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with Master Mantak Chia

Learn Tao Practices for Challenging Times
~ The Key to All Doors ~



Fusion of the 5 Elements - Level II & III

Cosmic Fusion (Fusion II)

Introduction

In Cosmic Fusion, you will learn to grow the good virtue/compassion energy and to open and clean the Thrusting Channels and the Belt Channel.

During the Fusion of the Five Elements practice, negative energies are drawn out from each organ and gland of the physical body, blended and purified in the pakuas, and transformed into a pearl of new life-force energy. The removal of these energies neutralizes their negative qualities, thereby balancing the weather of the body's total energies.

In Cosmic Fusion, another type of energy comes into play: that is, the energy of positive emotions, known to the Taoists as virtue energy. Just as negative emotional energy originates from the organs and glands of the physical body, so does good virtue energy. But the quality of this energy is quite different from that experienced in Fusion of the Five Elements. You can feel and differentiate the two kinds of emotional energy because they affect you in very distinct ways. Good virtue energy can be grown and intensified from within to provide healing power to the organs and glands.

Growing good virtue energy is one of two predominant goals in practicing Cosmic Fusion. The other is to open four new channels in the body. Good virtue is nourishment for your energy body and spirit.

Growing Good Virtue

The pearl plays the important role of catalyst in helping good virtue energy grow and intensify in the organs and glands. By moving the pearl through the creation cycle of the Five Elements, you can cultivate the good virtues of gentleness, kindness, honor and respect, love and joy, fairness and openness, courage, righteousness, and justice.

The more you can cultivate and grow these good virtues, the better quality of energy you can be provided with. Then, as you combine and blend all of the good virtues you can create and experience a new kind of energy. This is compassion energy, the greatest of all

virtues. Compassion energy is the essence of the senses, glands, organs, and the mind.

Growing and intensifying good virtue helps to create greater amounts of energy that can be used to create a new pearl of compassion energy. This pearl is brighter and more beautiful than the pearls created previously. It can shine and reflect bright light just like a crystal or diamond. When you are able to grow this pearl, you will truly begin to understand what compassion is. The development of pearl of compassion energy from the combined good virtues' energies serves to improve the overall health of the physical body. Moreover, compassion energy is the energy that can be used to create and nourish or fuel the soul body or energy body. The energy body, in turn, becomes the nourishment or fuel of yet another body, the spirit body.

The ultimate purpose in creating the soul or energy body is to provide the energy required to boost the Spirit body out of the physical body into another plane, referred to as the Mid-Plane. Open channels are necessary for this stage of the practice.

Opening the Channels

The opening of the new channels during Cosmic Fusion permits a freer flow of energy throughout the body. These are the three Thrusting Channels, sometimes referred to as Thrusting Routes, and the Belt Channel or Belt Route which is one channel consisting of nine levels, encircling the nine energy centers of the body and connecting the Governor, Functional and Thrusting Channels.

The Thrusting Channels are opened first. Their main function is to cleanse specific energy pathways of the body, thereby opening them up for the energy to flow freely. The Belt Channel is opened next. With the additional energy generated during the practice of Cosmic Fusion and Fusion of the Eight Psychic Channels, you will have enough energy to create a new energy body above the physical body. The Thrusting Channels and Belt Channel can be extended up into this energy body. In this way they serve as con-

necting links between the organs and glands of the physical body and the transferred consciousness that is the energy body. Eventually, the channels serve as conduits through which the spirit body is boosted to the Mid-Plane. These advanced practices are called the Immortal Practice meditations of the Kan and Li.

If the energy body is thought of as booster rocket, then the spirit body is the shuttle. Once the spirit body is boosted through the open channels into the Mid-Plane, it collects a higher quality of energy. The spirit body then returns with the higher quality energy to the physical body. In the next attempt, this energy is used to construct a stronger, more intense energy body that can boost the spirit body to a higher Mid-Plane level. The cycle continues, bringing the spirit body to higher and higher levels, while increasing the life-force energy for use by the physical, soul, and spirit bodies.

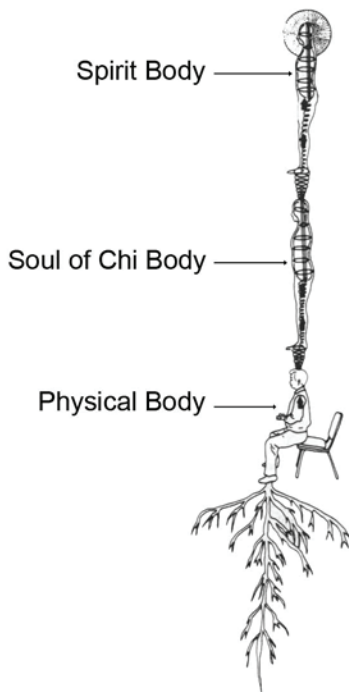


Fig. 1 Rootedness

Practice of Fusion of the Eight Forces (Fusion II)

Growing the Good Virtues/Compassion

1. Theory

A. Harmony of Balanced Energy

Balancing the Energy of the physical body is a concept introduced to you in Fusion of the Five Elements. In Fusion of the Five Elements, the organs are identified not only with their negative emotional qualities, but also with the specific energy of the kua to which they correspond. During this practice, the negative emotions are removed from each organ and blended, neutralized, and refined in each of the four pakuas ultimately to be brought together at the body's center, the cauldron. Here the energies are compressed and combined to form an energy ball, or pearl. On days that you do not have strong emotional energy to work with, you use whatever energy you can collect from the organs. The blended and neutralized hot (Li/fire), cold (Kan/water), windy (Chen and Sun/wood), and dry (metal) energies, collected as the pearl and circulated through the body's Microcosmic Orbit, create good weather in the body. Good weather is a very desirable and necessary ingredient in the creation of inner harmony and balance. Harmony is part of the Chinese culture. For example, a Chinese person would never eat raw ginseng alone as some Westerners do. The Chinese person would gather together various herbs, which may or may not include ginseng, mix them with vegetables, and cook the mixture slowly for five or six hours. In this way, the essence of each herb and vegetable would emerge and blend into a delicious soup.

The soup would provide a balanced energy from all ingredients.

B. Positive Quality or Virtue Energy

Rooted in Taoism is the belief that opposing forces in the universe are what keep all of life in motion and in harmony. The pakuas, fully described in Fusion I, are a representation of this motion. To blend and neutralize the energy, the energy is spiraled in the pakuas. Spiraled at the center of each pakua are the symbols of Yin and Yang. To achieve harmony, the Taoists perceived positive quality energy as another necessary ingredient.

Recognizing the dual qualities of all things in the universe, they realized that sources of both negative and positive emotional energies reside within the organs. Just as the source of each negative energy has an exact location in the body, so does each positive energy. The Taoists went to the source to access this kind of energy, which they called virtue energy. Here they made a new discovery. Just as negative energy can be balanced and neutralized, positive energy can be grown and intensified. In the Creation cycle of the Five Energy Phases, used in the process of Fusion II, the positive energy is collected and circulated to create an energy that is more radiant.

