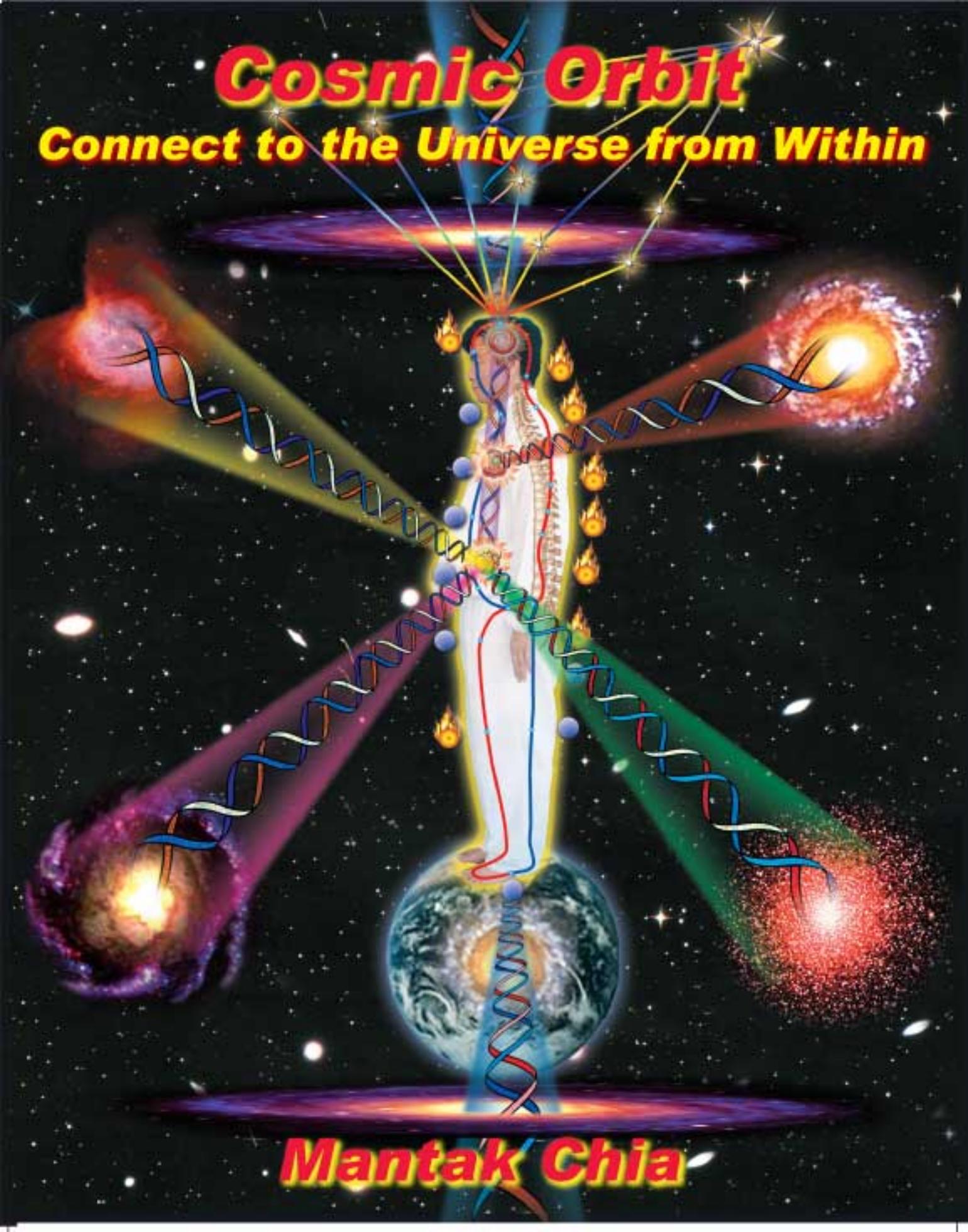


# **Cosmic Orbit**

**Connect to the Universe from Within**



**Mantak Chia**

# *Cosmic Orbit*

## ***Connect to the Universe from Within***

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***Mantak Chia***

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First published in 2005 by:

***Universal Tao Publications***

274/1 Moo 7, Luang Nua,  
Doi Saket, Chiang Mai, 50220 Thailand  
Tel (66) (53) 865-034 & 495-596 Fax 495-853  
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ISBN: 974-85401-4-6

Manufactured in Thailand  
First Printing, 2005

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## **About the Author**



### ***Master 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 Microcosmic 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 2,000 instructors and practitioners from all over the world. Living Tao Centers, Chi Nei Tsang Institutes, Cosmic Healing Forums & Immortal Tao Mountain Sanctuaries have opened in many locations in North America, South America, Europe, Asia, Africa and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden and the Universal Tao Training Center fifteen miles outside of 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 word processor 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 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 eight Court Recreational Facilities.

*About the Author*

In February, 2002, the Immortal Tao practices were held at Tao Garden for the first time using Darkness Technology, creating a complete environment for the higher level Taoist practices.

Master Mantak Chia has previously written and published these twenty-five 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*** 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
- Door of All Wonders*** co-authored with Tao Haung - 2001
- Sexual Reflexology*** co-authored with W. U. Wei - 2002
- Elixir Chi Kung*** - 2002
- Tan Tien Chi Kung*** - 2002
- Cosmic Fusion*** - 2002
- Karsai Nei Tsang*** - 2003
- Cosmic Orbit*** - 2005
- Lesser Kan & Li*** - 2005

Many of the books above are available in the following foreign languages: **Arabic, Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Romanian, 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.

*About the Author*



Lee Holden has been a Universal Tao Certified Instructor and Chi Nei Tsang Teacher since 1992 and recently has been certified as a Senior Instructor in the Universal Tao. Lee has been the chief editor for Master Mantak Chia for numerous projects such as Tao Yin: Exercises for Health, Revitalization, Longevity, Sexual Reflexology and Cosmic Fusion. Lee has taught workshops throughout the United States, Europe, and South East Asia. Lee has been on staff with Mantak Chia and Deepak Chopra, teaching, writing and facilitating seminars and workshops. Currently, Lee teaches at Five Branches Institute for Chinese Medicine, Twin Lakes College of Massage and is the founder of Pacific Healing Tao in Northern California. Lee's video Tai Chi for Fitness has been featured on two separate television shows and has been the subject of numerous magazine articles. Lee Holden Jr. is a graduate of U.C., Berkeley, with a BA in Psychology and is a Licensed Acupuncturist.

***Lee Holden,  
Copy Editor***

## **Acknowledgments**

The Universal Tao Publications staff involved in the preparation and production of *Cosmic Orbit: Connect to the Universe from Within* extend our gratitude to the many generations of Taoist Masters who have passed on their special lineage, in the form of an unbroken oral transmission, over thousands of years. We thank Taoist Master I Yun (Yi Eng) for his openness in transmitting the formulas of Taoist Inner Alchemy.

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 wish to thank Fiona Jan for her editorial work and writing contributions, as well as her ideas for the cover. We appreciate her research and great labor. We offer thanks for her editorial contributions on the revised edition of this book, as well as thanking our Senior Instructors Dr. Andrew Jan and Wilbert Wils, for their insightful contributions to the revised version. We thank Matt Gluck and Saida Desilets for their technical editing and clear writing throughout the book. We wish to thank Daniel Dubie for his continuing support and valuable contributions towards Master Chia's publications and the Tao Garden.

A special thanks goes to our **Thai Production Team** for their cover illustration and book design and layout: Raruen Keawapadung, Computer Graphics; Saysunee Yongyod, Photographer; Udon Jandee, Illustrator; and Sanieam Chaisarn, Production Designer.

## **Words of Caution**

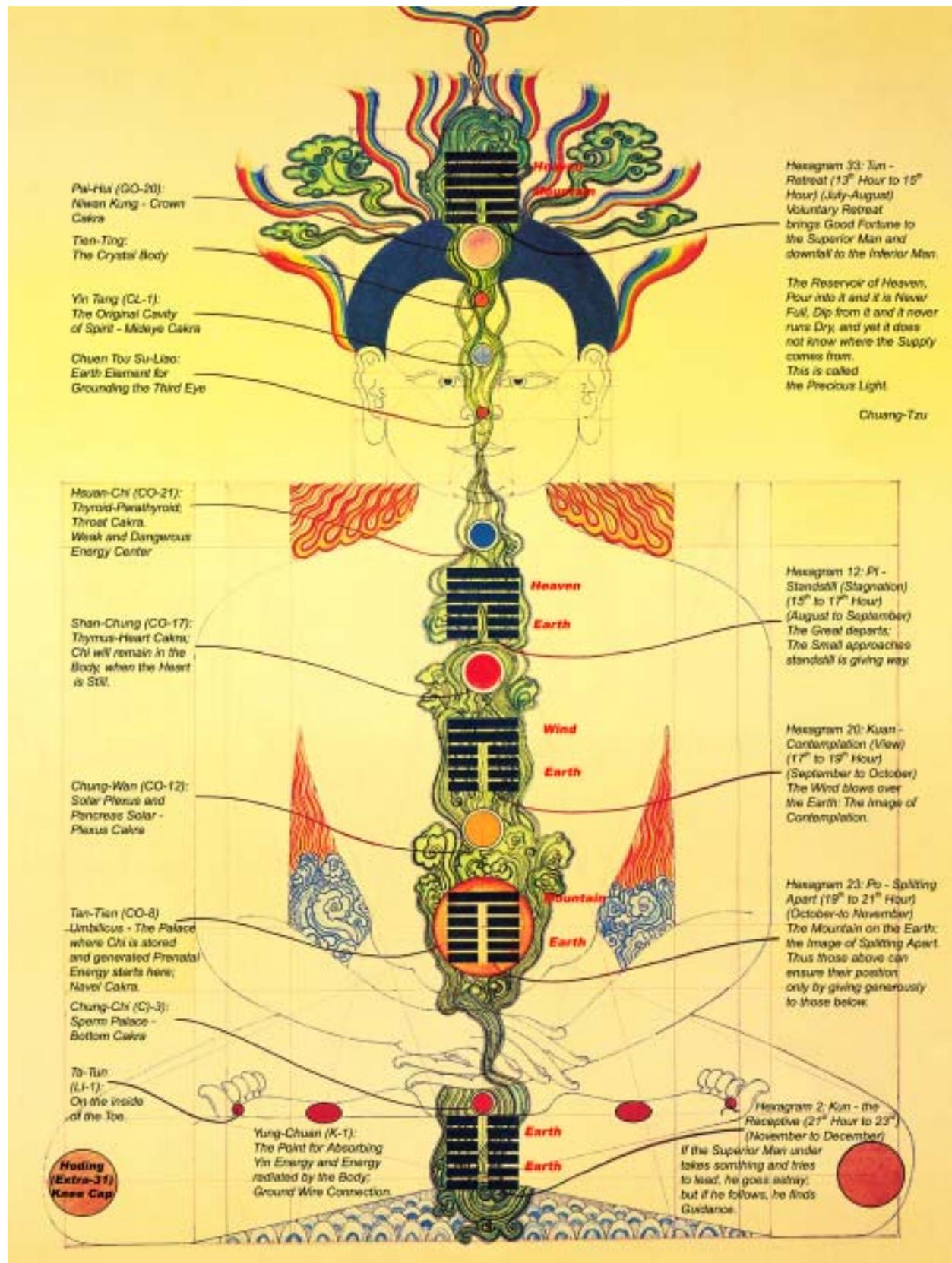
The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, 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.

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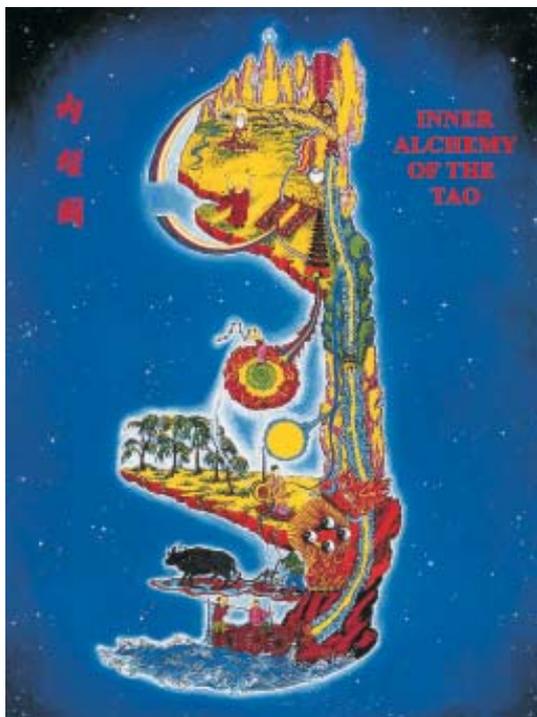
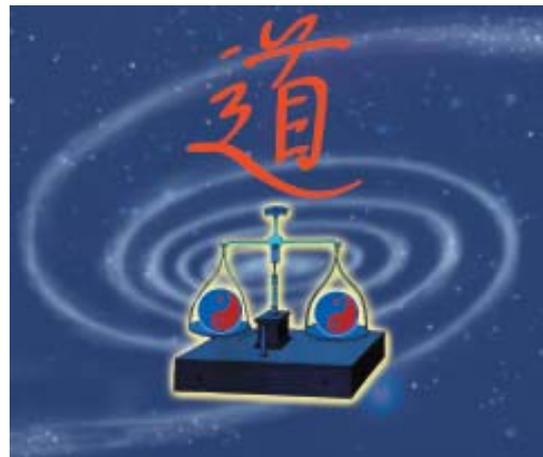


## Introduction

### Tao teaches how to cultivate inner energy and connect this energy with universe.

This is the third book involved with the teachings of the Microcosmic Orbit. In this book there are more details with the most up to date instructions. This book is designed to expand upon the other two and allow practitioners to open their own internal energy and create harmony between themselves and the universe.

The picture below is a 2000-year-old carving in a Tao temple. This carving is a symbolic representation of the Cosmic Orbit. Water is being pumped by the boy and



*Fig. 1 2000-year-old Carving in a Tao Temple*

girl through the spine to the top of the head. In the Tao Classics, this is called, “Kidney water reverses its course.” The water passes through the fire at the Lower Tan Tien and the kidney/adrenals transforming it into vapor (Chi or Qi). When the vapor reaches the crown it condenses and drips down like misty water to the heart. This cools the heart fire, so the heart will not dry out and the vapor will nurture all the organs and irrigate the land. This is symbolic for the energy circulation called transforming water into steam. By pumping the watery sexual energy up the spine past the fire from the sexual palace and the kidneys to the top of the head, one is able to understand the symbolic energy circulation called transforming water into steam. Next, it flows down past the fire of the heart and is transformed into Chi, the bio-electromagnetic power of the life force.

*Introduction*

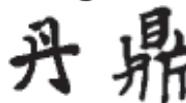
We are directly involved with our solar system: the energies from our body, mind and spirit are constantly affected by the moon, planets, sun, galaxy and the entire universe. The Taoist practices expand our awareness and keep many more elements of the universe in our consciousness.



**Fig. 2** *Consciousness of Humanity Field, Awareness Field*



## White Magic Practice



The Taoist practices are also called White Magic Practices or Inner Alchemy. With the Inner Smile and the Six Healing Sounds we transform negative emotions into positive energies. Negative emotions are normal. Feelings such as impatience, anger and worry happen everyday. We call them negative because when they stay in us too long they become stagnant and detrimental to our health. This is contrary to what happens with positive emotions such as love, joy, generosity, happiness and trust, which nurture us. What the Taoists discovered is that we can utilize this negative energy to cultivate positive energy through such practices as the Inner Smile and Six Healing Sounds.

Sexual energy or jing chi in the Taoist thinking is the source of all life and creativity. It is the basic resource transformed first into chi and then into shen (spiritual energy). Sexual energy can be cultivated by men learning how to control ejaculation and by women easing the blood flow in the monthly period. Sexual energy can be used for the ultimate creative act of creating a new body. In the Taoist Healing Love practices, learning to circulate the sexual energy, transforming it up along the spine through the cosmic orbit and down the front of the body, recycles and regenerates the body's internal energy.

### Inner Alchemy Changes

#### **Transform negative into positive energy. Changing lead into gold.**

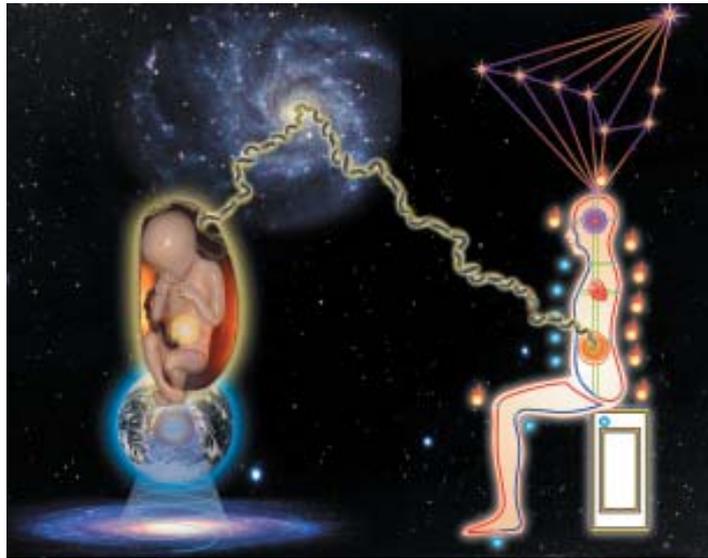
Alchemical changes happen every day of our life. When our loved ones are sad, angry or depressed, we can send love and gentleness to them and make them feel better. Changing the anger into happiness, is changing the negative into positive, also known in Taoism and alchemy as "Changing Lead into Gold." Western doctors now realize that a lot of sickness is caused by negative emotions. Anger increases blood pressure and puts stress on the heart. We need to learn how to change the negative into positive energy to improve our health and spiritual energy. The basic practices for this are the Inner Smile and Six Healing Sounds.

#### **Recycle the emotions and sexual energy.**

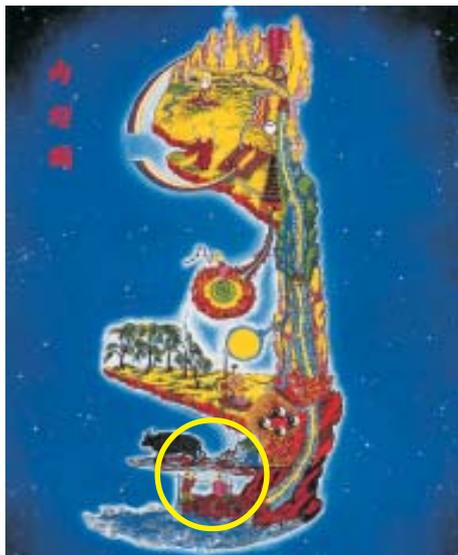
When we feel sexual arousal and desire, the sexual hormones are activated. This is the beginning of the inner alchemy of sexual energy. Recycling this energy is the fundamental practice of the Cosmic Orbit. Sexual energy is the creative force that is used to regenerate the body's internal energy as it travels through the orbit.

## Returning to the Primordial Force and Born Again Process 重生

Taoists regard the opening of the cosmic orbit as “The Born Again Process”. In the womb we receive nutrients from our mother through the umbilical cord. When we practice the cosmic orbit and touch the tongue to the roof of the mouth, we receive nutrient Chi from the universe and store it in the Tan Tien.



*Fig. 3 Born Again Process and Returning to Primordial Forces*



The cosmic orbit practice is sometimes called “Returning to the Primordial Force” or the “Born Again Process.” Turning the water wheel of the cosmic orbit is also referred to as “Spinning the Wheel.”

*Fig. 4 Turning the Water Wheel*

## Taoist Universe, Elements and Awareness

The Five Elements play a major role in the way the Taoists see the universe and in the Taoist practices. From the Wu Chi, (in other traditions referred to as the Void or God), or the Ultimate Stillness, creation brings forth yin and yang. These are transformed into each other in an eternal cyclic movement, Tai Chi, which generates the five elements: the stages in the transformation of yin into yang and yang into yin. They are also symbolized as water, wood, fire, earth and metal or air. Of course, Earth, Man and all living things are composed of these elements.

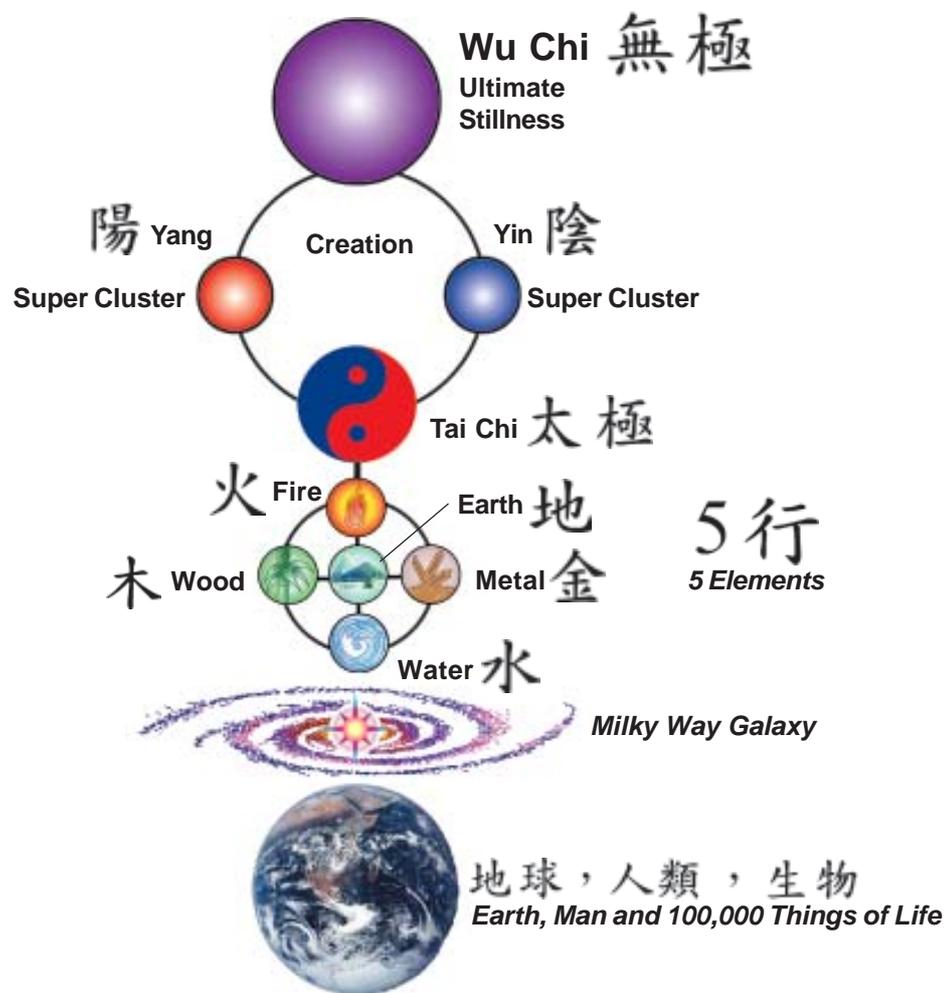


Fig. 5 Levels of the Cosmic Taoist Universe

Introduction

By calming our minds, we can become aware of the many elements in the universe and the major forces that are active around us. When we make contact with these forces and learn to integrate them within our own energy field, we become part of the entire universe. The diversity of the universe is enormous. For example, it has been estimated that there are more than 200 billion galaxies, each containing more than 200 billion stars. So, the Taoists say that the limited energy of the human body can become part of the unlimited energy of the universe.

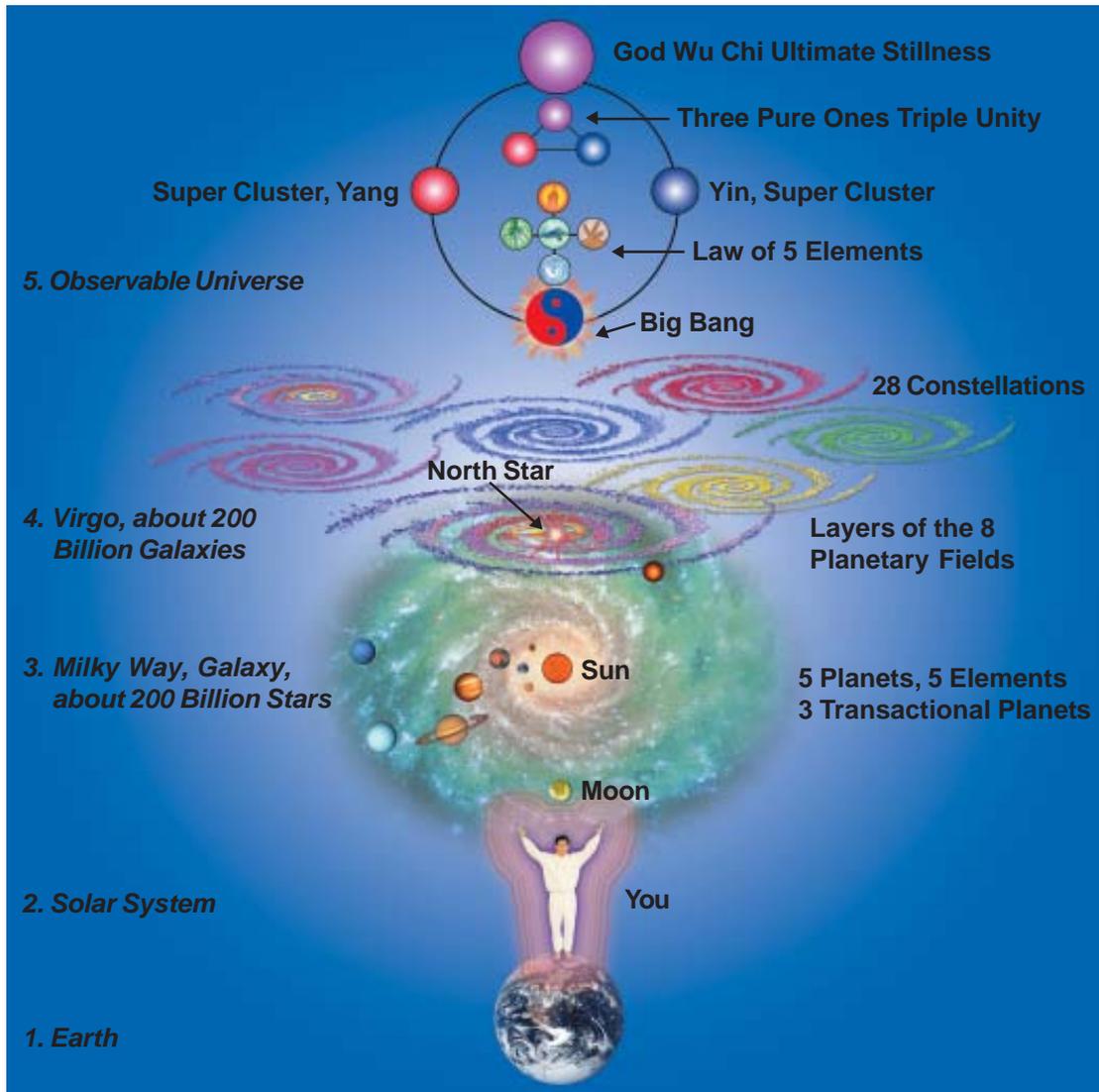
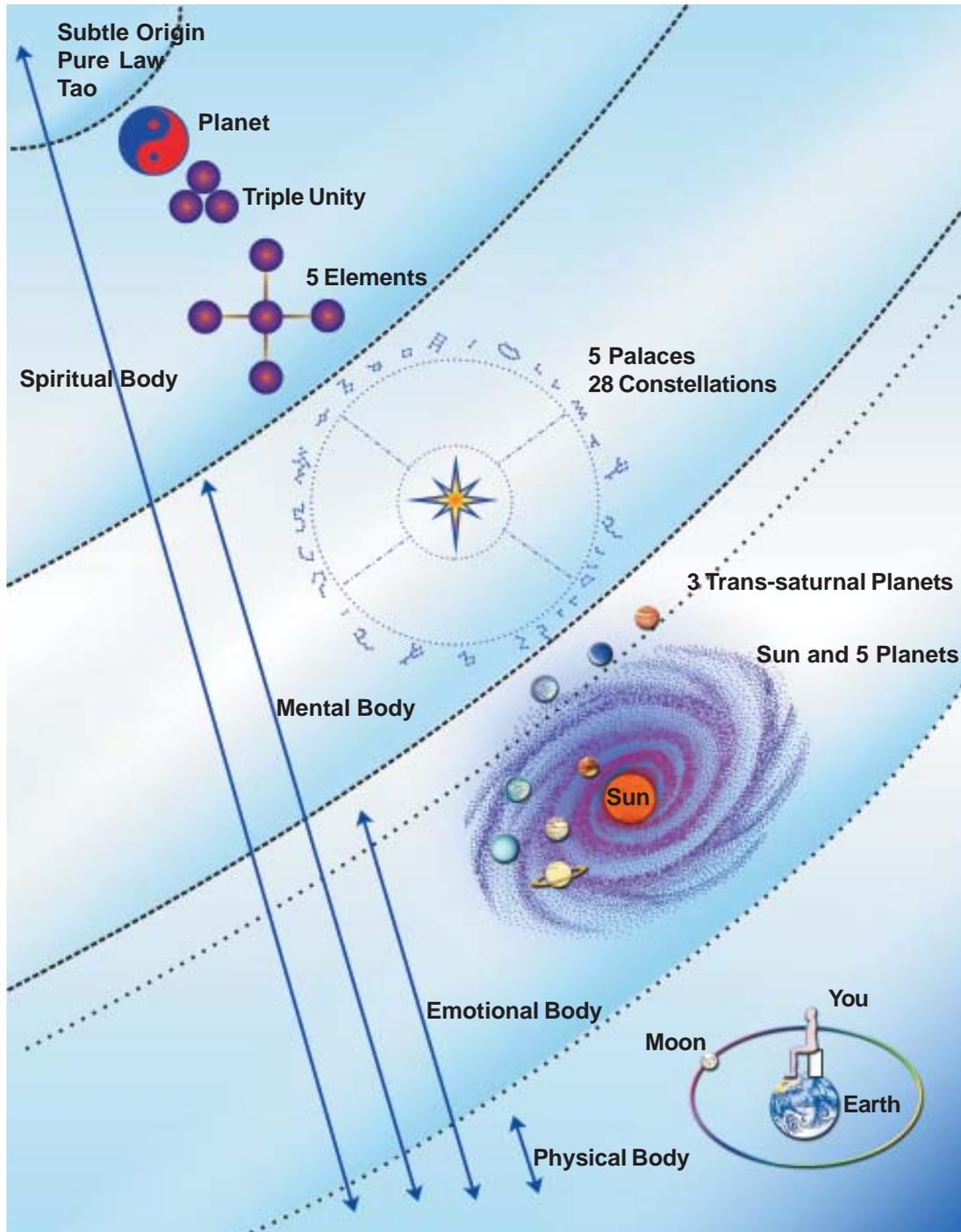


Fig. 6 Levels of the Cosmic Universe, Field of Human Consciousness, Awareness Field

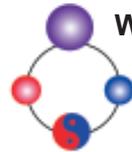


**Fig. 7** A schematic depiction of the various spheres so we can expand our awareness.

## Three Treasures of the Tao 丹田

Taoist teachings often refer to the Three Treasures.

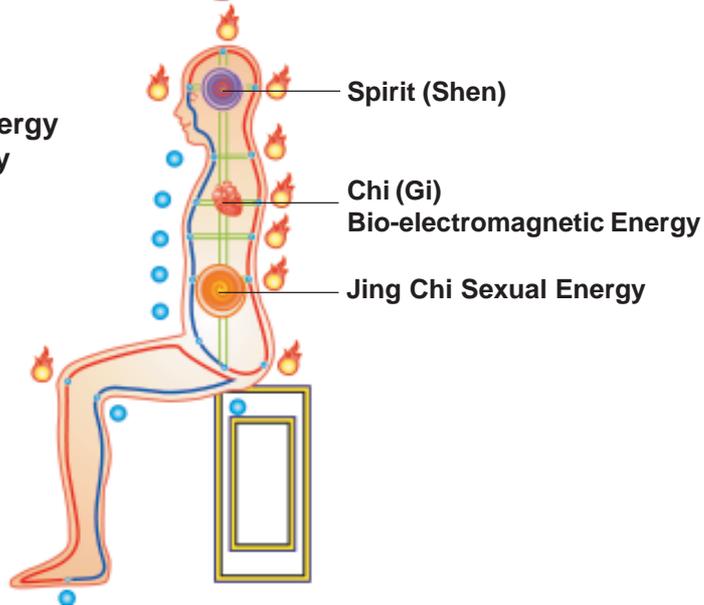
1. Treasures of Heaven:  
Stars, Sun, Moon



Wu Chi

Ultimate Stillness

2. Treasures of Man:  
Spirit or “Shen” Energy  
or Chi and Sex/Body  
or Jing Chi



Spirit (Shen)

Chi (Gi)  
Bio-electromagnetic Energy

Jing Chi Sexual Energy

3. Treasures of Earth:  
Land, Water,  
Wind

*Fig. 8 Wu Chi*

The Taoist Classics state, “Transform Jing (Sexual Energy) into Qi (Life Force Energy) and Qi into Shen (Spirit Energy).” This is truly the internal alchemical process of returning to the origin, the doorway into the Tao, the primordial void of clear light and inner sound. The Three Treasures practice cultivates self-awareness and develops your personal soul pattern. It is a process of self-transformation, of creating higher forms of vibration, and resonating with the source of life. It is process of self-regeneration using the DNA to divide matter into new cells creating bliss and divine qualities of love and truth.

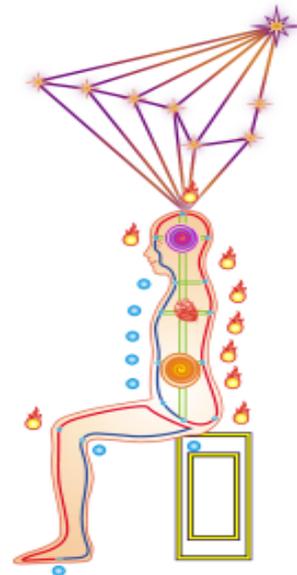
# Chapter 1

## Foundation of the Universal Tao System is the Cosmic Orbit Meditation

The Cosmic Orbit Meditation is a refined practice which connects with the earth, cosmic (nature), and universal forces. The first step is to make a connection with the North Star and the Big Dipper's violet/red light ultra violet which is one of the most powerful heavenly lights. Through this practice, learning to feel Chi and using the mind/eye/heart power (Yi 意) to guide the Chi flow through the primary energy routes in your body is the foundation of Taoist meditation. This practice is later extended to include the arm and leg routes too; it is then the full Cosmic Orbit flow.

There are hundreds of different Chi Kung forms in China, and many involve different hand movements and gestures. We could spend lifetimes just learning the hand movements. The practice of the Cosmic Orbit meditation will help you feel Chi more easily inside, outside and around the body. It is the core practice of all the Chi Kung forms.

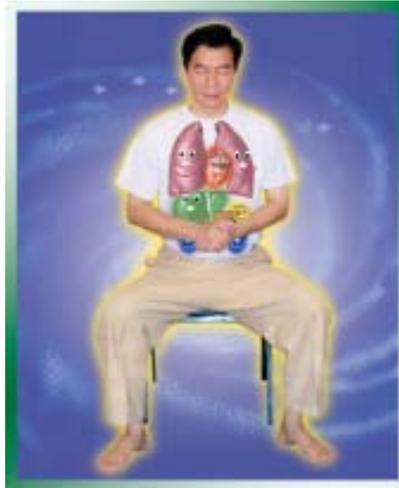
When I was a child I liked to practice Chi Kung so much I had to save my lunch money to learn. After many years of practice, I started to forget the first form, so I learned a new form. One day I tried to practice and review all the forms that I had learned and I realized that I could hardly remember the majority 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 (God within us). Being able to increase, transform, take in and stay in touch with the universal, the cosmic, nature and the earth forces and letting them all combine within us (oneness with God, oneness with the universe) 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) and, with a good heart and virtuous energy we can connect with this force.



*Fig. 1.1 Cosmic Orbit Meditation*

## Cosmic Inner Smile and the Six Healing Sounds

Cosmic Inner Smile and the Six Healing Sounds are very important practices to make the connections between the organs, the colors and the good virtuous energies associated with each organ.



### Cosmic Inner Smile

Smile down to the abdomen and warm it up, smile to the heart and feel love with this practice. Energy levels increase, the heart beat remains calm, the body relaxes and, energy charges up the brain.

**Fig. 1.2** Red for the Heart, White for the Lungs, Yellow for the Spleen, Blue for the Kidneys, and Green for the Liver

Each organ has its own vital color and when this is 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 bring a different healing energy. The practices also help balance, refine and transform the negative energy into positive energy.

### Six Healing Sounds is a Powerful Healing Exercise.

- Six Healing Sounds is a simple, easy and powerful exercise to transform and release negative energies from our body.
- Six Healing Sounds can change our inner energy quality, balance our organ energy and have a calming and healing effect on our body.
- The order of the organs healing sound is: lungs, kidneys, liver, heart, spleen and Triple Warmer.
- It is best practiced before our nightly rest.

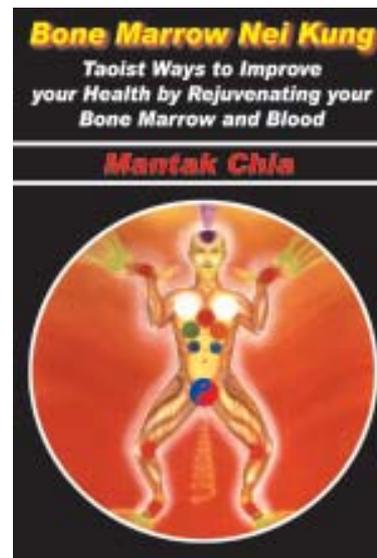
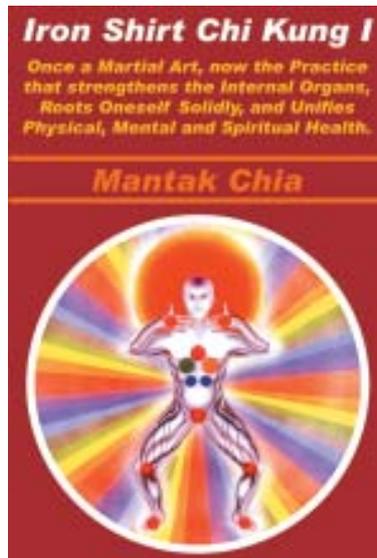
Please see more details in the book *Transform Stress into Vitality*. **Fig. 1.3** Six Healing Sounds



## Iron Shirt Chi Kung and Bone Breathing

Iron Shirt Chi Kung and Bone Breathing are systems of standing meditations. These exercises help ground and to root your connection into the earth force, building good structure and absorbing greater force. In turn, this will help draw in the heavenly force, which will combine with the 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" and "Bone Marrow Nei Kung" by Mantak Chia.*

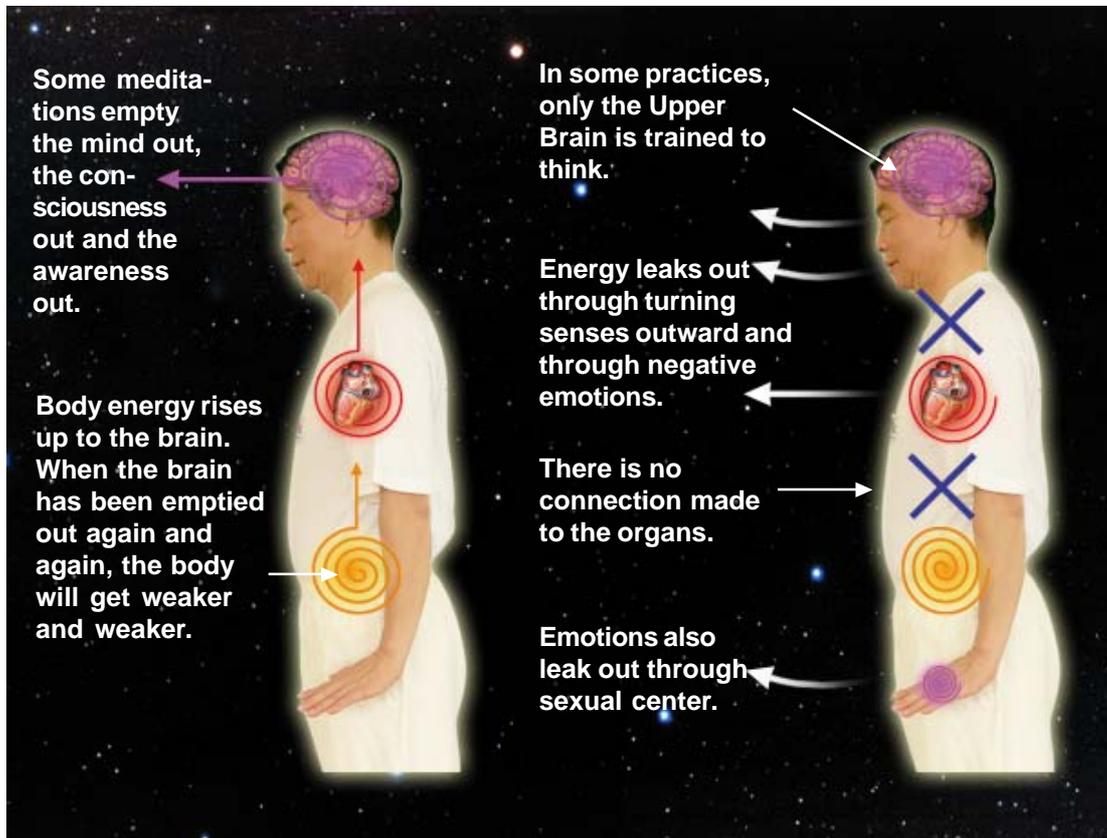


**Fig. 1.4** Iron Shirt Chi Kung and Bone Marrow Nei Kung Books

To attain skill in Cosmic Chi Kung, it is helpful to 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



**Fig. 1.5** Some practices attempt to reach enlightenment at the expense of the body. When we lose all energy we lose control of our own mind and spirit.

1. Conserving Chi. 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. 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 constantly drains our life force. We leak energy:
  - through our reproductive system
  - through negative emotion
  - through constantly turning our senses outward
  - poor diet, eating habits
  - improper or shallow breathing

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

2. **Balancing Chi.** Learning to balance Chi is the second step to keeping a smooth and harmonious 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 an excess or deficiency of heat, cold, damp or dryness. This imbalanced energy tends to make us go to extremes.
3. **Transforming Qi.** Transforming Qi is the third phase and allows practitioners access to 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. **Increase Qi.** 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. **Expanding Qi.** Finally, we learn to extend our mind to tap into the vast Chi of nature, the cosmos 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.

## Essence of Tao Practices

***“When a man smiles only with his eyes, not with his belly; do not trust him.”***

### Laughing Chi Kung

My wish is for everyone to be spiritually independent and connected personally to the Source, Cosmos, or Primordial Force in our common quest to return to Wu Chi (God). Through this process we can gain inner peace, happiness and compassion for ourselves and others. We can also develop the ability to heal ourselves and to serve as positive energy sources. Naturally, the first step is to be at peace with ourselves. Therefore, I now present this meditation, Laughing Chi Kung as a tool for strengthening the connection we have to ourselves and for opening to the abundant Chi available from the cosmos and for developing the skills of self-healing.

I remember one day practicing the many forms of breathing exercises I had learned. After practicing the whole day I had not finished and I thought to myself, why so many different breathing exercises, after all we have only one nose and two holes? At this point I started to laugh and laugh, and after a few minutes of laughing I felt more relaxed, more open and full of Chi than after a day of complicated breathing exercises. I realized that laughing is a natural and powerful method for calming the nervous system, stimulating circulation and digestion, activating the immune system and generating more energy. This is what this meditation practice and breathing technique is: laughing for our health. Laughing Chi Kung teaches us how to laugh from all the way down in our lower bellies, strengthening the deepest abdominal muscles, the diaphragm and the muscles of the pelvic floor, the urogenital muscles. When our lower abdomen is enlivened through deep belly laughing, we create a good solid home for our awareness and energy.



**Fig. 1.6** *Why are there so many breathing exercises when we only have only one nose with two holes?*

## Explanation of Benefits

When we laugh from the abdominal area, there is a vibration that moves through the body. This vibration will activate the heart, brain and the thymus gland. Laughing from our Lower Tan Tien, our second brain, stimulates all the functions of this area and activates the heart, brain and the thymus gland. Allowing the laughter to reverberate through the diaphragm, sternum, spine and all the organs feels like a real workout in the beginning. All the tensions we hold on that keep us in a state of contraction are vibrated from the inside and then start to release. You will feel an enormous relaxation in your abdomen and all the related tensions in the rest of your body start to release as well.

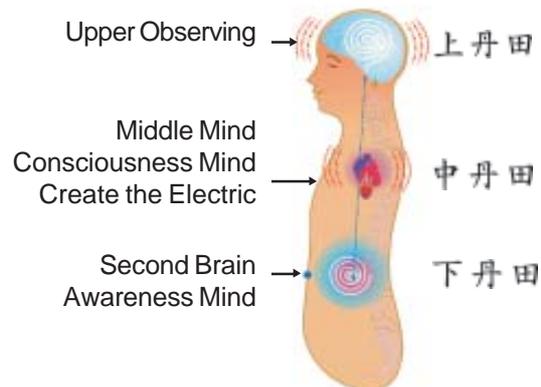
1. Increases the mind's attention, improves circulation.
2. Activates the diaphragm and the diaphragm activates the abdominal area.
3. Activates the Lymphatic System and improves the Immune System.



