan Tien.

When the three minds merge into one they become the 'Yi' power, the three-mind power – activate the spiraling at the mideyebrow, crown and the soles of your feet – expand to the universe in six directions: up, down, front, back, left and right. Once you get it, the Yi, we will start to activate the six directions and the three fires.

Fig. 3.25 A. The Heart softens like a rose blossoming.

B. Spiral the Upper Tan Tien **From** the Lowest Tan Tien and Three Mind 'Yi' Power.

Activating the Six Directions and the Three Fires

This powerful energetic technique allows one to extend the mind, to touch the force, and to draw that energy back into the body.

The Six Directions teaches you how to expand your mind and Chi for receiving healing power. By practicing the Six Directions daily you will increase your healing and cosmic power. Turn your mind and Chi into the cosmos, multiply them and draw them back.

Direction Below

When you achieve the three minds into one mind begin expanding into the Six Directions; press your hands down and start with the low direction. Picture yourself standing on the earth and you expand yourself very far away – deep down into the earth, very, very deep down into the earth. Your hands become very long; your feet become very long — they go all the way down into the earth and out past it into the galaxy below on the other side.

Push. When you push, connect with the galaxy below — pull and think about your Tan Tien filling with Chi. Push and pull. Push and pull. Fill your Tan Tien with Chi.



A.

B.

C.

Fig. 3.26 *A. Hands expand through the earth and to the galaxy below. B. Hands push forward and pull back. C. Smile to the primordial Chi from the universe back to the Lower Tan Tien and fill the Tan Tien with Chi.*

1. Stand, feet together. Put your hands down, parallel to the ground. Expand your hands very far away and your mind very far away smiling into the ground. Continue expanding your hands, feet and your mind very far away beyond the earth below. Go down through the galaxy, way beyond to the primordial force. It's just like you are extending all the way to the primordial force before 30 million years ago.
2. Push, moving the hands forward six inches only.
3. Pull, moving the hands back by the sides. Think about your Tan Tien – Chi coming to the primordial force in your Tan Tien. Smile to your Tan Tien, dark, deep and vast.
4. Push: touch the primordial force in the universe.



A.

B.

C.

Fig. 3.27 A. Be aware of the universe in front.

B. Expand your hands very big and long to the universe in front.

C. Hold the fire ball to activate the Tan Tien Fire.

5. Pull back to your Tan Tien the dark primordial forces with your hands.

Push and pull: It's just like you go to an empty space – vast. Then you come back to your Tan Tien – also empty, just like the primordial condition before anything existed. That is where all the forces come from. Push and pull 3 – 9 times.

Front Direction and Tan Tien Fire

Next, be aware of the front direction; a huge fireball appears in front of you.

Open your palms: scoop up the Chi, scoop up the fire. Bring the fire into your Tan Tien. Activate the Tan Tien Fire.

1. You start with a small dot of light inside you. Expand your awareness smiling to the universe in front of you.
2. Become aware of a big fireball in front of you. Feel your hand become bigger and longer. Scoop up the fireball. You may close your eyes to help your inner sensing.
3. Use the fireball to light the fire in your Tan Tien. Feel the fire burning in the darkness, the 'fire burning under the sea.'



Fig. 3.28 Smile to the Burning Fire.

Back Direction and Kidney Fire

Be aware of the back of the Tan Tien, the Door of Life and the back or rear direction. Extend your mind very far away to the 'back'. Scoop up the fire and light up your 'Kidney Fire'.



Fig. 3.29 Be aware of the back direction, move the arms toward the back of the universe and scoop up the universal fire.

1. Expand your awareness all the way to the back. Move the arms toward the universe behind you.
2. Touch the universe; scoop up the fire. Activate the Kidney Fire. Maintain your awareness in the Tan Tien and expand smiling out to the universe. The energetic spiral glows in the Tan Tien. Spiral in the heart, spiral in your crown and spiral in the universe.

Heart Fire

Raise your hands up under your armpits, and feel yourself holding the two fireballs. Touch the heart by extending the fingers energetically in from the sides; feel your hands extending into your heart and very far away. Activate the Heart Fire.



Fig. 3.30 Activate the Heart Fire.

1. Move your hands up under your armpits and extend your fingers deep into your heart and very far away.
2. Tan Tien and the Universe: you are connecting to the 'charger,' charging more fire into yourself.
3. Feel your heart soft in the center as you smile down. Feel the warmth of the fire energy of love, joy and happiness in the heart.
4. You feel the connection with the unconditional love in the universe as you keep your heart consciousness in your Tan Tien and extend your awareness out to the universe.

Sacred Fire (*Chi Fire*)

Connect the Three Fires to combine into one Fire: *Heart to Kidneys to Navel to Heart.*



Fig. 3.31 Connect the Three Fires and Sacred Fire.

1. Move your hands together in front of your heart. Hold your hands together in front near the heart and feel the fire burning in there. Connect the Heart Fire to the Kidney Fire, the Kidney Fire to the Tan Tien Fire and back up to your heart; connecting them as one triangular Sacred Fire, circulating the Chi at 1,000 revolutions per minute, 10,000 R.P.M, 30,000 R.P.M and 60,000 R.P.M, doubling or tripling their collective power.

Open the Third Eye

Now, extend your hands out to the front, very far away – pushing, pushing, pushing. Push. Turn your palms inward, and extend your middle fingers inward toward your third eye. Picture a crack in the middle of your forehead, and pull the crack open. Feel the light from the heavens opening it and feel the light from the heavens shining into your brain.

1. Open your palms. Open your eyes, dimming the eyes. Look to the universe. Extend your hands to the front, palms vertical. Extend the arms from the scapulas. Smile and touch the universe.
2. Turn your palms inward and extend your middle fingers inward toward your third eye.

3. Picture a crack in the middle of your forehead and let the heavenly light shine into the brain; pull the crack open and let the light reflect into the organs.
4. Close the third eye. Again, open. Pull: open-close-open. And, close. With the third eye open, the light from the heavens shines into your brain and reflects down to all your organs. Open and close the third eye 3 - 9 times.



Fig. 3.32 Look as you smile into the Universe in front of you.



A.

B.

Fig. 3.33 A. The Middle of the Finger hooks into the third eye and reflects down into the Organs. B. Pull open the Third Eye; let heaven open and shine its light into the Brain.

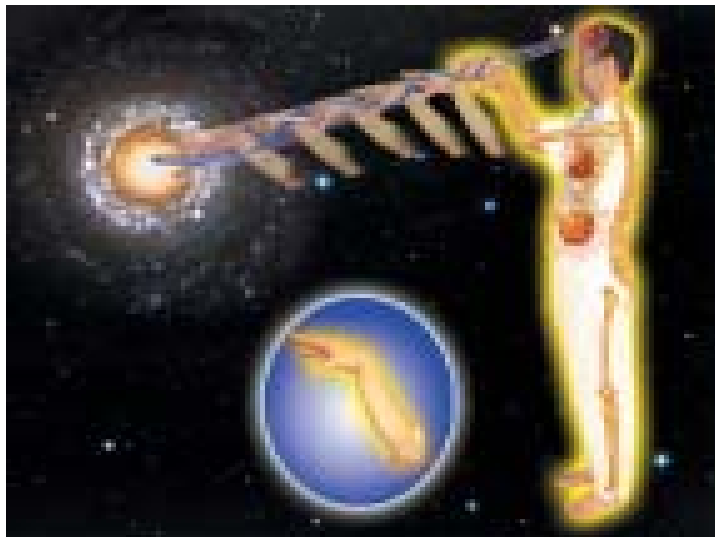
Front Direction: Push/Pull Master Practice

Now, turn your palms, pushing out. Push. Pull. This is the master practice that is imperative for successful completion. When you first start practicing you should do it at least one hundred times and increase up to 200 times. Push and pull. When you push, you feel your hands extended very far away – very long – reach the sky. Touch the universe.



1. Push: Extend your arms and hands to the front, palms vertical. Extend the arms from the scapulas.
Expand: smiling, smiling, touching the universe – touching the force, touching the Cosmic Chi.

Fig. 3.34
*Master practice:
Touch the Universe.*



2. Pull: Draw the Chi back to you from the universe. Moving the arms from the scapulas, draw the hands toward your body in a horizontal position, drawing the Chi into the body.

Fig. 3.35 *'Drawing' Universal
Chi - feel your Tan Tien
and fill it with Chi.*

Pull. Think and smile to your Tan Tien. Push, very far away to the universe.
Pull. Push: Smile, relax, and let go, touching the sky, touching the universe.



Fig. 3.36
Let go - Push and Touch the Universe, do it 6, 9 or 18 times.

Left and Right Directions

Now, move your hands to the left and right directions. Pull the Universal energy in. Push; touch the universe. Pull; think about your Tan Tien. Push – all the way, touching-touching-touching the universe.



1. Move your extended hands from the front horizon to the left and right sides.

Fig. 3.37 *Touch the Universe Left and Right.*

2. Pull Tan Tien: Smile to your Tan Tien. Keep smiling to your Tan Tien.
3. Push to both sides. Expand all the way, smiling and touching the universe.

Push/Pull: touching, touching the universe drawing the Chi smile energy into you from both sides.

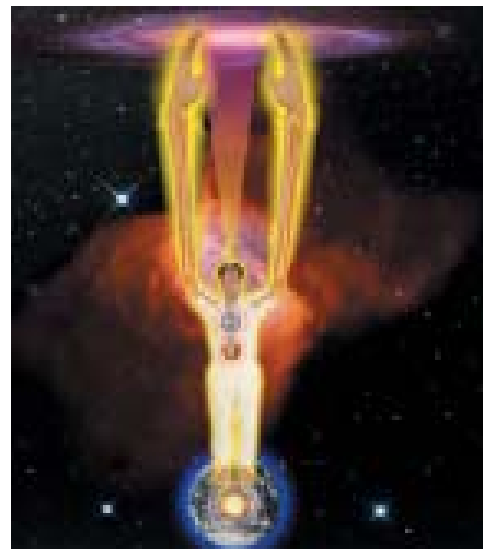
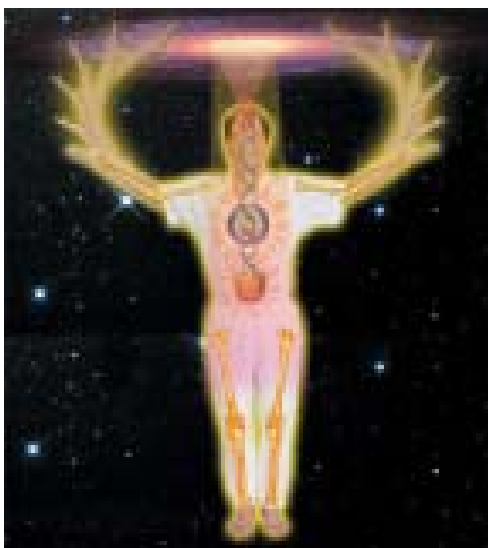
Do 3-6 times.



Fig. 3.38 Pull: Just feel about your Tan Tien.

Direction Above

Turn your palms up to the universe. Scoop up the Chi. Pour the Chi over your crown, and touch your crown. Project the Chi all the way down to the perineum and down through the earth to the universe below. Tan Tien and universe; always feel your Tan Tien spiraling, heart spiraling, crown spiraling and the universe around you spiraling.



*Fig. 3.39 A. Raise the hands above the crown and feel it extend up to heaven.
B. Feel that the hands are big and long and that the bones are hollow.
Fill and pack the bones with Chi.*

Raise your hands up to the universe and expand your hands as big as the universe - feel the Chi charge into your bones.

Scoop and gather the energy turning the body three times to the left and three times the right drawing the smiling energy.

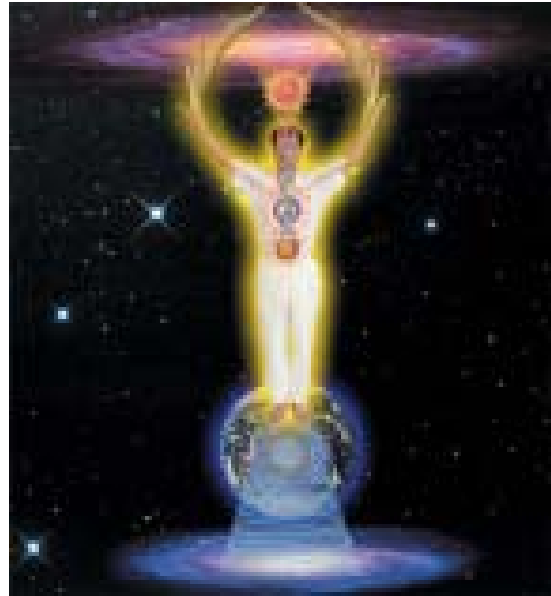
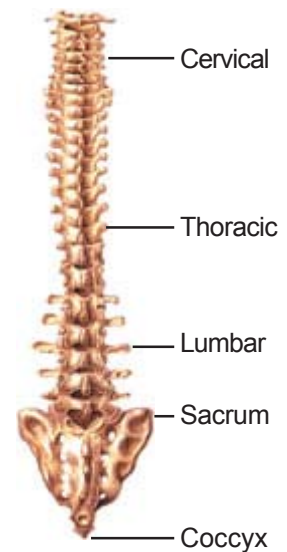


Fig.3.40 Scoop up the Universal Chi and pour it over the head.

Open the Spine

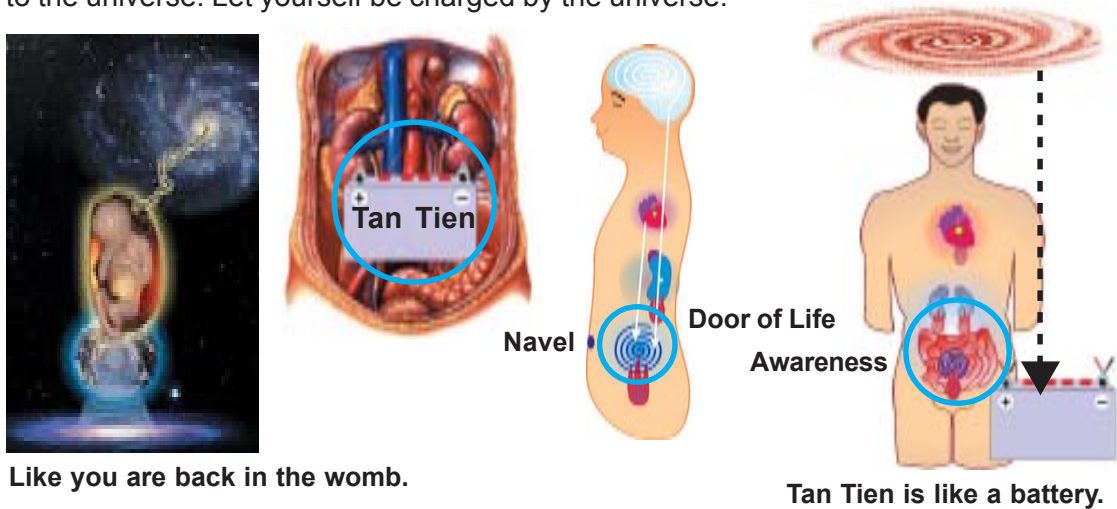
1. Touch the back-crown point. Pour the Chi all over your crown. Think of your soles so that you feel like there is a waterfall of Chi flowing from your crown all the way down to your soles. Feel your finger grow long and the Chi penetrate down through your spine to the coccyx. Leave the fingers touching the back of the crown, to maintain the energetic connection with the coccyx.



Spine

Fig. 3.41 Feel your fingers growing long, all the way down to the coccyx.

Turn 'Three Minds into One Mind' at the Lower Tan Tien, and expand the awareness to the universe. Let yourself be charged by the universe.



Like you are back in the womb.

Tan Tien is like a battery.

Fig. 3.42 Universe charges Tan Tien power.

Beware of the Tan Tien and spiral it like universal energy in motion. Feel the heart center spiraling and the crown spiraling. Be aware of the universe spiraling above, below, front, back, left and right. Let all of the sick energy and the negative forces leave the body and go down into the ground for Mother Earth to recycle. Extend the Chi from above, all the way down through the earth and the universe below.



Fig. 3.43 Be aware of the Lower Tan Tien, Heart Center and Crown spiraling. Feel the Universe is spiraling and charging the Three Tan Tien.

Open the Middle Channel and Perineum

1. Move to the mid-crown point. Touch the point and project your fingers inwards; go deeper, deeper through the middle of your body down to the perineum. Focus on the perineum. Feel the Chi from the universe flow into your perineum. Look for one dot of light. Look into the darkness, the vast darkness, the immense darkness; this is the primordial force, a cloudy moving force. Look for a dot of light at the perineum and extend your awareness all the way down through the ground and the universe below.

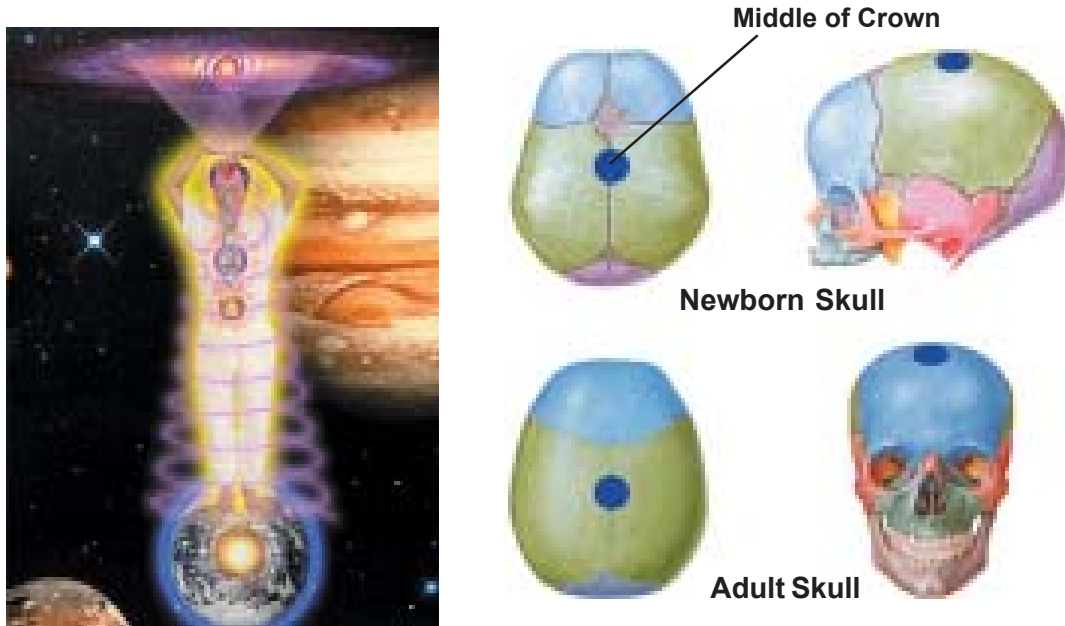
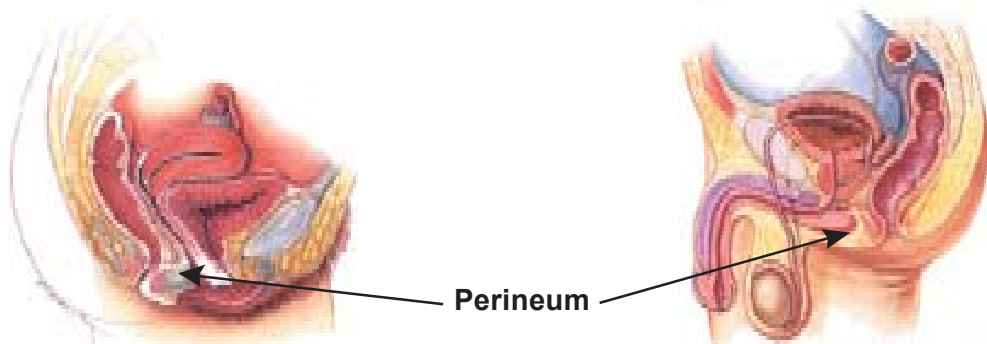


Fig. 3.44 Move the Hands to the Middle of the Crown and feel the Fingers Penetrate to the Perineum.



When finished opening to the Six Directions and igniting the Three Fires, gather the Chi in the center and bring this expanded awareness into the healing session.

Tan Tien and the Universe

The expression, ‘Tan Tien and the Universe’, is a reminder to feel your Tan Tien, heart, mideyebrow and crown spiraling and that you are connected to the universe spiraling in the six directions around you.

1. Establish a Complete Location

You will use your Yi, the three-mind power, repeatedly to recharge your Chi for various purposes. You recharge by connecting to the Universal Chi in the six directions of the universe simultaneously. When you charge a particular area or direct Chi into the body to a particular point, you first establish a connection point for the Chi by placing the hand or fingers at an appropriate location on the surface. This is like giving a location for the Chi to go to. Once the location is established and the Chi starts to go there, leave your hands there.

Then you move your attention to where you want the Chi to go in the body. Feel the Chi connected to and charging the intended location.

2. Charge Tan Tien from Universe

When the location connection is established, be aware of your Tan Tien, heart center, mideyebrow and crown spiraling. Be sure that the conscious mind of the heart is lowered to the Tan Tien and the awareness mind of the abdomen is connected to the mideyebrow crown and out to the universe. Feel them connected to the spiraling energy in the six directions of the universe. Let the universe charge your Tan Tien.

3. Don’t Stop at the Location

With your focus in the Tan Tien, the Chi will go from there to the ‘location’ indicated by your hands and then to the intended location in the body. Don’t let Chi stop there, however.

4. Direct Chi out the Opposite Side to Universe

Direct your attention to guide the Chi flow through the body and out the opposite side. You want to clear out any blockages and prevent any others from accumulating. You also want to release sick energy and negative forces down into the earth. Let the Universal Chi flow out through the universe and beyond.

Open the Three Tan Tiens

**Move your hands down to the mideyebrow. Touch the mideyebrow.
We are going to open the three Tan Tiens, starting with the Upper Tan Tien.**

Upper Tan Tien - Mideyebrow

1. Recharge. Remember: Tan Tien – heart consciousness in, awareness out. Spiral – Tan Tien, heart, third eye and crown. Universe – six directions spiraling.



Fig. 3.45 Raise hands and charge with Universal Chi.

2. Move your hands down and touch the mideyebrow. Feel your fingers grow very long (energetically) and penetrate all the way back to the base of the skull. Focus on the back. Remember: Tan Tien and the universe spiraling. With the spiraling, the Chi in the fingers will become hot. It will expand and penetrate out through the back of the head all the way to the universe behind.

Fig 3.46 *Fingers touch mideyebrow and penetrate to the back of the skull and the universe at the rear.*



Fig 3.47
Tan Tien and the Universe.

- Picture your fingers like laser beams of Chi, 'Tan Tien and Universe': Feel your Tan Tien and the universe spiral and charge your fingers. Move your fingers out from the mideyebrow around the side of the head to the top of the ears. Your fingers are like lasers -cut-cut-cutting open your skull right in the middle, around to the top of the ear, cutting open your Upper Tan Tien. Cut and project your fingers long into the middle of your brain. Spiral your Tan Tien and the universe. Leave your fingers there. Concentrate on your Tan Tien spiraling – your heart, crown, the universe above, below, front, back left and right all spiraling. Your Tan Tien is a big empty space: primordial force; darkness. You can put so much Chi inside there! The Chi penetrates into your brain.



Fig. 3.48 Move the fingers to the top of the ears. Feel them growing longer and cutting the skull open, penetrating into the brain.

- Move your hands all the way to the back, cutting to the back of the skull. Touch, and feel the Upper Tan Tien open.
- Touch the base of your skull. Focus on the mid-eyebrow. Feel the Chi flow like a laser beam from back to front and out to the universe in front. Complete the opening process by moving the hands back around to the mideyebrow, cutting as you go.



Fig. 3.49 Chi moves like a laser, penetrating from the mideyebrow at the front, to the back of skull.

6. Recharge in the universe. Feel your bones and your arms are hollow. Fill and compact them with Chi.
7. Scoop the Universal Chi and pour it down over your crown and all the way down, down to the Middle Tan Tien.



Fig. 3.50

Recharge in the Universe, scoop and pour the Chi down to the Middle Tan Tien (Heart Center).

Middle Tan Tien - Heart Center - Conscious Mind

1. Move your hands all the way down to your heart center at the mid-sternum. Touch. Focus on the point opposite the heart, T5/T6, on the spine. Fingers 'long', Chi penetrates into your thymus gland. Light – golden light – penetrates into your thymus. Feel the Chi penetrate through your heart all the way through T5/T6 to the universe behind. 'Tan Tien and the Universe' also feel your Chi Fingers penetrate into the bone and bone marrow and spread out into your rib cage.

Fig 3.51 *Golden light enters the heart, thymus, bones and marrow; feel it penetrate to the universe at the rear.*



Recharge and cut around to the Armpits

1. Recharge In the universe, pour Chi over the crown down through the body and lower your hands down to the heart center. Touch with the fingertips. Move your hands around under your armpits, extending the Chi like laser beams cutting open this Middle Tan Tien. Pause under the armpits as you send the Chi into the center.



Fig. 3.52 Cut open the Middle Tan Tien by cutting around the armpits.

2. Continue to move your hands around to your back at T5/T6, touch and send the Chi from back to front. Let the beam of Chi penetrate out through the heart center to the universe in front of you. Then, move the hands back around the sides to the front, cutting as you go.



Fig. 3.53 Chi beam from T5/T6 penetrates to the Heart Center in front.

Lower Tan Tien - Navel - Awareness Mind

1. Recharge with Universal Chi. Tan Tien and Universe: Again, raise your hands and charge with the Chi into the universe. Your hands are very big, very long. The bones are hollow and compacted with compressed Universal Chi. Scoop the Chi from above and guide it down. Pour all the way down, down, down to the navel. Touch the navel, and focus on the Door of Life opposite on the spine between L2/L3. Touch and feel the Chi penetrate to the Door of Life Tan Tien and Universe. Feel the Chi penetrate through to the back and out to the universe behind.



A.



B.

Fig. 3.54 A. Recharge the Lower Tan Tien and penetrate through to the Door of Life.

B. Raise the hands up to the universe and charge with Chi. Bring the power down to Tan Tien.

2. Open this Lower Tan Tien the same way as for the Upper and Middle Tan Tiens. Charge more Chi into your hands, and let them be like lasers cutting it open. Cut around to the sides. Pause. The fingers of the left and right hands are very long, extended energetically inside. Cut and feel the energy penetrate into the center. Focus at Tan Tien and universe and feel more Chi.



Fig. 3.55 'Cut' open the Lower Tan Tien with Laser Fingers.

3. Continue cutting to the Door of Life. Touch, and send the Chi from the Door of Life back to the navel and out to the universe in front.

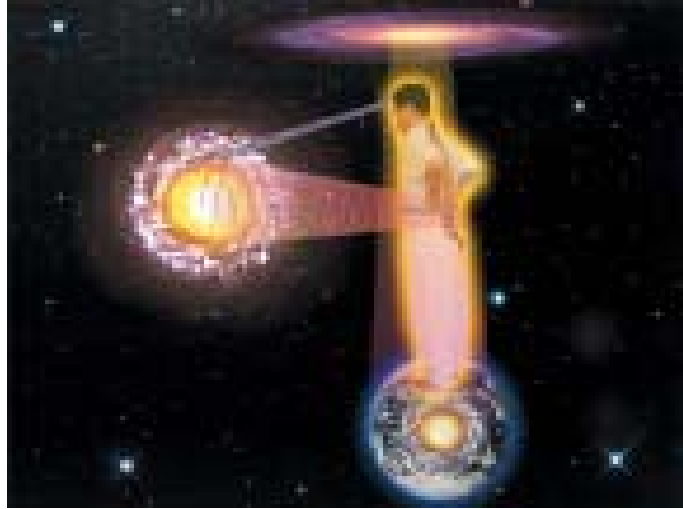


Fig. 3.56 'Cut' open the Door of Life and send Chi to the navel and universe in front.

4. Move the hands back around the sides to the navel, extending the fingers and "cutting" the Tan Tien open as you go. Touch the navel: Tan Tien and the universe spiraling. Feel more Chi, and feel the Tan Tien open.

Activate Chi in the Bones of Hips, Legs and Sacrum

1. Now touch your pelvic bone by energetically extending your fingers from the front area near the hips to the back. Feel Chi penetrate into your pelvic bones: funny, laughing, happy bones.
2. Touch the femur bones. Tan Tien and universe. Charge the fingers. Also, feel the funny, happy, laughing vibration inside the bones and in the bone marrow. Be aware of the Three Tan Tien. Spiral from the universe. Spiraling charging your Tan Tien. Charge your hands and your bones.



Fig. 3.57 Touch the femurs - happy laughing bones!

3. Now we are going to slowly lower the sensation of Chi down through the bones to the earth. Opening up the sacrum. Move the hands down the legs as you bend down.
4. Lower yourself all the way down to the ground and sit on your feet. Move the Chi with your hands down to your toes, down through the earth and the universe below.



A.

B.

Fig. 3.58 *A. Sink the Chi into the earth. B. Lower and sink the mind and Chi down to the universe.*

5. Raise your sacrum up, keeping your hands at the toes. Smile to your Tan Tien and feel the Chi from the universe coming to fill the Three Tan Tiens. Opening up the sacrum.



Fig. 3.59
Raise the sacrum and smile to the Tan Tien.

6. Lower down again. Lower the Chi down to the earth and the galaxy below.
7. Once more, raise your sacrum up, maintaining hand contact with your feet. Smile to your Tan Tien.
8. For the third time, lower down. Open your palms, gathering the Chi from the earth below. Gather and scoop the Chi.



Fig. 3.60 *Gather the Earth Chi.*

9. Touch your heels and feel your bones as you slowly rise up. Fill your bones with Chi as you guide it up with your hands.
10. Fill the bones in the upper legs as you move your hands up.



Fig. 3.61 **A.** *Fill the bones with Chi.* **B.** *Feel your fingers penetrate into the bones as you rise.*

11. Feel your bones, and fill them with Chi all the way up to your coccyx. Touch your coccyx. Leave your fingers there, then be aware of the Chi and feel the Chi raising up to the Tan Tien and the universe. Feel it charge the fingers and the spine.
12. Come up to the sacrum. Feel the sacrum open. Focus at the Tan Tien and the universe.



A.

B.

Fig. 3.62 A. Bring the Chi to the Coccyx.
B. Move your hands up to the Sacrum and feel the Chi rise up to the Crown.

13. Come up to the door of life, and then back to the navel. You may sit down to continue the next step in the Cosmic Healing Practice.



Fig. 3.63 Bring the Chi to the Door of Life and let it penetrate to the Navel.

Practice daily till you feel the Chi. Then you can apply this Chi to the Healing Sessions.

Chapter IV

General Healing Session

The General Healing session practices are to be done with every student regardless of their age or health condition. These are for cleaning and strengthening the cells. Cells must be clean and strong to heal. The General Healing practices listed steps A-K are the most important part you must always do in every session. You can do this with one person or with many people at the same time. The following is a detailed description of each of these steps. Become familiar with them and they will flow easily one into the other.

A. Three Minds into One Mind

Smile down to the inner universe. Activate the heart consciousness and empty the mind and heart down to the Lower Tan Tien, the Abdominal Brain. Gather the 'Yi' (mind-eye-heart power), combining three minds into one. Fill the Tan Tien with this Chi. Start to spiral. You are then ready to connect to the higher forces of Universal and Heavenly Chi. The Three Minds are the Upper, Middle and Lower, or three Tan Tiens. The Upper Mind is the one we have been closely related to most of our lives. It is the logical thinking, planning, calculating and worrying mind; it consumes 80% of our body's energy. The key is to learn 'to release the mind' by learning to sink the Chi to the Lower Tan Tien, whereby it can be used in synergy with the other two.

B. Activate the Six Directions

Activating the six directions is for opening the whole body, mind and soul to all of the Universal and Cosmic forces in all directions. We literally learn to draw in the Universal and Cosmic forces from all directions at the same time. This is important for healers so they are not using their own energy for healing but drawing on the limitless Universal forces.

Expand your awareness to connect to the universe and the Six Directions at the mid eyebrow and crown; left, right, front, behind, above and below. Connect to the universe, collect and spiral the energy into your Lower Tan Tien.

C. Activate the Three Fires

Activate the Tan Tien, Kidney and Heart Fires to create a Sacred Fire Triangle. Move from the Tan Tien to the Heart, the Heart to the Kidneys and the Kidneys back to the Tan Tien.

D. Linking Personal Stars, Energy Bodies and the Universe

World Link is a way for intelligent life force to return to the source; inwards and upwards. Become aware of the 'personal stars' above the crown and below the earth. We link with our own personal stars and then with the stars of each person in a group. This links the energy bodies of everyone in a group together. Start to spiral your energy and connect to other peoples' stars and energy bodies. Make a left spiraling pattern, progressing around the circle in a clockwise rotation. Link all of these stars together and form **one large energy body**. Each meditator will become an individual unit in an integrated communication link. A link between the earth and the universe.

E. Protective Circle and Chi Field

We create Chi Fields, Protective Animals and call the Eight Forces to protect the group from disturbances and psychic attacks. Raise your right (or leading) hand in the air and access the '**Sacred Fire**' of the universal cauldron. "Feel your fingers becoming big, long and hollow", as they reach into the Sacred Fire. The Chi will fill and pack your arm as you bring it down into your body. Use Yi-Power to create the **Sacred Fire Protective Circle**. The fire will purify and protect the circle. You can cast a circle around your community, house, room and body. This will create an energetic field of Chi around the whole room.

Then Create a **Chi Dome**. Invoke the 'guardian animals'; Blue Tortoise from the north, Red Pheasant from the south, Green Dragon from the east, White Tiger from the west, Yellow Phoenix from above and Black Tortoise from below.

Finally, activate the **Eight Elemental Forces of Nature and the Universe**. Call the forces of fire, water (ocean), thunder (lightning), lake (rain), earth, mountain, wind and heaven. Activate fire in the north, water in the south, lightning in the east, and rain in the west.

F. Chi (Sacred) Water Practice

Invoke the power of the Sacred, Chi or Holy Water practice to cleanse and heal the body's sick, toxic or negative energy. Make a request to receive healing energy and feel yourself touch a heavenly pool of sacred water energy. Feel the pool pouring down heavenly water to fill your arm.

Use the thumb and index finger to remove the sick energy from the cup, without touching the water. Talk to the sick cells. Let the sick energy return to the earth for recycling. Fill the water with your heart's compassion. Give the command: "This Sacred Water will give health, wealth and longevity". Cosmic Healing works on a cellular level. It is the water's 'job' to carry the message of the practice to all the cells, where it will remain. Drink the water in unison with the rest of the group.

G. Empty and Fill

The Empty and Fill technique is emptying the sick energy into the earth and filling with healing Cosmic Force Energy. Project your 'sword' hand (middle and index fingers) down to the ground. Project the hand 'very big and very long' and your feet 'very big and very long' - extended down to the ground. Now very slowly inhale, bring up the earth energy. Bring the energy up to your feet and into your bones. Let it enter all the bones, organs and cells. Feel it blending with all the sick energy. Turn your palm up, turn it back down again and exhale; let go of all the sick energy, the negative energy, the worries and burdens, all the way down into the earth. Repeat this three to nine times. Dig a hole and bury all the sick energy; tell it, "Do not come back; you will be happy down there." Smile.

H. Clean with Green Light

The Green light is for cleaning the cells. This is vitally important because the cells must be clean for healing. Green can help detoxify the toxic cells. Green Chi is mild and safe. Green Chi is used for cleansing, and as a decongestant for diseased parts. It 'loosens' the area. The light green Chi is used to break down dirty or diseased energy, like a detergent is used for washing clothes or dishes.

Afterwards, the cells will be rinsed with blue light, like clean water is used to rinse the detergent and residue from clothes or dishes.

When you carry out healing try to 'see' the cells enlarged and this green energy go in and blend with the dirty, black and cloudy energy. See it come out and let it go down to the earth. Dig a hole and bury it there. Tell it, "Don't come back. You will be happy down there". Become aware of the green light and spiral counter clockwise. Spiral down. Cleaning out the stress. Repeat as many times as you like, three times minimum.

I. Clean with Blue Light

Blue is like cold water; it has the yin power to dissolve all kinds of negative energy and sickness. It has an inhibiting effect. Blue yin energy is the opposite of red yang, which has a strengthening and stimulating effect.

Blue has a cooling effect; it can reduce pain and inflammation, and it can help blood clot. It stops bleeding and reduces fever. It can help to induce rest and sleep.

J. Charge with Violet Light

Charging with Violet light holds the highest healing energy. When the cells are clean they will absorb and hold the Violet light and the healing will take place. Luminous Violet has intelligence and can be programmed. The universe is full of violet light, especially the North Star and the Big Dipper. The color of the star of the higher self or soul, above the crown, is also violet. It is the color of Divine or Soul energy.

It has properties of other Chi colors. It has a rapid regenerating effect on damaged organs and nerves. Always use green and blue light before using violet. Violet light develops the crown center, the spiritual core. It is good for psychological ailments as well as for physical deficiencies.

K. Activate the Immune and Defense System

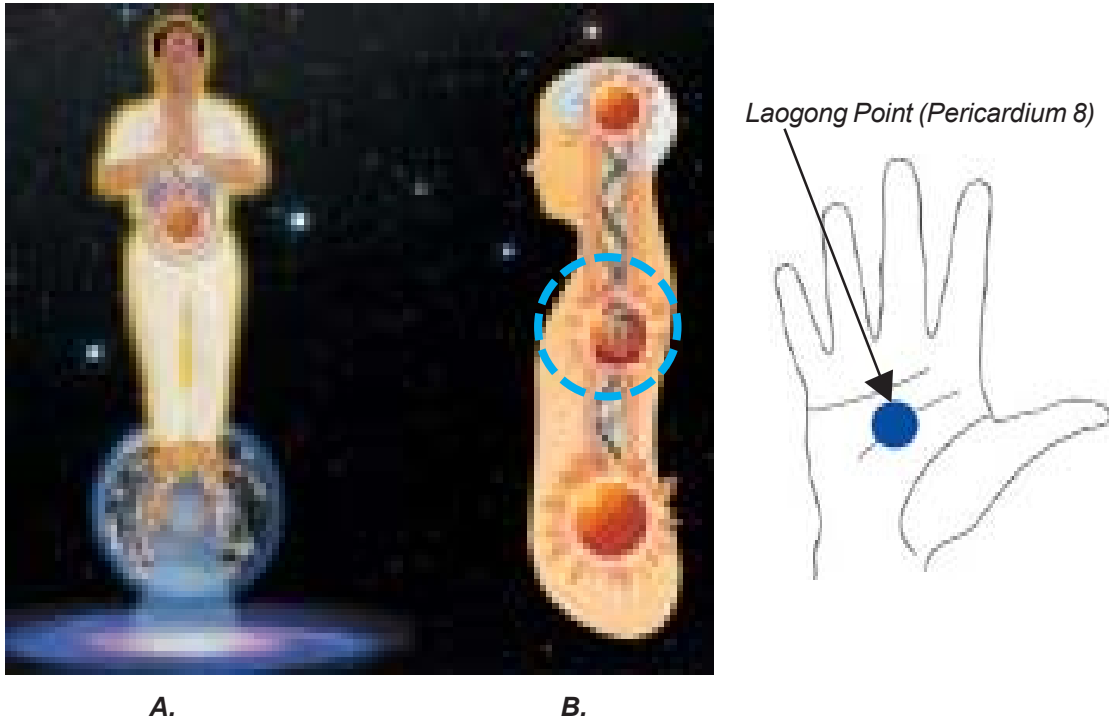
The body has various mechanisms which combine to provide protection and defense against illness and disease. These mechanisms enable the body to produce various cells and bodies which act against invading or unwanted substances. As soon as a foreign body is recognized, the immune system will be triggered and will act to provide the most efficient means of eliminating the danger and return the body to a balanced state of health. A strong and healthy body will have good resources to protect itself from negative or sick energy. The aim of these practices is to help you to realize the potential of true harmony within yourself. To activate the immune and defense system is to increase the production of red and white blood cells. To do this we activate the bone marrow and lymphatic system. Guide the student or whole group together in all of these steps. You will not lose energy by doing this. You will gain more energy because you are all connected together in the group power. The crucial part is to multiply your good intentions, Chi and virtue energy into the cosmos, making yourself and each person a direct line from the Universe. After you finish the General Healing session you can tailor the healing techniques in the next chapters to the individual's needs.

Practice

A. Three Minds into One Mind

1. Smile to the Inner Universe

Place your palms together in salutation, in front of your heart. Feel the Laogong points in your hands connect, creating an energy loop running from your heart through your arms and hands and back again.



*Fig. 4.1 A. Empty the mind down to the lower abdomen.
B. Activate the heart's compassion.*

2. Activate the Heart Compassion Energy

Smile to the heart and feel it softening. Feel love, joy, compassion and happiness. Smile down and empty the mind to the Tan Tien, the Abdominal Brain. Fill the Tan Tien with Chi and start to spiral. When the abdomen is warm, it is full of Chi. The Chi can then charge up to the brain.

3. Combine the Three Minds into One

1. Turn Upper Mind to observation mind.
2. Turn consciousness (Middle Mind) down to Lower Tan Tien.
3. Combine three minds into one mind at the Lower Tan Tien (the Yi).
4. Manifest out at the mideyebrow.



Fig. 4.2 'Three Minds into One'.

B. Activate the Six Directions

Expand the awareness to connect to the universe and the Six Directions at the crown, mideyebrow, heart and Tan Tien.



Fig. 4.3 Trust and believe - turn visualization into actualization.

C. Activate the Three Fires

1. Tan Tien Fire - Activate the Tan Tien Fire:

Smile down to the abdomen to create a burning stove near the lower lumbar and sacrum. Create a fire ball behind the navel, above the stove.

2. Kidney Fire - Activate the Kidney Fire:

Always retain awareness at the Tan Tien and keep it spiraling.

3. Heart Fire - Activate the Heart Fire:

Keep the heart soft and fill the heart with joy, love and happiness.

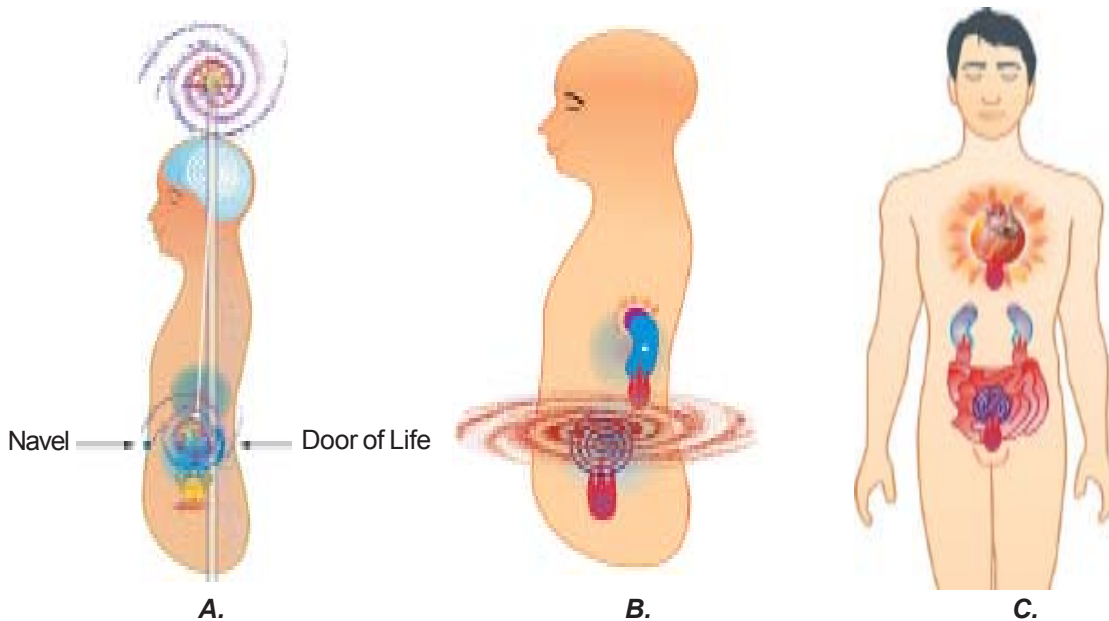


Fig. 4.4 A. Activate the Lower Tan Tien Fire. B. Activate the Kidney and Adrenal Fires. C. Activate the Heart Fire.

4. Sacred Fire Triangle

The Sacred Fire Triangle has triple force. Make a triangle from kidneys to navel (Tan Tien). From the heart make the connection to the kidneys. Move from the Tan Tien up to the heart.

5. Cosmic Star and the Earth Star

At the moment of conception, the two forces yin and yang connect with such a force, then only fractions of a moment later, the two forces explode into nine different Energy Centers. Seven of them we find in the body and two of them outside the body, forming our personal stars.



Fig. 4.5 Three Fires into One

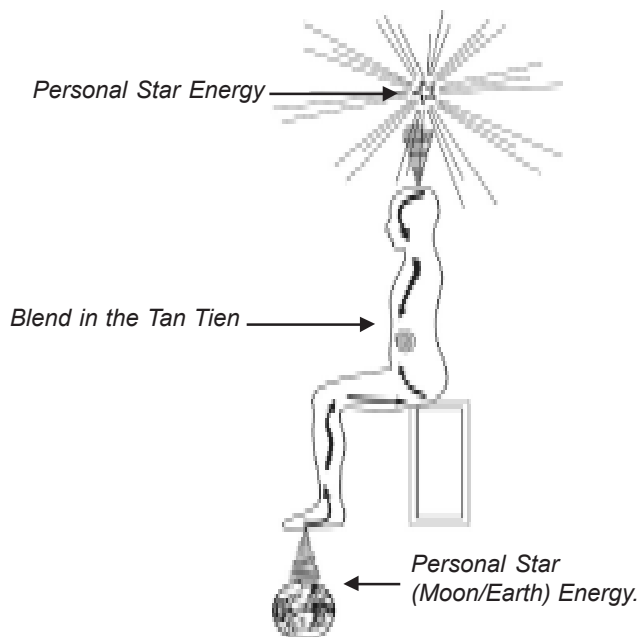


Fig. 4.6 'Personal Star' Energy

The two personal stars are in fact energy centers connecting the aural field of each individual with the universal forces and the earth forces. In a way one can see the aim of Taoist Inner Alchemy in bringing these nine forces together, merging them into one force and thus enabling the return to the original force, the Wu Chi.

There is a star about six inches above your crown and another one about one to three feet below the soles of your feet. They are also known as the higher self, guidance, protector, adviser. These stars are our connection to the cosmic force, the universal force and the earth deep below us.