C. What is Compassion?

The Taoists say that compassion is the mixing together of all virtues. You might call it a virtue soup. Its ingredients are the elements of love, kindness, gentleness, courage, respect, and fairness blended together correctly in the proper proportions. Because, within each person, virtues exist in different proportions, people experience compassion differently. Compassion cannot be made from a single ingredient. It takes a long time to truly understand compassion in this way. The pearl of energy that you create in the Fusion practice represents the energy from inside your body. It is your consciousness. You can use your consciousness to create something. A sculptor creating a statue, for example, has pervaded the statue with his consciousness. Those people who go to the museum to admire it, or to the church to worship it, also contribute

their consciousness to the statue. This means that life-force is accumulating in this statue. You can do anything you want to do with your consciousness energy. For example, you can project your pearl of energy into a room to neutralize the energy left there by others and to make it more suitable to yourself. You can be very comfortable there since your energy now pervades the room. The more compassionate energy a pearl is comprised of, the more balanced its energy and the stronger its power.

D. Creation Cycle of the Five Elements

In the practice of Fusion of the Five Elements, we use the controlling cycle of the five elements to balance and transform the negative emotional energies of the organs and to blend and fuse them together in the center of the front pakua and in the cauldron into a bright shining energy pearl. You feel your center point illuminate with the bright light of the pearl.

In Fusion of the Five Elements, we use the creation cycle to grow the good virtue energy and develop compassion. In the creation cycle, the organs nourish each other's good energy. To begin the creation cycle of Cosmic Fusion, you need a bright, strong, long-lasting pearl. It may require several attempts to form such a pearl since, along the way, you may lose your concentration, and your pearl may be diminished or lost. The pearl is capable of activating, attracting, and absorbing a great amount of good virtue energy. For this reason, the pearl is circulated to each organ using the Creation cycle. After practicing Fusion of the Five Elements, the pearl is brought from the cauldron to the perineum and then circulated in the Microcosmic Orbit. When you are ready to begin Cosmic Fusion, the pearl is returned to the perineum to begin the creation cycle. The first organs in the creation cycle are the kidneys, whose collection point is the perineum. At this point, there is a great awareness of each organ and the energy they are supplying. A continuation of this awareness is necessary for properly practicing the creation cycle of Fusion II. It is especially important that all negative energy has been removed and neutralized beforehand; otherwise, as the

virtue energy of the pearl increases, so will the negative energy as you move the pearl through the cycle. In Fusion of the Five Elements, to balance the negative emotion of fear from the kidneys, you first listen to the kidneys. This is because the ears and kidneys have a connection. The balancing of fear with the positive qualities from the kidneys leaves room for the positive virtue of gentleness and calmness inherent in the kidneys to grow. As you start to grow the good virtue energy, you release the gentleness inherent in the kidneys and allow it to grow and intensify. After enjoying the effects of the growing gentleness in the kidneys, the pearl is brought from the perineum to the kidneys. The pearl, in its neutralized state, readily accepts and absorbs the virtue energy of gentleness. It is then moved to the kidneys collection point where the gentleness energy will grow and intensify.

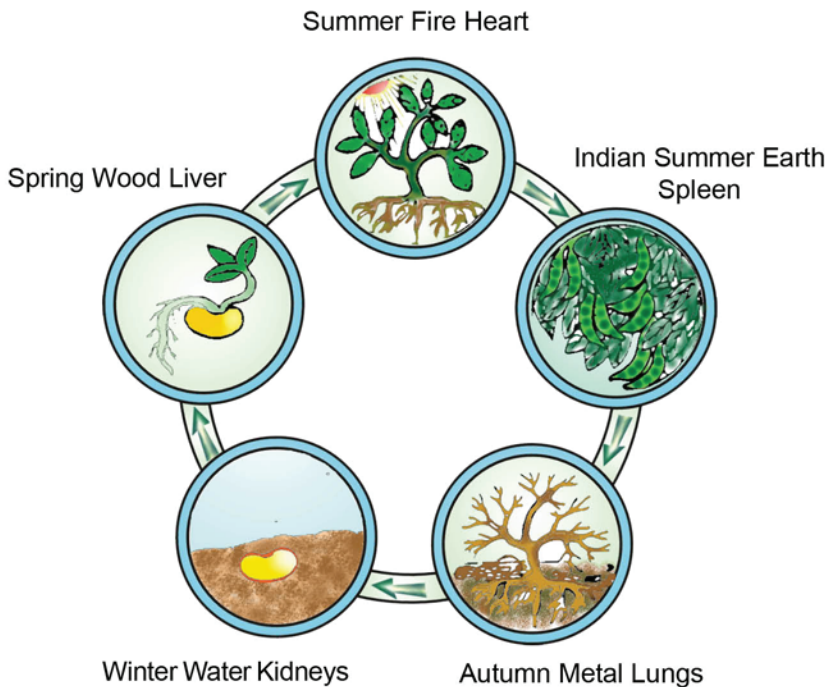


Fig. 2 Creation Cycle

To continue the flow of the pearl through the creation cycle, the pearl is moved to the remaining four organs and their respective collection points in the order of the liver, heart, lungs, and spleen, and then returned to the kidneys again in a full cycle. The same procedure is repeated to increase the virtue energy associated with each organ. With each cycle the virtue energy is added to and blended with the virtue energies that were attracted by and are now part of the pearl. The creation cycle is run in its entirety for a total of three times. As the pearl circulates through the cycle and begins to increase in intensity, you begin to feel very centered. This means that the good virtue energies are blending in proportion and your pearl is truly becoming a pearl of compassion energy. It is this pearl of compassion energy that provides the enormous energy required for self-mastery and for future work on the transference of consciousness. Practicing the growing of the virtue energy through the flow of the pearl in the creation cycle is a combination of both mental and physical energies. If one of these is not present, you will not have enough energy to succeed.

In the creation of the compassion energy, Master Chia has also created new way(s) to practice.

We will first give the “old” way and then the new way to form the pearl of compassion.

2. Meditation Practice to Grow the Good Virtues I

A. Preparation

a. Spinal Cord Breathing

To loosen up, you can begin with Spinal Cord Breathing which can be done sitting or standing. With your hands in loose fists and your elbows bent, inhale and arch your back. As you do so, swing your elbows out to the side. The fists are then at approximately shoulder level. Exhale and round your back. Bring your fists in front of your collarbone. Inhale again, arching the back, exhale, rounding forward. Practice this exercise ten to twenty times. It relaxes and loosens your back which helps the energy flow more smoothly.

b. Position

Sit up properly with your feet flat on the floor. Clasp your hands together with the right hand on top of the left. Touch the tongue to the palate. Be aware of the eyes.

c. Do the Inner Smile

(Note: When you start fresh, repeat Fusion I, especially formula 3)

Start with the Inner Smile. Feel the smiling energy flow down the face. Lift up the corners of your mouth. Recall a satisfying meditation you have experienced before. Recreate the feeling you had at that time. Feel calmness, happiness, love, and joyfulness. Let the feeling spread to your thymus gland, heart, lungs, liver, pancreas, spleen, and kidneys.

d. Be aware of the Pakuas

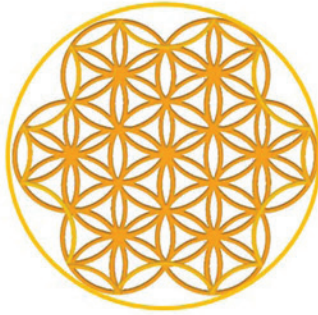
Be aware of the front, back, left and right pakua. You can always reinforce them by chanting the kuas. Be also aware of the facial and universal pakua. Spiral the facial pakua and feel the senses are drawn inwardly to the center of control in the center of this pakua and from there to the cauldron. Also let all the other pakuas spiral, draw in and condense the energies and spiral them toward the cauldron in the Tan Tien. Feel that all the energies from the organs and senses are drawn to this center. Spiral, and blend these energies together into a bright, shining pearl, illuminating your Tan Tien. The energy is stored here for later use in the development of the soul and spirit bodies.