*Fig. 1.7 Laughing Chi Kung*

## Three Minds into One Mind 意 Yi

In the Tao practice it is important to understand the principle of the three minds. The upper mind, also known as the upper Tan Tien, resides in the brain. The upper mind is good for planning and detailed figuring but it is easily drained by thinking too much. The middle mind, or the middle Tan Tien, is centered in the heart. The heart is the seat of our consciousness. The lower mind, or the lower Tan Tien is in the lower abdomen and this is where our awareness resides. It is also the place to generate Chi. The three minds; the observing brain mind, also known as monkey mind, the conscious heart mind and the aware abdominal mind, can be fused together to form one mind which in Tao we call “*I*”. From this one mind we can do all of our thinking and sensing and connect to the cosmos and use a fraction of the energy needed when the upper mind works alone.



**Fig. 1.8** Empty your upper mind down to the Lower Tan Tien.  
Let awareness and consciousness combine together.

### Upper Mind, Monkey Mind

The Taoists refer to an over-used upper mind as the monkey mind. The monkey mind is never at rest and consumes an amazing amount of the body's energy, so it is important to train the upper mind to rest in the lower Tan Tien and work together with it. When the upper mind is over-active it will suppress consciousness and awareness, but when we fuse our minds in the lower Tan Tien we become conscious and aware of things we were never conscious or aware of before. When we let our upper mind rest, we conserve energy and improve our health and emotion and spiritual practice. With practice we can learn to charge the lower Tan Tien with more energy and in turn the lower Tan Tien will charge the upper brain. Cultivating Chi in the lower Tan Tien is the key to the whole Tao practice.



**Fig. 1.9** Monkey Mind is known as the Upper Mind

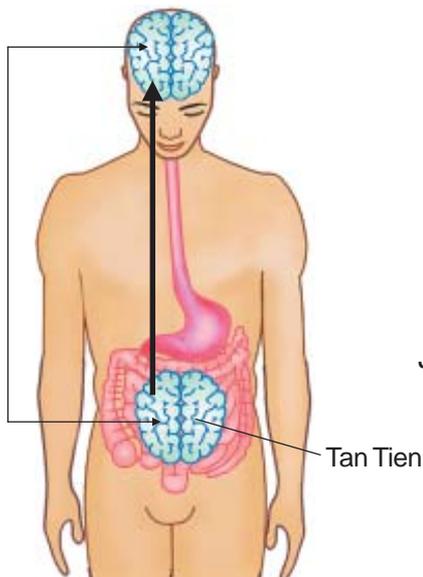
## Second Brain is a Key Concept in Tao Practice.

In the beginning of my practice with my master, I did not understand the Second Brain concept. My master taught me to lower and sink my mind down to the lower Tan Tien. Much later, I understood this when I read that western technology had discovered that the nerve endings in the stomach and intestines, especially those that are related to emotional responses, are the same as those in the upper mind. By just dropping your energy down and smiling to the Lower Tan Tien you can activate your observing mind, conscious mind and awareness mind.

The west has been aware of the second brain for the last one hundred years. It still does not realize exactly how to use it as a conscious element of the human organism. The second brain is located in the regions of the small and large intestines. These carry the same kind of neurons and tissue as the first brain in the head except that they are larger in size and consume less energy. The second brain can perform many of the tasks of the upper brain.

The Taoists call this lower brain, situated in the abdomen, the Lower Tan Tien. This second brain has all the properties of the normal higher brain. In the west we refer to it as our guts. The west has now recognized the existence and importance of this second lower brain and how the higher and lower brain interact.

- The lower brain can be trained to think.
- The lower brain uses much less energy than the upper brain, and it can help us to take care of our daily work.
- Through practice, the lower brain can charge the upper brain with energy.



*“Complex and Hidden Brain in the Gut”  
Makes Stomach Aches and Butterflies*

*The New York Times  
Tuesday, January 23, 1996*

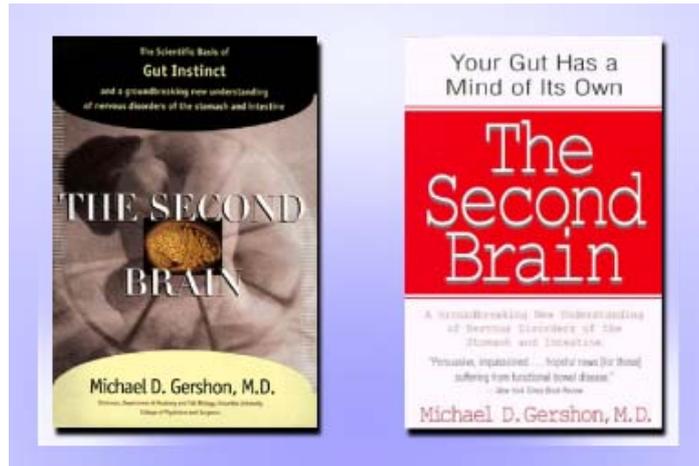
*The gut has a mind of its own.  
Just like the larger brain, this system sends and  
receives impulses, records experience and  
responds to emotions.*

*The gut can upset the brain and the brain  
can upset the gut.*

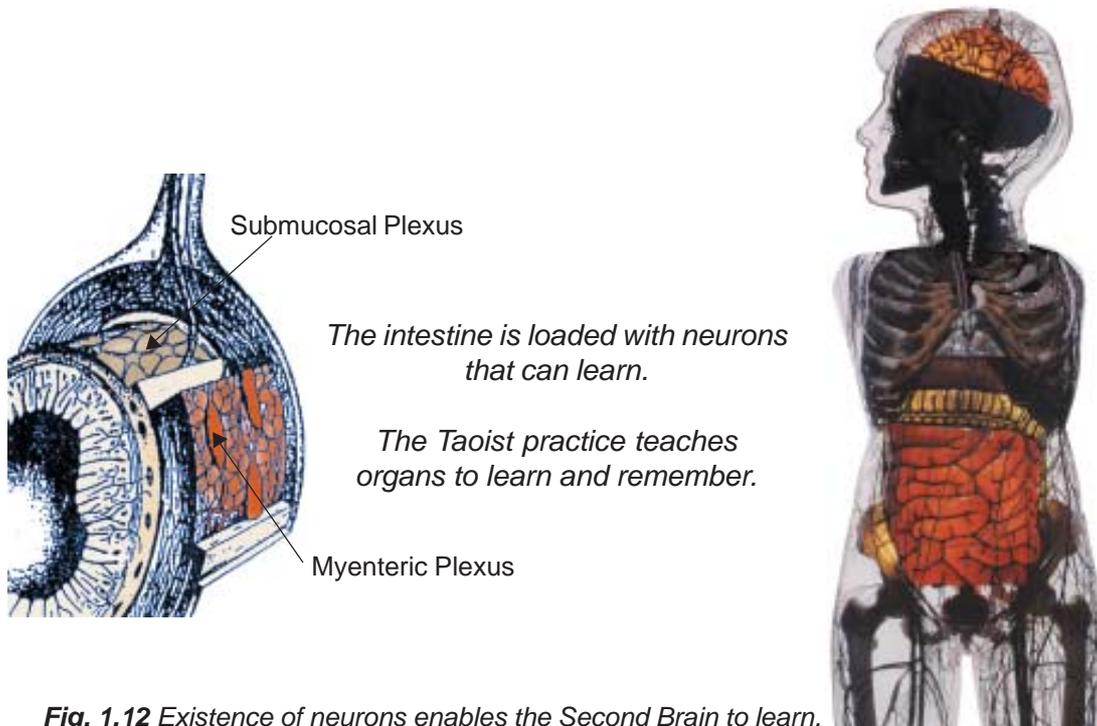
**Fig. 1.10** Brain Power of the Tan Tien - The Seat of the Awareness Mind

**Studies are also taking place in the West on the Tan Tien Mind.**

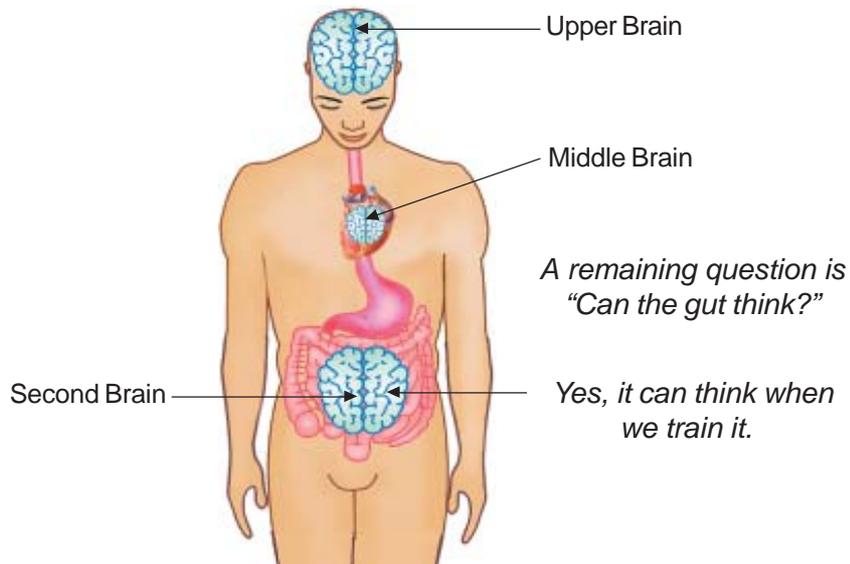
In his book *The Second Brain*, Gershon describes how this second brain has been known in the west since for over 100 years, but that people really did not know how to work with it. The Taoists have worked with this brain for 5000 years. The major practice is to "lower" the higher brain into the lower brain. This allows the higher brain to rest and recover. The higher brain uses a relatively larger amount of energy and resting it also saves energy. The lower brain can attract energy from the universe and charge the higher brain or other parts of the body.



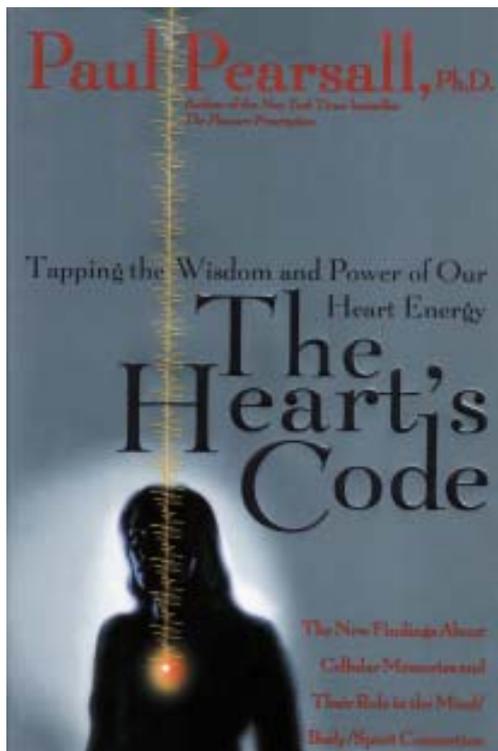
**Fig. 1.11** Books about the Second Brain by Michael D. Gershon, M.D.



**Fig. 1.12** Existence of neurons enables the Second Brain to learn.



**Fig. 1.13** Taoism believes in the thinking capability of the Second Brain.



**The Middle Brain, the Conscious Mind**

*The heart has its own brain, the conscious mind.*  
The Heart's Code by Paul Pearsall, Ph.D.

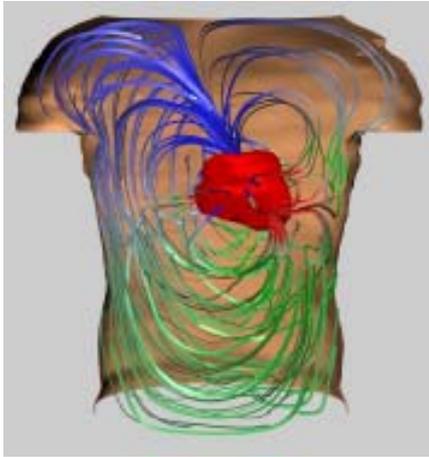
Taoism believes that the heart (Middle Tan Tien) is a "Mind", the seat of the conscious mind. The heart refines the spirit and then manifests in radiance of the spirit. The heart is known as radiant and shining heart. The nature of the heart governs and exerts authority on the other organs.

The Heart That Found Its Body Killer  
Page 7

Cellular Memories and a Thinking Heart

An eight-year-old little girl received the heart of a murdered ten-year-old girl. This girl started screaming at night about her dreams of the man who murder her donor. Her mother said her daughter knew who it was. Her mother and the psychiatrist finally decided to call the police and, using the descriptions from the little girl, they found the murderer. Everything the little heart transplant recipient reported was accurate e.g. the time, the weapon, the cloth.

**Fig. 1.14** The heart has its own brain, the conscious mind.



“These images show the use of ribbons to model the current paths inside the thorax. The colors along the ribbons indicate potential (red indicates positive, blue indicates negative)”.

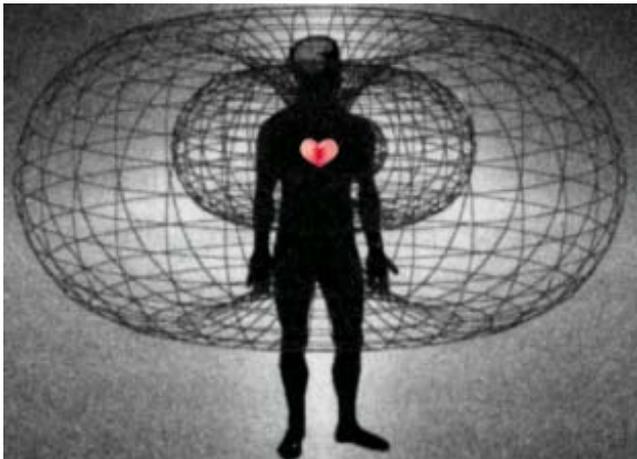
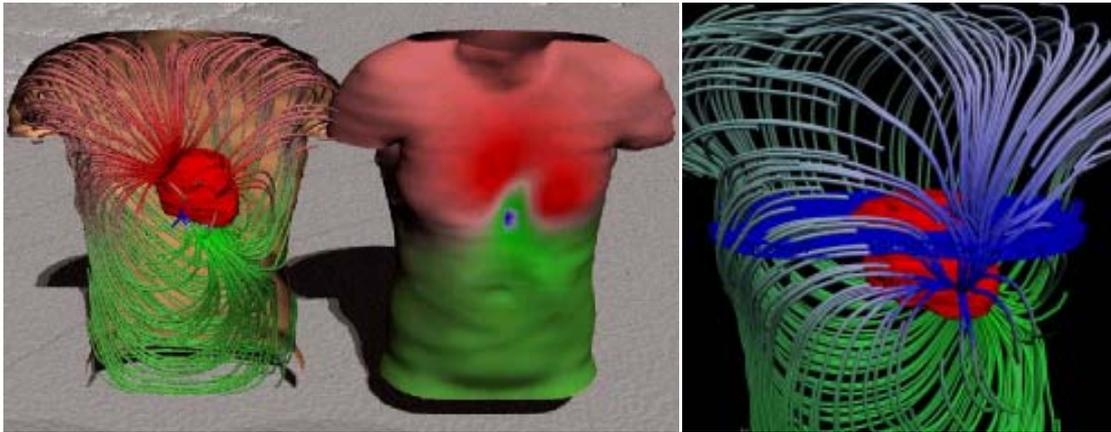
picture from:

[www.sci.utah.edu/sci\\_images/pages/track266.html](http://www.sci.utah.edu/sci_images/pages/track266.html)

[www.ncsa.uiuc.edu/pubs/access/95.1/mapping](http://www.ncsa.uiuc.edu/pubs/access/95.1/mapping).

The electricity manifests as an electrical field within and around the body, subtle but detectable.

*Electric Current near the Heart*



Recent research has revealed that the heart generates a strong electromagnetic field within and around the body. The electrical field is shaped like a donut, or torus, similar to the biomagnetic field of the human aura, and the geomagnetic field of the Earth. When we feel love and compassion, the heart will radiate and shine to all the cells of the body and radiate out to people around us.

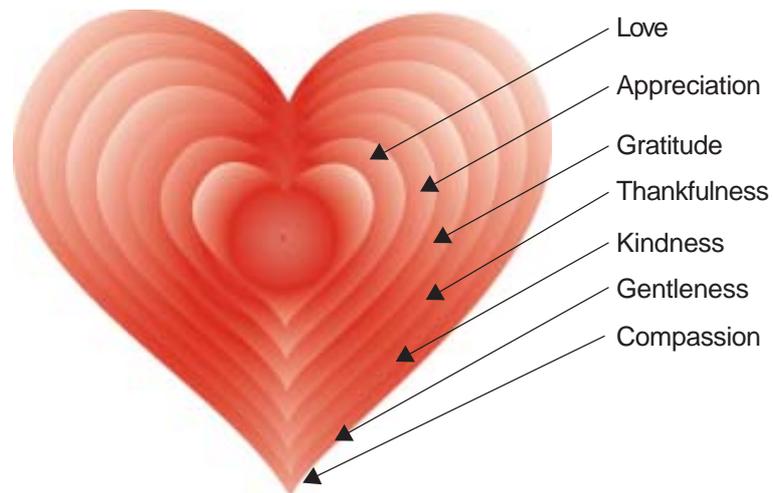
*Fig. 1.15 Schematic of the Heart's Magnetic Field, the Radiant Heart*

The axis of the heart's electromagnetic field is tilted at an angle to the body axis, similar to the tilt of the Earth's magnetic field. In the Tao, we believe that the heart tilts 45 degrees towards the North Star and that the North Star exerts a strong pull on the heart.



**Fig. 1.16** Axis of the heart's electromagnetic field

In the Tao, we believe that the heart fibers are bundled into seven layers which generate seven electromagnetic fields and seven states of compassion energy.



**Fig. 1.17** Generation of seven electromagnetic fields

## Laughing Chi Kung

### Six Step of Laughing Chi Kung

1. Generate Chi with laughing
2. Increase the Chi by spiraling
3. Chi rises to the crown and the nostrils open
4. Gather the Chi in the lower Tan Tien
5. Collect the Chi
6. Store the Chi

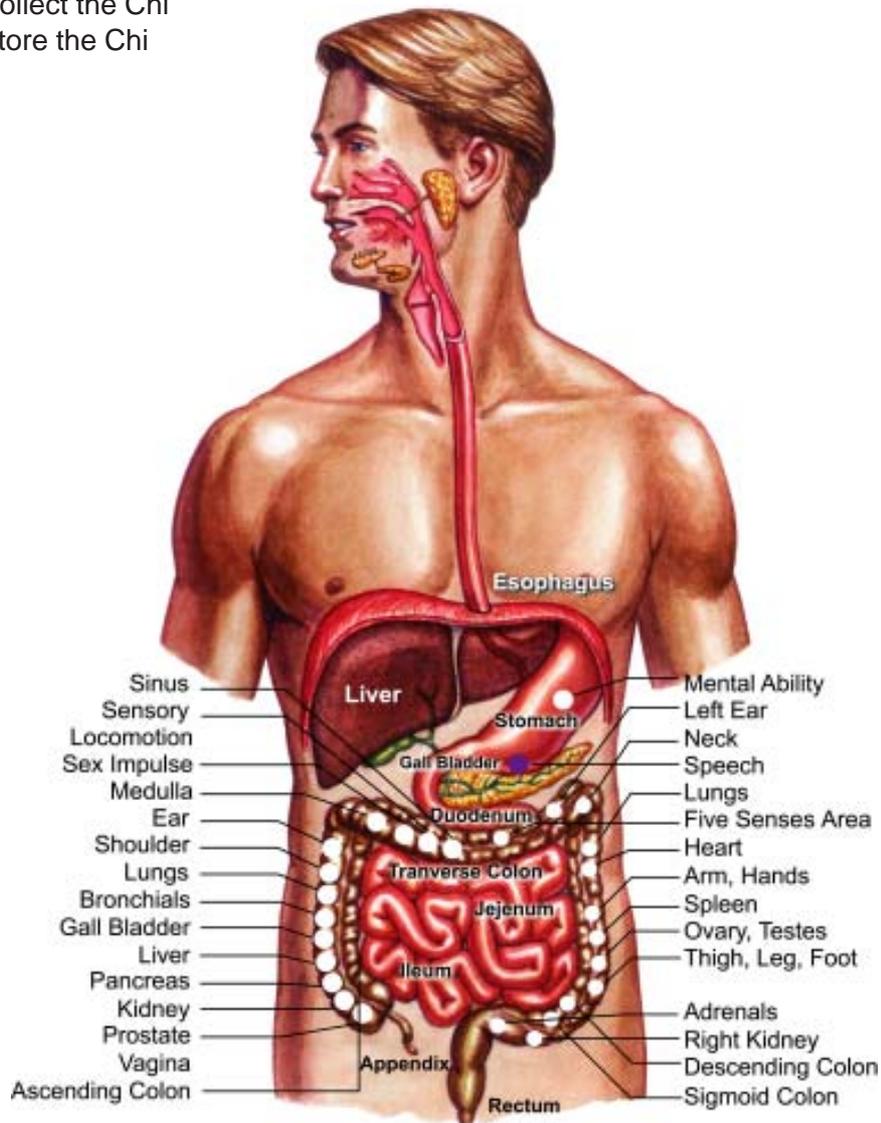
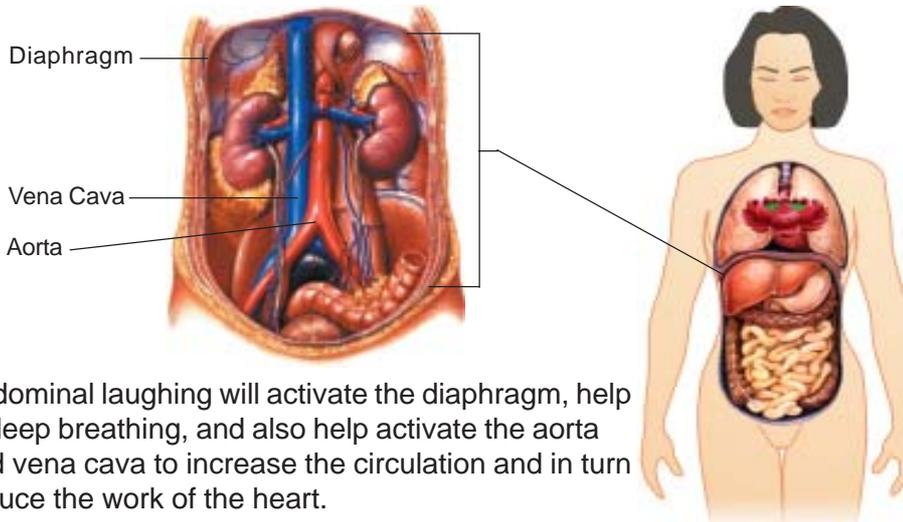


Fig. 1.18 Reflex Points of the Colon

### Step 1: Generate Chi with Laughing

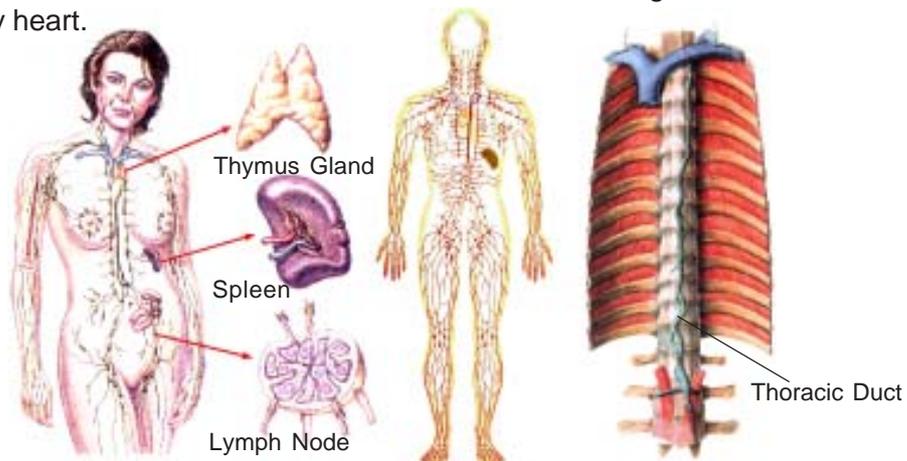


Abdominal laughing will activate the diaphragm, help in deep breathing, and also help activate the aorta and vena cava to increase the circulation and in turn reduce the work of the heart.

**Fig. 1.19** Activate Diaphragm.

Many reflex points in the large intestine become stimulated with laughter. When the reflex points are stimulated, this has a beneficial effect on the corresponding organ.

Abdominal laughing exercises your diaphragm. When your diaphragm moves more easily this assists the lungs to breathe deeper and more fully. When the muscles in your belly tighten, the pressure in your abdomen increases. This squeezes the arteries and veins and moves the blood. When the muscles release and your belly expands it creates a vacuum for the major veins and arteries, the vena cava and the aorta, which attracts blood. This mechanism acts like a second heart, and lightens the workload for your primary heart.

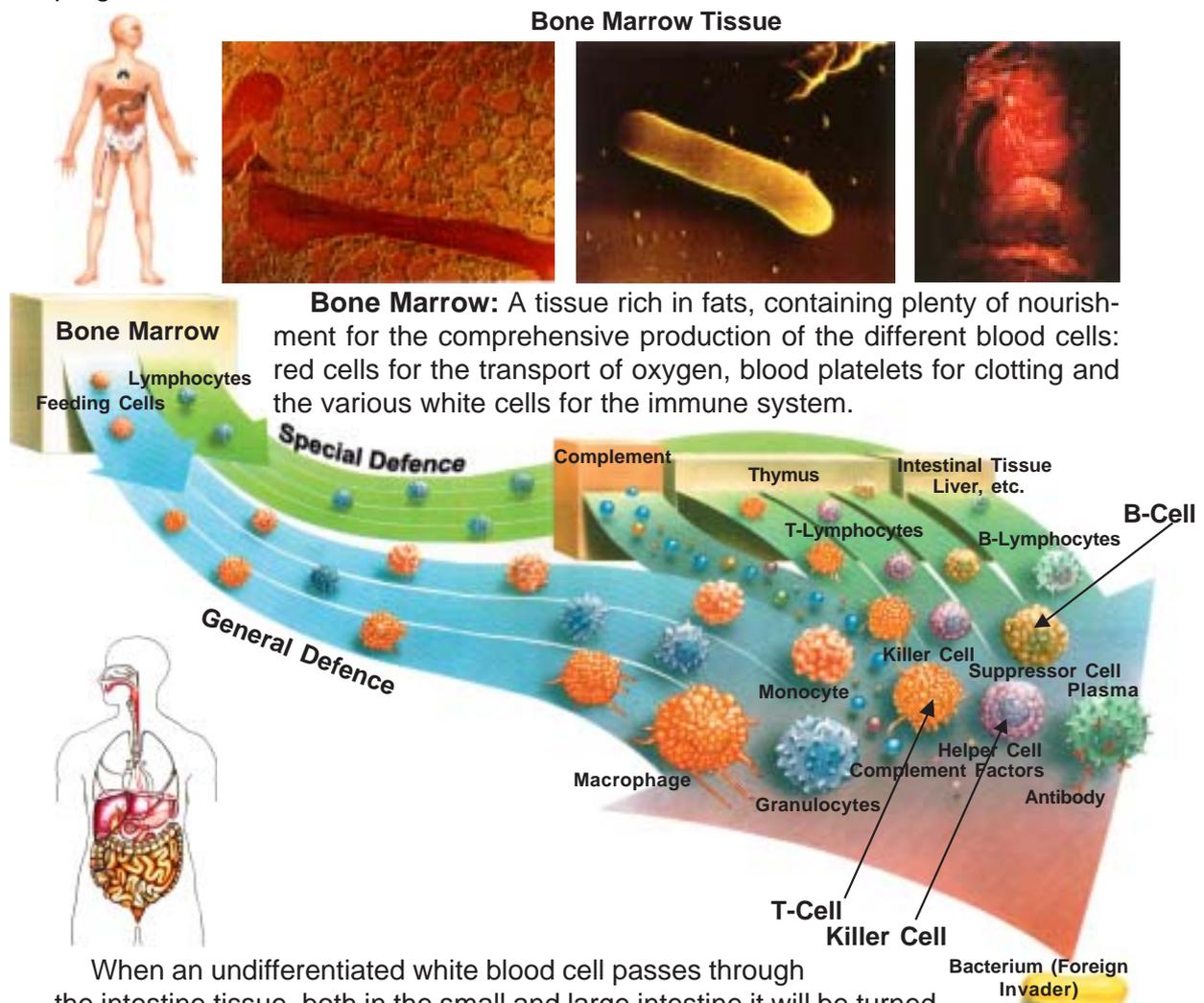


**Fig. 1.20** Activate the Lymphatic System and improve the Immune System.

Laughing out loud also activates the blood stream, which will affect the thymus.

**Thymus:** The thymus gland is perhaps the most important organ of the immune system. In it the vital training of the different T-lymphocytes takes place to activate the immune system.

Laughing will activate the blood stream and vibrate the thymus gland let blood flow through the thymus gland, when white blood pass through the gland it will insert the program and white blood cell become T-cells.



**Fig. 1.21** Bone Marrow, Bacterium and Thymus

## Step 2: Increase the Chi by Spiraling Spinning the Energy

After each session of laughing we spend time spinning the newly generated energy in the lower Tan Tien. Spinning or spiraling the energy attracts more energy from the cosmos around us. At first we actively spin and spiral ourselves. Later, when we become more aware of the spinning and spiraling deep inside us and in the larger cosmos around us, the spinning and spiraling will happen spontaneously. Just being aware of this enables us to tap into enormous sources of energy.

Even greater speeds are attained through the spiraling of the Milky Way galaxy moving at enormous speeds through the universe. These speeds affect us in some way. Internally at the atomic level, everything spins in similar patterns. These movements influence each other and energy is transferred. The Taoists believe that becoming aware of all these internal and external spins and spirals allows us to constantly attract energy from the universe.

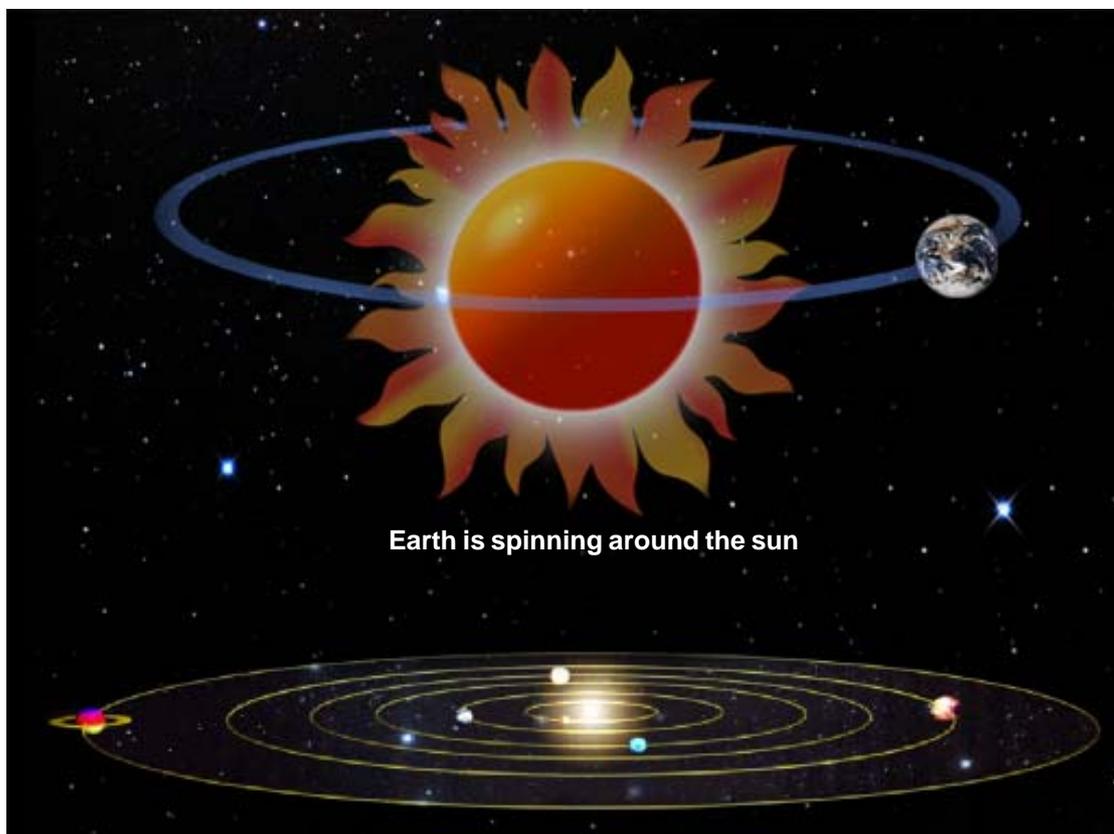


*Fig. 1.22 Spinning Energy*

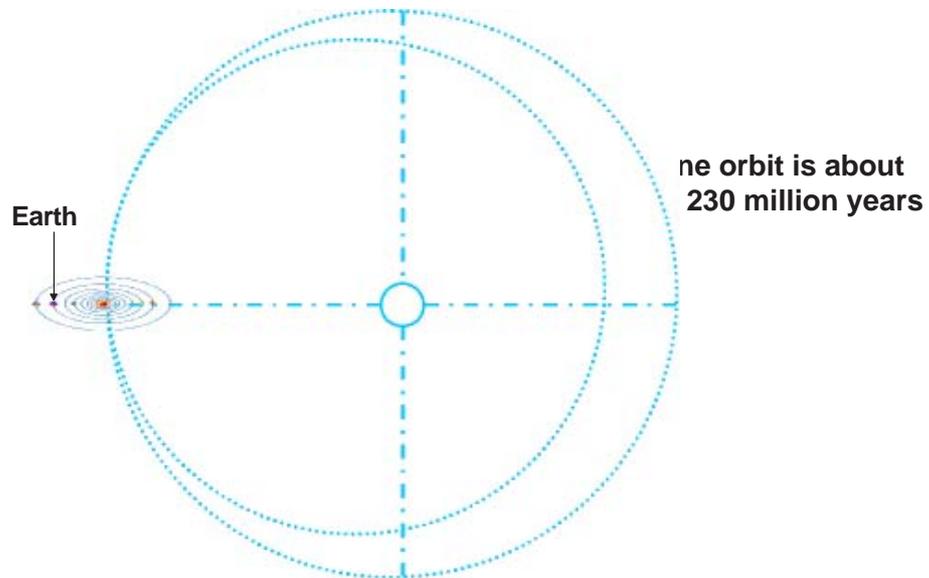
## How fast are you moving?

Spinning is an important concept in Taoist practice. Everything around us spins and often emits strong electromagnetic charged fields. We live in a spinning universe. All energy spins. In Taoist practice we must establish ourselves in the spinning universe, have our own spin to create our own identity and to be able to make contact with it.

For example, every point at the Equator moves at about 1000 miles per hour as the earth turns on its axis in 24 hours. Moreover, the earth moves around the sun in huge annual orbit. As the earth hurtles around the sun it has a speed of 67,000 miles per hour. This creates a spinning force and a force to draw more power from the Cosmos.

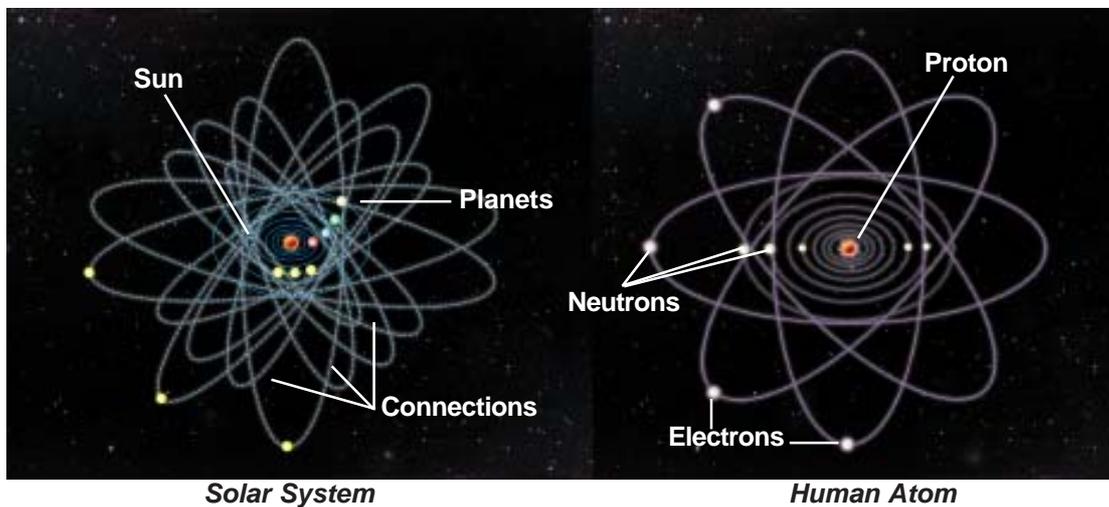


**Fig. 1.23** The Earth and Planets are moving around the Sun at 67,000 miles per hour.



**Fig. 1.24** In addition the sun moves around our galaxy in space taking the whole solar system with it.

Within the solar system there are many planets all circling around at great speed and influencing each other. It is amazing the planets do not bang into each other.



**Fig. 1.25** Atomic Structure and Solar System Structure look similar.

There are similarities between the solar system and our atom, with our atom spinning around a central point in an elliptical orbit. We have 6.5 trillion cells and each cell atom is spinning. The combined force of the spinning can generate tremendous power.

When we put these two together they look very similar. This shows how our atoms are continually moving and spinning and are influenced by the solar system.

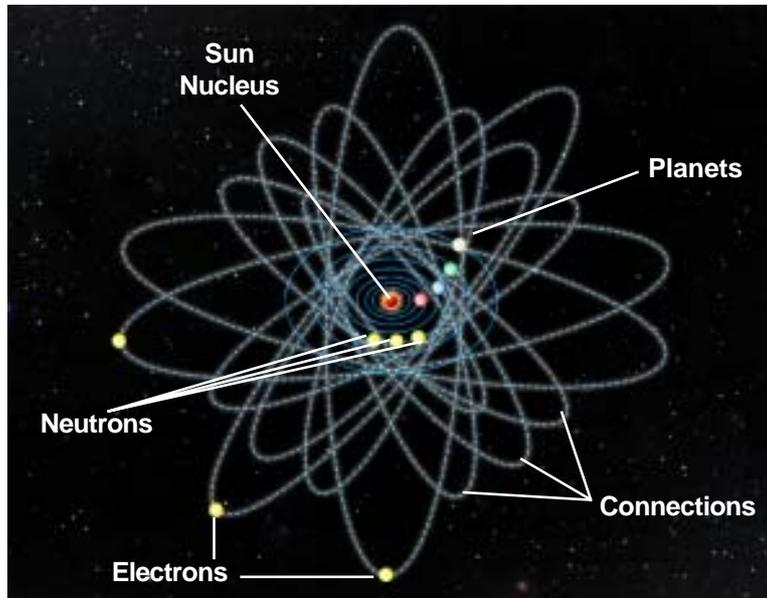


Fig. 1.26 Human Atom and Planets

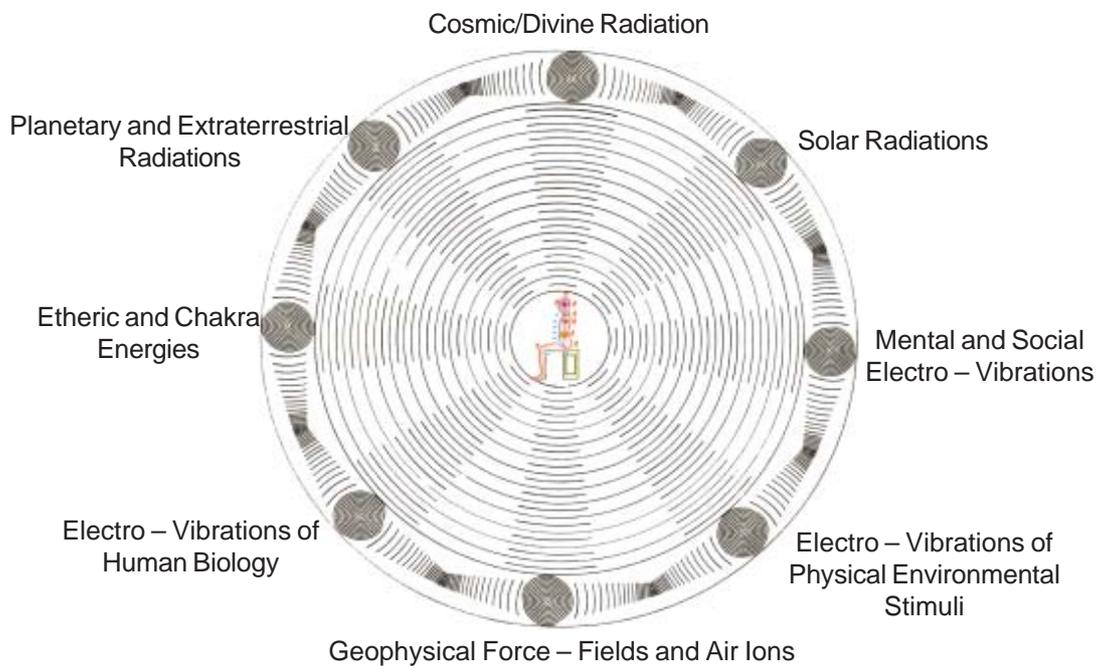


Fig. 1.27 With the Cosmic/Divine Radiation Fields we are contacting and receiving cosmic energy all around us.

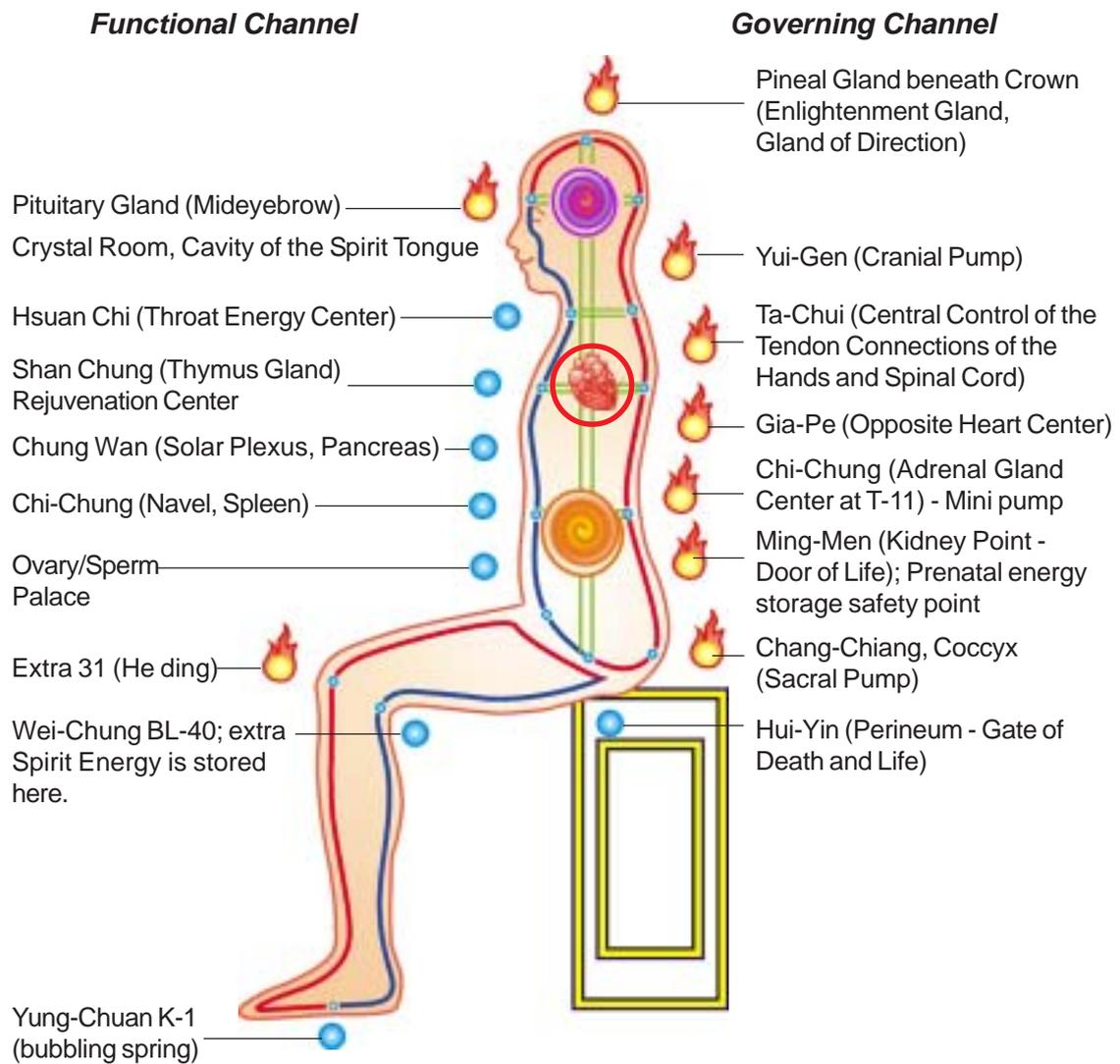
The earth and many objects in the stars, planets and space emit an electromagnetic field. We are exposed to many such fields. The individual spin and fields enable us to communicate with the rest of the universe and exchange energy with it. We call this the Cosmic Orbit. The cosmic force and our cells are made of the same material which can help enhance the spinning.