Always make sure your Tan Tien is warm and the sacrum and mideyebrow are breathing. Be aware of the crown breathing and see a star or a small sun above you. Be aware of the crown and feel a light beam extend out of the crown and make a connection to the star above you. Keep on breathing until you feel a strong connection. Feel how the star above you is exercising a strong pulling force on your crown. Once you feel this pull on your crown you will also feel a strong pull down from the earth. Be aware of the star above and the earth and universal force below you. Feel that both of them have a strong pull on you.

1. Reconfirm the star above you and the earth directly below you.
2. Fix the image of the North Star and the Big Dipper six to nine feet above your crown. See the cup of the Big Dipper filling with the violet light, which gathers Chi from the North Star and the universe.

3. Reach up with your left hand, and hold on to the handle of the Big Dipper. Pour the violet light down to your personal star 4 to 6 inches above your head, in order to predigest the energy of the violet light. Then let it flow down to your crown, into the Upper Tan Tien, to be processed and flow down to the heart center (Middle Tan Tien) or to the back of the head down to C-7 (Cervical 7) and T-2 (Thoracic 2) and down to the palms.

In Taoism we consider that the North Star emits a violet light, which is regarded as the highest healing light and the Big Dipper as emitting a red light.

You can do these meditations sitting, or standing in the Chi Kung posture. The standing position will support a stronger structure and provide a better connection with the earth.

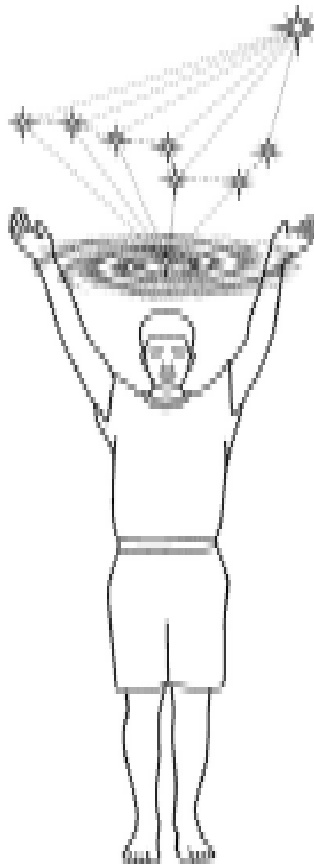


Fig. 4.7 The North Star, Big Dipper and Galaxy spiral above.

4. Always remember to breathe in slowly so you can process the awareness of the Lower Tan Tien. Feel a suction, warmth (Chi) and continue to breathe in and be aware of the suction of the crown, North Star and Big Dipper above you.

D. Linking Personal Stars, Energy Bodies and the Universe

Be aware of your 'personal stars' above and below and connect to other peoples' stars and energy bodies.

Three minds unite, one mind aware of the stars above you and a star below you. Connect these stars to the people around you. Think about the bright light above the crowns of other people. Start to spiral your energy to connect to each of them. Group all the stars into one energy body and connect all the way to the center of the universe.

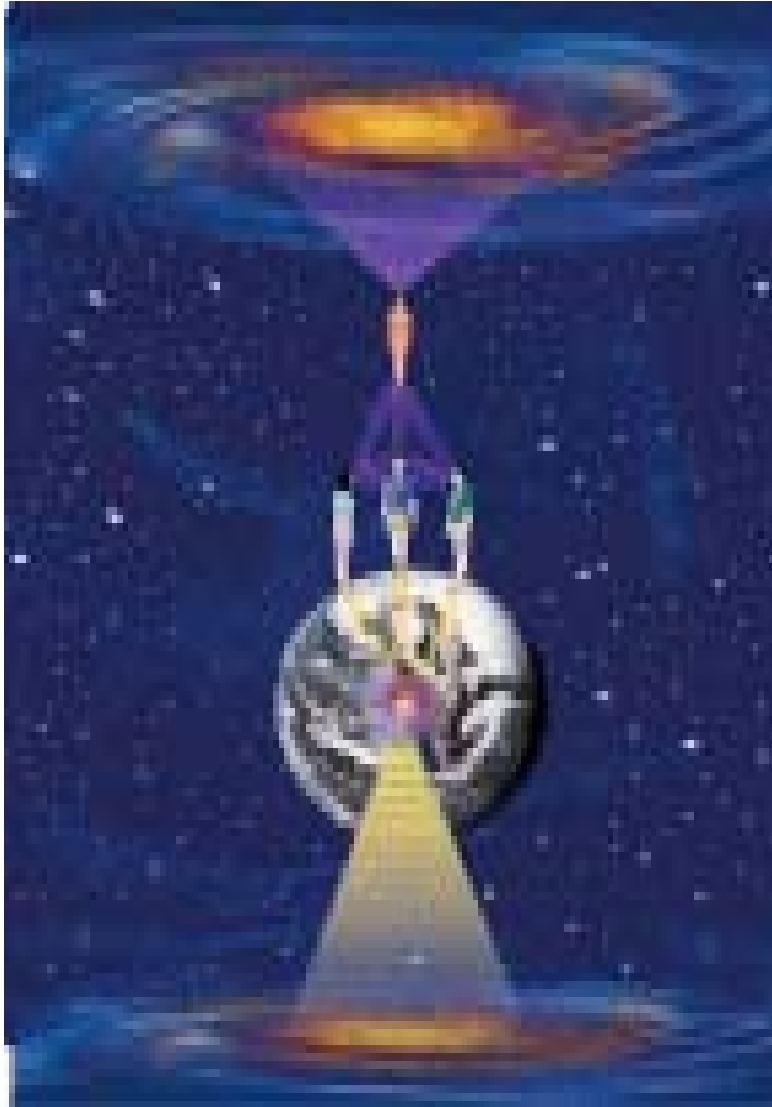
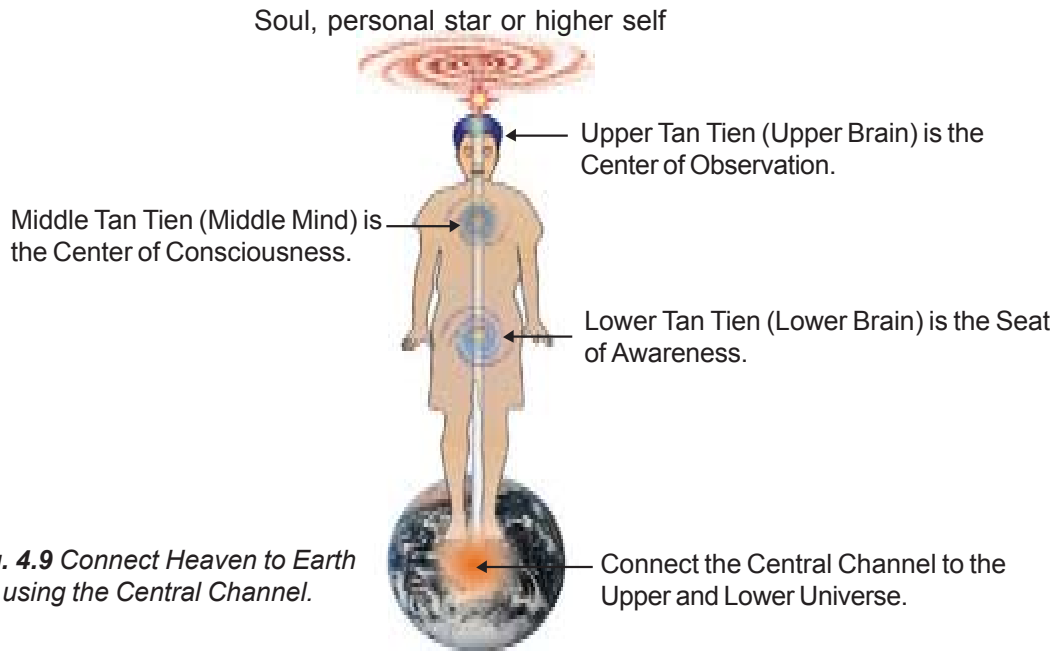


Fig. 4.8 World Link Meditation

1. Center Channel and Personal Star above



2. Use Yi power to connect to your Personal Star above

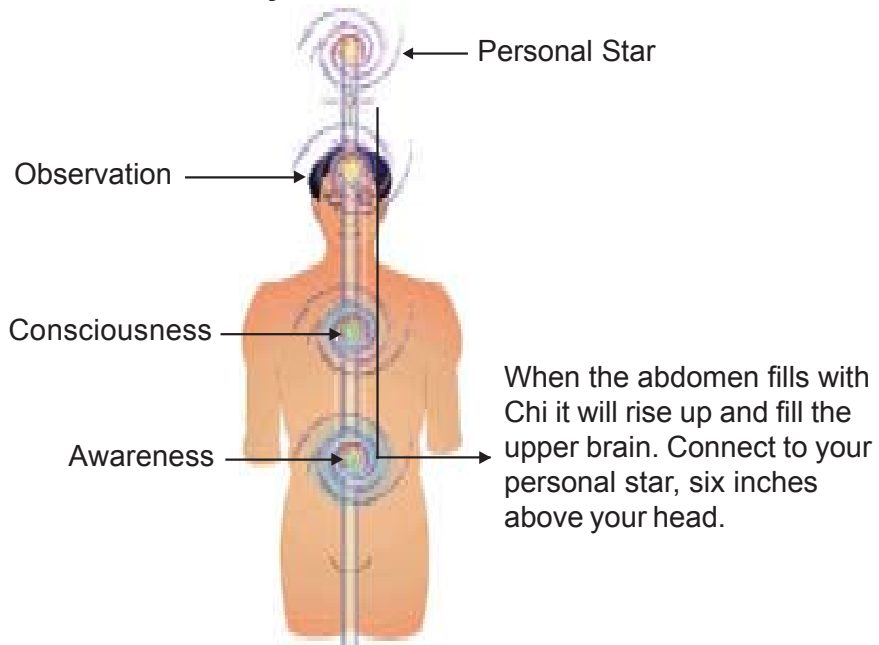


Fig. 4.10 Connect to your Personal Star Energy using 'Yi' Power.

3. Connect your Personal Star to the Personal Star of each person

Connect your personal star to each person and then to the universe.

4. Create a Chi Body becoming the major connecting point. Counterclockwise spiral to connect each person's star into a larger group star.

Universal Force



Fig. 4.11 Link with Each others Personal Stars.

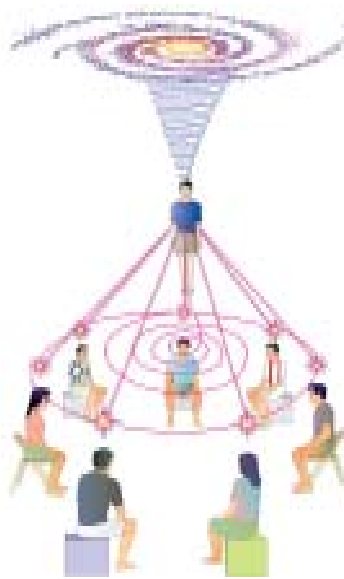


Fig. 4.12 Connect into Group Star.

5. Meditators become satellite links and create a group energy body.

The World Link meditations become an integrated communication link. They are linked to the earth and the universe. Spiral and connect each person's star together and group the energy into one energy body. This energy body becomes an integrated communication center for each person in the group. We can be connected, wherever we are. Each person can connect and become their own 'Center of the Universe'.



Fig. 4.13 Form a Satellite Link and create a Group Energy Body.

E. Protective Circle and Chi Field

Raise your hand up and become aware of the 'Sacred Fire' in the universe. Feel that your fingers are very 'big', very 'long' and touch the fire. Bring the fire down. Make a circle around your community, your house, Tao Garden, the meditation hall and around your bodies. Create an energetic field of Chi around the whole room.

Sacred or Chi Fire

Connect and Receive Fire from the Universal Cauldron

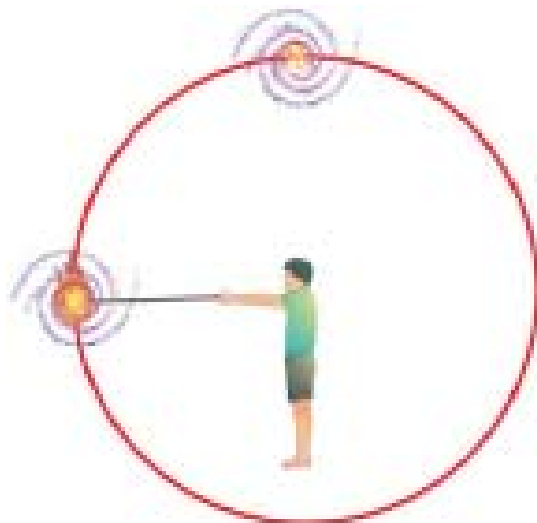
1. Activate the Sacred Fire in the Universe

Be aware of yourself. Feel your arm and fingers 'big', 'long' and 'hollow'. Reach to the universe to the Sacred Fire. Let the Sacred Fire fill and pack your arm.

2. Use Yi-Power to Create Sacred Fire Protective Circle



A.



B.

Fig. 4.14 A. Create a Group Energy Body. **B.** Sacred Fire 'Protection'

3. Create a Chi Dome

Set up the 'guardian animals', Blue Tortoise in the north, Red Pheasant in the south, Green Dragon in the east, White Tiger in the west, Yellow Phoenix above and Black Tortoise below.



Fig. 4.15 Create and surround yourself with a Chi Dome and the Guardian Animals.

4. Activate the Eight Elemental Forces of Nature and the Universe

Activate all eight forces; wind, mountain, fire and thunder on the east. Earth, lake, water and heavenly power on the west.

Call the Eight Forces; fire, water (ocean), thunder (lightning), lake (rain), earth, mountain, wind, and heaven.



Fig. 4.16 Activate the Eight Forces.

In the next sections F,G,H,I are practices that are for cleaning the cells. The more you clean the cells the more the Cosmic Healing can take place.

F. Chi (Sacred) Water Practice

The Sacred Water practice (also known in the West as Holy Water) is to exercise the right of being the creators of the Cosmos. With strict and absolutely regular daily water intake to prevent the stresses and associated damages of dehydration, the chief conductor and supervisor of the body's well being – tryptophan and its neurotransmitter derivatives, serotonin, tryptamine and melatonin will be well positioned to regulate all functions. Regular daily walks will keep muscles well coordinated and correct any physiological processes that are established in the body as a result of anxiety or emotional stress.

A well hydrated and healthy skin needs water to constantly replace that which it loses to the outside environment. This then allows blood vessels to the face and the body to open up and provide necessary nourishment for exposed skin cells.

Science has discovered that even if we clean water through filtration processes, although it may look and taste alright, closer analysis using high powered microscopic technology, indicates that its cell structure is 'unclean'. Water, like humans, maintains the memory of its old 'self'. We store our 'memory' within our DNA; water stores its memory within its cells.

The world is about 70% water



Fig. 4.17 Water is Life.

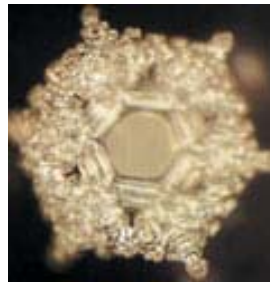
The following three pages contain extracts from the book 'The Message from Water' by Masaru Emoto. It advises us that 'water is telling us to take a closer look at ourselves - water is a mirror reflecting our mind.'



After offering a prayer to the Fujiwara dam the message is reflected in the water.



Chi and Love

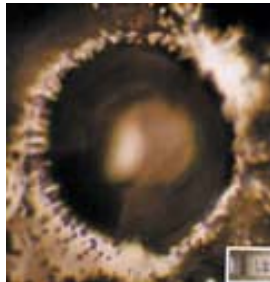


Love-Appreciation

When we project Chi and love into water and then freeze it; it will turn into a 'regular' and well structured crystal. If we project negative energy into water, the opposite will apply. Our projections will access the cellular level, clean out the polluted cells and reprogram those remaining with the essence of our affirmation.



Let's do it



Do it!

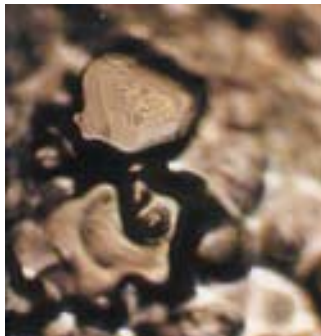
When we project a nice, loving instruction or thought into water, like 'let's do it' the water will pick up this vibration and restructure itself. If we project negativity into the water, like a command, 'do it!', the water will acknowledge this accordingly. When we look into a pond we see our image. If we drink a glass of negative image water its destructive energy will enter our system and attempt to multiply.

Fig. 4.18 The Human Body consists of 70% Water.

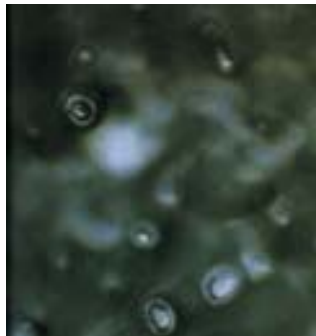
Research has demonstrated that if we completely filter polluted water, using every process available, it will still maintain its old vibration and unstable structure. It will maintain memory in the same way that a computer does. We must therefore reprogram the cells with our intent.

If the water we drink contains too many pollutants and antioxidants it will eventually poison us.

As we can see from these pictures, there is an enormous difference between natural spring water and regular city water. It is now quite clear that if we program water so that it becomes, sacred, holy or Chi water, then it will have the power to remove all antioxidants and pollutants – all sickness. It will have the power to reprogram the water within our bodies, to carry the same pure structure.



Tokyo Tap Water



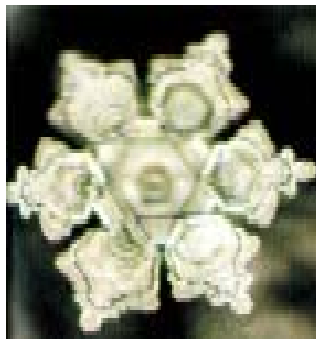
London Tap Water



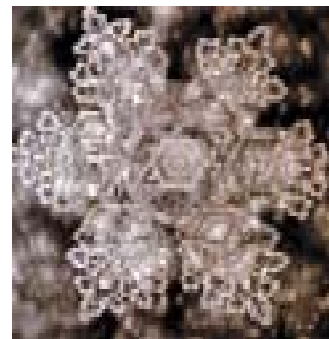
Paris Tap Water



**Under Ground Water
in Northern Island,
New Zealand**



Buenos Aires, Argentina



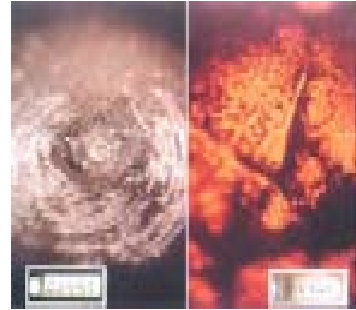
**Spring Water of Saijo,
Hiroshima Prefecture**

Fig. 4.19 Healing or hurting?

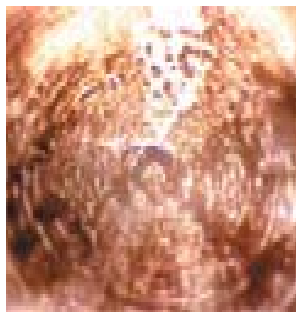
We can also use music to program a vibration into water. Classical music will create a vibration that synchronizes with our own health, whereas heavy metal music will have a tendency to 'shatter'!



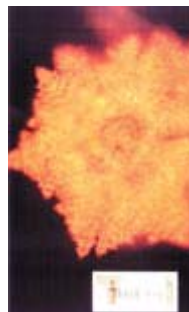
**“You make me sick”,
or “I will kill you”.**



You Fool



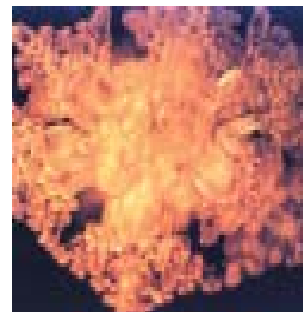
Heavy Metal Music



Thank you



**Folk song of Celtic
Region in UK**



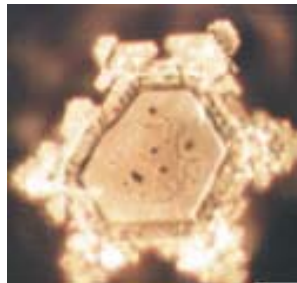
Healing Music

Fig. 4.20 Power to heal or harm?

Similarly, when we program our emotions regarding other people into water, the effects are the same. If we think negatively of someone, then the response will produce a bad vibration. If we think kind, loving thoughts then the structure will be like a beautiful crystal. If we love Mother Theresa and send this energy into the water, a wonderful crystalline structure will be created. Sick water can be transformed into healthy water. Healthy water can be transformed into sick water. The human body consists of 70% water. The key is your intent and your ability to believe that healing comes from the nature of your vibration. Always be open to receive.



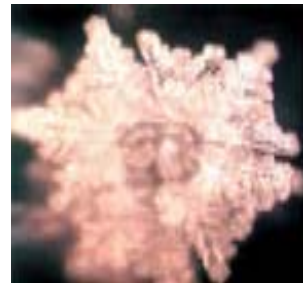
Adolph Hitler



Mother Teresa

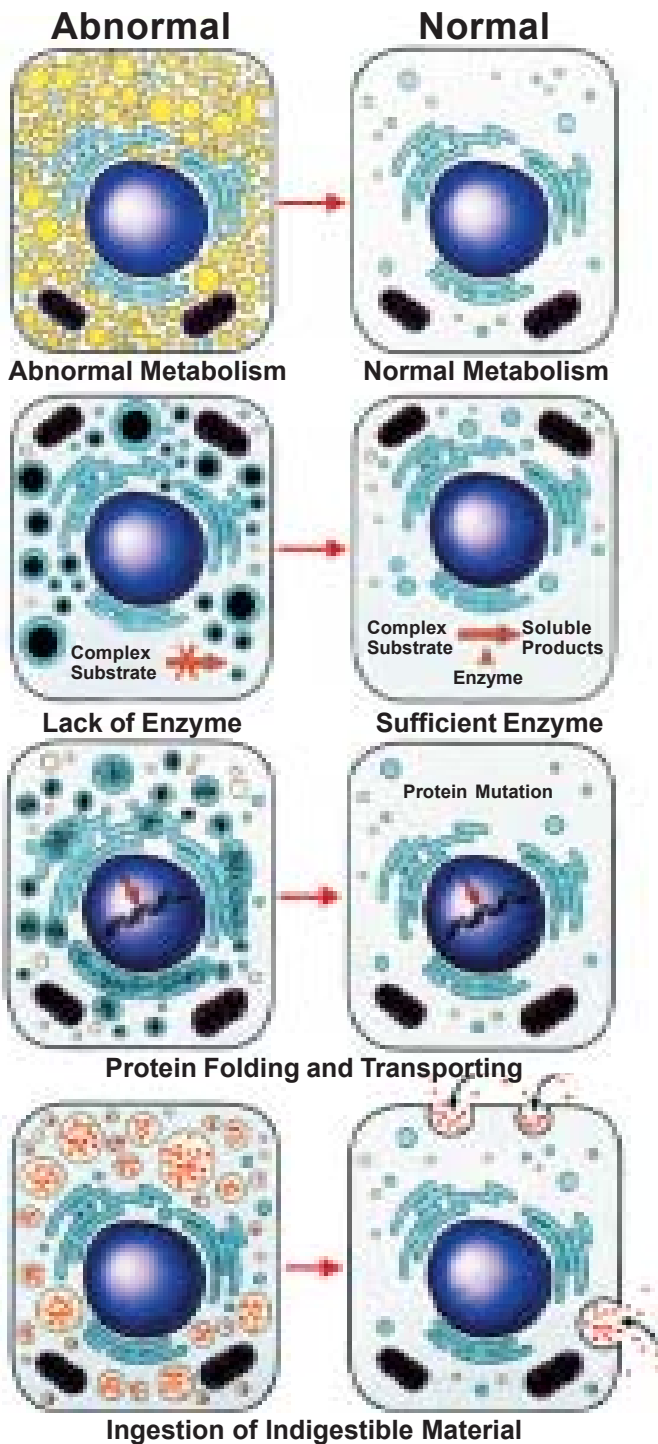


Dirty



Beautiful

Fig. 4.21 Sick or saintly?



A positive mental attitude will be transmitted into the cells of the water contained within our own body. We must consciously practice inner work until it becomes reflexive.

Fig. 4.22 With the Power of the Sacred Water Abnormal Cells can be cured.

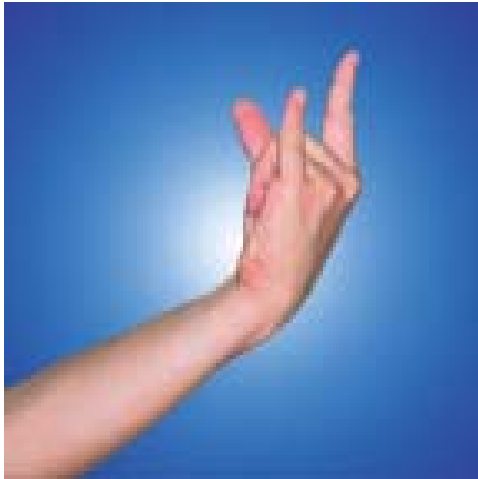
Outline of Sacred Water Practice

Invoke the power of the Sacred Water practice to cleanse and heal the body's sick, toxic or negative energy. **If you are working with a group of people, direct your energy through the energy body overhead and into each person's star, as you guide them through the procedure.**

- I. Hold a glass one quarter full of water in your left hand, folding the middle and the ring fingers into the center of the palm.
- II. Hold the glass in front of your body as you point the 'Sword Fingers' of your right hand up to Heaven.
- III. Make a request to receive healing energy and feel yourself touch a heavenly pool of sacred water energy. Feel the pool pouring down heavenly water to fill your arm.
- IV. Place your fingers on the cup and ask:
Command 1: "Yin power and good fortune come from the east. Yin power please dissolve all negative energy, all sickness and bad fortune". Make a cross over the top of the cup.
- V. Bring your arm down and point the sword fingers around the inner rim of the glass. Smile as you circle the fingers around the rim.
Command 2: "By my request. Please carry out the order now." Repeat this three times, charging the water with Yin Power. Project your thoughts into the water.
- VI. Use the thumb and index finger to remove the sick energy from the cup, without touching the water. Do this three times. Talk to the sick cells. Tell them to listen to your command:
Command 3: "All sick cells please listen: Clear, clean and bright, this Sacred Water will take all the sickness away."
- VII. Repeat the order and visualize yourself removing the sick energy from the cells and giving it to Mother Earth for recycling.
- VIII. Hold the cup with both hands near your heart.
Command 4: "This Sacred Water will give me/you health, wealth and longevity."
Project love, joy, thankfulness, gratefulness, appreciation and the energy of compassion into the cup.
- IX. The Sacred Water will carry the message of the practice to all the cells, where it will remain. If you are practicing in a group, drink the water in unison. If you are working with a student, pass them the glass to drink using both hands.

Step I: Prepare the Hands and Arms to Receive the Universal Chi

Left Hand Position: Prepare to hold a cup or glass with the left hand by folding the ring and middle finger into the center of the palm. Hold the glass in front of the body.



A.



B.

Fig. 4.23 A. Fold Ring and Middle Fingers. B. Hold Glass in Front of Body.

Step II: Prepare the Sword Hands to Receive the Universal Chi

Right Hand Position: Form the right hand into a 'sword hand' by folding the pinkie, ring fingers and thumb into the palm. Straighten and hold the index and middle fingers together and extend them upward.



Fig. 4.24 Prepare to receive the Universal Chi.

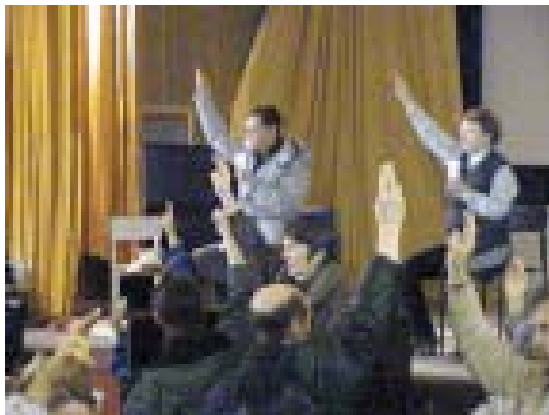
Step III: Fill your Arm with the Power of the Heavenly Pool

Sense the sword fingers and the arm as being 'long' and 'big' as you raise them towards Heaven. Sense that the middle of the arm is hollow and bottom is sealed at the shoulder. The mind's attention is focused on merging with the primordial Chi of the Universe, the energy of your thoughts will be multiplied.

As you make your request to the Universe, feel that you are touching a heavenly pool of Sacred Water Energy. Feel that the pool is pouring down like a waterfall to fill the arm. When it is full compact, compress the Sacred Energy into it as much as you can.



Fig. 4.25 Touch the Heavenly Pool.



A.



B.

Fig. 4.26 A. Blessing Sacred Water in Russia. B. Opening the Third Eye in Russia.

Step IV: Make the Cross on the Top of the Cup

Put Sword Fingers on top of the Cup. Ask for the Yin Power: **Command 1: “Yin Power and good fortune, come from the east. Yin has the power to dissolve all negative energy, all sickness and bad fortune.”**

Command 2: Make the cross on the top of the cup and say **“By my request.....”**.



Fig. 4.27 Give the command: *“Fortune comes from the East - Yin has the power to dissolve all negative energy, all sickness and bad fortune. By my request....”*

Step V: Charge the Water to Transform it into Sacred Water

Bring your arm down and point the sword fingers into the glass of water. Smile and circle the sword fingers around the inner rim of the glass.

Continue to order: “Please carry out the order now.” Repeat 3 times to charge the water with the Yin Power. As you do this, project a good thought into the water.



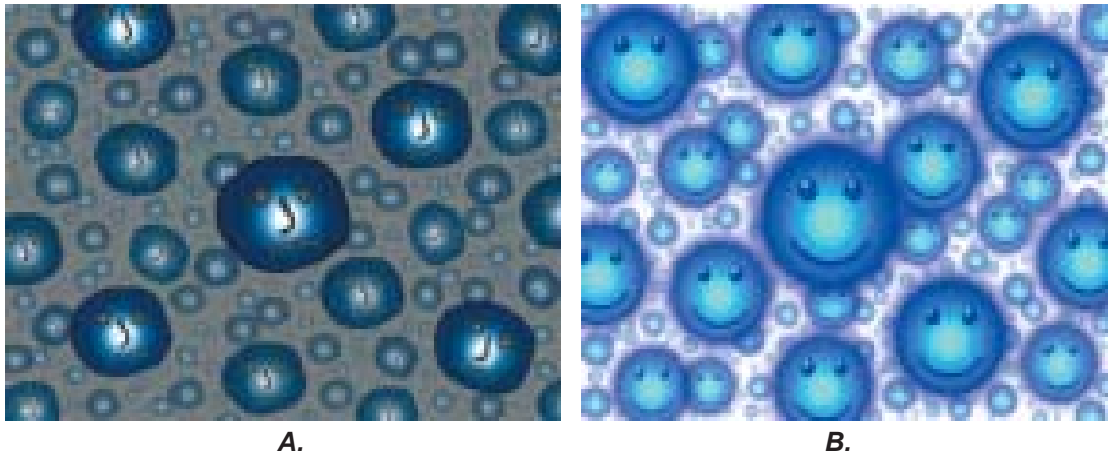
Fig. 4.28 *“Please carry out the order now”*
Repeat three times, charging the water with the yin power.

Step VI: Command 3: “All sick cells please listen : Clear, Clean and Bright, this Sacred Water will take all the Sickness away.”

Give the above command. Use the thumb and index finger to pick up sick energy from the cup, without touching the water. Do this three times.



Fig. 4.29 “All sick cells please listen: clear, clean and bright, this sacred water will take my/your sickness away”.



A.

B.

Fig. 4.30

A. Ask for the power to see the cells - if they are toxic and dark, ask for them to be cleaned out.
B. “Clear, clean and bright”.

Step VII: Let go of the Sick Energy to be transformed by the Earth

As you **repeat** the order, picture yourself removing the sick energy from the cells and discarding it down into the Earth to be transformed and recycled.



Fig. 4.31 Sick Energy return to the Earth.

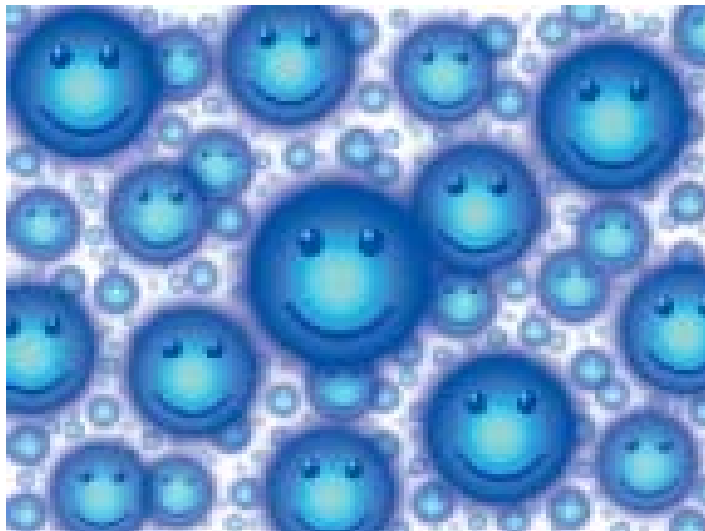


Fig. 4.32 See the Cells become Clean, Bright and Smiling.

Step VIII: Fill the Water with Compassion

Hold the cup with both hands near the heart and project goodness into the water.

Command 4: “This sacred water will give me/you health, wealth and longevity.”

Project love, joy, thankfulness, gratefulness, appreciation and the energy of compassion into the cup.

Fig. 4.33 “This Sacred Water will give you health, wealth and longevity.”



Step IX: Drink the Sacred Water

The Sacred Water will carry the message to all the cells. It will keep the message of the Sacred Water practice in all the cells. Use both hands to pass the Sacred Water to the student you are working with, or drink it yourself and/or in unison with your group. **Feel the water go into all the cells of your body. Feel it removing the sick cells and purifying your body.**

You can also sprinkle it on to any area that requires healing.

Fig. 4.34 Drink the Sacred Water.



G. Empty and Fill

Ask for permission to work on the student by communicating with their personal star. Point your sword hand down to the ground. Project your hand 'very big and very long' and your feet 'very big and very long' - extended down to the ground. Now very slowly inhale, bring up the earth energy. An important part of the practice is to extend a 'line' down from universe into yourself and one into the student. The line sinks through the Tan Tien into the universe below. You can send your energy up to your energy body and it will be brought down to the energy body of the other person.



Fig. 4.35 Feel your hands are long as down into the earth they extend.



Fig. 4.36 Project the other person's legs deep into the earth.



Fig. 4.37 Blend the universal energy and Earth Chi - bring it into all of the bones and cells.



Bring the energy up to your feet, into your bones. Let it enter all the bones, organs and cells. Feel it blending with all the sick energy. Turn your palm up, turn it back down again and exhale; let go of all the sick energy, the negative energy, the worries and the burdens all the way down to the earth. Down, down, down to the earth. Again from the earth up. Do it at least three, six or nine times. When people are very sick, you need to clean them thoroughly. Bring the earth energy up into your bones again. Feel numb, tinkling electricity flowing in all your cells. Return the energy down, down, down to the earth. Relax, let go; worries, burdens, let everything go. It is very important to say to yourself or group: **“You must let go of all your sick energy. Let go of all your burdens. Let go of all your worries, down to the earth”**. Repeat it once again. Inhale from the universe and into the earth. From the earth let it enter into your bones. From the bones all the way to your inner self. Feel the energy blend with the sick energy. Exhale and let go of all your sick energy, any negative emotions burdens, worries, anxieties; release them all the way down into the earth.



Fig. 4.38 Bring the Universal Chi down and let it blend with the sick and negative energy. Bring it down into the earth and bury it there.

Empty negative, sick energy, burdens, worries, go deep down into the earth. Dig a hole and bury them there - tell them “Do not come back; you will be happy there.”

Feel that the feet are long and extended into the earth. The hollow bones have been compacted with compressed Chi.

Once again guide the good Chi from earth up to the fill the person again. See the cells as big as the stars and fill them with Chi to blend with the dirty and sick energy. Then empty them again down to the earth.



Fig. 4.39 You can also use a Tree to guide the Chi down into the Earth.

H. Clean with Green Light

Become aware of your liver and breathe into your throat center. Feel that you are breathing the green light into your throat center and let it blend in the Tan Tien. The Chi comes up to blend in the heart, up to the crown, spirals and goes up to the universe. Raise your hand in a spiraling motion up to the universe. Use your 'one hand' to spiral in the universe. Spiral clockwise first. Spiral green light from the universe. Now reverse, counterclockwise - multiply and spiral counterclockwise, bringing the Chi down to clean out your communities, your house, the Tao Garden, the meditation hall, your bodies and all of the people that are 'here' - fill yourselves with Chi. You will use this power to see the cells.

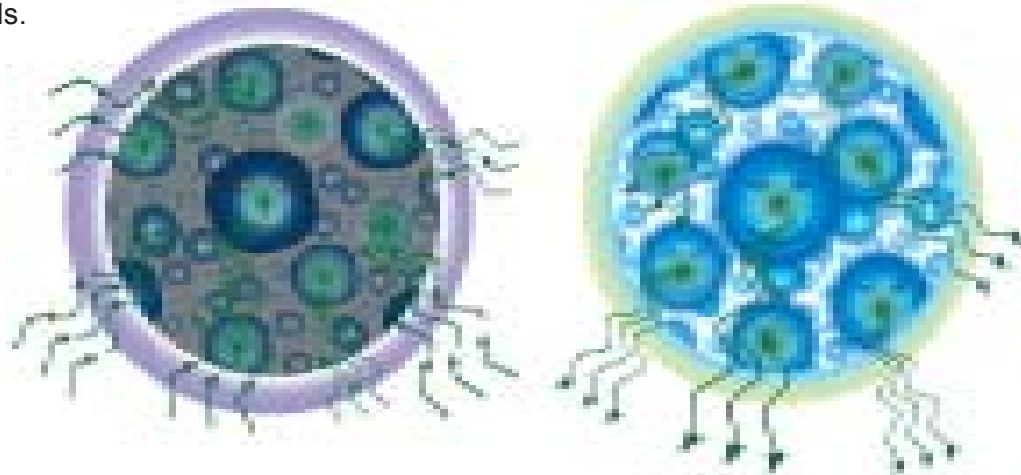


Fig. 4.40 Spiral Sick Energy Counterclockwise down to the Earth. Smile to the Cells and let the Green Light clean out the sickness, flushing it down into the Earth below.

See the cells enlarged and this green energy go in and blend with the dirty, black and cloudy energy. See it come out and let it go down into the earth. Dig a hole and bury it there. Tell it, "Don't come back. You will be happy down there". Become aware of the green light and spiral counterclockwise. Spiral down, cleaning out the stress. Clean out your house. Send everything down into the earth. Repeat three, six, nine, thirty six or one hundred and eight times. This depends on how much sick energy you are dealing with in your body.

Green:

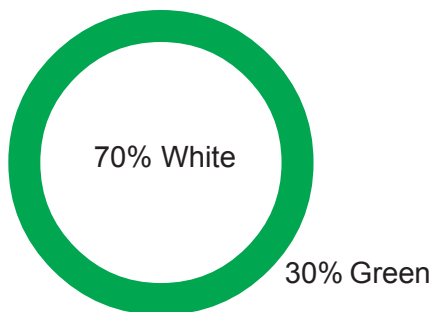


Fig. 4.41 Clean with green.

Green cleans and detoxifies all of the body's cells. Green Chi is mild and safe. Green Chi is used for cleansing, and as a decongestant for diseased parts. It 'loosens' the area. The light green Chi is used to break down dirty or diseased energy, like a detergent is used for washing clothes or dishes. Afterwards, the cells will be rinsed with blue light, like clean water is used to rinse the detergent and residue from clothes or dishes.

Throat Center Green

Be aware of the liver's green color, the throat and the forest. Breathe into the throat, feel yourself breathing in the green light. Guide it down to the Tan Tien, blend and move it up to the heart and the crown.

Project it to the universe; spiral and let it multiply.

Channel one direct line down to the student, one to your crown and one to your palm.



Fig. 4.42 Blend Green Chi into the Three Tan Tiens - project to the Universe, multiply and bring the Energy back down to the Student.



Be aware of the liver, the gall bladder, the forest and the throat breathing.

Be aware of the green light in the universe. Let the light come in and blend in the Tan Tien, up to the heart to blend with the compassion in the heart, and up to the crown.

Project the light up to the universe. See it spiral and let it multiply.

Always keep your Lower Tan Tien Fire warm. **Spiral in your Tan Tien and spiral the energy down to the student.** Spiral 1,000 revolutions per minute, 10,000, 30,000 and 60,000.

Fig. 4.43 Draw down the Green Light from the Universe.

Cleanse and Remove Sickness

Extend your arms up, with palms facing the heavens. Use one hand to spiral the green force down. The other hand holds the position and connects to the universe. Let this big pool of green light in the universe spiral down – through your community, your home and then into your crown.

Let the Green light blend into the cells and bond with sickness and toxins. Let the green light bring the sickness out of the cells and flow down to the center of the earth.

Dig a hole and bury it. Give the command: “Don’t come back. You will be happy down there. You will be transformed into good Chi.” Smile. Always smile.

Repeat it six, nine or eighteen times. For people who are very sick, who have cancer or may be terminally ill, you can do this two or three hundred times.

Fig. 4.44 Green Light bonds with the Sickness and Toxins before returning them to the Earth.



I. Clean with Blue Light

Be aware the blue light, kidney blue. Breathe the blue light into the throat center. Now slowly blend the blue light in the Tan Tien. Blend the blue light in the heart, in the crown and project it up to the universe, spiraling clockwise. Then feel the universe pouring the blue light back down; counterclockwise. Spiral down. Look at the cells and see the blue light, like water, go in to the cells to rinse and clean all the dirty things, down, down, down to the earth. All the way down. Repeat three, six or nine times. Smile.

Blue:

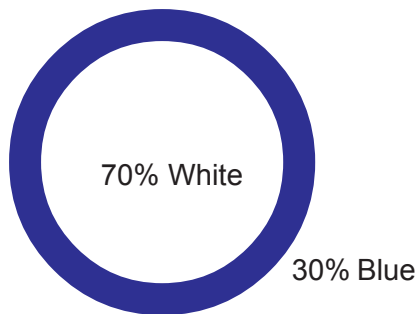


Fig. 4.45 Rinse with Blue.

Blue is like cold water; it has the yin power to dissolve all kinds of negative energy and sickness. It has an inhibiting effect. Blue yin energy is the opposite of red yang, which has a strengthening and stimulating effect. Blue has a cooling effect; it can reduce pain, inflammation and can help blood to clot. It stops bleeding and reduces fever. It can help to induce rest and sleep.

Throat Center Blue

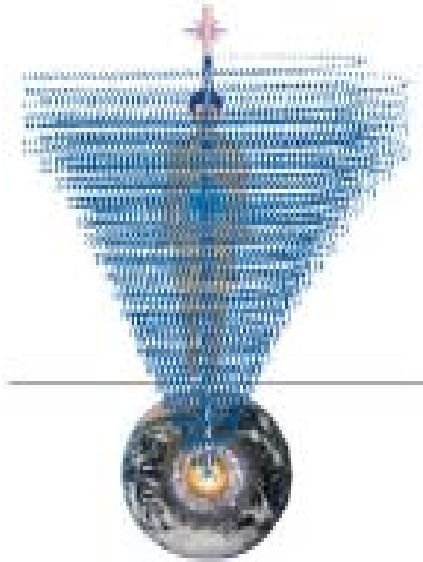
Be aware of the kidneys' blue color and breathe the blue light into your throat. Guide it down to the Tan Tien, blend and move back up to the 'heart of compassion' and then the crown.

Project up to the universe, spiral and let it multiply.

Channel one direct line down to the student, one to your crown and one to your palm.

Fig. 4.46 Multiply the Universal Blue Light - guide the Energy from the Throat, Heart and Crown into the Universe and back down.





Be aware of the kidneys, the bladder, the oceans and the throat breathing.

Be aware of the blue light in the universe. Let the light come in and blend in the Tan Tien, up to the heart to blend with the compassion and up to the crown.

Project the light up to the universe. See it spiral and let it multiply.

Fig. 4.47 Draw the Blue Light from the Universe - rinse clean and remove sickness.

Rinse and Flush

Extend your arms in the air, with palms facing heaven. Use one hand to spiral the green force down. The other hand holds the position and connects to the universe. Let a big pool of green light in the universe spiral down – through your community, your home, and then into your crown.

Let the blue light flush into the cells and flush out sickness and toxins towards the center of the earth.

Dig a hole and bury them. Give the command: “Don’t come back. You will be happy down there. You will be transformed into good Chi.”

Repeat it six, nine or eighteen times. For people who are very sick, who have cancer or who may be terminally ill you can do this up to thirty six, seventy two or one hundred and eight times.



Fig. 4.48 Blue Light flushes out the sickness and toxins before returning them to the earth.

J. Charge with Violet Light

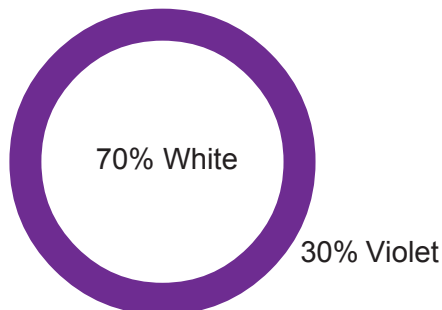


Fig.4.49 Intelligent Luminous Violet

Luminous Violet has intelligence and can be programmed. The universe is full of violet light, especially the North Star and the Big Dipper. The color of the star of the higher self or soul, above the crown, is also violet light, the Divine or Soul energy.

It has properties of other Chi colors. It has a rapid regenerating effect on damaged organs and nerves. Always use green and blue light before using violet. Violet light develops the crown center, the spiritual core. It is good for psychological ailments as well as for physical deficiencies.

Primordial Force

Turning the three minds into one mind, go deep into the empty space of the cell and deep into the chromosomes, magnify the space as you enter into the DNA and return to the original cells. The empty space is the Wu Chi. When you enter this stage you turn the subconsciousness into consciousness and you can talk to your body and cells. You can change the programming of DNA and RNA.

Ask for the power to see the cells and look at the brain cells spread out into the space. "Brain cells please listen. Clear, Clean, and Bright: fill with violet light and return to normal function".