Bring the pearl from the cauldron down to the perineum. The pearl represents your condensed awareness.

B. Develop Compassion Energy

When your pearl becomes stronger and longer lasting, you can begin Fusion with the creation cycle to form good virtue energy. The pearl is now at the kidneys' collection point, the perineum, where it will begin the cycle of collecting virtue energy.

**The First return
Return of the
True Self
True Intelligence
Spirit, Soul**



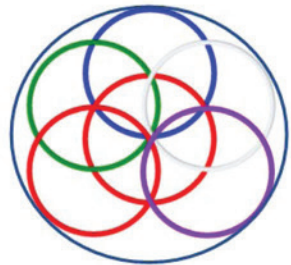
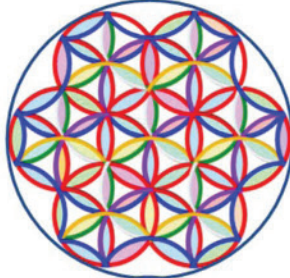
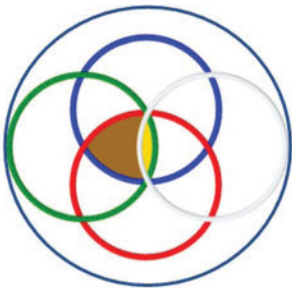
**Fusion of the 5
Elements
Taoist Inner
Psychology
The Golden
Flower**



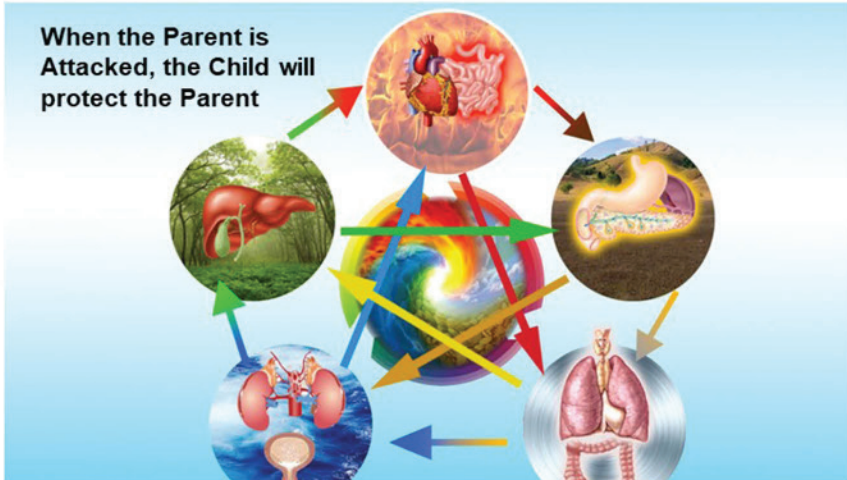
The Golden Flower



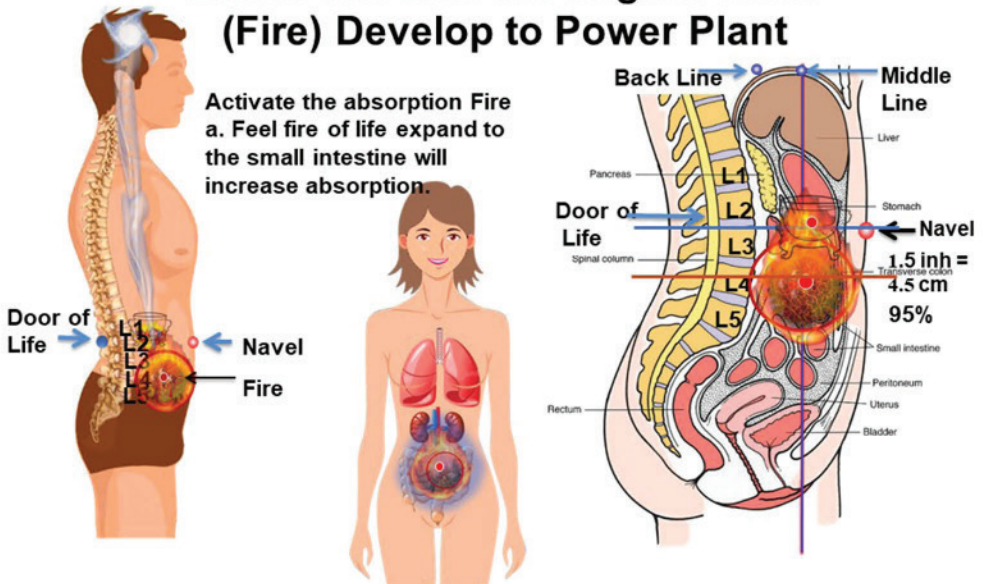
Flower of Life



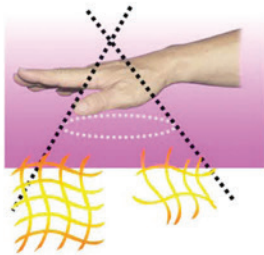
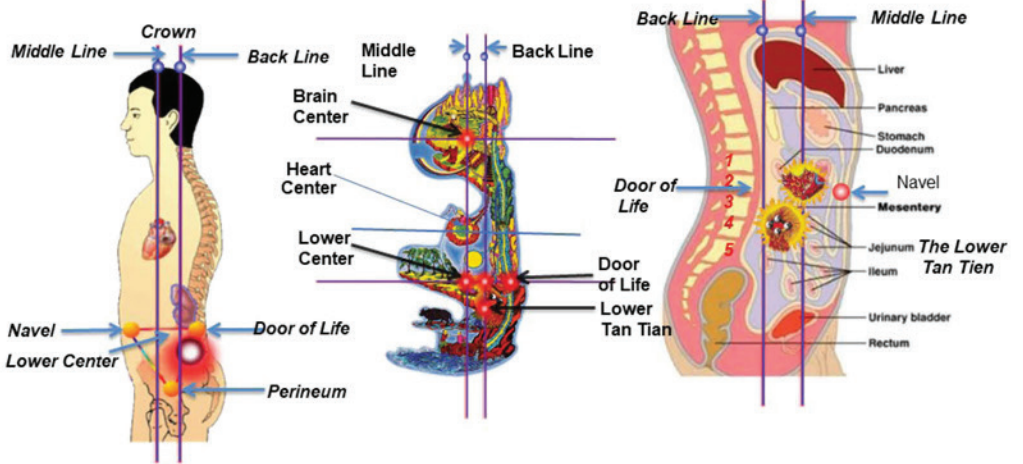
Negative Emotional Conflict Cycle



Fix The Location Lower Tan Tien the original force (Fire) Develop to Power Plant

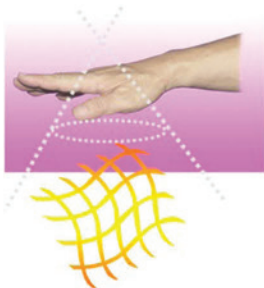


The Lines Cut into the Center



A

Threads of spirals with high density energy flow source of virtual particles



B

Vacuum polarization patterned with rich substructure



a. Listen to the gentleness virtue of the kidneys.