**Fig. 1.28** Cosmic forces flow to us and the world.

## Cosmic Orbit Turning the Wheel

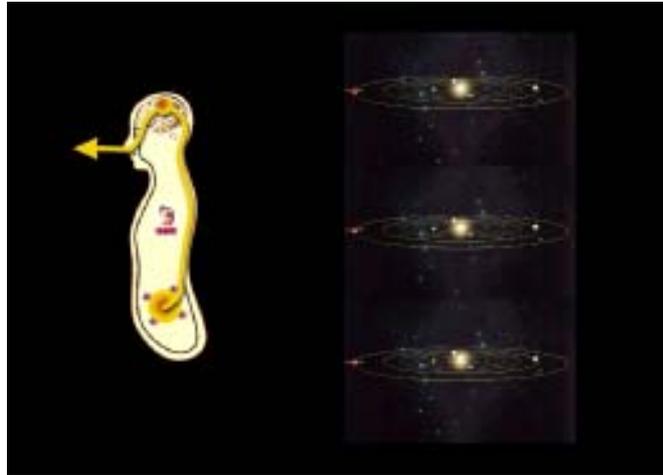
Moving the Microcosmic Orbit is another spin of energy also known as turning the wheel.



**Fig. 1.29** The Orbit turn in our body. Turning the Wheel

### Step 3: Chi rises to the Crown and the Nostrils Open

Our body with its 6.5 trillion cells is like the universe with its stars, so it is easy to see how the moving of the Cosmic Orbit or Turning the Wheel, is very important to synchronize our body with the movement of the universe. Once we can feel the spin in the lower abdomen the middle mind will spin also. This is similar to three solar system spinning. When this spinning falls in the tan tien it will raise up to the crown and push down to open the nostrils.



*Fig. 1.30 The Three Tan Tiens are just like the solar system or galaxy turning and spinning inside us.*

### Born Again Process

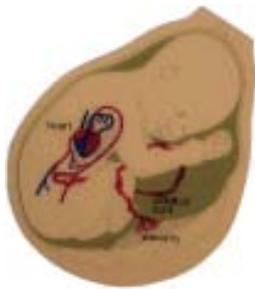


*Fig. 1.31 In many Taoist practices we return to the baby stage and make the connection to the Universe from the umbilical cord.*

### Place Tongue to the Root of the Mouth

Before a baby is born, it gets food and oxygen from its mother via the placenta. The baby's blood flows through the umbilical cord to the placenta, where it receives food and oxygen from the mother's blood. This circulation is the same as the microcosmic orbit.

After the baby is born, it breathes in oxygen through its lungs and starts to eat and digest its own food. Its blood circulation changes so that more blood flows to the lungs and gut. The baby no longer needs the placenta, so this is removed by cutting through the umbilical cord. The body starts to move the orbit by itself. When get older, the microcosmic orbit will gradually stop.



**Fig. 1.32** Before the Baby is Born



**Fig. 1.33** After the Baby is Born

See how this a one month old child already holds its tongue against the roof of the mouth and so makes it possible for the cosmic orbit to move. It is believed that children do this in the womb.



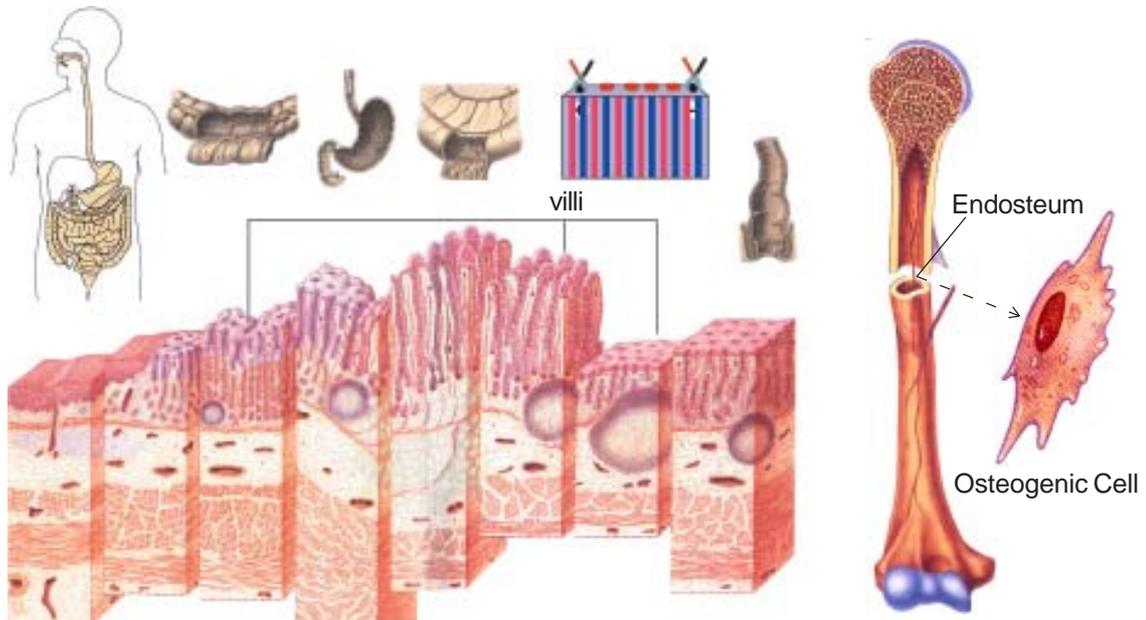
**Fig. 1.34** Babies automatically place their tongues up to the palate, just as they do in the womb. This is the connection of the cosmic orbit, the Chi Bridge.

### Steps 4, 5, 6: Gathering, Collecting and Storing the Energy

Collecting and storing the newly generated energy is an important part of the Laughing Chi Kung practice. After each session of laughing we collect and store the excess energy in the Lower Tan Tien. With continued practice, the Lower Tan Tien becomes very alive, and we feel more centered within ourselves. The Lower Tan Tien conserves and store our energy and when another part of the body needs an energy boost it can draw on this storehouse of energy. Scientists have discovered that the villi in the large and small intestines have properties that are similar to a storage battery. Through hundreds of years of practice the Taoists have discovered that bones and cells can also store energy.

#### Electrical Polarity is in our Intestines. Villi serve as the Storage Battery of our Energy in the Lower Tan Tien.

The body can store an instant form of energy like “Chi” or “Ki” in the Lower Tan Tien. The only other way we can store energy is in the form of fat. We can activate the energy in fat by fasting. However, often then the body panics and, as soon as we eat again, it tries to store even more energy in the form of fat. There are also other ways to store energy Chi, for example in the bones. But we always have to begin with storing energy in the Tan Tien.

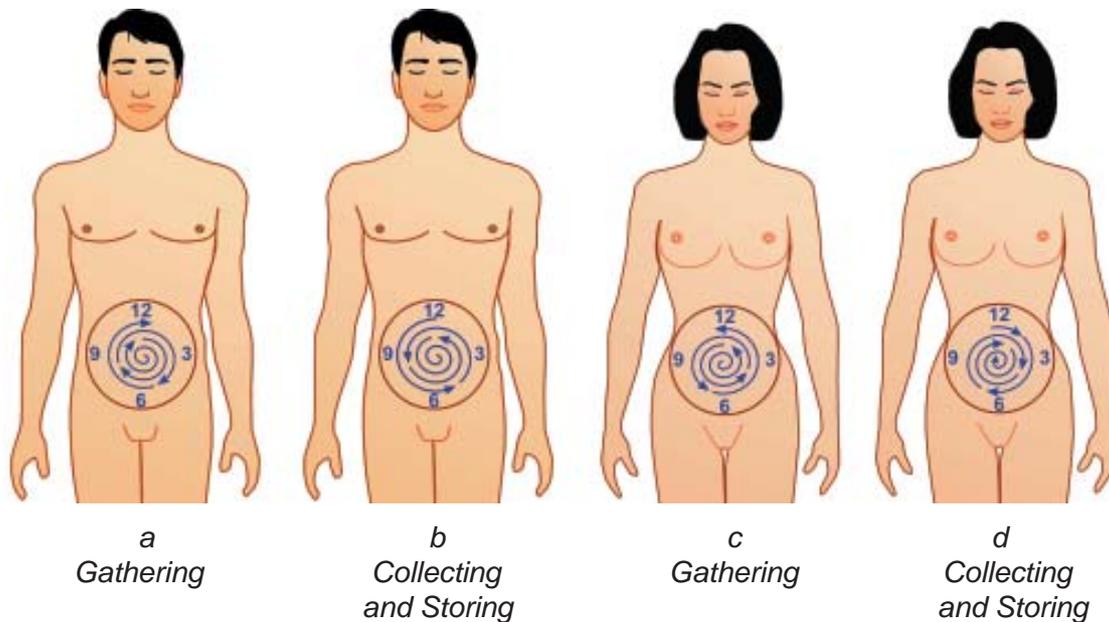


**Fig. 1.35** Energy in Lower Tan Tien and Bone Cells

**Note:** The villi in the intestines act like cells in a car battery. Bones and cells also can store energy.

### Gather, Collect and Store the Energy

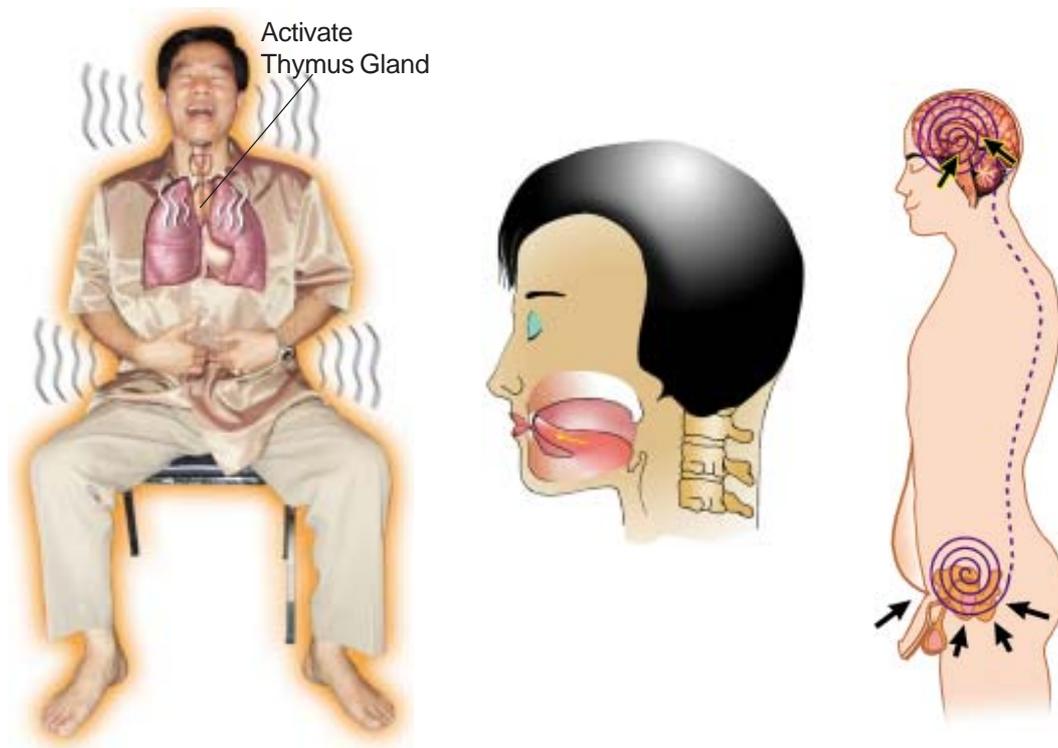
At the end of a laughing meditation or practice, we want to collect the energy in the Lower Tan Tien so we follow a specific procedure. Men follow the energy outward as it spirals clockwise 36 times and next bring in the energy, spiraling counterclockwise 24 times. Women first spiral outward counterclockwise 36 times and then collect the energy, spiraling clockwise 24 times. In Tao practice, the gathering and storing of energy is very important. Energy can be stored for everyday use, for emergencies or used to protect the body from sickness.



**Fig. 1.36** a. Men collect the energy by spiraling outwardly from the navel 36 times clockwise.  
b. Then they spiral inwardly 24 times counterclockwise, ending at the navel.  
c. Women collect the energy by spiraling outwardly from the navel 36 times counterclockwise.  
d. Then they spiral inwardly 24 times clockwise, ending at the navel.

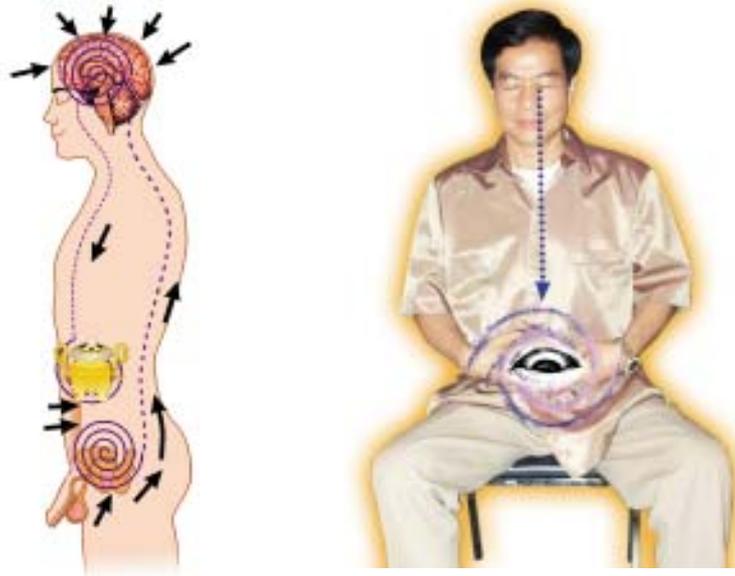
## Boisterous Laughing

1. Place your hands over your lower Tan Tien and laugh loudly from your belly. Feel your laughter shake the sternum and the lower abdomen and reverberate deep inside your body. Continue laughing for five minutes.
2. Rest and place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
3. Guide any excess Chi in your body to the area behind your navel and in front of the kidneys.
4. Turn the eyes down to the lower abdomen. Spiral counterclockwise like the earth spiral around the sun. Keep on spiraling until the area becomes warm and fill with Chi, and the Chi starts to move by itself up to the crown, then pushes down to the nose. Feel the nose open and breathe deep as the Chi starts to flow down to the tongue. This will help open the orbit.



**Fig. 1.37** *Laughter Shake*

5. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.



*Fig. 1.38 Turn mind and eyes down to lower abdomen.*

### Giggling

Rest at the lower abdomen and start to laugh again.

1. Place your hands over your lower Tan Tien and giggle from your belly. Feel your laughter shake and reverberate throughout your body. Continue laughing for five minutes.
2. Rest and place the tip of your tongue on the upper palate. This allows the energy in your head to drop down to your Tan Tien.
3. Guide any excess Chi in your body to the area behind your navel and in front of the kidneys.
4. Turn the upper mind down.
5. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.



*Fig. 1.39 Giggle from your Belly.*

## Silent Giggling

### Hit the belly drum, feel it vibration inside.

1. Place your hands over your lower Tan Tien and giggle silently from your belly. Feel your laughter shake and reverberate throughout your body. Continue laughing for five minutes. Rest feel energy rises up to the crown.
2. Rest and place the tip of your tongue on the upper palate. This allows the energy in your head to drop down to your Tan Tien.
3. Guide any excess Chi in your body to the area behind your navel and in front of the kidneys.
4. Gather the excess energy in your body by spiraling the energy around the navel 36 times outward and 24 times inward. Men spiral clockwise outward and counterclockwise inward; women spiral counterclockwise outward and clockwise inward. You may use your hands to help you spiral. Feel as though your intestines are physically spiraling.
5. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.
6. Hold both hand near your heart and smile to the heart, breathe into the heart, and feel the heart calm. Feel peace, and feel that all three Tan Tien are alight together.

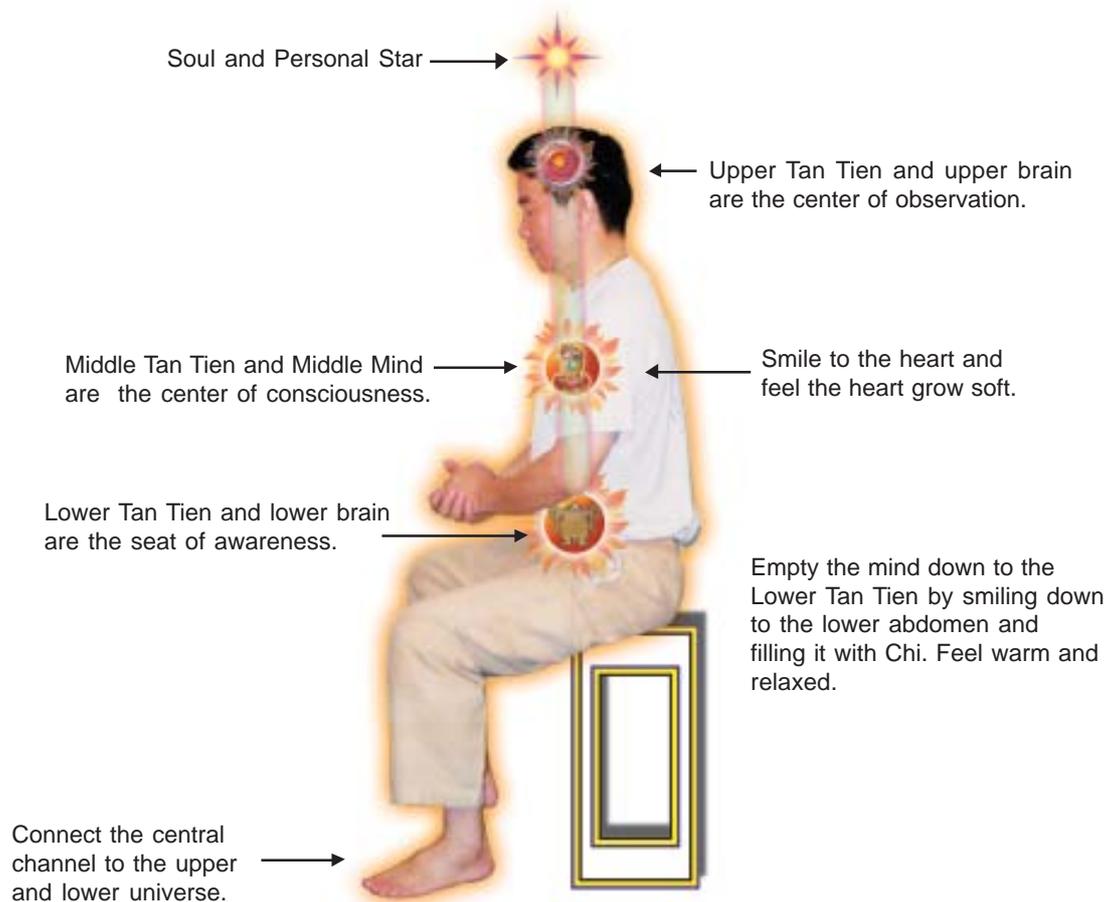


*Fig. 1.40 Silent Giggling*

## After the Laughing

Sit comfortably near the edge of your chair with your feet flat on the floor. Relax your body while maintaining the alignment of your spine. Be aware of your star above your crown. Breathe from your lower abdomen. Smile to your heart and feel your heart grow soft. Move the energy from your heart down to your Lower Tan Tien. Feel your three minds rest in your Lower Tan Tien. Be aware of your Tan Tien filling with Chi.

1. Smile and breathe to connect with your personal star. Be aware of your mideyebrow in front of you and be aware of a good feeling (smiling face, a nice place, your favorite thing). Smile at this and breath into the mideyebrow and into the brain for 36 breaths.



**Fig. 1.41** Empty your mind down to the Lower Tan Tien.



**Fig. 1.42** Smile and breathe in the good feeling to connect with your personal star.

2. Be aware of your heart, smile into the heart and make your heart feel soft. Breathe this good feeling into the mideyebrow and down into the heart. Smile and feel good, keep breathing for up to 36 breaths.



**Fig. 1.43** Breath down the good feeling into the brain and smile down to the heart and make your heart feel soft.

3. Be aware of the Lower Tan Tien, breathe into this good feeling from the mideyebrow and down to the heart and to the Lower Tan Tien. Feel warm and good and again breathe into this feeling 36 times.



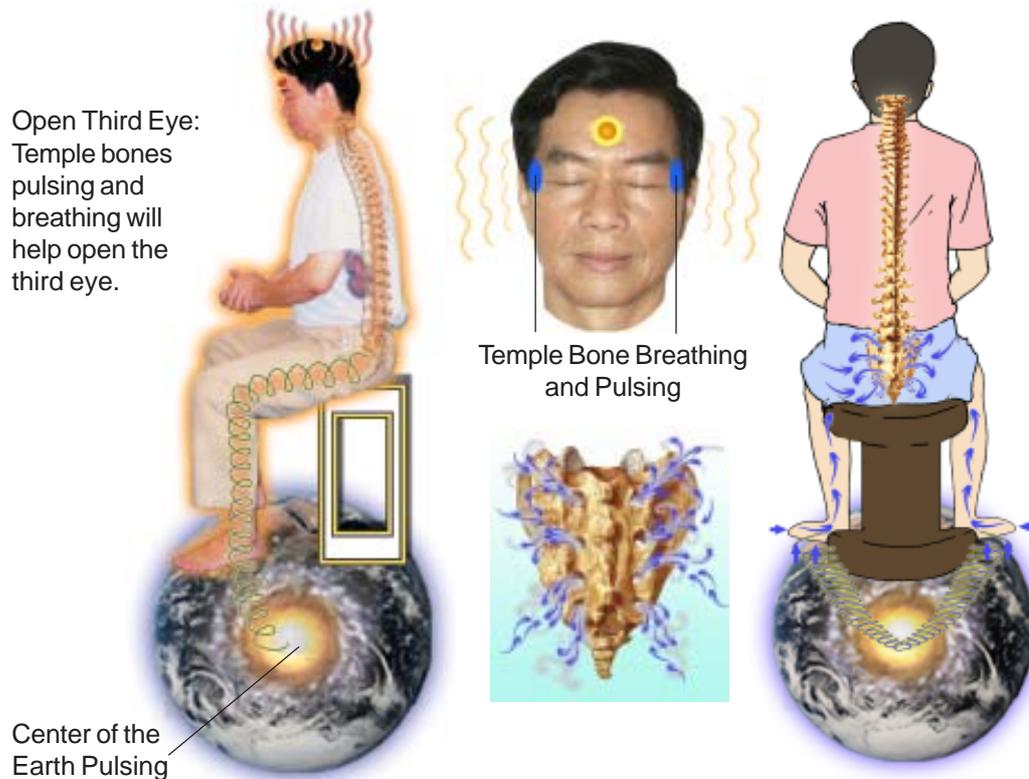
*Fig. 1.44 Breathe the good feeling down to Heart and to the Lower Tan Tien.*

### **Soles of the Feet, Sacrum and Bone Breathing**

The sacrum controls all the bones and bone marrow in the body, so, by working on your sacrum, you work on all your bones.

Be aware of the soles of the feet and feel the soles breathing. Keep breathing and feel the center of the earth also pulsing and breathing.

1. Be aware of the soles of the feet breathing. Touch your sacrum and feel your sacral holes breathing and pulsating together with the soles of the feet.
2. Become aware of the bone marrow inside your sacrum.
3. Feel the Chi rise up from the earth to the soles, then up to the sacrum and activate all the vertebrae in your spine and up to the crown, pulsing and breathing.
4. Feel the Chi activate your temporal bones. Feel them pulsing and breathing; the temple bones connect to the third eye when activated.
5. Become aware of your third eye (between your eyes) and feel your third eye open. The third eye is a major opening for receiving cosmic energy.
6. Rest and enjoy the feeling of being both quiet in your body yet energized at the same time.



**Fig. 1.45** Soles of the Feet and Sacral Holes Breathing and Pulsating

Practices of Taoism have three main goals:

1. Learning to heal, love and be kind to ourselves as we develop compassionate hearts and a wholeness of being.
2. Learning to help, heal and love others using the abundance of healing and loving energies we receive from the forces of nature, heaven and earth.
3. Learning about our Original Source and helping it to unfold within us.

## Summary

1. Start with 3 ways laughing each 5 minutes. Rest and spin all the Chi. Move it up to the crown and open the nostrils.
2. Tongue up to palate and let Chi down to heart center and down to mind center.
3. Smile to the heart make it soft and calm breathe to the heart and feel the Three Tan Tien spiral.
4. Breathe into the mideyebrow and down to the heart, and finally down to the Lower Tan Tien.
5. Do sole and sacrum breathing, feel the sacrum activated and the energy raising up the spine to temple bones activating the temple bones and opening the third eye.

## Chapter 2 Powers of Ten - Universe and the Human

We have included an extract from this wonderful publication due to its relevance to the Cosmic Orbit and the intrinsic and boundless relationship with the Tao. We have made a few adjustments to the annotations, in our attempt to clarify and enhance understanding from a slightly less scientific point of view.

'Powers of Ten' is a true masterpiece, an enlightened work of divine comprehension. It demonstrates natural progressions, transitions and the cyclic nature of things, leading us through the realms of infinity.

The 'outward' explosion merges with the 'inward' implosion, creating the inner eye of a non-vacuous nothingness.

"There is no need to go anywhere or do anything to know the ways of the world".

The macrocosm and the microcosm merge in Heavenly intercourse. ***Our cells and atoms have a very close relationship with that of the cosmos.***

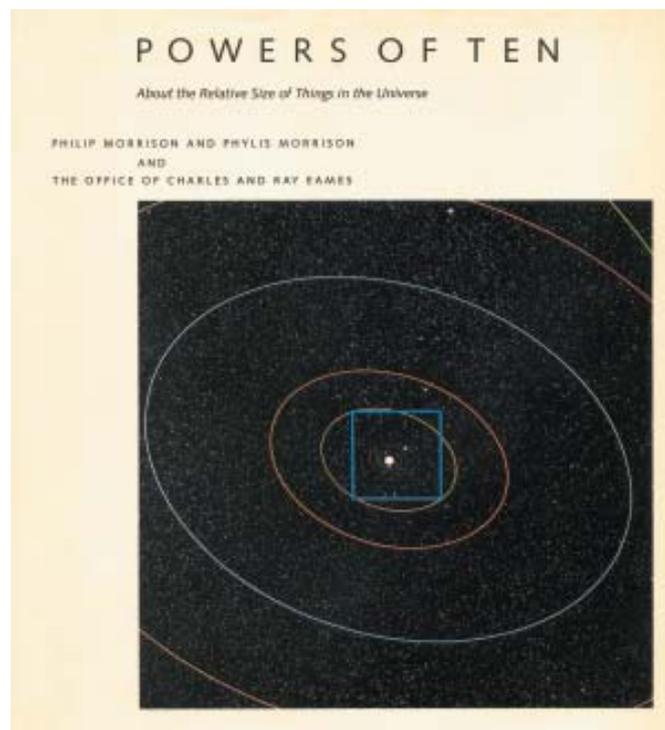


Fig. 2.1 Book Cover of Powers of Ten

These next pages are a series of pictures taken from the book called Powers of Ten. By Philip Morrison and Phylis Morrison. First it shows a picture of space very far away, 1 billion light years away and in each consecutive picture the distance is lowered by a factor of 10. Gradually we get to our galaxy, the Milky Way, and to the solar system in it. From there to Earth, to a specific location on Earth (Lake Michigan) and to two people lying on the shore of the beach of this lake. The pictures zoom in on the couple, a hand, the skin and as the zoom is increased, to a cell, the gene chromosomes, etc. We seem to get a remarkably similar picture as we zoom in on the microcosm and as we expand our vision to the macrocosm. At both extremes there is much emptiness or void. This is the ultimate source of things as the book firmly describes, "As above so below." Our cells connect to the cosmos.



**Fig. 2.2** 1 Billion Light-Years  $10^{25}$  Meters

Most of 'space' is empty. At this scale, the distribution of matter is roughly uniform; there is virtually no pattern or structure.

Most of 'space' looks as empty as this, the glow of distant Galaxies like clotted dust. This emptiness is normal. A tenfold larger view would show no new structure, no new void; the universe is roughly uniform at such dimensions. This view will dim slowly, for a few billion years at least, as the faint clusters drift farther apart.



**Fig. 2.3** 100 Million Light-Years  $10^{24}$  Meters

We look toward our distant home in the Milky Way. But we see mostly one large intervening cluster of Galaxies, called the Virgo Cluster. Galaxies as a rule associate into orbiting clusters and groups. There is reason to believe that our Milky Way is itself an outpost of the big Virgo Cluster, responsive to its steady gravitational pull: part of a super cluster. Out there beyond the Milky Way is an enormous space volume nearly devoid of noticeable Galaxies.



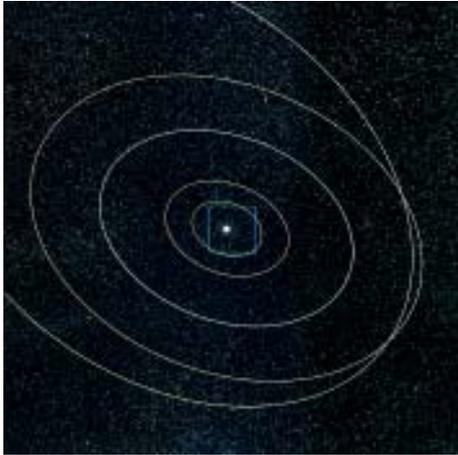
**Fig. 2.4** 1 Million Light-Years  $10^{22}$  Meters

This flat circular disk is our own Galaxy (approximately 200 billion stars) the Milky Way, which adopts the form of a spiral. It travels in space with two satellite Galaxies, the irregular little Clouds of Magellan. We have only observed a few Galaxies that are larger than our own and smaller than Magellan Clouds.



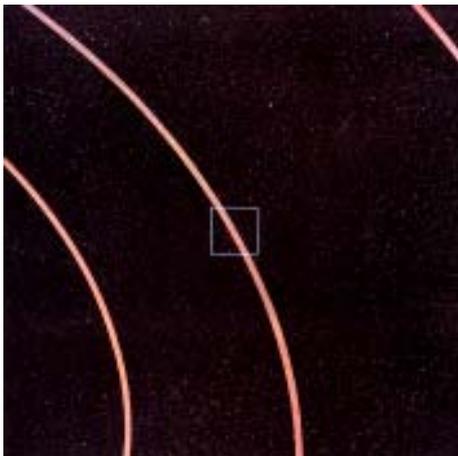
**Fig. 2.5** 1 Trillion Kilometers  $10^{15}$  Meters

Only the Sun is to be seen, against a background of fainter stars beyond. Once that was all we knew of the frontier of the Sun's system. We know now that a great cloud of icy comets orbits here slowly, though invisible in the weak sunlight. We see comets only as each year a few fall into the brighter regions near earth. There we catch sight of them, moving in the sky like temporary planets, the Sun's fires boiling out their long faint tails.



**Fig. 2.6** 10 Billion Kilometers  $10^{13}$  Meters

The paths of the outer planets fill this picture. The strongly tilted orbit belongs to awry little Pluto. The four others are those of Neptune, Uranus, Saturn and Jupiter - with their many satellites. Between Jupiter's path and the Sun run the inner planets in their smaller orbits. The planets circulate counterclockwise here, (which we view at an angle) all nearly on the same plane. The planetary system, apart from Pluto, is as flat as a pancake.



**Fig. 2.7** 100 Million Kilometers  $10^{11}$  Meters

Now we see the inner solar system. The green arc is traversed by planet Earth during some six weeks each September and October.



**Fig. 2.8** 100 Thousand Kilometers  $10^8$  Meters

The whole earth appears, isolated, elegant, and fragile. We recognize our globe in open space, a spacecraft in orbit with no Atlas to support it. Its smooth, swift motion around the Sun carries it across such a square at this very hour.



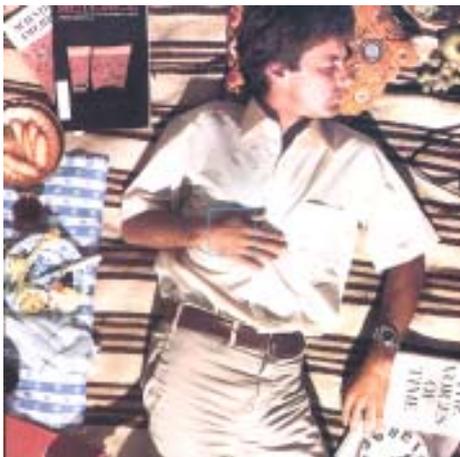
**Fig. 2.9** 100 Kilometers  $10^5$  Meters

The metropolitan area of Chicago nestles at the south end of the lake. On a day like this, someone walking along the street might have looked up to a blue sky and never known that a camera plane was flying high above them, beyond their eyesight. The lattice visible among so many blurred streets is the mile-square grid of wide Chicago boulevards.



**Fig. 2.10** 10 Meters  $10^1$  Meters

Along the Chicago riverside, a man and a woman are at a picnic in the park. This picnic is the center of every picture viewed outward among the Galaxies.



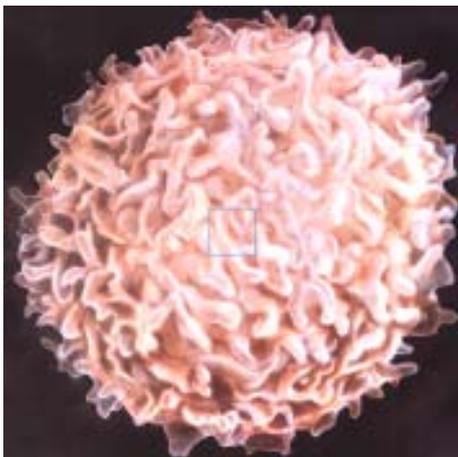
**Fig. 2.11** 1 Meter 1 Yard  $10^0$  Meters

“Of all things, man is the measure,” Protagoras the Sophist proclaimed. His measurements were correct, as this image portrays a life scale of a man and his daily pleasures, including food for the mind, body and soul. The man rests from these activities, as life inside and all around him continues.



**Fig. 2.12** 0.1 Meter 10 Centimeters  $10^{-1}$ Meters

The scale is now intimate: As you can see, this is an up close look at the back of the mans' hand, a little enlarged. This animate structure, is the creative force of all man's manifestation, making it possible to put thoughts into actions. It is the connecting pull between the mind and body communication. Every cell in this living object continually corresponds with all other cells in the entire being.



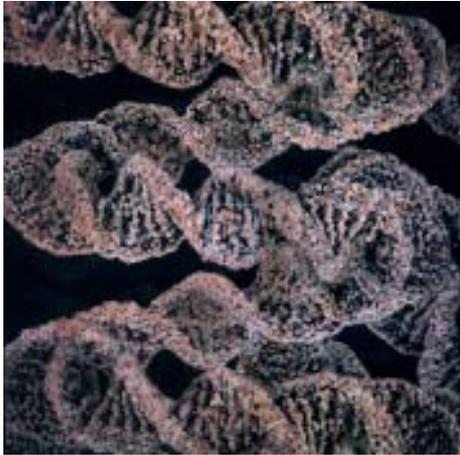
**Fig. 2.13** 10 Microns  $10^{-5}$  Meters

We pass through the living skin to enter a capillary vessel, where blood oozes by. Most blood cells are the small, incomplete, short-lived disks that give red blood its color; this white cell, a lymphocyte, is a long-lived participant in the complex cellular and chemical strategy called the immune system, the body's defense against infection.



**Fig. 2.14** 0.1 Micron 1 Thousand Angstroms  $10^{-7}$  Meters

Held safely inside the cell nucleus are enormously long molecules, the coils of DNA, cunningly spooled and folded within this tiny space. These vital instructions are carefully duplicated at every cell division. One such thread of DNA is stored in each of the forty-six chromosomes within the nucleus of every human cell.



**Fig. 2.15** 100 Angstroms  $10^{-8}$  Meters

In this close-up, the DNA is seen as a long twisted molecular ladder, the double helix. The individuality of the organism is held in the running sequence of the differing rungs. That chemical message is spelled out at great length in a molecular alphabet of four letters. One alphabet serves all life, but the tale retold in every cell of the body differs from individual to individual. The two rails of the ladder come apart during cell duplication, each to act as a template for one complete new copy of the ladder of rungs.



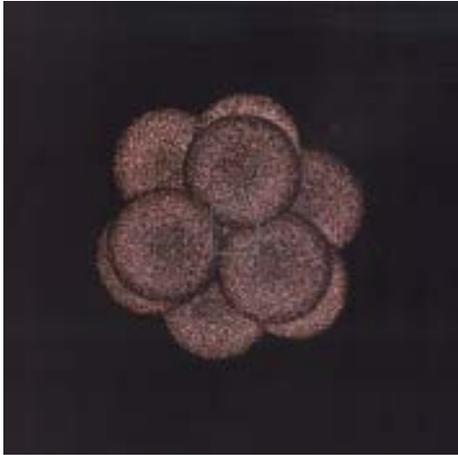
**Fig. 2.16** 10 Angstroms 1 Nanometer  $10^{-9}$  Meters

These building blocks are molecular typography, the letters of the genetic message. It is their particular order that spells out the long text. The forms are chemical patterns, the ordinary stable structures of bound atoms, themselves indifferent to life. The central carbon atom is bonded to three visible hydrogen atoms (and to another atom that lies behind). A similar linkage might well be found abundantly among carbon and hydrogen atoms drifting in the cold thin clouds of our interstellar space.



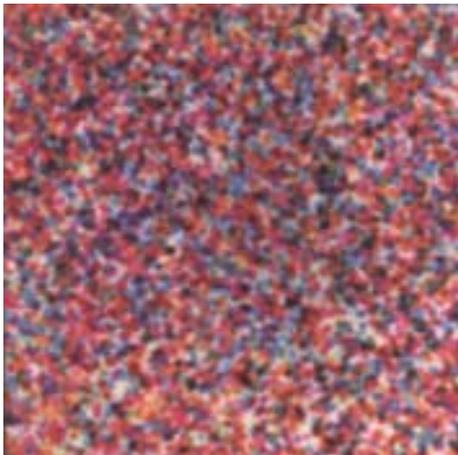
**Fig. 2.17** 1 Angstrom  $10^{-10}$  Meters

The quantum laws of atomic scale require a description of electron motion that is more subtle and less sequential than for the moving particles of ordinary experience. Accordingly, the dot texture shown does not map individual electrons; instead, it suggests the cloud of electrical charge the electrons paint out during their symmetrical but untraceable quantum pattern of motion. In that cloud the surface electrons are shared by the bonded atoms.



**Fig. 2.18** 100 Fermis  $10^{-14}$  Meters

A transient view of the eternally dancing structure of stable carbon-12. Those neutrons and protons that join to form it are universal nuclear modules. Protons are found free as natural hydrogen; neutrons can be set free by energetic nuclear reaction as in the fission of uranium. Study of these particles as independent objects has revealed one more analogue to chemistry: They too react upon collisions at high enough energy to produce a host of new particles, mostly transient ones.



**Fig. 2.19** 0.1 Fermi  $10^{-16}$  Meters

What will we see and what will we come to understand, when we enter into the next levels? When we expand the atom to be very big, we will be closer to understanding the intimate connection to the Universe.

As described in this book, the infinite worlds of the universe are so intimately connected with the finite worlds of the human being. Each universe spirals indefinitely into itself and then out again, creating space and energy. This energy is innumerable, and yet with the ability of man, we are able to measure this mystery with the powers of the mind and technology. With these powers multiplied, we have proven that we can begin to make the connections of our outside world, its properties of nature, to that of our own natural physical body. When it's altered, externally or internally, we affect our perceptions of these worlds and their relationship. It is imperative to understand the relationship of these intertwining universes; for we are the creators of harmony, balance and freedom or agony, destruction and war within these worlds.

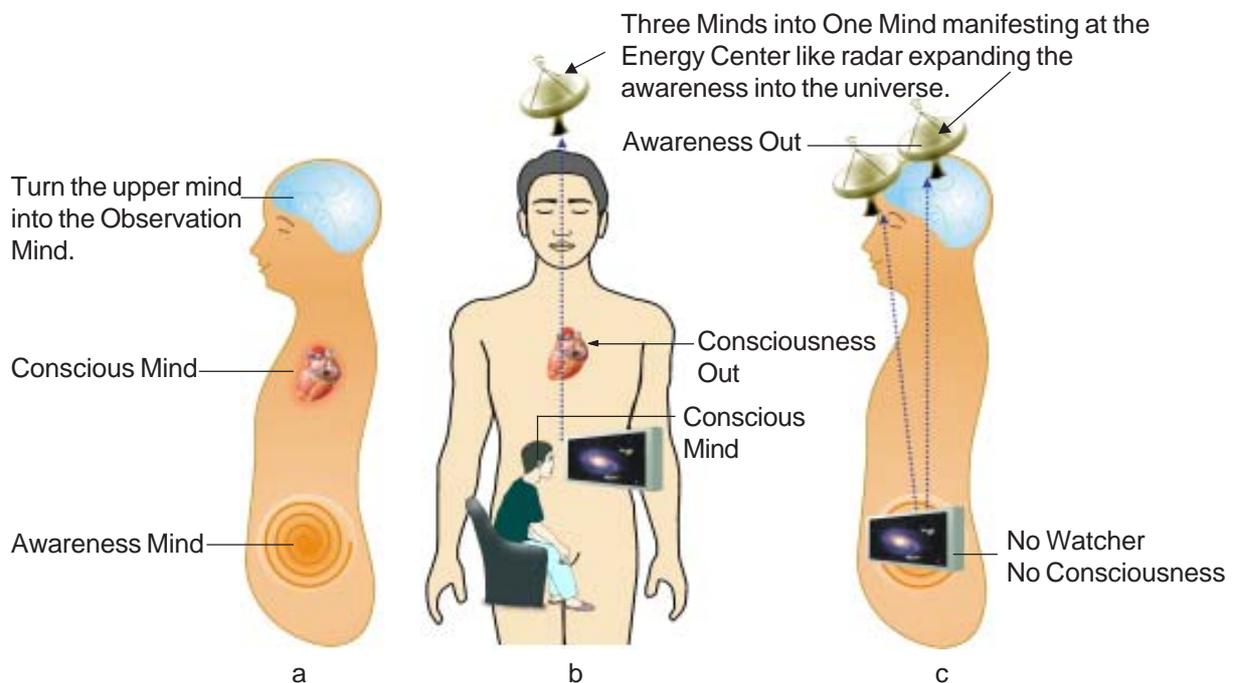
It is only because of our continuous research into the unlimited possibilities of the internal and external universe, that we have discovered some of the unknown, intrinsic mystery of this life. We still have so much to unravel, and because of our natural ability to be just and balanced with these pulling forces, we are drawn to discover the ways in which the world turns.

## One achieves Expansion of Awareness and Calmness through Observation of Consciousness in and Awareness out to the Universe

Through training, we can become aware of and activate the three minds: The upper brain mind is called the observer mind; the middle heart mind is called the conscious mind and the Lower Tan Tien mind is called the awareness mind. Awareness covers all that influences us, all information that reaches us. That information is filtered and only a tiny part becomes conscious. With the upper brain mind we can direct our consciousness and focus it.

We can expand our awareness very far into the universe. Accomplished Taoist masters were able to just sit in a room and expand their awareness like radar so that they could perceive what happened elsewhere in the universe. Awareness is non-selective. We use consciousness to tune into specific parts, like tuning to a specific radio or TV station. Working with this information happens in the middle brain. All in all, we expand our awareness outward and turn our consciousness inward.

Bring your three minds into one mind, expand your awareness like a radar, and let your conscious mind watch the monitor in your Tan Tien. Greater awareness, consciousness and calmness are achieved. A developed Tan Tien has its own set of senses. These are recognized as the sixth sense.



**Fig. 2.20** Consciousness is like a watcher, watching what the awareness picks up.

When consciousness and awareness are both out, it is like having good radar and a good monitor but no one to watch them. It is better to turn your consciousness in and expand your awareness outwards. If you turn your mind out, and your awareness out, you become a spiritual slave. People can tell such people to do anything and they will do it. They have no inner observation or self-consciousness.

We need to be conscious of what we 'pick up'. We turn our consciousness in and expand our awareness out. If you turn your heart, senses, mind and awareness out, there is nothing left on the inside and you have left yourself unrooted. You will be more inclined to, and influenced by the thoughts and energies of others because you have allowed yourself to be tainted by mass emotion. Roots and anchors exist to keep us from straying too far from home; the self is the center of the heart and center of the body is the Lower Tan Tien. Some believe enlightenment can be purchased from the supermarket, others that it can be hitched onto like a tour bus. Some wait for reincarnations and second comings, divine intervention and alien interception. Whatever your beliefs, the most important thing is to check and know that they are really yours. Imbalance on a small or grand scale may lie ahead if one is not careful. The Tao believes that we can all become immortal, but that we have to work towards this end by way of natural and constant progression. The time it takes to prepare is usually about the same time it takes to live this mortal existence.

### **Human Energy has the same Quality as the Universal Energy.**

We are really children of the universe. We are composed of the same elements as one finds in space and our internal structures can be found externally as well.

The universe has all the components to create life. We have the same structure as the cosmic particles. The universe is filled with nitrogen, protons and electro-magnetic power, which are the same as our energy, bio-electro-magnetic power.