Violet Light into the Cells

See violet light. Be aware of your crown. The Tan Tien Chi and the negative Chi all combine in the crown. Extend a violet light up to the universe. See the North Star in the Big Dipper. Tell the student to hold their arms in the air, so that they can funnel the Chi into their personal star. Bring the North Star and the Big Dipper down; hold the handle of the Big Dipper and pour the violet light over the student's personal star. The higher cells will be programmed. Let the Chi enter the brain and ask for the power to see the brain cells. "Brain cells listen to the command". If there is sickness in the brain, give the command. "Sickness go away".

The North Star is a major source of violet light.

The Big Dipper is a major source of red and infrared light. Taoists understand that the cup of the Big Dipper gathers all the violet light from the universe. The left hand holds the handle of the big dipper - pour it down to your crown. It then flows down throughout the body.

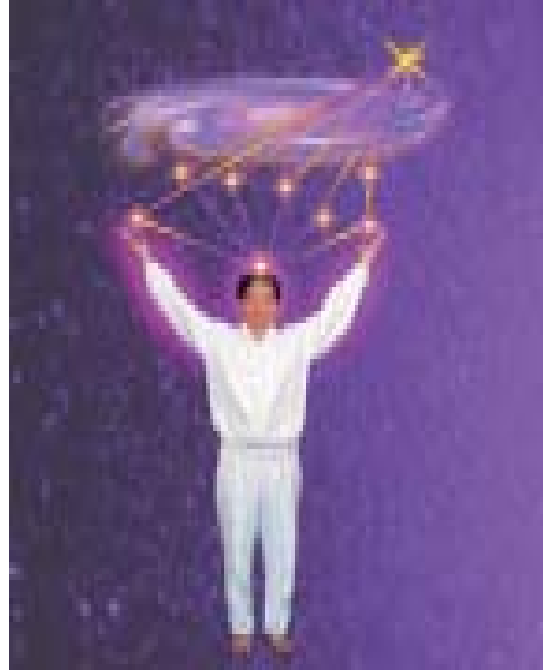


Fig. 4.50 Connect with the North Star to receive the Violet Light.



Fig. 4.51 Practitioner connects with Universal Violet Light.

Bring the violet light down to the student's personal star above their crown. Pause to let the higher cells of the brain reprogram the violet light at the personal star. Continue to spiral the violet light down through the cells of the brain and down through the cells of the whole body.



Fig. 4.52 *Pause to reprogram the Violet Light at the other Person's Personal Star.*



Fig 4.53 *Lead the person and guide them to follow you. Tell them to focus on the part of their body that you are working on.*

1. Ask for the power to see into the cells of the brain. Ask the student to move their hands to cover their brain. "Brain cells listen to the command: Sickness go away. Clear, clean and bright; fill with violet light and return to normal function".

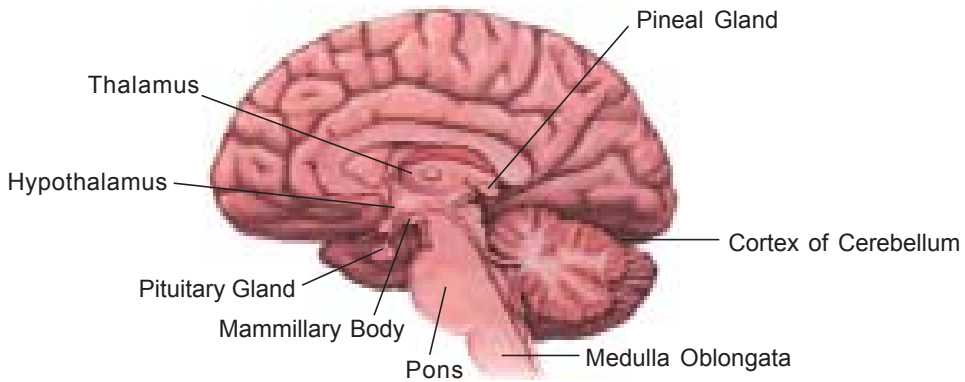
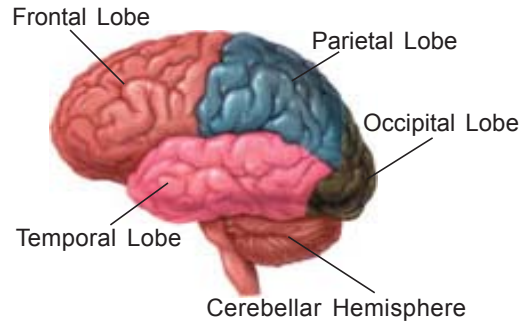
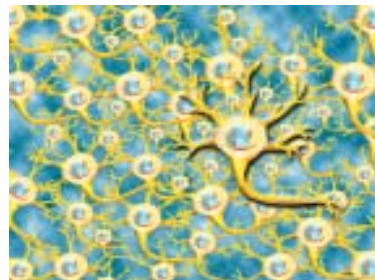


Fig. 4.54 "Clear, clean and bright; fill with violet light and return to normal functions".



Brain Cells



Healthy Happy Cells

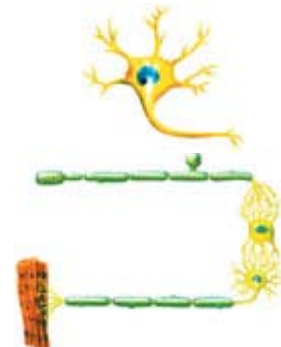


Fig. 4.55 'Intent' to Heal.

2. Ask for the power to see the cells of the sense organs. Ask the student to move their hand to cover their senses. Give the command: "Eyes, ears, nose, tongue and mouth cells listen to the command. Sickness go away. Clear, clean and bright; fill with violet light and return to normal function".

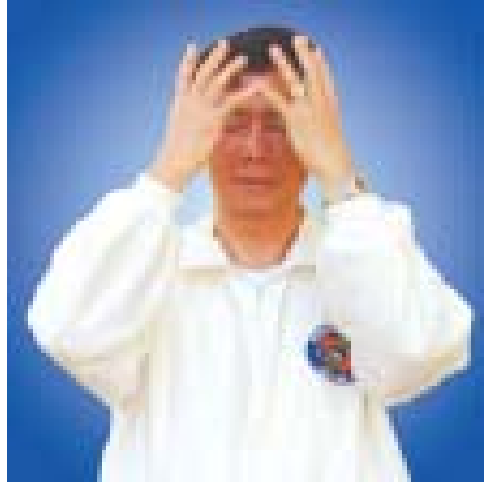
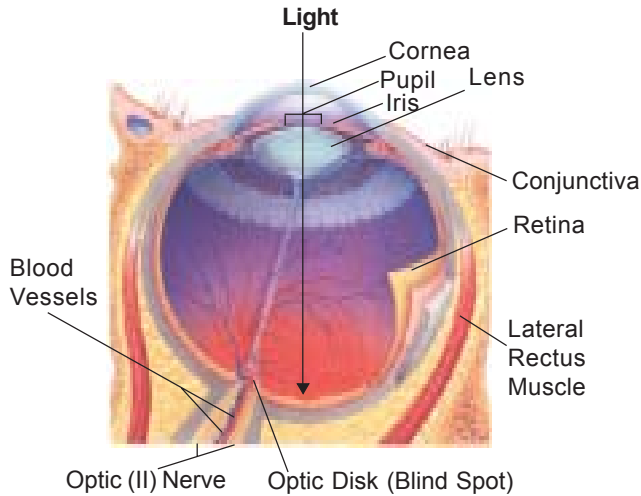


Fig. 4.56 "Eyes, listen; clear, clean and bright; fill with Violet Light and return to normal function".

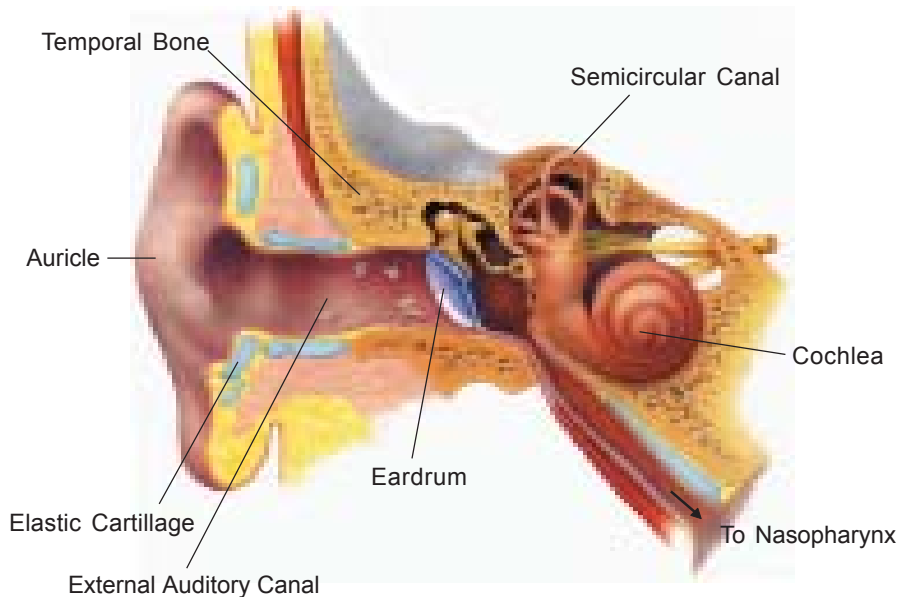


Fig. 4.57 "Ears, listen; clear, clean and bright; fill with Violet Light and return to normal function".

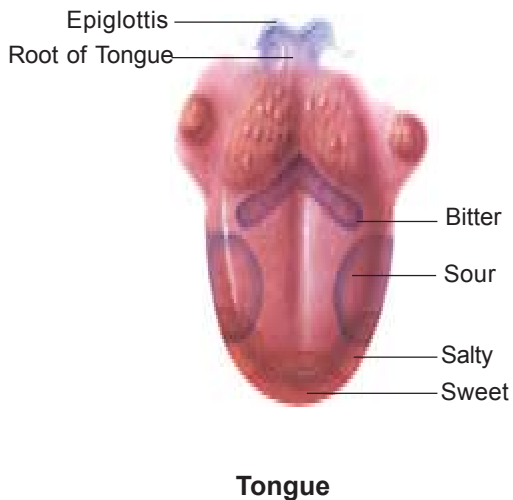
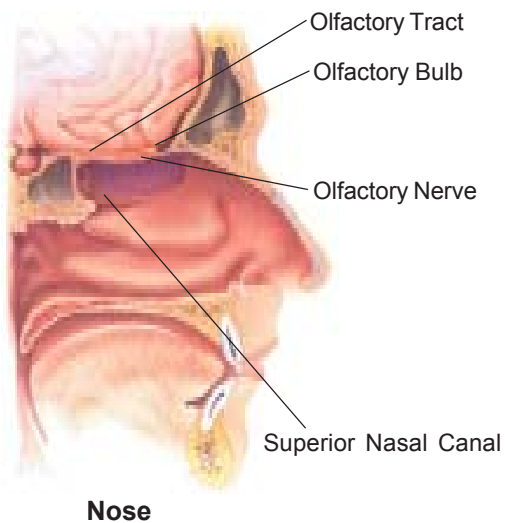


Fig. 4.58

“Nose, tongue, listen; clear, clean and bright; fill with violet light and return to normal function”

3. Move your hands down to your throat center and give the command: “Thyroid, parathyroid and Thymus glands, listen to the command; Clear, clean and bright; fill with violet light and return to normal function”.

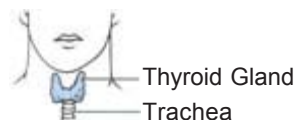
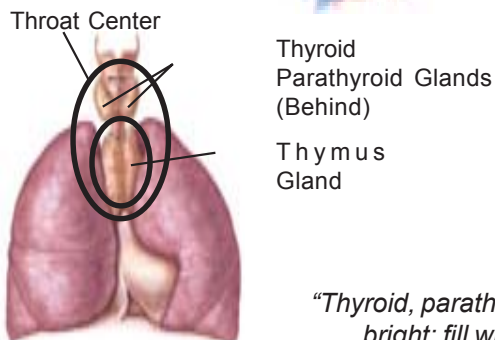
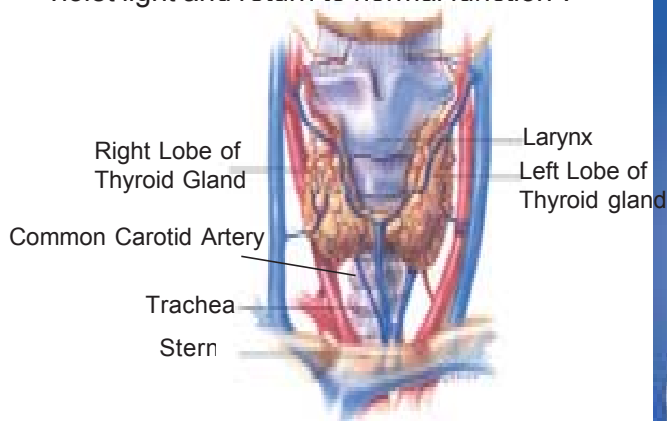


Fig. 4.59

“Thyroid, parathyroid and thymus glands - listen; clear, clean and bright; fill with violet light and return to normal function”.

4. Move your hands to the heart and the lungs. Ask for the power to see the cells of the heart and lungs. Give them the command: "Lungs and heart cells, listen to the command". If there is no sickness, just clean them out. See the cells and clean them out with violet light. If there is sickness, tell the sickness to "go away - be clear, clean and bright; fill with violet light and return to normal function". Make sure that you say this part aloud. Give the command in a very firm tone of voice.

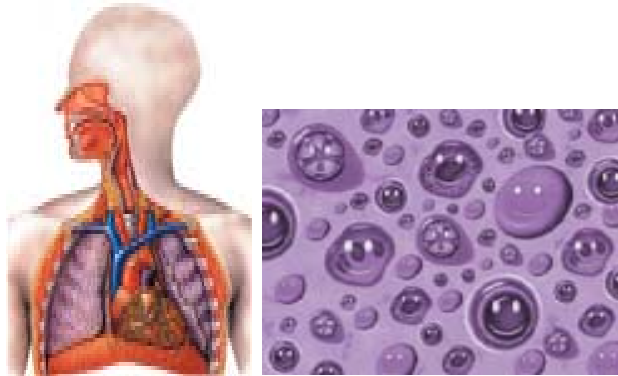


Fig. 4.60

"Heart and lung cells please listen; clear, clean & bright; fill with violet light and return to normal function".



5. Move your hands to cover the left and right sides of the ribcage. Ask for the power to see the cells of the liver, gallbladder, spleen, pancreas and stomach. Give them the command: "Liver, gallbladder, spleen, pancreas and stomach cells, listen to the command". If there is no sickness, just clean them out. If there is sickness, tell the sickness to, "go away - be clear, clean and bright; fill with violet light and return to normal function". Make sure that you say this part aloud. Give the command in a very firm tone of voice.

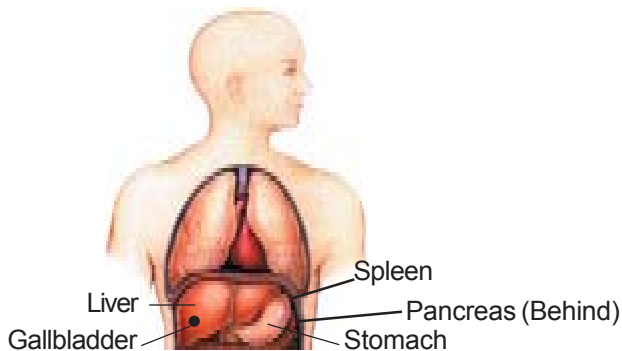
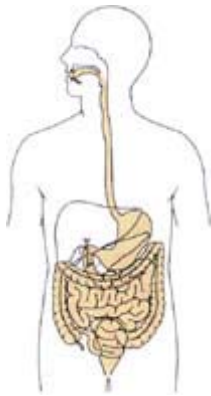


Fig. 4.61

"Liver, gallbladder, pancreas and spleen cells please listen; clear, clean and bright; fill with violet light and return to normal function".



6. Move your hands to the large and small intestine on the front of the abdomen. Ask for the power to see the cells of the intestines. Give them the command: “Large and small intestine, listen to the command”. If there is no sickness, just clean them out. See the cells and clean them out with violet light. If there is sickness, tell the sickness to, “go away - be clear, clean and bright; fill with violet light and return to normal function”. Make sure that you say this part aloud. Give the command in a very firm tone of voice.



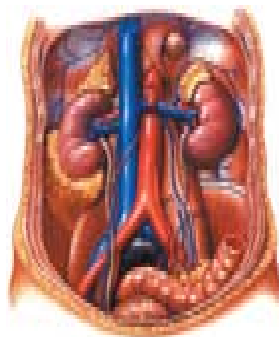
Intestines



Healthy cells

Fig. 4.62 “Small and large intestine cells listen to the command: clear, clean and bright; fill with violet light and return to normal function”.

7. Move your hands to the kidney and sexual organs and ask for the power to see their cells. Give the command: “Kidney and sexual organ cells listen to the command: Clear, clean and bright; fill with violet light and return to normal function”. Gather the violet light again and let it pour down and fill all the cells. See the violet light again and feel and see that all the cells are, “clear, clean and bright”. Smile.



Kidney



Testes



Ovaries

Fig. 4.63 “Kidneys and Sexual Organs listen”.

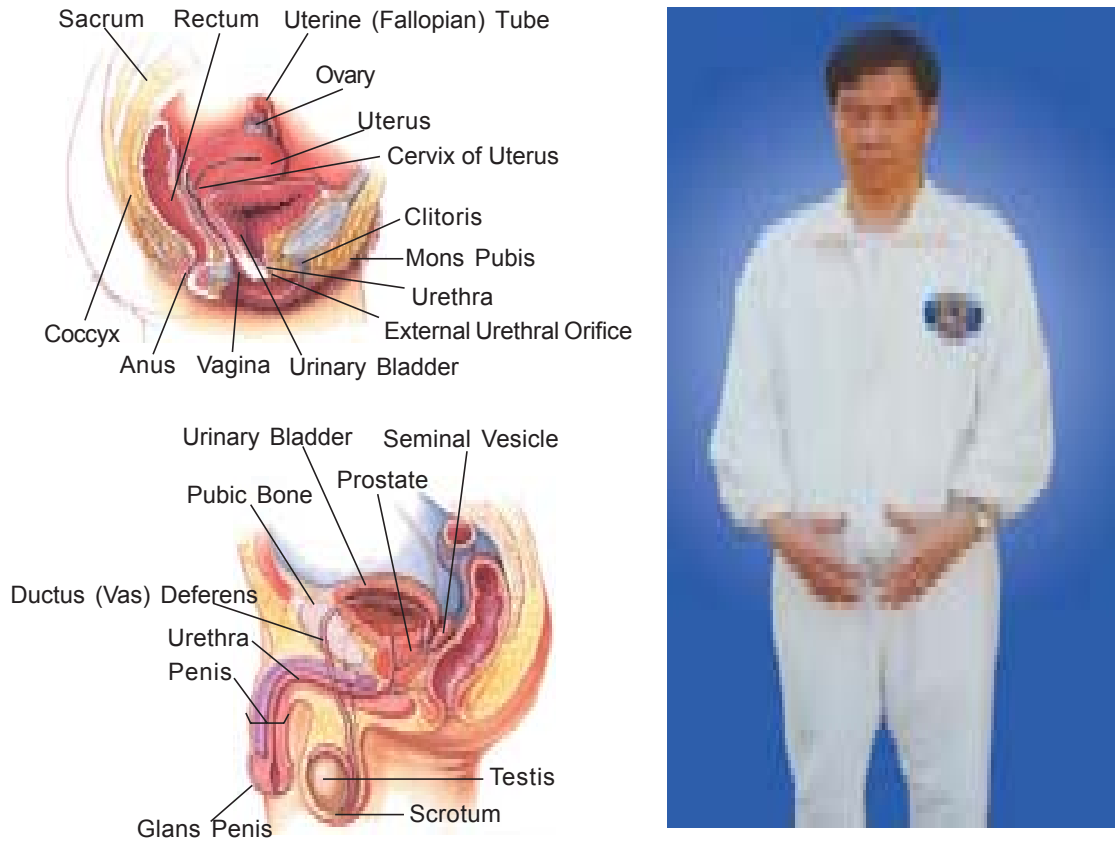


Fig. 4.64 Male and Female Sexual Organs

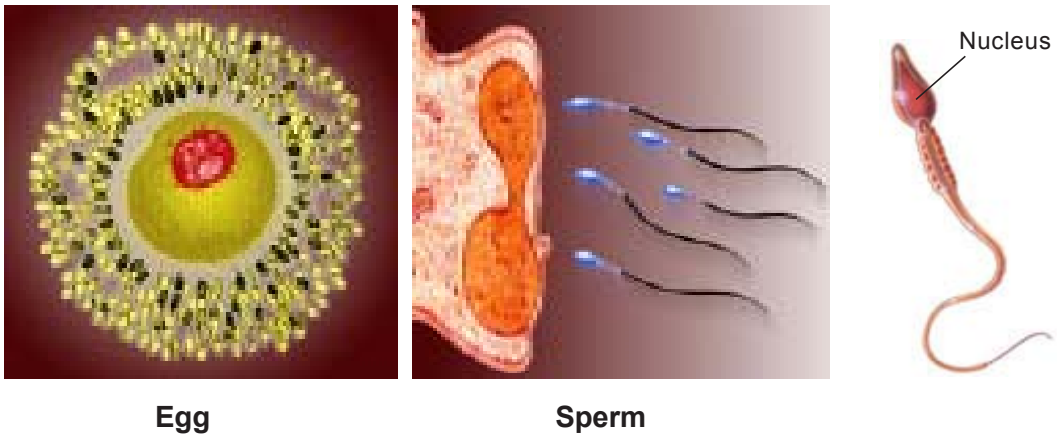


Fig. 4.65 "Clear, clean and bright: fill with Violet Light and return to normal function".

K. Activate the Defense and Immune System

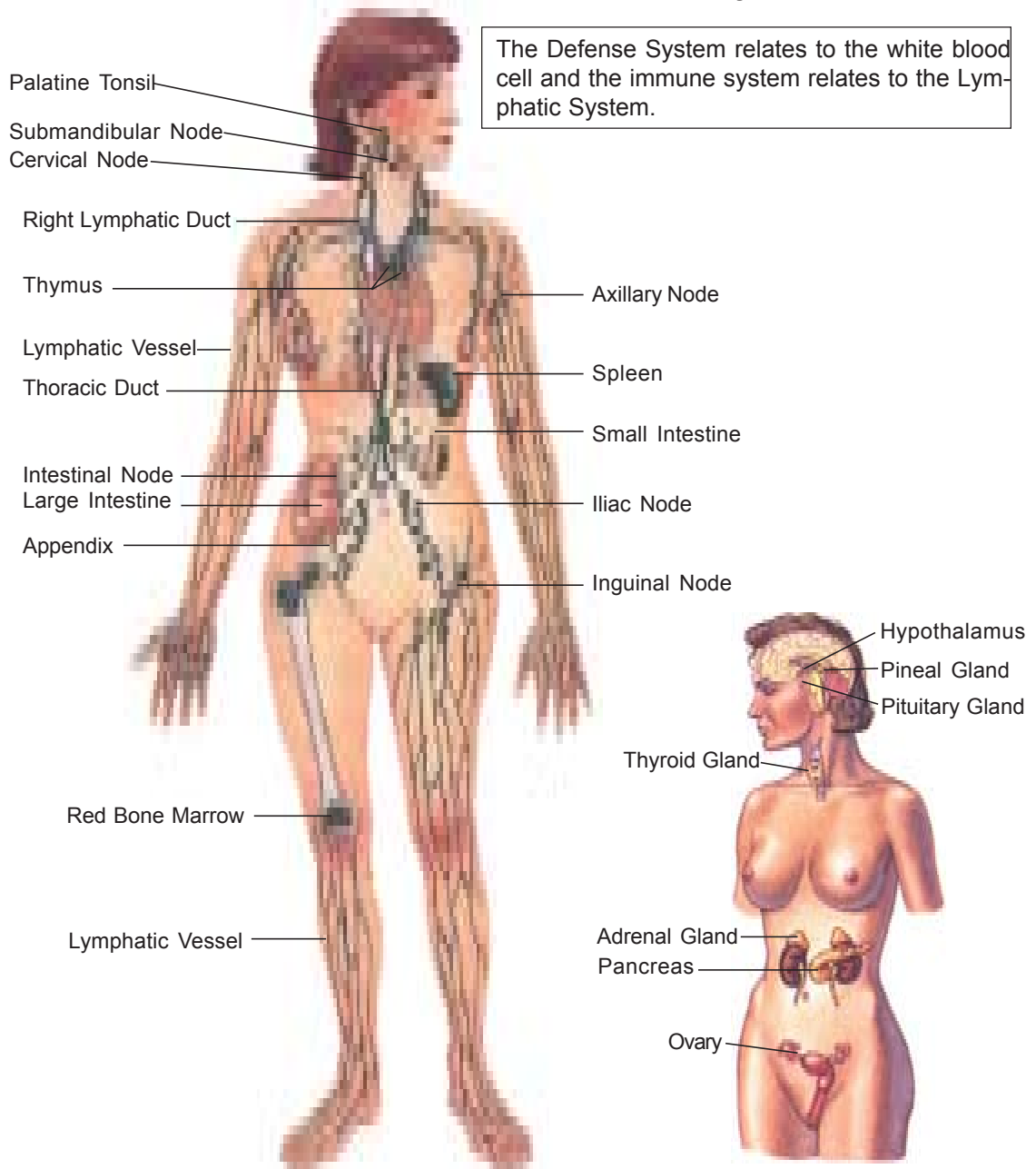


Fig. 4.66 Ask the cells to listen to the command. The bone marrow produces red and white blood cells. The lymphatic system cleans the toxic and polluted material and bacteria from the cells.

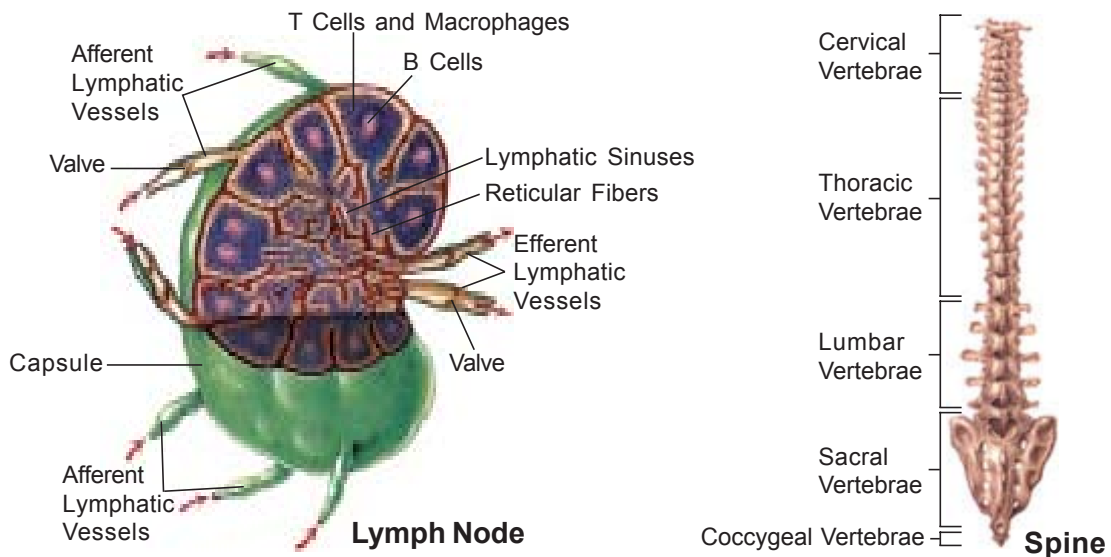
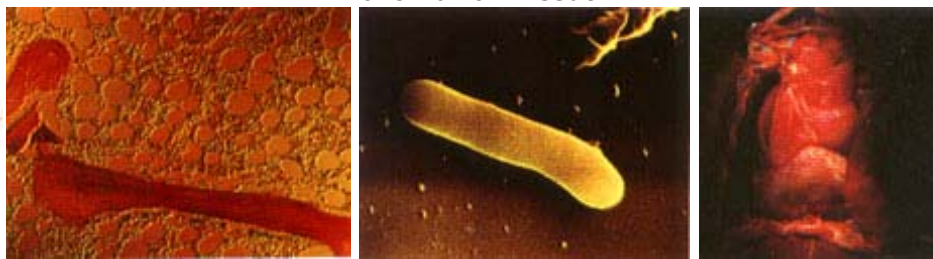


Fig. 4.67 “Immune Cells and Vertebrae please listen: clear, clean and bright; fill with Violet Light and return to normal function”.



Bone Marrow Tissue



Sacrum: The sacrum controls all the bones and marrow. It effects the production of red and white blood cells. The bone marrow produces the lymphatic cells (white blood cells). When the blood is full of Chi it becomes lighter. Negative emotions make the blood thick and acidic. The blood cells in a healthy body can live up to ten times longer than in a weak or diseased one.

Bone Marrow: A tissue rich in fats, containing plenty of nourishment for the comprehensive production of the different blood cells: red cells for the transport of oxygen, blood platelets for clotting and the various white cells for the immune system.

Bacterium: Represents the foreign invader, but it is only one of many invaders. Parasites, fungi, viruses, chemicals, mineral fragments, metal particles—these and a great deal besides, set the immune system to work.

Thymus Gland: Perhaps the most important organ of the immune system. The vital training of the different T-lymphocytes takes place inside. When they pass through the thymus they receive a program to convert them into ‘T’ lymph cells. When they pass through the liver and large intestine they become ‘B’ cells and helper cells.

We have obtained Fig. 4.68 and the following text from the publication 'The Body Victorious' by Lennart Nilsson and Jan Lindberg.

We hope that you find this short selection of material as informative as we did.

"The illustration below is a highly schematic and simplified picture of our immune system. *Top left*, the pale yellow 'house' symbolizes the bone marrow, where all blood cells are born. *Bottom Right*, a solitary bacterium (yellow) represents the foreign invader that the immune system needs to combat. The light blue path represents the older defenses, with various feeding cells that tackle all foreign substances and also function as a kind of cleaning system. They deal with all the old, dead and used-up material in the body. The newer, special defense force, which develops later, follows the green path. Its cells are more specialized; they obtain their special training and reach maturity in organs such as the thymus gland and in the lymphoid tissue around the intestines and in the liver. In the lymphoid tissue, the yellow 'half-way house' (far right), the 'B-lymphocytes are trained. These are the precursors of the large plasma cells - the pale green cells (far right) in the illustration, which produce the body's sniper ammunition, the antibodies (Red and Y-Shaped).

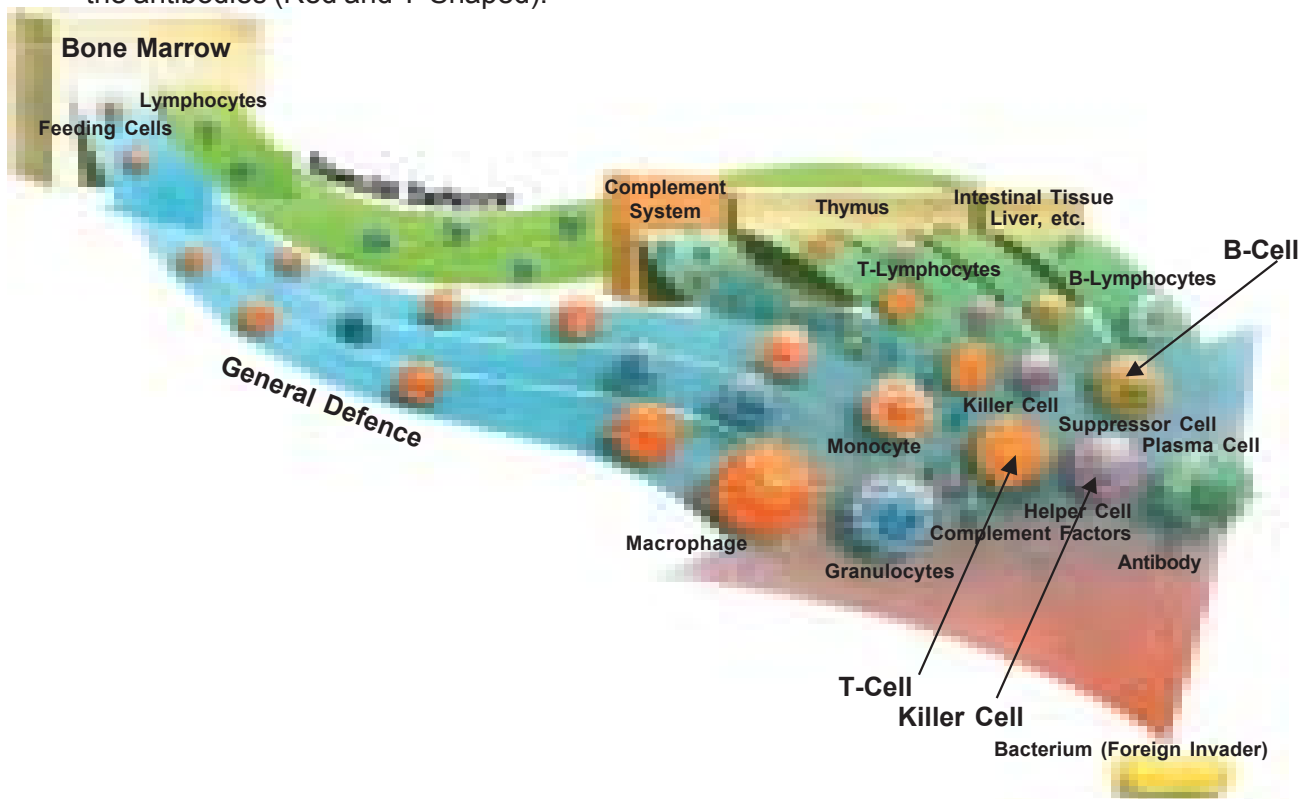


Fig. 4.68

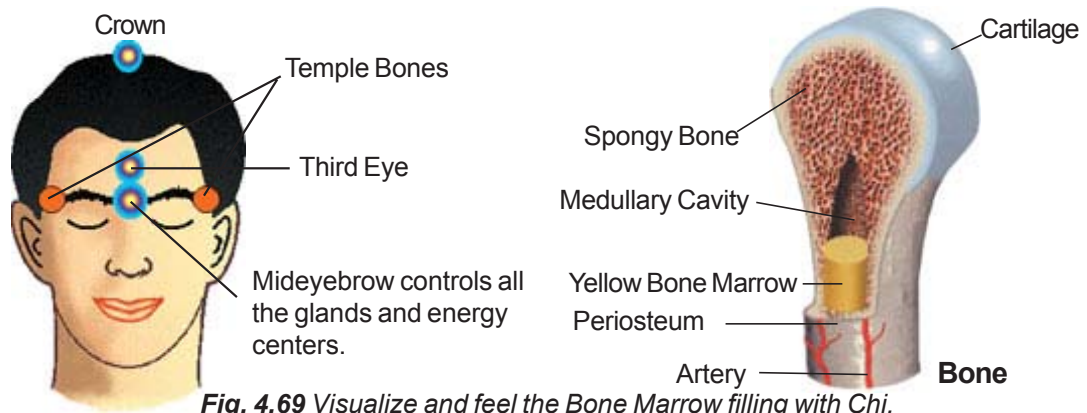
Bone marrow, bacterium and thymus please listen: clear, clean and bright; fill with violet light and return to normal function".

The three paths from the thymus are intended to show that there are different types of T- lymphocytes - among others, aggressive killer cells, helper cells and suppressive cells. All of them have specialized tasks to perform when the immune system launches a counterattack. The three blue paths of the older defenses have three different kinds of feeding cells. First, the large and powerful macrophages (orange) advance on the enemy; then come the granulocytes (blue), smaller and faster moving, followed by the (pink) monocytes. The nuclei in the shimmering cell bodies are faintly discernable. In addition, there is an important complement system (middle), symbolized here by a multicolored range of small spheres flocking toward the foreign bacterium. These molecules play a large part in increasing the efficiency of both antibodies and feeding cells. In addition, they have the capacity to destroy bacteria by shooting holes in them. The complement factors are produced in many different cells in the body.

Chi Kung has a very strong effect against viruses. Although medical science is struggling to discover a medicine that will kill them, Chi Kung practice is able to prevent them from occurring in the first place. Whether we are sick or healthy, we all need our defense system to be in good shape.

Defense System - Outline of Practice

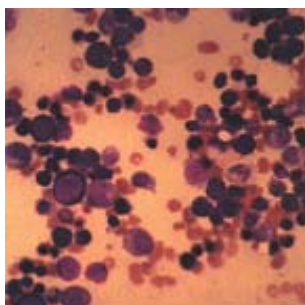
1. Work on yourself first to activate your sacrum. Project the sacrum as big as the universe. See the eight holes in the bone and visualize them breathing. Breathe and compress the Universal Chi into the bones. Feel the Chi begin to rise up the spine and into your mideyebrow and temple bones. When you feel that there is enough Chi, project it out to the universe, multiply it and spiral it back down. Project it towards the student and ask them to touch their sacrum. Rub your hands until warm and touch the sacrum. Picture the sacrum getting bigger and bigger, breathing into the eight holes. Tell the person to smile at the sacrum and start to work on your Tan Tien and universe. Multiply more energy and picture the Chi from the universe coming down to the sacrum of the other person (and your own) and then charge up the spine, to the rib cage, to the temple bone and to the mideyebrow.



2. Tell the student to move their hands to the hip bones. Tell them to smile to these bones. Feel them as 'funny, laughing, happy bones'. Tell them to feel the electricity in the sacrum and bone marrow.
3. Touch the femur bones. Feel the electricity running up the legs.
4. Touch the humerus bones. Feel the electricity running up the arms.
5. Touch the lower part of the sternum and feel the Chi penetrate into the bones and spread out to the rib cage. Feel the electricity run throughout the rib cage.

Practice

1. Touch the sacrum, feel your fingers grown 'long' and penetrate into the marrow. Feel that the sacrum is as big as the universe and that the Chi has been compacted. Fill the sacrum with Chi. The eight holes are breathing. Let the fingers touch the sacrum and become aware of the Tan Tien spiraling, until you feel the crown and the mideyebrow spiral and connect to the universe. Hold until the universe fills the sacrum once again and rises up the spine to the mideyebrow.



Bone Marrow Cells



Fig. 4.70 *Touch the Sacrum - see the Eight Holes breathing - fill the Sacrum, Mideyebrow and Crown with Chi - empty to the universe and 'fill' again.*

Sacrum Breathing to get Chi

Breathe through the sacrum; feel red and yellow light enter. Guide it into Tan Tien. Blend the Chi in the Tan Tien. Move up to the Heart Center. Move up to the Crown and project up to the universe; let it blend and multiply. Multiply in the universe

Open a direct channel down to the other person, and one to your palm.

Sacrum Chi

Project the student's feet down to the earth and connect to the earth's core.



Third Eye and Temple Bones are aligned in a triangle. Activate the Sacrum until you feel the Chi rising up the spine and feel it pulsing; be aware of the Temple Bones.

Fig. 4.71 Activate the Sacrum - Be aware of the Temples.

2. Tell the student to move their hands to the hip bones. Tell them to smile to these bones. Feel them as 'funny, laughing, happy bones'. Tell them to feel the electricity in the sacrum and bone marrow. Tell the student to pack and compress the Chi into the bones in order to revitalize and revive bone marrow. Give the command. "Produce healthy white and red blood cells".

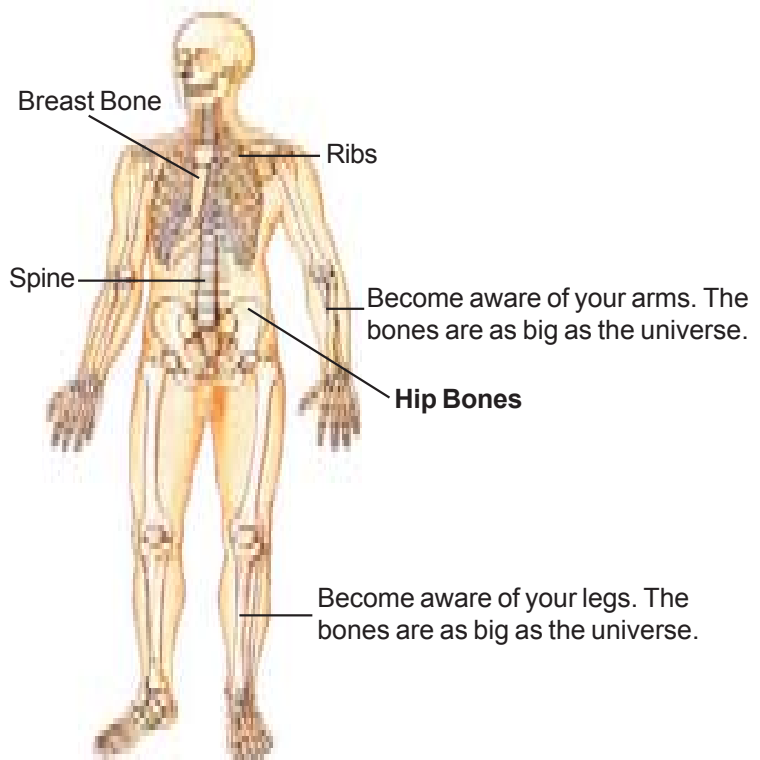


Fig. 4.72 "Hip Bones produce healthy White and Red Blood Cells".



White Blood Cell
(Neutrophil)

Leave the fingers touching the hip bones and start to spiral in the Tan Tien until you feel the crown and the mideyebrow also spiral. Expand your awareness to the Universe and the Universe will charge into the hip bones.

Fig. 4.73 *Touch and feel the bones. Leave your fingers there - lower your mind into the Tan Tien and the universe.*

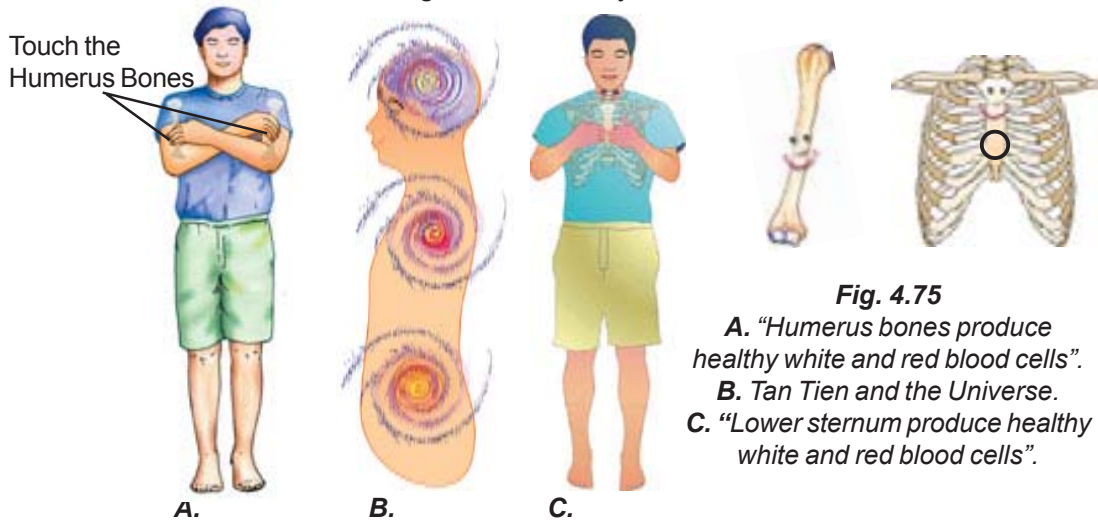
3. Touch the middle part of the femur bone to help increase the production of healthy red blood cells. Feel the electricity running up the legs. Give the same command for the femur bones: "Funny, laughing, happy bones produce healthy white and red cells." After that put your mind into the Tan Tien and universe so that the Chi can charge into the bones. Feel electricity run throughout the whole skeleton.

Fig. 4.74 *"Funny, laughing, happy femur bones produce healthy white and red blood cells".*



4. Touch the humerus bones. Feel the electricity running up the arms. Give the same command: "Funny, laughing, happy bones produce healthy white and red cells." After that, put your mind into the Tan Tien and universe so that the Chi can charge into the bones. Give the same command for the lower part of the sternum. Chi penetrates into the bone and spreads out into the rib cage 'Tan Tien and Universe'. Put your mind into the Tan Tien and the universe so that the Chi can charge into the bones.

5. Touch the lower part of the sternum and feel it and the rib cage as funny, happy, laughing bones. Feel the Chi and electricity penetrate into the bones and spread out to the rib cage. Touch the lower part of the sternum. Give the same command again. "Produce healthy white and red cells". After that you put your mind into the Tan Tien and universe so that the Chi can charge into the bones.
You have finished activating the defense system.



Immune System

1. The Immune System starts with the top part of the sternum. Touch the top part of the sternum. Project your fingers 'very long' into the bone and feel them penetrate right into the thymus. Activate the thymus gland. Gradually, feel the fingers rising up to the thyroid and parathyroid. Activate the thyroid and parathyroid and throat center. Give the command, "Clear, clean and bright fill with violet light and return to normal function".

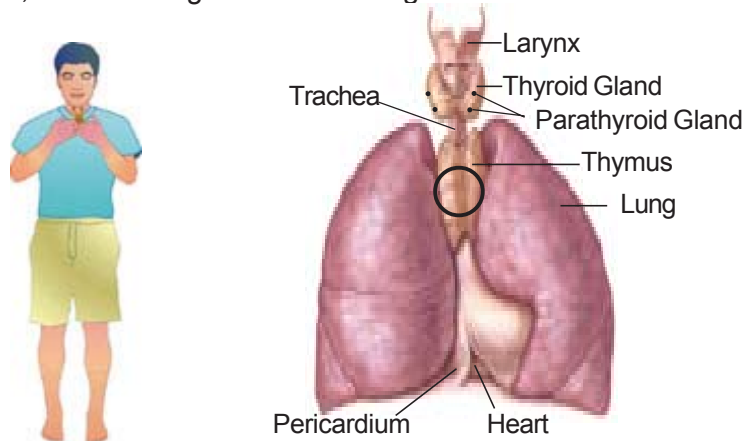


Fig. 4.76 Touch the Top of the Sternum & activate the Thymus, Thyroid and Parathyroid Glands.

2. Move the fingers to touch both sides of the jaw bones to help activate the tonsils, the body's first line of defense. The jaw bone affects the lymph nodes beneath, which include the tonsils. Fill them with Chi. Give the command, "Clear, clean and bright; fill with violet light and return to normal function".



Fig. 4.77 Activate the Tonsils and Jaw Bones.