The negative emotion of fear has already been balanced and neutralized in your kidneys and the virtue energy of gentleness and calmness has grown in your kidneys. Listen quietly to the gentleness of the kidneys, and be aware of the qualities of gentleness energy, cold, calm, soft and silky, and tender. Enjoy these qualities. You can intensify them by concentrating on them and chanting the Kan. See the blue light (like the light of a sun shining on the ocean) of the water power and absorb it in the kidneys. Bring the pearl from the perineum to the kidneys, and let it absorb the gentleness and calmness. Now bring the pearl back to the kidneys collection point at the perineum, where the gentleness will grow in intensity. All of the neutralized energy that is the pearl now will take on the virtue energy of gentleness. Direct the pearl to the liver.

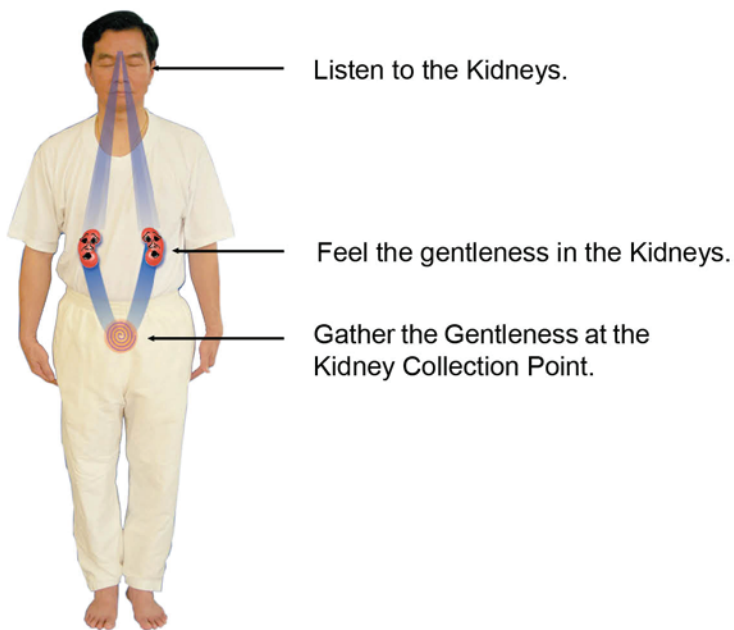


Fig. 3 Listen quietly to the gentleness of the kidneys.

b. Gentleness energy activates the kindness virtue of the liver.

Gentleness activates kindness, the virtue of the liver. Connect the eyes and the liver. Be aware of the kindness energy of the liver. As you bring the pearl carrying the gentleness energy from the kidneys it toward the liver, feel the gentleness energy activate and enhance the kindness and forgiveness energy. Enjoy the kindness energy. Feel the kindness intensify. Circulate the kindness energy in the liver. You can feel its qualities: warm, energetic, strong, round, smooth, soft, green, sweet and fragrant, warm and pleasant. You can feel satisfied. You can reinforce these qualities by chanting Chen and attracting the green light of the wood power. Absorb the kindness energy into the pearl, and bring the pearl to the liver collection point. Here the kindness will intensify. Let the pearl blend the kindness and gentleness energies that are now a part of it. Remember to let yourself relax and smile. If you feel tense, the energy will change. Direct the pearl to the heart.

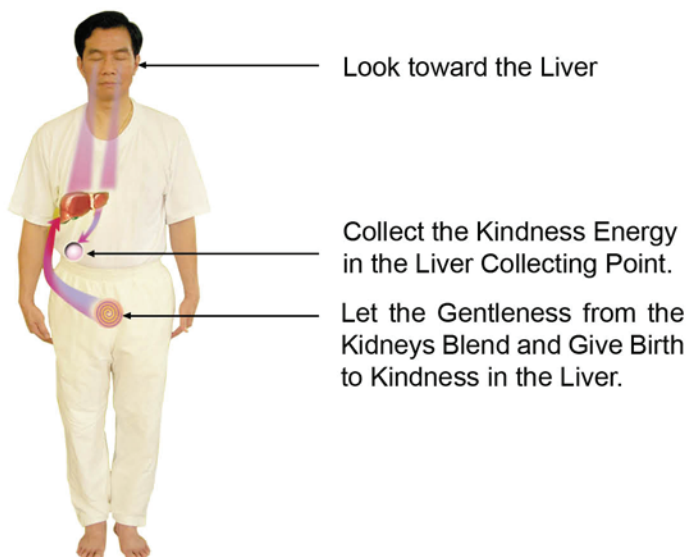


Fig. 4 *Gentleness activates kindness, the virtue of the liver.*

c. Kindness energy activates honor and respect, love and joy in the heart.

Connect the tongue with the heart. Using your mind, eye and senses, allow the pearl, now consisting of gentleness and kindness, to flow up to the heart. Let the virtue energy of the pearl activate and enhance all the loving energy, joy and happiness, honor, respect, and peace in the heart. You can feel the good virtues of the heart: straight and open, bright red, warm, deep, calm, comfortable and satisfying. Enjoy the virtuous feelings of the heart. The feeling will be different for each person as the energy blends.

Some will feel warmth and openness in the chest. Some will feel more stable. You can reinforce these qualities by chanting the Li and absorbing the red light, like the light of a sunset on the ocean. Let the pearl absorb the honor, respect, love, and joy. Bring the pearl down of the heart collection point behind the sternum. The pearl can now blend the virtue energies of the heart in a balanced way with the kindness and gentleness energies already within the pearl. Feel the collection point glowing. Then direct the pearl to the spleen/pancreas.

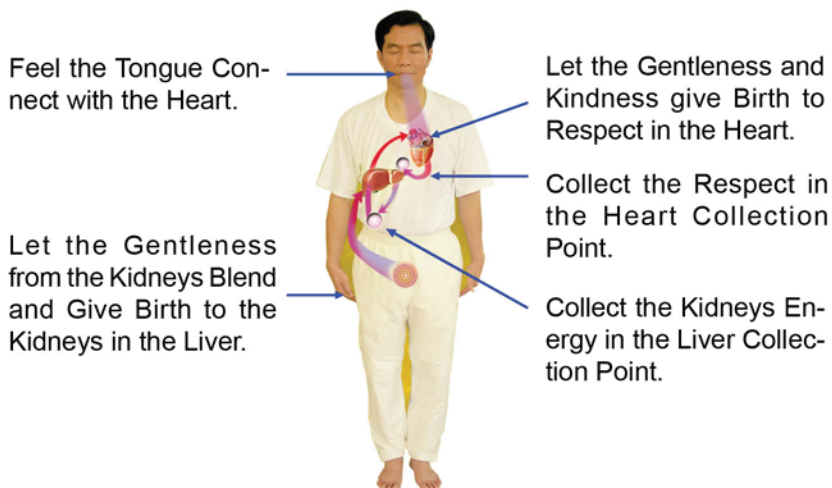


Fig. 5 Connect the tongue with the heart.

Note for women: Women should be careful when the pearl is in the heart center. As a natural endowment, women tend to have more loving energy in the heart. When a woman loves she often forgets herself. This amount of love can heat up the heart center, and the practice can feel uncomfortable, it is best not to remain too long in the heart if you feel uncomfortable.

d. Energy of honesty and respect activates the fairness and openness virtues of the spleen/pancreas.

Be aware of the connection of the mouth with the spleen/pancreas.

As the pearl arrives at the spleen/pancreas, the honor and respect, love and joy energy that is now part of the pearl activates and enhances the spleen virtues of fairness, openness and centeredness. The fairness and openness virtues of the spleen can feel expansive, clean, dry, smooth, warm, deal, and soft. Enjoy these feelings.