*Fig. 2.21 We are the Universal Children.*

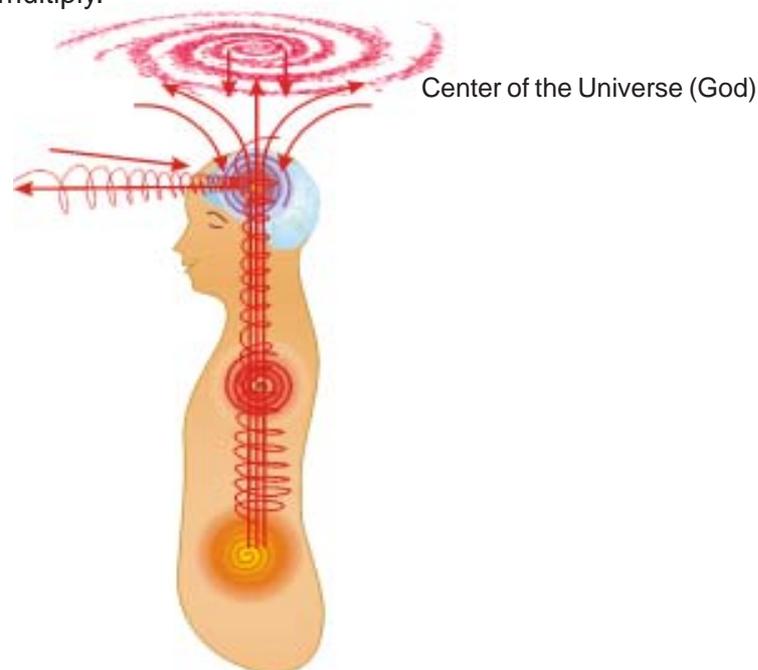
## God is Too Big to Fit in One Religion

### We have the power to create positive energy patterns in the universe.

The early Taoist masters discovered that they could send specific patterns of energy, for example good or bad emotions, into the universe. These patterns would multiply there and gain in strength before they returned to the sender or to wherever the sender wanted them to go. This process involved first “lowering” the upper and the middle mind into the lower mind; next they would use the lower mind to send the chosen pattern out into the universe. They would spin the Tan Tien and be aware of the spin far in the universe. That is enough to establish the contact and get the process going.

When more people send the same patterns into the universe that pattern will attain some independent existence. An example of this is how religions are formed. Some people think that all of reality comes about this way.

The founders of the Tao system found that when they lowered the upper mind, they awakened the mind of consciousness and awareness. When they calmed down and turned their consciousness in and their awareness out to the universe, they discovered the center of the universe and the spiral force. They also discovered that when energy and the mind’s thinking pattern were sent up to the universe, they would multiply. When more people do the same thing, and have the same thoughts as that of the universe, the energy pattern will multiply.



**Fig. 2.22** Spreading positively through the universe by generating a pattern within oneself.  
God is too big to fit in one religion.

## Primordial Force

### Bring your mind down to the Tan Tien and connect to the cosmos.

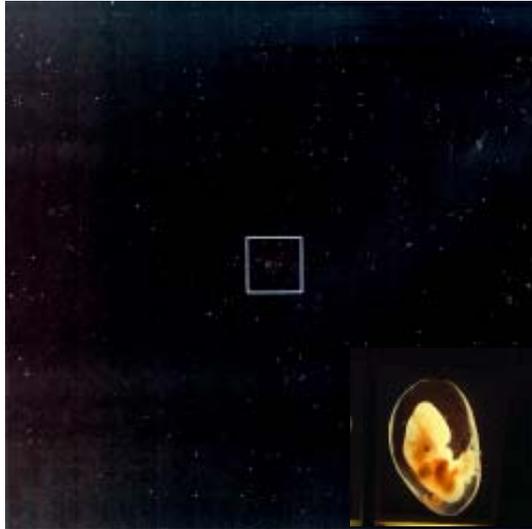
Like “the Power of Ten” we can bring our attention to the Lower Tan Tien. This can give us another vast universe. So our inner universe can connect with the outside universe. When we are back in the primordial force, similar to being back in the womb, we are fed by the universe.

Bring the senses down to the Tan Tien, sense the dark, deep and vast inner Universe within us. Smile and drop down, let go and sense our inner universe as being very vast, very deep and very dark. Feel the vastness of the outer Universe within us, we are back to our primordial force. Just keep on smiling deeper and deeper down into the body.



**Fig.2.23** Be immersed in the Dark Empty Space of your inner Universe.

1. Smile into you own vast empty space of the cosmos, the void, fill the space with good feeling.



**Fig. 2.24** 1 Billion Light-Years  $10^{25}$  Meters. Most of 'space' is empty. At this scale, the distribution of matter is roughly uniform; there is virtually no pattern or structure, the same as our own universe.

2. Inhale the void (filled with goodness) into the mideyebrow and down to the heart and the lower Tan Tien. Continue breathing for 36 times.



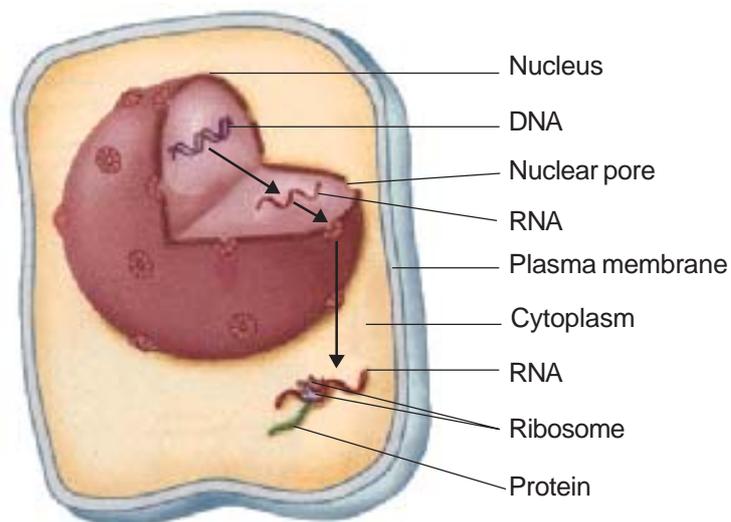
**Fig. 2.25** Sink deep in the your own empty space and look for a dot of light.



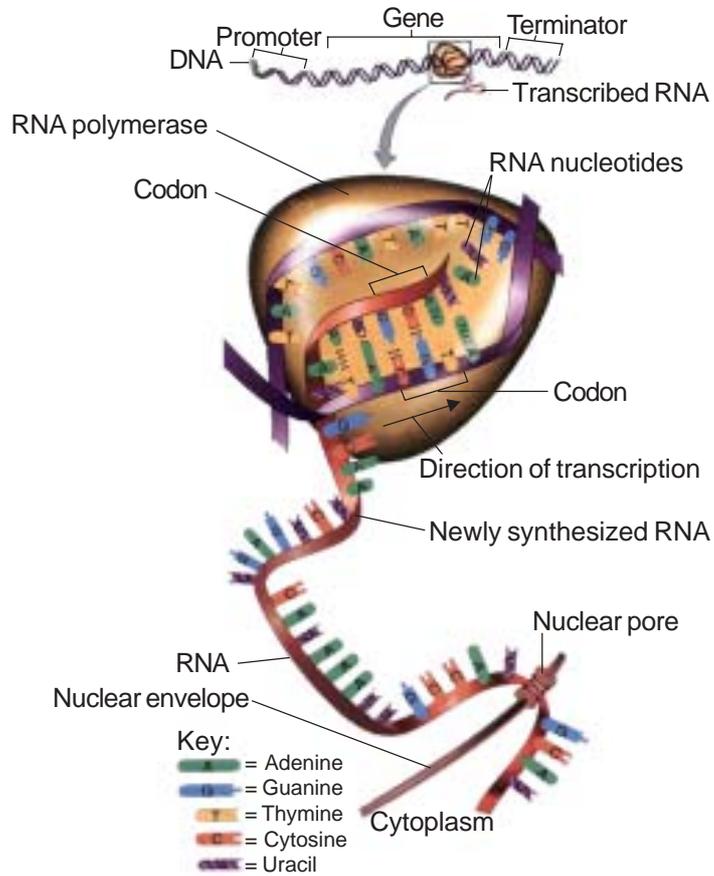


100 Fermis  $10^{-14}$  Meters

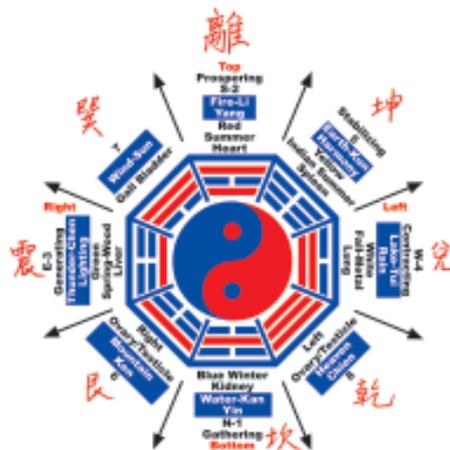
**Fig. 2.27** A transient view of the eternally dancing structure of stable carbon-12. Those neutrons and protons that join to form it are universal nuclear modules.



**Fig. 2.28** When the frequency is 8Hz, transcription occurs in the nucleus, which the translation takes place in the cytoplasm.



**Fig. 2.29** During transcription, the genetic information in DNA is copied to RNA which in the Tao is known as cupping or self-intercourse.



**Fig. 2.30** Pa Kua 64 Hexagrams and Eight Connecting Lines are close connection to the DNA & RNA.

# Chapter 3

## Preliminary Practices for Cosmic Orbit

### Spinal Cord Breathing

Spinal Cord Breathing enlivens the spine, promoting range of motion and flexibility. It activates the cranial sacral pump, enhancing the flow of cerebral spinal fluid. It also helps relax the back muscles so that meditation is comfortable for long periods of time. Spinal Cord Breathing can be practiced sitting or standing. Find a suitable chair and relax, keeping the spine comfortably straight without allowing it to touch the back of the chair.

1. Begin by exhaling and feeling yourself relax.

2. Inhale, and gently tilt the sacrum back and press the chin toward the neck. Open the chest and expand the rib cage to activate the adrenal and thymus glands. Simultaneously pull back the shoulders and fists (which are held near the shoulders), and pull the scapulae together as you press the neck back and lightly clench the teeth. This activates the cranial pump. Do this spinal cord breathing 36 times.

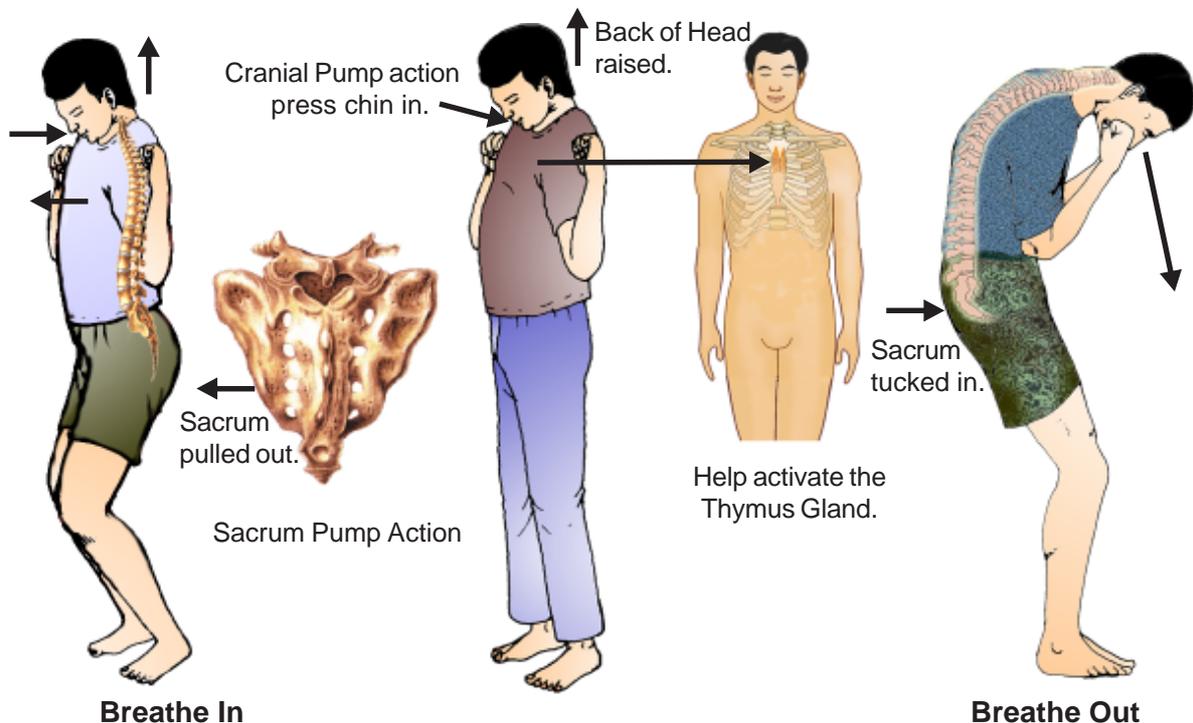
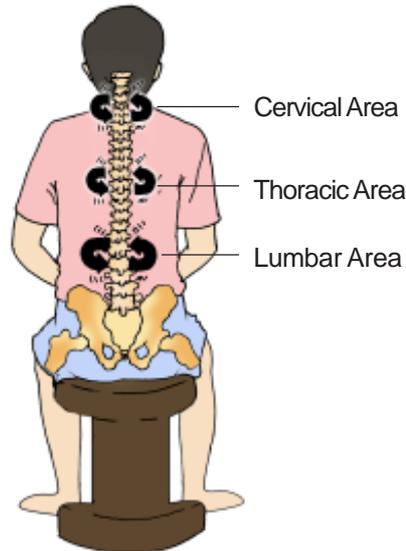


Fig. 3.1 Movements of Spinal Cord Breathing

**Step 1: Wagging the Tail, Spinal Rock**

1. Sit down and smile to the spine. Gently start rocking the spine left and right, like a dog wagging the tail. Feel each vertebra from the lumbar working up through the thoracic and then to the cervical vertebrae. This opens the spine in a lateral direction.



*Fig. 3.2 Begin to rock the spine and smile into organs (lumbar to cervical).*

2. When rocking this way, the whole spine has a vibration and the energy can move throughout the entire back, especially in conjunction with the spinal cord breathing exercise. The spinal cord breathing activates the three pumps: sacrum, Door of Life and the cranial pump. When the lumbar and the Door of Life are open, the fluid can flow and there are sufficient nutrients to feed back to the brain.



*Fig. 3.3 'Riding the Horse' rock lumbar to sacrum, activate pump.*

**Step 2: Riding the Horse**

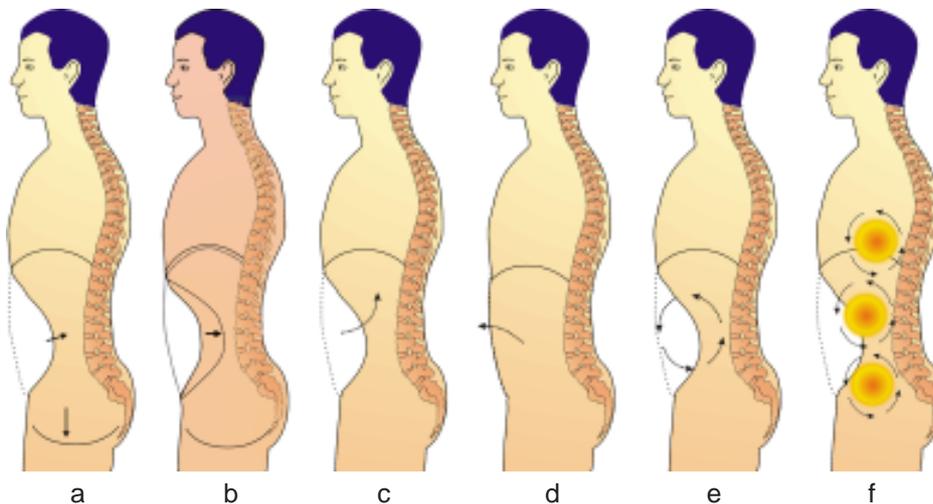
3. Rocking the sacrum and the lumbar back and forth on the sitting bones will activate the sacral pump. This will help create good movement of the bones, and openness through the spine. It is an internal movement to enhance the flow of Chi. So when you rock like this throughout the meditation, it creates a vibration rising up the spine from the base of the coccyx through the lower lumbar area and up the cranial base.



*Fig. 3.4 Rock the whole spine and feel energy vibration activate 3 pumps.*

**Step 3: Rolling the abdomen helps to eliminate trapped gas.**

Hold the breath, roll till the abdomen until it is totally empty. Roll until you feel empty. This creates suction, a vacuum like sensation to energize the internal organs. Start slow until making sure you feel comfortable.



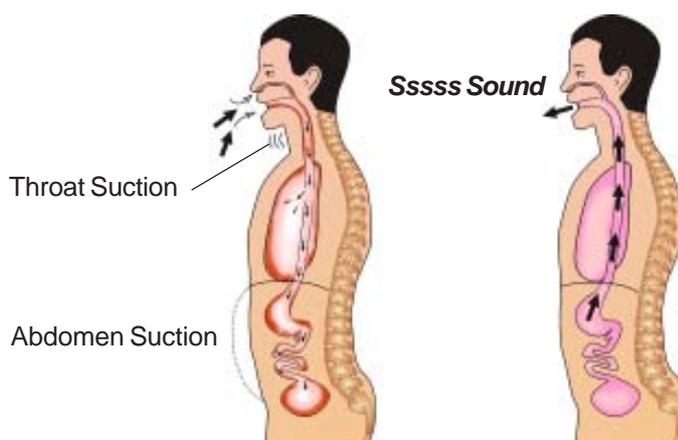
*Fig. 3.5 a. Hold the breath. b. Suck in the abdomen and pull it in more and more. c.d. Pull up the abdominal muscles and roll to the top of the abdomen and push out. e. Push out the abdominal muscles and pull down again. f. Roll the muscles back again.*

**Step 4: Use the vacuum within to gasp air into the intestines.**

When one is totally out of breath he/she gasps in air. This has a strong cleansing effect on the whole abdominal area. Next, breathe out with the lung sound, while the hands move down in front of the body with the palms facing down.

When out of breath, let the suction from the throat and abdomen within suck the air in, all the way down to the large intestine. This adds Chi into the whole digestive tract. Raise the hands up with palms face down and exhale with the Lungs Sound - SSSSSSSSS. The fresh air will push out the trapped gas and one may even belch.

In the beginning, if you have blockages in the small or large intestine, try to clean the intestine and take more natural fiber. The air will help the composting in the digestive tract and help to eliminate toxins. Do this for 3 to 6 times and the saliva will begin to be produced, then proceed to the next step.



**Fig. 3.6** Gasp air into the intestines.

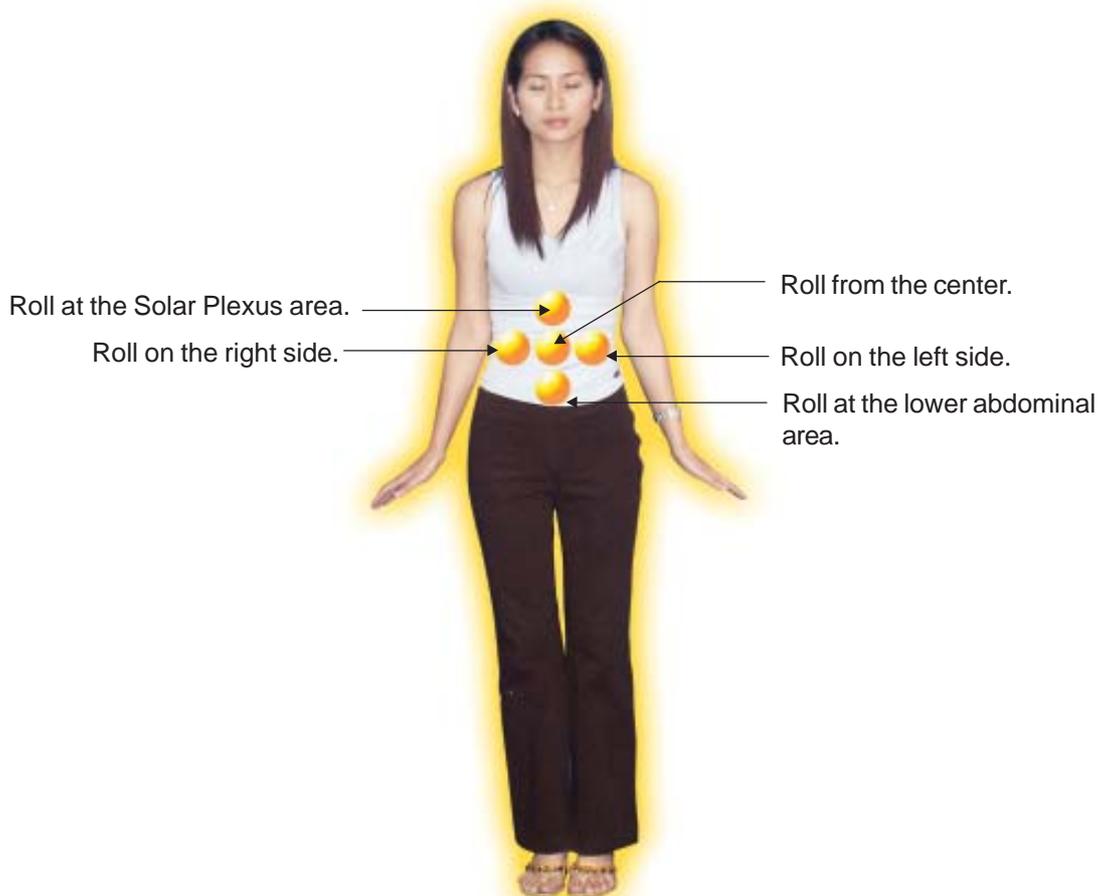
## Empty Force Practice

### Navel Touch the Spine

In Empty Force Breathing one flattens the stomach against the spine and then with the fingers in the stomach one massages in five areas with the abdomen pulled in. The Empty Force helps exercise the organs and is a major rejuvenation practice. The Empty Force breathing will help to increase blood circulation and Chi flow move to the abdominal area.

#### Create an Abdominal Cavity and Vacuum in the Stomach.

Inhale and exhale. Exhale and flatten the abdomen until you feel as if the navel is touching the spine. Inhale again, and flatten down the abdomen again.



*Fig. 3.7 Empty Force*

## Saliva and Chi Mixing

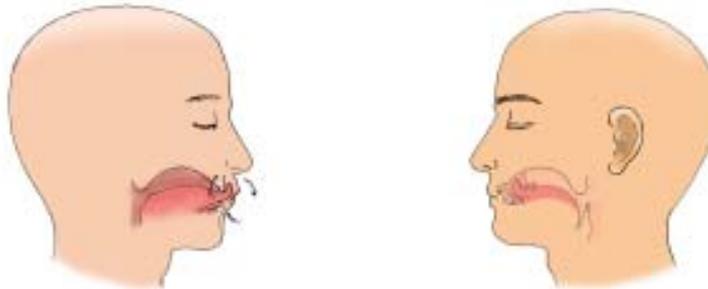
To the Taoists, saliva is the fluid of life. It is the essential fluid for the body, moistening the organs and lubricating all the joints in the body. Saliva will also secrete a major longevity hormone and proper daily chewing will help mix the air with saliva and food. Taoist say, "Eat your liquid and drink your food." This is because food chewed to liquid will mix well with a lot of saliva and activate enzymes for optimal digestion.

### Utilizing the Saliva and Chi

- Mix Saliva with Cosmic Chi
- Mix Chi with Jing (Sexual Chi) as taught in Healing Love

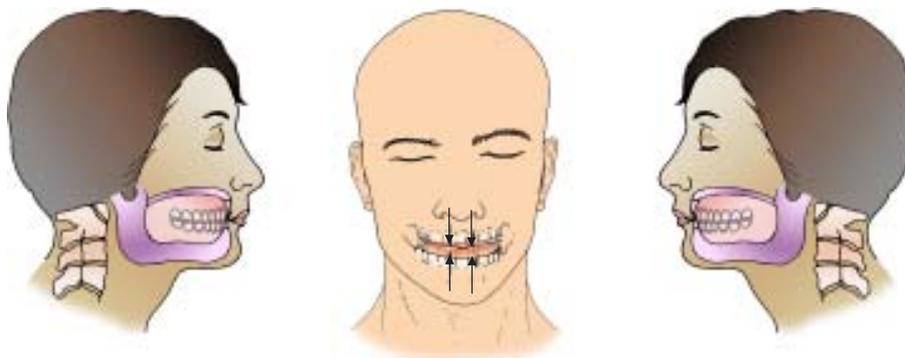
### Step 1: Mix saliva and air and with the cosmic chi.

1. Chew the saliva and mix the air and oxygen into it by circling the tongue in the mouth.
  - a. Suck the saliva back and forth.
  - b. Move the tongue to massage the gums. Knock the teeth to strengthen the bones and activate the saliva gland. Right side 9 times, middle 9 times, left side 9 times.



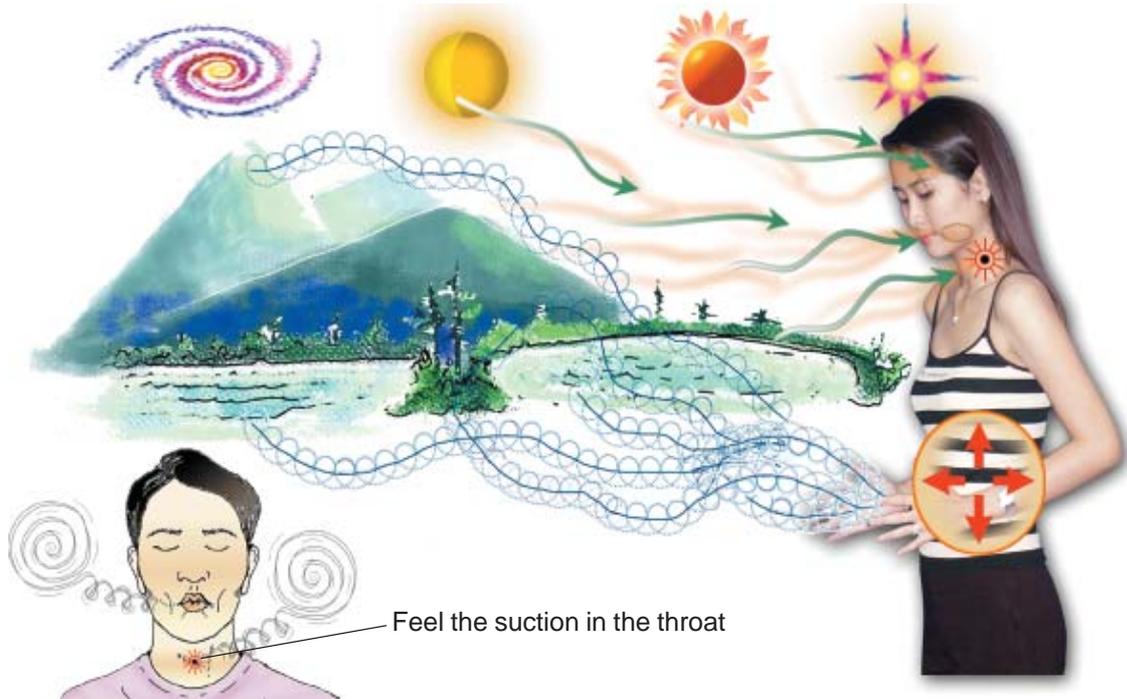
a. Suck the saliva back and forth

b. Move the tongue to massage the gums.



**Fig. 3.8** Knock Right Side 9 times, Middle 9 times and Left Side 9 times.

2. Open your palms to gather the cosmic Chi and smile to the Cosmos.
3. Activate the throat with your mouth closed and let the abdomen serve as a sucking machine. Draw the Cosmic Chi through the mid-eyebrow to the nose, into the mouth, and mix with the saliva. The saliva is a powerful force mixed with the cosmic energy.



**Fig. 3.9** Close mouth and feel the suction in the throat and abdomen draw the cosmic Chi in.

**Step 2: Swallow with force to push the combined energy to the navel.**

Swallow the saliva mixed with Chi forcefully down the throat. The saliva is really sucked into the stomach by moving the flattened stomach out, creating a vacuum and pulling down the saliva.

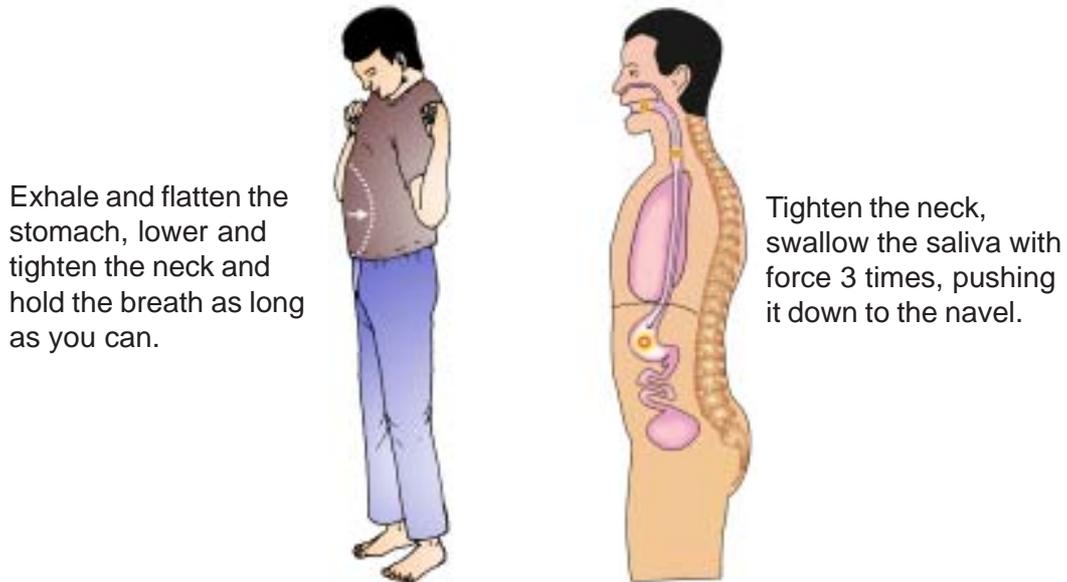


Fig. 3.10 Saliva Mixed

**Step 3: Let the combined energy help heal your body.**

Cover the navel and feel the saliva turn into Chi. Feel the saliva turn into fuel glowing inside your navel. Breathe in, breathe out. Feel the lower abdomen warm.

Use both palms to roll your Chi ball and feel the Chi balls in the Tan Tien rolling and turn the saliva into instance Chi.

Healing Effects of the Practice:

- 1) Assists in elimination of germs
- 2) Helps moisturize the internal organs and joints.
- 3) Increase oxygen available to the body
- 4) May enhance hormonal balance
- 5) Helps prevent tooth decay

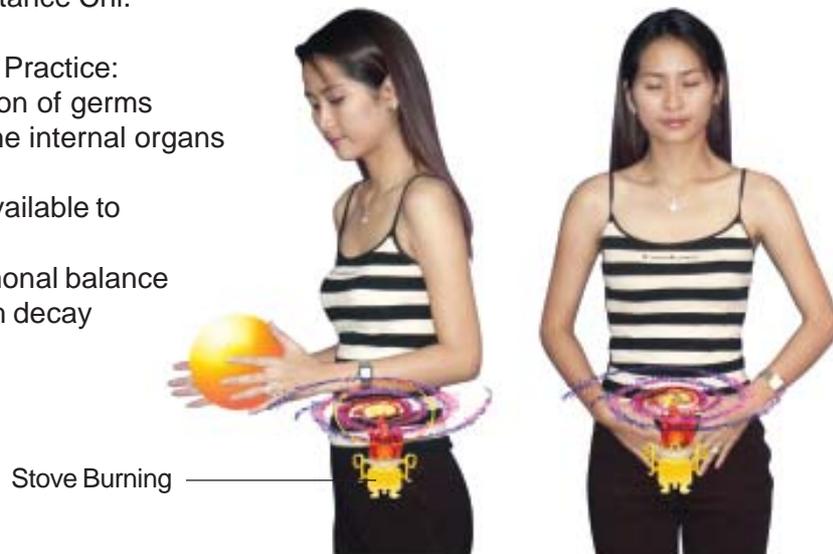


Fig. 3.11 With the stove burning, saliva turns into Chi.

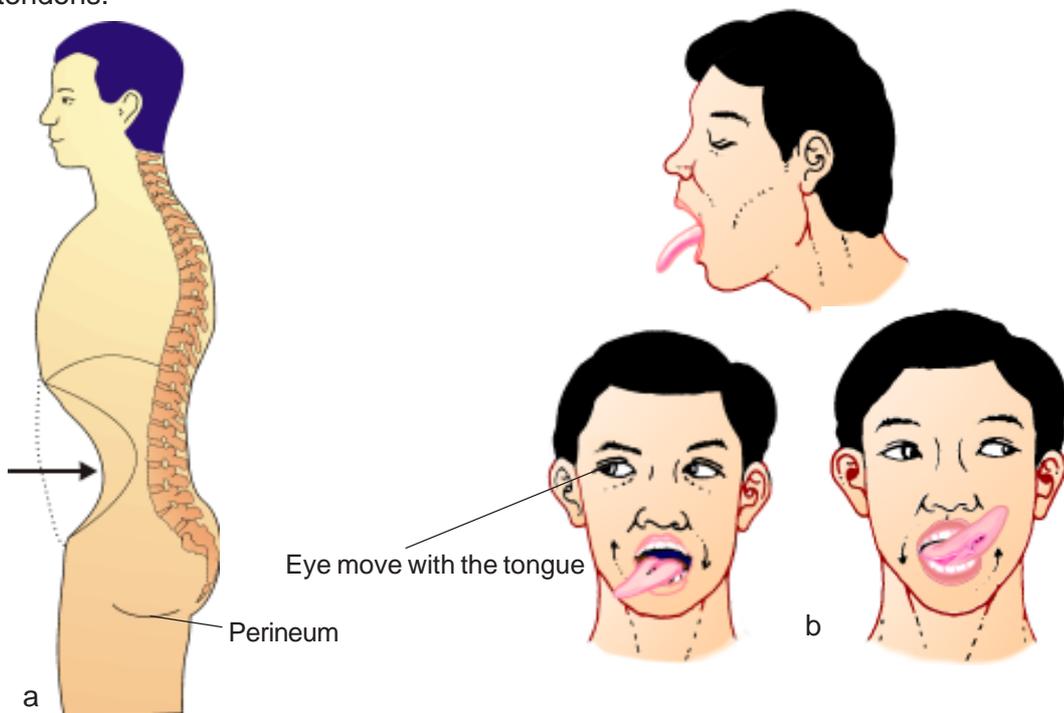
## Strengthen and Lengthen the Tendons by working with the Tongue and the Sexual Organs.

The tongue is connected to all the tendons and especially to the heart, arteries and veins. Exercising the tongue improves the flexibility of the tendons in the body.

The sexual organs are connected to all the tendons in the back. When the sexual organ becomes shorter, it will cause the tendons in the back to be shorter, and will cause the back to be tight and tense.

### Stretching the Tongue

- Exhale and flatten down the abdomen until it feels like the navel touches the spine. Hold the breath out as long as you can.
- Exhaling more and spitting the tongue out with the rest of the air.
- Hold your breath and stretch out your tongue as much as you can to the left, top, right, and bottom for 6 rounds. Reverse the direction. Feel the perineum is moving in connection with the tongue. The eyes also move with the tongue. When you are out of breath, gasp the air in. The extra oxygen you gasp into the digestive tract will be rushed to the tongue and will strengthen the tongue and the tendons.

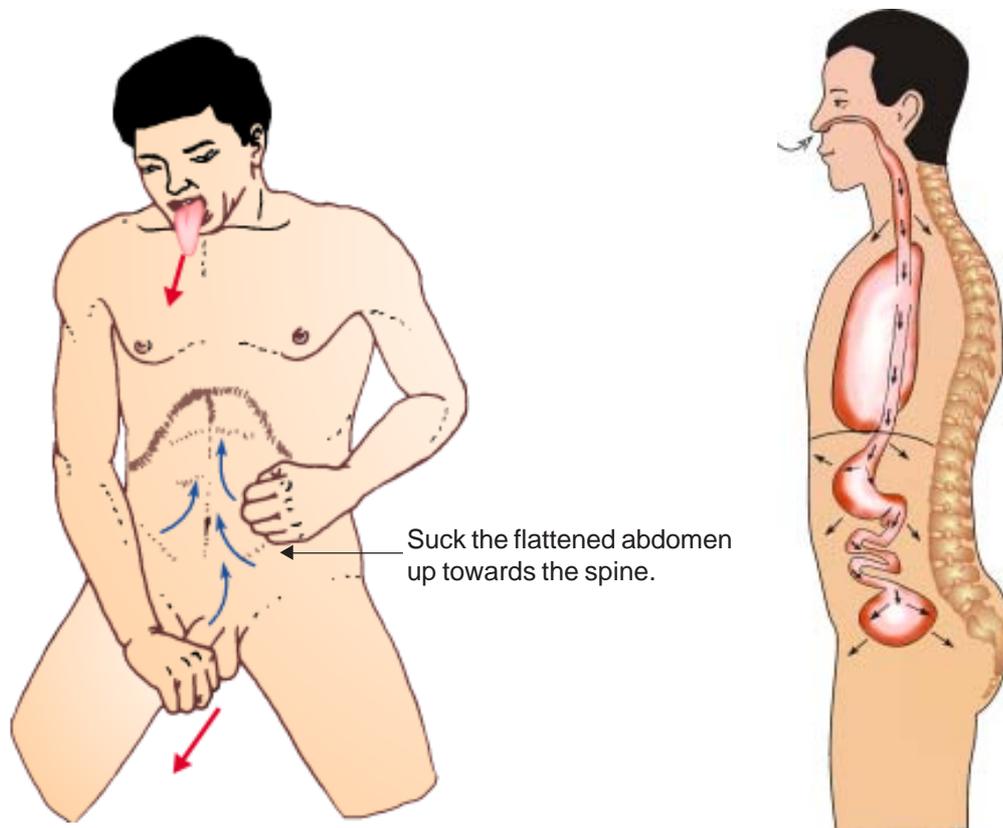


**Fig. 3.12** a. Navel touches the spine. b. Stretching the tongue.

### Stretch the Sexual Organs - Male

Inhale, exhale and flatten down the abdomen. Bring the navel toward the spine.

Flatten the abdomen and stick the tongue out. Men use the thumb and index finger to grip the head of the penis. Pull the penis and thrust the tongue out more at the same time pull to right, left, front, back and middle. With each pull, suck the flattened abdomen up towards the spine and rib cage. Release and repeat. Keep on pulling until you are out of breath. Then gasp air into the intestines. When you exhale again, do the S-s-s sound until you are out of breath. The Chi will rush to strengthen the sexual organ. Do this with 3 to 6 breaths. Use the thumb and index fingers to grip the scrotum and do the same exercise 3 to 6 times.



**Fig. 3.13** Stretch the Sexual Organs; Suck in and flatten the abdomen up towards the spine.

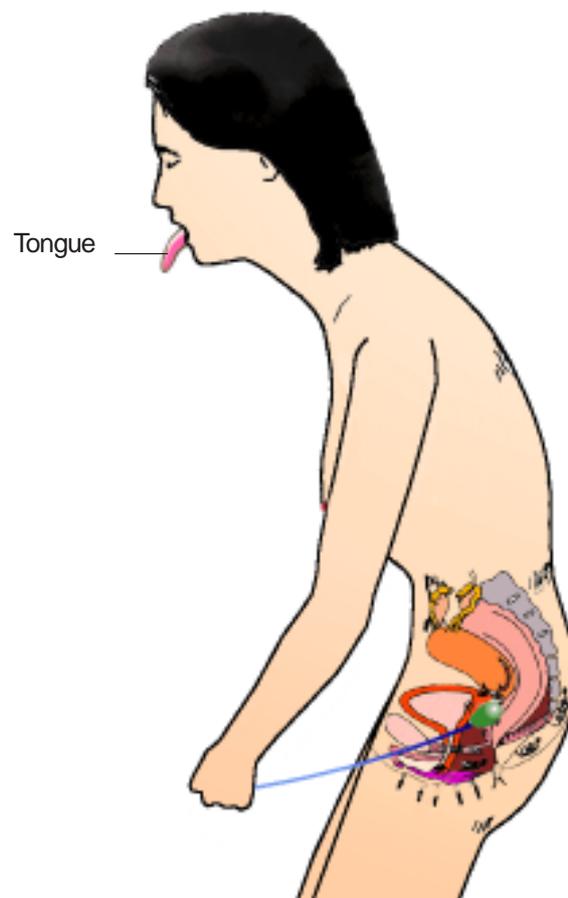
### Stretch the Sexual Organs - Female

Exhale and flatten the abdomen. Inhale again.

When you flatten the abdomen, stick the tongue out. Women use the thumb and index finger to grip the thread that is connected to the egg inside while doing the Jade Egg Exercise from the *Bone Marrow Nei Kung* and *Sexual Reflexology* book by Master Chia. Pull the thread and thrust the tongue out more at the same time. With each pull, suck the flattened abdomen up towards the rib cage. Release and repeat.

Keep on pulling until you are out of breath. Then gasp air into the intestines.

When you exhale again, do the S-s-s sound until you are out of breath. The Chi will rush to strengthen the sexual organ.



**Fig. 3.14** Contract to the egg inside sexual organs, suck in the abdomen and feel it pull up the sexual organ.

## **Chapter 4**

# **Cosmic Healing 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-electromagnetic 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-electromagnetic 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 meditation Chi Kung exercise that directly taps 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, letting go and surrendering are imperative. Through the surrender of control, touching the forces of nature are more accessible. However, if one continues to surrender and let go, vital energy will be lost. In the long term, this will gradually drain a person. The force will suck the energy out, rather than help to bring the energy into oneself. To avoid this, at the moment that one is in touch with the higher forces, become aware of yourself and your own energy. Then, projecting thoughts, intentions and energy patterns into the creative force will fill rather than deplete the life force energy. This way, energy is grounded and contained within.

Remaining open and empty, using intention, mind and Chi to draw the energy in, rather than focused externally is a vital principle of Taoist practice. 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**

When people are disconnected from themselves and from their sexual organs, the mind and organs energy are 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 vital 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. This is the most refined energy, the 'creative' energy that should be cultivated for self-healing.

### **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 for it to be stored, 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 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 there is no connection to the organs, it cannot be stored. This is how energy is depleted. 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.

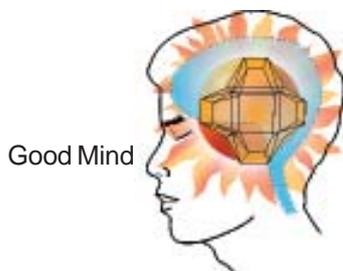
## **Opening the Three Tan Tiens**

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; our internal chi savings accounts.



**Fig. 4.1** 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. 4.2** 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.

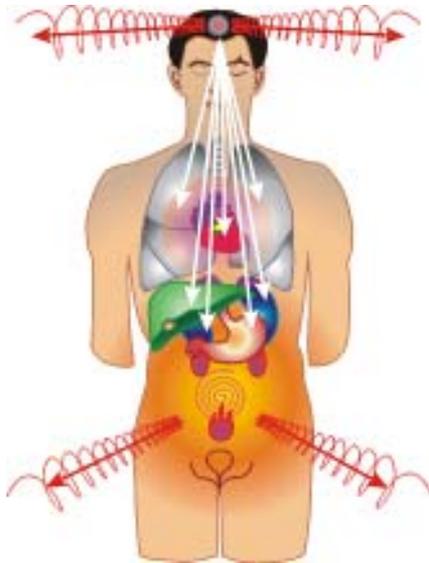


**Fig. 4.3** The lower abdomen at the **Navel** is like an empty universe, or ocean. We want to feel a universe of energy in the **Lower Tan Tien**. Within this universe or ocean, there is a fire, like a volcano under the ocean; 'fire under water'.

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.

### Our Upper Mind consumes a Great Deal of Energy



The Upper Mind activates all the senses, organs and emotions, which consume much energy.

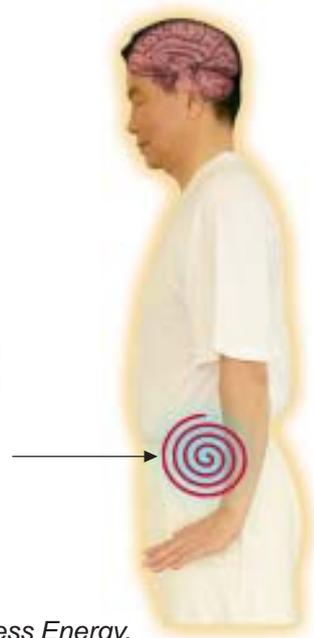
When people are very emotional, the Upper Brain can spend up to 80% of the whole body energy.

*Fig. 4.4 Our Upper Mind consumes a Great Deal of Energy*

### In Contrast, the Lower Brain uses much Less Energy.

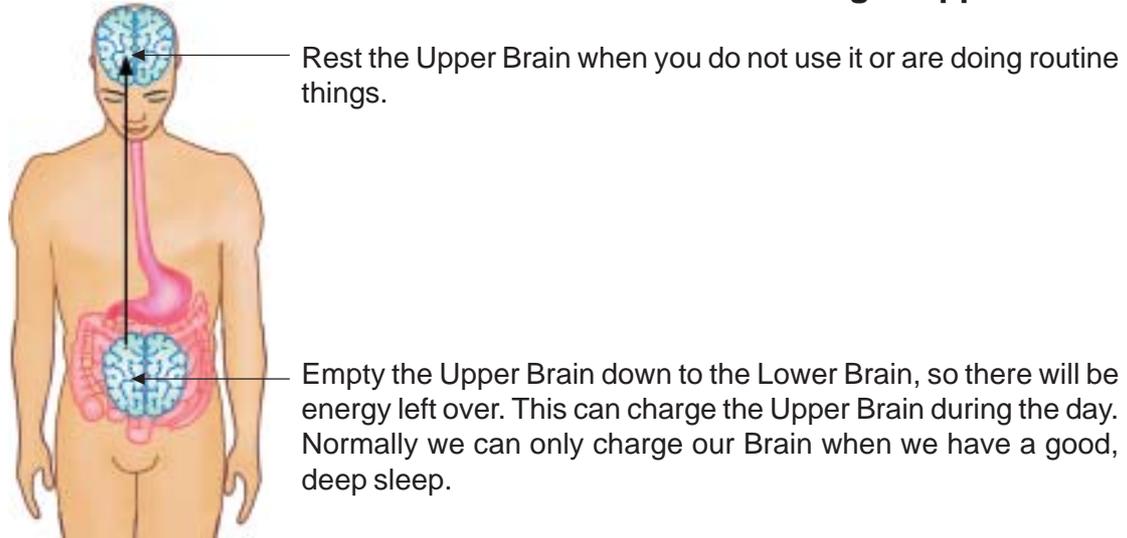
The Lower Brain consumes less energy and can do much daily work, such as send and receive impulses, record experience and respond to emotions.