3. Touch the mideyebrow and crown, which control the pituitary and pineal glands respectively. Touch the third eye, feeling it open and feel the light from heaven entering into your brain and into your body. Touch the crown. Feel your fingers reaching deep inside and feel the Chi penetrating all the way down to your perineum. Give the command, "Clear, clean and bright fill with violet light and return to normal function".

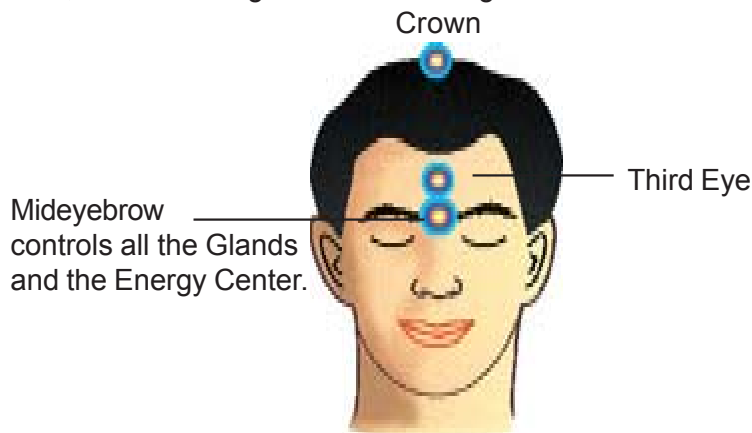


Fig. 4.78 Third Eye, Mideyebrow and the Crown affects the Immunity and Defense Systems.

4. Rub both of your hands until they are warm and cross the hands on the neck and feel the lymphatic system has been activated. Cross your arms and hold your hands



under your armpits. Picture the lymphatic system of the armpits as you activate the lymph nodes. Give the command; “Clear, clean and bright fill with violet light and return to normal function”. The lymphatic system of the upper body is clear, clean and bright and the lymphatic fluid flows! Smile.

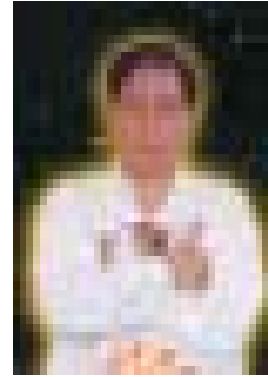


Fig. 4.79 Lymphatic System of the Neck and Armpits are clear, clean and bright.

5. Move the hands to the cover the groin area. Give the command to the lymph nodes there. Next, cover the lymph nodes of the navel area, and give the command; “Clear, clean and bright fill with violet light and return to normal function”. The groin and the navel area lymph nodes become clear, clean and bright.

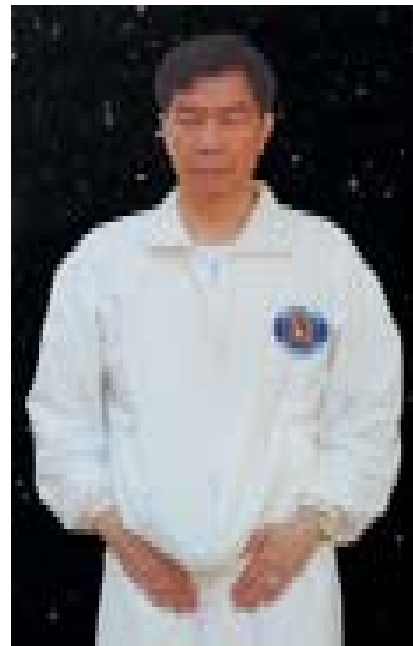
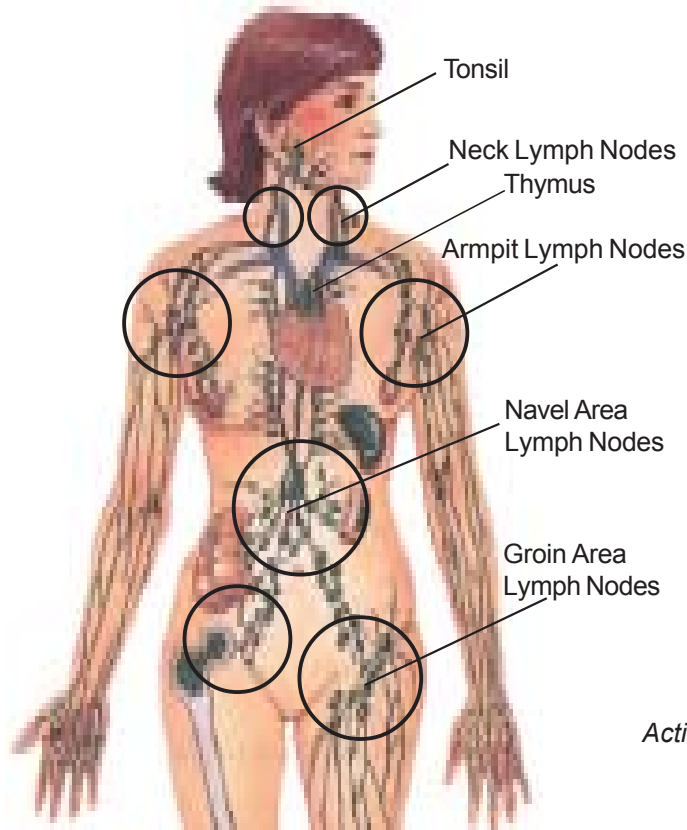


Fig. 4.80
Activate the Lymph Nodes in the Groin.

6. Place your palms over your navel and activate the lymph nodes. Give the command; “Clear, clean and bright fill with violet light and return to normal function”. See them become clear, clean and bright. You have now activated the immune system.



Fig. 4.81

Touch and activate the Lymph Nodes in the Navel.

Summary - General Healing Session

This General Healing Session will help everybody.

- A. Three Minds into One**
- B. Activate the Six Directions**
- C. Activate the Three Fires**
- D. Linking Personal Stars, Energy Bodies and the Universe**
- E. Protective Circle and Chi Field**
- F. Chi Water (Sacred Water) Practice**
- G. Empty and Fill**
- H. Clean with Green Light**
- I. Clean with Blue Light**
- J. Charge with Violet Light**
- K. Defense and Immune System**

A. Three Minds into One

Smile to the inner universe, activate the heart compassion energy; feel the love and joy within. Smile and empty the mind and heart down into the Tan Tien. Fill the Tan Tien with Chi and spiral the energy. When the Tan Tien is full, the energy will rise up to fill the brain. Manifestation will occur at the mideyebrow.

B. Activate the Six Directions

Expand the awareness to connect to the Six Directions at the crown, mideyebrow, heart and Tan Tien.

C. Activate the Three Fires

Activate the Tan Tien, Kidney and Heart Fires.

Activate the Sacred Fire Triangle circulating the energy between the Tan Tien, kidneys and the heart. Feel the energy's force multiply.

Activate the personal stars; the cosmic star above the head and the earth star below the soles of the feet.

Keep the Tan Tien warm, and spiral at the sacrum and mideyebrow. Turn your eyes to look upwards and see the crown spiraling, connecting to the cosmic star about six inches above the crown point. Feel the cosmic and earth stars pull the body simultaneously towards heaven and earth. See the cup of the Big Dipper fill with Violet Light, gathering Chi from the North Star and the universe. When the cup is full, pour the light down into the cosmic star above your head. Feel the violet light spreading throughout your entire system, filling the Upper, Middle and Lower Tan Tiens.

D. Linking Personal Stars, Energy Bodies and the Universe

Feel the central channel running from your cosmic star, through your three Tan Tiens and connecting to the earth energy below. Use you 'Yi' power to connect to the personal or cosmic star above the head. Connect the personal star to the stars of each other person in the meditation. Create a Chi body and become the major connecting point. Create a left spiral pattern to connect all the stars into a larger group. All the meditators then become a satellite, creating a group energy body.

E. Protective Circle and Chi Field

Raise the hands and touch the Universal Fire. Use your Yi to bring the energy down and manifest a Sacred or Chi Fire around the room, creating a protective circle. Create a Chi Dome and set up the guardian animals and/or angels. Activate the eight elemental forces of nature and the universe.

F. Chi Water (Sacred Water) Practice

Invoke the power of the Sacred Water practice to cleanse the body of all sickness, negative energy and bad fortune. Energize and renew the self at a cellular level with health, wealth and longevity.

G. Empty and Fill

Empty any remaining negative energy, sickness, burdens and worries, down in the depths of the molecular mother, the earth. Bury the energy there so that the earth can recycle it. Bring recycled energy up from the center of the earth into the body. Fill and compact the Chi into the 'hollow bones'. See all of the cells on the horizon of your mind's eye; spread them across the panorama and see the cells as big as the stars in the night sky. Fill them with Chi, blending it with any sick or grey energy. Then empty again, as you guide the all of the Chi back into the earth for recycling. If you wish, you can fill with earth Chi once again before you begin to 'clean with green'.

H. Clean with Green Light

Green cleans and detoxifies all of the body's cells. Green Chi is mild and safe. Green Chi is used for cleansing, and as a decongestant for diseased parts. Be aware of the liver's green color, the throat and the emerald forest. Breathe into the throat, feel yourself breathing in the green light. Guide it down to the Tan Tien, blend and move it up to the heart and the crown.

Project it to the universe; spiral and let it multiply. Channel one direct line down to the student, one to your crown and one to your palm. Bring the energy back down and blend it with any sickness in the liver, gallbladder or anywhere else in the body. Spiral the energy counter clockwise and down into the earth. Continue cleaning with green until you see that all the cells have been charged with the emerald light of the forest.

I. Clean with Blue Light

Be aware of the kidneys' blue sapphire color and breathe the blue light into your throat. Guide it down to the Tan Tien, blend and move back up to the 'heart of compassion' and then to the crown.

Project up to the universe, spiral and let it multiply. Channel one direct line down to the student, one to your crown and one to your palm. Then feel the universe pouring the blue light back down; clockwise. Spiral down. Look at the cells and see the blue light, like water, go into the cells to rinse, clean and remove any sickness. Spiral the energy counter clockwise and down into the earth. Continue rinsing with blue light until you see that all the cells have been charged with the sapphire blue.

J. Charge with Violet Light

Luminous Violet has intelligence and can be programmed.

Turn three minds into one mind, go deep into the empty space of the cell and deep into the chromosomes, magnify the space as you enter into the DNA and return to the original cells. Ask for the power to see the cells and look at the brain cells spread out into the space. "Brain cells please listen. Clear, Clean, and Bright: fill with violet light, back to normal function". See violet light. Be aware your crown. The Tan Tien Chi and the negative Chi all combine in the crown. Extend a violet light up to the universe. See the North Star and the Big Dipper. Tell the students to hold their arms in the air, so that they can funnel the Chi into their personal star. Bring the North Star and the Big Dipper down; hold the handle of the Big Dipper and pour the violet light over the student's personal star. The higher cells will be programmed. Let the Chi enter the brain and ask for the power to see the brain cells. "Brain cells listen to the command". If there is sickness in the brain, give the command. "Sickness go away". Continue to spiral the violet light down through the cells of the whole body.

1. Ask for the power to see into the cells of the **Brain**. Ask the student to move their hands to cover their brain. "**Brain Cells** listen to the command;" "Sickness go away. Clear, clean and bright fill with violet light and return to normal functions".

2. Ask for the power to see the cells of the sense organs. Ask the student to move their hand to cover their senses. Give the command; “**Eyes, Ears, Nose, Tongue and Mouth** cells listen to the command. Sickness go away. Clear, clean and bright fill with violet light and return to normal function”.
3. Move your hands down to your Throat Center and give the command; “**Thyroid, Parathyroid and Thymus Glands** listen to the command; Clear, clean and bright fill with violet light and return to normal function”.
4. Move your hands to the heart and the lungs. Ask for the power to see the cells of the heart and lungs. Give them the command; “**Lungs and Heart Cells** listen to the command; Clear, clean and bright; Fill with violet light and return to normal function”.
5. Move your hands to cover the left and right sides of the ribcage. Ask for the power to see the cells of the liver, gallbladder, spleen, pancreas and stomach. Give them the command; “**Liver, Gallbladder, Spleen, Pancreas and Stomach Cells** listen to the command; Clear, clean and bright fill with violet light and return to normal function”.
6. Move your hands to the large and small intestine on the front of the abdomen. Ask for the power to see the cells of the intestines. Give them the command; “**Large and Small Intestine**, listen to the comm and Clear, clean and bright fill with violet light and return to normal function”.
7. Move your hands to the kidney and sexual organs and ask for the power to see their cells. Give the command; “**Kidney and Sexual Organ Cells** listen to the command; Clear, clean and bright fill with violet light and return to normal function”. Gather the violet light again and let it pour down and fill all the cells. See the violet light again and feel and see that all the cells are “clear, clean and bright”. Smile.

K. Defense and Immune System

Defense System

1. Work on yourself first to activate your **Sacrum**. Project the sacrum as big as the universe. Breathe and compress the universal Chi into the sacrum until it rises up to fill your brain. Project out into the universe, multiply the energy and spiral it back down. Project it to the students and tell them to touch the sacrum.
2. Tell the students to move their hands to the **Hip Bones**. Tell them to smile to these bones. Feel them as ‘funny, laughing, happy bones’. Tell them to feel the electricity in the sacrum and bone marrow.
3. Touch the **Femur Bones**. Feel the electricity running up the legs.
4. Touch the **Humerus Bones**. Feel the electricity running up the arms.
5. Touch the lower part of the **Sternum** and feel the Chi penetrate into the bones and spread out to the **Rib Cage**. Feel the electricity run throughout the rib cage.

Immune System

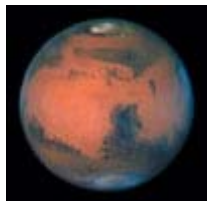
1. The Immune system starts with the top part of the **Sternum**. Touch the top part of the sternum. Project your fingers 'very long' into the bone and feel them penetrate right into the **Thymus**. Activate the thymus gland. Gradually, feel the fingers rising up to the thyroid and parathyroid. Activate the **Thyroid** and **Parathyroid** and **Throat Center**. Give the command; "Clear, clean and bright fill with violet light and return to normal function".
2. Move the fingers to touch both sides of the **Jaw Bones** to help activate the **Tonsils**, the body's first line of defense. The jaw bone affects the **Lymph Nodes** beneath, which includes the tonsils. Fill them with Chi. Give the command; "Clear clean and bright fill with violet light and return to normal function".
3. Touch the **Mideyebrow** and **Crown**, which control the **Pituitary** and **Pineal Glands** respectively. Touch the third eye, feeling it open and feel the light from heaven entering into your brain and into your body. Touch the crown. Feel your fingers reaching deep inside and feel the Chi penetrating all the way down to your perineum. Fill the glands with Chi. Give the command; "Clear, clean and bright fill with violet light and return to normal function".
4. Rub both of your hands until they are warm. Cross your arms and hold your hands under your **Armpits**. Picture the **Lymphatic System** of the armpits as you activate the lymph nodes. Give the command; "Clear, clean and bright fill with violet light and return to normal function". The lymphatic system of the upper body is clear, clean and bright then the lymphatic fluid flows! Smile.
5. Move the hands to the cover the **Groin** area. Give the command to the **Lymph Nodes** there. Give the command; "Clear, clean and bright fill with violet light and return to normal function".
6. Place your palms over your **Navel** and activate the **Lymph Nodes**. Give the command to the lymph nodes there. Give the command; "Clear, clean and bright fill with violet light and return to normal function". **You have now activated the immune system.**

Chapter V

Cosmic Healing I - Basic

Source of Chi and Color

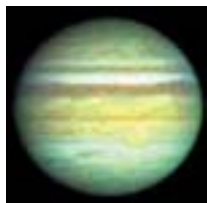
There are different sources of Chi in the universe: cosmic (air), earth, nature and human. Different parts of the human body have different energies and are correlated with the universe and nature. Each part of our body, especially the organs and glands can produce, receive, transform and emit different Chi and color.



Mars - Red Chi
Frontal Bone - 1



Saturn - Yellow Chi
Frontal Bone - 2



Jupiter - Green Chi
Right Parietal Bone - 3



Earth - Yellow Chi



Moon - Silver Chi
Sacral Bone - 7



Mercury - Blue Chi
Occipital Bone - 4



Venus - White Chi
Left Parietal Bone - 5



Sun - Golden Chi
Third Eye - 6

Fig. 5.1 Planet, Bone and Cosmic Colors

Earth Chi

While Cosmic Chi (the atmosphere over us and the universal force) is ethereal in nature, what is called earth Chi is not. This Chi appears as the line visible above the horizon when the sun is low in the sky, and seems to hover just above the ground. It actually also sinks into the ground.

Earth Chi contains yellow and some white Chi. When the ground and the cosmic (air) combine they will become white Chi. This Chi has a very powerful healing energy, not too overheated, but balanced and mild.

When treating a problem, white Chi, in the proportion 7:3 (7 white to 3 of the selected color) acts as a brake on colors which are hot or too active. This enables the body to take in chi more easily.



Fig. 5.2 Use White Chi to blend all the other Colors.

Special Note: Many of the color references came from the following books: “*Let There be Light*” by Darius Dinshah and “*Advanced Pranic Healing*” by Master Choa Kok Sui.

Human and Nature Chi

These include the things we can see on the earth: the mountains, lakes, seas, forests, streams, caves, valleys, rocks and precious stones. Taoism classifies five elemental forces: earth, metal, water, wood and fire.

So there are five elements in our body and five elements in nature; there are five elements in the cosmic and five elements in the universe.

According to the Taoists, when we can make the connection and control our body's elements, we will quickly make connections to nature and the universal forces and employ them very easily.

Solar Chi

Before sunrise or sunset there is more white Chi in the air, which we can use abundantly for health and healing. White Chi affects the lungs and the large intestine, so we direct this Chi to these organs. This will generate further Chi to maintain our daily activities. All colors of the spectrum are present in white.

Simple Practice

Look at the horizon at sunrise and sunset. Stand still and extend your palms toward the sun, smile and absorb the rising or setting sun's energy into yourself.

General Information

Energy can be introduced to the affected area of the body by moving the hand clockwise in a spiral.

Move the hand **anticlockwise** with a spiraling motion to clean, flush and remove energy from the treatment area. After this, brush down the whole body, to direct the sick energy into the earth.

Use an anticlockwise spiraling movement in order to clean, then expel the energy.

Use a clockwise movement to bring energy in and an anticlockwise one to take it out.

As a general rule and especially when you are beginning to practice the techniques, keep the color combinations simple. **Always use blue (to cool, calm and stabilize), green to clean, white to harmonize and violet (which carries the properties of all the other colors) to program.**

Although it is important to learn all of the applications, it is more important to begin practice, maintaining a serene state of mind throughout. You will immediately realize that Cosmic Healing provides the practitioner with as much benefit as the student. The more you practice the more you heal.

Healing Colors

White Chi

The color of the chi from the air, earth and sun is always white and acts as a calming agent for the surplus chi produced by the other colors. It also redirects this chi to areas of the body which need it. For this reason, use white in combination with another color in the proportion 7:3.

Shining white chi should be concentrated at the center, while colored Chi goes to the edge. This can also be reversed. It is also possible to blend the white and colored Chi together.

It is safe to use white chi when you are not sure which color might be suitable for a patient, especially when treating babies, toddlers, the elderly and the weak. People with minor problems can be treated with blue, green or mauve, while gold colored Chi or mauve/white Chi is better when the problem is serious. For a stimulating and strengthening effect use white-red.

When it becomes necessary to switch from one color to another, an abrupt shaking movement of the hand should ensure a smooth transition to a new color.

There is a very strong violet light in the North Star. You can dilute the color with white. White Chi is composed of red, orange, yellow, violet and blue.

Blue Chi

The effect of blue Chi is one of cooling, and hindering similar to yin or water energy. The opposite effect can be obtained with the use of red Chi.

When we draw the energy down, some peoples' bodies can't adjust to the energy immediately, so using blue Chi is always good. "Water blue" is the one element that always brings harmony and does not cause any harm.

- a. Blue Chi, like yin, water energy, has a cooling effect. It also can act as a restraining agent.
- b. Because of blue Chi's ability to cool, soothe and numb, it is particularly appropriate for promoting relaxation and sleep, reducing abnormally high body temperature, minimizing pain and swelling. It can also hinder the proliferation of viruses and bacteria and assist in the rapid clotting of blood.

Blue (and green) can detoxify and also energize.

Green Chi

While tangerine Chi can be quite dangerous, the action on green chi is gentle and harmless. Freeing up a damaged area so that cleaning can then take place may be done with green Chi. Once it's loose you can then use blue or organ's color Chi to expel the disease completely. It can therefore remove the disease and bad energy by locally sweeping either to and then out of the arms for the upper body or out of the legs for the lower body.

If there is a need to energize with the organ's color Chi, first energize with pale green Chi. Always use green chi before using the colors purple, tangerine and red.

Use the throat to activate and draw the green Chi up to the crown, rising to the universe to be multiplied and brought back down for use. Always add blue Chi when there is pain. The motion of pushing and pulling through the affected part is very powerful. You also can also use the 'sword finger' in a small area and for infection.

Green can also be used for energizing together with violet; first use green and follow with violet.

Pale green and pale tangerine chi can be employed in sequence, as the first acts on the 'sick' energy, reducing it to a form which can easily be driven out by the second.

Simultaneous use of pale green pale tangerine and white chi in the ratio 2:1:7 is recommended to treat stubborn areas because the effects are intensified when these proportions are used together.

In the treatment of cancer, dark green and tangerine Chi may be employed, preceded by blue. This can assist in toxin removal, and in the cleaning and freeing up of disease affected areas so that necrotic cellular tissue is released. These colors can relieve congestion and free up 'sick' energy which is 'stuck' when used with brushing movements over the affected areas. They also help with treatment of colds and elevated body temperatures, and in the dispersal of blood clots.

Red Chi

Cerise chi makes the area to which is applied stronger, while crimson chi has the opposite effect. When using color for healing, project luminous white in the center and cerise at the edges for a strengthening effect. Always combine red with blue and green; never use it on its own.

Cerise mixed with white, because of its expansion abilities, can help widen blood vessels and breathing tubes. It also helps those with heart and asthma problems.

Red chi with its qualities of warmth and expansion, has a number of benefits. It is good for the circulatory and respiratory systems and the blood, as it expands blood vessels and other tubes, thus improving circulation and breathing, particularly for heart patients and asthma sufferers. It also brings increased energy into the blood and helps allay feelings of fatigue or weakness, driving out 'sick' energy along with toxic substances and other waste materials. It can also help those who are sensitive to allergens. It may help those whose lives are near the end have a longer period on earth, and promote revival of consciousness.

Avoid the use of dark colors, which may cause an adverse reaction. If a person is suffering from a sexually transmitted disease, it is not advisable to treat him or her with chi which is crimson. Chi of this color makes the microbes that cause such diseases multiply at a fast rate and can also produce an inflammatory or constrictive reaction.

Tangerine Chi

When using orange Chi, always use blue Chi first; to tone and calm down the ailing body area, before applying the vitality of orange.

Pale tangerine chi with added white can be used; however certain areas are inappropriate for treatment by this color because of its power. Do not use with the eyes (including retinal problems), heart, head, throat, brain (for example bleeding in the brain) or the spleen.

The large intestine benefits from the use of tangerine chi, but this color should be used sparingly on areas like the solar plexus and navel. Appendix problems should not be treated with this color as it could exacerbate the problem. Tangerine chi has an effect on the bowel, and can also aid in returning an unconscious person to consciousness or in stimulating someone who is dying.

To treat cancers of certain types, dark green and dark tangerine are suitable because of their ability to destroy. Always avoid the head and the heart when using orange.

Forcible removal of waste products, toxic substances, 'sick' energy, viruses and bacteria

Menstrual difficulties

Waste elimination problems

Freeing up 'sick' energy

Breakdown of clots in the blood

Problems of the urinary and respiratory systems

Diseases of joints and connective tissue

Common cold

Problems caused by allergens

Cysts

Yellow Chi

Yellow Chi has a close connection to the nerves, the bones and the bone marrow. It is the color of the spleen; in Taoism we feel the spleen is involved in the assimilation and processing of food and the appetite. This doesn't mean eat a lot, but when the spleen is balanced the appetite will be controlled.

Chi which is yellow in color is beneficial in the treatment of nerves as it promotes re-growth. It also helps in the repair of fractures and cells. It is good for the health of bones, tissues and organs. It has the power to increase bone marrow production.

Violet Chi

Violet Chi has the properties of all the other colors. It's used for severe types of sickness.

The qualities found in all colors are contained in purple chi, therefore it is particularly effective for serious illnesses. Mauve (light purple) chi which contains elements of blue and green, helps to restore organs and nerves affected by disease or trauma. Although mauve chi can be employed on certain kinds of severe infections, chi which is dark purple should be avoided when diseases of the respiratory system are present, as it could cause the proliferation of disease causing microbes.

Violet Chi is use chi that is pale white/green or pale white/tangerine and, selecting each in turn, with a brushing movement apply to the whole spinal area and especially to the area where the trauma is located.

If purple chi is used in combination with other colors, it will intensify their qualities and if used together with red, tangerine or yellow chi can be dangerous; it may cause the undesirable proliferation of some cells.

Dark electric violet can be used for tumors or cancers. Always use the blue or green first.

In order to make an area which has become weak stronger, mauve mixed with white can be used, but for really fast strengthening use cerise mixed with white.

Both white and violet have the properties of all the Chi colors. The difference is that violet Chi has a greater penetrating effect and is easier to assimilate than white.

Because bright purple chi has been acted upon by the soul, it has the capacity for independent thought and action.

Energy or chi which comes from the air, the earth and the sun is called purple chi.

There is a second type of chi with this color, but having more brightness – this has been called bright purple chi and is derived from the soul through the crown of the head, the point connected to the North Star or Big Dipper.

Bright purple chi can only be brought down from the universe via the crown point if the practitioner has highly developed senses, The effects of chi from air, earth and the sun depends on the development of the practitioner's soul.

In contrast to purple chi, the chi which is bright purple in color has a much greater potency because it can help in the restoration of nerves and organs which have been affected either by disease or trauma. This bright purple chi can be used to remove infection and to promote fast healing, even in the case of serious illness. In addition, this chi has been said to possess its own consciousness (Master Choa Kok Sui. Advanced pranic healing:49)

When cancer and other growths are being treated, use bright purple chi because it has the ability to destroy. However, beforehand, the affected area should be energized with pale blue chi.

Do not use bright purple chi at the same time as chi which is yellow, green, tangerine or red because it will intensify and increase the effects of these colors. In addition, the use of any dark colors with bright purple chi (either preceding or following its use) should be avoided, as this will produce a very damaging result. As a general guideline, use blue before electric violet.

Golden Chi

Gold colored chi, which has almost the same qualities as bright purple chi, is formed when bright purple chi meets the spirit body. The color changes to cerise (pale red) when this gold colored chi enters the physical body. However, this chi does not have as much influence as the bright purple chi, being gentler and therefore less effective as a cleansing agent. Gold colored chi should be used to treat a very local area, while bright purple chi can be employed over a wider area.

Spleen

The spleen is connected to the solar plexus and the navel, the major center that connects to all the organs. Holding solar energy or a white ball at the solar plexus will help distribute Chi to all the organs.

If the solar plexus gets clogged up the liver and spleen will also become blocked. The spleen, the Door of Life and the navel are all linked together; the navel and the Door of Life sit opposite each other. We call this an emotional link. Many diseases are caused by emotional links; people use psychology to deal with it which can work to a certain level, but all the energy would eventually get stuck at this main juncture or plexus. White chi is taken in mainly at the spleen, and before being sent to the various parts of the body, is split into its colored forms of red, green, purple, blue and tangerine.

If the spleen is not clean, the immune system will be affected, together with the production of bone marrow. The blood will be dirty and diseases of the joints and connective tissue encouraged.

Cosmic Healing Chi Kung works very well with Chi Nei Tsang. The Cosmic Healing Chi Kung, Chi Nei Tsang and all the other Universal Tao practices all play a unique role in working to heal the physical and subtle bodies. When you combine these three in synergy, it allows you to perform many healing tasks. The spleen (located under the left side of the rib cage), spleen center or navel can absorb white Chi directly into the front or back. The Chi will be broken down into color and distributed to other centers and their associated organs.

There is one thing that I always advise: the recipient or student should be under a doctor's supervision and that they should alternate between the medicine from the doctor and the work with us at the Universal Tao. The doctor should be advised of what we intend to do with the student.

Cosmic Healing Planetary Colors

In Taoism we give each planet a color which enhances the healing power. Have the 'Planets' chart (located at the beginning of this chapter) in front of you, look at the relevant planet and close your eyes. Hold the planet in your mind.



Fig. 5.3 Channel the Cosmic Planetary Energy into the body.

Mars: Focus your awareness on the star above you, turn your eyes up and look up to the crown. Hold the image of Mars and extend your sight beyond the crown, looking up into infinity. See the **Red Light** and gradually bring it down to your head about 6 feet above you. Form it into a red ball, a holographic image of the planet Mars shining its red light above you. Invite it to flow down to your 'star' (located above your crown) and continue to flow into your Upper Tan Tien for processing. Let it flow down to the heart (or T-2) and down to the palms. Red and orange light also can be breathed in through the sacrum. Feel the sacrum pulsing and breathing in the red and orange light. Practice 9 to 18 times, rest and shake your hands.

Venus: Become aware of the star above you, turn your eyes up and look up to the crown and into infinity, seeing the expanse of **White Light**. Gradually bring the light down to your head, about 6 feet above you. Form it into a white ball, a holographic image of the planet Venus shining its white light above you. Invite it to flow down to the star above your crown and continue to flow into your Upper Tan Tien, for processing. Now it may flow down to your lungs freely.

Saturn: The **Yellow Light** from Saturn can also be absorbed via the earth through the soles of your feet and perineum. This is for your spleen. Follow as above.

Mercury: The **Blue Light** from Mercury may be absorbed through the throat center. This is for your kidneys.

Jupiter: The **Green Light** from Jupiter can also be absorbed through the throat center. This is for your liver. Follow as above.

Summary - Working with Color (Practitioner to Student)

There are two ways of doing this type of healing session:

One way is to focus on the specific location in your own body, using your hands and ask the other person to do the same. Together you complete the entire route.

Another way is to focus on your own energy body and ask the student to do the same. Bring a channel or line down from your energy body into your physical body and do the same for the student. Once again, complete the routes together.

For reasons of clarity this text only mentions one student and uses the male gender; this session may however be performed with a group also. Before starting the session do some group meditation practice and warm ups.

1. Be aware of the Tan Tien and connect to the universe. Let the student sit with his back to you. You are behind him. Be aware of your **Sacrum** area and feel the Chi; **wait for the Chi to rise up to the crown** and to the universe. Spiral the Chi down to the student's and your own energy body and it will flow into the physical realm.
2. Draw in the green light with your palm, push it right through the sacrum and disperse the sickness throughout the other side of the universe. Pull the green light from the universe through the sacrum and push the sick Chi out to the universe. Do this 6 to 9 times until you feel the **sacrum has been cleaned**. When you pull back stop the green Chi at the student's sacrum; there is no need to pull it back to you.

Yellow light from the earth will help strengthen the sacral bone. Visualize the sacrum and vitalize the complete bone structure with yellow light passing through-out.

3. Be aware of the energy body above the **Crown**; extend yourself up from above your crown and **channel down the white light from the center of the universe and the violet light from the North Star**. Using your 'mind-power' ask the inside of the bone structure to open, allowing the white and violet light to **flow into the marrow**. Focus on the energy body; you can picture the energy body's sacrum and bone

structure to help guide the energy inside and see the whole body light up from deep within.

4. Then focus on the **Door of Life and the Navel**. First flush them through with **green** light, cleaning them out. Draw the green light from the Door of Life through to the navel, and then push back through. To cool down the Door of Life (if necessary), draw the **blue** light and push it through from the navel to the Ming Men, connecting with the universe. Then bring the **white or violet light down and activate the Lower Tan Tien**. Always teach people about their Tan Tien. It is like an ocean and the body is like a hollow bamboo. The bamboo can bring the water up. This way energy will never dry up.
5. Concentrate on the **Solar Plexus and the Chi Chung (T-11)**. Once again, draw the **green** light, spiral it, use it to flush, then **energize with white and violet light**. As before, always allow the energy to stream through both the points completely. The solar plexus holds all the emotions. When working on the solar plexus, the **most important thing to remember is to connect the 'backside' to the universe**. There is literally no end to this connection. Just allow the Chi to come all the way down and then pull it towards the rear slightly. Simply clean out the path. Allow the information to condense; allow any images to manifest and then release. Then stabilize the energy. Picture the Chi-Field enveloping the person as a big protective bubble. **Cool down with blue**.
6. Proceed to the **Heart and the Shen Dao (T5/ T6)**. Draw in the **green** light, push it through and repeat several times. Now scan the heart with your palm, sensing its strength; then select an appropriate hue, i.e., not too dark. Send the **red** light through the heart to strengthen it.
Cool down any excess heat in the heart, flushing down and out, using **blue** color. Draw in the **white** Chi; push it through to the **Wing Point (T5/T6)**. **Energize the center at the back of the heart using violet and golden Chi**. Picture the heart surrounded by a golden aura.
7. Move up to the **Throat Center, flushing through to C-7**, using **blue** light first to open and clear it and then **green** light to clean.
8. Next activate the **mid eyebrow**. Focus on the mid eyebrow in your own body. Use **golden yellow** Chi; use it to **flush and stabilize** the mid eyebrow. Flush it all the way through to the backside of the head. **Energize with violet golden light**.
9. Proceed up to the **third eye** in the middle of the forehead. **Connect to the Kun Lun** at the back of the crown. **Flush** through both points using the pale **violet light**. **Energize with electric white or golden light**.
10. Concentrate on the **crown**. Use **violet** or **golden** light to enter and **flush** all the way down through the **central channel**, leaving the body at the **perineum**. **Cool down the system by showering blue light over the whole body**.

When people have a serious infection, they should consult a doctor. It is common for infections to take a long time to clear up nowadays, even when using antibiotics.

There are two ways to deal with this; allopathically or naturally. The Taoist practices are in great conflict with 'contemporary (i.e., not alternative/natural) western concepts'. The western concepts recommend a full course of antibiotics. Using the theories of Chi Kung, a baby for example, would absorb natural antibiotics via the bones. Western Allopathic Practice consider antibiotics as wonder drugs. The only 'wonder' is when will they realize the many harmful effects that it has on the body? Babies that have been 'fed' with antibiotics frequently suffer many organ related problems by the time they reach 20 to 30 years of age. The worst thing is that they are given to children nearly every time that they become ill. If you scan (cosmically) the solar plexus, thymus or spleen of such a person, the area feels like a hollow void. This means that the immune system is totally non-functional. The same thing applies to **Aids**: the immune system no longer functions. Any virus can enter the body - medicine cannot kill it. There is nothing left to 'fight with'.

In my experience and following my own experiments, in circumstances like the above my own practices are as follows: I clean my colon; there are a few ways to do that. I eat fiber, vegetables, especially green leafy ones. I eat a big bowl of vegetable soup. I also add things like onion, pumpkin, carrots and cabbage, which will give it a sweet taste. I don't eat any meat and drink a lot of water. The colon is cleansed within two days. I also brush the skin, which is a very good detoxifier. The vegetables will provide natural carbohydrates which are digested and absorbed very quickly. A healthy diet consists of many whole natural foods. It is 'alkaline' as opposed to 'acid' based. I also use the 'colema' which I feel is the best cleanser.

Chapter VI

Individual Healing Session

The Individual Healing session embodies all of the techniques that you have used previously and consolidates them for use on a one-to-one basis. The session comprises the following three parts:

A. Almighty Knife (Chi Knife)

The almighty knife can be used for any health problems. We can charge the knife with Yin or Yang energy. We charge the almighty knife most often with Yin Power. Yin is the cold energy and is used for any inflammation, pain or heat. Yin is used to break up illness. Charge the almighty knife with Yang for strengthening, melting or expelling. Only use the Yang when there is no pain.

B. Energizing and Activating the Immune System

C. Cleansing the Internal Organs

A. Almighty Knife



Fig. 6.1 Almighty Chi Knife

Since the dawn of ages and our descent into the material realm, we have constructed, manufactured and used tools to facilitate the progress of events. They are an extension of ourselves that enable us to enhance, mould and magnify our intrinsic nature as inquisitive playful beings.

We have used implements to help nourish, protect and amuse ourselves and further our progress in attempting to understand the 'how' and 'why' of existential reality. The knife has served as a means to carve our way into the present. It is a simple, yet powerful 'friend' and derives as much power as we wish to lend it.

Its design may consist of any combination of the five elements (Earth) which when combined with Universal (Heaven) and Cosmic (Man) forces, provide a unit of energetic substance which receives and transmits magnification, purpose and power in accordance with the human will that governs it. 'Chi Knife' and "Powers of Ten" adopt the precepts of a truly magical existence. When we arrive at our destination we will realize that we have indeed turned "the Wheel of Law". In achieving this end we will have completed the cycle and returned to the beginning of the journey. We will understand that the simple things in life, like the knife, contain the same amount of power as state of the art technology.

We are all returning to the Garden of Eden. Complex telescopic and microscopic equipment now enables us to see the truth:

"Inside has no outside; outside has no inside".

They are one in the same thing. When they merge together we will indeed enter the Kingdom of God.

Outline of Practice

1. Hold the knife in the right hand (left, if you are left handed). Hold the other hand near your body, with the thumb and index finger touching. Project the Chi Knife as big as the universe, 'long and big - reaching to Heaven'. The bones in your arm are hollow and the 'bottom' is sealed at the shoulder. Feel them 'fill and pack' with the power coming from above.
2. Then give the command: **"Power comes from the east. This Chi Knife has the power to dissolve all the negative energy, sickness and bad fortune. By my request, please carry out the order now."** Wait until you feel that your arm and the knife are heavy and full of Chi.

Eye Problems

Use the thumb and the index finger to hold the eye wide open.

You hold the knife like holding a pen, 3 to 6 cm away from the eye. Use the little finger for leverage and support.

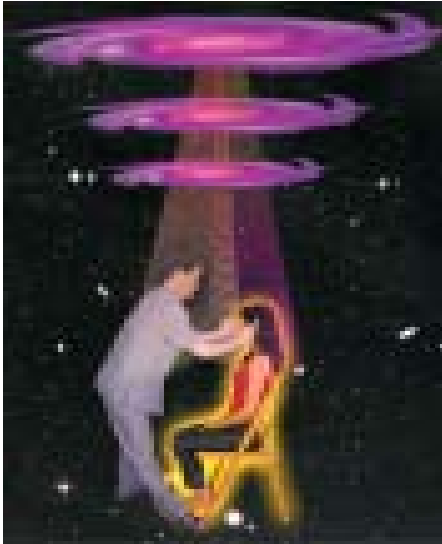
WARNING!

DO NOT USE A KNIFE. THE **MAS-TERS** OF GREAT EXPERIENCE USE RITUAL SCALPEL TYPE KNIVES. THE STUDENT SHOULD USE THE "SWORD HAND" FINGERS (P.76, FIG. 4.24).

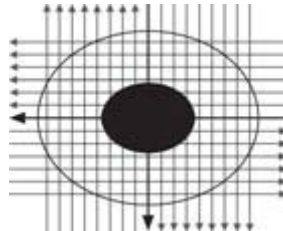
DO **NOT** USE SHARP OBJECTS NEAR THE EYES.



Fig. 6.2 Hold the knife three to six cm. from the eye.



Chi knife - “Almighty Knife” helps all eye problems”. Cut up and down and sideways in the cross pattern ‘through’ the eye thoroughly. Tell the student to move the eye left and slowly move to the right as you cut with the Chi Knife. When they move their eye to the right, move the Chi Knife to the left. **Remember that the knife is used for ‘energetic surgery’ and should never make contact with the eye itself.**



“Slice” the eye toward the right side for 50 to 100 knife movements and do the same to the left side.

Fig. 6.3 “Almighty Chi Knife helps eye all problems”.



“Almighty Knife, please destroy all kinds of wounds, warts and tumors”. Cut up, down and sideways in the cross pattern through the part that has the ‘condition’.

Fig. 6.4 “Almighty Knife, please destroy all kinds of wounds, warts and tumors”.

The almighty knife can be used for any problem in the body. Follow the same procedure to carry out ‘energetic surgery’ on all parts of the anatomy. It is especially good for soft tissue repair, including the brain.

When you feel that the Chi Knife is full of sick Chi, spiral counter clockwise and discard it down to the ground. When you feel that the knife is ‘empty’ charge it with Chi from the universe.



B. Energizing and Activating the Immune System

In cases of severe illness, you will want to do this technique many many times, because it is essential to stimulate the body's defence-systems. This technique is also beneficial for debilitation and infection. You may also want do this in a preventative manner.

Activating the immune system always involves the bone structure, especially the round bones in the arms and legs and the flat bones in the skull, jaw, rib cage, hips and spine. All of these are involved with the production of white blood cells. The **thymus gland** and the **spleen** are of special importance to the immune system, because they are involved with programming and training the white blood cells (called T-Cells) to do the right job. **The lymphatic system is involved in removing toxic waste from the body; it is therefore beneficial to stimulate the lymph flow as well.** This is best done in combination with Chi Nei Tsang. *For details refer to the Chi Nei Tsang Books.*

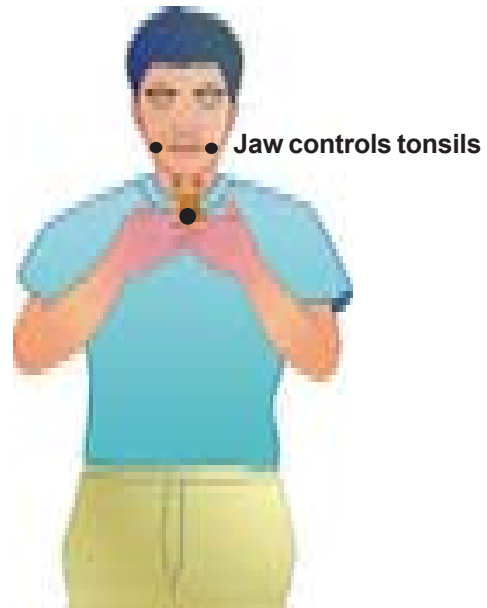


Fig. 6.6

Touch the top of Sternum to activate the Thymus.

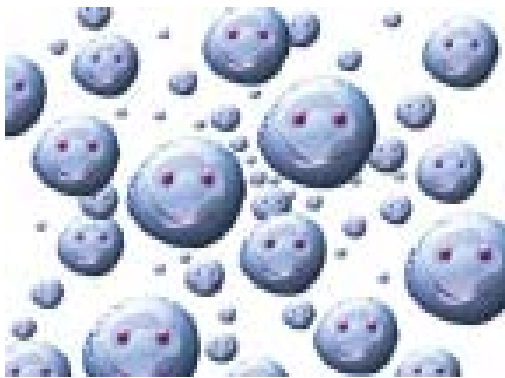


Fig. 6.7 *Happy Cells.*

If you work on a one-to-one basis, first perform the general cleansing session, where you 'pour energy' over the other person. After that use your hands, drawing Chi and pushing it through. Remember to push the energy all the way through and connect it with the universe beyond. Ask your student to concentrate on the areas that you are treating, preferably by guiding them, touching each point as you go.

Outline of Practice

Guide the student as you practice together. Work with your own energy body and tell the student to work with theirs. Presuming that you have already done the previous set of general healing, you can start with the **coccyx**.

1. Be aware of your Tan Tien and connect to the universe. Direct the Chi down to the fingers. Touch your coccyx with the fingers concentrating a beam of white light on to it. Picture the sacrum opening and the white light streaming inside, flowing up the spine and streaming out over the whole bone-structure. Transfer the feeling of Chi in the coccyx up to the universe, multiply it and guide it down to your energy body.
2. Always be aware of the Tan Tien and the universe first. Attract the yellow light; spiral and condense the healing light into the tip of your fingers; move the fingers up to touch the sacrum. Send out a beam of yellow Chi into the sacrum, directing it up the spine. This will stimulate the production of red blood cells. If you are not sure whether you are able to send it right into the marrow, picture the marrow or emit the Chi from your fingers, while at the same time concentrating on the bone marrow of the energy body. Transfer the feeling of 'Bone Chi' up to the universe and down to the energy body.
3. Proceed to the crown, showering it with violet light. Then spread from the crown throughout the bones of the body. Repeat several times. Instruct the student to feel the bone structure breathing. Ask him/her to extend up from the crown to the Big



Fig. 6.9 Touch the Sacrum.

- Dipper and North Star, channelling down the red and violet light into the thymus gland.
- Continue to the throat, stroking down with your palms, using green color to move the lymph down towards the backside of the heart. **(Never stroke up towards the head. Only guide the lymph down).**



A.

B.

Fig. 6.10 A. Channel the Violet Light of the North.

B. Use your Palms to bring the Lymph flow back to the Heart.

- Proceed to the lymph nodes under the armpits and across the sternum. Next activate the lymph nodes in the groin. From the groin you guide the lymph up to the navel center (Not down where it will get stuck in the legs).
- Return to the navel center. Send the energy deep inside, energizing the lymph nodes at the back. Pull back, drawing green energy, flushing out any waste products that are stuck in them.



A.

B.

Fig. 6.11 A. Activate the Lymph Nodes in the Armpits and Groin.

B. Energize and flush the Lymph Nodes in the Navel.

C. Cleansing the Internal Organs Technique

Healing Some Common Illnesses

This session can be used for any kind of ailment and carried out with any number of students. It can take place on a singular, paired, small group or large group basis. Numbers can range from one person, one hundred, one thousand, ten thousand, ad infinitum. It is more likely that a greater energetic current will be created in much larger groups. In the case of 'mass' healings, there will always be a 'guide' or 'conductor', to open the channel for the students to follow. In the case of solo practices you will of course be the guide. **The following instructions have been set out on a one-to-one basis.**

By connecting to heaven, earth and your student, you will maximise the wholistic healing potential to your physical and subtle bodies. We recommend you spend about twenty minutes on the general healing before moving on to the more localized practices of emptying and cleansing the body's centers, systems and organs, contained within this chapter. We recommend that you spend between five to fifteen minutes on all of these. **Always perform the Sacred or Chi Water practice before.**

It is important to remember that if there is no energy in your Tan Tien, then there will be no energy to work with. 'Connecting the Tan Tien and the Universe' means connect your center to the infinite source of the universe, the Tao. When you make the connection you access this power. Always hold on to your center; it is the only thing that is truly yours. Keep the fire warm and spiraling. When you are aware of your Chi, you can direct heavenly light straight into your energy body and then into the student's.