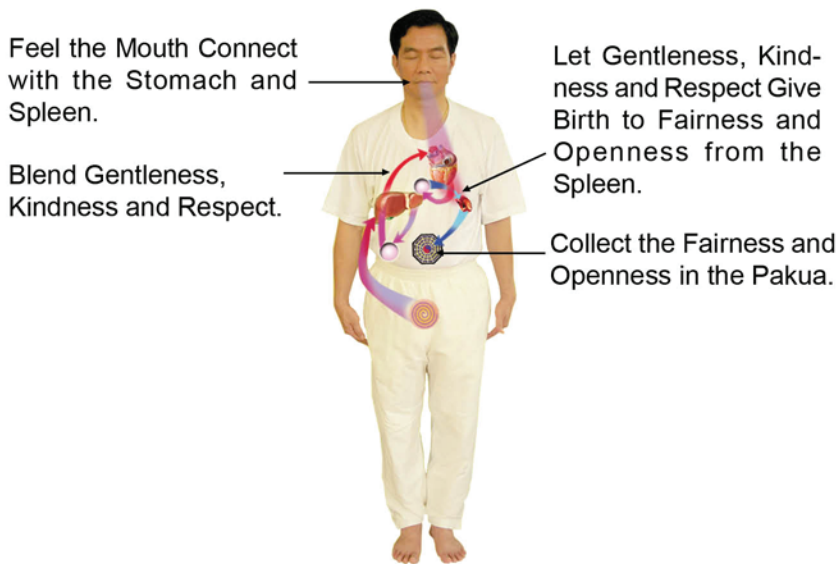


Fig. 6 The fairness and openness virtues of the spleen.

You can reinforce these qualities by chanting the Kun and absorbing the yellow satiated light of the earth power. Let the pearl absorb the fairness and openness energy. Feel the pearl take on the qualities of the fairness and openness virtues in addition to the kindness, gentleness, honor and respect virtues that already are present there. Bring the pearl to the spleen collection point behind the navel at the front pakua. Feel the fairness and openness energy intensify as it combines and blends with all the neutral and virtue energies already present in the pearl. Direct the pearl to the lungs.

e. Energy of fairness and openness activates the courage and righteous virtues of the lungs.

Connect the nose to both lungs. As the pearl arrives at the lungs, split the pearl into two pearl, one for each lung. The energy of fairness and openness that is now part of both pearls activates and enhances the courage and righteousness energy of the lungs. When you feel righteous, you can feel tall, straight, uplifted, comfortable, strong, firm, proud, and satisfied. The energy can be fresh, bright, white, and pure.

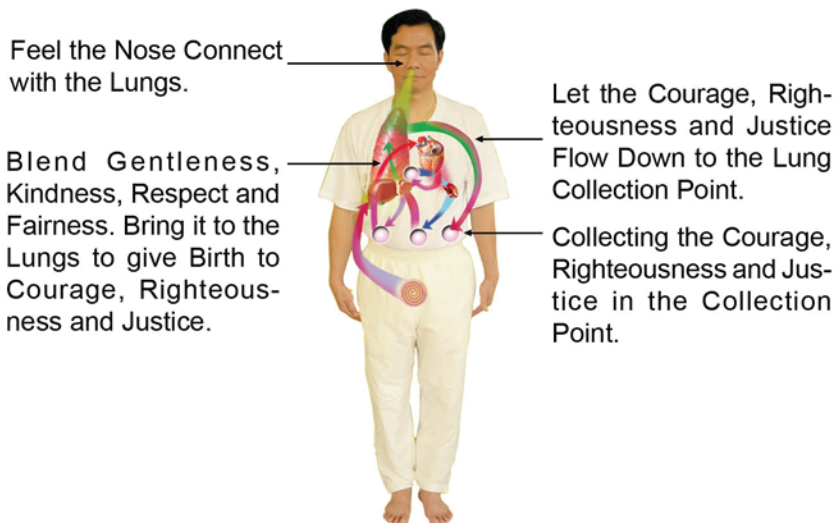


Fig. 7 The pearl arrives at the lungs.

Enjoy the qualities of this energy. You can reinforce these qualities by chanting the Tui and absorbing the white light of the metal power. Let the pearls absorb the courage and righteousness energy. Bring both pearls to the collection point of the lungs, which is at the level of the navel and in line with the left nipple. Feel the courage and righteousness energy intensify as it circulates in the lungs. Let the pearls blend these virtues with their kindness, gentleness, honor and respect, fairness and openness energies. Direct both pearls to both kidneys.

f. Courage and righteousness enhance gentleness: the cycle begins again at the kidneys.

As the pearls arrive at each kidney, the combined virtues of the pearl (especially the energy of courage and righteousness) enhance gentleness, and the cycle begins again at the kidneys. Repeat the cycle two more times. As you circulate the pearl in the second cycle, you will begin to notice that as the pearl arrives at each organ, the virtues will grow by themselves.



Fig. 8 Enhance gentleness and the cycle begins again at the kidneys.

Little by little, the energy will blend more evenly. For the third cycle, try to bring the pearl from collection point to collection point without going into the organ first. With your attention on the collection point, the energy will flow into the organ without conscious effort, and with join with the virtue energy to flow back toward the collection point. In this way, the virtue energies are enhanced and increased each time you bring the pearl to a collection point. If you wish, you can practice the third round of the Creation cycle three more times simply by bringing the pearl to the collection points. Each time you blend the energy, you increase the energy. Your energy now begins to have the quality of fine soup, with the proper combination of ingredients. Be aware of the quality of this energy. It is very special.

g. Combine all good virtues energies into compassion energy.

Creating a pearl of compassion energy requires a tremendous amount of purified energy. Compassion energy is not just love or kindness, gentleness or openness, but is a combination of all the good virtues energies, blended in proportion to become compassion energy. When you feel the right blend of the good virtue energy into a pearl of compassion energy, you will feel more centered. The energy of this pearl feels very different from the pearl you first formed. After the third (or sixth) round, bring the pearl to the front pakua. Begin to blend all the virtue energies that have been added to the pearl into compassion energy by spiraling the front pakua.

Be aware of the back, left and right pakua. Connect the front pakua with the facial and universal pakua to absorb more energy to nourish the compassion energy. Spiral the front and the back pakua and the left and the right pakua together, drawing all the energy to the cauldron, to the empty space in the Tan Tien. Blend and condense all these energies together into a strong, shining compassion pearl.

h. Move the compassion energy through the Microcosmic Orbit.

When you feel the pearl of compassion energy strongly, move it down to the perineum. Using your mind and senses, begin to move

all of the compassion energy through the Microcosmic Orbit, letting its bright pearl shine as it travels along. Feel the different quality of this energy. Be aware of the loving, comfortable, very beautiful way the organs feel as the energy runs through and spreads into them, filling them with life force energy. If you feel tired at any time, you can temporarily rest the pearl at your navel, and practice the spinal cord breathing technique described at the beginning of this meditation. Return your concentration to the pearl to form it again, and return it to the Microcosmic Orbit for circulation.

i. Shoot the pearl above the crown.

1. As the pearl runs through the Microcosmic Orbit, begin to activate the Cranial Pump. Press your tongue to the palate, clench your teeth, pull back your chin, and roll your eyes up toward the crown. Feel the pulsing in your heart and in your head at the crown. You can touch your pulse at the wrist to help your awareness of the pulse both at the wrist and the crown. Your mind also helps to activate the Cranial Pump.

2. Inhale, be aware of and squeeze the anus, and then exhale quickly to push the pearl up through the crown.

3. You might be aware of a light, beam or frequency shooting out of your crown. This is the lead light first introduced in Fusion I. Sometimes it is called an indicator light because it will indicate how high up your pearl will be able to go: just as a light is used to guide helicopters to their landing point, so will you use the lead light to guide the pearl back to the crown point.