When you lower down the Upper Mind, it will also lower the blood pressure and anxiety levels.



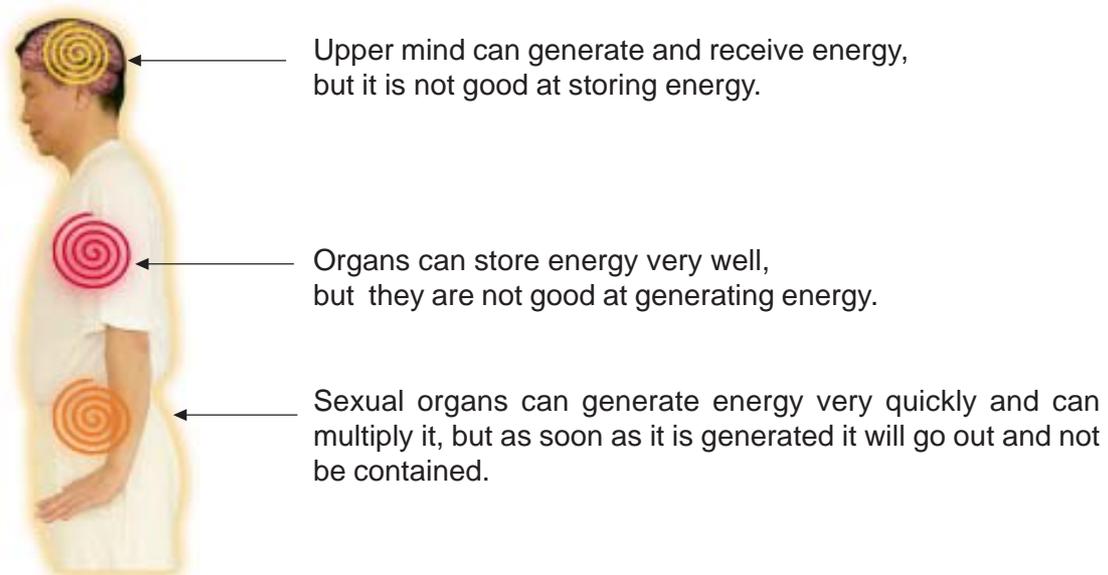
*Fig. 4.5 In Contrast, the Lower Brain uses much Less Energy.*

### Universal Tao Practices utilizes Lower Brain and charges Upper Brain.



*Fig. 4.6 Universal Tao practices utilizes the Lower Brain and charges the Upper Brain.*

### Our Three Energy Centers have different Generating and Storing Capabilities



*Fig. 4.7 Our Three Energy Centers have different generating and storing capabilities.*

### Some Practices attempt to reach Enlightenment at the Expense of the Body.

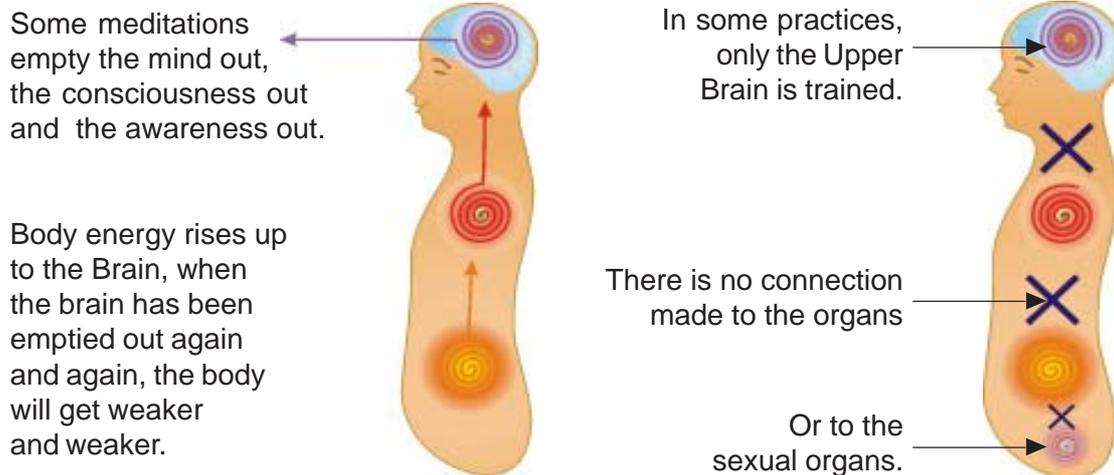


Fig. 4.8 Some Practices attempt to reach Enlightenment at the expense of the Body.

### Universal Tao Practice Conserves Energy by Connecting to the Lower Tan Tien.

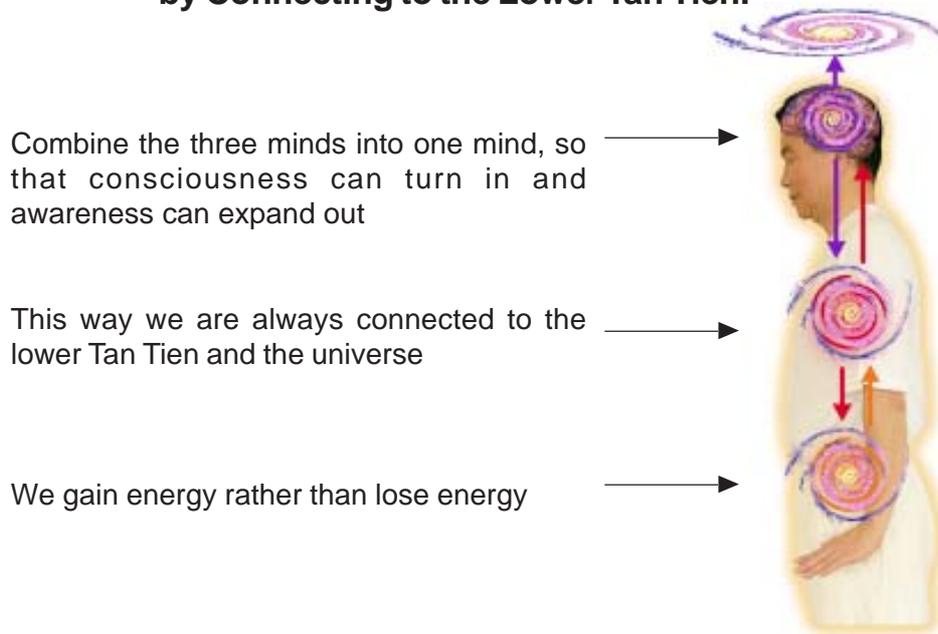
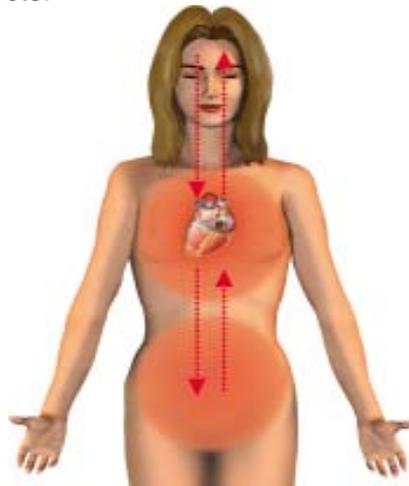


Fig. 4.9 Universal Tao practice conserves energy by connecting to the Lower Tan Tien.

### Universal Tao Practice balances the Three Energy Centers.

The results of testing showed when we smile down and empty the mind to the navel, the organs can be charged with Chi and store Chi. Gradually, the organs will release Chi to the brain. This effect can last for 10 to 12 hours.

This practice gives a calm release of energy, unlike coffee which studies have shown to create nervous side-effects.

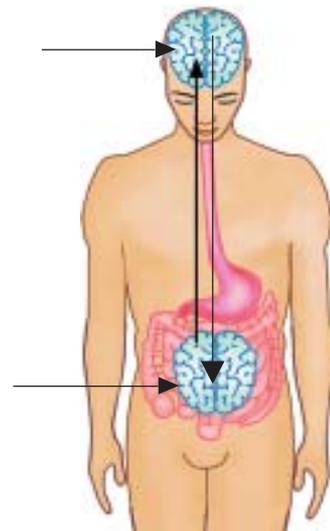


*Fig. 4.10 Universal Tao Practice balances the Three Energy Centers.*

### In a Good State of Sleep, the Two Brains interact with Each Other

During sleep, the brain produces 90-minute cycles of slow wave (healing wave) sleep.

During sleep when the stomach has no food to digest, the abdominal brain will also produce 90 minute cycles of slow wave muscle contractions punctuated by short bursts of rapid muscle movement.



*Fig. 4.11 In a Good State of Sleep, the Two Brains interact with Each Other.*

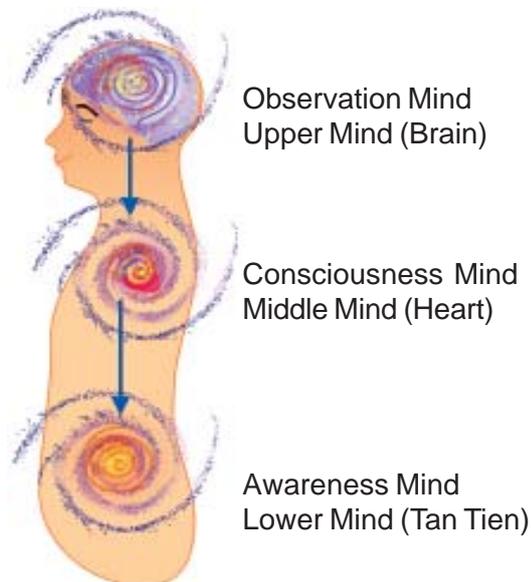
### **Good Sleep will charge the Brain, Increase Sexual Hormones and Repair our Body.**

1. Sleep early after dark, 9 p.m.—2 a.m., this is the time when Melatonin is produced.
2. Do not have food in the stomach.
3. The room must have no light; it should be completely dark (Neon light will awaken Pineal gland).
4. Couples should use separate beds or have enough space to recharge vital energy.
5. No noise
6. Cool room

### **Emptying the Mind**

#### **There are Five Major Steps in Emptying the Mind.**

1. Relax the body and the nervous system.
2. Turn the Upper Mind into an observation mind, and observe inwardly.
3. Spiral at the heart and start to turn the conscious mind down to the Lower Tan Tien. Combine three minds into one mind at the Lower Tan Tien and keep it spiraling.
4. Spiral at the Crown and the mideyebrow.
5. Connect to the Tao.



**Fig. 4.12** Combine Three Minds into One Mind at the Lower Tan Tien.

## 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.



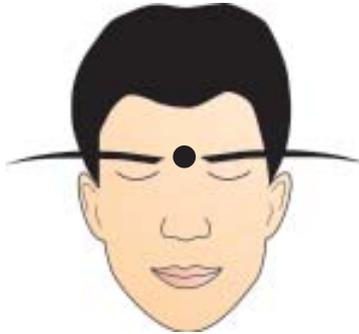
*Fig. 4.13 Focus your attention inside and connect with the outside universe.*

## Practice Relax and Let go

### Step 1: Relax and Let go - Smile to Connect with the Universe Within

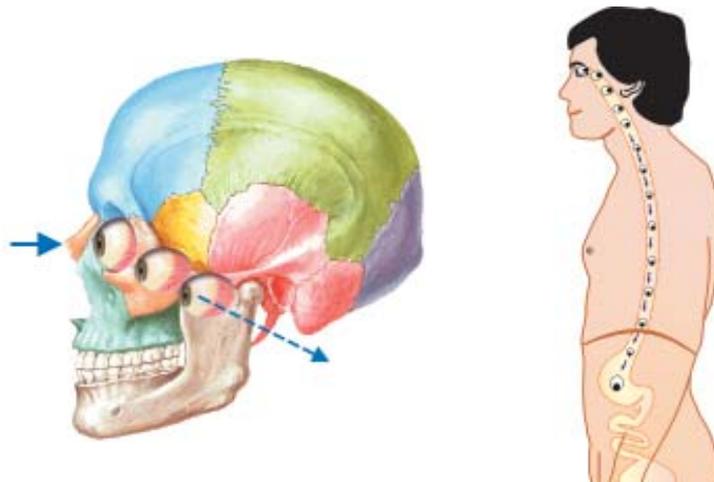
Smile to mideyebrow, eyebrows, eyes, mouth, jaw, tongue, lips, cheeks, ears, shoulders, ribcage and brain. Let the relaxed sensations and the 'Observer Mind' (Upper Brain) sink down into the Lower Tan Tien.

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.



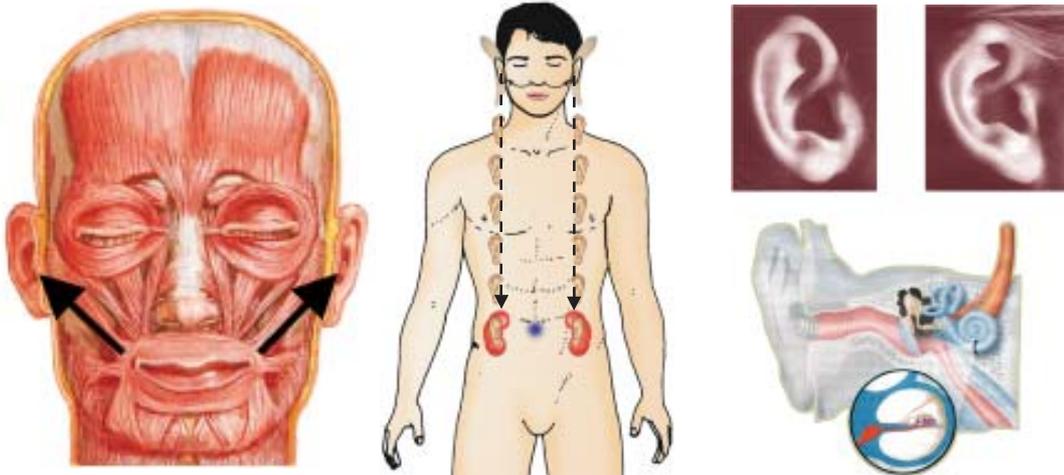
**Fig. 4.14** Smile and relax to the mideyebrow and think of the eyebrows growing very long.

2. Smile to the eyes: relax the eyes and feel how nice and cool they are. Let the eyes gently 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'.



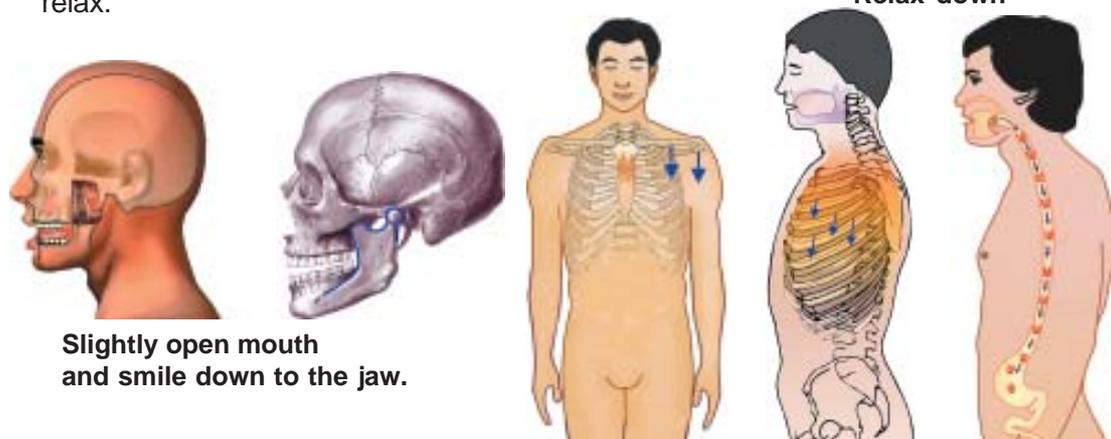
**Fig. 4.15** Smile and relax the eyes, sink into the eye sockets and gradually feel the eyes dropping down into the abdomen.

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.



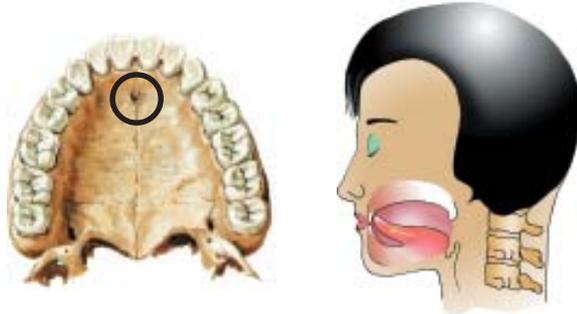
**Fig. 4.16** Smile to the ears and listen to the kidneys.

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.  
**Relax down**



**Slightly open mouth  
and smile down to the jaw.**

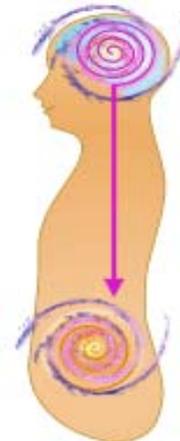
**Fig. 4.17** Relax the jaw, shoulders and tongue. Move the awareness down to the Lower Tan Tien.



**Fig. 4.18** Place your Tongue to the Roof of the Mouth to make the Connection.

**Step 2: Empty the Mind down to the Tan Tien and Spiral or Turn the Wheel.**

Sink deep into the empty space within. Smile down and empty the mind down to the Tan Tien, the Abdominal Brain. Look for a dot of light – the galaxy within. Start to spiral at the Tan Tien. When the abdomen is warm, the Chi is full. It can then charge up to the brain. This will indicate that the Chi is moving.

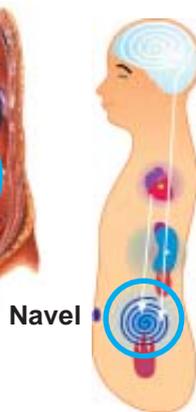


**Fig. 4.19** Empty the mind down to the Tan Tien and spiral or turn the wheel.

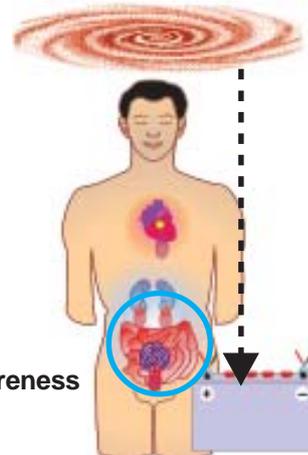
**Step 3: Turn Three Minds into One Mind at the Lower Tan Tien, keep on Spiraling, and expand your Awareness to the Universe.**



Like you are back in the womb



Door of Life Awareness



Tan Tien is like a battery.

**Fig. 4.20** Universe charges Tan Tien power.

## Tan Tien and the Universe Consciousness In and Awareness Out

The expression, "Tan Tien and the Universe," is a reminder to feel your Lower Tan Tien, your heart, your mideyebrow/third eye and your crown spiraling while the universe spirals in the six directions around you.

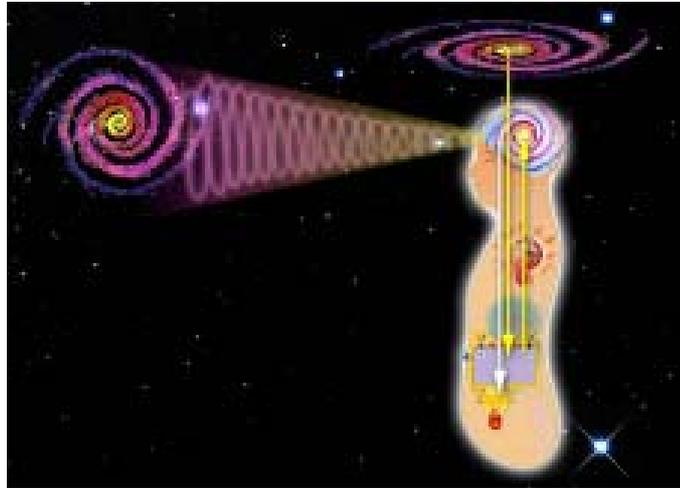
Use your Yi, the three-mind power, repeatedly to recharge your Chi for various purposes. You recharge by connecting to the Chi in the six directions of the universe simultaneously. When you charge a particular area or direct Chi into the body at a particular point, this establishes a connection point for the Chi by placing the hand or fingers on the surface at that location. This is like giving an address for the Chi to go to. Once the address is established and the Chi starts to go there, then move your attention to where you want the Chi to go.



*Fig. 4.21 Tan Tien and the Universe Consciousness, in and awareness out.*

### Summary: Turn Consciousness In, Awareness Out

1. Empty the mind by just smiling down.
2. Making the heart soft will activate the Consciousness.
3. Three minds are fused into One Mind at the Lower Tan Tien (the Yi Power).
4. Expand the Yi Power to the mideyebrow, crown and forehead into the universe.
5. Feel yourself being charged by the Universe



**Fig. 4.22** Lower Tan Tien is the seat of awareness.

Spiral in the mideyebrow and the crown.

Turn the consciousness in and expand the awareness out to connect to the Universe and the six directions at the mideyebrow and the crown.



**Fig. 4.23** Connect with the Universe and the Six Directions.

## **Activating the Six Directions and the Three Fires**

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

The Six Directions teaches you how to expand your mind and Chi to receive healing energy. 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 as energy.

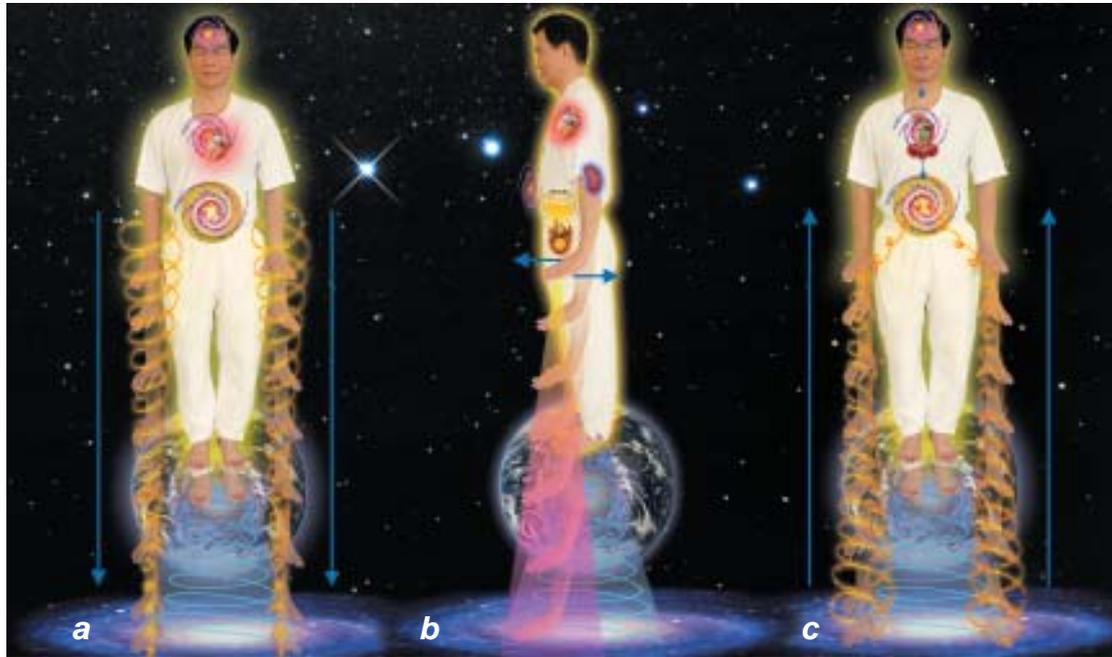
### **Trust and Believe: Direction Below will turn Visualization into Actualization**

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 expand yourself far away – deep down into the earth, very, very deep down into the earth, turn the trust and turn the visualization into actualization. Your hands become long; your feet become 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.

#### **Practice:**

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 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 30 million years ago or before.
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.
5. Pull back the dark primordial forces with your hands to your Tan Tien.  
Push and pull: project your awareness into the vast empty space. Then 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.



**Fig. 4.24** 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.

### 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. 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 hands becoming bigger and longer. Scoop up the fireball. You may close your eyes to help your inner senses.
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. 4.25** a. Be aware of the universe in front. b. Expand your hands very big and long to the universe in front. c. Hold the fireball to activate the Tan Tien 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. 4.26** 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 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. 4.27 Activate the Heart Fire.*

1. Move your hands up under your armpits and extend your fingers deep into your heart. Keep your awareness on the infinite space to the sides.
2. Tan Tien and the Universe: you are connecting to the 'charger,' increasing more fire into yourself.
3. Feel your heart soft in the center of the chest as you smile down. Feel the warmth of the fire, the energy of love, joy and happiness in the heart.
4. 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, Holy Fire*)

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



**Fig. 4.28** Connect the Three Fires and Sacred Fire.

1. Move your hands together in front of your heart. Connect the Heart Fire to the Kidney Fire, the Kidney Fire to the Tan Tien Fire and back up to your heart. Connect them all as one triangular Sacred Fire, circulating the Chi between the three centers, first slowly, then getting faster and faster.

### Open the Third Eye

Now, extend your hands out to the front, very far away – pushing, pushing, pushing. 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. 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.

Chapter 4: Cosmic Healing Chi Kung

- 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.
- Close the third eye. 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. 4.29 Look as you smile into the universe in front of you.

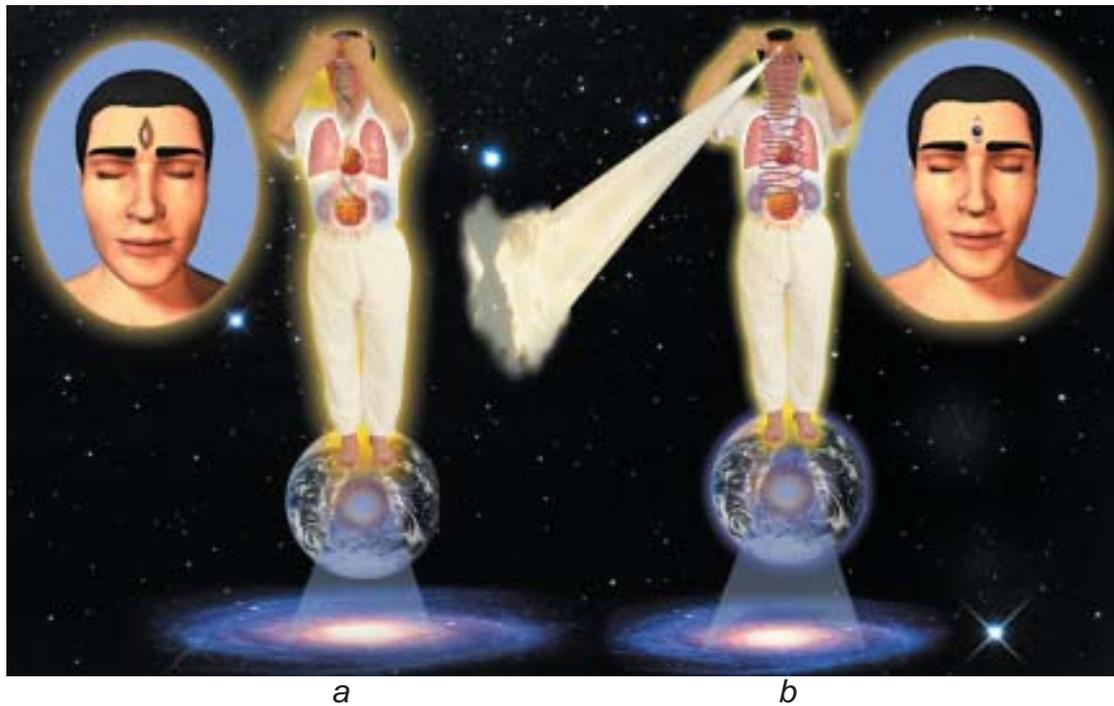
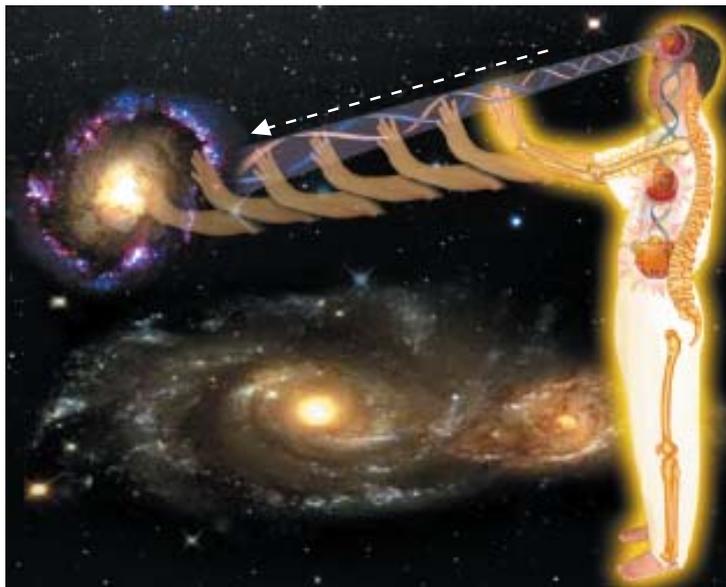


Fig. 4.30 a. The middle finger hooks into the third eye and light reflects down into the organs.  
b. Pull open the third eye; let heaven open and shine its light into the brain.

### 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 far away – very long – reaching into the sky. Touch the universe. Turn the visualization into the actualization.

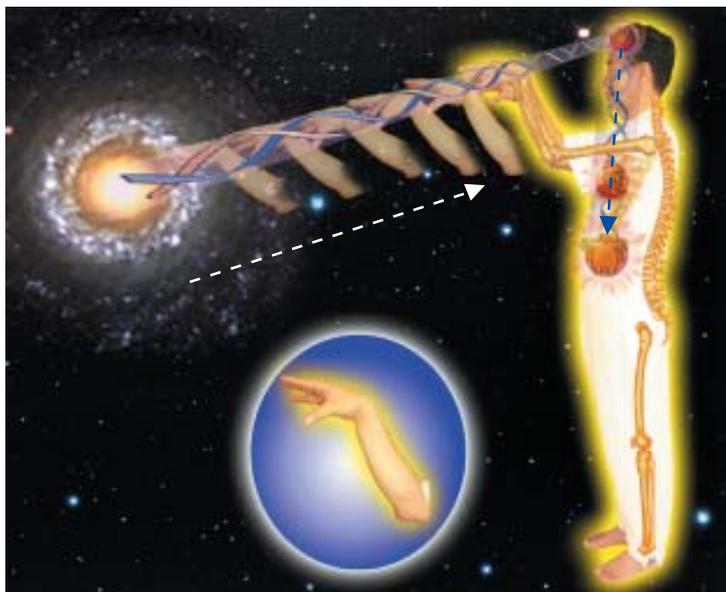


1. Push: Extend your arms and hands to the front, palms vertical. Extend the arms from the scapulas.

Expand: smiling, smiling, touching the universe – touching the force, touching the Cosmic Chi.

**Fig. 4.31**

*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 Lower Tan Tien.

**Fig. 4.32** '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. 4.33**  
*Let go - push and touch the universe 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. 4.34** *Touch the universe - left and right.*

2. Pull into the 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.



**Fig. 4.35** Pull: Just feel your Tan Tien.

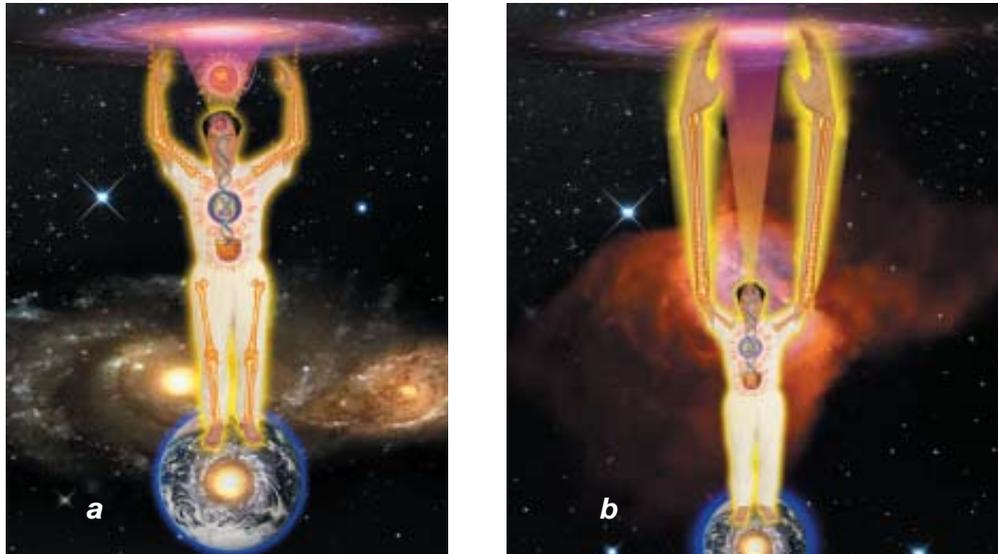
4. Push and Pull: Touching, reaching into the universe drawing in the Chi. Smile energy into you from both sides.  
Do 3—6 times.



**Fig. 4.36** Draw the Chi in from both sides.

### Direction Above

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



**Fig. 4.37** a. Raise your hands up to the universe. b. Feel that the hands are big and long and that the bones are hollow. Fill and pack the bones with Chi.

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.

Connecting your Tan Tien and the universe, always feel your Tan Tien, heart and crown spiraling, and the universe around you spiraling.



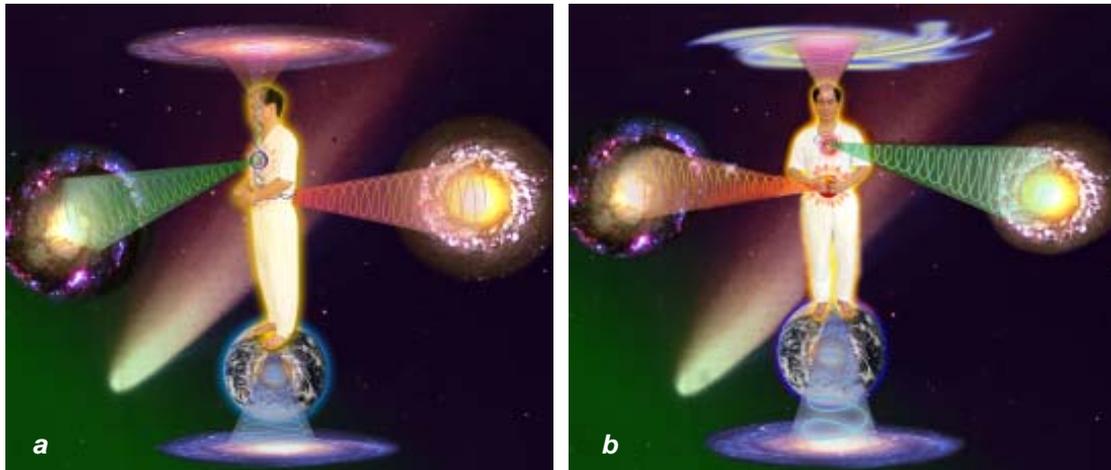
**Fig. 4.38** Scoop up the universal Chi and pour it over the head.

Gather the energy and bring it all the way back down to the Tan Tien. Remember, use the mind. Extend it down to the Earth and gather the energy. Go back up and extend up to the universe and gather more energy from the universe. Come back down to the mid-eyebrow and bring in more energy.



**Fig. 4.39** Gather the energy.

Keep moving the energy. When we move it to a certain level, it gets faster and faster (spiral speed).



**Fig. 4.40** a: Touch the navel and feel the Chi all sink down to the Lower Tan Tien, start to spiral, faster and faster.  
b: Feel the Tan Tien and the universe all spiraling at a fast speed.

## Chapter 5

# Protective Circle and Chi Field

It is very importance to create the Chi field as a protection area. Only allow the good intentions enter the space and expel the negative Chi out. Raise your hands up and become aware of the 'Sacred Fire' in the universe. Feel your fingers extend way out into the universe and touch the fire in the sky. Bring the fire down. Make a circle around your community, your house, the meditation hall or where you are and around your body. This creates an energetic field of Chi around the whole room.

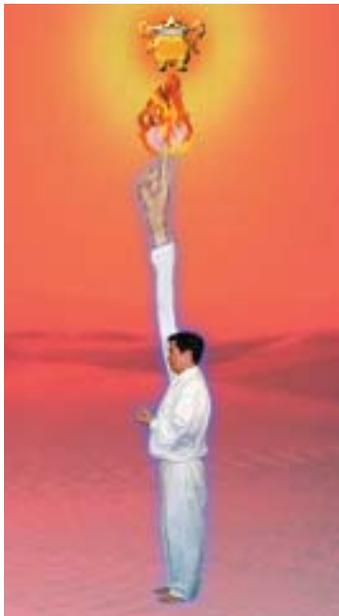
### Sacred or Chi Fire

#### Connect and Receive Fire from the Universal Cauldron

##### 1. Activate the Sacred Fire in the Universe

Be aware of yourself. Feel the bones in the arms and fingers grow and expand. Reach into the universe and the Sacred Fire. Let the Sacred Fire fill and condense in your arms and bones.

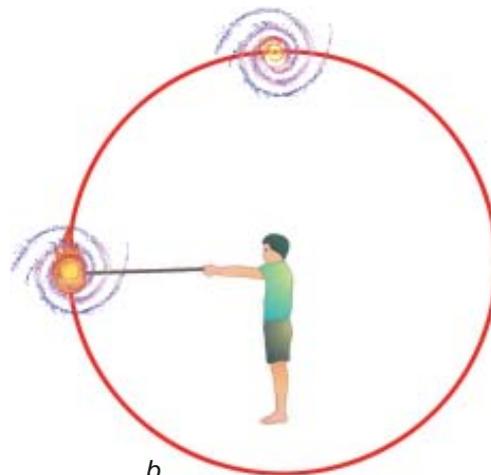
##### 2. Use Yi Power to Create Sacred Fire Protective Circle



a

**Fig. 5.1 a.** Arm bones long; touch the sacred fire.

Use the Yi Power to draw the Sacred Fire Circle on the ground around your house, office and the room you work in.



b

**b.** Make the circle of Chi field.

### 3. Create a Chi Field of Sacred Animals Practice

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.

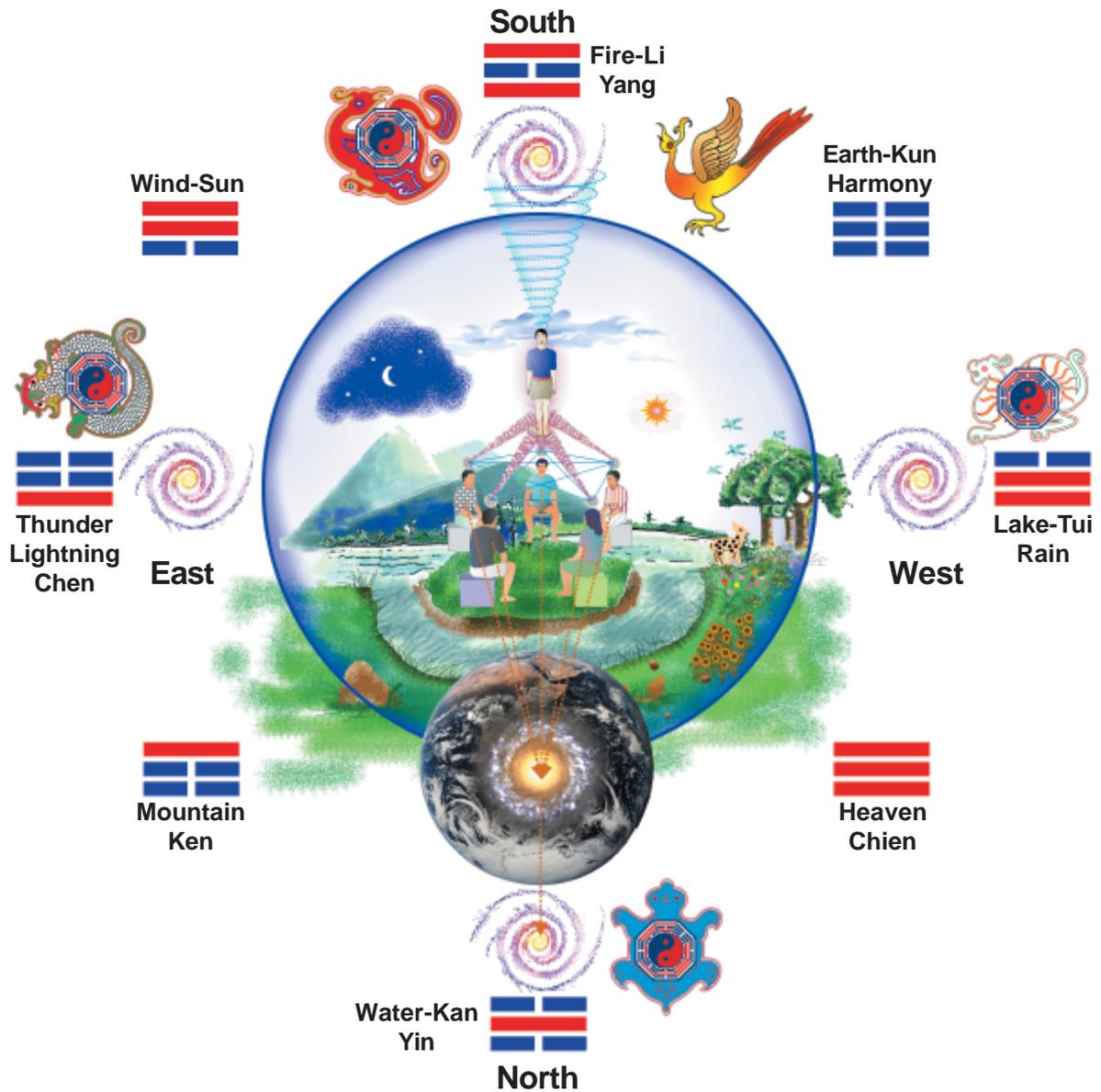


Fig. 5.2 Create and surround yourself with a Chi Dome and the Guardian Animals.

#### 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.

It is always good to create the Chi field and call upon the eight tri-gram-Pakua power, the eight force, when you want to do the meditation.

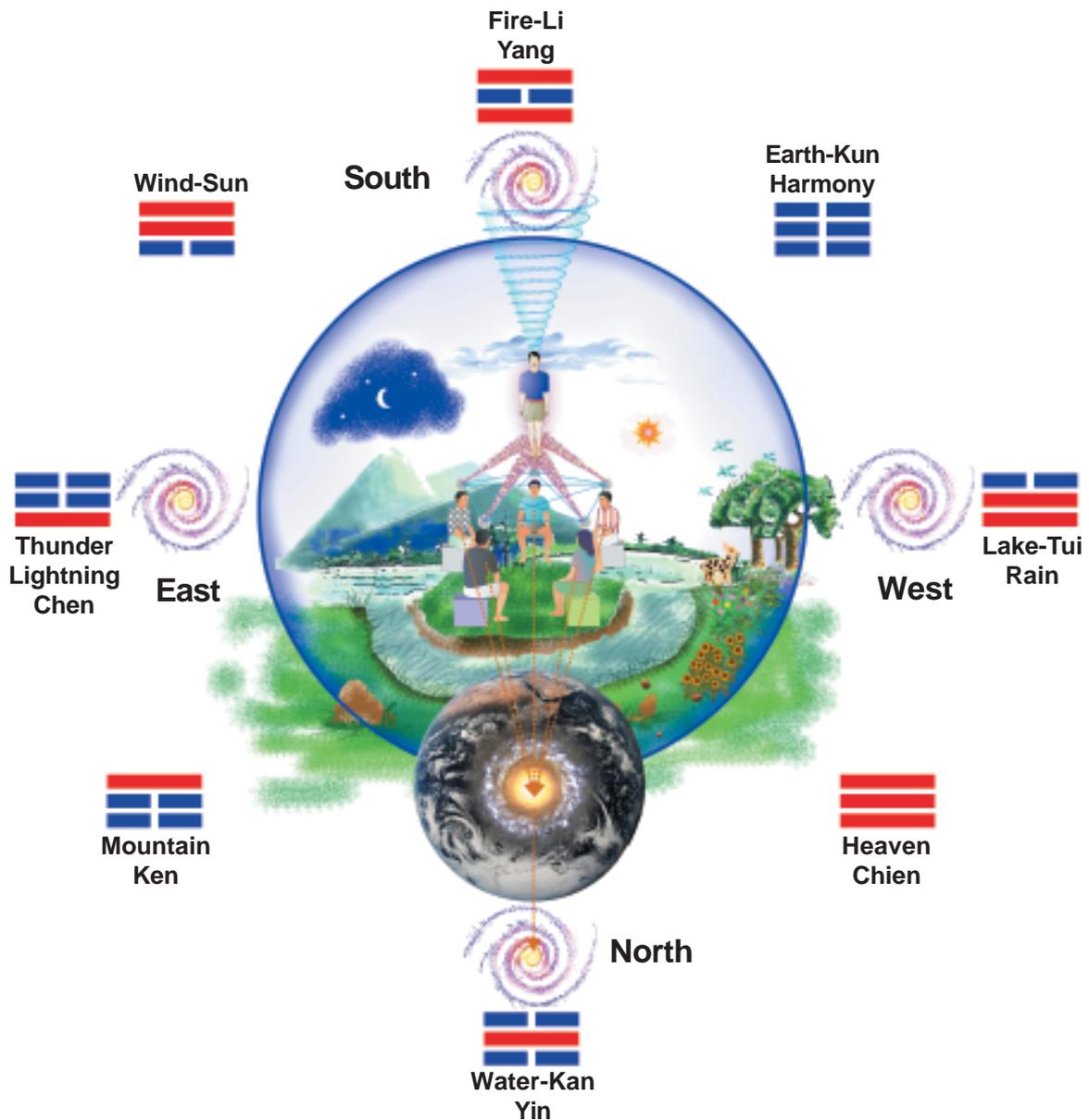


Fig. 5.3 Activate the Eight Forces.