General Principles

1. Push and pull the energy through the student's body. Push and disperse the sick energy into the universe and out to the planets, where it will be transformed and recycled.
2. Pull the energy back and stop it between yourself and the student.
3. Spiral the energy counterclockwise until you see the **green** light mix and clean the sick energy. Spiral and flush the energy down into the earth.
4. Spiral with **blue** light; see it mix and flush the energy within the student's body. Spiral this energy down to the ground.
5. Energize the student with **white** or **violet** light.
6. You can also use both hands to channel Chi when you 'push and pull' through the body.
7. Energy can be introduced to the affected area of the body by moving the hand clockwise in a spiral.
8. Move the hand anticlockwise with a spiraling motion to clean, flush and remove energy from the treatment area. After this, brush down the whole body, to direct the sick energy into the earth.
Use an anticlockwise spiraling movement in order to clean, then expel the energy.
Use a clockwise movement to bring energy in and an anticlockwise one to take it out.
9. When you begin pushing, pulling and sweeping, you may feel resistance in the body. As you progress and the energy centers open, this feeling will diminish.
10. There are many color combinations that can be applied to the various parts of the body. When you start practice, stick to the basic 'blue, green, white, violet and blue' formula. When you are working on a specific area, you can keep this book near by, or write a short 'color recipe' before you begin. In this way, you will be able to relax your mind.
11. 'Pushing and pulling' is like fanning and venting the body; when you fan your hands in front of your face, it will have a cooling effect. Ventilation enables the stagnant, sick energy to leave the body.
Below is a list of the body's organs in relation to their tendency to 'store heat'. They are listed in descending order, i.e, the head is the hottest:

Head, heart, liver, lung, stomach and spleen, large intestine and small intestine, kidneys and sexual organs (which become hot when aroused).

Outline of Practice

Occupying a position amongst most of the internal organs, the solar plexus acts as a kind of clearing center for energy generated by the emotions. It also lies in between the lower and higher energy centers.

1. Scan; ask for the power to look at the cells.
2. Push, pull and give the command, "Disperse". Push until you feel the solar plexus clear and open.
3. Spiral green Chi counterclockwise. Talk to the sick energy; tell it to "leave", you will take it to "a better place, where it will be happy". Give the command, "Out".
4. Spiral Blue Chi counterclockwise, flushing out any remaining sickness. Guide the sick energy into the earth.
5. Spiral and sweep Blue-Green and Red Chi into the solar plexus, sweeping the organs. If the patient is expecting a baby, has an infection or bleeding in the intestinal area; do not use this method.

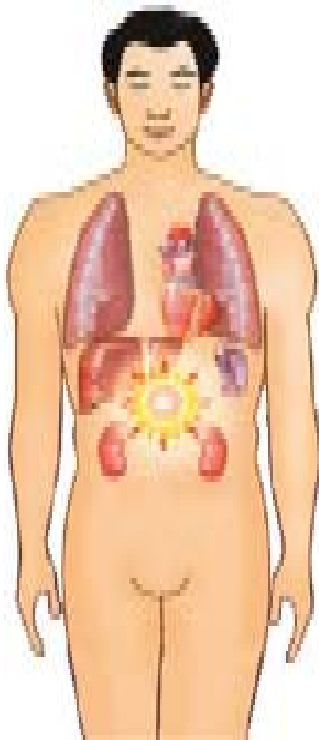


Fig. 6.12
*Spiral Green Chi counterclockwise
in the Navel.*



Fig. 6.13 *Charge your Hands with Chi -
project the Hand Bones into the Universe
and feel them fill and pack with Chi.*

Work on cleaning out the **organs**. Scan the person and see which parts are hot. A lot of people will have an overheated solar plexus, which means that this area will require a lot of attention. You will feel the heat when you scan.

You can **clean the organs by 'pushing and pulling'**. Picture the organ and push; feel your hands are very 'long', extending through the organs and reaching out to the universe. Project all the sick energy down into the earth and out to the universe. Use your intent to guide it into the earth and out to the other planets in the solar system, where it will be processed and recycled. Pull the universal energy back towards yourself; push and disperse all the negative energy out to universe. Pull; when you pull the Chi back past the student, stop in between the two of you. Push, pull, push and pull, until you feel the energy or power. **Ask; "Give me the power to see". Feel your Chi entering into the organs with ease.**



A.

B.

Fig. 6.14

A. Extend through the solar plexus and reach out to the universe.

B. 'Clean and energize with Green' - push and pull to help loosen the solar plexus. Spiral counterclockwise with a Green Light. Blend with the sick energy and guide it down to the ground.

Clean with Green Light. Spiral counterclockwise. Feel the green light mixing with the sick energy. Push and pull until you feel the energy in the solar plexus begin to disperse. Spiral the energy counterclockwise and guide it down to the ground.

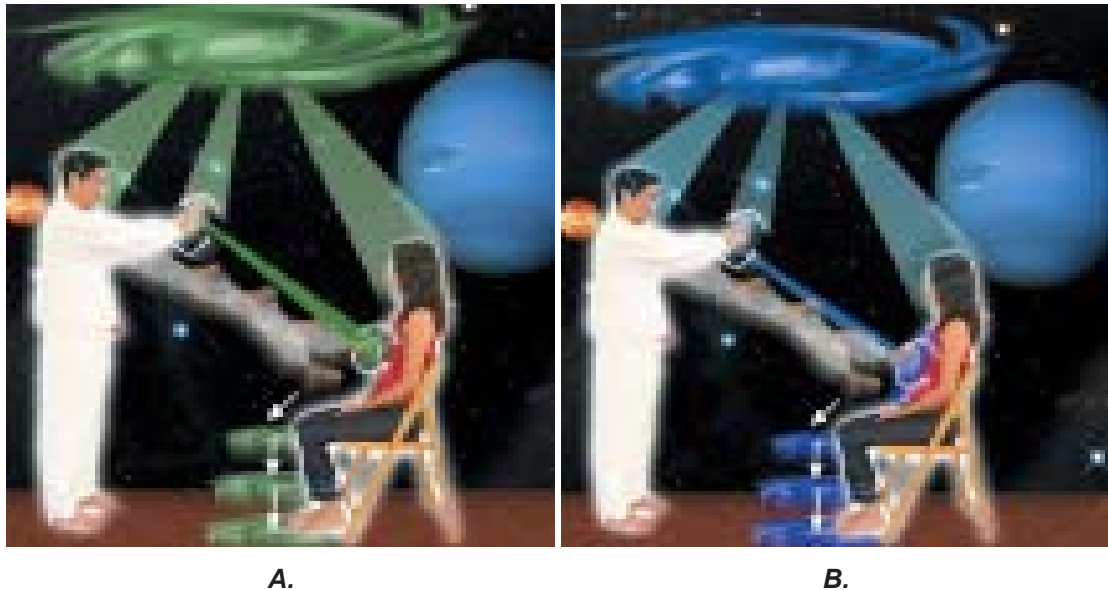


Fig. 6.15 A. 'Push and Pull' to help disperse the energy in the Solar Plexus.
B. 'Flush and stabilize with Blue'-Picture Ocean Blue and flush sick energy down into the Earth.

Rinse and flush with blue light. Picture ocean blue and flush down to the earth. See and feel the solar plexus becoming cleaner. Flush the sick energy down to the earth.

Now clean out the whole body again. With all the organs: from the lungs, heart, liver, gall bladder, pancreas, spleen, stomach, small intestines, large intestine, kidneys and sexual organs. Clean all the way down to the earth. **When you clean the solar plexus and all the other organs you remove all the negative emotional energy.**

Energize the **spleen, liver** and **kidneys** with blue or white light. Then project green, followed by orange light to the cores of the liver and kidneys. Clean with the green and orange light and stabilize with blue light.

Work on the **back** of the **spleen** and **kidneys**. Energize them with blue-white light. The spleen is on the student's left and kidneys on the right and left. They all help to clean the blood. Spiral the energy clockwise into the spleen. See it in your mideyebrow. See the cells and spiral the light into them. Give the command, "**Stay**". This is very important; it makes sure that none of the cells hide from the dazzling light that you are sending. Give the command again. Then stabilize them with blue light. Picture the kidneys and see their cells and feel the blue light go into the cells.

Work on the **Liver** on the student's right hand side. Smile and laugh to the liver and see all of its cells. Give the command, "**Stay**"; then send in the healing light. Send in blue or white (energize), followed by green (energize and clean), blue (rinse and stabilize), violet (recharge and reprogram) and then blue to stabilize again.

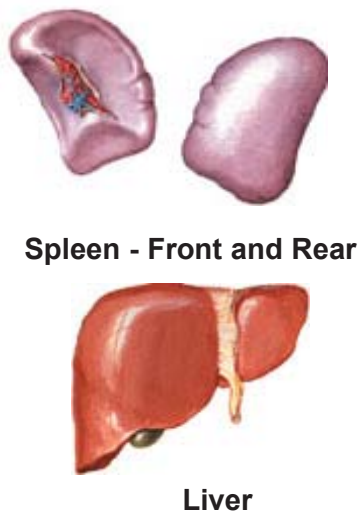


Fig. 6.16 'Push and Pull' to help disperse the energy in the Liver and Spleen. Clean with Green and flush and stabilize with blue. Flush the sick energy down into the Earth.

It is essential that you feel and talk to any sick energy. **If the student is healthy then you will feel their 'light'**. Ask their energy body to tell you where it **may** need some healing. Send in 'light radar'. Transmit green light and flush down to the earth. **When you feel that energy is accumulating, start to spiral more.** Push and pull and give the command for the sick energy to leave.

The more you clean, the more you heal. Tell your student to practice at home after the session, at an agreed time. You can then carry out 'absent or distance' healing, linking everyone's personal star, energy body and the universe. **With time, you will master the techniques, imprinting them with your own manner.** Eventually symptoms disappear, as the blockages are cleared and the flow returned.

Cleansing the Spinal Cord

Always cleanse the spinal cord, which protects the entire body from diseased and negative energy, both physical and psychic. When you open the spinal cord and solar plexus you can release many energy blockages. Sweep the hand in a clockwise motion to energize the spine with either/or a combination of; **blue, green, white and ultra-violet**. Then spiral counterclockwise and **brush** the spine down to the ground. Continue sweeping until you feel that the spinal cord has cooled down. Remember not to use orange or **Spine** red.



Cleansing the Blood (Lungs)

Pale green/white and tangerine/white chi work as cleaning agents for the blood. Diseases of the blood and arteries can be treated. The chi first energises the lungs and as the blood passes through them, it takes in the chi, thus becoming purified. The benefit is then carried to the rest of the body as the blood circulates. Serious infections can also be treated in this way; however, the technique should not be used on women who are pregnant.



A.

B.

Fig. 6.17 A. Cleansing the Blood and emptying the Lungs.

B. Become aware your Three Tan Tiens. Connect to the Universe and ask for 'the Power to See'.

Outline for Cleansing the Blood/Lungs

1. Scan the student.
2. Push through and open the lungs from the back to the front.
3. When the lungs need to be given energy, use pale green/white followed by pale tangerine/white chi beginning at the front and moving top the rear.
4. To make weak patients stronger, cerise/white chi can be employed as this will bring energy into the lungs.
5. Purification of the blood is carried out by the liver, kidneys and spleen. Use white chi to bring energy to these areas, after first pushing and pulling through them.
6. The blood requires a lot of cleaning on a regular basis.
7. Energize with white Chi. **Germs can only grow in the dark.**
'Fill yourself with the light'.



Circulatory/Heart System General

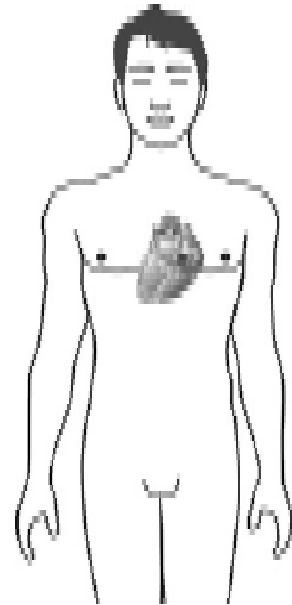
One of the basic problems pertaining to the circulatory system and heart is hypertension and hypotension. Once again, the sacrum and solar plexus are involved. The sacrum controls the bones; indirectly, it stimulates the marrow and enhances the quality of the blood. Good blood is like running the highest quality motor oil through the engine of a motor vehicle.

(Within the Universal Tao System we also have the view that the sacrum controls the Chi-pulse. If there is enough Chi, the heart does not have to work so hard, because the Chi pushes the blood).

The solar plexus relates to the emotions, affecting the heart through two mechanisms:

- It may affect the heart directly, causing rhythmic disturbance or pressure around the heart muscle
- Malfunction in the liver or digestive tract, leading to high cholesterol levels or gas which pushes up towards the heart from the intestines and causes unwanted heat and pressure.

Cleaning out the Solar Plexus will greatly improve these conditions. If you have been trained in Chi Nei Tsang you can use it in combination with the Cosmic Healing techniques.



Specific

Working on the Heart Muscle:

Clean out the Solar Plexus as outlined above. Push and pull with green and blue.

Detoxify the liver, flush with green.

Enhance with white and violet light.

Use the finger to work on the lower left and upper right part of the heart.

Remember that the heart muscle is very delicate.

You draw the force, you spiral and you push.

Stabilize with white.

For enlarged heart use blue.

Carefully use the red light to balance the blood and open the blood vessels.

Sweep the sacrum with green, red and blue.

Sweep the solar plexus with green, blue, red, white and violet.

Energize and cool down the throat center, using blue.

Working on Hypertension (High Blood Pressure):

Overactive adrenals/ kidneys often cause hypertension. Clean out the solar plexus first, because the adrenals (T11) are connected to it. The adrenal glands produce adrenaline, the hormone that stimulates the heart to pump. Overactive adrenal glands will eventually affect the heart.

Tune-up the Door of Life with blue, calming it.

Take the pressure from the heart, use green.

Energize the heart, use violet.

Flush down from head to feet with blue;

The basic problem with hypertension is that the Chi goes up and cannot come down.

Work on the sacrum, using orange and yellow.

Working on Hypotension (Low Blood Pressure):

In hypotension the Door of Life and T11 are underactive.

First clean out the Solar Plexus, this time focus on removing blocks or stuck energy.

Energize the Door of Life, using green and red.

Energize the Sacrum (same colors).

Energize the Base of Skull with green and violet.

Stomach Pains

Pass your hands over the patient and brush the whole abdomen, especially the solar plexus, navel and lower abdomen. The navel should be treated with a combination of green and blue, and blue should be used at the end to firm up the energy.

If problems persist: A) Treat with Chi Nei Tsang B) Seek the advice of a qualified medical practitioner.

Relieving Pain: *Blue Chi*

Chi that is associated with the colors blue and green can be utilized in different ways. While green chi acts to free up energy that has become 'sick' and 'stuck', blue chi can act as a painkiller because of its ability to reduce the severity of pain.

1. Push and pull the through the affected part out to the universe or ground the sick energy until partial relief is attained.
2. A large amount of pale blue/white chi together with pale green/white chi should be used to transmit energy to the problem area.
3. For the alleviation of pain, use pale green/white chi and pale tangerine/white chi in turn.

Energize means draw the Chi into the part that you want to receive healing. Cleansing means push energy through the affected part and send it out to the universe. Pull the new Chi back into the same area. Light green Chi is used in loosening and cleansing delicate organs like the eyes and the brain.

Headache: *Light Whitish Green and Light Whitish Blue Chi*

1. To check for areas that are congested or lacking in energy, the eyes, temples, spine and solar plexus area should be scanned. Also, the crown, mideyebrow, forehead and back of the head and neck.
2. The eye and temple areas should be brushed down when the headache is because of eyestrain and then flushed into the ground.
3. The whole head, particularly the painful section should be brushed and then pale green/white, blue/white and pale purple/white Chi used to bring energy into the area.

Migraine Headache: *Light Whitish Green Blue and Violet Chi*

1. Persons who suffer from prolonged or chronic headaches including those types termed 'migraine' headaches have an abnormal accumulation of energy in various parts of their bodies. Starting with the solar plexus, this energy follows a route up the vertebral column and thence into the neck and head. As a result the various blood vessels in the head expand, causing pain in the head area. Mental strain and emotional disturbances usually cause this type of headache.
2. Use a pushing movement to clean and open the solar plexus and liver areas. First use pale green/white, then pale blue/white and finally mauve/white chi to bring energy to the solar plexus area.
3. In order to send the 'sick' red chi into the ground, brush down the spinal column.
4. The back of the heart can be opened by pushing through in order to remove the dirty Chi. Then bring energy to the heart by using pale green/white and purple. Use your mind to see the heart center expanding and opening.
5. Brush down the dirty chi from the head area and send it into the earth.
6. Use a combination of pale green/white, blue and purple to bring energy to the back of the head, the crown point and the forehead.

Toothache: *Light Whitish Green and Blue Chi*

1. Brush down the area with pale green/white Chi.
2. Energy should be brought into the area with pale green/white, mauve/white and blue Chi.

Broken Bone: *Orange-Yellow Chi*

For anything relating to the bones always activate the sacrum. Light orange-yellow Chi is used to encourage broken bones to knit quickly, Chi which is pale yellowish tangerine may be employed. The sacrum attracts the orange-yellow Chi; feel the eight holes in the bone breathing. The orange-yellow Chi enters, transfers up to the crown and is sent up to the universe to multiply.

1. The fracture area should be brushed using a combination of pale green/white and pale tangerine/white chi.
2. To promote fast knitting of fractures, a daily treatment with pale tangerine yellow Chi mixed with white can be employed, in the ratio of 7:1.5:1.5 of white (for the center), yellow and tangerine respectively. Push through and brush the sacral and navel areas, using a cerise (light red) Chi mixed with white.

Back Injury: *Light Whitish Blue and Green Violet Chi*

1. Scan the student to see which parts are congested.
2. Use chi that is pale white/green or pale white/tangerine and, selecting each in turn, with a brushing movement apply to the whole spinal area and especially to the area where the trauma is located.
3. To bring energy to the damaged area, use a combination of pale blue/white, green and purple.
4. White chi should be used with a brushing movement on both the back and front of the solar plexus area.

Infection and Inflammation: *Light Green Chi*

Treat the damaged area with green and tangerine/white chi, using a brushing movement. For the heart and spleen, these colors should be replaced with green and purple.

Bring energy to the area by the use of mauve, white, tangerine, green and blue and strengthen the natural immune of the body.

Cysts: *Light Green and Blue Chi*

During the course of the session, repeatedly pass your hands over the patient's body. Treat the solar plexus area with a combination of green and blue chi. The cyst can be removed using a chi knife, spiraling clockwise with green and tangerine chi; moving the 'stuck' red chi out of the body and grounding it in the earth. After, blue chi should be used for a calming effect, while green and tangerine can also provide energy. For maximum benefit, sessions should be thrice weekly.

As foods containing a lot of highly spiced ingredients have a lot of red chi, these should be kept to a minimum. The patient should use the Inner Smile to calm and balance his/her emotional state.

It is sometimes necessary to sweep 100-200 times, to cool the affected area. Scanning will enable you to take a temperature reading. If the area is still hot then continue sweeping until it reaches a satisfactory temperature.

Fever

1. Brushing can be done with blue or green Chi.
2. Push and pull through the affected part, sweeping the spleen with green and blue. Clean and rinse thoroughly.
3. The solar plexus area can be treated with tangerine and blue Chi but tangerine should not be used on a patient with diarrhea.
4. The thymus gland can be stimulated by the application of green, tangerine and purple Chi. First, brush the heart area with green and blue. This helps the body to ward off infection.
5. Both lungs should be brushed and energy brought into the back of the lung area by the use of tangerine and green.
6. Sweep the spleen with green.

If the student has a fever then they must lie down to receive the healing. This applies in all cases where the student is unable to sit up comfortably.

Insomnia: *Green and Blue*

Inability to sleep may be the result of too much activity in the solar plexus and the sacral area. The solar plexus may also be congested. Similar problems can also occur in the throat, mideyebrow and forehead, as well as at the crown point.

Repeatedly pass your hands over the patient's body as the treatment progresses and use a combination of blue and green chi to clean the sacral and solar plexus areas.

Sleep can be brought on by use of blue, as it soothes the solar plexus area. Use blue and green to brush the mideyebrow, forehead and crown point and white and tangerine on the navel. Finish with blue.

Do not eat food late in the evening.

Sleep in a separate bed from your partner. You can place two beds next to each other.

Tinnitus

Relates to weakened kidneys. Work on the kidneys, mideyebrow and forehead.

Blood Clotting: *Blue Chi* - Fresh Burns: *Green and Blue Chi*

Because of the cooling and calming properties of blue chi, it can be used to remove the heat from burns. Green has a similar effect.

The area needing treatment should be scanned, then brushed with a combination of pale green/white and blue Chi until relief is felt and the heat in the cells released.

Old Minor Burns: *Green and Red Chi*

Pass your hands over the damaged areas and repeat this during the treatment period. Use pale green/white and tangerine, but do not use on the head, eyes or brain, or other sensitive organs.

To reduce discomfort in the damaged area and promote fast healing, firstly pale blue Chi mixed with white should be employed, followed by cerise mixed with white, and green in equal proportions as this mixture optimizes the breaking down of necrotic cellular material. However, cerise should not be used in the head area but be replaced by mauve mixed with white.

Use cerise/white chi to brush the sacral and navel areas and follow with blue which assists in the release of the stagnant Chi. This session should be repeated for 2 or 3 days.

Old Severe Burns: *Green and Red Chi*

1. Scan at the beginning and end of the treatment (Note: I do not think scan can be seen as plagiarism and I don't know what other word to use in this context as I do not have the full text)
2. The local area should be brushed first with pale green/white and then with pale tangerine white. Keep repeating but make sure to omit sensitive organs and the head area.
3. To speed up healing and reduce pain and infection, the damaged area should be filled with energy from pale blue white, pale green white and mauve with white Chi.
4. To help speed up the healing process, wait a few days until there is much less pain, then use pale green white and cerise mixed with white Chi. If the head area is affected, use mauve mixed with white in place of the cerise.
5. Brush in the sacral and navel areas and to speed up healing use white Chi.
6. After making your healing intent stable, release it.

Old Wounds: *Green and Red Chi*

Green chi, in equal proportion of pale green/white and pale red/white should be employed on injuries which are not new as, when used in large quantities, it attacks and disperses damaged cellular matter, promoting fast healing. On recent injuries, it will have an adverse effect because it is likely to cause the trauma area to become moist, and it also will not be able to work quickly.

Scan at the beginning and end of the treatment, and brush the damaged area with pale green/white and pale tangerine/white Chi. Some pale blue/white can be employed locally to energise the area. Use of pale green/white followed by cerise mixed with white can speed up the healing process and assist in the breakdown of cellular material.

The navel and sacral areas should be brushed using pale cerise/white Chi. This will fill the area with energy and make the wounds heal faster. Before the Chi is let go, it should be stabilized.

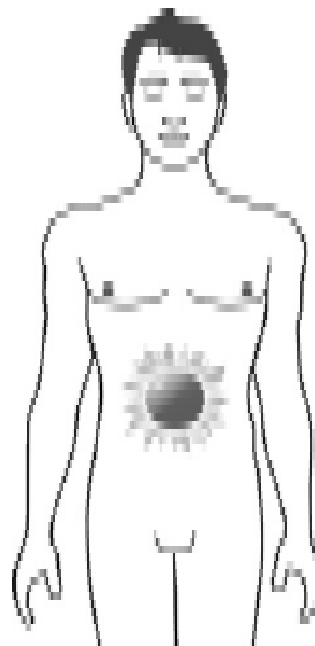
Some Specific Points and Ailments

The following descriptions are mere guidelines. Each case is different and much depends on your own abilities. One needs practice to detect diseases. Best results with Cosmic Healing will be obtained when practiced in combination with Chi Nei Tsang.

Remember that these techniques are not meant to replace the doctor, but merely to assist him. The student must always work with the practitioner. ***The practitioner is a channel, the student the healer.***

Solar Plexus: *Blue Chi*

The Solar Plexus is the connection point for practically all the nerves inside the body. That is why it becomes laden with emotions so easily. When the Solar Plexus jams up and overheats, the liver will overheat; when this happens, the heart will also overheat; this will in turn affect the thyroid and parathyroid; finally the brain will be affected. Cleaning out this center is therefore extremely important. This type of cleaning may be done from the top down (as in the general cleansing session) or aimed at the Solar Plexus directly. Draw the green light, spiral it, flush with the green light, then energize with white and violet light. As before, always allow the energy to stream through both the points fully. The Solar Plexus holds all the emotions. When working on the Solar Plexus, the most important thing to remember is to connect the back-side to the universe. There is literally no end to the 'other' end of this connection. Just allow the Chi to come all the way down and slightly pull inwards a little. Simply clean out the path. Allow the information to condense, allow any images to come out. Then stabilize the energy. Picture the Chi-field enveloping the person as a big protective bubble. Cool down with blue.



Skin Infection: *Blue Chi*

The skin is related to the lungs and the kidneys. Whenever there is an infection, the immune system is involved.

1. Enhance immunity as outlined in pages 101-108.
2. Focus on strengthening the lungs. Always start with green to flush out. Then send orange light into the lungs. Make sure you are not sending it up to the brain. Energize the lungs with blue and white.
3. Detoxify the kidneys, purify the blood (green) and energize with blue. Ask the person to visualize a fresh mountain-stream to stimulate the kidneys.
4. Treat the area locally, using your hands. If the area is big, use your palm, if small use the fingers. Do not focus on your palms - refer to the section 'Forget About Your Palms' on page 152. Draw green Chi from the forest, and then energize with violet.
5. To diminish pain or itch, use blue to cool down. Also use the Chi knife to work on the infection.

In case the skin problem is allergy-based, you should also treat the mideyebrow; there might be some irritation here. First clean with green, then either energize with

violet (if resistance is low) or soothe with a light shade of yellow. If the skin problem is related to asthma, open the lungs with bright red clean the throat center with green and energize it with (deep) blue.

If the problem is due to toxicity, also clean out the liver flushing with a combination of green and orange. Energize with green. Enhance the immune system by working on the sacrum.

Eyes: Green Chi

The right and left eye are governed by the forehead and mideyebrow respectively. The eyes are also linked to the temples. Ask the person to touch their temple bone and guide them to take in the (white or light violet) Chi. Send Chi through the mideyebrow and forehead (all the way through). Ask the person to visualize the light coming in. Use soft shades of green with golden yellow to stimulate the optic nerve. Use blue to calm the eye muscles and light violet to stimulate the inner eyesight.



The eyes are connected to the liver. Scan the liver and energize with green. Scan the jawbone to see if there is any unreleased anger. Cool down with blue. Channel bright green into the liver.

Ears: Violet Chi

The right and left ears are governed by the forehead and mideyebrow respectively. Push and pull green Chi to clean. The ears are connected to the kidneys, so you can work on them also. The ears are also connected to the sinuses and upper respiratory tract. This means that infections need to cool down before you can use any cleaning technique. Use blue to cool and clean with violet. As long as fever and severe infection persist, use blue to cool them down. When clean, energize with violet.

Have Better Health, Less Stress and Remain Young

Brush specifically on the areas of the solar plexus, liver, stomach and pancreas.

White chi brings energy to the crown point, head (at the back) and both sides of the brain.

Both the front and rear of the heart and lungs can receive energy from white/purple Chi.

Both the front and rear of the spleen, the navel and lower abdominal area, the spinal cord, the kidneys, using white Chi.

On the sexual center use white chi but if the problem is difficult to shift, use green. You can also use white Chi on the sacral area, and green or purple on other organs.

White Chi can be employed for the arms and hands, while the legs and feet should be treated with white and purple Chi.
Eye problems with green/yellow energy.

After a session, patients who are particularly weak should not bathe for one full day. The energy which has been put into their bodies can thus be kept there by application of pale blue/white Chi at the end of the session.



Fig. 6.18 Use Compassion, Love and Kindness.

Summary of Individual Healing Session

- A. Chi Knife
- B. Energizing and Activating the Immune System
- C. Cleansing with the Internal Organ Techniques

General Outline of Practices

1. Gain experience by working with one person. **Stand in front of them with your feet shoulder width apart.** Hold your hands at your heart in salutation. Transmit your love and compassion and ask for their permission to help them to help themselves heal.

2. Connect to the student's and your own cosmic star above your head and ask for universal permission. **Radiate your love and transfer three minds into one mind.** Lower your Upper Tan Tien. Activate your consciousness: Three minds become one mind. Expand your awareness in the mideyebrow and the crown. Feel the Tan Tien, heart, mideyebrow and crown spiraling. Expand to the universe.
3. Visualize the person's legs as being 'very long', extending down to the earth. **Activate the Sacred Fire** and bring it down. Clean out the room and make a big Chi field around you and the student.
4. **Call the Elemental Forces:** water, fire, thunder, lightning, rain, lake, earth, mountain, wind and Heavenly Chi. Call the guardian animals; Blue Tortoise from the north, Red Pheasant from the south, Green Dragon from the east, White Tiger from the west, Yellow Phoenix from above and Black Tortoise from below. Feel that you are protected by the Chi; gather the power of all the mountains, rivers, streams, stones and rocks into the room. Activate them with lightning, thunder and wind - filling the whole room with electrified Chi.

A. Chi Knife

1. Hold the knife in right hand (left, if you are left handed). Hold the other hand near your body with the thumb and index finger touching. Project the Chi Knife as big as the universe, 'long and big - reaching to Heaven'. The bones in your arm are hollow and the 'bottom' is sealed at the shoulder. Feel them 'fill and pack' with the power coming from above.
2. Then give the command: **"Power comes from the east. This Chi Knife has the power to dissolve all the negative energy, sickness and bad fortune. By my request, please carry out the order now."** Wait until you feel that your arm and the knife are heavy and full of Chi.

Carry out energetic surgery, **cutting and slicing the affected area with cool yin energy.** When you feel that the Chi Knife is full of sick Chi, spiral counterclockwise and discard it down into the ground. When you feel that the knife is 'empty', charge it with Chi from the universe. Continue until you feel that the area has been cleansed.

B. Energizing and Activating the Immune System

In cases of severe illness, debilitation and infection, it is essential to stimulate the body's defence systems. You may also want to do this in a preventative manner. Guide the student as you practice together. Presuming that you have already done the previous set of general healing, you can start with the coccyx.

1. Be aware of your Tan Tien and connect to the universe. Touch your **coccyx** with the fingers concentrating a beam of white or yellow light on to it. Picture the sacrum opening and the light streaming inside, flowing **up the spine** and streaming out over

the whole bone structure. Feel the Chi rising up to the universe, multiply it and guide it down to your energy body.

2. Be aware of the Tan Tien and the universe. Attract the yellow light; spiral and condense the healing light into the tips of your fingers; move the fingers up to touch the **sacrum**. Send out a beam of yellow Chi into the sacrum, directing it up the spine. This will stimulate the production of red blood cells. Transfer the feeling of 'Bone-Chi' up to universe and down to your energy body.
3. Proceed to the **crown**, showering it with violet light. Then spread from the crown throughout the bones of the body. Repeat several times. Instruct the student to feel the bone structure breathing. Ask him/her to extend up from their crown to the Big Dipper and North Star, channelling down the red and violet light into the thymus gland.
4. Continue to the **throat**, stroking down with your palms, using green color to move the lymph down towards the backside of the heart. (Never stroke up towards the head! Only guide the lymph down).
5. Proceed to the **lymph nodes under the armpits and across the sternum**. Next activate the lymph nodes in the **groin**. From the groin you guide the lymph up to the navel center (Not down where it will get stuck in the legs).
6. Return to the **navel center**. Send the energy deep inside, energizing the lymph nodes at the back. Pull back, drawing green energy, flushing out any waste products that are stuck in them.

Activate the points at the inside of the **elbows** and the **knees**.

Shower the whole body with healing light and energize the **perineum** with blue Chi.

Always remember to ground any sick energy by sending it deep into the ground.

Ask the student to do the same and it will be more effective. You should do this while giving the session as well as when closing it.

C. Cleansing the Internal Organs

(Repeated from pages 132-133 and pages 136-137)

This session can be used for any kind of ailment and carried out with any number of students. **It is important to remember that if there is no energy in your Tan Tien, then there will be no energy to work with.** When you are aware of your Chi, you can direct heavenly light straight into your energy body and then into the student's.

General Cleansing Procedure

1. Push and pull the energy through the student's body. Push and disperse the sick energy into the universe and out to the planets, where it will be transformed and recycled.
2. Pull the energy back and stop it between yourself and the student.
3. Spiral the energy counterclockwise until you see the **green** light mix and clean the sick energy. Spiral and flush the energy down into the earth.

4. Spiral with blue light; see it mix and flush the energy within the student's body. Spiral this energy down to the ground.
5. Energize the student with **white** or **violet** light.
6. You can also use both hands to channel Chi when you 'push and pull' through the body.
7. **Spiral in** - spiral clockwise to bring energy into the body and energize it.
8. **Spiral out** - spiral counterclockwise to cleanse, flush and remove energy.
9. When you begin pushing, pulling and sweeping, you may feel resistance in the body. As you progress and the energy centers open, this feeling will diminish.
10. There are many color combinations that can be applied to the various parts of the body. When you start practice, stick to the basic 'blue, green, white, violet and blue' formula. When you are working on a specific area, you can keep this book near by, or write a short 'color recipe' before you begin. In this way, you will be able to relax your mind.
11. 'Pushing and pulling' is like fanning and venting the body; when you fan your hands in front of your face, it will have a cooling effect. Ventilation enables the stagnant, sick energy to leave the body.

Below is a list of the body's organs in relation to their tendency to 'store heat'. They are listed in descending order, i.e, the head is the hottest.

Head, heart, liver, lung, stomach and spleen, large intestine and small intestine, kidneys and sexual organs (which become hot when aroused).

Outline of Practice

The **solar plexus** is the clearing house for emotional energy and is situated in between the lower and higher energy centers and in the center of most of the internal organs. All the organs dump their negative emotions here. The internal organs can be cleansed by sweeping the solar plexus, energizing, cleaning and flushing it of sick energy. When you feel sick energy in the body, give the command: "Stay". This is very important; it makes sure that none of the cells hide from the dazzling light that you are sending in.

1. Scan; ask for the power to look at the cells.
2. Push, pull and give the command "Disperse". Push until you feel the solar plexus clear and open.
3. Spiral green Chi counterclockwise. Talk to the sick energy; tell it to "Leave", you will take it to "a better place, where it will be happy". Give the command "Out".
4. Spiral Blue Chi counterclockwise, flushing out any remaining sickness. Guide the sick energy into the earth.
5. Spiral and sweep Blue - Green and Red Chi into the solar plexus, sweep the organs. Do not use in cases where there is intestinal infection and internal bleeding (which can be worsened) or in the presence of pregnant women.

Cleansing the Spinal Cord

Always cleanse the spinal cord, which protects the entire body from diseased and negative energy, both physical and psychic. When you open the spinal cord and solar plexus you can release many energy blockages. Sweep the hand in a clockwise motion to energize the spine with either/or a combination of: blue, green, white and ultra-violet. Then spiral counterclockwise and brush the spine down to the ground. Continue sweeping until you feel that the spinal cord has cooled down. Remember not to use orange or red

Cleansing the Blood (Lungs)

The blood can be cleansed by energizing the lungs with whitish green, then with light whitish orange. The blood passing through the lungs will absorb the green and orange Chi, thereby cleansing the blood plasma and vessels and the rest of the body. This technique is very useful for treating ailments of the blood and of the arteries and for severe infections. Do not use it on pregnant women.

Outline of Practice

1. Scan the student.
2. Push through and open the lungs from the back to the front.
3. Energize the lungs from front to back with light whitish green, then with light whitish orange. Push through.
4. If the student is weak, energize the lungs with light whitish red, which will provide a strengthening effect.
5. The **spleen, liver and kidneys** purify the blood. Push and pull through the organs and energize with white Chi.
6. The blood requires a lot of cleaning on a regular basis.
7. Energize with white Chi. **Germs can only grow in the dark. 'Fill yourself with the light'.**

General Principles

Energy can be introduced to the affected area of the body by moving the hand clockwise in a spiral. **Flush** means to return the sick energy to the earth for recycling.

Stabilize means to return the area to normal functioning.

Spiral in a **clockwise** motion when you are '**stabilizing**'.

Use **blue or white** light to energize the area that you are working on.

Use **green** light to **energize** and **clean** the area that you are working on.

Use **blue** light to **flush** and **stabilize** the area that you are working on.

Use **violet** light to **balance** the sick energy and **reprogram** the cells of the body.

For **general infections** always use **green** (energize and clean) and **blue** (stabilize) light. Use violet light to balance the sick energy and reprogram all the cells. Use the 'Chi Knife' for infections as well. Never use orange on the head, heart and spleen.

Give the command "**Stay**" to make sure **all the cells receive the light** you are sending in. Remember that germs and bacteria cannot hide in the light.

Energize means to draw the Cosmic Chi into the part that requires healing.

Cleanse means to clean all the cells being treated.

You can also work on yourself. You may need some help when working on the back. If you obtain optimum health and practice the Cosmic Orbit regularly then you will never 'need' to apply any of these techniques to yourself.

Like all Chinese medicine, Cosmic Healing works on the system as a whole, balancing the entire organism, treating the cause to cure the symptoms.

The techniques really are simple.

When in doubt use; blue, green, white, violet, blue.

You can always use white and violet.

Upper organs - use violet.

You can practice group healings and then link your students' personal stars together, at an agreed time later in the day. **You can then perform the World Link Cosmic Healing.**

Work on any other ailments that the student may have.

The simplest way to learn is to begin practicing today.

The simplest way to heal is to allow yourself to be healed.

Chapter VII

Different Hand Techniques

Forget about your Palms

An extremely important theory of Cosmic Healing Hand Techniques is to 'forget about your palm'. This means that you should only use the palm (which is incredibly sensitive), for 'guiding' the universal energy into the right spot, sending out a minute beam of light, like a laser, that marks the place where the energy should be sent. Your palm is connected to your brain, which has been sunk into your Tan Tien. The light marker will serve as a beacon for the force that is directed down by your mind. Draw down the Universal Chi, guide it to the right spot and give the command; "Stay". This is very important, otherwise the Chi will disappear once you move your hand.

When you practice Cosmic Healing it makes no difference how many people you treat, because you are not transferring your own energy.

Don't Focus your Mind on the Sick Part

If you direct your attention towards something, your energy will go there. If you focus on some ailment, you are already sending out your energy. Instead you should try to connect with a greater source, Universal Chi, extending your mind very far away. This way you won't lose your power. The only thing you do as a practitioner is to form the connection between nature, the student and the sick energy or between the universe, the Chi field and the sick part.

Cosmic Healing is Teaching

One of the best methods of protection for a practitioner is the Fusion practice (*Refer to 'Fusion of the Five Elements I by Mantak Chia*). Perhaps even better is for the practitioner not to perceive him/herself as a healer, but as a person that comes to guide people in something they have to do themselves. When you say; "I am a healer", the sickness or bad energy, has already found a new home. When you check it out, first it will try to hide, and then it will try to attach itself to you. But if you don't interfere, the energy will go straight to the ground. So it is very important to clarify that you are not a healer, but a practitioner that can help, and that the student or sick person has to do most of the job.



Fig. 7.1 The Stronger your Awareness of your Inner Body, the Easier it will be for others present to pick up this Sense.

If you guide those present, this will greatly enhance your healing session. Sit or stand facing your student. Any time you want him or her to focus on a particular point of the body, ask them to touch it with their hands. For example, "Now place your hands on your navel", while you do the same thing yourself. As soon as you feel the Chi there, you instruct them to focus on the navel themselves. This way you are actually helping them to deepen their bodily awareness. The stronger your own awareness of your inner body, the easier it will be for the others present to pick it up. This means that if you are treating some part of another person's body, or if you see that the person is not aware of any energy in some part of the body, you can help by focusing your awareness on this particular part of your own body.

Chi Kung Diagnosis: Hand Scanning

Hand scanning is a simple and effective diagnostic tool of External Chi Healing. It involves passing your palm over the body of your student from one inch to one foot above the surface of the skin and being aware of the energetic state of the various bodily areas. What one senses is described as the electromagnetic field, the aura or the energy body.

General Variations in the Energy Field

The variations you may sense with scanning that have diagnostic significance are:

Temperature

Heat generally indicates excess, while cold indicates deficiency. However, some areas of the body are naturally warmer or colder than others. This is described below under "Hand Scanning the Internal Organs."

Thickness

A feeling of thickness over the area would indicate excess, while thinness may indicate deficiency.

Wind

You may feel sensations of wind leaving the body at various places. This may indicate internal wind at a given location, or it may point to an area of the body that is "leaking energy" and needs to be 'patched' or 'sealed'. It may also be a positive sign that you are driving wind out of the body.

Peaks and Valleys

Peaks in the energy field will feel like mountains or hills in the aural landscape. They may actually push your hand away. Valleys feel like depressions or energy vortexes drawing you in. They may also feel empty, like a hole or pit. Peaks indicate excess or stagnation, while valleys indicate deficiency.

Tingling

Accumulations of sick Chi may cause your hand to tingle, feel prickly, throb, or even hurt. These are excesses of energy and upon inquiry, the student may complain of pain in this area.

Hand Scanning the Internal Organs

Each Organ Emits a Different Aura

Each organ emits a different kind of force or aura through the skin. By passing a hand one or two inches above the skin, you can feel different sensations that reflect the condition or state of the internal organs. You need to develop the sensitivity to receive and identify the vibration or frequency of each organ. Practicing the Cosmic Chi Kung Meditations will help develop such sensitivity.

Liver and Gall Bladder Scanning

Healthy liver and gall bladder energy feels warm.

Negative Emotions: When you pass your hand over the liver, under the right side of the rib cage, you will feel a charged energy come up to your hand. This is a sign of anger in the liver.

Overactivity: When you pass your hand over the liver and feel a rush of hot energy, this indicates that the liver is overheating because of toxins or emotional stress.

Underactivity: When you pass your hand over the liver and you feel a dense and hot energy, the liver is weak, congested and sick.

Lungs Scanning

Healthy lung energy feels cool and dry.

Negative Emotions: Pass your hand over the lungs. Do the Lungs' Sound and listen to the echo of the sound as it rebounds from the lungs. Sadness will feel like a deflating ball pressed between your hands.

Overactivity: Energy that feels dry and hot indicates an overworked organ.

Underactivity: Energy that feels damp and cool under the scanning hand indicates underactive or congested lungs that can lead to respiratory problems.

Heart Scanning

Healthy heart energy feels warm and energetic.

Negative Emotions: Hot and charged energy indicates impatience, hastiness and arrogance in the heart.

Overactivity: If your hand detects hot, charged and overly expansive energy, this indicates that the heart and blood may be overheating.

Underactivity: Energy that feels cool and less expansive indicates an underactive or congested heart.

Spleen Scanning

Healthy spleen energy feels lukewarm.

Negative emotions: Energy that feel damp and sinking indicates excessive worry.

Overactivity: The energy feels hot and damp when the spleen is overactive.

Underactivity: The energy feels cool and damp.

Kidneys Scanning

Healthy kidney energy feels cold, but not too cold.

Negative emotions: Energy that feels cold and chilly indicates fear.

Overactivity: When the kidneys are overworked or overstimulated by excessive exercise or improper diet and liquid intake, the energy can feel damp, stick and hot.

Underactivity: When toxins are blocking the organs, the energy can feel damp and cold.

Hand scanning is an art, and may take a while for you to feel confident using it. Practicing Cosmic Chi Kung is one of the best ways to develop greater sensitivity in hand scanning.

Chapter VIII

Cosmic Chi Kung

Palm and Finger Training

Why We Practice the Cosmic Chi Kung

The Cosmic Chi Kung is also known as Buddha Palm. The reason we train with the Empty Force practice in connection with the Cosmic Healing is to learn how to project Chi through the space in the cosmos, the space between your hands and to project Chi through the space to your students. Usually when we touch the student we pick up sick energy. This practice will teach you how to ground the sick energy to the earth and to disperse it into the Universe to be decomposed and recycled by the planets.

Practice until you can project Chi out from your palms and fingers and when you feel the Chi coming into your body through your hands. The most important part is to always remain connected with the Universal Force coming from all six directions. If you focus on healing from your hands or your Tan Tien you will use up your own energy. You must be connected to the Cosmic Universal Force.

Expand your awareness to nature, the oceans, the lakes, the forests and mountains. Smile to nature and feel it smile back to you; inhale and draw the Chi into your palms. Expand your awareness to connect to the light, the Milky Way and the cosmos.

Be aware of the heart and the red light in the heart; expand your awareness to infinity. The light will come close to you; picture the red planet Mars above you. See it shine down to your crown, feeling the light in your palms. Be aware of the six directions, feel your body growing bigger; until you touch the sky, your feet still planted in the earth.

Opening Heaven and Earth Force in the Palms with Heaven and Earth Spirals

The purpose of this technique is to draw in the forces of heaven and earth through the palm. Activate the spirals, the symbol for the heaven and earth force in the center of the palm.

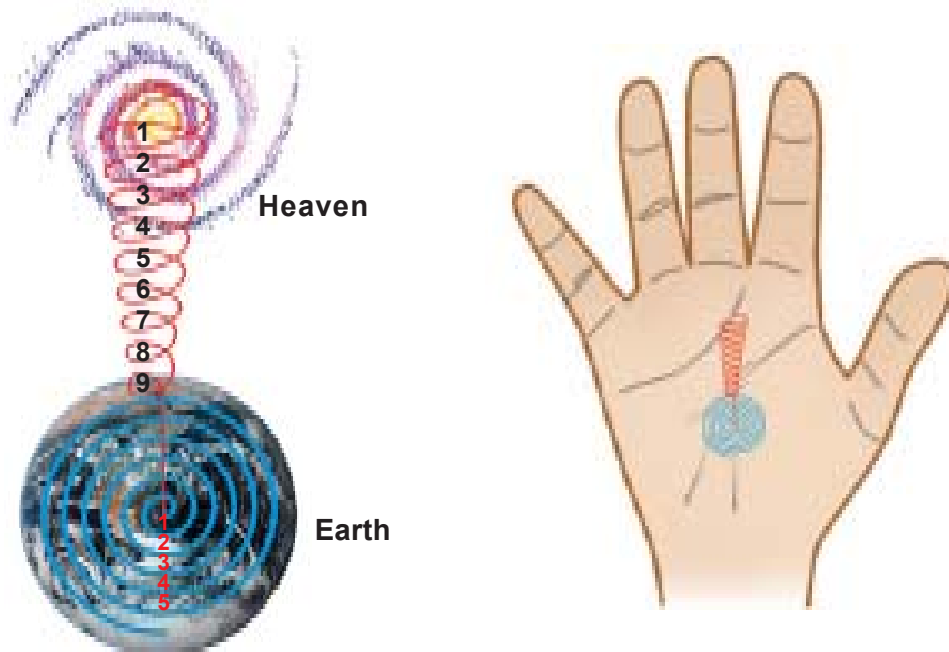


Fig. 8.1 Enhances the symbol of Heaven and Earth Force, in the Laogong - Pericardium 8.