4. Direct all of your senses to push the pearl up to the area six inches to two feet above your head. Move the pearl up and down, left and right.

5. Feel the Universal Force, the forces of the North Star and Big Dipper above your head, and the Cosmic Particle Force in front of you as they shine down to your pearl. Feel your pearl start to absorb this energy, and then feel it expand.

6. Bring your awareness to your feet. Feel the energy supplied throughout your body through your feet that is the Earth Energy. The pearl continues to expand with all the energy coming to it from outside the physical body.

7. When you are ready, activate the Cranial Pump again. Press your tongue up, clench your teeth, pull back your chin, pull up your anus, and look up to the crown. Feel the beating in your heart and the pulse at your crown.

8. Activate the lead light, and let it shine up from your crown. It may feel like a frequency going out of the crown. Draw the pearl down to the lead light, and land the pearl. Inhale and draw the pearl down.

9. Move the pearl in the Microcosmic Orbit. Then bring it down to the navel and to the cauldron at the body's center. Collect, spiral and condense the energy in the cauldron.

10. As you collect the energy and relax the mind, the pearl may disintegrate. Sometimes when you release the pearl, it vanishes. It is returning its energies, now enhanced by all virtue energies and the outside forces, to the organs and glands. They become stronger and healthier each time you practice. Each time you gather the energy and form the pearl again, the pearl will be stronger.

11. Sit back. Feel your senses and mind turn inwardly toward the cauldron. Feel nice, calm and peaceful inside. Just sit and do nothing.

j. Practice Chi Self-Massage.

Rub the hands together, and end with Chi Self-Massage.

3. Meditation Practice to Grow the Good Virtues II

This is the new way to grow compassion energy. This time, we use again the creation cycle of the five phases of energy to attract and condense all the virtue energies of the organs into a pearl of compassion.

The creation cycle is involved with energy and power. We start this time the creation cycle with Chen.

1. Spring, kindness, generosity (liver) - Chen
2. Summer, love, joy, happiness (heart) - Li
3. Indian Summer, openness, acceptance, balance (the spleen) - Kun

4. Fall, courage, righteousness (the lungs) - Tui
5. Winter, gentleness, calm, stillness (kidneys) - Kan.

We will again combine all this good virtue energy into compassion in the pakua and the cauldron.

A. Preparation

a. Do the Crane and Turtle Neck and the Spinal Cord breathing and rocking.

b. Sit properly on a chair and do the Inner Smile.

The second level of the Inner Smile, what we are introducing here, is working with the emotions.

When you do this part, it is nice to start from the heart.

Smile down to your heart, feel love, joy, happiness. Expand your awareness of love, joy, and happiness out to the universe and multiply it (when you send your positive energy to the universe it gets multiplied, and when you multiply your positive emotions, you have more energy to fight the negative emotions.) Let it multiply and bring it back to you. Feel love, joy, and happiness; see a red light. Bring the love, joy, and happiness into your heart and into your whole body. Let the heart shine like the sunshine to every single organ in the body. If any hate comes up, keep on shining more love and you will feel the hate turn into love, joy and happiness.

Smile down to your spleen, pancreas, and your stomach, a yellow light, fairness, and let the worry subside. Keep it in control, do not try to get rid of it. Now smile to your lungs, a white color courage, and balance this with the sadness. Smile down to your kidneys and your bladder, a sun shining on the ocean. Feel your kidneys fill with gentleness and calmness that will help to keep the fear under control. Smile to your liver, a green light, a forest. Slowly bring in the green and the blue light into your kidneys.

Continue breathing as you bring your awareness into your liver. Picture the green light, kindness and generosity, balancing the anger and the frustration. Don't spend time trying to get rid of your anger and frustration. On the contrary, spend more time growing the good

feeling inside. When you do this, you'll find that the bad feelings are transformed by themselves. This is the cycle of transforming the negative into positive.

c. Activate the Lower Tan Tien Pakua.

1. Be aware of your heart (hold your hands front of your heart center).

2. Smile down and be aware of your senses, feel them all turning inside.

3. Be aware of the pakua; Kan, Yin-Yang-Yin. Li, Yang-Yin-Yang. Chen; Yang-Yin-Yin. Tai, Yang, Yang, Yin. Kan, Yin-Yin Yin. Ken-Yin-Yin-Yang. Sun, Yin-Yang-Yang. Chien, Yang-Yang-Yang.

4. Start the chanting with the Kan: Kan-Li-Chen-Tui-Kun-Ken-Sun-Chien. Repeat it several times. Rest.

5. Kan. Picture the Kan. try to see the symbol in your mind/eyes and feel the Kan imprinted in your abdomen. Chant the symbol Yin-Yang-Yin. Do the same with the other kuas. Rest.

6. Repeat chanting Tai Chi in your mind, feel it spiraling. Chant then Tai-Chi, Tai-Chi, Tai-Chi, Tai-Chi, Yin-Yang, Yin-Yang. Rest.



Fig. 9 *Tan Tien Pakua*

d. Activate the Facial Pakua.

1. Start by chanting and pointing with your fingers to the location of each of the kuas on your face: Kan-Li-Chen-Tui-Kun-Ken-Sun-Chien. Repeat it several times holding each symbol that you chant in your mind.

2. Open the space of your upper Tan Tien by chanting Yin-Yang and pointing from the center of the forehead out to the universe with Yang and from the universe back to the center of the forehead with the Yin; Yin-Yang, Yin-Yang, Yin-Yang. Rest.

3. Feel a Tai-Chi symbol revolving in your brain and chant: Tai-Chi, Tai-Chi, Tai-Chi. Rest.

4. Feel it spiraling in your forehead and feel the imprint of the kua on your forehead.

5. Your forehead pakua is breathing in and out and connecting to the pakua in the Lower Tan Tien. Feel the Lower Tan Tien pakua and Tai Chi, breathing together with the facial pakua.

Note: In order to avoid a headache caused by too much energy in the head, it is important to connect the upper pakua with the lower front pakua. In this way, the energy will be better balanced.

e. Activate the Universal Pakua.

1. Project the pakua into the space around you.

2. Start with Kan and point with your hand to the direction of each kua projecting it very faraway into the universe; Kan-Li-Chen-Tui- Kun-Ken-Sun-Chien, Kan-Li-Chen-Tui-Run-Ken-San-Chien, Kan-Li-Chen-Tui-Kun-Ken-Sun-Chien.

3. Chant the Yin-Yang elements of the kuas and send them with your hand to their respective directions Starting with: Kan-Yin-Yang-Yin. Be aware of the breathing of the universe and of the Kan inside you. Do the same for the other kuas.

4. Feel the kuas breathing one by one (starting with Kan). Focus on the violet/blue light of the Yin lines and bright red of the Yang lines.

5. Feel all the kuas of the universal pakua breathing: Kan-Li-Chen-Tui-Kun-Ken Sun-Chien. Smile to them, feel them breathing.

6. Cover your whole body with the universal pakua.

B. Activate the Creation Cycle of the Five Elements to Grow the Virtue Energy

a. Start chanting from Chen.

1. Going clockwise around the creation cycle's circle: Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken, Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken.

2. Feel the energy moving, and chant again: Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken.

3. Feel the energy moving, and do it again: Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken.

The Thunder-Wood creating Wind, the Wind creating Fire, the Fire creating Earth, the Earth creating Rain-Metal, Metal creating Heaven and Water, Water creating Mountain.

Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken, Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken.

4. Feel the Chi spiraling. Set your mind to the Spring creating Summer, Summer creating Indian Summer in the Earth, Indian Summer creating Fall and Fall creating Winter.

Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken, Chen-Sun-Li-Kun-Tui-Chien-Kan-Ken. Rest.*

*Another way of working with the virtue energy is: After chanting the creation cycle (symbols' names and their Yin-Yang combinations), hold your hands near your heart, feel kindness, gentleness, openness, loving energy all combining into your heart center, creating a cauldron in your heart, blending all the good virtue energy together. Spiral your mind and your eyes in your heart center. Recall your loved ones, recall the people that you feel respect for, recall your friends that you love and support. Feel all the good virtue energy and good qualities and power of all the gods and goddesses. Feel love and joy and happiness blending together into one force in your heart, into compassion. Feel the Tai Chi spiraling in your center. Spiral your mind, your senses and all the energy in your center, in the cauldron.

5. Be aware of the liver, kindness and generosity and the Chen kua. Wood creating Wind, Wind creating Fire, Love. Feel the loving energy. Love creating acceptance and openness of the Earth. Earth creating Metal, righteousness, courage and appropriateness. Then connect to the Heaven, and from the Heaven down to Water, gentleness, calm, stillness. Come up then to the Mountain, which is a stabilizing Force. Now go back to the liver's generosity and around the circle again.

6. Next, go around the creation circle and chant the Yin and Yang sounds of the different kuas. Start with Chen: Yang-Yin-Yin. Keep on chanting it in your mind. Be aware of the kindness and generosity of the liver. Move up to the heart and feel love and joy. The Fire creating Earth, openness and fairness, the Earth creating Metal, righteousness and courage, and the Metal creating Water, calmness, gentleness.

7. Sit back, keep on feeling the good virtues, keep on spiraling. Hold your hands near your heart, feel all the good virtues coming to your heart and feel a flame burning inside you; the flame of compassion, the flame of love.

b. Practice Chi Self-Massage.

Thrusting Channels

1. Theory of the Thrusting Channels

The second part of the Cosmic Fusion practice involves opening the three Thrusting Channels.

The Thrusting Channels are a powerful means of cleaning out the negative emotions and detoxifying the organs and glands. Set into action, the three Thrusting Channels will serve as strong and efficient ways to check your center as a human being, your center of human emotion.

The Thrusting Channels run from the perineum to the crown and are separately identified as the Middle, Left and Right Thrusting Channels. The Middle Thrusting Channel is located right on the perineum and runs vertically up to the crown. The Left Thrusting Channel is located one and a half to three inches to the left of the Middle Channel, while the Right Thrusting Channel is one and a half to three inches to the right of the Middle Channel.

When you are feeling emotional, you can check the Thrusting Channels, especially the Middle Channel, to discern whether you are off-center. You will know if you are out of balance when you feel the emotions running more on the left side or more on the right, instead of through the middle of the body. If you try to center the emotions through the Middle Thrusting Channel, and keep the Left and Right Thrusting Channels in balance, you will very quickly center yourself. Your emotions will be balanced, and you will not be easily affected by other people. By enabling you to evaluate your relationships to other people, the Thrusting Channels serve as guide- lines to decision-making in your daily life. To be accurate in your judgment, however, you need to develop a true awareness of the Thrusting Channels.

2. Procedure of Opening the Thrusting Channels

The Thrusting Channels need the tremendous energy of good virtue to help open them up; therefore, you will begin by forming a pearl of virtue energy. With your continued, continuous practice of Fusion I and the creation cycle of Fusion, you start to assimilate the energies into new pearl easily, a pearl that you are well in control of. This means that all you need do to form a new pearl is concentrate on the cauldron and the pearl in it, and on the front, back, left and right pakuas. It will be possible to control the senses, organs, and emotions in as little as a few seconds.

The pearl will be thrust up from the perineum or testicles (for men) through each Thrusting Channel. Each Thrusting Channel precisely penetrates the body as follows:

1. The Left Thrusting Channel starts at the perineum, at the left testicle (for men), passes through the left side of the anus, the left ovary (for women), the descending colon, the left kidney and adrenaline gland, the spleen, the left part of the diaphragm and of the heart, the left lung, the left part of the parathyroid and thyroid glands, the left ear, the left eye, the left nose and the left hemisphere of the brain to the left side of the crown.

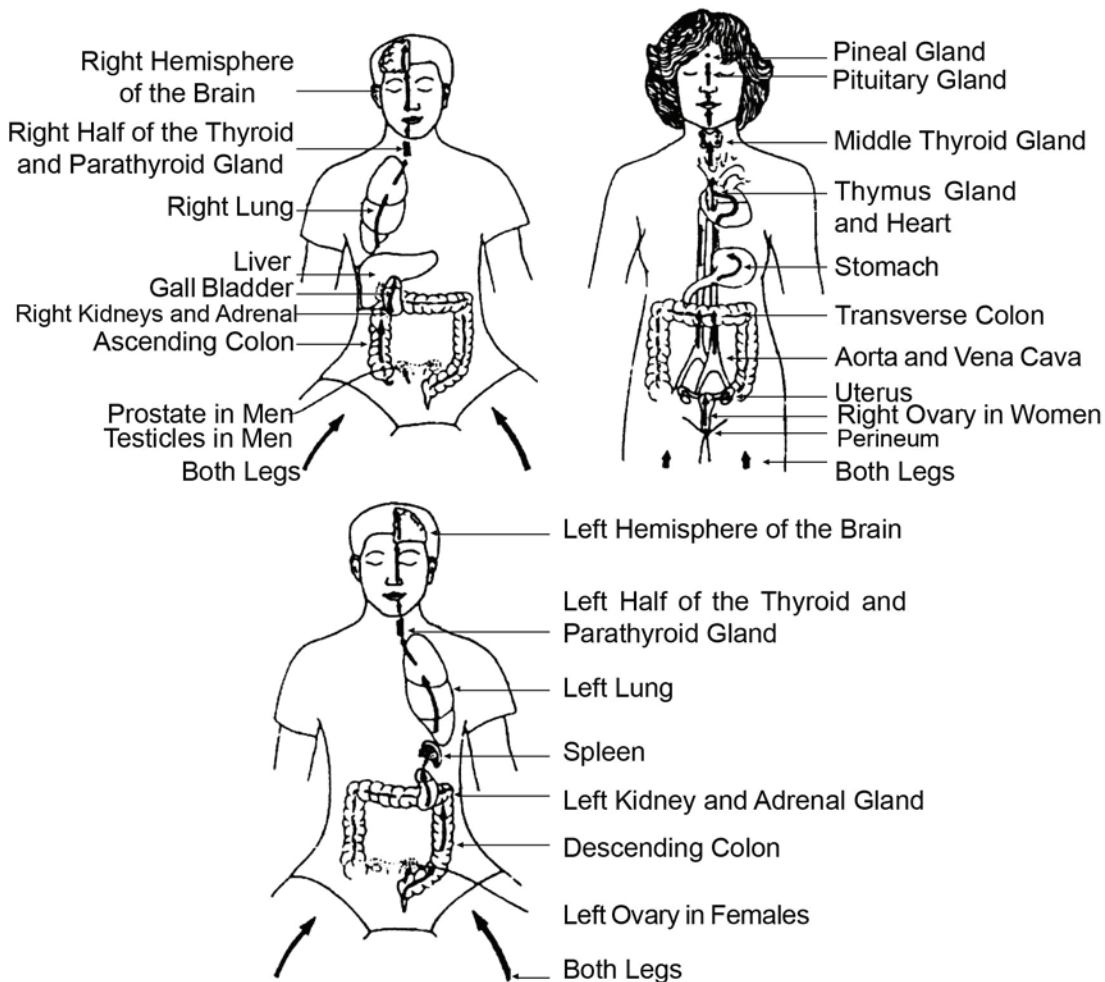


Fig. 10 Thrusting Channels energy of good virtue.