**We have the Power to create Sacred Water.**

The Sacred Water practice is exercising the right of being the children of the cosmos, children of god and asking for the power to give bio-electromagnetic power to the water. The water's power can cleanse the body's cells of sick, toxic or negative energies.



***Fig. 5.4*** *Sacred Water from the Cosmos*

***In the next sections the practices are used for cleaning the cells.  
The more you clean the cells the more the Cosmic Healing can take place.  
For more detail please read Cosmic Healing I***

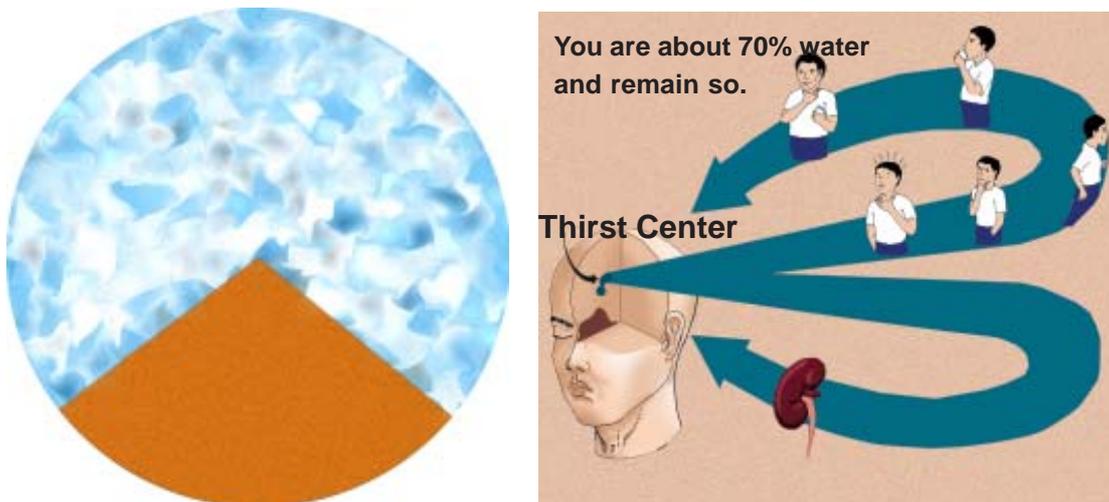
## **Chi (Sacred) Water Practice**

The Sacred Water practice (also known in the West as Holy Water) is to exercise the right of being the creator of the Cosmos. With strict, 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.

Well hydrated and healthy skin needs water to constantly replace that which it loses to the outside environment. This then allows blood vessels in 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. 5.5** *Water is Life.*

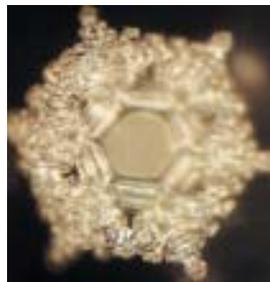
The following three pages contain extracts from the book 'The Message from Water' by Masaru Emoto. He advises us that 'water is telling us to take a closer look at ourselves - water is a mirror reflecting our mind.'



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



Chi and Love

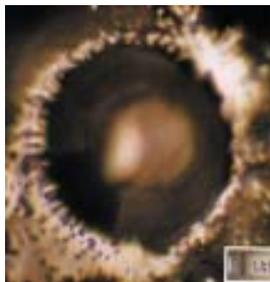


Love-Appreciation

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. 5.6 The emotions change the water structure.

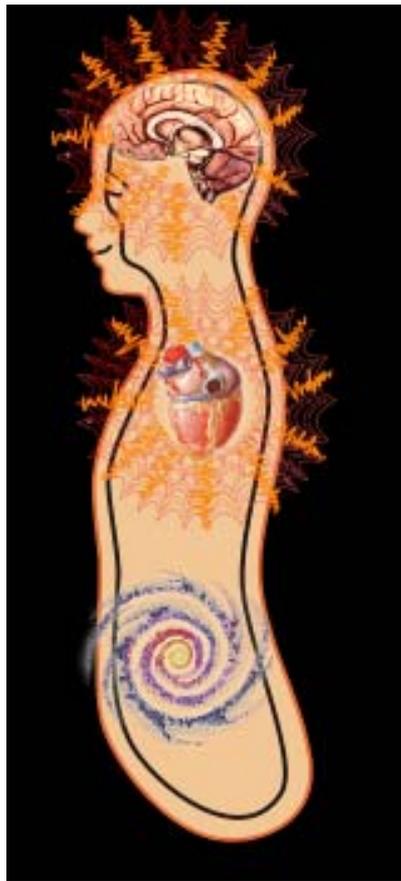
### Outline of Sacred Water Practice

Invoke the power of the Sacred Water practice to cleanse and heal the body's sick, toxic or negative energy.

**Step 1:** Hold the cup with both hands near your heart. Be aware of your Lower Tan Tien and spiral to feel it warm and feel the Chi radiate to the palms and to the cup of water, filling the water with Chi as done in *Cosmic Healing I* book by Mantak Chia.

**Step 2: Command** ***“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.

**Step 3:** 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 him/her the cup to drink using both hands.



Good intention, brain wave

Good heart, heart Chi field

Chi field, Tan Tien

**Fig. 5.7** Feel good, feel love, compassion, joy and happiness.

The Three Tan Tiens can generate out different waves which can which can change the crystals of the water.

Feel love, compassion, joy and happiness. This will change our body's structure so that it can receive and radiate out good and healing energy.

Before the practice of the Cosmic Orbit it is good to create the Chi field and do the Sacred Water Practice with the green and blue color and filling the body with violet light.

**Step 1: Fill the Water with Chi**

Hold the cup with both hands near the heart. Be aware the Lower Tan Tien and spiral till is warm in the lower abdominal area.

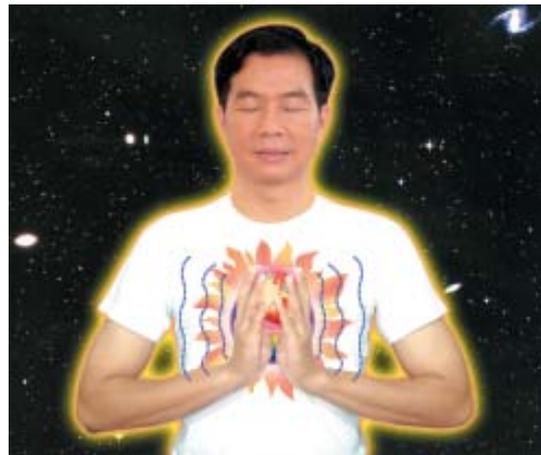


*Fig. 5.8 Fill the water with Chi.*

**Step 2: Fill the Water with Compassion**

Hold the cup with both hands near the heart and project goodness into the water. Feel the Chi radiate to the palms and the radiate Chi into the water.

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



*Fig. 5.9 Fill the water with Compassion.*

Recent research has revealed that the heart generates a strong electromagnetic field within and around the body. The electrical field is shaped like a donut, or torus, similar to the biomagnetic field of the human aura, and the geomagnetic field of the Earth. The heart can radiate out very powerful healing power.

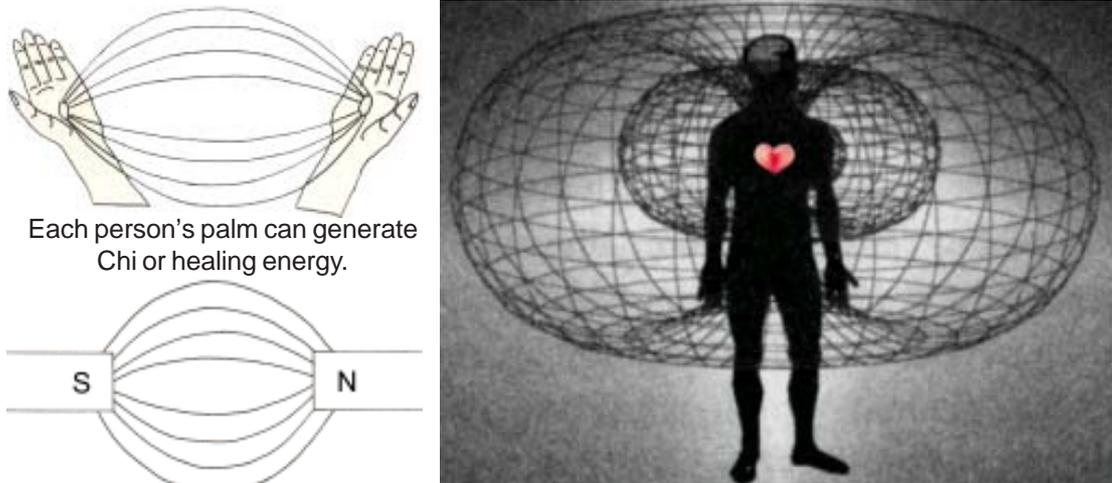


Fig. 5.10 Schematic of the Heart's Magnetic Field for the Sacred Water Practice

### Step 3: Fill the Water with Good Intention

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

Command: "***This sacred water will give me/you health, wealth and longevity.***"

Project good intentions and the energy of compassion into the cup.



Fig. 5.11 Fill the water with good intention.

### Step 4: 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.**

## Clean with Green and Blue Chi

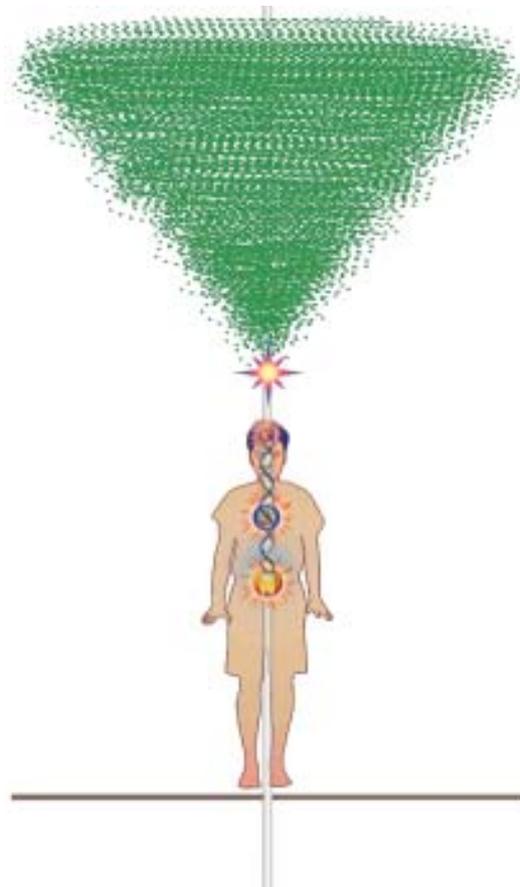
### Draw the Green Light from the Universe

The green light and blue light has the power to clean out space, clean out the body and take out toxins, sickness and bad fortune. It is good to clean the space and the body before doing the Cosmic Orbit.

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

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

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



**Fig. 5.12** Draw down the Green Light from the Universe.

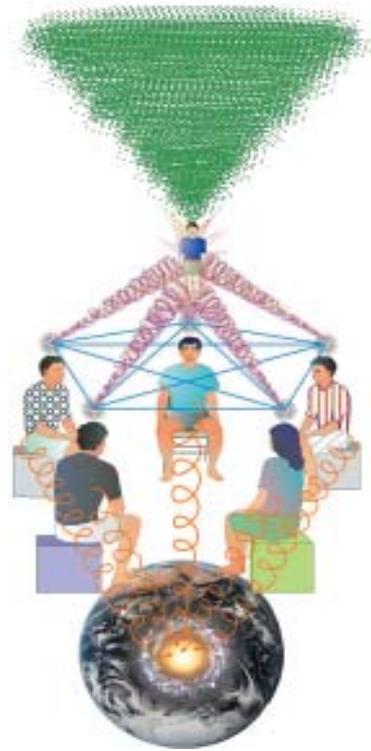
### Cleanse Us from Sickness

Extend your arms up, with palms facing the heaven. 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.

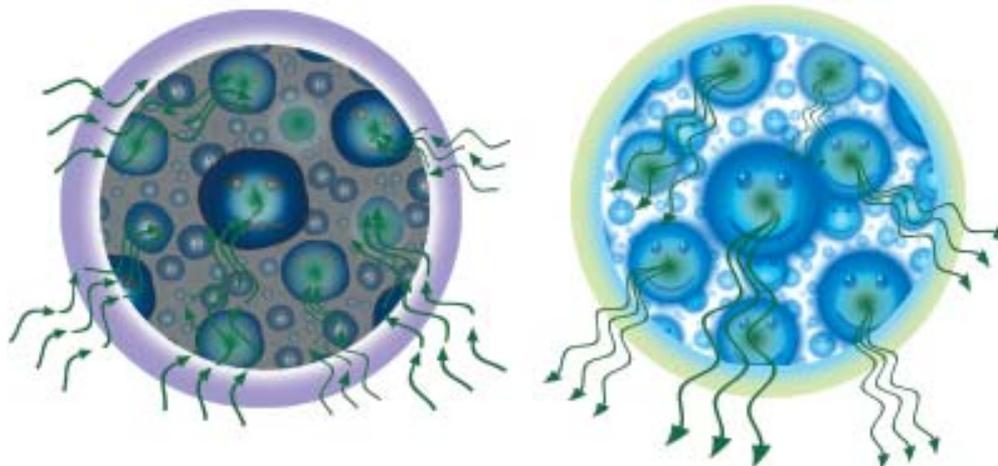
Let the Green light blend into the cells and bond with sickness and toxins. Let the green light bring the sickness out of the cells and flow down to the center of the earth.

Bury the sick energy in an energetic hole. Give the command: "Don't come back. You will be happy there. You will be transformed into good Chi."

Repeat it for 6, 9, 18, times. For people who are very sick with cancer or tumors, you can do up to 36, 72, 108 times.



**Fig. 5.13** Green Light bonds with the Sickness and Toxins before returning them to the Earth.



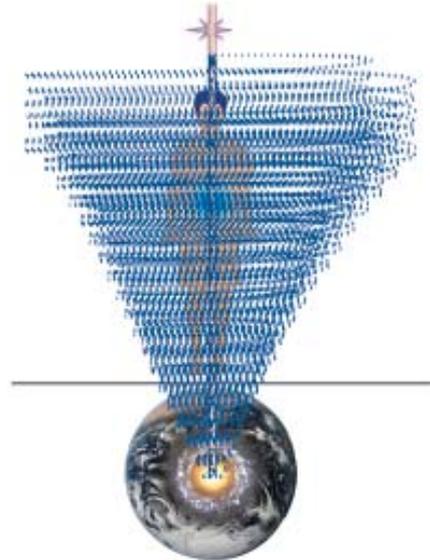
**Fig. 5.14** Green Chi blends in the sick cells and takes out the toxins it flows out and down to the ground. Dig a hole and bury them deep.

### Draw the Blue Light from the Universe

Be aware of the kidneys, the bladder, the oceans and the water energy.

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. 5.15 Draw the Blue Light from the Universe - rinse clean and remove sickness.*

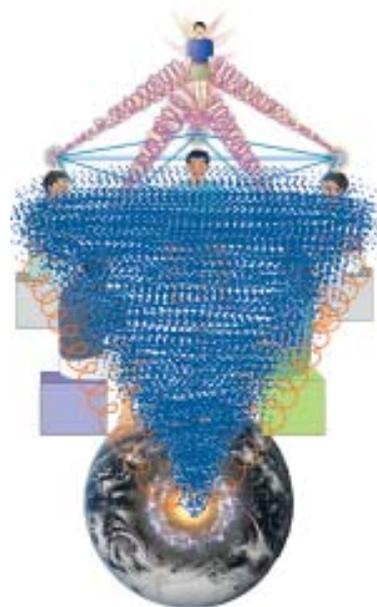
### Rinse and Flush

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.

Then, 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. 5.16 Blue Light flushes out the sickness and toxins before returning them to the earth.*

# **Chapter 6**

## **Cosmic Orbit**

### **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 affect 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.

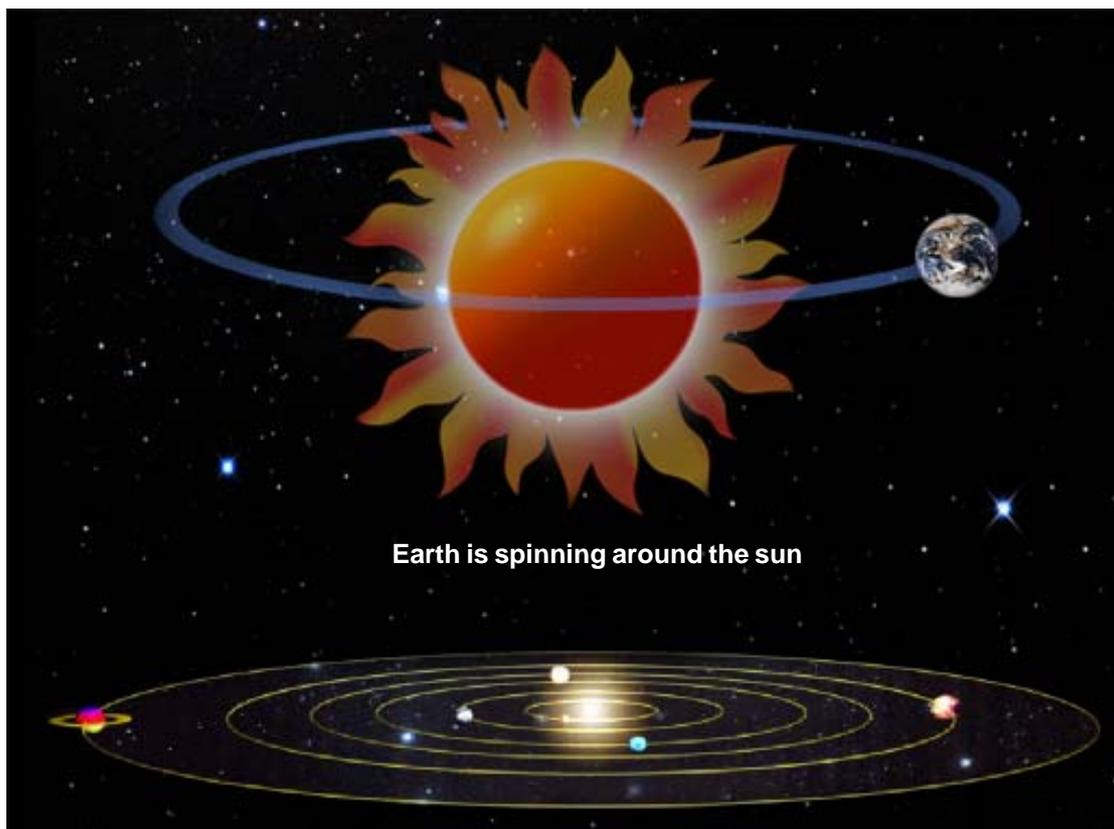
Always start with:

1. Warming up the stove.
2. Follow with Laughing Chi Kung at the abdomen.
3. Three Minds into One Mind, direct the fire down to the sexual center to transform the sexual energy.
4. 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.
5. Activate the Six Directions and the Three Fires.
6. Do the Cosmic Orbit in the standing or sitting position.

## Core of the Earth

The earth rotates around itself 1,000 miles per hour caused by its core liquid and movement around sun at 67,000 miles per hour, so this affects every cell in our bodies. The paradox is that the earth appears to be still. The appearance of stillness is created because the earth is moving so fast. This is like the stillness we feel in an airplane because it is so fast it creates this stillness. These incredible speeds greatly influence the liquid in the body. Being 70 percent water keeps us connected to the forces all around us. This connection is strongest in the Tan Tien, which is linked to the core of the earth.

The earth's spin also creates the gravitational and the magnetic forces. This is the yin and yang polarity and the life force within our cells. The North Star is another force that pulls us toward it. This force connects with the axis of the earth tilting toward the North Star (see pages 26-29).



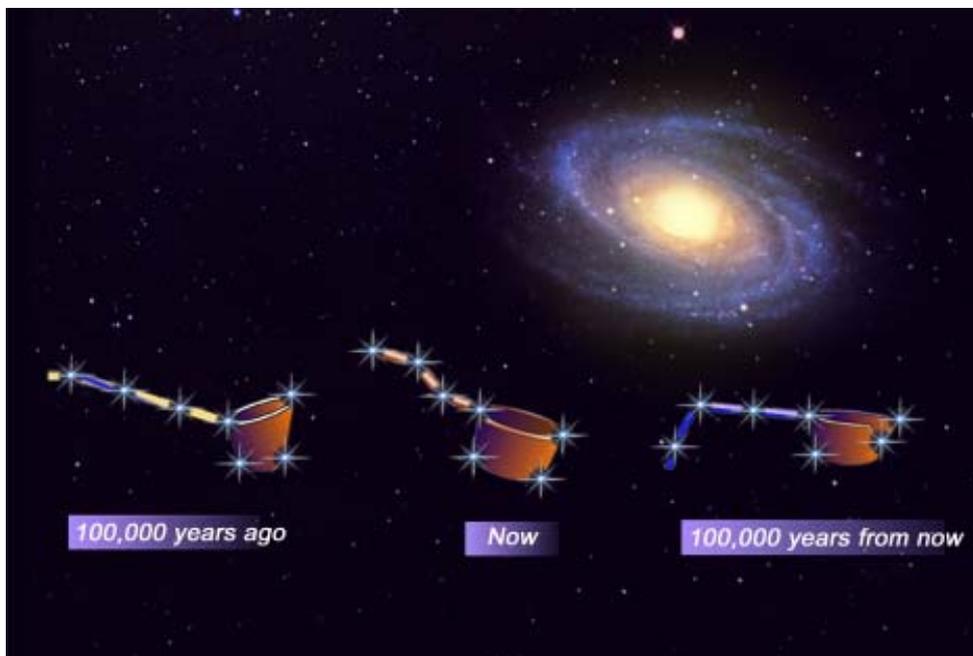
**Fig. 6.1** The Earth and Planets are moving around the Sun at 67,000 miles per hour.

The North Star, we now know, is actually 100,000 times bigger than our Sun. The Earth's axis 5,000 years ago was aligned with Thuban. Now we are aligned with Polaris – tilted towards the North Star. Perhaps in another 2,000 years it will change again. We are actually influenced by the Sun and the North Star. The space between each star in the Big Dipper is actually very far and no one knows why they stay together as a group. We are aligned to the North Star (North Pole) and the Southern Cross (South Pole).

Taoists regard the North Star as the northern gate to heaven. The North Star is the one object in the sky that does not move and it is easily recognized.



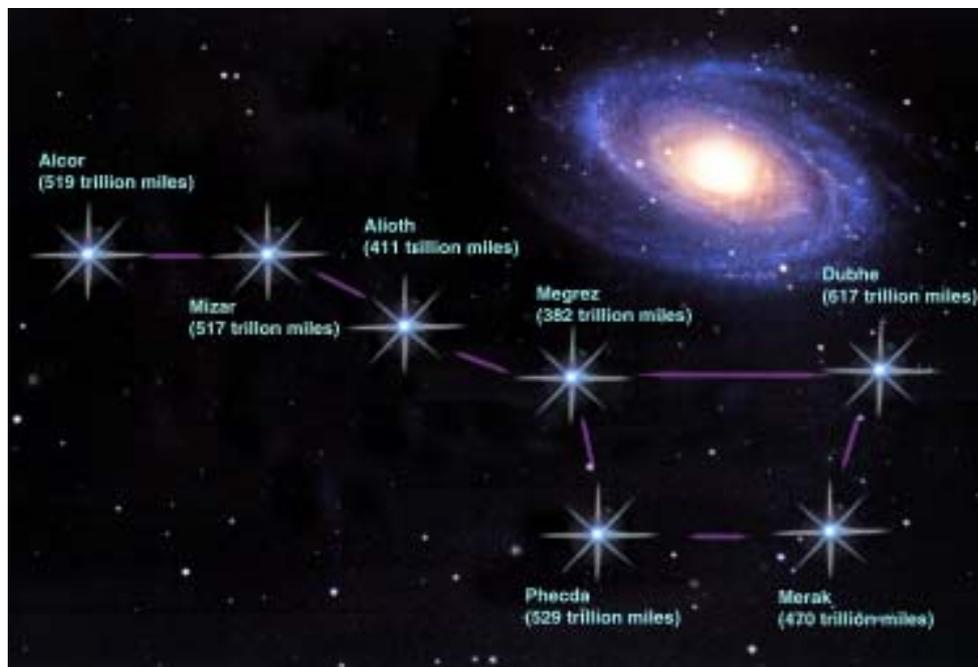
**Fig. 6.2** Gateway to Heaven North Star and Big Dipper



**Fig. 6.3** Big Dipper Movement



**Fig. 6.4** The Earth axis tilts towards the North Star so all the living things on the earth will connect with the North Star.



**Fig. 6.5** Space between each star in the Big Dipper



**Fig. 6.6** North Star (North Pole) and the Southern Cross (South Pole)

Luminous violet has a unique vibration and can be programmed. The universe is filled with violet light, especially the North Star and the Big Dipper. The color of the star, the higher self, or higher soul, from the crown is also violet light, the Divine or Soul energy.

1. Violet light has all the properties of all of the other colors. It has a rapid regenerating effect on damaged organs and nerves.
2. It develops the crown center, spiritual core center, and it is good for psychological ailments.



**Fig. 6.7** Feel Luminous Violet and the pull of the North Star.

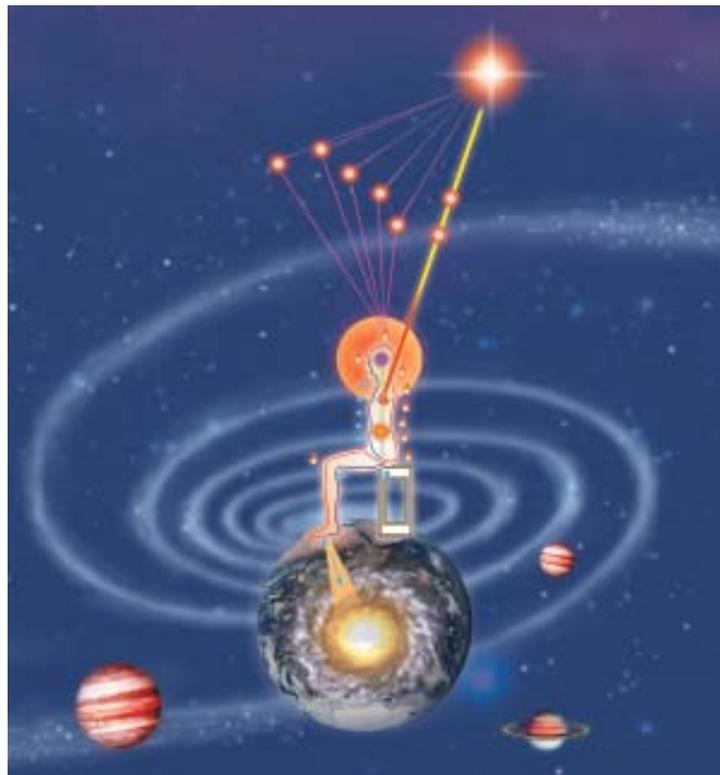
The North Star is a major source of violet light. The Big Dipper is a major source of red and infra-red light. Taoists believe that the cup of the Big Dipper gathers all the violet light from the universe. Use the left hand to hold the handle of the Big Dipper and pour it down to the crown and let it flow through the whole body.



**Fig. 6.8** Connect with the North Star to receive the violet light.

The feeling of the Three Forces:

1. Earth force and the sole breathing.
2. North Star pulling you toward it, making you feel you are lighter.
3. Tan Tien Spiral.



**Fig. 6.9** Connect with Big Dipper and Universe.

### **Preparation Practice**

Let's start to put the preparation practices together. As you progress, you can be creative with how you prepare. With continued practice, the preparation takes less and less time. Remember, these are just guidelines, you must make the practices and meditations work for you.

1. Start with Warming the Stove, do the Bellows Breathing 36 times. Rest and feel the warmth grow in the abdominal area.
2. Do Laughing Chi Kung, laughing loud for 5 minutes. Spiral the Chi in the lower abdomen. Feel the warm Chi build up and start to rise up to the crown and open the nostrils. Take some deep breaths.
3. Do the Giggling Laughing (not loud) for 3 to 5 minutes. Rest and spiral, allowing the Chi flow up to the crown.
4. Do Inner Laughing and feel the vibration inside for 3 to 5 minutes and rest. Let the energy flow.
5. Three Minds into One Mind.
6. Let the energy flow down to the mideyebrow and breathe through the eyebrow. Breathe this energy into the center of the brain. Do the breathing 9 to 36 times.
7. Breathe the good feeling into the mideyebrow and down to the heart. Hold it in the heart for a moment, allowing it to radiate through the body. Keep on breathing 9 to 36 times.
8. Breathe the good feeling through the mideyebrow, down to the heart and exhale down to the lower Tan Tien. Hold the Chi there, feel centered and balanced. Do this breathing 9 to 36 times. Feel all three minds (Upper Mind, Heart Mind and the Lower Abdominal Mind) merge in the Lower Mind. Feel calm and relaxed.
9. Do the Cosmic Inner Smile.
10. Sit on the edge of the chair and rock from the sacrum up to lumbar then up to the neck. Rest and smile to the spine. Feel the spine warm and open.
11. Smile to the heart and feel joy, happiness and love. Let this good feeling flow down to the spleen, stomach and the pancreas. Breathe in the yellow color of openness and fairness. Do 3 to 6 breaths.
12. Breathe the good feeling into the heart with the red or violet light and let it radiate down to the lungs. Breathe in the good feeling of the white light, courage, and righteous feeling into the lungs. Keep on breathing in 3 to 6 times.
13. Breathe the good feeling into the heart with red or violet light, and let it radiate down to the kidneys. Breathe in the good feeling of the blue light, gentleness and calmness feeling into the kidneys. Keep on breathing in 3 to 6 times.
14. Breathe into the heart the good feeling with red or violet light, and let it radiate down to the liver. Breathe in the good feeling of the green light, kindness and generosity into the liver. Keep on breathing in 3 to 6 times.

15. Feel all the organs surrounded by light. Heart is bright red, spleen is bright yellow, lungs are bright white, kidneys are bright blue, and the liver is bright green.
16. Move your tongue around to activate the saliva, and swallow down to the stomach and down to the small and large intestine. Keep on smiling down and follow the warm feeling of the saliva.
17. Stand up away from the chair, and do the opening of the Six Directions and Three Fires.
18. Follow this with the with the Cosmic Chi Kung practice to help open all the energy centers.
19. Then sit down and do the Cosmic Orbit meditation.

If you start fresh, after doing the Inner Smile, raise the hands to the universe, feel that the hands are big and long and that the bones are hollow. Fill and pack the bones with Chi.



*Fig. 6.10 Raise your hands up to the Universe. Feel that the hands are big and long and that the bones are hollow. Fill and pack the bones with Chi.*

### **Connect with the North Star to receive the Violet Light**

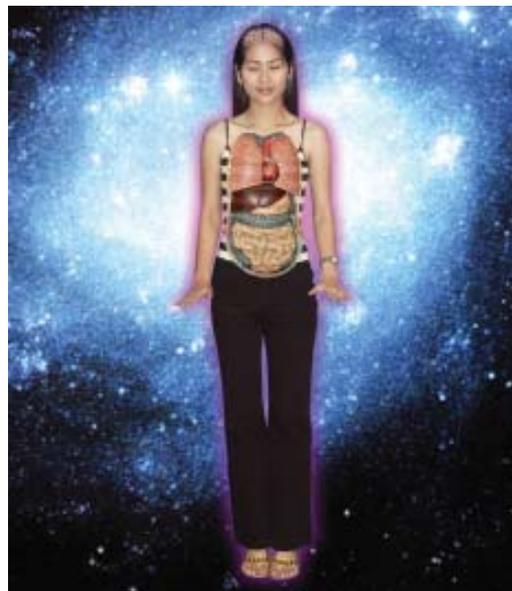
The North Star is a major source of violet light. The Big Dipper is a major source of red and infra-red light. Taoists believe that the cup of the Big Dipper gathers all the violet light from the Universe.

Be aware the North Star and Big Dipper and let them descend down to your hands. Use the left hand to hold the handle of the Big Dipper and pour its light down to your crown and let it flow to all the body.



**Fig. 6.11** Practitioner connects with Universal Violet Light.

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 point of the kidney meridian) breathing and pulsating.



**Fig. 6.12** Let your whole body feel radiant, clean and shining with the healing light.

### Open the Cosmic Orbit

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 fingers 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.



**Fig. 6.13** Feel your fingers growing long, all the way down to the coccyx.

Be aware 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. 6.14** Be aware of the Lower Tan Tien, Heart Center and Crown spiraling. Feel the universe spiraling and charging the Three Tan Tien.

## Open the Cosmic Orbit Points

Move to the mid-crown point. Touch the point and project your fingers deep through the middle of your body down to the perineum. Focus on the perineum. Feel the Chi from the universe flow right to your perineum. Look for one dot of light. Look into the darkness, the immense, vast darkness. This is the primordial force.



**Fig. 6.15** *Open the Crown Point.*

Be aware of the Tan Tien and spiral it like the galaxy. 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 go out of the body and 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. 6.16** *Tan Tien and the Universe*

Charging the energy - feel your hands and legs very warm when you scoop up the energy. In this part we always want the three Tan Tiens to merge yin and yang energy together. In the Taoist formulas, we involve the Phoenix and Dragon. When Chinese people get married they always have a Phoenix and Dragon, symbolizing the female and male coming together to become one energy. In the three Tan Tiens you can constantly feel this male and female uniting.

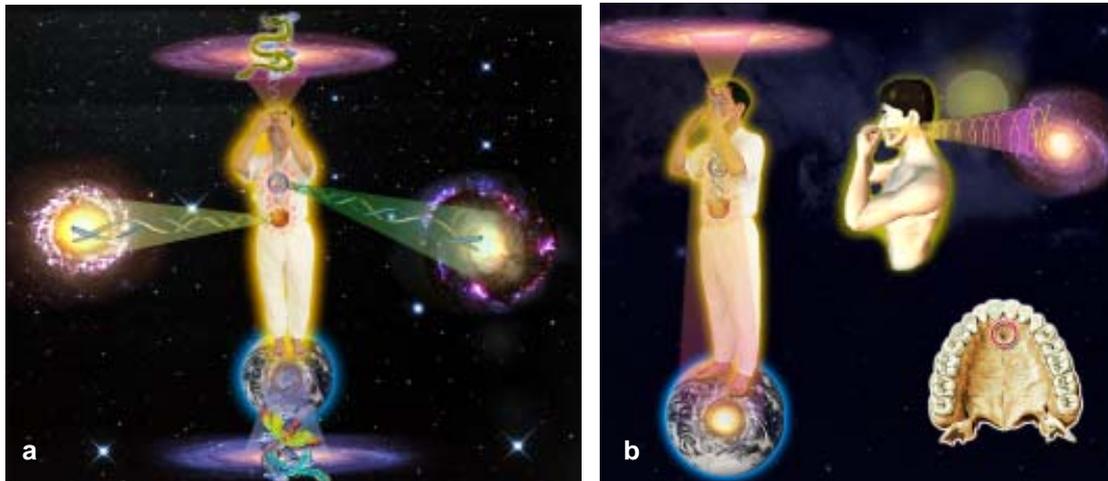


*Recharge. Be aware of the Tan Tien, heart consciousness in and awareness out. Spiral the Tan Tien, heart, third eye and crown. The Universe and six directions are all spiraling.*

*Feel the yin and yang, male or female Dragon and Phoenix reunite and make love, spiral into one love and orgasm force in the heart center, and spread out to all the cells in the body.*

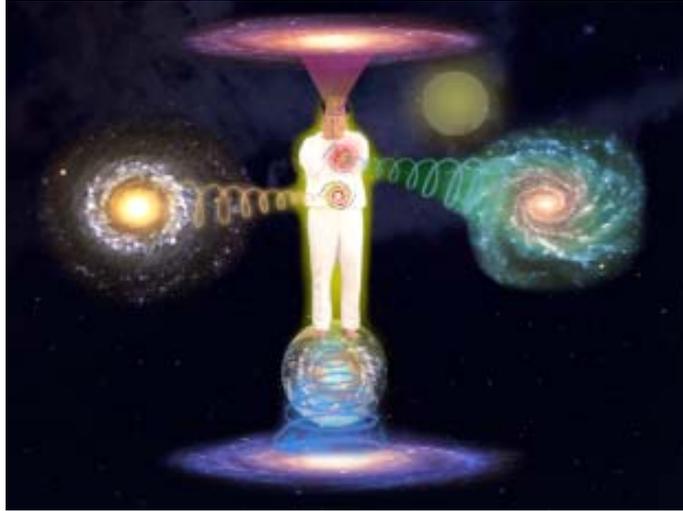
**Fig. 6.17** Mideyebrow Point

Scoop the energy and then come down and touch the mideyebrow, focusing on the base of the skull and feel the fingers penetrate straight through to the base of the skull.



**Fig. 6.18 a.** *Be aware of Tan Tien and the universe spiraling. With the spiraling, the Chi will become hot in the fingers. It will expand and penetrate out through the back of the head all the way to the universe behind.*  
**b.** *Move the fingers down to touch the upper lips. Feel the Chi charge the upper palate.*

Come down to the middle or upper lip. This point revives consciousness.



**Fig. 6.19** Feel the universe and galaxies spiral and charge the palate.  
The circuits are flowing down through the tongue and down to the throat.

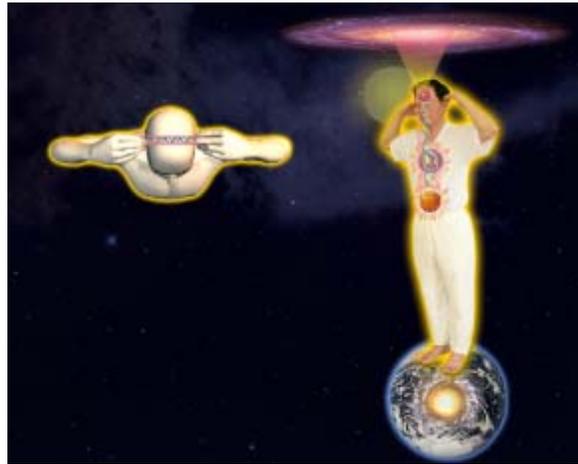
Feel the primordial love and orgasmic energy within; this is the most important energy that we need every day. If you want more energy, just become aware of the universe. The six directions of the universe are below, above, left and right, front and back. Everything is spiraling and moving around us. When you are aware of the universe spiraling, you are charging energy into yourself.



**Fig. 6.20** Feel the Six Directions.

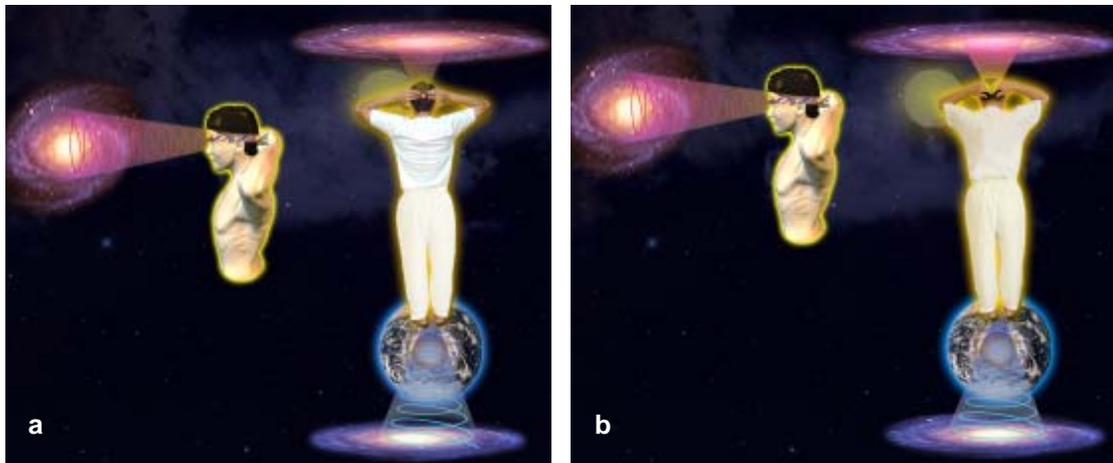
Touch the left and right ear and feel the fingers grow very long. Make a cross into the brain and open the Upper Tan Tien and the back of the head and the third eye. This opens the whole brain. Chi will go right into it much easier.

*Picture your fingers like laser beams of Chi. 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-cut-cutting open your skull right in the middle around to the top of the ear. Cut your Upper Tan Tien open, cut and project your fingers long into the middle. Spiral your Tan Tien and the universe. Leave your fingers there. Concentrate on your Tan Tien spiraling your heart, crown, the universe above, below, in front, behind, left and right all spiraling. Your Tan Tien is a big empty space: primordial force, darkness. You can put so much Chi inside there! Chi penetrates into your brain.*



**Fig. 6.21** Opening the Jade Pillow

When you touch the back the energy flows through to the front.



**Fig. 6.22** a. Move your hands all the way to the back, cutting to the back of the skull. Touch, and feel the upper Tan Tien open.

b. Touch the base of your skull. Focus on the mideyebrow. 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.

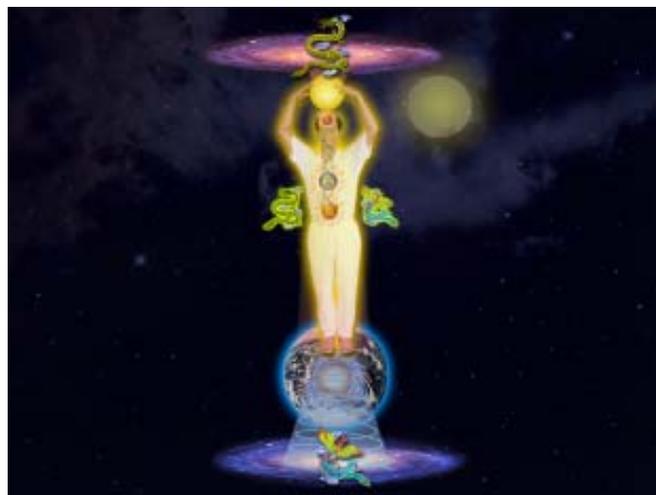
Chapter 6: Cosmic Orbit

Anytime you want to recharge the energy (when you feel the hands getting low in energy and to help you open the body), reach into the universe and bring down the energy.



**Fig. 6.23** Recharge from the universe. Feel that your bones and your arms and legs are hollow. Fill and compact them with Chi.

Feel the constant love and orgasm energy all around us – the creative energy of the universe.



**Fig. 6.24** Scoop the universal Chi and pour it down over your crown and all the way down, down, down to the middle Tan Tien. Feel the Dragon and the Phoenix making love in the heart center. Feel the yin and yang, male or female, Dragon and Phoenix reunite, make love, spiral into one love and orgasm force in the heart center, Lower Tan Tien, the crown, and spread out to all the cells in the body.

When you are aware of the universe spiraling, you are charging energy into yourself.



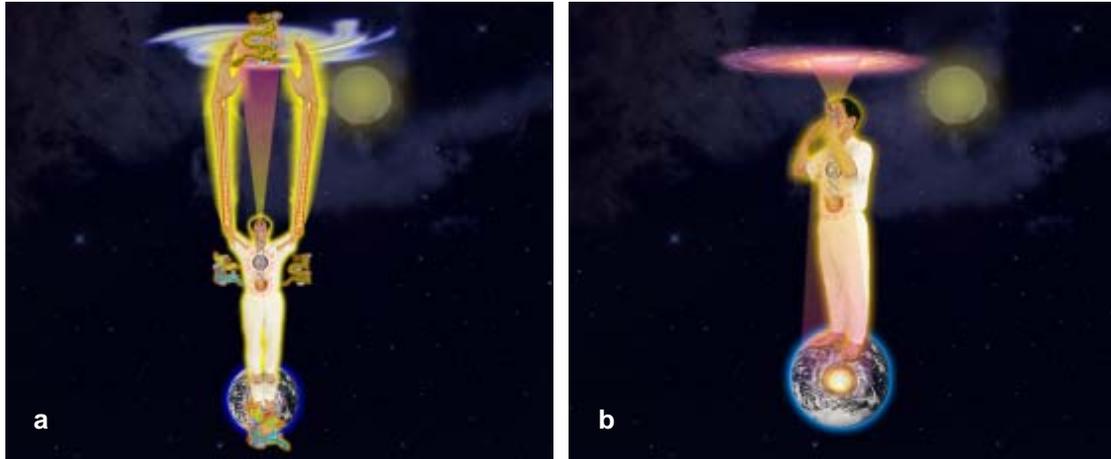
**Fig. 6.25** Touch the upper lips and feel the connection with the tongue and the front palate.