This is accomplished by drawing these spirals with the palm itself. As you draw the spirals, you should actually feel the palm breathing, inhaling these forces in. In the beginning, however, you may only be able to use your own mental imagery and imagine that you are absorbing these forces. In time the feelings will replace your imagination.

You breathe in Heavenly Chi when you draw the heaven spirals, and breathe in Earthly Chi when drawing the earth spirals. You may draw in both in one session; you may also choose just to draw in either Heaven or Earth Chi if you feel you need more of one or the other. It is important to balance these energies whenever you do this exercise.

1. Begin by raising the right hand to about shoulder height with the elbow sunk and the palm facing forward. Slightly pull back (open) the index finger, and slightly stretch the thumb forward and down. This will activate the Laogong point on the palm.

At the same time, touch the tips of your left thumb and index fingers together. This will allow the right hand to draw in the Heaven and Earth Chi. The left hand will then be held palm up to draw in the heavenly force, or held palm down to draw in the earthly force.

2. Begin **drawing the heaven spiral** by moving the **palm in a clockwise motion**, with the circles getting smaller and smaller, spiraling inward. At the same time, your left hand is held at your side, palm up with thumb and index tips touching each other. Draw seven or nine (planets of our solar system) small spirals with your right hand in this way, drawing in the violet heavenly energy.
3. Next, lower your right hand slightly and turn your left palm down to face the earth. Then begin **drawing the earth spiral** by moving the right palm in a **counterclockwise motion** with the circles getting larger and larger. Draw five spirals (five elements), drawing in the blue earth energy as you move. Inhale into the palm, feeling the energies.
4. You may now bring both hands down to the beginning position of Cosmic Chi Kung, or you may open the Cosmic Channel to the planets for healing. This is discussed in the next section, Part I, 'Opening to Heaven, Earth and Cosmic Chi'.

Cell Breathing

By understanding the operations of our cells, we establish a foundation for our experience of Cosmic Chi Kung. Each cell is a living, breathing entity, absorbing energy with each inhalation and releasing toxins with each exhalation. Thus with every breath, we are creating more Chi.

We are made up of over one hundred trillion cells (one trillion is one thousand billion). Each one of these cells is constantly breathing. In order for our cells to function optimally, we must follow nature's teachings.



Fig. 8.2 Each Cell is a Living, Breathing Entity.

The first thing is to keep your cells free of toxins. Eat nutritional foods. This helps the Chi to flow smoothly through your energy channels and aids greater assimilation of vitamins and minerals. Learn and apply Five Element nutrition principles, eating according to the seasons and to your own constitution.

The second thing is to keep your cells free of excess emotions. Develop the skill of acting positively to situations, rather than reacting, especially negatively. Don't allow anyone to make you sad and unhealthy. Some people like to say, "You make me angry," or "You made me worry." We cannot allow other people to make us so emotional. We do not need to accept the negative emotions that other people try to dump on us. Cellular and psychic boundaries are related. Negative emotions disturb the cells' ability to absorb Chi and to generate the energy necessary for healing. We need all the Chi that we can get. Learn and apply the Six Healing Sounds, the Cosmic Inner Smile and the Fusion of the Five Elements meditation to transform negative emotions into personal power.

Third, create more energy by cultivating a happy attitude, so that your cells can regenerate more easily. **Smiling and loving** are the two quickest ways to make more Chi. In order to have an ample supply of Chi, develop an attitude of **joy and love** in yourself and towards others.

Mind, Eyes, Heart and Intention (YI)

The opening of the mind, eyes, heart and use of intention is vital for further activating and increasing your Chi. In the Tao we achieve this by cultivating our "Yi" (pronounced "yee"). "Yi" means mind power, intention, awareness and concentration. The Yi leads and guides the Chi. With our mind we control thought patterns. With our eyes we control the senses of sight, hearing, smell and taste. With our heart we control all our organs and their related emotions: the kindness/anger of the liver, the joy/impatience of the heart, the openness/worry of the spleen, the courage/sadness of the lungs and the gentleness/fear of the kidneys.



Fig. 8.3 'Yi' leads and guides the Chi.

Every excellent achievement in our lives depends upon the quality and efficient operation of our Yi. Combining the awareness of the mind, eyes, heart and intention into one, causes the creation of a rich and rare alchemical mixture. The power of the Yi is the magical catalyst that assures energetic results.

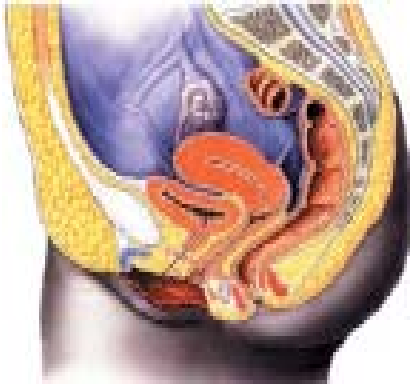
The basic teachings are all in the Microcosmic Orbit, the Cosmic Inner Smile and the Six Healing Sounds. As long as you are alive and healthy, you are able to draw in energy from the universe and nature. The stronger the battery, the better it is able to store this energy. If you're weak and sick, you have no way to draw any energy from nature or the universe. When the cells stop drawing in energy, life ends. If you have perfected these practices, you have all the personal physical, mental and spiritual power that you need. Everything comes together. Your mind is aware of the original force. From the knowledge of Oneness, you are inwardly aware of your mind, senses and heart; you are outwardly aware of the universal energy. Now you are capable of receiving the abundantly available healing power of the universe; you can tune into everything, inwardly and outwardly in all directions. This is what we are here for: to heal and become whole again. We have higher goals to reach. The foundation for reaching our goals is a strong and healthy body.

Cosmic Healing Chi Kung is merely an extension of the universe within yourself. You draw the universe in through your palms, skin, heart and crown. With your Yi you breathe in the cosmos through these various open cavities of receptivity in your body, absorb its power, condense it, transform it and use it for the benefit of all.

Connecting the Bridge

Contracting the muscles of the perineum, sexual organs and anus activates our connection with the earth energy. By pulling up these areas and drawing in energy through the soles of the feet, we immediately become grounded and bring the earth (yin) energy into the Microcosmic Orbit. Pulling up should be done gently and directed by the Yi.

When we speak of "Connecting the Bridge," we are referring to the above exercise, except that we do not pull up on the perineum. Pull up gently and lightly on the sex organs and anus while leaving the perineum totally relaxed. After performing the first contractions, when you then relax the perineum, the earth energy will continue to flow into the body using the principles of a siphon. We thus connect the "Bridge" across the perineum from the sexual organs to the anus using the Yi to direct the energy. This actively combines the earth energy and your sexual energy and directs it into the Microcosmic Orbit. This energy is circulated during Cosmic Chi Kung. Holding a very gentle contraction will keep you grounded during the exercise. It can be done sitting or standing.



Women lightly contract the Vagina



Men lightly contract the Perineum and Anus

Fig. 8.4 Connect the Bridge - combine Earth and Heavenly Energy.

Cosmic Chi Kung Preparation

Cosmic Chi Kung can be practiced either in a sitting or a standing position. Sitting, relax as much as possible and invoke the **Cosmic Inner Smile**.

1. Be aware of your **heart** and listen to your **kidneys** with your inner senses. Smile to your heart and kidneys and feel them pulsing; feel them communicating and interacting with each other. The **Kan** and **Li**; the water of the kidneys and the fire of the heart, balance and **begin to mix**.
2. Open the arm pits as if you were holding a ping pong ball there and slightly move the fingers to activate the Chi flow. Relax. **Feel** the sensations of the **Chi flow**: tingling, warmth, pulsing, electric and magnetic feelings.
3. Be aware of your palms. Draw in Chi by **activating the bone breathing** process. Become aware of the perineum; slightly pull up the perineum, sexual organs and anus and "**connect the bridge**." (Remember to relax the perineum).
4. Breathe into the palms of the hands and soles of the feet, further enhancing your connection to the earth force. Smile to the blue earth energy as it flows up your arms and legs and suffuses your body with pleasant Yin energy.
5. Breathe into the **mideyebrow** point and activate your connection with the **Cosmic Force**. Smile to the golden light of the cosmic energy as it swirls into your mideyebrow point and flows throughout your body, healing and balancing your energy.
6. Breathe into your **crown** point and activate your connection with the **Heavenly Force**. Smile to the red and violet light of the heavenly force as it flows into your brain and washes your body with subtle pure Yang energy.



Fig. 8.6 Invoke the Cosmic Inner Smile.

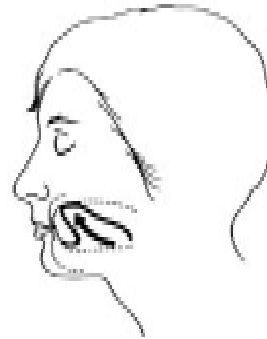


Fig. 8.5

Place the Tip of the Tongue on the Upper Palate.

7. Place the tip of your tongue on the upper palate behind the teeth in a comfortable position.

8. As you begin to move through the postures of Cosmic Chi Kung, always be aware of the Chi flow and its attending sensations.

Cosmic Chi Kung Preparation Standing

1. Stand with your **feet parallel** and shoulder width apart.
Tilt your **sacrum** and **pelvis** slightly forward until you feel your feet press more firmly into the ground. As you tilt the pelvis, feel your lumbar vertebrae pressing outward; this is called "**Opening the Door of Life.**"
2. Relax your **chest** and sink your **sternum**. Draw your chin in slightly, and hold your **head, neck** and **spine** erect as if your head and spine were suspended from above by a string.
3. Follow the same instructions for the preparations of Cosmic Chi Kung.

Opening to Heaven, Earth and Nature

The natural world is the source of our power. Cosmic Chi Kung teaches us about nature and its energies. In the Tao, nature and the universe are equivalent to God. You are a part of nature and can easily learn to open to the forces in the macrocosm and let them flow through you. This is very simple. Just tune into the frequencies around you. Your fingers are antennae, which transmit and receive.

1. To begin your practice of Cosmic Chi Kung, simply **stand** up and **feel the energy around you**. When you stand or sit, be aware of your soles (Bubbling Spring points) making a good connection with the earth. Your perineum (Hui Yin point) is relaxed and open. You are connecting to the earth force and can expand further down on to the other side of the universe. This is one type of energy.
2. When you draw your **chin in**, slightly **relax your chest** and tilt your head slightly forward; you begin to be aware of the heavenly force. This is another type of energy.
3. The qualities of the **Five Elements** reveal themselves as woody trees (growing force), fiery deserts (expanding force), earth mountains (stabilizing force), metal air (contracting force) and watery oceans and lakes (gathering force). We call the combination of these elements the '**Cosmic Force**'.

Thus, your mind and body learn to gather, absorb, direct and transform the heaven, earth and cosmic energy for your own use. This is the essence of Chi Kung. Today there is a lot of emphasis on learning movements and forms of Chi Kung. However, if the inner feeling is not there, the movements are of little value.

Heavenly force is Yang. Earth force is Yin. By learning to connect to the energies of heaven and earth, you have a powerful tool for restoring and maintaining your inner balance of Yin and Yang.

Outline of Practice

Before practicing each of the Cosmic Chi Kung sets in this chapter and in the following chapters begin with the heaven and earth spirals as outlined on page 157.

First **Create the Chi Field**.

Hold each of the Cosmic Chi Kung postures for at least 5 - 30 seconds, gradually lengthening the time to 60 - 120 seconds per posture.

Note: While holding the postures count the breath from 5 to 15 seconds, being aware of the **Tan Tien** and feeling the Chi in the Tan Tien which then moves up to the **crown** and expands up to the universe; fuse your Chi with the Universal Chi and let it multiply down to your palms. **Just concentrate on the 'Tan Tien and the Universe'**; do not concentrate on the palms at all.

Throughout parts I, II, III and IV 'Tan Tien and Universe' means to spiral into the Tan Tien and spiral out into the universe connecting 'Tan Tien and Universe'.

Part I

Opening to Heaven, Earth and Cosmic Chi

Opening Movements

Three Minds into One Mind

Empty the mind and heart down to the Tan Tien.

Hold the hands together at the heart center.

Smile and make the heart feel soft; feel love, joy and happiness.

Turn your consciousness inward and your awareness out.



Fig. 8.7 Empty your Mind and Heart down to your Lower Tan Tien.

Feel your legs lengthen extending down to the center of the earth.

Feel your hands lengthen extending to the universe below.

Let the mind expand and be aware all the way down to the universe.

Feel the 'long' bones of the arms and legs and begin bone breathing.

Feel universal Chi filling, packing and compressing into the bones.

Draw this Chi down to the back of your crown and feel a heavy pressure press on the crown; feel slightly numb or a light electric downward flow, like oil dripping down. 'Focus at Tan Tien and Universe'. Count to five.

Channeling the Earth Force - Washing the Bone Marrow

Smile into the **perineum, palms** and **crowns**. Then slowly raise the arms, palms facing each other, to chest height keeping the elbows relaxed and sunk. Rotate the arms slowly until the palms are facing down. Be aware of the mideyebrow and feel your breath and lightly contract your eyes and round muscles around the eyes. Connect the perineum bridge by slightly squeezing the sex organs and the anus; do this a few times.

Rest and **smile to soles of the feet**, feel the Chi bubbling and feel like you are standing on a hot spring starting to bubble up.

Be aware of your Tan Tien and expand your mind down past the earth to connect with the galaxy below you. Multiply and bring your mind back to the Tan Tien. Gradually feel the Chi being absorbed through the whole body and absorb it into the bones and body like a **rising steam or mist**. Feel the earth force move through the center of the bones and enter the bone marrow move up the calves and thighs (femur bones) through the hip bones, spine, **scapula, arms, neck** and **skull**. Finally **swirl the energy around your brain**. 'Focus at Tan Tien and Universe'.

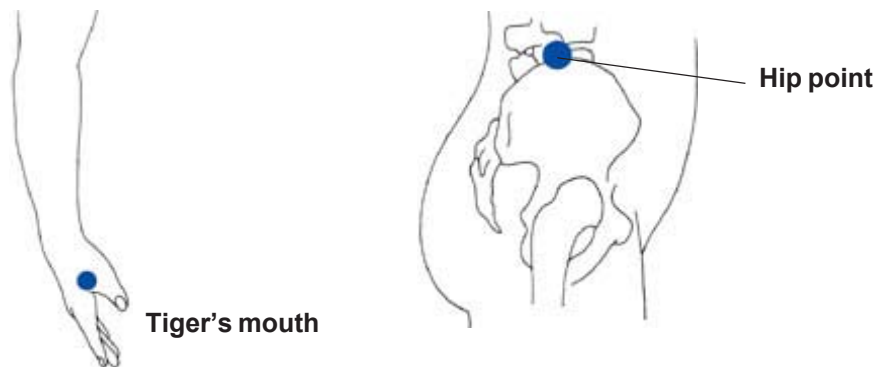


Fig 8.8 Activate the Hip: Large Intestine 4, Pericardium 8 and Small Intestine 3.



Raise your index finger slightly upward to activate the Hegu Point (Large Intestine).

Tiger's Mouth

Fig. 8.9 Open the 'Tiger's Mouth'.

Then **stretch your thumbs out to the sides and down**, so that they end up pointing downwards toward the earth. This activates Large Intestine 4 (Hegu). Large Intestine 4 is found in the webbing between the thumb and index finger. It is called the "eye of the hand"; this area is also known as the "Tiger's Mouth."

Slowly draw the elbows back and lower the hands until your palms are facing down beside the "eye of the hip" (the iliac crest) with the "eye of the hand" (Large Intestine 4) aligned with the "eye of the hip." Be aware of the Tan Tien (Yi, the abdominal brain) and expand your mind out into space, the Cosmos and the universe. Remember: The fingers and the energy point act just like a laser to help guide the universal force flow; as soon as you focus on the fingers or the palms you are starting to use your own energy. Feel your Tan Tien and the crown full with Chi. Just use your second mind intention, lightly aware of the area between the hips and LI-4 points. Focus at Tan Tien and the universe. This will activate the lungs and large intestines. **Hold for a 30 second count** and gradually you will feel the ascending colon and the sigmoid colon have been activated; you may feel some movement around this area.



Fig. 8.10 Activate the Organ Energy.

Use your Yi to rotate your hands so that the fingers first point out, then back, turn the palms up and finally point the middle finger in toward the eye of the hip. Tan Tien and the universe - **95 % aware of the 'Tan Tien and the Universe' and 5 % aware of energy flowing back and forth between the tips of the middle fingers** (Pericardium 9); feel the Chi passing through the hips. This will activate the pericardium.

Rotate the hands again until the fingers are pointing forward with the **palms facing up**. Align the knife edges (Small Intestine 3) with the eyes of the hip. 'Focus at Tan Tien and the Universe'. Be lightly aware of the energy passing back and forth between the two hands. This will activate the heart and small intestine.

Fig. 8.11 Activate the Heart and Small Intestine.



Absorb the Heavenly Force Washing the Bone Marrow - Crown to Soles



Extend the arms forward to chest height with the palms facing upward.

Laogong Point (Pericardium 8)

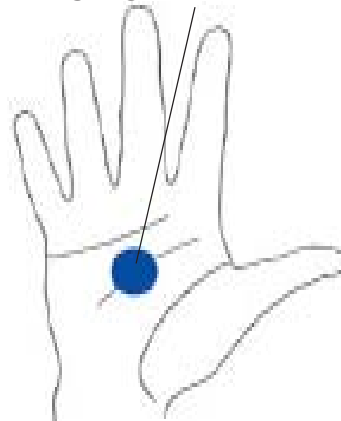


Fig. 8.12 Draw Heavenly Energy into the Palms.

Become aware of the **Tan Tien, the Crown and the Star above you**. Expand your mind (YI) out to the universe and connect to the galaxy. Be aware of the palms and the crown which are connected to the galaxy. Activate the Laogong point (Pericardium 8).

Feel the heavenly energy come directly to your palms, and be aware of the violet light of the North Star and the red light of the Big Dipper both shining radiantly.

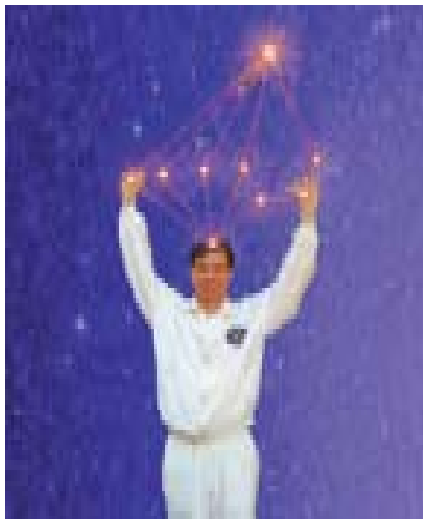


Fig. 8.13 Hold the Big Dipper.

Picture yourself holding the handle of the Big Dipper and turn the 'cup' pouring the light over your head. Draw this light in through the palms and the crown point and feel it washing your bone marrow. Always remember your Tan Tien. **Direct the sensations down through the skull, cervical vertebrae, clavicle, scapulas and sternum. Activate your thymus gland and continue drawing the healing heavenly light down through the rib cage, arms, spine, hips, femurs and calf bones, feet and toe bones. Be aware of the soles bubbling up to the perineum and up to the crown.**

Lightly rock yourself like riding a horse; this will help keep your spine open and Chi can flow easily throughout the practice.

Absorb the Earth Force and the Other Side of the Galaxy

Rotate the arms until the **hands are palms down**.

Raise the index fingers slightly and extend the thumbs first towards each other and then toward the ground. Be 95% aware of the Tan Tien and the Universe, and 5 % aware of the index fingers and the big toes. Wait until you feel the Chi enter. Fill the joints of the fingers and up to the wrists; feel 'tense but not tense' and let the **Chi continue to fill the joints** up to the elbows, up to the shoulders and gradually up to the neck and the head. Go from the toes up the legs to the hips and on into the spine and the rib cage **completing all the joints of the body**.

Be aware of the Tan Tien and the universe and only slightly aware of the palms (Laogong), the soles of the feet (Kidney 1-Bubbling Spring), and the perineum (Conception Vessel 1-Hui Yin) bubbling. Activate these points, feel the earth energy and continue smiling through the earth to connect with the galaxy, Milky Way, and the universe. Draw this light in through the palms and soles and let it wash up through the center of your bones from the feet up. Let it **steam and cleanse your marrow**. Picture any impurities or illness dripping out of your bones and draining down into the earth, where they will be recycled and purified.



Fig. 8.14 Open the index fingers.

Core Movements of Part I

Grasping the Moon

Connecting the Heaven and Earth Forces - Right Side over Left

Open Position: Heaven Force - Slightly raise the index fingers to open the palms. Bring the arms up, bending the elbows so that the left hand is under the right elbow with the left index finger pointing up to Heart 3.

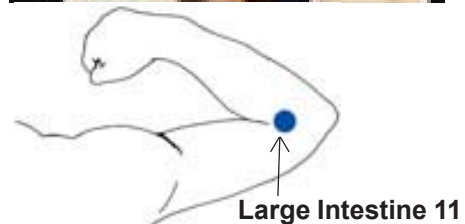


Fig. 8.15 Complete the Heavenly Circuit.

The right index finger is pointing up toward heaven and connecting to the galaxy. The right forearm is over the left forearm, with the tip of the right index finger held above the Large Intestine 11 point of the left arm.

The **right index finger draws in the heavenly force** like antennae. The force flows up the bones of the right arm, across the shoulders to the left arm and through the bones of the left arm to the left index fingertip. **It then flows through the index finger of the left hand into the Heart 3 point of the right arm, completing the heavenly circuit.** Continue cycling in this way. Hold the position and count to five.

The practice uses the 'Empty Force'; this means that there is no contact. The fingers must be 'tense without tensing'. When you tense and raise the index finger, you will feel the Laogong point opening.

Close Position: Tan Tien, earth and the universal force - keeping the arms in the same position, move both index fingers to point down. The **right index finger will now point toward the Large Intestine 11 point of the left arm and the left index finger will point downward toward the earth** and continue down to connect to the universe. Draw in the earth force through the left index finger, bringing it through the bones of the left arm, across the shoulders through the right arm to the right index finger and out into the Large Intestine 11 point of the left arm. Continue cycling in this way, **completing the earth circuit.**

Open and close three times altogether ending in the open position. Hold each count for five seconds.

Holding and Activating the Chi Ball Tan Tien and the Original Force - Right Side over Left



Fig. 8.16 Right Side over Left - 'Holding the Ball'.

Turn the **left palm upward** and lower it to the Tan Tien with the pinky pointing inwards.

Lower the right palm to the navel, palm down, as though you were holding a small Chi ball. Lower the right thumb to point toward the left Laogong point. This opens the eye of the right hand (LI-4), then point it toward the navel. Be aware of Tan Tien and universe.

Yin/Yang Palms

Separate the hands and extend them out in front of the body at navel level. The **left palm** is still pointing up, and is **Yang** drawing in the heavenly force through Laogong. The **right palm** is still facing down, and is **Yin** drawing in the earth and the galactic force from below.

Conclude by turning the left palm over to face downward. **Draw in the earth force through both palms.**

Fig. 8.17 'Yin and Yang Palms' - Right Hand connecting to Earth and Left to Heaven.



Left Side: Repeat on the left hand side with the left arm over the right. Holding the Chi ball the left hand is on top. Hold for a count of five seconds.



Fig. 8.18 Open the Heavenly Circuit. Then the bottom hand slides and turns 'Palm-Up' and the Top Arm slides to 'hold the Chi Ball'



Fig. 8.19 Holding the Chi Ball - Left Side over Right.

Closing Movements

Activate the Chi Channels - Balance the Organs

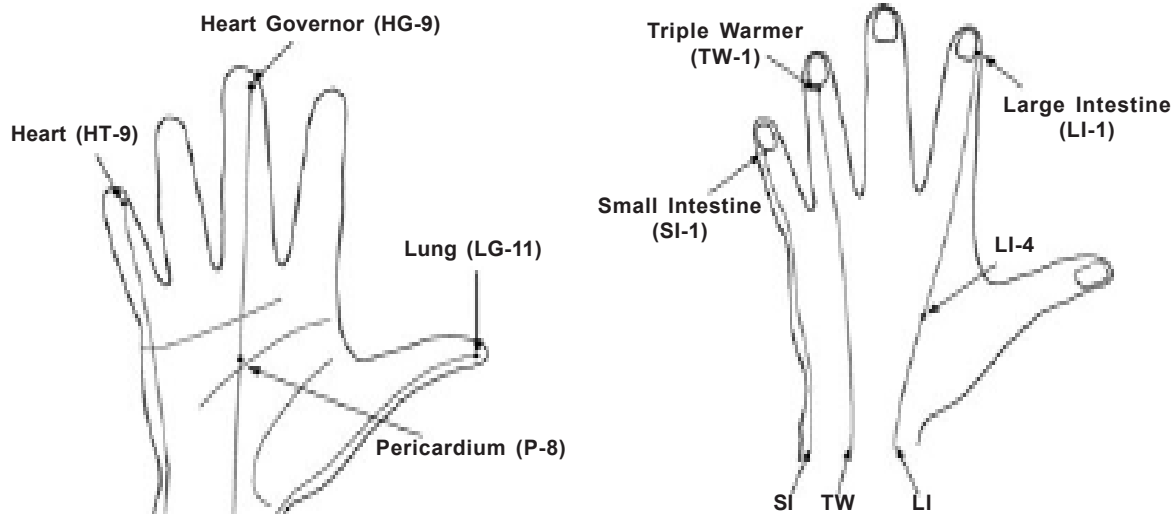


Fig. 8.20 Finger Points

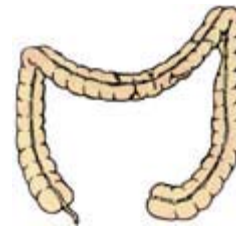
The closing movements balance organ energy while activating the Chi Channels. Hold the arms extended forward with the palms down at solar plexus level. Hold each stage for a count of five seconds.

Index Fingers:

Tense all the fingers and feel the Chi filling all the joints; open the index fingers, raising them up, while keeping the rest of the fingers level.



Fig. 8.21 Activate the Index Fingers - Up.



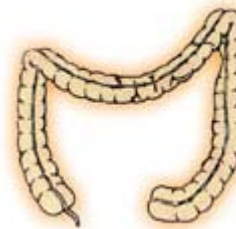
Large Intestine

The tension should be like the string of a tuned musical instrument. When lightly tense the Heavenly Chi will be drawn in through the index fingers.

Relax the hands and bring the index fingers back to the neutral position, level with the other fingers.



Fig. 8.22 Draw Earth Energy through the Index Fingers - Down.



Energy to Large Intestine

Stretch out and tense all the fingers and press the index fingers to point down toward the earth and continue down to the universe. Keep the other fingers level. Draw in earth energy through the index fingers and circulate it through the body.

Bring the index fingers back to neutral and relax your hands.

Once again **open the index fingers by raising the index fingers up**, while keeping the rest of the fingers level. **Draw in the Heavenly Chi through the index fingers.** Bring the index fingers back to neutral again and relax your hands.

Ring Fingers:

Stretch the ring fingers down toward the earth, keeping the rest of the fingers level. Draw in earth energy through the ring fingers and circulate it through the body.



Fig. 8.23 Draw Earth Energy through the Ring Fingers.

Pericardium sack around the Heart



Bring the ring fingers back to neutral and relax your hands.

Once again open the index fingers by raising the index fingers up, while keeping the rest of the fingers level, and draw in the Heavenly Chi through the index fingers. Bring the index fingers back to neutral again and relax your hands.

Thumbs:

Stretch the thumbs out and down toward the earth, keeping the rest of the fingers level. Draw in earth energy through the thumbs and circulate it through the body. Bring the thumbs back to neutral and relax your hands.



Fig. 8.24 Draw Earth Energy through the Thumbs.



Lungs

Once again open the index fingers by raising the index fingers up, while keeping the rest of the fingers level, and draw in the Heavenly Chi through the index fingers. Bring the index fingers back to neutral again and relax your hands.

Pinky Fingers:

Stretch the pinky fingers out and down toward the earth, keeping the rest of the fingers level. Draw in earth energy through the pinky fingers and circulate it through the body.



Small Intestine

Fig. 8.25 Draw Earth Energy through the Pinky Fingers.

Bring the pinky fingers back to neutral and relax your hands.

Once again open the index fingers by raising the index fingers up, while keeping the rest of the fingers level. Draw in the Heavenly Chi through the index fingers. Bring the index fingers back to neutral again and relax your hands.

Middle Fingers:

Stretch the middle fingers out and down toward the earth, keeping the rest of the fingers level. Draw in earth energy through the middle fingers and circulate it through the body.

Bring the middle fingers back to neutral and relax your hands.

Once again open the index fingers by raising the index fingers up, while keeping the rest of the fingers level. Draw in the Heavenly Chi through the index fingers.

Bring the index fingers back to neutral again and relax your hands.



Heart

Fig. 8.26 Draw Earth Energy through the Middle Fingers.

Crane's Beak and Swallow the Saliva:

Form the "Crane's Beak" with both hands by bringing all the fingertips together with the thumbs inside. **Inhale** and **contract the sexual organs**.

Move your tongue and suck the mouth to **activate the saliva**. Divide it into three parts, tighten the neck and gulp down the **first part** to the center of the **navel**; force the **second** mouthful of nectar down to the **left side of the navel** and the **third** to the **right side of the navel**. Raise the forearms up to shoulder height with the fingers pointing down. Slowly open the palms and begin to lower the arms to the sides, until the palms are facing each other before the starting position.



Fig. 8.27 Form the 'Crane's Beak'.



Fig. 8.28 Raise Forearms to Shoulders.



Fig. 8.29 Lower Arms to the Sides.



Fig. 8.30

Palms facing each other to cover the Navel.

Conclusion:

Bring awareness to the navel. Notice the quality and intensity of the energy generated and **collect your energy at the navel**. Men place hands over the navel with the right hand on top; women vice versa. Rest.

Summary:

Practice Part I daily for one or two weeks until you can do it well. Then you can proceed to learning Part II.

Part II

Opening the Bridge and Regulator Channels

Theory

Chi flows through your body along numerous channels or meridians. The channels are divided into two major groups: the **extraordinary** or special channels and the **ordinary** channels. After your mother's egg and your father's sperm joined together to form a single cell, that cell began to divide. The extraordinary channels were the first energy channels formed as a result of that early cell division.

There are **Eight Extraordinary Channels**:

- Governor Channel
- Functional or Conception Channel
- Thrusting Channel
- Belt Channel
- Yang Regulator Channel
- Yin Regulator Channel
- Yang Bridge Channel
- Yin Bridge Channel

Later, as your fetus developed, your Original Chi flowed through the eight extraordinary channels to help create your internal organs and their energy channels. These twelve "ordinary channels" are divided into yin and yang. The yin Channels are connected to the solid organs, and the yang channels are connected to the hollow organs.

The **Twelve Ordinary Channels**:

- Lung (Yin) Channel
- Large Intestine (Yang) Channel
- Stomach (Yang) Channel
- Spleen (Yin) Channel
- Heart (Yin) Channel
- Small Intestine (Yang) Channel
- Bladder (Yang) Channel
- Kidneys (Yin) Channel
- Pericardium (Yin) Channel
- Triple Warmer (Yang) Channel
- Gall Bladder (Yang) Channel
- Liver (Yin) Channel

These twelve organs serve to extract energy from the food and water we ingest and the air that we breathe to create energy through the metabolic processes of respiration, circulation, digestion, elimination and reproduction. This energy is called PostNatal Chi, as it comes in after we are born. Thus the extraordinary channels serve as the link between our Original or Prenatal Chi which came from our mother and father, and our Postnatal Chi which comes from our food and air as a result of metabolism.

General Functions of the Eight Extraordinary Channels

They serve as reservoirs of Chi.

About two thousand years ago, one of the great texts of Chinese medicine, the Nan Ching was written. This classical text describes the twelve ordinary channels as rivers and the eight extraordinary channels as reservoirs of Chi. When the ordinary channels become low in energy, they can draw from the reservoirs of energy in the extraordinary channels. On the other hand, if the ordinary channels become too full, the excess can be taken up by the extraordinary channels. In this way the extraordinary channels help us to maintain a balance in our energy body.

They store and circulate Ching Chi.

The extraordinary channels all draw their energy from the kidneys, which are the storehouse of Ching Chi (essence or sexual energy) in the body. Thus the extraordinary channels circulate the Ching Chi around the body, particularly to the skin and hair, and to the five ancestral organs: the brain and spinal cord, the bone marrow, the blood, the uterus and the liver and gall bladder.

They circulate Defensive Chi to protect the body.

The Chi that protects the body against invasion by external pathogens is called Defensive Chi or Wei Chi. The extraordinary channels circulate Defensive Chi over the back, abdomen and thorax. These functions are performed by the Governor Channel, the Functional Channel and the Thrusting Channels, respectively.

They regulate our life cycles.

In the first chapter of the Yellow Emperor's Classic of Internal Medicine (Huang Di Nei Ching Su Wen), another of the classical texts of Chinese medicine, the life changes of women and men are described in 7 and 8 year cycles respectively. The Functional Channel and the Thrusting Channel govern these cycles.

Eight Extraordinary Channels and Chi Kung

There are few texts available today that describe the purpose and function of the eight extraordinary channels and their place in Chi Kung practice. To make matters more confusing, the extraordinary channels and points used in Chi Kung are often quite different from those used in acupuncture, even though they may bear the same names.

Most acupuncturists pay little attention to the eight extraordinary channels in diagnosis and treatment with the exception of some modern Japanese researchers. By contrast, the extraordinary channels have been of special importance to Taoists and Chi Kung practitioners for thousands of years. Taoists see the extraordinary channels as the foundation of our bodily energy, as the bridge between our Original or Prenatal Chi and our Postnatal Chi; these channels affect us on the deepest level of our basic constitutional energy.

Therefore, Taoists focus on opening up the flow of energy through the eight extraordinary channels as a prerequisite for opening the energy flow in the twelve ordinary channels. In the Universal Tao system, you first open up the Governor Channel and the Functional Channel in the Microcosmic Orbit Meditation. The second pair: the Thrusting Channels and the Belt Channels are opened in the Fusion of the Five Elements II Meditation. The last four channels, the Yin and Yang Bridge Channels and the Yin and Yang Regulator Channels are opened in the third level of Fusion of the Five Elements Meditation. After opening all eight channels, in the next level of Taoist inner alchemical meditation called the Lesser Enlightenment of Kan and Li, the twelve ordinary channels are then opened.

Special Functions of the Bridge and Regulator Channels

The Bridge and Regulator Channels have no points of their own. They borrow points from the other 'ordinary' channels linking together and controlling the flow through all the separate channels of the body. The Bridge and Regulator Channels travel along the same paths. There is no 'real' difference between them. Both of them connect or 'bridge' and 'regulate' the flow of Chi in the body's meridians.

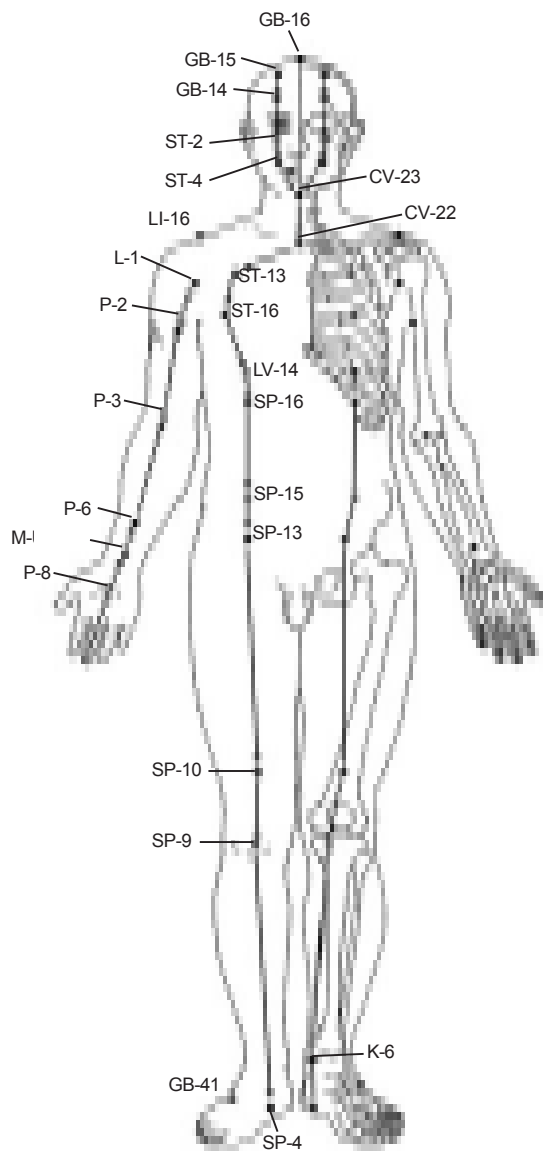


Fig. 8.31 Yin Bridge and Regulator Channels

Bridge Channels Yin and Yang Chiao Mo Function

The Bridge Channels, also called the Heel Vessels as they originate at the heels, regulate the amount of energy being used by all the other meridians in the body. They act like a bridge linking together the stored Chi in the body and the areas in need of Chi. Usually if any meridian uses more energy than it needs to flow properly, then other meridians become deficient as a result. Thus the Bridge Channels seek to assure that your energy is distributed in a balanced way. The Yin Bridge Channel runs along the front or yin side of the body, while the Yang Bridge Channel runs along the back of the body.

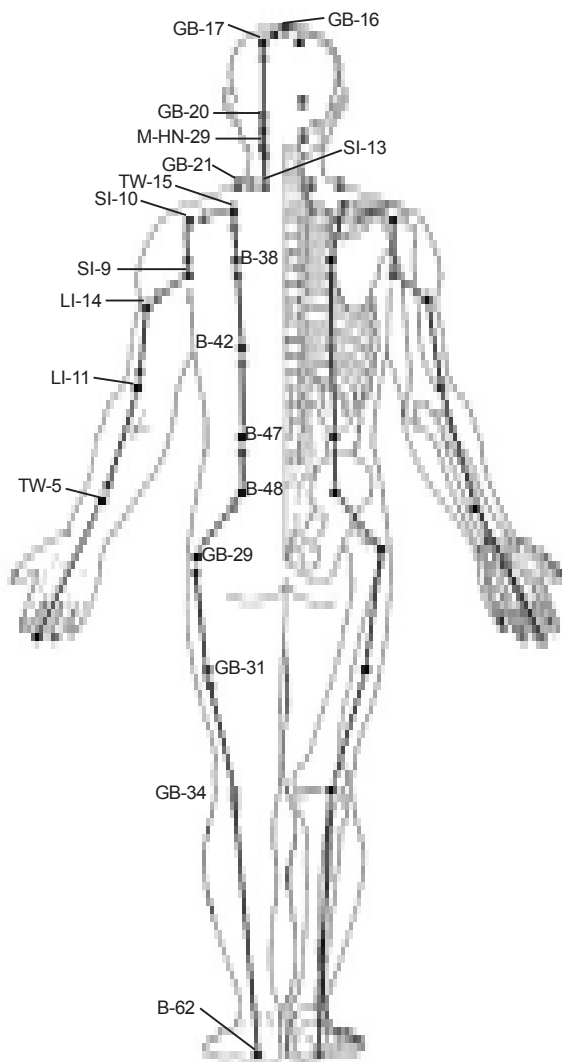


Fig. 8.32 Yang Bridge and Regulator Channels

Disorders of the Bridge Channels

Excess Yang Energy

When yin energy is slowed down in the Bridge Channels, yang energy flows more rapidly. The excess yang can cause the following problems: insomnia, difficulty in closing the eyes, hypertension, stiff back and waist, inability to bend down, thigh tumors, bad colds, spontaneous sweating, headaches, painful eyes, paralysis of the arms and legs, vomiting of milk in infants, deafness, epilepsy, nose bleeding, swelling of the body, pain in the joints and head sweating.

Excess Yin Energy

When yang energy is slowed down in the Bridge Channels, yin energy moves more rapidly. The excess yin causes the following problems: sleepiness, difficulty in keeping the eyes open, hypotension, choking, painful urination, stomach rumbling, vomiting, diarrhea, difficult bowel movements, difficult labor and unconsciousness.

Regulator Channels

Yin and Yang Wei Mo Function

The Regulator Channels, also called the Linking Vessels, bind together all the meridians in the body. The Regulator Channels are also divided into yin and yang. The yin aspect, which runs along the front of the body, moves the yin energy and regulates the blood and inner parts of the body. It connects with all the yin channels: the Liver, Spleen, Kidney, Heart, Pericardium and Lung channels. If the yin aspect becomes imbalanced, the person may suffer from heart pains.

The yang aspect, which runs along the back side of the body, moves the yang energy, controls Defensive Chi, regulates resistance to external infections, and regulates the external parts of the body. It connects with all the yang channels: the Stomach, Bladder, Gall Bladder, Large Intestine, Triple Warmer & Small Intestine channels. If the yang aspect becomes out of balance, the person may catch colds and fevers easily.

By joining together the various channels, the Regulator Channels help to maintain a harmonious and cooperative interaction between the different channels.

The Regulator Channels in Taoist Yoga and Chi Kung are slightly different from those presented in acupuncture texts. The Chi Kung Regulator Channels include the yin and yang arm routes as well; some Taoist Yoga texts also refer to the arm routes as the Yin Yu and the Yang Yu. Acupuncture texts, by contrast, include only the leg, trunk and head routes. Many recent Chi Kung texts, unaware of these differences, depict illustrations from acupuncture texts alone, further adding to the confusion.

Disorders of the Regulator Channels

Excess Yang Energy

When yin energy is slowed down in the Regulator Channels, yang energy moves more rapidly. The excess yang can cause the following problems: swelling and pain in the joints, cold knees, paralysis of the arms and legs, painful back and sides, aching muscles, pain in the head, neck and edge of the eyebrows, fever, rashes, night sweating, tetanus, painful red eyes, colds and superficial fevers.

Excess Yin Energy

Similarly, when yang energy is slowed down in the Regulator Channels, yin energy moves more rapidly. The excess yin can cause the following problems: heart pain, diarrhea with stomach rumbling, difficulty swallowing, pain on both sides of the chest, diseases associated with cold and convulsions.

Summary

The Bridge and Regulator Channels link all of the yin and yang channels in the body together and regulate the flow of energy in these channels to maintain a state of energetic balance in the body. The channels used for meditation are somewhat different from the ones seen in Chinese medical text and acupuncture charts. This is because their purposes are different.

Chinese medicine aims to restore sick people to health. The points being treated must be superficial so that they can be activated by acupuncture needles.

Chi Kung and Taoist meditation aim to maintain health and to take one beyond mere physical health to spiritual immortality. The channels and points can be deep within the body, since the energy is guided by the mind or by postures and movements rather than by needles.

The movements used in Cosmic Chi Kung Part II to activate the Bridge and Regulator Channels are relatively simple. To completely master the Bridge and Regulator Channels, you must learn and practice the third level of Fusion of the Five Elements Meditation. Once you have done so, this part of Cosmic Chi Kung practice will be particularly powerful and balancing for you.

Practice

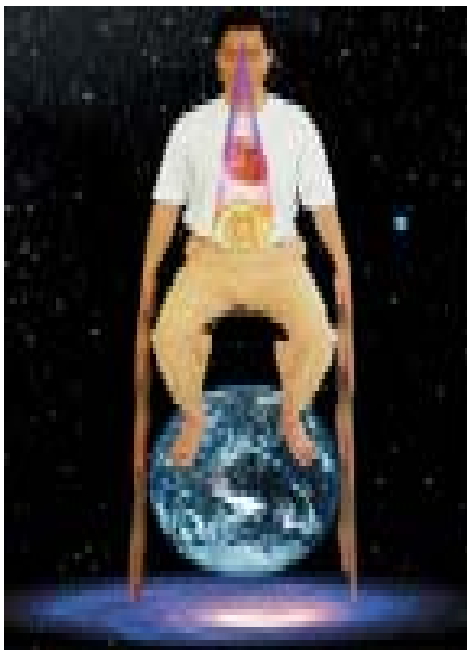
Opening Movements

The Opening Movements for this second part of Cosmic Chi Kung are the same as for the first part. By now you should be familiar with these movements, so they will be described briefly. For a more detailed description, refer to Part I, Opening Movements.

Hands down at sides, palms facing each other. Commence Bone breathing. Be aware of the Tan Tien and absorb Cosmic Chi. Be aware of the Tan Tien and channeling the earth and galactic forces.

Washing the Bone Marrow

Raise arms to chest height - palms facing each other. Rotate arms until palms face down. Open the 'Tiger's Mouth' - Index finger up, thumb down.



*Fig. 8.33 Hands lower to the Sides.
Lower the Mind to the Tan Tien.*



Fig. 8.34 Open the 'Tiger's Mouth'.

Activate and Beam to the Eye of the Hip

- A. Large Intestine 4 - Eye of the Hand
- B. Pericardium 9 - Tip of the Middle Finger
- C. Small Intestine 3 - Knife Edge of the Hand



Fig. 8.35 Activate the Large Intestine, Pericardium and Small Intestine.



**Be aware of the Tan Tien and absorb the Heavenly Force
Washing the Bone Marrow Crown to Soles.**

Extend the arms forward - palms upward. Be aware of the Tan Tien and absorb the heavenly force. Rotate the arms until the palms face down. Raise the index fingers slightly. Absorb the Earth Chi.

A.

B.

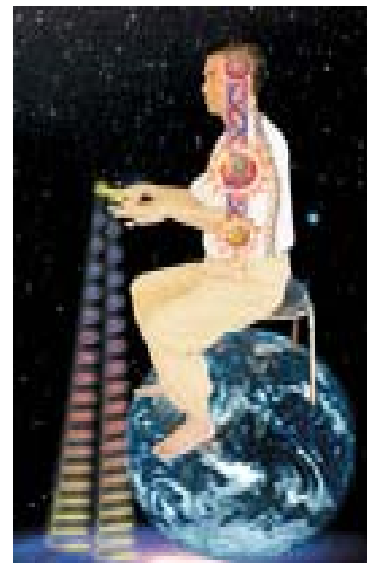


Fig. 8.36

A. Be aware of the Tan Tien and absorb the Heavenly Force.

B. Index Fingers up - be aware of the Tan Tien and absorb the Earth and Universal Force.

Core Movements of Part II Opening the Bridge and Regulator Channels

Activate the Throat Center - Right Side

Keeping the elbows sunk, raise the left palm first so that it is about 1 inch in front of the throat center (Conception Vessel 22), palm facing in. Then bring the right hand up so that it is about 1 inches in front of the left hand, palm facing in. Align the Lung 10 point in the middle of the eminence of the left hand with the **throat center**. **Feel the Chi go through the neck to C-7**. Continue smiling to the universe and connect to the back side of the universe. Hold for a 5 to 30 count and feel the throat center activated.



Fig. 8.37 Connect to the Throat Center.



Fig. 8.38

Feel the connection to the Universe at the Back.

Move both hands out slowly like you're pulling silk; when the feeling is diminished or the silk starts to break stop there. Be still and feel the beam connect the throat center to C-7 and the universe. Maintain the energy beam as you move in and out three times altogether ending with the hands as above.

Activate Mideyebrow Point - Right Side

Be aware of the Tan Tien and the universe. Keeping the Lung 10 points aligned, raise the hands up to the level of the mideyebrow point about one inch in front of the face. **Keep the points aligned and beam the energy passing through both hands into the mideyebrow point and through to the base of the skull**. Continue smiling and extending to make a connection to the back universe for a 5 to 30 count.

Use only 5% of the awareness to move both hands very slowly out, like you are **pulling silk**; continue to move out as long as your can feel the connection to the mideyebrow, C-7 points and the universe, maintaining the energy beam as you move.

Move in and out three times altogether, ending with the hands as above.



Fig. 8.39 Connect to the Mideyebrow, Jade Pillow and the Universe at the Back.

Keeping the palms and thenars (Lung 10) aligned, move the hands back down to the position in front of the throat center. Keeping the forearms horizontal at shoulder height, separate the hands so that the Laogong point is aligned in front of Stomach 13, just **below the clavicle** on a vertical line above the nipple or mammillary line. The middle fingertips should almost be touching. **Beam energy from the Laogong points into ST-13 through the back on the side of the spine and connect to the universe.** You will be following this vertical line, which passes through the nipples, down the torso to the level of the navel, **stopping to focus and beam energy into key points along the way.** On each of these, focus your Yi on beaming energy into the organs inside each position. Stomach 13 is the location that activates the Heart and Lungs. Feel the change in your breathing as you activate the lungs.

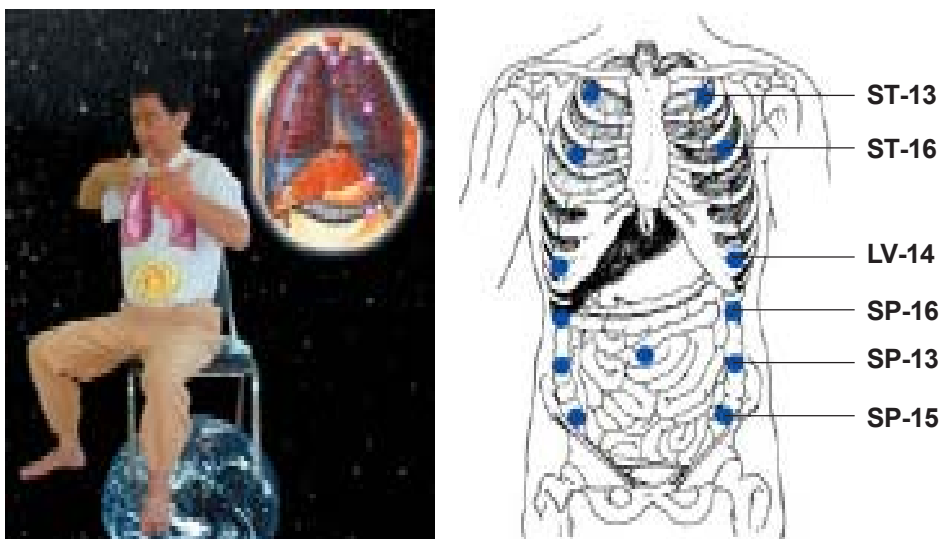
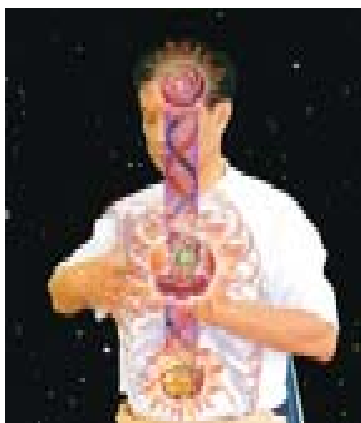
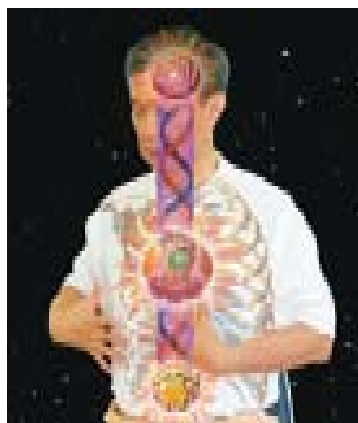


Fig. 8.40 Beam Energy into ST13.

Move the hands down the mammillary line to Stomach 16, about one inch above the nipple (in the space between the third and fourth ribs). Chi connects to the back and to the universe. Again, beam energy to energize and balance the **heart and middle of the lungs**. Move the hands down to Liver 14 (about 2 - 3 inches below the nipple in the space between the 6th and 7th ribs). Beam healing energy into the **liver and gall bladder**. Feel the Chi or the vibration of the palms activate the liver and feel the energy moving inside there.



A.

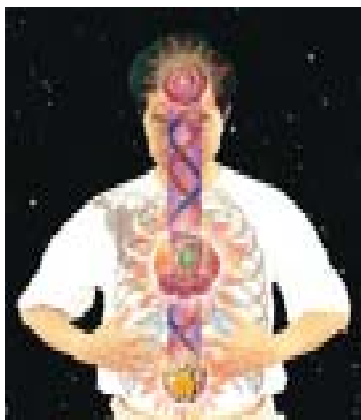


B.

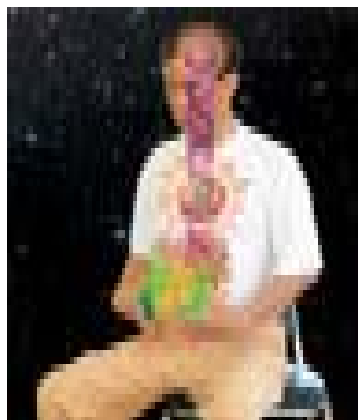
*Fig. 8.41 A. Energize and balance the Lungs at ST16.
B. Energize and balance the Liver and Gallbladder at LV14.*

Move the hands down to **Spleen 16** (just below the rib cage on the mammillary line). Beam healing energy into the **stomach, pancreas and spleen and the liver**. Picture the organs receiving the Chi from the cosmic and the universe.

Move the hands down to Spleen 15 (on the mammillary line to the level of the navel). Beam healing energy from your palms into the **small intestine and the Tan Tien**.



A.



B.

*Fig. 8.42 A. Energize the Stomach, Pancreas, Spleen and Liver at SP 16.
B. Energize the Tan Tien and Small Intestine at SP15.*

Hold the Chi Ball - Right Hand on Top

Turn the **left palm up** and align the Chi Ball with the Tan Tien. Turn the **right palm down** and align the eye of the hand (LI-4) with the navel. Feel your palms holding a Chi ball and feel a **Chi ball inside the Tan Tien**. Feel the Chi ball connect to the Cosmic Chi outside. Feel the north (usually left) and south (usually right) poles in the hands. Lower the right thumb to point toward the left Laogong point.

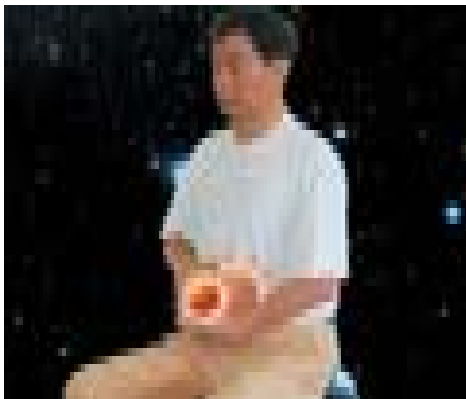


Fig. 8.43

Hold the 'Chi Ball' - One in the Tan Tien and the other in the hands - Right Hand over Left.

Yin/Yang Palms

Separate the hands and extend them out in front of the body at solar plexus level. The **left palm** is still pointing up and is yang drawing in the **Heavenly Force** through Laogong. The **right palm** is still facing down and is yin drawing in the **Earth Force** energy. '**Be Aware Tan Tien and Universe**'.



Fig. 8.44 *Connect to Heaven and Earth.*



Conclude by turning the left palm over to face downward. **Draw in the 'Earth Force' through both palms.**

Fig. 8.45 Draw the Earth Force through the Palms.

Repeat the sequence with the left palm over the right.

Start by moving the right palm to the throat and then the left palm. Scan the body, as in the previous sequence, using both palms to connect to the points running down the front of the body. Remember to maintain a sense of the Chi flowing between the points in the front and their corresponding points in the back of the body.



Fig. 8.46 Repeat the Practice on the Left Side. Push and Pull the silk at the Throat.

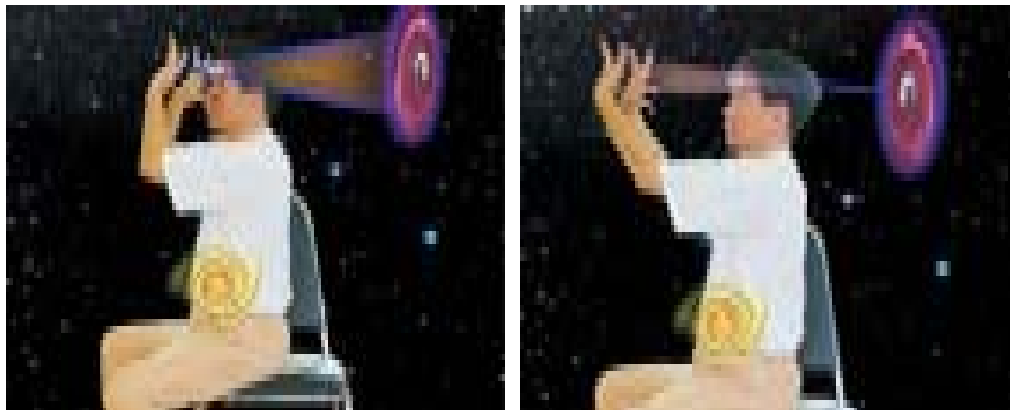


Fig. 8.47 Project to the Mideyebrow and Base of the Skull - connect to the Universe at the back. Then hold the Ball and repeat Finger Movements, as below.

Continue with the left side, now pulling the silk at throat (C-7).

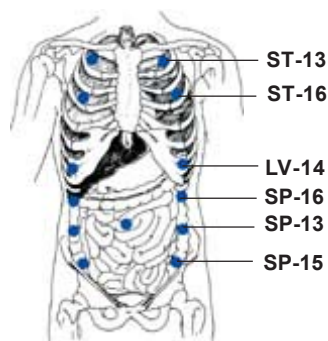


Fig. 8.48 Beam Energy into each of the Organs like the last time.

Closing Movements

The closing movements, crane's beak and finish are the same as before. Activate the Chi channels - balancing the organs.

Index Fingers



Fig. 8.49 Open (up)



Fig. 8.50 Neutral



Fig. 8.51 Close (down)



Fig. 8.52
Ring Finger - down, neutral.
Index Finger - open, neutral.



Fig. 8.53
Thumb - in and down, neutral.
Index Finger - open, neutral.

Fig. 8.54
Pinky Finger - down, neutral.
Index Finger - open, neutral.



Fig. 8.55
Middle Finger - down, neutral.
Index Finger - open, neutral.



Crane's Beak

Form the crane's beak with both hands by bringing the fingertips together with the thumbs inside. Activate the saliva and swallow down three times to the Tan Tien. Raise the forearms to shoulder height with the fingers pointed down, inhaling gently as you raise. Open the palms slowly and begin to lower the arms to the sides as you exhale, until the palms are facing each other in the starting position.

Finish

Bring the awareness to the navel and notice the quality and intensity of the energy generated. **Collect energy at the navel.** Men, place the hands over the navel with the right hand on top; vice versa for women.

Part III

Opening the Functional and Governor Channels

Theory: Functional and Governor Channels

The Functional and Governor Channels are the first two of the eight extraordinary channels described earlier in this chapter (beginning p.178). They serve as the reservoirs of yin and yang energy in the body. The Functional or Conception Channel is yin and all of the ordinary yin channels connect to it. Similarly, the Governor Channel is yang and all of the ordinary yang channels connect to it.

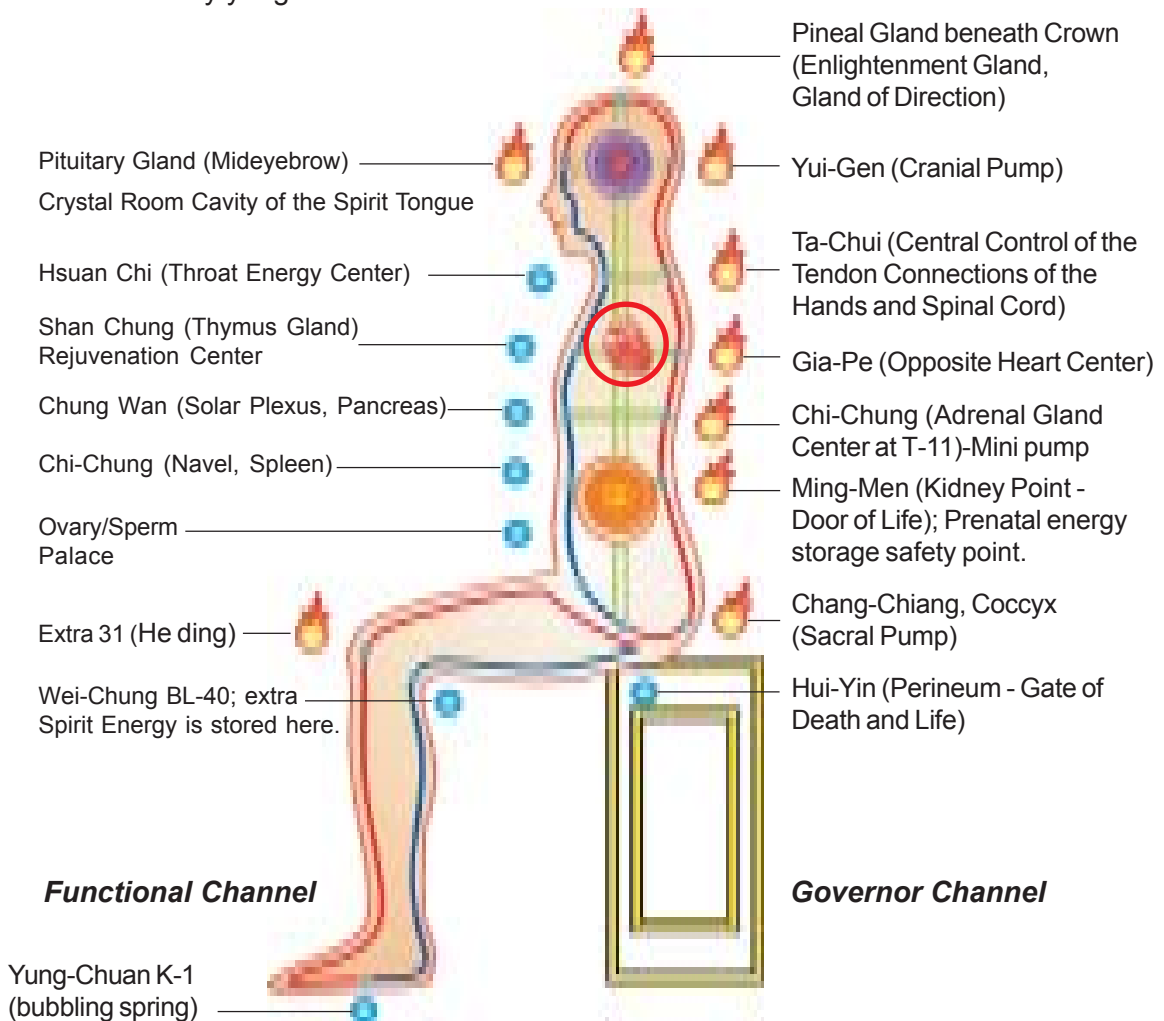


Fig. 8.56 Cosmic Orbit

Chi Ball

In Part III we also begin to focus more on the sensation of Chi being emitted from our palms. This energy is emitted from the **Laogong** points primarily, but you can also feel it throughout the palms and fingers. It will feel like a balloon between your hands that is expanding and contracting or like two magnetic fields repelling and attracting each other.

Once you have practiced Cosmic Chi Kung for awhile and have become skillful at it, you may find that Grasping the Chi ball is all you need to do to activate your flow of healing energy before doing a session. As you become sensitive to the sensation of your own Chi, it becomes an easy step to feel the Chi of others.



Fig. 8.57 Grasping the Chi Ball.

Opening Movements, Hands Down at Sides, Palms Facing Each Other Bone Breathing - Absorbing Cosmic Chi

The Opening Movements are the same as in the sequence in Part I, 'Opening to Heaven, Earth and Cosmic Chi', on page 164.

- A. Channeling the Earth Force - Washing the Bone Marrow** Raise arms to chest height - Palms facing each other. Rotate arms until **palms face down**. Open the Tiger's Mouth - Index finger up, thumb down.
- B. Activate and Beam to the Eye of the Hip**
- C. Absorb the Heavenly Force Washing the Bone Marrow - Crown to Soles**

Core Movements of Part III

Grasping the Chi Ball

Slowly rotate the hands so that your palms face each other in front of your navel.



Fig. 8.58 Hold the Chi Ball.

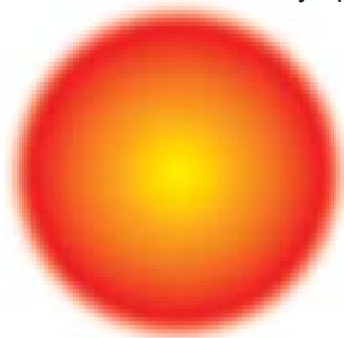


Fig. 8.59 Stretch and squeeze it.

Feel the invisible ball of energy between your hands. Allow the energy to push your hands apart keeping the feeling of connection between your palms. When you have less feeling stop the palms and hold it there and reestablish the feeling of the Chi ball.

Let the energy draw your hands back toward each other, like a magnet, until you feel as if you were squeezing and compressing the ball.

Stretch and squeeze the Chi ball three times by opening and closing your palms in this way.



Activate the Outer and Inner Arm Gates

Activate Waiguan Triple Warmer 5 and Neiguan Pericardium 6 - **Right** arm on top. Slowly rotate the arms so that both **palms face down**.

Cross the right wrist over the left wrist with 1 inch of space between the hands. Align PC-6 of the right wrist with TW-5 of the left wrist. Feel the two gates activate each other like metal and magnet drawn to each other. Hold for a 5 to 30 second count.



Fig. 8.60 Align and activate PC-6 (Right) with TW-5 (Left).

Keeping the wrists crossed, slowly rotate hands **turning the palms upward**. Now TW-5 of the right wrist will be aligned with PC-6 of the left wrist. Hold and count and feel the points activated. 'Be aware of Tan Tien and Universe'.



*Fig. 8.61
Align and activate TW-5 (Right) with PC-6 (Left).*



*Fig. 8.62 Feel the Chi Ball and beam
energy from LI-4 into the Navel Point.*

Open the Functional Channel with LI-4

Bring the left hand down to the level of the Tan Tien with the Chi Knife facing in. Lower the right hand, palm down and align the eye of the hand, the LI-4 point with your navel. **Feel the Chi ball between your two hands**, and at the same time beam energy from LI-4 into the **navel point**.



Fig. 8.63

Magnify the Power of the Beam to the Solar Plexus.

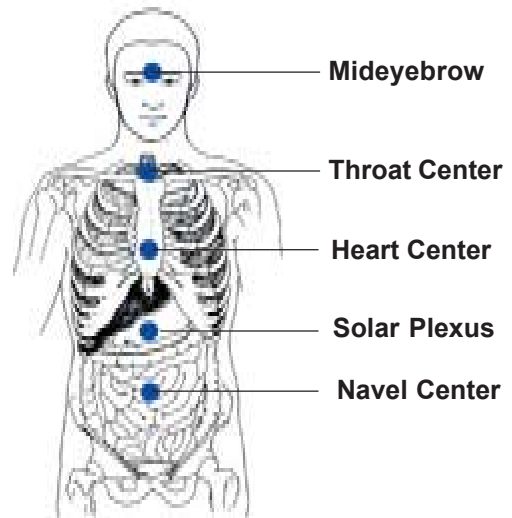


Fig. 8.64 *Activate all the Points.*

Raise the right hand up the Functional Channel, stopping and aligning LI-4 with the **solar plexus**, hold for a 5 to 30 second count and feel the points open and starting to activate each other.



Fig. 8.65

Beam to the Heart Center.



Fig. 8.66

Beam to the Throat

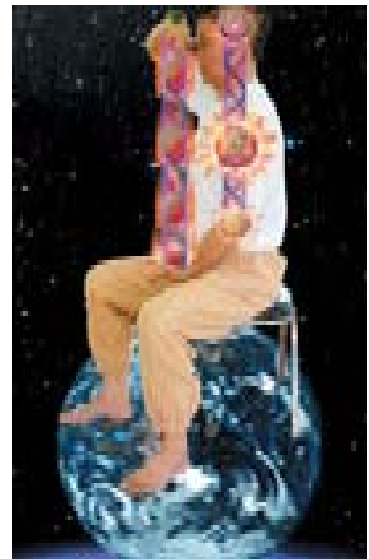


Fig. 8.67

Beam to the Mideyebrow

Continue to move up to the **heart**, **throat** (CV-22) and **mideyebrow** points. Beam energy from the eye of the hand into each of these points and at the same time, continue to feel the Chi ball connection between the two hands.

Return down the Functional Channel in the same manner, starting from the mideyebrow and stopping to beam energy into each point.

Next beam into the **throat center, heart center, solar plexus** and finally the **navel**. Hold the Chi ball at the navel with the right hand over the left.

Yin/Yang Palms

Separate the hands and extend them out in front of the body at solar plexus level. The left palm is still pointing up and is yang drawing in the heavenly force through the Laogong point. The right palm is still facing down and is yin drawing in the earth force energy.



Fig. 8.68 Separate the Hands, one palm facing up and one down - draw in the Forces of Heaven and Earth.

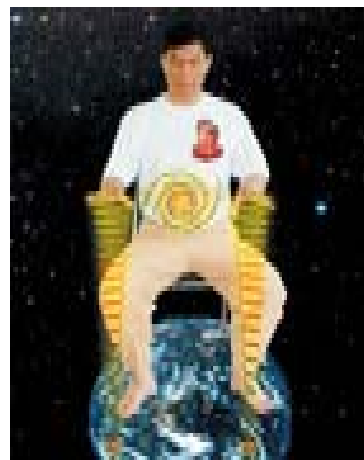


Fig. 8.69 Draw in Earth Force.

Conclude by turning the left palm over to face downward. Draw in the earth force through both palms.

Activate the Chi Ball, Tan Tien and the Original Force

Turn the right palm upward and lower it to the Tan Tien with the Chi knife pointing inwards.

Lower the left palm to the navel, palm down. Lower the left thumb to point toward the right Laogong point. This opens the eye of the left hand (LI-4), pointing it toward the navel.

Fig. 8.70 Activate the Chi Ball, Tan Tien and the Original Force - Right Hand over left, the 'Large Intestine 4' pointing at the Navel.



Open the Functional Channel with the Left Hand



A.
B.
C.
Fig. 8.71 *A. Bring LI4 point up to the Solar Plexus and Heart Center.
 B. Then up to the Throat Center.*

C. Then up to the Mideyebrow. Descending down the channel in reverse, finishing at the Navel.

After going up the functional channel come down the channel with the left hand.

Holding a Chi Ball: Open the hands with the palms facing each other holding a Chi ball. Stretch and squeeze the Chi ball a few times in order to feel the Chi as a substance; open and then relax the palms as you squeeze.



Fig. 8.72 *Hold and squeeze the Chi Ball.*



Fig. 8.73
Feel the Chi Ball expanding, growing Bigger.

Double Palm and Double Beam - Palm to Palm
Activate the Functional and Governor Channels - Right Palm on Left

Bring the left palm in first to face the navel, about 1 inch away, aligning the Laogong point with the navel. Follow by bringing the right hand in front of the left hand, **aligning the Laogong of the right palm with the Laogong of the left hand and the navel.** Both palms are now facing in. Beam energy through both Laogong points to the **navel and through the body to the Door of Life**, between L-2 and L-3 (Lumbar Vertebrae). Hold for a 5 to 30 second count and feel the vibration of the palms and Chi beam penetrate through the two points; feel them link together.

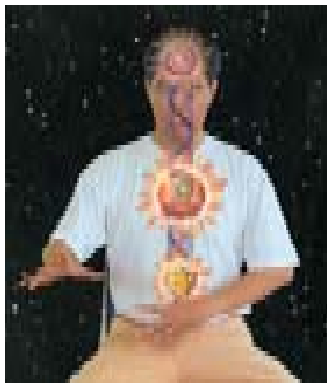


Fig. 8.74
Left Palm to Navel.

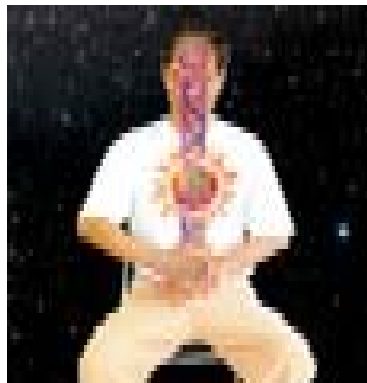


Fig. 8.75
Right on Top.



Fig. 8.76
Beam from Navel to Door of Life.

Next raise the left palm up to the solar plexus, aligning the Laogong point with the solar plexus.

Follow with the right palm aligning the Laogong to the left palm. Beam energy into the **solar plexus point and through the body to the T-11 point (thoracic vertebrae).**



Fig. 8.77
Raise Left Palm to Solar Plexus.



Fig. 8.78 *Follow with the Right Hand to form the Double Beam.*

Continue in the same way with the left hand leading to the **heart point and wing point**, the **throat point and C-7 (cervical vertebrae)**, the **mid eyebrow point and Jade Pillow**, and the **crown point and perineum**. Always remember 'Tan Tien and the universe'.



Fig. 8.79 Beam into the Heart Center and to the back of the Heart.



Fig. 8.80 Beam into the Throat Center and to C7.

When you reach the crown lightly spiral the palms and feel the Chi slowly penetrate deep into the body reaching the perineum; this will also open the **Thrusting Channels**. This might take a longer time, try a 30 to 60 second count.



Fig. 8.81 Beam into the Mid eyebrow to the base of the Skull.

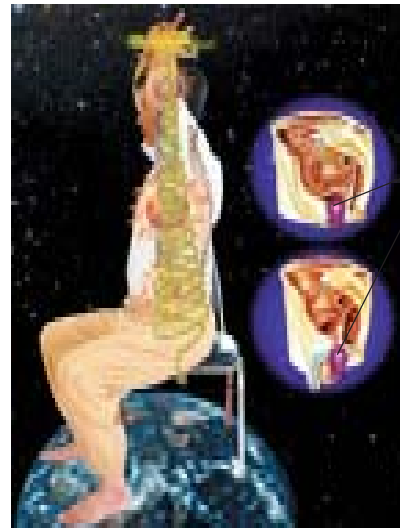


Fig. 8.82 Beam from the Crown down to the Perineum.

Return down the front, point by point in the same way, leading with the left hand.

Go up and down this way three times. The double palm and beam activate both the Functional and Governor Channels. The energy beam passes all the way through the body at each point.

Grasping the Chi Ball

Separate the hands and slowly extend the arms in front of you at navel level, palms facing each other, holding the Chi ball.

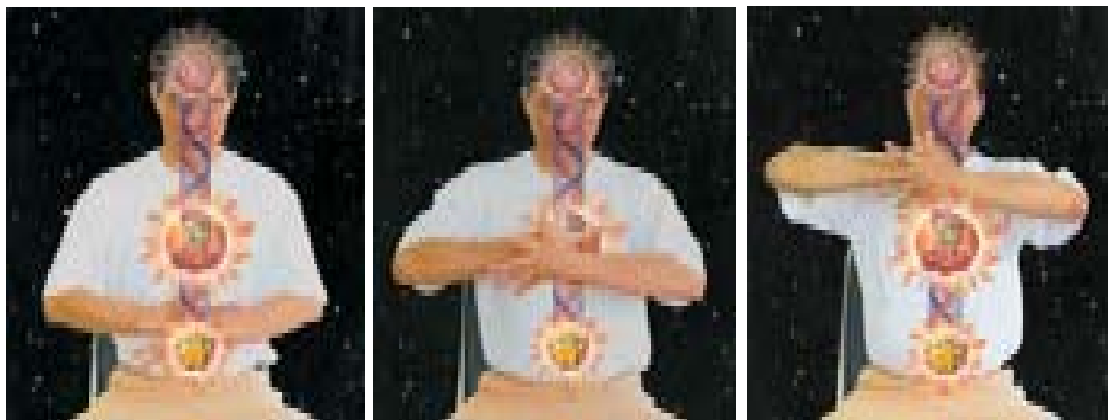


Fig. 8.83 Squeeze the Chi Ball.



Fig. 8.84 Magnify its Energy.

Stretch and squeeze the Chi ball three times as before by opening and closing the palms. 'Be Aware of Tan Tien and Universe'.



A.

B.

C.

Fig. 8.85 Repeat the double palm and beam with the left hand on the outside and the right palm leading, beaming from; A. Navel to Door of Life. B. Solar Plexus to T11 and Heart Center to the Wing Point C. Throat Center to C7.

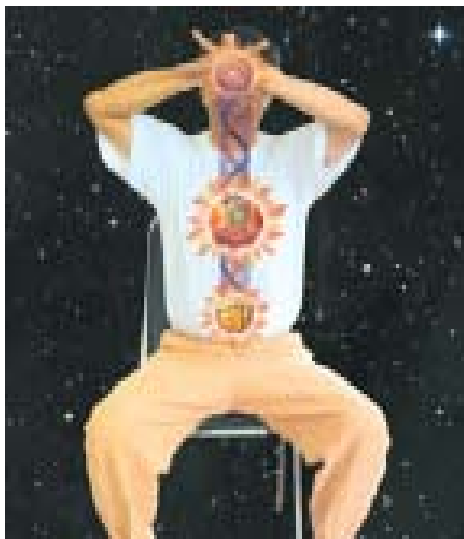


Fig. 8.86 Activate the Mideyebrow to the Base of the Skull.



Fig. 8.87 Activate the Crown and feel the Energy penetrate to the Perineum.

- A. Lower the right hand to the mideyebrow and penetrate to the skull.
- B. Lower the right hand down to the throat center, following with the left.
- C. Lower down to the solar plexus and penetrate to T11.
- D. Lower down to the navel and penetrate to the Door of Life.

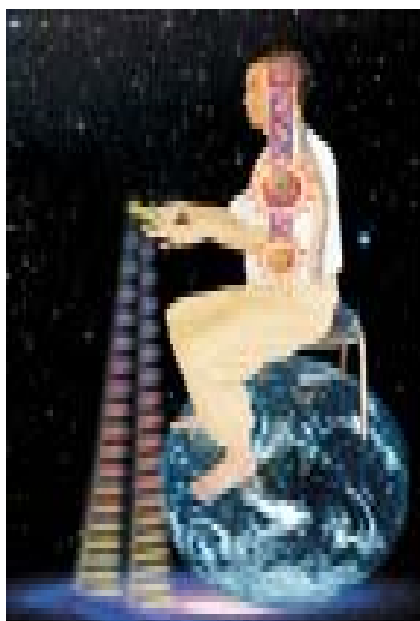


Fig. 8.88 Channel the Earth Force.

Rotate the **hands to face downward** and draw in the earth force through the palms, soles and perineum.

Closing Movements **Activate the Chi Channels - Balancing the Organs**

The closing movements, crane's beak and finish are the same as before.

Index Finger open (up), close (down), neutral (even with the other fingers)

Ring Finger - down, neutral.

Index Finger - open, neutral.

Thumb - in and down, neutral.

Index Finger - open, neutral.

Pinky Finger - down, neutral.

Index Finger - open, neutral.

Middle Finger - down, neutral.

Index Finger - open, neutral.

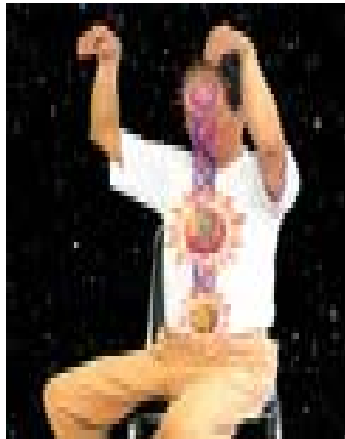


Fig. 8.89 Form the Crane's Beak.



Fig. 8.90 Palms to Front.

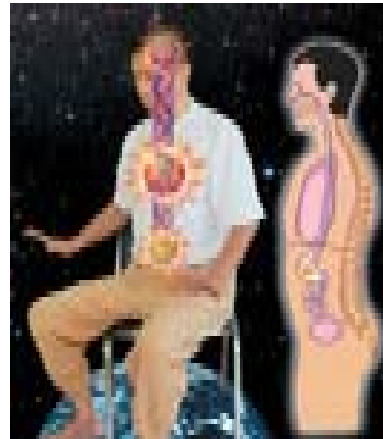


Fig. 8.91 Lower to Sides.

Crane's Beak

Form the crane's beak with both hands by bringing the fingertips together with the thumbs inside. Activate the saliva and swallow this elixir down three times to the Tan Tien. Raise the forearms to shoulder height with the fingers pointed down, inhaling gently as you raise.

Open the palms slowly and begin to lower the arms to the sides as you exhale, until the palms are facing each other in the starting position.

Finish

Bring awareness to the navel and notice the quality and intensity of the energy generated. Collect energy at the navel. Men, place the hands over the navel with the right hand on top; vice versa for women.

Part IV Activating the Yin and Yang Channels and the Chi Belt

Theory

In this final part of Cosmic Chi Kung, you will focus on opening the yin and yang channels of the arms and on activating the Chi Belt around the waist. Mastery of Part IV of Cosmic Chi Kung will enhance your ability to project Chi through your fingers for healing.

Yin and Yang Channels of the Arms

There are six important energy channels flowing through the arms. These channels are paired together with each pair comprised of a yin channel and a yang channel. The yin channel of each pair flows down the inside of the arm from torso to fingertip, while its yang counterpart flows up the outside of the arm from fingertip to head.

The pairs are as follows:

- Metal Element - Yin - Lung Channel - Thumb
- Yang - Large Intestine Channel - Index Finger
- Fire Element - Yin - Pericardium Channel - Middle Finger
- Yang - Triple Warmer Channel - Ring Finger
- Fire Element - Yin - Heart Channel - Pinky Finger
- Yang - Small Intestine - Pinky Finger

Projecting Healing Energy through the Fingers

Emitting Chi from the fingers for healing is known in China as the **"One Finger Art."** Because the various energy channels of the arms either end or begin at the fingertips, the fingers are very effective instruments for projecting healing energy. Your fingers can focus energy like a laser beam toward a concentrated area such as a specific acupuncture point. You can also emit energy from all the fingers at once creating a combined effect to target an area. Part IV of Cosmic Chi Kung will stimulate all of the arm channels and will give you an opportunity to activate all of the fingers for beaming energy.



Fig. 8.92 "One Finger Art"

Activating the Chi Belt - Dai Mo

The Chi Belt or Belt Channel (also called the Girdle Vessel) is the only channel in the body that runs horizontally. It encircles the body at the waist level, connecting together all the vertical channels running through the torso. Thus, the Belt Channel plays an important role in maintaining a good energetic communication between the upper and lower body. In women it strongly affects the uterus and the menstrual cycle in particular.

In Taoist Chi Kung, the Belt Channel is not limited to the waist region. It encircles the entire body, almost like weaving an energetic cocoon around you from head to foot. Activating the Belt Channel strengthens the aura and helps to defend and protect you from outside negative energies.

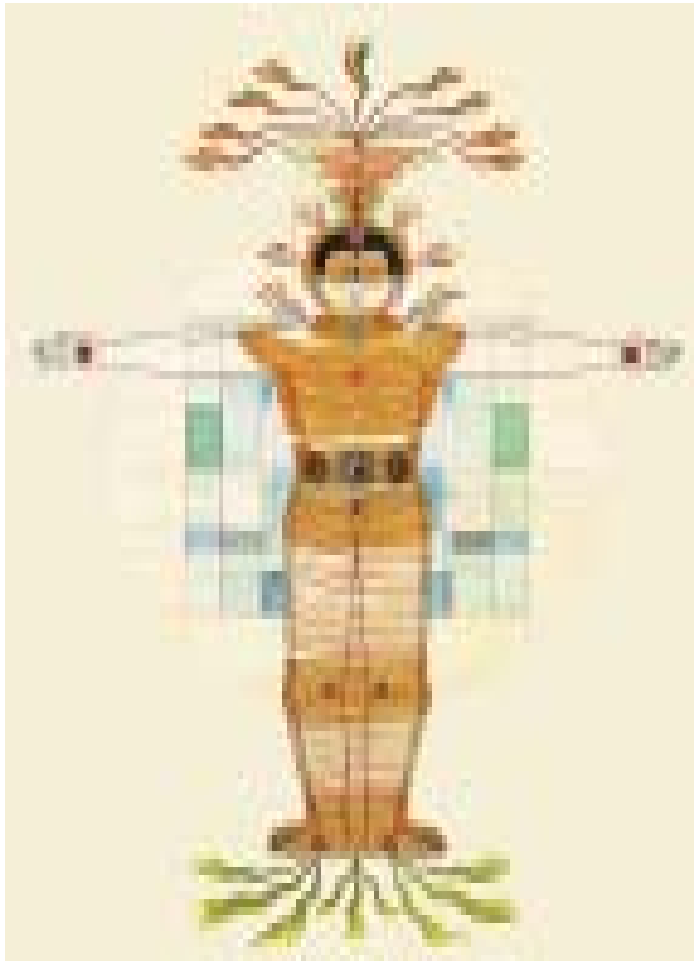


Fig. 8.93 *Belt Channel*

Practice

Opening Movements

These opening movements have been described in Parts I, II, III. Refer to Part I to refresh your practice.

Hands Down at Sides - Palms Facing Each Other - Bone Breathing - Absorbing Cosmic Chi.

Channeling the Earth Force - Washing the Bone Marrow.

Raise arms to chest height - Palms facing each other.

Rotate arms until palms face down.

Open the Tiger's Mouth - Index Finger up, thumb down.

Activate and Beam to the Eye of the Hip.

Large Intestine 4 - Eye of the Hand.

Pericardium 9 - Tip of the Middle Finger.

Small Intestine 3 - Knife Edge of the Hand.

Absorb the Heavenly Force - Washing the Bone Marrow - Crown to Soles.

Extend the arms forward to chest height - palms upward.

Absorb the Earth Force.

Rotate the arms until the palms face down.

Raise the Index Fingers slightly.



Fig. 8.94 Mother Earth's Healing Power

Core Movements of Part IV Yin and Yang Channels - Chi Belt

Activating the Yin Channels - Left Side

Turn the palms down and slightly open the index fingers. Smile to your palms and soles and channel the earth force.

Turn your right palm up and pass it just one inch below the left arm yin channels from the left palm to the armpit, **without physically touching the arm**. Feel the Chi moving. Turn your right palm to face your left rib cage and pass your right hand down the left side of your abdomen along the descending colon, and across the pelvis to the right side to activate the **yin** energy.



Fig. 8.95 Channel the Earth Force. Fig. 8.96 Activate the Yin Energy from the Palm to the Pelvis.



Fig. 8.97 Raise Chi in the Right Palm.



Fig. 8.98 Pass it to the Left.

Pass your right hand up the right side of the abdomen to the level of your forehead with the palm facing diagonally toward the left palm (which simultaneously turns palm up at the level of the navel). Project the Chi from palm to palm for 30 to 60 seconds, vibrating the palm and feeling Chi from the right palm sent to the left picking up by the left palm. Keep the palms open and relaxed.

Next point the right ring finger toward the left palm and project Chi making very small circles from the right ring finger (Triple Warmer channel); emit the Chi to the left palm for 30 to 60 seconds.

Then return the right index finger to neutral position. Point the left ring finger up toward the right palm, project into the right palm for 30 to 60 seconds, and then return to neutral.

Next both ring fingers project toward the opposite palms at the same time for 30 to 60 seconds and then return to neutral. Notice that the energy may meet in the middle.



Fig. 8.99 Project Energy and balance Left and Right.

Activate the Yang Channels - Left Side

Turn the left palm down and lower the right palm to cover the back of the left hand, palm down. Pass the right palm over the left arm's **yang** channels from the back of the left hand to the left shoulder. Then pass the right palm across the upper chest and across the right breast. Scoop the right palm under the right armpit, fingers first. Then bring the right palm forward, palm down and press forward with the left palm at the same time. Relax and channel the earth force.



A. Left Palm down, lower Right Palm to cover the back of Left Hand.



B. Pass the Right Palm over the Left Arm's Yang Channels.



C. Pass the Right palm across the chest and scoop under the Right Armpit, Fingers first.



D. Press both Palms forward, relax and channel the Earth Force.

Fig. 8.100 Balance Left Side Yin and Yang and Channel Earth Energy.

Repeat, Activating the Yin and Yang Channels to the Right Side



Fig. 8.101 Balance right side yin and yang and channel earth energy

Then repeat **Activating the Yin and Yang Channels** with the other fingers and channels in the following order:

Index Finger - Large Intestine

Thumb - Lung

Pinky Finger - Heart and Small Intestine

Middle Finger - Pericardium



Fig. 8.102 One Finger Art - activating the Laogong.

Activate the Chi Belt - Right Foot Forward

Step forward with the right foot. The right palm covers the navel and the left palm covers the Door of Life. Feel the Chi beam penetrate from palm to palm.

Turn your hips to the right and shift weight to your right leg. At the same time move your right palm to the Door of Life in a brushing manner, while your left palm moves to the right hip in a sweeping manner. Note that the palms face the Chi belt.

Repeat the above three times altogether.



Fig. 8.103 Activate the Chi Belt - Right Side.

Activate the Chi Belt - Left Foot Forward

Repeat the above with the left foot forward and reversing the right and left hands.



Fig. 8.104 Activate the Chi Belt - Left Side.

Channel the Earth Force

Bring the hands forward and rotate the palms to face downwards. **Smile** and channel the earth force as before.

For these Closing Movements see the pictures beginning on page 171.

Closing Movements **Activate the Chi Channels - Balancing the Organs**

Index Finger - open (up), close (down), neutral (even with the other fingers).

Ring Finger - down, neutral.

Index Finger - open, neutral.

Thumb - in and down, neutral.

Index Finger - open, neutral.

Pinky Finger - down, neutral.

Index Finger - open, neutral.

Middle Finger - down, neutral.

Index Finger - open, neutral.

Crane's Beak

Form the crane's beak with both hands by bringing the fingertips together with the thumbs inside. Swallow the saliva. Raise the forearms to shoulder height with the fingers pointed down, inhaling gently as you raise.

Open the palms slowly and begin to lower the arms to the sides as you exhale, until the palms have returned to the starting position.

Finish

Bring the awareness to the navel and notice the quality and intensity of the energy generated.

Collect energy at the navel. Men, place the hands over the navel with the right hand on top; vice versa for women.

Healing Others

Summary and Combined Practice

After learning the four sets of Cosmic Chi Kung, you may want to combine them all into a short and simple daily practice. This combined set, previously called Buddha Palm I, synthesizes the movements from the first three sets into one basic sequence. The movements are done on the right side only, so the entire set can be completed in **ten to twenty minutes**.

Cosmic Chi Kung: Simple Combined Sequence

Opening Movements

Bone Breathing - Absorbing Cosmic Chi

1. Stand with your hands down by your sides. Feel your Chi moving and activate the **bone breathing**.
2. Activate the cosmic force by using your mental intention (Yi) to spiral at the **mideyebrow** point and draw in the golden light energy. Breathe through the mideyebrow point in the same manner as in bone breathing, allowing the energy to **flow through the Microcosmic Orbit**. Alternatively you can breathe the golden light down into your navel to charge up your Original Chi at the Tan Tien. You can also simply circulate the golden light throughout your body. Relax, smile and enjoy the sensation of your entire body breathing in the cosmic energy.

Channeling the Earth Force - Washing the Bone Marrow

1. Connect with the earth force by activating the **perineum** and the **soles of the feet, Kidney 1, Bubbling Spring**. Connect the bridge by slightly squeezing the sex organs and the anus. Wash the bone marrow from the soles to the crown.
2. **Smile** into the perineum, palms, mideyebrow and crown. Then slowly raise the arms, palms facing each other to chest height keeping the elbows relaxed and sunk. Then slowly rotate the arms until the **palms are facing down**. Absorb the Earth Chi through the soles, perineum and palms; feel it being absorbed into the bones and body like a **steam or mist rising from the earth**. Feel the earth force move through the **center of the bones**, up the calves, thighs (femur bones), through the hip bones, spine, scapulas, arms, neck and skull. Finally swirl the energy around your brain.

Activate the Hip - Large Intestine 4, Pericardium 9 and Small Intestine 3

1. Raise your index finger slightly upward to activate the Laogong point (Pericardium 8). Then stretch your thumbs out to the sides and down, so that they end up pointing downwards toward the earth to activate Large Intestine 4 (Hegu). **Large Intestine 4 is found in the webbing between the thumb and index finger. It is called the "eye of the hand"; this area is also known as the "Tiger's Mouth."**
2. Slowly draw the elbows back and lower the hands until your palms are facing down beside the "eye of the hip" (the iliac crest) with the "eye of the hand" (Large Intestine 4) aligned with the "eye of the hip". **Use your mind intention to beam the energy back and forth between your two LI-4 points. This will activate the large and small intestines.**
3. Rotate your hands so that the fingers first point out, then back and finally point the fingers in toward the eye of the hip. **Beam energy back and forth between the tips of the middle fingers** (Pericardium 9) passing through the hips. Rotate the hands again until the fingers are pointing forward with the palms facing up. Align the knife edge (Small Intestine 3) with the eyes of the hip, and **beam the energy back and forth between the two hands.**

Absorb the Heavenly Force - Washing the Bone Marrow - Crown to Soles

Extend the arms forward to chest height with the **palms still facing upward**.