Move down to the throat center and touch and focus on C-7, on the back of the neck. Focusing on the back of the neck and the throat center will activate the thyroid and parathyroid and thymus glands.



**Fig. 6.26** Move the fingers down to the throat center and feel them penetrate through the C-7 and to the universe behind.

Every time you need more energy, recharge by reaching into the universe and bring the energy all the way down to the heart center.



**Fig. 6.27 a.** Recharge from the universe. Feel your bones and your arms and legs are hollow. Fill and compact them with Chi.

**b.** Recharge and cut around to heart and to the armpits.

Recharge from the universe, pour Chi over the crown down through the body and lower your hands down to the heart center. Touch with the fingertips.

### Middle Tan Tien and Heart Point

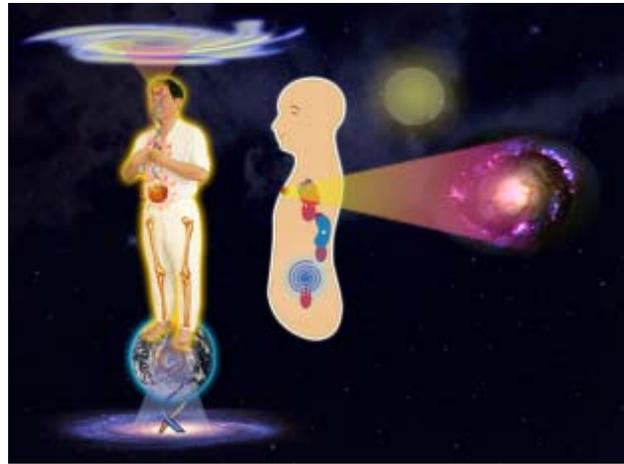
Touch the heart and focus on the back of the heart to T-5 and T-6. Feel the energy go all the way through to the universe and connect with the galaxy.

Move your hands all the way down to your heart center at the mid-sternum. Touch and focus on the point opposite the heart, T5/T6 on the spine. Imagine the fingers long; the 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 galaxy behind. In the Tan Tien and the universe also feel your fingers penetrate into the bones and bone marrow and spread out into your rib cage.



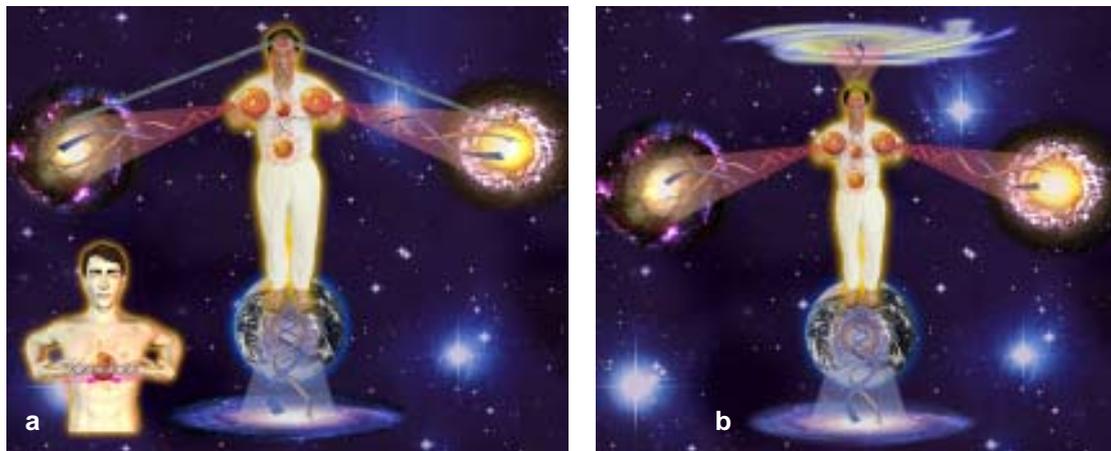
**Fig. 6.28** Opening Heart Point

Move to the left and right, opening the heart center (like opening a book) which also activates the thymus gland and all of the lymphatic system, the immune system, the T-cells, B-cells, and the Killer cells. This will immensely help the immune system when you open the heart center.



**Fig. 6.29** The Heart Center is also connected to the thymus gland, which is the most important organ in immune system.

We open the left and right sides of the heart.



**Fig. 6.30**

- a. Move your hands around under your armpits, extending the Chi like laser beams cutting open the middle Tan Tien. Pause under the armpits as you send the Chi into the center.*
- b. Be aware of the Tan Tien and the universe spiraling. With the spiraling, the Chi will become hot in the fingers. It will expand and penetrate out through the back of the head all the way to the universe behind.*

Open the back, touch the back at T-5/T-6 and feel the energy come to the front.

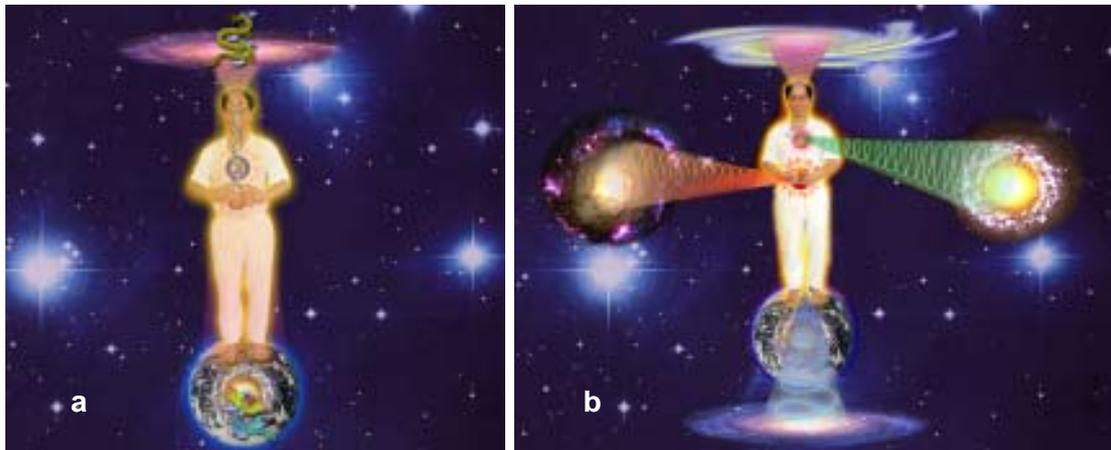


**Fig. 6.31**

*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 to the front, cutting as you go.*

### Open Solar Plexus Point

Move down now to the solar plexus, found between the sternum and navel. Touch the solar plexus and focus on the T-11 in the back. Feel your fingers penetrate all the way through. Just hold the Solar Sun here - think that a Sun is shining in your solar plexus and radiating all the light throughout the whole body. Just keep on holding and feel the Sun in the body. The more you can feel and see the Sun shining in the body, the more you can clear the sickness from the body. Sickness doesn't like light/sun energy, it likes darkness, wetness, and dampness.



**Fig. 6.32 a.** Move your hands down to your solar plexus center between the sternum and the navel. Touch and focus on the point opposite T-11 on the spine.

*Make your fingers long; Chi penetrates into your solar plexus.*

**b.** Tan Tien and the universe: also feel your Chi fingers penetrate into the bone and bone marrow and spread out into your rib cage.

## Open Navel Point

Come down now to the navel. Touch the navel and focus on the Door of Life (Ming Men) between L-3 and L-4.

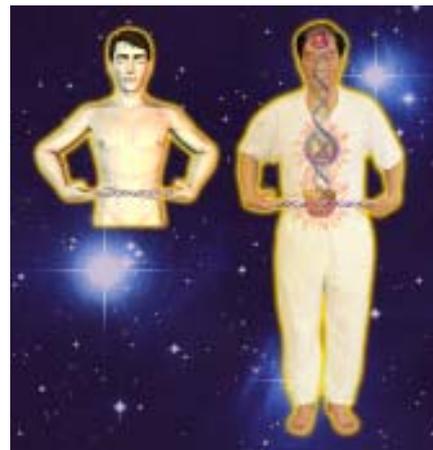
Recharge with universal Chi, Tan Tien and universe. Again, raise your hands and charge with the Chi in the universe. Your hands are very big, very long. The bones are hollow and compacted with compressed universal Chi. Scoop the Chi from above and guide it down. Pour all the way down, down, down, down 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. Feel the Chi penetrate through to the back and out to the universe behind.



*Fig. 6.33 Tan Tien and Universe*

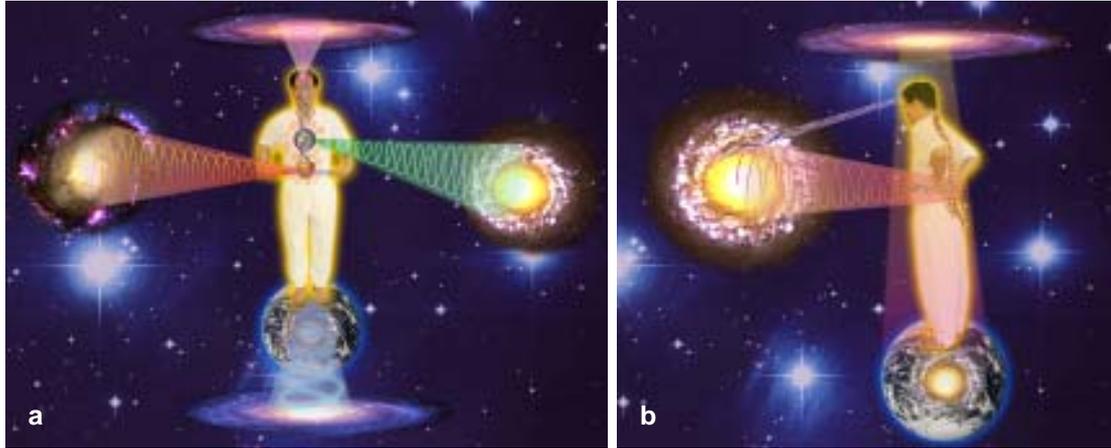
Feel like there is a laser beam cutting open the left and right sides. Begin at the navel and slowly circle all the way back to the Door of Life; all the while the energy is cutting like a laser and opening this area.

Open this Lower Tan Tien the same way as the Upper and Middle Tan Tiens. Tan Tien and universe - 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 hand are very long, extended energetically inside. Cut and feel the energy penetrate into the center.



*Fig. 6.34 Open the Lower Tan Tien.*

Wherever you touch, focus on the opposite point and feel the energy flow. As you touch the Door of Life you will feel the energy go right through to the navel and into the universe.



**Fig. 6.35** a. Tan Tien and Universe Feel more Chi.

b. 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.

When you open the orbit and the energy starts to move through it, the body gets penetrated with more and more energy. This process opens the body so that the energy can go through it. The body gets less dense.

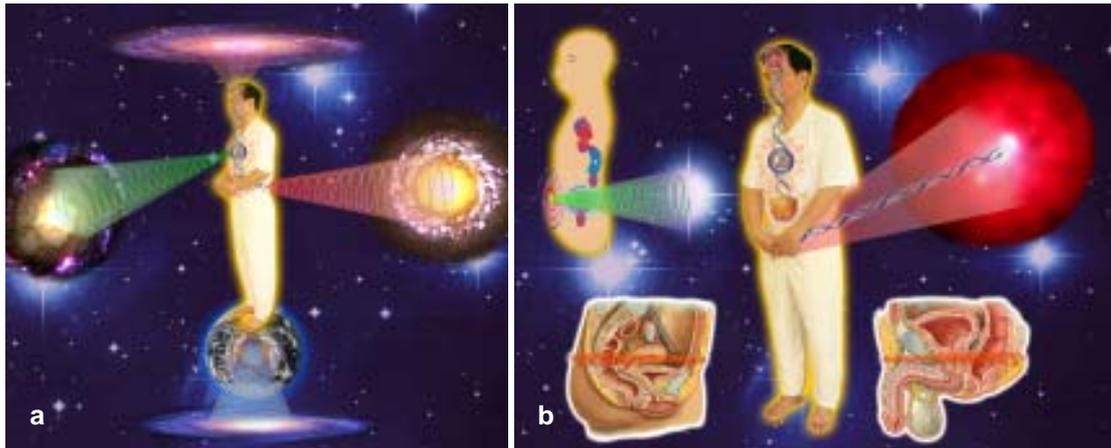
When the body is too dense the Chi cannot go through it, light cannot go through it and that's when sickness can start to get into the body. Light and Chi must penetrate through our body. Doing this meditation you will get a lot of energy right through the body.



**Fig. 6.36** Open the Cosmic Orbit and your body gets less dense.

## Open Sexual Palace

Finally, come back down to the navel and go down to the pubic bone and focus on the back. Penetrate right through the sexual organs (ovaries/prostate and bladder area).



**Fig. 6.37** a. Move the hands back to the navel, extending the fingers and “cutting” the Tan Tien open as you go. Touch the navel, Tan Tien and the universe are spiraling. Feel more Chi, and feel the Tan Tien open.  
b. Touch the sexual center and let the Chi penetrate through to the sacrum. Touch the sacrum and let the Chi penetrate through to the sexual center.

Then we go into our bones. Begin by touching the hipbones and laugh inside the bones. Laugh inwardly and feel the laughing vibration in the bones. Feel your fingers are very long and penetrating right into your bones and bone marrow.



**Fig. 6.38** Receive Chi from the Tan Tien and the universe to the Sexual Center.

## Opening Sacrum

When we are young, this bone produces so many blood cells. The older we get, the more hollow the bones become and they slow diminish their production of blood cells. We lose a very big factory. In the Taoist practice we work to revive this factory. Funny, laughing, happy bones; smile to your bones, feel Chi going into the bones and activating the bone marrow.



**Fig. 6.39**

*Touch both side of the hipbones. Feel your fingers grow long.*

*Smile to the bones and feel funny and happy bones.*

*Touch the femur bones, Tan Tien and universe. Charge the fingers.*

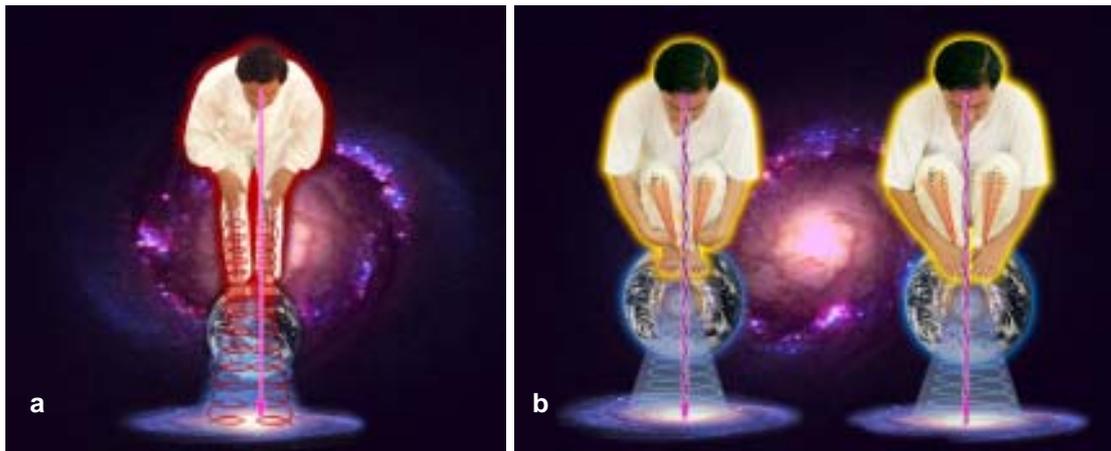
*Feel the funny, happy, laughing vibration inside the bones and in the bone marrow.*

When you have nothing to do, just touch your bones and smile and feel funny, happy, laughing bones.

Touch the sternum and laugh internally sending the vibration into the bones. Funny, happy, laughing bones. The marrow and thymus will activate - this is very important. In inner laughing the Taoists describe it as the sensation of hitting a drum and feeling the inner vibration- BOOMMMM! Inner vibration is the echo of the energy vibrating in the bones.

Squat down and feel the entire body sink down into the ground and gather the Earth energy. Touch your heels and feel the energy go up into the heel and raise your sacrum (straighten your legs). Feel this whole area open, smile to the Tan Tien and wiggle the tailbone side to side. This will open a lot of energy in this area.

Squat down again, collecting more earth Chi and pull it up into your bones, pulling it all the way up to your sacrum.



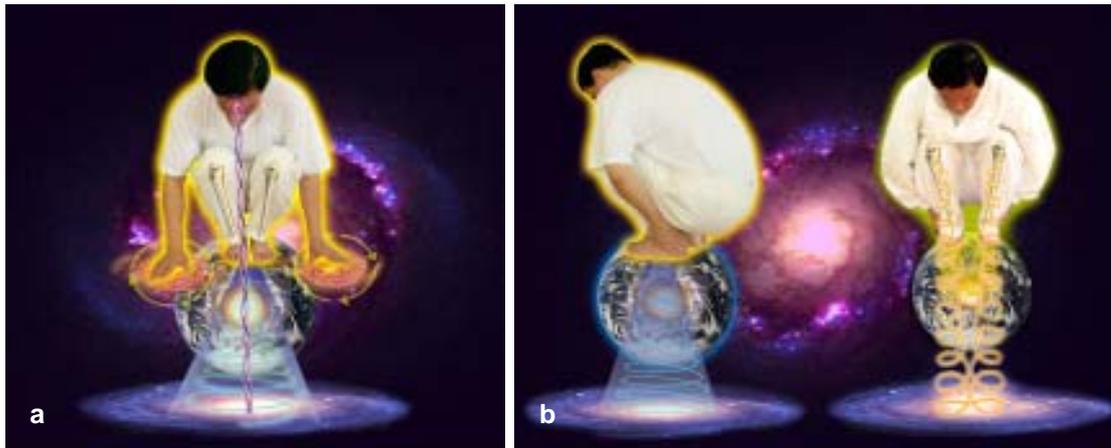
**Fig. 6.40** a. Now we are going to slowly lower the Chi down through the bones to the Earth. Move the hands down the legs as you bend down.  
b. Lower yourself all the way down to the ground and sit on your feet. Move the Chi with your hands down to your toes, down through the Earth and to the universe below.



**Fig. 6.41** Raise your sacrum up, keeping your hands at the toes. Smile to your Tan Tien.

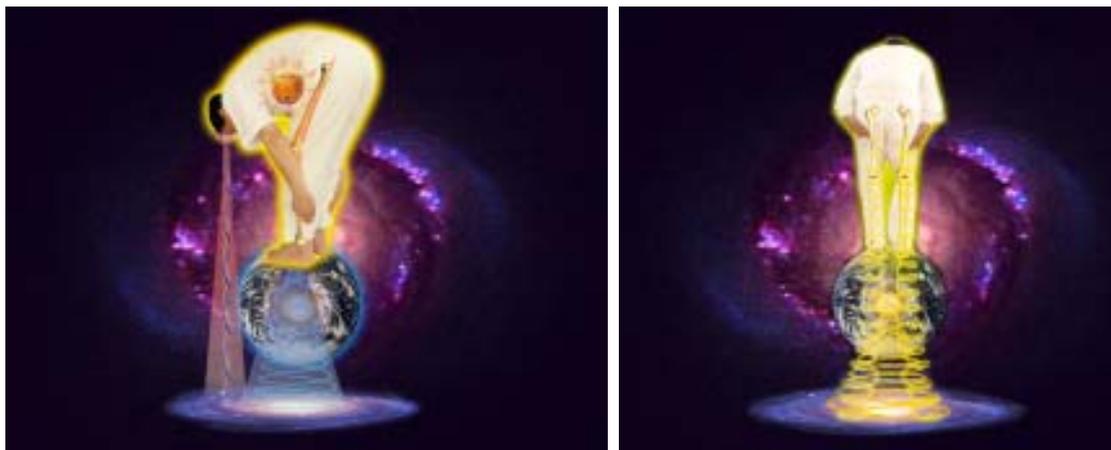
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1. Lower down again. Lower the Chi down to the earth and the galaxy below.
2. Once more, raise your sacrum up, maintaining hand contact with your feet. Smile to your Tan Tien.
3. For the third time, lower down. Open your palms, gathering the Chi from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



**Fig. 6.42**

- a. Send Chi down to the earth and the galaxy below.
- b. 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.



**Fig. 6.43** Fill the bones with Chi as you move your hands up.

Now reverse. When you touch your coccyx, think about the ground. The energy will go into the bone and spinal cord and reach up to the crown.

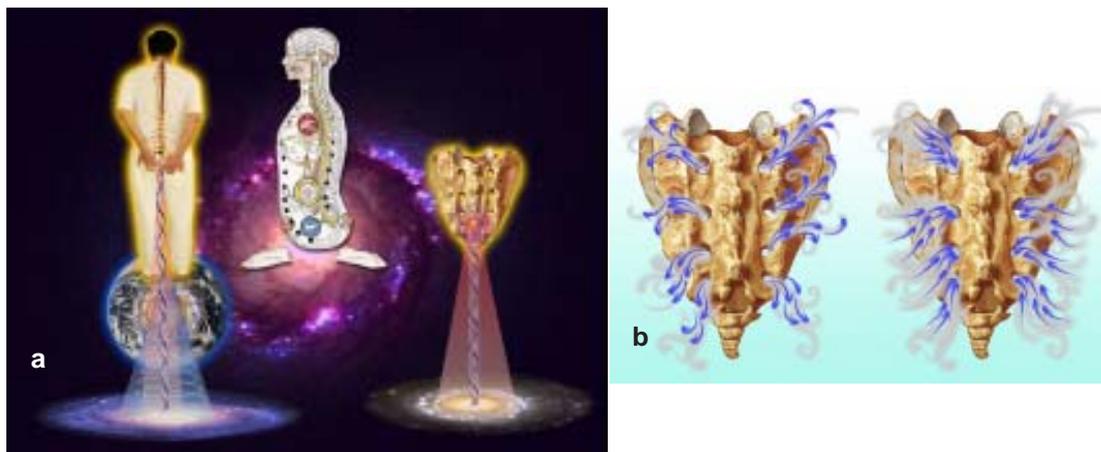


**Fig. 6.44** Feel your bones, and fill them with Chi all the way up to your coccyx. Touch your coccyx, Tan Tien and the universe.

### Opening Governing Channel

Touch the sacrum and picture the sacrum grow. Make it bigger and bigger, extending it down to the universe.

Feel the eight holes breathing. The sacrum breathes the energy up into the spine.



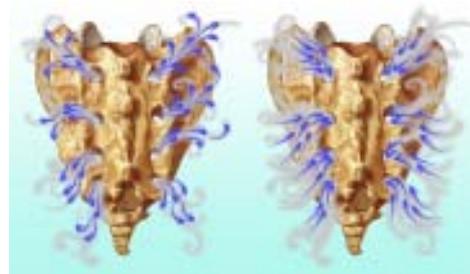
**Fig. 6.45**

a. Touch your Sacrum.

b. Eight Holes Breathing

The sacrum bone controls all the bones and bone marrow production. Sometimes when I need to enhance my immune system I touch my sacrum and the sternum. Both of these bones are very important and help to activate the immune system and increase the white and red blood cells.

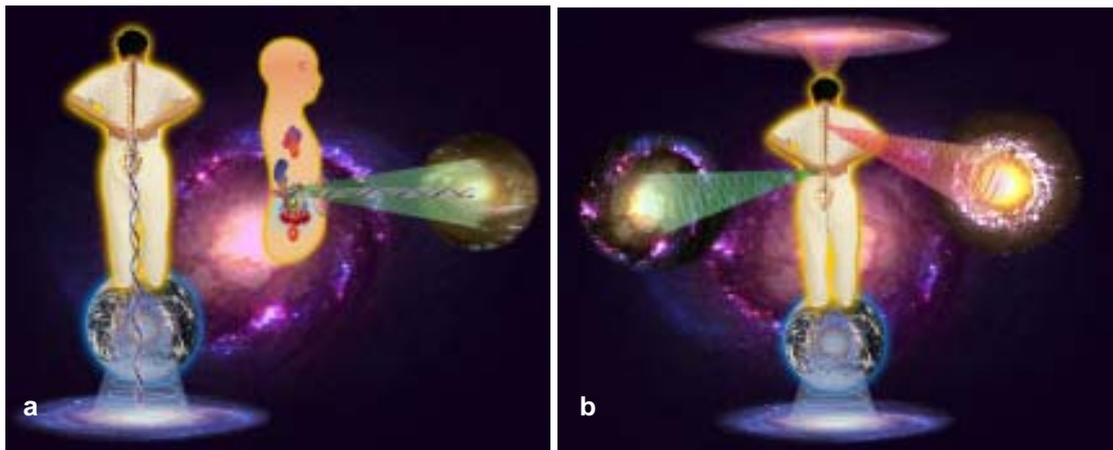
Feel the sacrum big and breathing. As always, when you need energy, become aware of the universe and Tan Tien.



*Sacrum Breathing*

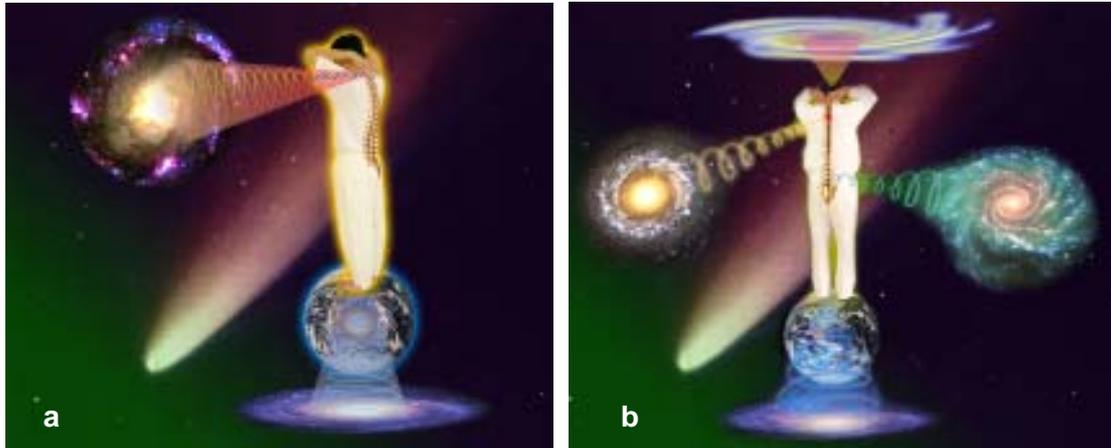
**Fig. 6.46** Come up to the sacrum, Tan Tien and the universe. Feel the Chi rise up through the spine and spread out to the glands and organs and fill them with Chi.

Now bring your hands up to the Door of Life (Ming Men) which is opposite the navel.



**Fig. 6.47** a. Come up to the Door of Life and through to the navel. Now you may sit down. b. Connect to the Tan Tien and the universe.

Move up to C-7, opposite the throat center. Up to the base of the skull (Jade Pillow) which is opposite the mideyebrow.



**Fig. 6.48** a. Touch the C-7 and feel the fingers penetrate through to the throat center.  
b. Fingers continue to touch the C-7 point, feel the three Tan Tiens and the universe spiraling.

Finally, go up to the crown. Feel the energy penetrate from the crown all the way down to the perineum. This can take a while.

All you have to do is think that your fingers are **Long**. It's simple. You practice it, you have it! It's your aura that is extending and penetrating deep within your body all the way to the middle of the perineum.



**Fig. 6.49** Move the fingers to touch the crown and feel them penetrate through the body down to the perineum.

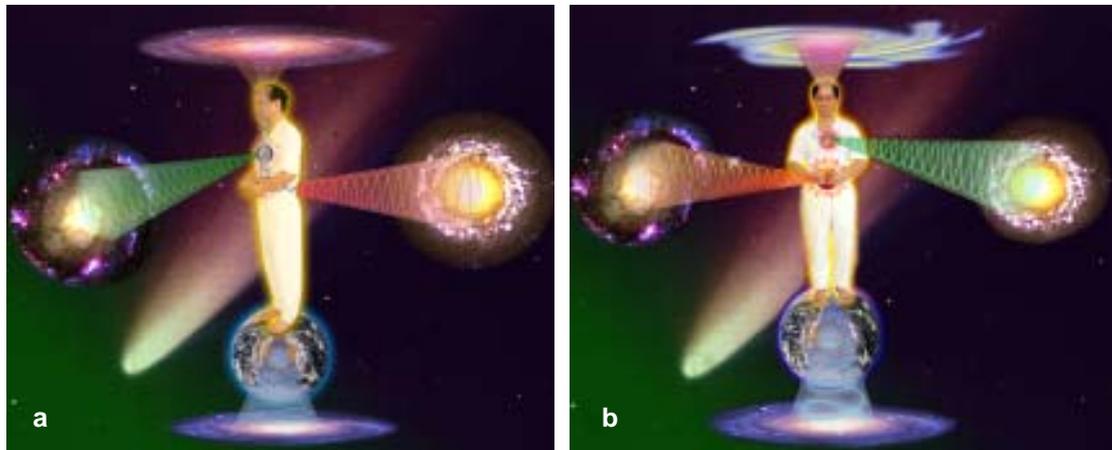
Chapter 6: Cosmic Orbit

Gather the energy and bring it back down to the Tan Tien. Just use the mind. Extend it down to the Earth and gather the energy. Go back up and extend up to the universe and gather more energy from the universe. Come back down to the mideyebrow and bring more energy into the mideyebrow.



**Fig. 6.50** *Gather the Energy.*

Keep on moving the energy. When we move it to a certain level, it gets faster and faster (spiral speed).



**Fig. 6.51** *a. Touch the navel and feel the Chi all sink down to the Lower Tan Tien, start to spiral, faster and faster.  
b. Feel the Tan Tien and the universe all spiraling at a fast speed.*

The spiraling is at a rate of 30,000 – 60,000 miles per hour. When you move so fast, you become very still. Just as the Earth is spiraling and spinning so fast, yet it feels still.



**Fig. 6.52** Sit down and start to move the orbit at fast speed, from 1,000 rotations per minute, to 10,000 per minute and up to 30,000 per minute.

When you move the energy slowly, you will become aware of the spinal cord and all of the nervous system connected to the internal organs.

In the beginning, when we activate the energy, it will spin in this way.



**Fig. 6.53** Become aware of the spinal cord and all of the nervous system connected to the internal organs.

## 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.

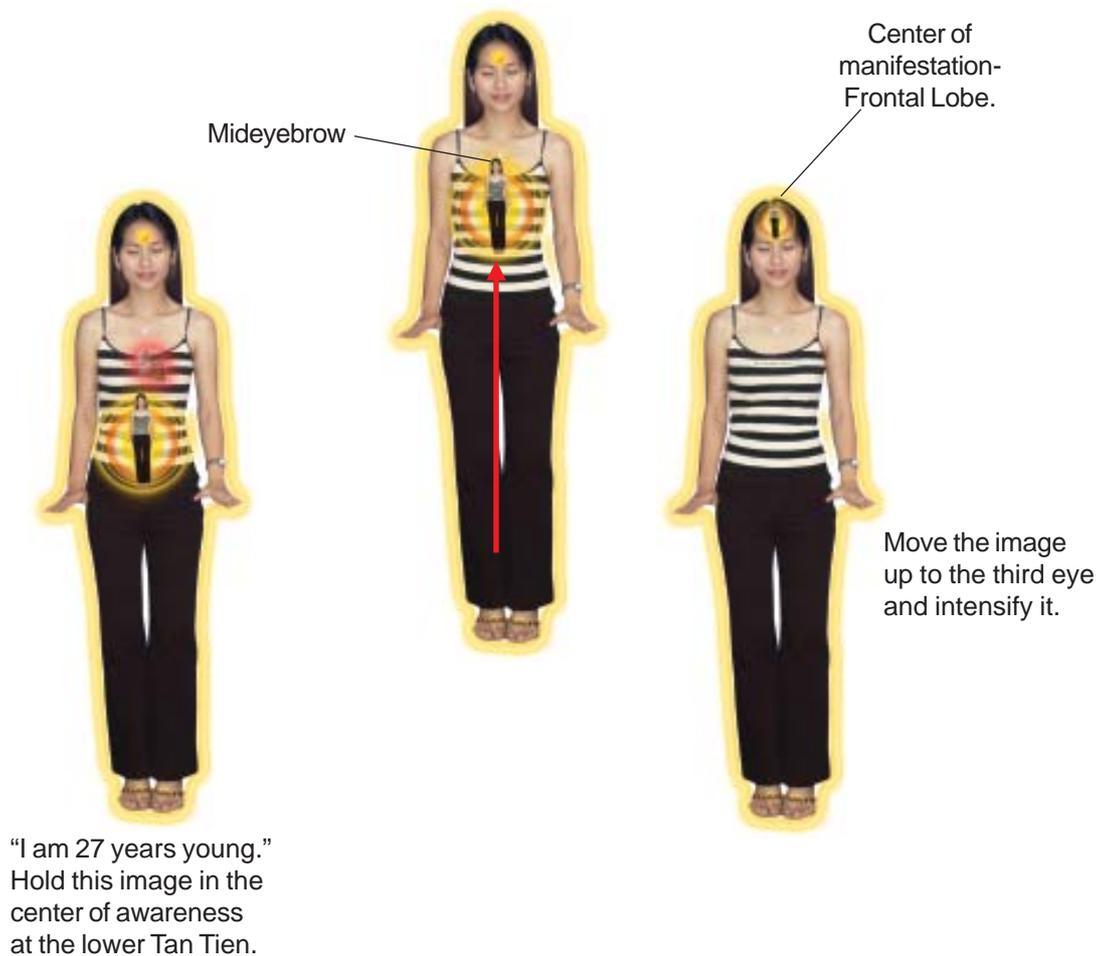
The following steps are a summary of the Basic Microcosmic Orbit Meditation to be utilized in conjunction while doing the Cosmic Orbit Meditation:

1. Be aware of the crown and the North Star; feel the crown and heart being pulled toward North Star.
2. Be aware the soles of the feet and the bones growing down into the ground; feel the soles of the feet breathing. The Chi from earth and galaxy below enter into the soles at the bubbling springs points and travel up into your bones.
3. Be aware the spin in the earth, which affects every cell in the body, spiraling at 1,000 mile rotations per hour and 37,000 mile rotations per hour around the sun, and feel this spiral inside you.
4. 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.
5. 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).
6. Move the energy from the sexual center to the perineum and down to the soles of the feet.
7. Draw the energy up from the soles to the perineum and to the sacrum.
8. Draw the energy up from the sacrum to the Door of Life (the point in the spine opposite the navel).
9. Draw the energy up to the mid-spine point (the T-11 vertebrae).
10. Draw the energy up to the base of the skull (Jade Pillow).
11. Draw the energy up to the crown.
12. Move the energy down from the crown to the mideyebrow point.
13. 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.
14. Move the energy down from the palate through your tongue to the throat center.
15. Move the energy down from the throat to the heart center.
16. Bring the energy down from the heart to the solar plexus and feel a small sun shining out.
17. Bring the energy back down to the navel.
18. 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.
19. 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.*

**Heal by using Positive Images and Affirmations.  
We can create Positive Images of Ourselves.**



**Fig. 6.54** Positive Images

**Affirm Positive Emotions within us and  
make Positive Decisions about Ourselves.**

**Affirm:** "I let go of old emotional experiences, seeing them for what they are, and fill myself with radiant joy, love, and compassion."

**Affirm:** " I make an agreement with myself to enjoy the best of life and to live to my fullest abundant potential."

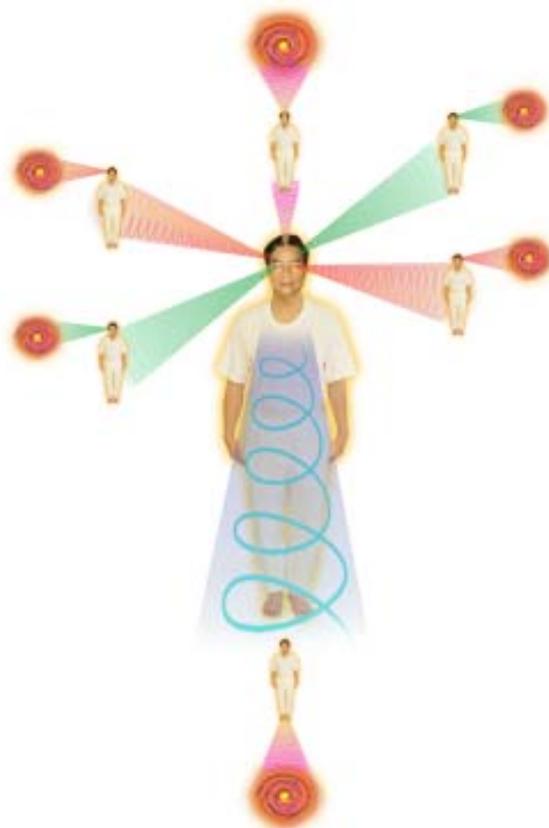
Emotional Image. —  
See yourself as  
a happy,  
joyful person.



**Fig. 6.55** Positive Emotions

**I send these Thoughts Out to  
the Universe to be manifested  
Here on Earth.**

Send the image and question out into the universe and all six directions. The affirmation and answer will multiply and return to be manifested for you.



**Fig. 6.56** Sending out manifestations to the Universe.

## Meditation Preparation for Cosmic Inner Smile

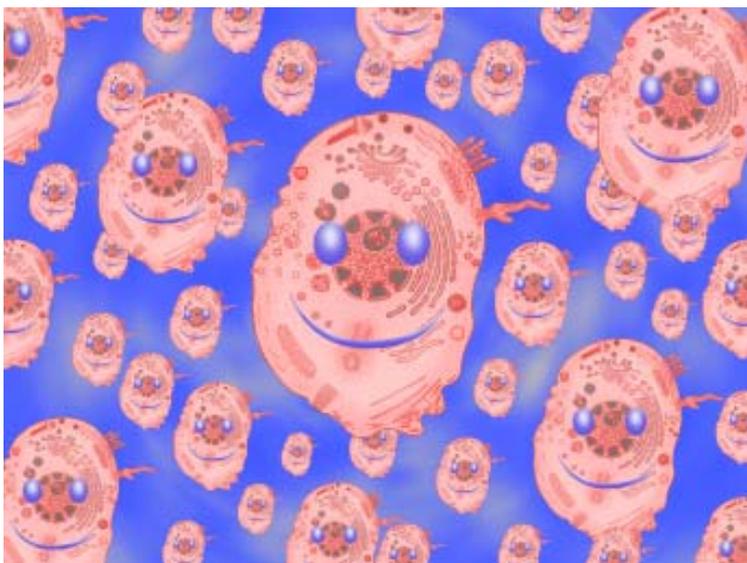
### Involves Emptying the Mind and Three Minds into One Mind

#### Cosmic Inner Smile

Heart • Spleen • Lungs • Kidneys • Sexual Organs • Liver • Heart Again

### We first need to empty the mind to the Tan Tien, the Second Brain.

During any meditation, we keep emptying the mind down to the Tan Tien and the organs. By emptying the mind, we transfer energy from the mind to the organs.

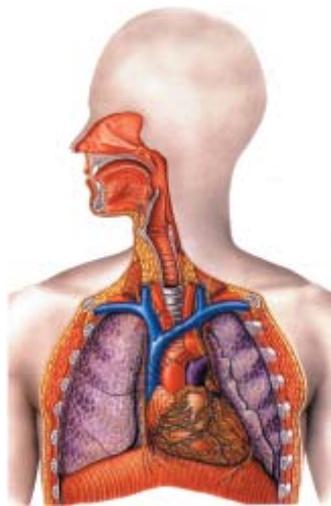


**Fig. 6.57** Charge the organs with Chi through smiling to the organs and the cells.

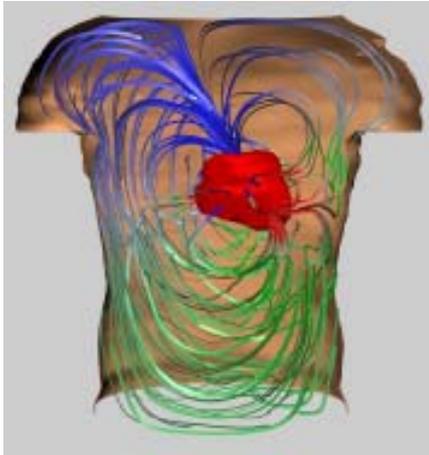
## Connect with the Heart and the Small Intestine

The heart refines the spirit. It is a natural governor and exerts authority on other organs.

1. Smile, relax, and empty the mind to the heart and the small intestine.  
Put the hands over the heart and smile. Feel the heart filled with love and joyous energy. Feel the radiant heart.



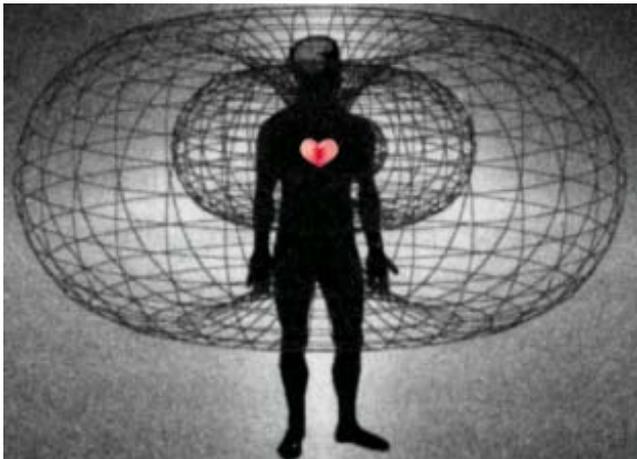
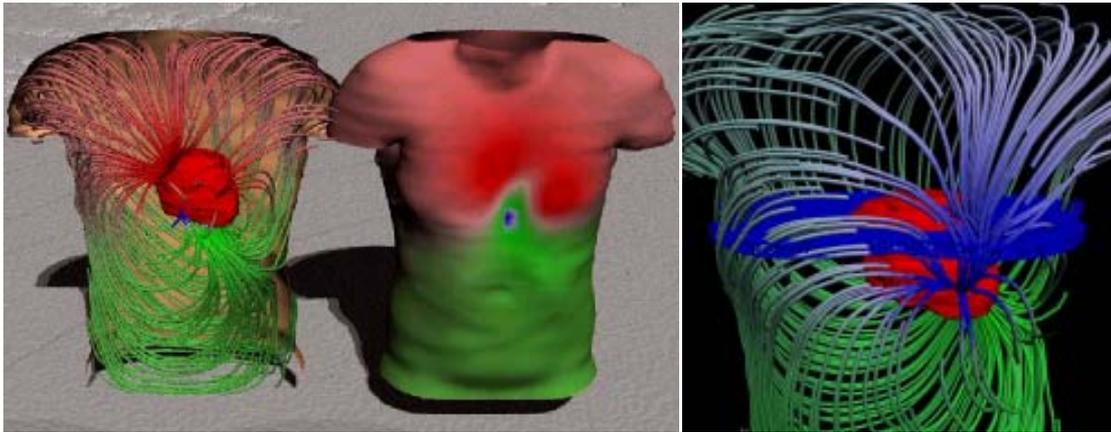
**Fig. 6.58** The heart and the small intestine can store and transform Chi. Keep the Tan Tien spiraling.



“These images show the use of ribbons to model the current paths inside the thorax. The colors along the ribbons indicate potential (red indicates positive, blue indicates negative)” and are from the web site [www.sci.utah.edu/sci\\_images](http://www.sci.utah.edu/sci_images).

The electricity manifests as an electrical field within and around the body, subtle but detectable.

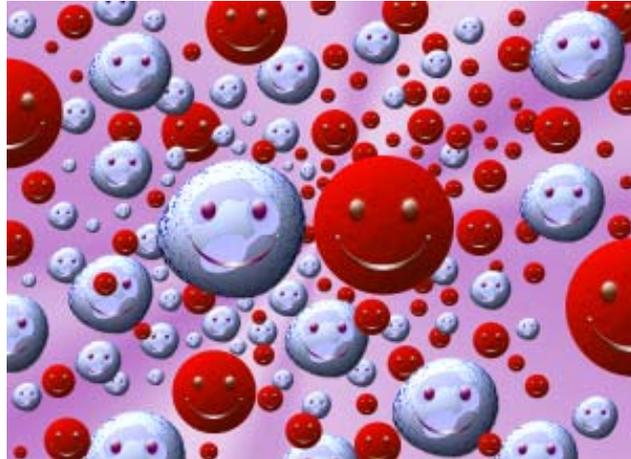
*Electric Current near the Heart*



Recent research has revealed that the heart generates a strong electromagnetic field within and around the body. The electrical field is shaped like a donut, or torus, similar to the biomagnetic field of the human aura, and the geomagnetic field of the Earth.

**Fig. 6.59** Schematic of the Heart's Magnetic Field, the Radiant Heart

2. Smile to the Red and White Blood Cells.



*Fig. 6.60 Red and White Cells*

3. Chi transformed in the heart and the small intestine. Let the Chi raises up to the universe and multiply.



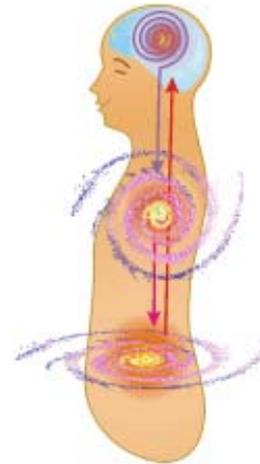
*Fig. 6.61 Charge the Brain with Transformed Chi from the Heart.*

## Cosmic Inner Smile Practice

### Second Brain - Essence of the Inner Smile

#### 1. Activate the Consciousness (Heart Mind)

Smile to the heart and make it feel soft.  
Feel love, joy, happiness and compassion.  
Feel the heart spiral and radiate.