Become aware of the palms and the crown. Activate the Laogong point (Pericardium 8). Feel the heavenly energy, and be aware of the violet light of the North Star and the red light of the Big Dipper shining down. Draw this light in through the palms and the crown point and feel it washing your bone marrow. Direct the sensations down through the skull, cervical vertebrae, clavicle, scapulas and sternum. Activate your thymus gland and continue drawing the healing heavenly light down through the rib cage, arms, spine, hips, femurs, calf bones, feet and toe bones. **Feel your bones activated with a positive electrical force (the positive force comes from heaven, negative from the earth).**

Absorb the Earth Force

1. Rotate the arms until the **palms face down**.
Raise the index fingers slightly, extend the thumbs first towards each other, and then towards the ground.
2. Become aware of the palms (Laogong), the soles of the feet (Kidney 1, Bubbling Spring) and the perineum (Conception Vessel 1, Hui Yin). Activate these points, feel the earth energy, and **be aware of a gentle blue light or white light rising up from the earth like a pure steamy mist**. Draw this light in through the palms and soles and let it wash up through the center of your bones as it steam cleans your

marrow. Picture any impurities or illness dripping out of your bones and draining down into the earth, where they are recycled and purified.

Core Movements

Grasping the Moon - Connecting the Heaven and Earth Forces

- 1. Open Position:** Heaven Force - Bring the arms up to shoulder height, bending the elbows so that the **left hand is under the right elbow** with the left index finger pointing up to Heart 3.
- The right forearm is over the left forearm with the tip of the right index finger held above the Large Intestine 11 point of the left arm. The right index finger is pointing up toward heaven.
- The right index finger draws in the heavenly force like an antenna. The force flows up the bones of the right arm across the shoulders to the left arm, and through the bones of the left arm to the left index fingertip. It then flows through the index finger of the left hand into the Heart 3 point of the right arm **completing the heavenly circuit**. Continue cycling in this way.
- 4. Close Position:** Earth Force - Keeping the arms in the same position, move both index fingers to point down. The right index finger will now point toward the Large Intestine 11, point of the left arm and the left index finger will point downward toward the earth. Draw in the earth force through the left index finger bringing it through the bones of the left arm, across the shoulders through the right arm to the right index finger and out into the Large Intestine 11 point of the left arm. Continue cycling in this way **completing the earth circuit**.

Open and close three times altogether ending in the open position.

Activate the Throat Center

1. Draw the elbows out to the side and rotate the palms to face in so that the left palm is about 3 - 6 inches in front of the Throat Center (Conception Vessel 22), palm facing in, and the right hand is about 1 - 3 inches in front of the left hand, palm facing in. Align the Lung 10 point of the right hand with the Lung 10 of the left hand, and align the Lung 10 points in the middle of the thenar eminence of the left hand with the Throat Center. **Keep the points aligned and beam the energy passing through both hands into the Throat Center.**
2. Move both hands about 12-18 inches out from the Throat Center maintaining the energy beam as you move.
3. Move in and out three times altogether in this way ending with the hands in as in previous point above.

Activate the Third Eye

1. Keeping the Lung 10 points aligned, raise the hands up to the level of the mideyebrow point. Keep the points aligned and **beam the energy passing through both hands into the mideyebrow point.**
2. Move both hands about 12-18 inches out from the mideyebrow point maintaining the energy beam as you move. **Move in and out three times** altogether in this way, ending with the hands as previously.
3. Keeping the palms and thenars (Lung 10) aligned, move the hands back down to the position in front of the **Throat Center.**

Open the Bridge and Regulator Channels

1. Keeping the forearms horizontal at shoulder height, separate the hands so that the Laogong points are aligned in front of Stomach 13 just below the clavicle on a vertical line above the nipple or **mammillary** line. The fingertips should almost be touching. Beam energy from the Laogong points into ST-13. You will be following this vertical line, which passes through the nipples, down the torso to the level of the navel stopping to focus and **beam energy into key points along the way.** On each of these, focus your Yi on beaming energy into the organs inside each position. Stomach 13 is the location that activates the Heart and Lungs. Feel the change in your breathing as you activate the **lungs.**
2. Move the hands down the mammillary line to Stomach 16, about one inch above the nipple (in the space between the third and fourth ribs). Again, beam energy to energize and balance the **heart and lungs.**
3. Move the hands down to Liver 14 (about 2 - 3 inches below the nipple in the space between the 6th and 7th ribs). Beam healing energy into the **liver and gall bladder.**
4. Move the hands down to Spleen 16 (just below the rib cage on the mammillary line). Beam healing energy into the **stomach, pancreas and spleen.**
5. Move the hands down to Spleen 15 (on the mammillary line to the level of the navel). Beam healing energy from your palms into the **small intestine and the Tan Tien.**

Grasping the Chi Ball

1. Slowly rotate the hands so that your palms face each other in front of your navel. Feel the invisible ball of energy between your hands. Allow the energy to push your hands apart keeping the feeling of connection between your palms.
2. Let the energy draw your hands back toward each other, like a magnet, until you feel as if you are squeezing a ball.
3. Stretch and squeeze the Chi ball three times by opening and closing your palms in this way.

Activate the Outer and Inner Arm Gates

Waiguan - Triple Warmer 5 and Neiguan - Pericardium 6 - Right Arm on Top

1. Slowly rotate the arms so that both palms face down.
2. Cross the right wrist over the left wrist with 1-3 inches of space between the hands. Align PC-6 of the right wrist with TW-5 of the left wrist.
3. Keeping the wrists crossed, slowly rotate hands turning the palms upward. Now TW-5 of the right wrist will be aligned with PC-6 of the left wrist.

Open the Functional Channel with LI-4

1. Bring the left hand down to the level of the Tan Tien with the Chi Knife facing in. Lower the right hand, palm down, and align the eye of the hand, the LI-4 point with your navel. Feel the Chi ball between your two hands, and at the same time beam energy from LI-4 into the navel point.
2. Raise the right hand up the Functional Channel stopping and aligning LI-4 with the **solar plexus, heart, throat (CV-22) and mideyebrow** points. **Beam energy from the eye of the hand into each of these points**, and at the same time continue to feel the Chi ball connection between the two hands.
3. Return down the Functional Channel in the same manner stopping to beam energy into each point. **Go up and down the Functional Channel** in this way three times.

Yin/Yang Palms

1. Separate the hands and extend them out in front of the body at solar plexus level. The left palm is still pointing up and is yang drawing in the heavenly force through Laogong. The right palm is still facing down and is yin drawing in the earth force energy.
2. Conclude by turning the left palm over to face downward. Draw in the earth force through both palms.

Double Palm and Beam to Activate the Functional and Governor Channels

1. Bring the left palm in first to face the navel, about 3 - 5 inches away, aligning the Laogong point with the navel. Follow by bringing the right hand in front of the left hand, aligning the Laogong of the right palm with the Laogong of the left hand and the navel. Both palms are now facing in. **Beam energy through both Laogong points to the navel and through the body to the Door of Life.**
2. Next raise the left palm up to the **solar plexus** aligning the Laogong point with the solar plexus. Beam energy into the solar plexus point and through the body to the T-11 point. Your right hand remains at the navel level beaming energy to the navel and the Door of Life.
3. Raise your right hand up to the outside of the left hand at the solar plexus level, and beam energy through both hands into the **solar plexus point and the T-11 point.** Continue in the same way with the left hand leading to the **heart point and wing**

point, the throat point and C-7, the mideyebrow point and jade pillow and the crown point and perineum.

4. Return down the front, point by point in the same way, leading with the left hand. Go up and down in this way three times. **The double palm and beam activate both the Functional and Governor Channels. The energy beam passes all the way through the body at each point.**

Grasping the Chi Ball

1. Separate the hands and slowly extend the arms in front of you at navel level, palms facing each other holding the Chi ball.
2. Stretch and squeeze the Chi ball three times as before by opening and closing the palms.

Channel the Earth Force

Rotate the hands to face downward, and draw in the earth force through the palms, soles and perineum.

Closing Movements

Activate the Chi Channels - Balancing the Organs

Index Finger - open (up), close (down), neutral (even with the other fingers).

Ring Finger - down, neutral.

Index Finger - open, neutral.

Thumb - in and down, neutral.

Index Finger - open, neutral.

Pinky Finger - down, neutral.

Index Finger - open, neutral.

Middle Finger - down, neutral.

Index Finger - open, neutral.

Crane's Beak

1. Form the crane's beak with both hands by bringing the fingertips together with the thumbs inside. Raise the forearms to shoulder height with the fingers pointed down, inhaling gently as you raise.
2. Open the palms slowly and begin to lower the arms to the sides as you exhale, until the palms are facing each other in the starting position.

Finish

1. Bring the awareness to the navel and notice the quality and intensity of the energy generated.
2. Collect energy at the navel. Men, place the hands over the navel with the right hand on top; vice versa for women.

Chapter IX

Universal Tao Practices

Cosmic Inner Smile



Fig. 9.1 Inner Smile

The Inner Smile begins at the eyes and the mideyebrow point and moves down to the heart. As you activate the heart, the loving energy will flow out and you will feel the energy of your Inner Smile flow down the entire length of your body like a waterfall. This is a very powerful and effective tool to counteract stress, tension and negative Chi.

1. Be aware of the **mideyebrow**, imagining that you are in one of your favorite places in the world, a place where you feel safe, relaxed and happy. Recall the sights you might have seen there, the sounds you might have heard, the scents, sensations and flavors that you associate with that place.
2. Imagine that one of your favorite people is standing in front of you, smiling to you with loving, happy, radiant shining eyes. **Smile** to your face and slightly lift up the corners of your mouth.
3. Feel yourself responding to that special person's smile with a smile of your own. Feel your eyes smiling and relaxing.
4. Smile down to the **thymus gland** and picture a white flower blossoming. Gently inhale into the thymus gland, connecting your breath to the olfactory organ. Smell the good fragrance.
5. Aim your inner attention at your **heart**, picturing the heart before your inner eye and smile to it. **Smile** until you feel the heart smile back to you. Picture your heart like a red rose, gradually opening. This will activate the **love** and fire of **compassion** in the heart. Once you feel the red light and loving awareness it will activate the **cosmic red healing light** or mist from above and around you.
6. Smile at the light or mist and very slowly with a soft, long, deep breath draw the red mist, love and compassion into the mideyebrow, down through the mouth and throat, into the heart and gradually overflowing to the **small intestine**. Exhale, but retain the red light and the love and compassion in the **heart and small intestine**. At the same time exhale the cloudy, black or negative energy. Keep on doing this breathing 18 to 36 times waiting until the heart becomes bright red before your inner vision and starts to radiate out to the tongue, mouth, nose, ears and eyes. Allow the red light to whirl around you and form a **red aura**. Feel your skin glowing with red energy.
7. Let the heart's loving energy radiate out to the **lungs**. Aim your attention at the lungs; picture them before your inner eye and smile to them. **Smile** until you feel the lungs smile back to you. Picture your lungs like a white rose, gradually opening; smell the good fragrance. This will activate the courage in the lungs. Once you invoke the white light and courage into the lungs, you will also activate the **cosmic white healing light** or mist from above and around you.
8. Smile at the light or mist and very slowly, softly take a long deep breath and draw the white mist into the mideyebrow, the mouth and down to the lungs, gradually overflowing into the **large intestine**. Exhale but retain the white light and the feeling of courage in the lungs. At the same time exhale the cloudy, black or negative energy. Keep on doing this kind of breathing 18 to 36 times, waiting until the lungs become bright white and start to radiate out to the nose, ears, eyes, tongue and mouth. Invite the white light to whirl around you and form a **white aura** covering your skin like autumn dew.
9. The **spleen, pancreas and stomach** correspond to the yellow color of the earth element. Connect to these organs and smile down into them from the mideyebrow.

First connect to the heart, then attract the clear yellow light from above and around you. You might see the **golden yellow aura** of a wheat field ready for harvest. Expel feelings of worry; exhale the cloudy, sticky energy. Breathe in the golden yellow aura, filling your spleen center with golden yellow light. Repeat to complete 18 to 36 cycles, then allow the light to radiate out to your mouth, nose, ears, eyes and tongue. Wrap the golden aura around you, leaving a golden shine on your skin.

10. The **kidneys and bladder** correspond to the blue color of the water element. Gentleness is contained within the blue healing light. Inhale the blue aura into the kidneys. Expel feelings of fear or stress on breathing out. Allow your energy field to expand, breathing in and out the blue energy 18-36 times, until it starts to radiate out from your kidneys to your ears, eyes, tongue, mouth and nose. Gather the blue mist on your skin enveloping you with a **blue aura**.
11. The **liver and gall bladder** connect to the green color of the element wood; kindness replaces anger, which is expelled on breathing out. Do the same as above and create a **green aura** around you. Exhale the dark red, cloudy heat. Inhale the nourishing green of the forests. Do 18 to 36 cycles, until the green light has completely filled the liver and starts to radiate out to your eyes, tongue, mouth, nose and ears. Invite the green light to form a green aura around you.
12. **Smile** down to the **sexual organs** and reproductive system. Feel love and sexual arousal and the heart and sexual organs uniting. Observe how this process transforms the sexual energy into Chi. Channel down orange and red light to the sexual organs. Thank them for their work in keeping you alive and healthy. Rest. Do nothing. Gather and store the energy by smiling and spiraling in the Tan Tien.

Six Healing Sounds

The Six Healing Sounds enhance Therapeutic Work

Everyone has heard stories about gifted beings who possess great healing powers. People seek out gifted healers. Yet even in the best of circumstances, how much time can a great healer spend with you? One hour a day? An hour a week? What about the rest of the time? Thus you must learn how to take care of yourself; you must learn how to clear out your negative energy and transform it into positive healthy energy. If you maintain yourself in this way it will surely enhance any other therapy you are receiving.

The Six Healing Sounds are a simple yet powerful tool to promote physical, energetic and emotional healing and balance. If you are healing others, you can teach your students one or two of the Six Healing sounds each session, to enhance the effects of your therapeutic work. During the practice of the sound the resting period is very important. Growing the good virtue of the organs is essential so the negative or sick energy has less room to grow.

The sounds are also used to generate certain frequencies for specific healing. Each sound can generate different energy for the healing of the different organs.

Once the movements, sounds and information have been integrated into your practice you can simplify and make the Six Healing Sounds more powerful. For example, when you are settled into the lung sound and you are breathing white healing light and feel the mideyebrow wide open, you put the awareness in the 'Tan Tien and Universe'.

Chi will flow from the universe into the Tan Tien and just the right amount and quality will flow from the Tan Tien into the lungs and large intestine. Just set up the location (the organ) and connect to the universe and the Chi will flow to the correct location!

When doing these, the eyes are open only while making the sound.

Six Healing Sounds - Practice

Lung Sound

Element: Metal

Associated Organ: Large Intestine

Sound: SSSSSSS (Tongue behind Teeth)

Emotions: Negative - Grief, Sadness, Depression

Positive - Courage, Righteousness, High Self Esteem

Color: White, Clear, Metallic

Season: Fall

Direction: West



Position: Sit in a chair with your back straight and your hands resting palms up on your thighs. Have your feet flat on the floor about a hip's width apart. **Smile** down to your lungs and be aware of any sadness, grief or excess heat in your lungs. Slowly inhale and raise your hands up your center line with your fingers pointing toward each other. When your hands pass your shoulder level, begin to rotate the palms out as you continue raising your hands up in front of you and above your head with the palms up. Point your fingers towards the fingers of the opposite hand and keep your elbows slightly bent.

Sound: Part your lips slightly, keeping your jaw gently closed. Look up through the space between your two hands and push your palms slightly upward as you slowly exhale and make the sound, "SSSSSS". Picture and feel any excess heat, sadness, grief, depression, sickness and dingy white color expelled and released as you exhale slowly and fully.

Resting Posture: When you have completely exhaled, rotate the palms to face downward with the fingers still pointing toward each other. Slowly lower the palms and bring them just in front of the chest feeling the lung's aura.

Close your eyes and be aware of your lungs. **Smile** into your lungs, and as you inhale, imagine that you are breathing in a **bright white mist of light**. Breathe this light into your lungs and feel it cooling, cleansing, invigorating, healing and refreshing your lungs. Feel it flowing down to the large intestine to balance the energy of the yin lungs and yang large intestine, allowing the **courage** quality of your lungs to emerge. Grow more courage, so sadness and depression have less room to grow. With each inbreath, feel yourself drawing in cool fresh energy. With each outbreath, mentally make the Lung Sound and release any remaining sadness or hot energy.

Repeat at least three times. For the first two repetitions, you can make the sound aloud. On the third or last repetition, make the sound sub-vocally (vocalizing the sound so softly that only you can hear it) Repeat six, nine, twelve or twenty four times to alleviate extreme sadness, depression, colds, flu, toothaches, asthma and emphysema.

Kidney Sound

Element: Water

Associated Organ: Bladder

Sound: CHOOOOOO (with your lips forming an "O" as if blowing out a candle.)

Emotions: Negative - Fear, Shock

Positive - Gentleness, Wisdom

Color: Dark Blue or Black

Season: Winter

Direction: North



Position: Now move the hands to cover the kidneys. **Smile** to your kidneys, and be aware of any excess cold or heat in the kidney region. Then bring your legs together, ankles and knees touching. Lean forward and clasp the fingers of both hands together around your knees. Inhale and pull your arms straight from the lower back while bending the torso forward (this allows your back to protrude in the area of the kidneys). Tilt your head upward as you look straight ahead, still pulling on your arms from the lower back. Feel your spine pulling against your knees.

Sound: Round the lips slightly and slowly exhale while making the sound "CHOOOOOO." Simultaneously contract your abdomen, pulling it in toward your kid-

neys. Imagine any fear, sickness, imbalances, excess cold or heat energy being released and squeezed out of the fascia surrounding the kidneys.

Resting Posture: After you have fully exhaled, slowly sit erect and return the hands to touch the aura of the kidneys. Close your eyes and again be aware of your kidneys. **Smile** to your kidneys and, on the inbreath, imagine you are breathing a brilliant **luminous blue light mist** into them; feel this mist healing, balancing and refreshing your kidneys and bladder and picture them glowing a bright blue color. On the outbreath, imagine you are still making the Kidney Sound.

Repeat at least 3 times, as with the previous sound. Repeat six, nine, twelve, or twenty four times to alleviate extreme fear, fatigue, low-pitched ringing in the ears, dizziness, back pain, bladder and urinary infections or other problems of the reproductive system.

Liver Sound

Element: Wood

Associated Organ: Gall Bladder

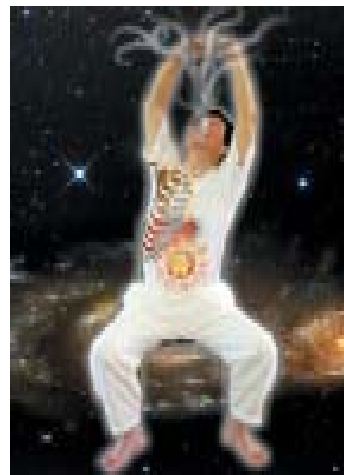
Sound: SHHHHHHH

Emotions: Negative - Anger, Frustration, Resentment
Positive - Loving Kindness, Benevolence, Forgiveness

Color: Green

Season: Spring

Direction: East



Position: Place the hands on the liver. **Smile** to your liver and be aware of any anger, frustration, resentment or excess heat. Slowly begin to inhale a deep breath as you extend your arms up from the sides with your palms up. Continue to raise them over your head. Interlace your fingers together and turn your joined hands over to face the sky, palms up. Push out through the heels of the palms and extend the arms up, keeping the shoulders relaxed. Bend a little to the left and stretch your right arm slightly to gently open the area of your liver.

Sound: Open your eyes wide (the eyes are the sensory opening of the liver). Slowly exhale, making the sound, "SHHHHHHH" sub-vocally. Feel that you are releasing any trapped excess heat, anger, illness and negativity from your liver and that these are riding out of your body on your breath.

Resting Posture: Once you have fully exhaled, separate your hands, turn the palms

down and slowly lower your arms to the sides, leading with the heels of the hands. **Smile** and inhale a **shiny spring green mist**, illuminating the liver and gall bladder. Bring your hands back to rest on the liver's aura. Close your eyes and smile into your liver. With each inbreath, breathe fresh Chi into your liver and gall bladder and mentally make the Liver Sound with each outbreath.

Repeat at least three times, as with the previous sound. Repeat six, nine, twelve or twenty four times to alleviate extreme anger, to relieve red or watery eyes, to remove a sour or bitter taste in the mouth or to detoxify the liver.

Heart Sound

Element: Fire

Associated Organ: Small Intestine

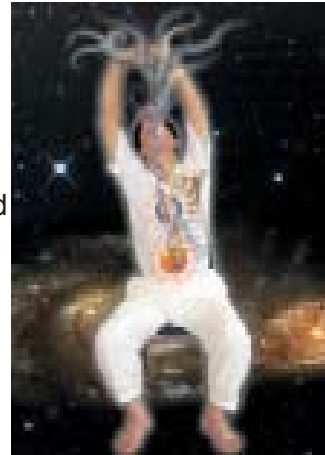
Sound: HAAAAAAW

Emotions: Negative - Arrogance, Harshness, Cruelty, Hatred
Positive - Joy, Honor, Respect, Love, Happiness

Color: Red

Season: Summer

Direction: South



Position: Let both hands rest on the heart. **Smile** to your heart and be aware of any arrogance, haughtiness, hatred, giddiness, cruelty or hastiness. Slowly begin to inhale a deep breath as you extend your arms up from the sides with your palms up, as you did with the Liver Sound. Continue to raise them over your head. Interlace your fingers together and turn your clasped hands over to face the sky, palms up. Push out through the heels of the palms and extend the arms up, keeping the shoulders relaxed. Bend a little to the right and stretch your left arm slightly to gently open the area of your heart.

Sound: Keep your eyes soft and relaxed, looking up through your hands. Slowly exhale, making the sound, "HAAAAAAW" sub-vocally. Feel that you are releasing any trapped heat, negative emotions, illness and imbalances from your heart and that these are riding out of the body on your breath.

Resting Posture: Once you have fully exhaled, close your eyes, separate your hands, turn the palms down and slowly lower your arms to the sides, leading with the heels of the hands. As you move inhale a **bright red mist** into the heart and small intestines. Bring your hands back to rest on your heart's aura. Smile into your heart. With each inbreath, breathe fresh Chi into your heart with each outbreath mentally repeat the heart sound.

Repeat at least three times, as with the previous sound. Repeat six, nine, twelve or twenty four times for the heart and small intestines; feel them balanced. This will alleviate extreme impatience, hastiness, arrogance, nervousness, moodiness, jumpiness, irritability, tongue ulcers, palpitations, sore throat, heart disease, insomnia and detoxify the heart.

Spleen Sound

Element: Earth

Associated Organ: Pancreas, Stomach

Sound: WHOOOOOOO (gutturally from the throat)

Emotions: Negative - Worry, Excess Sympathy, Overthinking

Positive - Fairness, Balance, Equanimity, Justice, Openness

Color: Yellow

Season: Indian Summer

Direction: Center (where you stand, looking out to the Six Directions)



Position: Place your hands on the body covering the spleen, pancreas, and stomach area. Be aware of your spleen and **smile** sincerely into it. Inhale deeply as you move the arms outward in an embrace and aim the fingers up under the left rib cage. Place your fingers of both hands just beneath the sternum and rib cage on the left side.

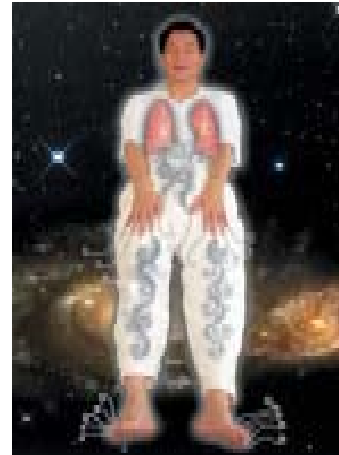
Sound: Look out, lean into your fingers and gently push your fingertips in. Exhale slowly and make the sound, "WHOOOOOOO," from the depths of your throat. Feel yourself releasing any trapped heat, worry, mental fixations or excess sympathy.

Resting Posture: Once you have fully exhaled, close your eyes, slowly release the hands and extend the arms out embracing the earth; return your hands to the resting position on the spleen's aura. Smile to your spleen, pancreas and stomach. Inhale fresh Chi to your spleen, pancreas and stomach as a brilliant **luminous yellow healing mist** that cleanses and refreshes your organs. Mentally do the Spleen Sound with each outbreath.

Repeat at least three times, as with the previous sound. Repeat six, nine, twelve or twenty four times to alleviate extreme indigestion, heat or cold in the stomach or spleen, worry, nausea, hemorrhoids, fatigue, organ prolapse or loose stools.

Triple Warmer Sound

The Triple Warmer refers to the upper, middle and lower body, and to the distinct metabolic transformations that occur within each area. The Upper Warmer is the area above the diaphragm, where the heart and lungs are located. This area tends to become hot and is responsible for respiration and cardiovascular circulation. The Middle Warmer, the area between the diaphragm and the navel, becomes warm and is where the digestive organs are located. The Lower Warmer, the area below the navel, is responsible for reproduction and elimination and is cool in temperature. The sound "HEEEEEEE" balances the temperatures of the three levels by bringing hot energy down to the lower center and cold energy up to the higher centers.



Position: Lie on your back with your arms resting palms up at your sides. Keep your eyes closed. **Smile.** First breathe into the upper part of your lungs to expand the Upper Warmer; then breathe into the middle of the lungs to expand the Middle Warmer; finally, with the last part of your inhalation, expand your lower lungs and fill the Lower Warmer. Breathing in this way creates more space inside for each organ, helping to release and circulate any internal heat or cold.

Sound: Exhale with the sound "HEEEEEEE" sub-vocally, first flattening your chest, then your solar plexus, and finally your lower abdomen. Feel the dark and cloudy color, cold and chill energy exit from the tips of the fingers.

Resting Posture: Once you have fully exhaled, do not to focus on any emotions or purification process at all. Just let go and relax your body and mind completely.

Repeat at least three times, as with the previous sound. Repeat six, nine, twelve or twenty four times to alleviate insomnia and stress.

When you have completed the Six Healing Sounds just rest, **smile** and do nothing.

Regular daily practice of the Six Healing Sounds will help you to keep in touch with the energetic and emotional state of your internal organs. Most importantly do the sounds in the evening before going to sleep. This will help clear out the negative emotions before sleeping, so you can feel that the night's rest recharges your energy positively. This practice will greatly benefit your personal Cosmic Healing Chi Kung practice. It will help sensitize you to the varieties and differing qualities of Chi. This knowledge will also help you in diagnosing and treating others.

For more details of this practice please see the book "Taoist Ways to Transform Stress Into Vitality", by Mantak Chia.

Appendix

Guide to the Acupuncture Points used in Cosmic Chi Kung

The following is a detailed description of the acupuncture energy points used in the Cosmic Chi Kung practice. It is necessary to know the exact location of the points to do the practice well. However, you do not have to know the traditional Chinese medical functions and energetics of the points to do the practice. These are included in this appendix as an item of interest.

The names of the points are given first by the channel and number, second by the English translation of the traditional Chinese name for the point and finally by the name in Chinese.

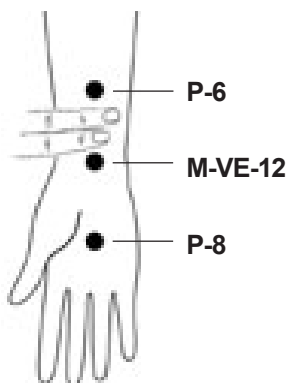
We are emphasizing the traditional Chinese medical therapeutic properties of the points given herein. Many of these points also have very different purposes in Taoist Yoga. *For a description of the Taoist Yoga energetics, refer to "Awaken Healing Light of the Tao" by Mantak Chia.*

Pericardium 8

"Lakor's Palace" - Laogong

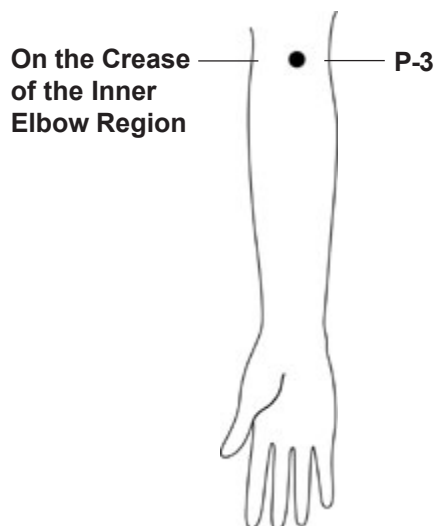
Ying Spring, Fire Point

Location: On the center of the palm, where the tip of the middle finger touches when making a loose fist.



Functions: Cools the heart, drains heat from the heart, cools the blood, calms the spirit, regulates the heart Chi and yang, Ghost Point for treating spirit possession.

Indications: Coma from stroke, heat exhaustion, angina pectoris, mania, hysteria, mental illness, excessive sweating of the palms, mouth problems.



Large Intestine 4 "Adjoining Valleys" - Hegu

Yuan Source Point

Location: On the back side of the hand between the thumb and index finger, in the web approximately at the middle of the metacarpal bone of the index finger.

Functions: Disperses wind, relieves exterior conditions, suppresses pain and clears the channels, clears lung heat, calms the spirit.

Very powerful point for moving the Chi and blood of the whole body; main point for pain; main point for headache; main point for ailments of the head, face and sensory organs; main point for immunity.

Indications: Headaches, common cold, redness with pain and swelling of the eyes, toothache, facial swelling, sore throat, finger cramps, arm pain, fever, abdominal pain, constipation.

Caution: Contra-indicated in pregnancy.



Small Intestine 3 "Back Creek" - Houxi

Shu Stream, Wood Point

Master Point of the Governor Channel

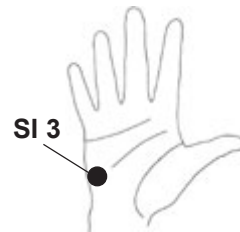
Coupled Point of the Yang Bridge Channel

Location: When a loose fist is made, the point is near the head of the fifth metacarpal bone on the knife edge of the hand at the junction of the red and white skin.

Functions: Relaxes the tendon-muscular channels, opens the Governor Channel, clears the Spirit, drains evil Chi from the heart.

Indications: Seizures, psychosis, hysteria, intercostal neuralgia, headache, stiff neck, red, painful and congested eyes, deafness, spasms of the arm, elbow and fingers; fever, night sweating, whiplash, occipital headaches.

Used for structural/musculo-skeletal problems; opens the Governor Channel for problems with back, neck and head, main point for stiff neck, antispasmodic for muscle spasms; anti-inflammatory for spinal arthritis, intestinal inflammation.



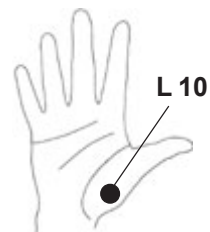
Lung 10 "Fish Border" - Yuji

Ying Spring, Fire Point

Location: In the middle of the ulna eminence below the thumbs at the junction of the red and white skin.

Functions: Cools heat in the lungs, benefits the throat.

Indications: Sore throat, cough, laryngitis, tonsillitis, fever with common cold.



Triple Warmer 5 "Outer Gate" - Wai Guan

Luo Connecting Point

Master Point of the Yang Regulator Channel

Coupled Point of the Belt Channel

Location: About two fingers width above the wrist crease on the outside of the arm.

Functions: Regulates the Yang Regulator Channel and Belt Channel, tonifies and consolidates Protective (Wei) Chi, releases exterior hot and cold conditions, helps circulate stagnant Chi in the channels.

Indications: Common cold with alternating chills and fever, high fevers, pneumonia, deafness, migraine headaches, paralysis, stiff neck.



Pericardium 6 "Inner Gate" - Nei Guan

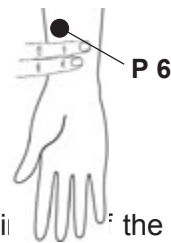
Luo Connecting Point

Master Point of the Yin Regulator Channel

Location: About two fingers width above the wrist crease on the inner side of the arm, between the two prominent tendons.

Functions: Calms the heart and spirit, regulates the Chi, opens and relaxes the chest, regulates and harmonizes the stomach, regulates the liver, relieves pain.

Indications: Rheumatic heart disease, shock, angina pectoris, palpitations, chest pain, asthma, shortness of breath, tightness or fullness in the chest, spasm of the diaphragm, vomiting, stomach ache, abdominal pain, morning sickness, motion sickness, migraine headaches, hysteria, anxiety, irritability, insomnia, seizures, swollen and painful throat, painful menses or nausea with period.



Large Intestine 11 "Crooked Pond" - Qu Chi

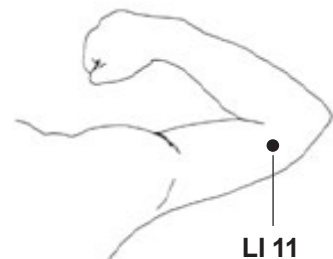
He Sea, Earth Point

Ghost Point

Location: When the elbow is flexed, in the depression at the outer and upper end of the elbow crease.

Functions: Cools heat, clears fire, drains dampness, eliminates wind and exterior conditions, regulates and moistens large intestine.

Indications: Arthritic pain in the arms, paralysis, hypertension, high fever, anemia, allergies, skin problems, Parkinson's Disease. Main point for skin diseases; main point for high fever.



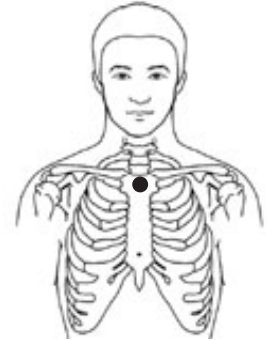
Conception Vessel 22 "Heaven's Chimney" - Tian Tu

Intersecting Point of the Yin Regulator Channel on the Conception Vessel, Window of the Sky Point

Location: At the top of the breastbone (sternum) in the V-shaped indentation (suprasternal notch). Press in and downward at a forty-five degree angle.

Functions: Cools the throat and clears the voice, facilitates and regulates movement of lung Chi, frees the breath and helps restore the proper functioning of the lungs and bronchi, helps open Conception Vessel (Functional Channel).

Indications: Asthma, bronchial asthma, bronchitis, coughing, pharyngitis, goiter, hiccups, nervous vomiting, hoarse voice, spasms of the esophagus, diseases of the vocal cords, sore throat.



Conception Vessel 17 "Central Altar" - Tan Zhong

Front Mu-Alarm Point of the pericardium, Influential Point of Chi of the body
Sea of Chi Point, Master Point of the Middle Tan Tien

Location: On the frontal midline at the level of the fourth intercostal space, between the nipples.

Functions: Regulates the lungs and the Upper Warmer, tonifies Ancestral Chi, opens and relaxes the chest, diffuses lung Chi, regulates and tonifies Chi, transforms phlegm.

Indications: Pulmonary tuberculosis with shortness of breath, bronchitis, asthma, bronchial asthma, chest pain; all breast problems such as mastitis, insufficient lactation, breast abscesses, wheezing, chest pain, labored breathing, palpitations, difficulty swallowing food, anxiety.

Conception Vessel 12

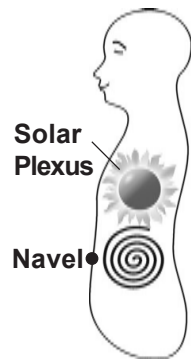
"Middle Cavity" - Zhongwan (Solar Plexus)

Front Mu-Alarm Point of the stomach, Influential point of all yang organs

Location: Approximately midway between the navel and the top joint of the xiphoid process.

Functions: Regulates the stomach Chi and yin, regulates, strengthens and tonifies the spleen Chi and yang, regulates the Middle Warmer, reduces digestive stagnation, tonifies nutritive Chi, regulates Chi and blood, redirects rebellious Chi downwards, clears stomach fire and heat, calms the fetus, controls the aura.

Indications: Acute or chronic gastritis, stomach and duodenal ulcers, prolapsed stomach, acute intestinal obstruction, stomach ache, vomiting, abdominal distention, diarrhea, constipation, acid regurgitation, indigestion, hypertension, mental diseases.



Mideyebrow Point "Seal Hall" - Yin Tang

Master Point of the Upper Tan Tien

Location: At the midpoint between the two eyebrows. **Mideyebrow**

Functions: Calms the spirit, activates the Crystal Room, opens the Governor Channel, draws in Cosmic Chi, eliminates wind heat.

Indications: Headache, vertigo, rhinitis, sinusitis, common cold, hypertension, infantile convulsions, sore eyes.



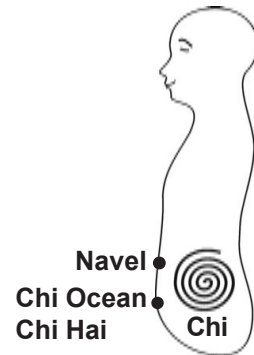
Conception Vessel 6 "Chi Ocean" - Chi Hai

Master Point of the Lower Tan Tien

Location: Approximately three fingers width below the navel.

Functions: Regulates Chi, tonifies Original Chi, strengthens weak kidneys, harmonizes the blood, regulates the Thrusting Route Conception Vessel, reinforces Ching Chi, enriches yin.

Indications: Neurasthenia, abdominal distention, abdominal pain, irregular menstruation, impotence, spermatorrhea, urinary retention, frequent urination, intestinal paralysis, incontinence, constipation, infertility, uterine bleeding, hernia.

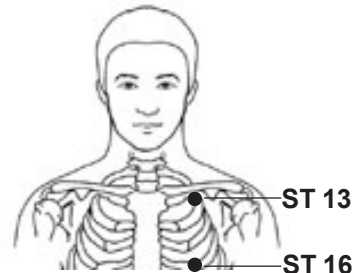


Stomach 13 "Chi's Household" - Chi Hu

Location: Below the midpoint of the collarbone along the mammillary line (directly above the nipple).

Functions: Clears heat, loosens the chest, relaxes the diaphragm, regulates lung Chi.

Indications: Asthma, bronchitis, chest and back pain, hiccups.



Stomach 16

"Breast's Window" - Ying Chuang

Location: In the space between the third and fourth ribs, one rib directly above the nipple in men, slightly higher in women.

Functions: Stops pain, reduces swelling, clears heat, resolves depression, opens lungs, stops cough, relaxes chest, moves Chi.

Indications: Coughing, asthma, swelling of the breasts, chest and stomach pain, heart-burn, shortness of breath, melancholy, diarrhea

Liver 14 "Gate of Hope" - Chi Men

Front Mu-Alarm Point of the liver

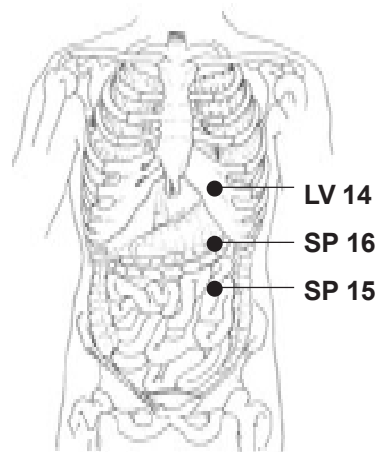
Intersecting point of the Yin

Regulator and spleen channels on the liver channel

Location: In the sixth intercostal space, directly below the nipple.

Functions: Spreads liver Chi, transforms and removes congealed blood, strengthens spleen and stomach, expands and relaxes the chest.

Indications: Difficulty in breathing, chest pain, hepatitis, enlarged liver, gall stones, pleurisy, nervous stomach, menopausal disorders, cholera, failure to discharge the placenta after childbirth.



Spleen 16

"Abdomen's Sorrow" - Fu Ai

Location: Just below the bottom edge of the rib cage on the mamillary line.

Functions: Frees bowel Chi, dispels damp and heat, opens the organs and clears Chi stagnation.

Indications: Pain in the navel region, indigestion, dysentery, constipation.

Spleen 15

"Great Horizontal" - Da Heng

Intersecting point of the Yin Regulator Channel on the spleen channel

Location: At the level with the navel along the mamillary line.

Functions: Regulates the spleen, regulates and moistens the intestines, reduces digestive stagnation and transforms damp-heat.

Indications: Abdominal distension, diarrhea, constipation, intestinal paralysis, parasitic worms in the intestines, chronic sadness.

Conception Vessel 8

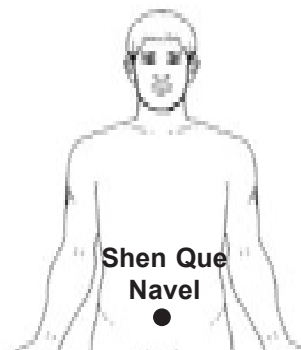
"Spirit Palace Gate" - Shen Que

Doorway to the Original Chi,

Location: In the center of the navel

Functions: Tonifies, strengthens and regulates the spleen (Chi and yang), and stomach Chi, regulates the intestines, warms the interior and reduces digestive stagnation, tonifies the kidneys, warms the yang, dries dampness and dispels cold.

Indications: Chronic diarrhea, intestinal tuberculosis, all urinary disorders, shock resulting from intestinal adhesions, heatstroke, rectal or anal prolapse, restless fetus.



Governor Vessel 4 "Door of Life" - Ming Men

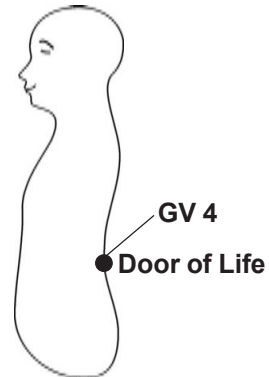
Back Doorway to the Lower Tan Tien

Location: Below the spinous process of the second lumbar vertebrae. Approximately at the level of the navel.

Functions: Nourishes the Original Chi, strengthens and harmonizes the kidneys, tonifies ching and yang, clears channels and invigorates collateral vessels, benefits the lower back and bones, regulates water pathways.

Main point to build life fire; main point for sexual/genital problems.

Indications: Bone disorders, chronic nephritis, enuresis, low sex drive, fatigue, spermatorrhea, impotence, irregular menses, painful menses, no menses, scanty menses, abnormal uterine bleeding, lower back stiffness and pain, kidney pain radiating to the abdomen, hemorrhoids, urinary incontinence, painful urination, diarrhea, sciatica, spinal myelitis.

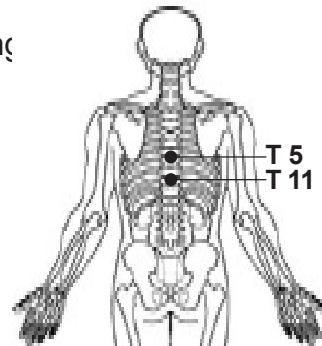


Governor Vessel 6 "Middle of Spine" - Jizhong

Location: Below the spinous process of the 11th thoracic vertebrae (T-11).

Functions: Stimulates Ching Chi, benefits spleen, stomach and kidneys and liver.

Indications: Hepatitis, seizures, low back pain, paralysis of lower limbs, blood in stools, diabetes, diarrhea.

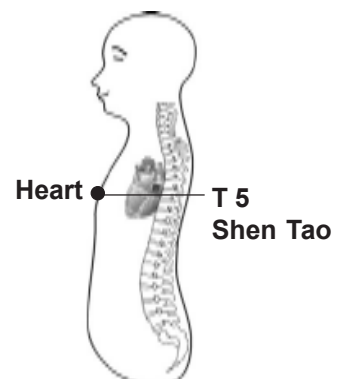


Governor Vessel 11 "Spirit's Path" - Shen Tao

Location: Below the spinous process of T-5 (opposite CV-17, the Heart Point).

Functions: Calms heart and mind, regulates heart Chi and yang, expands and relaxes the chest, benefits heart and lungs, sedates pain, sedates fright and dispels wind.

Indications: Anxiety and palpitations due to fear or fright, neurasthenia, asthma, cough, shortness of breath, chest and hypochondriac pain, insomnia, aphasia due to winds, stroke, forgetfulness, fever.



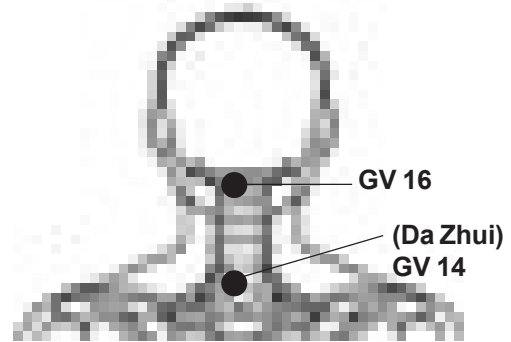
Governor Vessel 14 "Big Vertebra" - Da Zhui

Influential point of yang
Sea of Chi point
Intersection point of all yang channels.

Location: Below the spinous process of the seventh cervical vertebra (C-7), approximately at the level of the shoulders.

Functions: Opens the yang, clears the brain, calms the spirit, tonifies Protective (Wei) Chi, reduces fever, relieves exterior conditions, clears heat.

Indications: Fever, sunstroke, malaria, psychosis, seizures, bronchitis, asthma, pulmonary tuberculosis, emphysema, hepatitis, blood diseases, eczema, hemiplegia, pain in the back of the shoulders, cold-induced diseases, cough, fever and chills.



Governor Vessel 16

"Jade Pillow" or "Wind Palace" - Feng Fu

Sea of Marrow Point, Window of Sky Point, Ghost Point
Intersection point of the Yang Regulator Channel on the Governor Vessel

Location: At the base of the skull, about one inch above the posterior hairline.

Functions: Benefits and clears the brain, calms spirit, opens the sensory orifices, dispels wind, wind-cold and wind-heat, smoothes joint functions.

Indications: Seizures, mania, hemiplegia, loss of speech due to stroke, delirium, suicidal behavior, fear and fright, anxiety, common cold, sensation of heaviness in the head, headache, dizziness, numbness of the limbs, deaf-mutism, blurred vision, sinusitis, stiff neck.

Governor Vessel 20

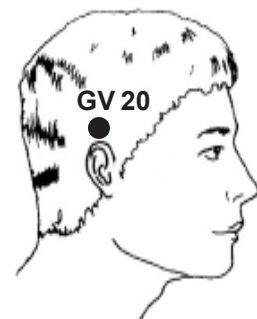
"One Hundred Meetings" - Bai Hui

Sea of Marrow Point

Location: At the crown of the head, approximately on the mid-point of the line connecting the top apex of the two ears.

Function: Clears the senses, calms the spirit, extinguishes liver wind, stabilizes ascending yang.

Indications: Headache, dizziness, shock, depression, hypertension, insomnia, seizures, prolapsed anus, prolapsed uterus, mental dullness, hemorrhoids.



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Cosmic Chi Kung

Mantak Chia

Illustrated by Udon Jandee

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