*Fig. 6.62 Feel the heart spiral.*

#### 2. Primordial Force Lowers the Senses to the Tan Tien

Bring the senses down to the Tan Tien, sense the dark, deep and vast inner universe within us. Smile and drop down, let go and sense your inner universe as being vast, deep and dark. Feel the vastness of the outer universe and the primordial force all around us.

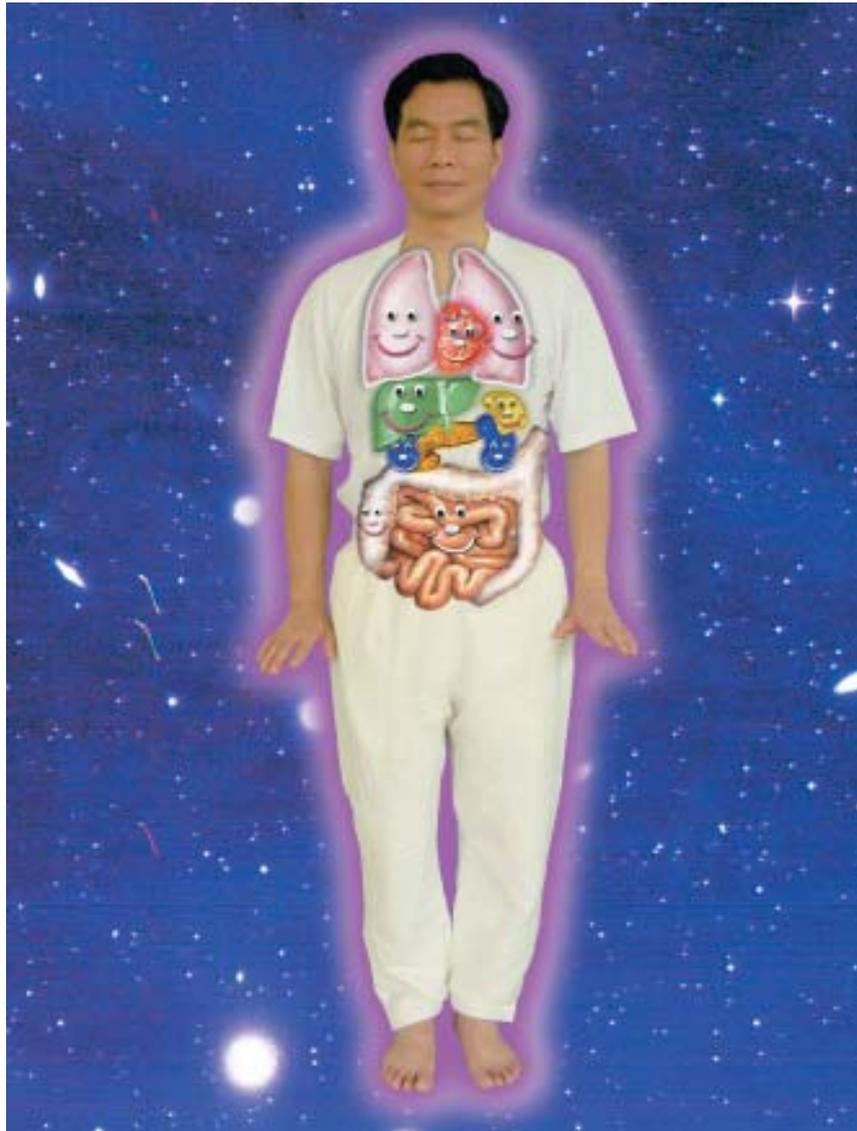


*Fig. 6.63 Be Immersed in Dark Empty Space of the Universe.*

**3. Inner Smile Originates from Self-love Towards Our Own Body.**

The secret of true love is to be lovable.

To be lovable is: To possess a smile that says “I love you with a heart filled with joy and gratitude”.



*Fig. 6.64 Self-Love towards our own Body*

### Prepare to connect with the Universe

4. Leave the hands over the heart and start to spiral as before. Direct your mind to the Tan Tien and the universe. Start to spiral in the Tan Tien, the heart, the brain and the crown.



*Fig. 6.65 Heart can generate 37 layers of magnetic field.*

### Connect with the Universe and charged with the Universal Energy

5. Be aware of the universe above you, below you, in front of and behind you, all of them spiraling. Feel the universe charge your Tan Tien, and the Tan Tien charges your heart and small intestine.



*Fig. 6.66 Connect with the Universe and Become Charged with the Universal Energy.*

### Connect with the Spleen, the Stomach and the Pancreas

1. Smile, relax, empty the mind down to the stomach, the spleen and the pancreas. The spleen and stomach are responsible for the storehouses and granaries of the body. The five tastes stem from these organs.



*Fig. 6.67 Connect with the Spleen, the Stomach and the Pancreas.*

### Smile Down and charge the Spleen with Loving Energy

2. Cover the spleen with your hands. Smile to the spleen, pancreas and stomach. Feel openness and fairness there, and breathe bright yellow openness and fairness energy into them.



*Fig. 6.68 Smile Down and Charge the Spleen with a Loving Energy.*

### Spiraling at the Three Tan Tiens

3. Leave the hands over the spleen and start to spiral as before. Direct your mind to the Tan Tien and the universe. Start to spiral in the Tan Tien until the heart, the brain and the crown all start to spiral.



*Fig. 6.69 Spiraling at the Three Tan Tiens*

### Charge with Universal Energy

4. Be aware of the universe above you, below you, in front of and behind you, all of them spiraling and blending with the chi that you sent up. Feel the universe charge your Tan Tien, and the Tan Tien charge your spleen, pancreas and stomach.

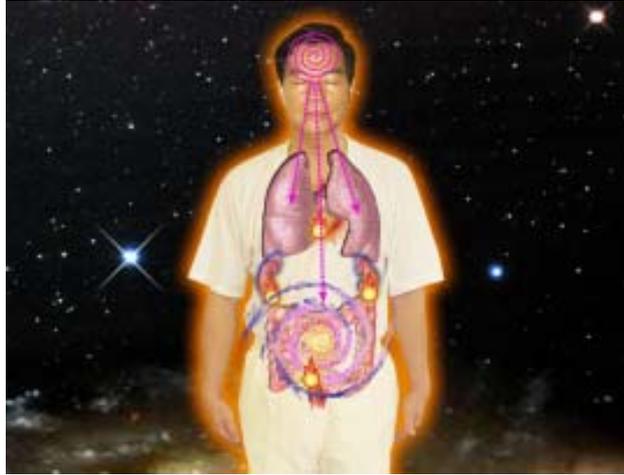


*Fig. 6.70 Charge with Universal Energy*

## Connect with the Lungs and the Large Intestine

The lungs hold the office of minister and chancellor, the regulation of the life-extending network to other organs.

1. Relax, smile, empty the mind down to the lungs and the large intestine.



*Fig. 6.71 Connect with the Lungs and the Large Intestine.*

## Transform the Chi in the Lungs with Smile. Let the Chi rise to charge the Brain.

2. With the Mind empty, smile to the lungs allowing the Chi to transform in the lungs and the large intestine transforming the Chi from the lungs and large intestine.



*Fig. 6.72 Transform the Chi in the Lungs with Smiling energy and let the Chi rise to charge the Brain.*

### Prepare to connect with the Universe

3. Maintain the hands and lungs connection, and direct your mind to the Tan Tien and the Universe. Start to spiral in the Tan Tien until the heart, brain and the crown start to spiral.



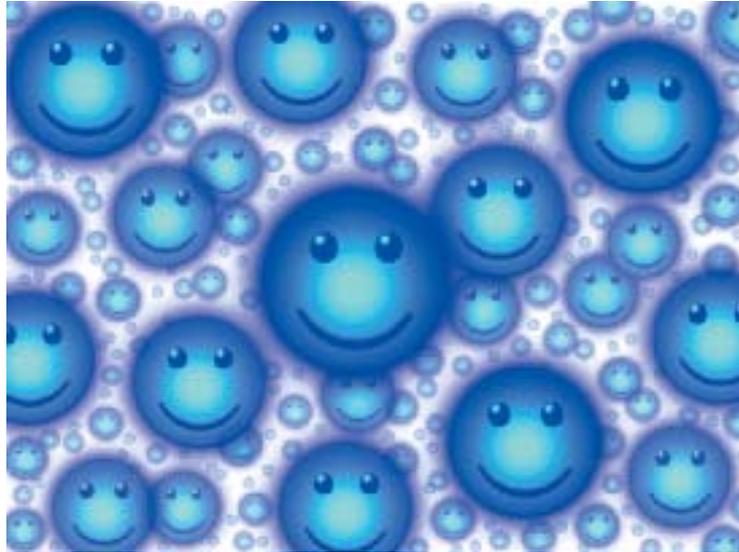
*Fig. 6.73 Prepare to Connect with the Universe.*

### Let the Universal Energy charge the Lungs and the Large Intestine

Be aware of the universes above you, below you, in front of and behind you; all of them are spiraling. Feel the universe charge your Tan Tien, and the Tan Tien charge your lungs and large intestine.



*Fig. 6.74 Let the Universal Energy charge the Lungs and the Large Intestine.*



*Fig. 6.75 Let Kidney Cells feel the Loving Smile.*

### **Maintain Mind Connection with the Tan Tien**

The Kidneys represent strong will, strong purpose, clear ideas and good feeling.

1. Smile, relax, and empty the mind down to the kidneys.
2. Put the hands over the kidneys. Fill the organs with love and compassion.
3. Maintain the connection between the hands and the kidneys, and direct your mind to the Tan Tien and the universe. Start to spiral in the Tan Tien until the heart, brain and the crown start to spiral.



*Fig. 6.76 Maintain Mind connection with the Tan Tien.*

### Connect with Universal Energy to Charge the Kidneys

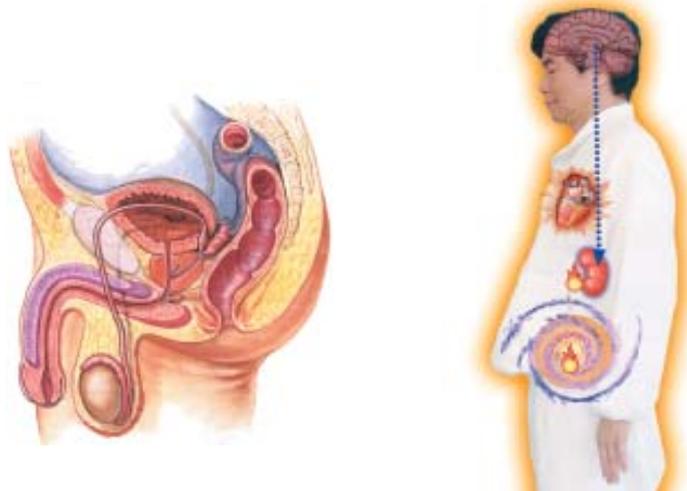
4. Be aware of the universe above you, below you, in front of and behind you, all of them are spiraling.
5. Feel the universe charge your Tan Tien, and the Tan Tien charges your kidneys and bladder.



*Fig. 6.77 Connect with Universal Energy to charge the Kidneys.*

### Connect with your Sexual Organs

1. Smile, relax, and empty the mind down to the sexual organs.
2. Put hands over the sexual organs. Fill the organs with love and compassion.



*Fig. 6.78 Connect with your Sexual Organs.*

### Smile to the Sexual Cells

Let the Sexual Organs be engulfed in the Light Pink. Let the Brain be charged with chi from the Sexual Organs.



*Fig. 6.79 Smile to the Sexual Cells.*

### Breathe Gently to the Sexual Organs

3. Maintain the hands cover over the pelvic area the sexual center. Be aware of the Tan Tien. Start to spiral in the Tan Tien till the heart, the brain and the crown start to spiral together.



*Fig. 6.80 Breathe gently to the Sexual Organs.*

### Charge the Sexual Organs with the Universal Energy

4. Be aware of the universe above you, below you, in front of and behind you; all of them are spiraling.
5. Feel the universe charging your Tan Tien, and the Tan Tien charging your sexual organs.



*Fig. 6.81 Charge the Sexual Organs with the Universal Energy.*

### Connect with the Liver and the Gall Bladder

1. Empty the mind to the liver and the gall bladder.
2. Cover the liver with your hands. Smile to the liver. Feel kindness and generosity, and breathe bright green kindness and generosity energy into the liver and the gall bladder. Let the liver be filled with the green, warm energy of the forest.



*Fig. 6.82 Smile to the Liver Cells.*

### Spiraling the Three Tan Tiens

3. Keep the hands over the liver. Be aware of the Tan Tien. Start to spiral in the Tan Tien until the heart, brain and the crown start to spiral together.

The liver holds the office of general of the armed forces; the liver assess circumstances and draws conception of plans.



*Fig. 6.83 Spiraling the Three Tan Tiens*

### Charge the Liver and the Brain with the Universal Energy

4. Send the Chi up to be multiplied. Be aware of the universe above you, below you, in front of and behind you; all of them are spiraling and multiplying with your Chi.
5. Start to feel the universe charge your Tan Tien, and the Tan Tien charging your liver and gall bladder.



*Fig. 6.84 Charge the Liver and the Brain with the Universal Energy.*

## Chapter 7

# Freedom, Harmony & Balance in the Tao

### Goal of the Tao is to achieve Freedom.

Nobody can control our spirit and mind if we do not allow them to. The teachings of the Tao help us to attain inner freedom and mental resiliency.

No one outside ourselves can rule us inwardly and control our soul and spirit. When we know this, we become free.

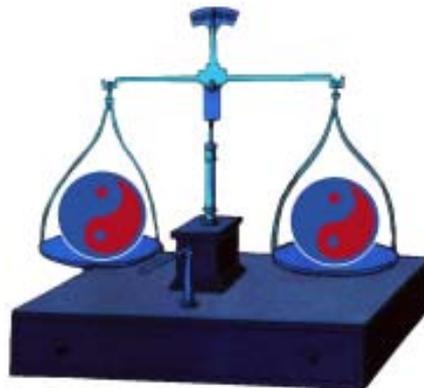
Certain religious systems try to rule over us inwardly, attempting to control our soul and spirit. Understanding spiritual, emotional and physical independence gives inner freedom and the ability to choose how to direct our own energy.

### Freedom is achieved through Internal Harmony.

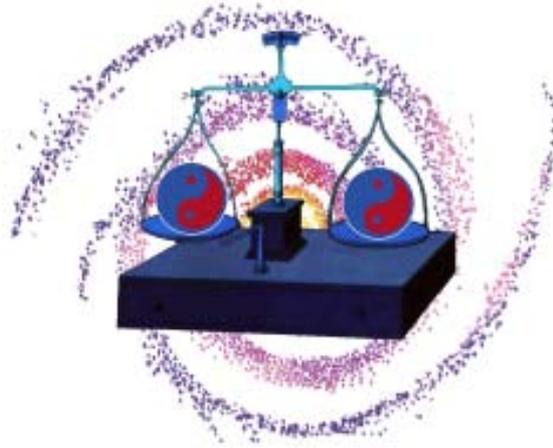
Freedom is achieved through internal harmony or balance. When we have inner motivation, we have power. But upon losing the motivation, our power is gone as well. If we have internal harmony and balance we have internal power. People will want to listen to us just because they are drawn to us.

Balance is very important in the Tao. Virtue is power. If you are filled with love and kindness, people will respect you. Harmony and balance within will create durable virtuous energy.

Harmony is a power. Harmony is a force. The force is not directly produced by external competitions. Harmony comes from clarity and spiritual achievement. Harmony is generated from the spiritual growth that comes from understanding and balancing our own energy within.



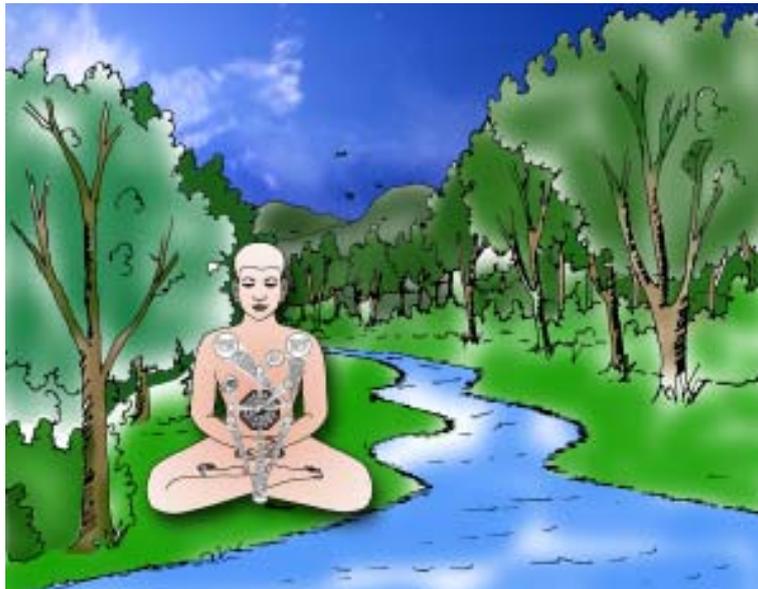
*Fig. 7.1 Internal harmony comes from understanding and balancing our energy within.*



**Fig. 7.2** *Harmony is at the core of the universe.*

Harmony is the key element of life for each individual, society and humankind. Harmony in nature is the most nutritious and supportive condition for human life.

Those who are in harmony with themselves will not disturb the harmony existing in nature.



**Fig. 7.3** *Harmony in nature nourishes our internal harmony.*

However, when people are not in harmony, they will destroy the harmony in nature as well. If you do not find internal harmony, you not only make trouble for yourself, but anything you create could harm other people.



*Fig. 7.4 Internal disharmony disrupts our environment.*

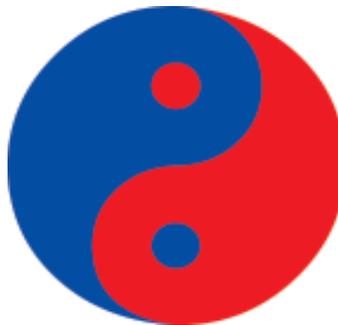
The people who seek power and build it for themselves take advantage of others by violence or force.

Life itself is a set of conflicts. To diminish conflicts, there is a middle point that can be acceptable to both sides. This is called harmony. Harmony is supportive and helpful.

## **A Win-Win Attitude**

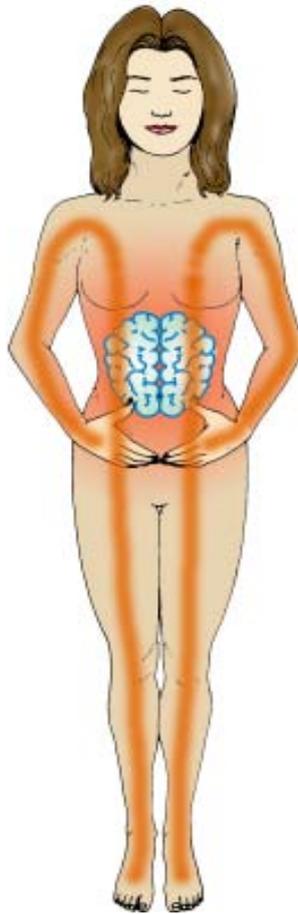
Another important practice to achieve freedom, harmony and balance is to work towards Win - Win situations. In that case there is a balance in yin and yang. Both parties gain (yang) and most likely both parties give in a little (yin). They balance each other. In win - win situations both parties are happy. If one is the winner and the other the loser, the winner is happy, the loser unhappy. That does not create freedom.

Yin pushes yang and yang pushes yin, no one loses and no one wins; this will continue for a billion years. We can practice the win-win attitude everyday of our lives; nobody wins and nobody loses.



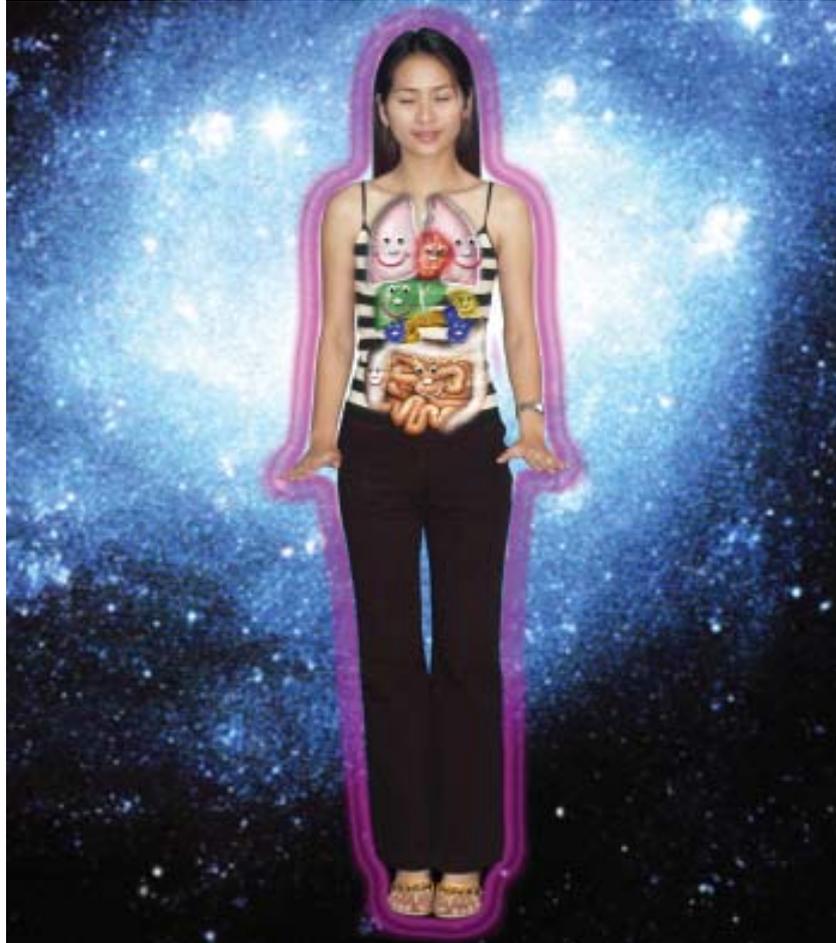
*Fig. 7.5 Yin and Yang*

Internal harmony is also based on understanding one's own energy pattern and how to move it. Harmony is based on our understanding the nature of things as they are and not always as we would like them to be. If you want to know the truth, it is essential to forget about right and wrong. The conflict of right and wrong is the sickness of the human mind. Harmony comes from understanding oneself, one's own mind, body and energy within. Words from a Tao Master: "If you want to know the truth, forget about right and wrong. For the conflict between right and wrong is the sickness of the human mind." In other words, find your center in your Lower Tan Tien and the answer will come. Do not rely too heavily on the intellectual mind which always tries to see things as right and wrong.



**Fig. 7.6** *Harmony is based on our internal understanding.*

We can progress towards harmony within ourselves and in our surroundings through the cosmic inner smile, cosmic healing sounds and cosmic orbit practice.



*Fig. 7.7 Universal Tao practice helps us to achieve inner harmony.*

### **Tao Teachings**

- He who practices the Tao does less and less everyday until he reaches the point where he does nothing. He does nothing, yet there is nothing that is not done!  
—Chuang Tzu
- One who knows when he has enough, is rich.
- Only one who empties himself finds fulfillment and completion.
- What you desire and what you fear are within yourself.

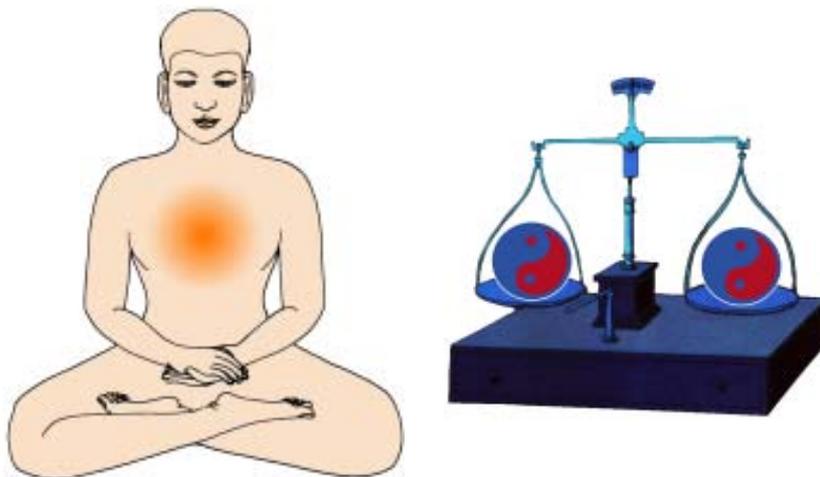
## Relationship Is about achieving Harmony between Yin and Yang.

A relationship is just like the Tai Chi diagram, which has two equal sides. Each takes the specific expression of yin or yang according to its nature.



**Fig. 7.8** Yin within Yang and Yang within Yin

When the energies are in balance with each other, a positive condition will result.



**Fig. 7.9** Balance is the way for a harmonious relationship.

When there is imbalance in the amount of either yin or yang, usually a negative condition will result.

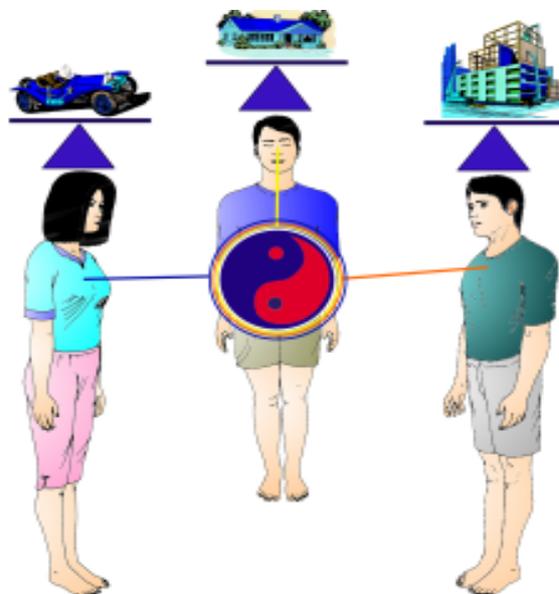


**Fig. 7.10** Imbalance creates disharmony and discomfort.

Harmony in groups or in relationships involves creating a healthy point of energy linkage.

When the point of linkage is healthy and helpful, it brings balance and harmony.

The two different forces do not fight against each other. The two different forces, being interdependent, can work together for mutual help.



**Fig. 7.11** Balance of healthy energy creates a nurturing linkage in human relationships.

## **Scientific Research on Universal Tao Practices**

Dr.Jessum's Study focuses on how Universal Tao Practices impact the Brain's Abilities.

**EEG, Meditation and Healing Tao by Rhonda Jessum, Ph.D.  
Case Study of Master Mantak Chia May 1997**



*Fig. 7.12 Dr. Rhonda Jessum presenting her findings.*

### **Study was done through Measuring the Brainwaves**

***Beta (15-18 Hertz)***

***Alpha (8-10 Hertz)***

***Theta (4-7 Hertz)***

There are three levels of Brainwave Frequencies.

### **Beta (15-18 Hertz)**

#### **Beta is the highest activity level of frequency**

Associated with external, narrow, focused attention, positive and uplifting emotions, increased physical arousal. When we sustain these too much and for too long, this state will increase stress and high blood pressure.



*Fig. 7.13 Beta (15-18 Hertz)*

### **Alpha (8-10 Hertz)**

Alpha is present in the meditative higher consciousness state of mind. It is associated with meditative states in general and the experience of deep calmness and surrender. Also present when a person is absorbed in imagery, watching TV, a happy comedy, at home relaxing or drinking beer.



*Fig. 7.14 Alpha (8-10 Hertz)*

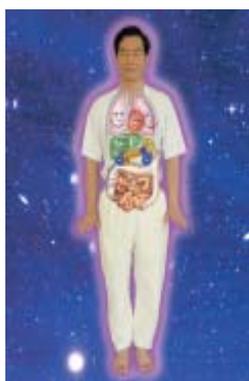
**Theta State (4-7 Hertz)**  
**Theta is a Trance-like State.**

State just before falling asleep or waking up. Related to the state of shaman journeying and the trance-like state.



*Fig. 7.15 Theta State (4-7 Hertz)*

**Study measures brainwave frequencies during four practices.**



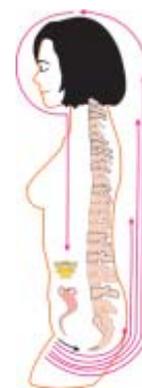
*Fig. 7.16*  
*Cosmic Inner Smile*



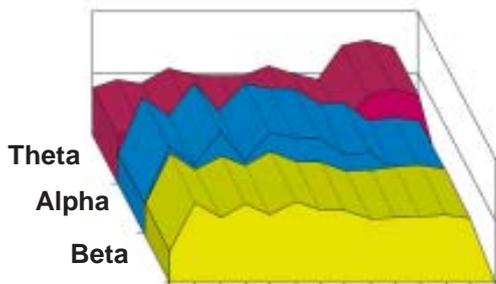
*Fig. 7.17*  
*Six Healing Sounds*



*Fig. 7.18*  
*Cosmic Orbit*



*Fig. 7.19*  
*Orgasmic Upward Draw*

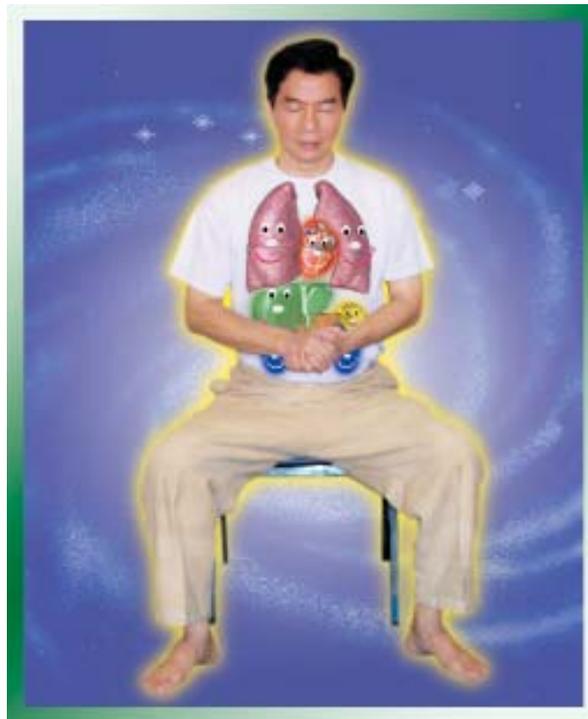


**Fig. 7.20** High Level of Alpha Waves Present during the Cosmic Inner Smile Meditation



**Fig. 7.21** Ultraslow Brain potentials measurement while in Vienna.

Master Chia smiles down to his abdomen and warms it up, smiles to his heart and feels love. Energy levels increase, the heartbeat remains calm, the body relaxes, energy charges up the brain.



**Fig. 7.22** First Test: Cosmic Inner Smile

Through testing done in at the Institute for Applied Biocybernetics Feedback, Vienna, Austria, we found out that when we do the Microcosmic Orbit our body goes through many different kinds of brain waves. When I lower down my mind to the TanTien I get a lot of Theta waves. When I start to move the energy, I get Alpha and Beta waves.

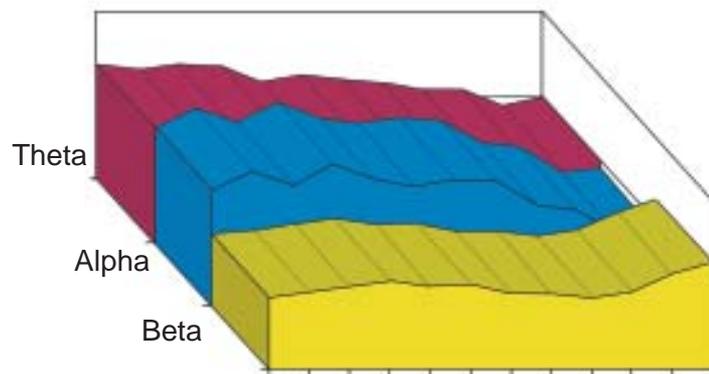
*Institute for Applied  
Biocybernetics  
Feedback  
Vienna, Austria  
October 25th 1996*

*Research:  
Measurement of the  
Ultraslow Brain  
Potentials*



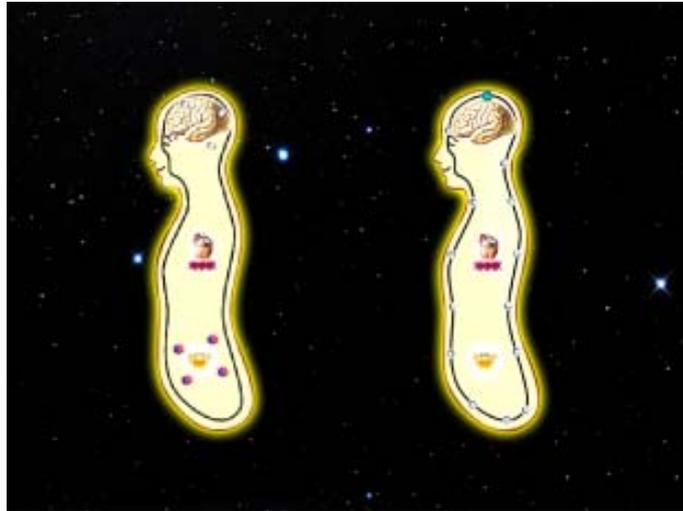
**Fig. 7.23** Mr. Gerhard Eggetsberger, Director of the Institute

When I move the energy up I get a lot of Beta and Alpha again. Moving back down to the Tan Tien, I get a lot of Theta again. So the Alpha, Beta, and Theta waves are continuously cycling in this manner.



**Fig. 7.24** Altering Dominance of Alpha and Theta Wave during the Cosmic Orbit Meditation.

This helps a person's body to be strong, healthy and live longer and be happier.



*Fig. 7.25 Movement of the Microcosmic Orbit*



*Fig. 7.26 Doing the Cosmic Orbit*

You will see that if you test the brain waves, it is very easy to get Theta waves when you lower down your mind and feel your navel warm. Your mind will very quickly calm down and there are a lot of Theta waves. When you circulate the energy, there are a lot of Alpha and Beta waves that happen and this is when healing takes place. As long as I keep on holding my attention on my Tan Tien a lot of Theta happens. The whole problem is that the machine only measures the waves of the brain, but it does not measure the Tan Tien waves.

The result of the testing showed that during the Cosmic Orbit Master Chia's brain did not only produce Beta waves, but also produced Alpha and Theta waves. This practice teaches us to use the Lower Brain and rest the Upper Brain. This helps conserve our energy and not drain it out with our emotions.



**Fig. 7.27** Test confirmed the reality of using the lower brain and resting the upper brain.

I always keep awareness in my Tan Tien and spiral. In the graphs, a lot of Theta waves (on the top) are shown. The brain is not 'working'; it is resting while I use the lower brain (abdominal). So there is not much activity in the top, but there is activity inside. Understand that the upper brain consumes too much energy, the senses activate and this uses up too much energy. When we lower down the upper brain, it will help conserve our energy and not drain it out. Different brain waves are associated with different meditations. When you practice the Universal Tao meditations you see that the brain increases its ability to do many more functions and is flexible between the states of consciousness. When we are in high arousal while maintaining a deep state of consciousness, this also activates the brain. When you feel arousal inside and you move the orgasm into the body you feel a very high and deep state of consciousness.

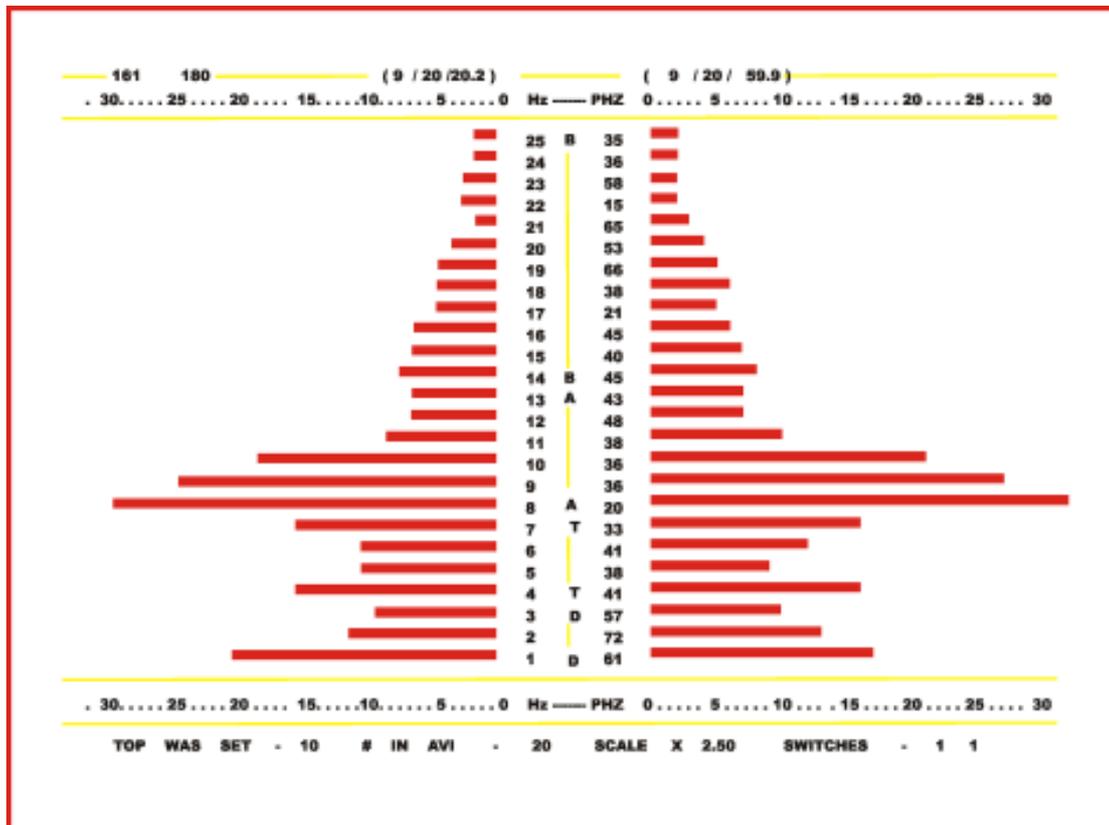


Fig. 7.28 Summary of Research

This is the testing done in Vienna. To see the summing up of all the practices, look at the graph starting from the Inner Smile. The left and right brain start to be synchronized from the Inner Smile to the Six Healing Sounds and up to the Microcosmic Orbit then finally to Orgasmic Upper Draw. The left and right brain start to synchronize on all levels and how it applies to the living light Kirlian Technology.

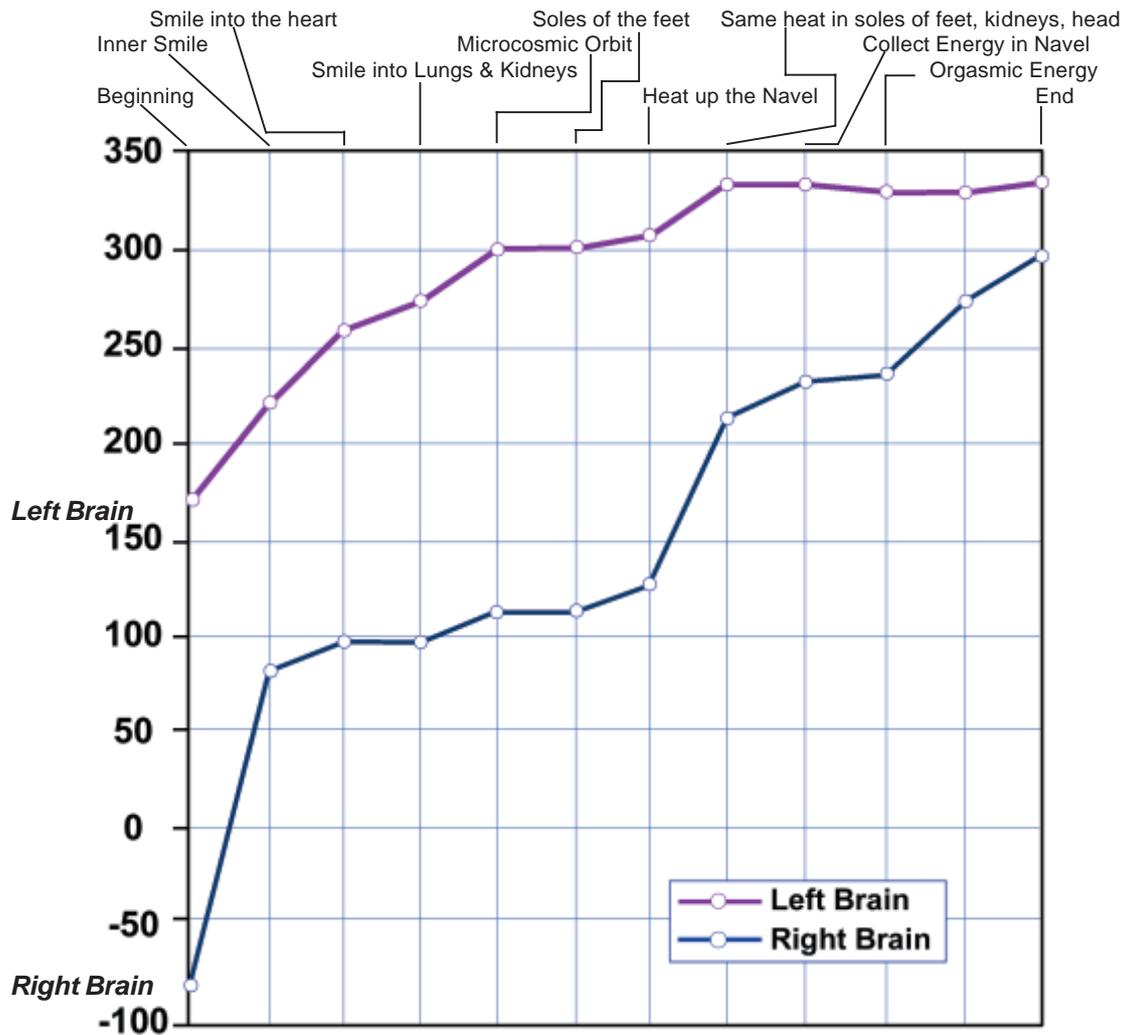


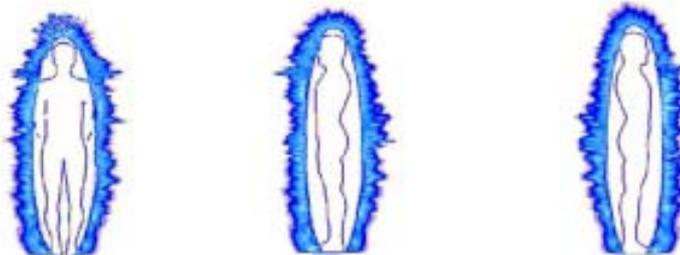
Fig. 7.29 Left and Right Brain Charts

### Living Light Kirlian Technology

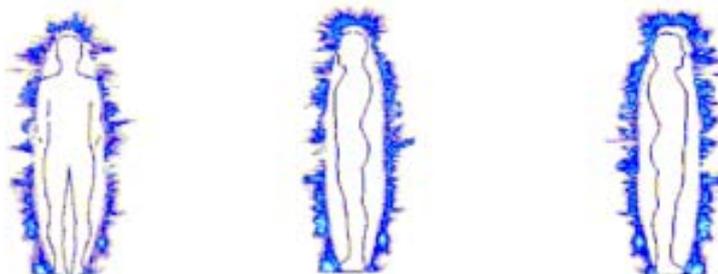
Students doing the Inner Smile practice using Kirlian technology.



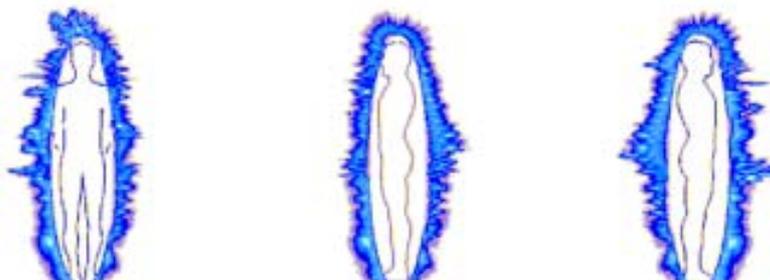
*Mr. Antonio's aura photographed the night before the practice from front, left and right.*



*Mr. Antonio's aura after practicing the Inner Smile Meditation.*



*Mr. Javier's aura the night before doing the practices from front, left and right.*



**Fig. 7.30** *Mr. Javier's aura after doing the Inner Smile practice from front, left and right.*

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# **Cosmic Orbit**

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**Mantak Chia**

**Illustrations by Udon Jandee**

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**You will learn to use the recommended techniques for enhancing the sensation of Chi: Mind Eye Power; Hands-on touching of Vital Chi Centers; the Natural Breathing Method. Use them in combination to draw ever more Chi into the Microcosmic Orbit. Use mindeye power to spiral and condense the Chi into each center. Use the hands to focus your awareness and to move the Chi. Utilize slow, deep breath to expand and open the centers. These techniques will support the conscious opening of your Microcosmic Orbit.**

**The opening of this vital force allows you to open up your senses and increase the awareness of your own microcosm of mind, body and spirit connection with that of the macrocosm the universe and its own sustaining forces. Creating this connection will support you on the path to more balance, harmony and peace; and will help to maintain this as a lifelong state of being.**

ISBN 974-85401-4-6



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