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2. The Middle Thrusting Channel starts at the perineum, in the middle of the scrotum (for men), passes through the middle of the anus, the cervix (for women), the prostate gland (for men), the aorta and vena cava, the small intestine, the pancreas, the stomach, the middle part of the diaphragm, the heart, the thymus gland, the throat, the tongue and the palate, the pituitary gland, hypothalamus and pineal glands to the crown.

3. The Right Thrusting Channel starts at the perineum, in the right testicle (for men), passes through the right side of the anus, the right ovary (for women), the right kidney and adrenaline gland, the liver, the right side of the diaphragm, the right lung, the right part of the parathyroid and thyroid glands, the right ear, the right eye, and the right hemisphere of the brain to the right side of the crown.

Visualizing cross-sections of the body will help you to get a good picture of the three Thrusting Channels.

a. Begin with the sexual center level of the body. In women, the Left and Right Thrusting Channels pass through the left and right ovaries, the Middle Channel passes through the cervix and uterus. In men, all three Thrusting Channels pass through the prostate gland.

b. Next look at the cross-section of the body at the level of the navel. You can see the navel, spinal cord, and the Ming Men. To the front is the Functional Channel of the Microcosmic Orbit and to the back the Governor Channel. The right and left Thrusting Channels cut right through the kidneys. The Middle Thrusting Channel passes through the aorta and vena cava, the largest artery and vein respectively, and the small intestine.

c. At the solar plexus level you see the Functional and Governor Channels. The Thrusting Channels penetrates the liver on the right side, the pancreas in the middle, and the spleen on the left side.

d. At the level of the heart, you see the Functional and Governor Channels. The Left Thrusting Channel penetrates the left lung, the Middle Channel penetrates the heart and thymus gland, and the Right Channel penetrates the right lung.

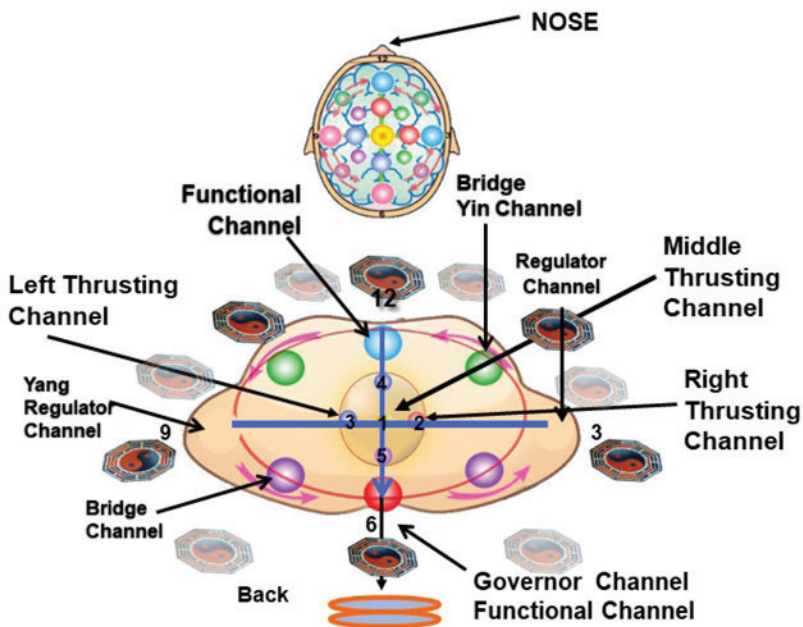


Fig. 11 Crosssection of the Abdomen Below the Heart Showing the Route of the Thrusting Channel.

e. At the throat center level, you see the Functional and Governor Channels. All three Thrusting Channels penetrate and pass through the thyroid and parathyroid glands.

f. At the mideyebrow level, the Left Thrusting Channel travels through the left brain, the Right Thrusting Channel passes through the right brain, and the Middle Thrusting Channel passes through the pituitary gland.

A person experiences the Thrusting Channels according to his or her kinesthetic or visual perceptions. The majority of people are more kinesthetic and undeniably can feel the quality of the condensed energy as it passes through each level of the Channels.

Visual people can see patterns and colors. The Thrusting Channels, as the organs they intersect, have corresponding colors:

1. Left: Red
2. Middle: White
3. Right: Blue.

Regardless of your tendency of perception, both the senses and the organs are used to control the Thrusting Channels.

The denser or more polluted the organ, the more energy it requires to pass through the affected Thrusting Channel.

As a safety precaution to prevent the energy from sticking as it moves through the Thrusting Channels, these Channels are opened in four stages. The pearl is brought:

1. up to the diaphragm
2. up to the neck
3. up to and out of the crown
4. with all the channels, down to the feet, into the ground.

This will be done a total of nine times at each stage in the following sequence 1: left, 2: middle, 3: right, 4: middle, 5: left, 6: middle, 7: right, 8: middle, and 9: left.

Although it may seem difficult at first, using your beautiful pearl will help make it easier. You also use other aids such as pulling up the anus and inhaling to help the energy move in each of the three Channels. Once you are able to pass the energy through the Channels, you will find that the energy will move by itself without assistance.

Note: You must be very careful with this procedure. If the energy reaches the heart and head too quickly using the Thrusting Channels, the heart will become congested and you may experience pressure. If the heart becomes congested with energy, and overheated;

1. do not thrust above the diaphragm, and
2. practice the Heart Sound. Do not overheat the heart, liver, or head.

Initially, the Thrusting Channels are approximately one-half to one inch in diameter. Once they are activated, they can become very wide. At first, concern yourself with drawing the energy directly up. Later, when you have become familiar with the process, the energy can be spiraled up each route.

Seated Position

Like many other Universal Healing Tao exercises, the methods of opening the Thrusting Channels are practiced from a seated position. Sitting on a chair with your feet touching the floor connects two energy wires: Earth Energy and Heavenly or Universal Energy. The energy body you eventually create needs the ground wire of Earth Energy to hold and support it. Otherwise, you can become disoriented and lost. Once you are more in control of the energy, you can do this exercise in any position, such as standing, or lying down on the bed or floor.

Anus Muscle

If you do not strengthen your anus muscle, you will not progress very far in any of the Universal Healing Tao System's practices. The anus muscle is connected to the perineum and everything in the body above it. If you invest all of your money on building the top floors of a building, and do not invest anything in the foundation, the building will fall. Think of the anus and perineum as your foundation and the floor. Using the anus muscle also seals your lower gate to help retain your energy.

Saliva

There is yet another aid that is part of these exercises that bears mentioning at this time. Once you have been able to bring the energy up through all the routes to the crown successfully, generating saliva becomes very important. Although saliva is a lubricant for the Channels, it first serves as an agent to burn and clean out any impurities that could block the flow of energy. So, during the practice of the Thrusting Channels, when resting, move your tongue to create saliva and make it thick. Then swallow it down forcefully and feel it move down the Channels you are working on.

Once the channels have been completely opened, men and women practice differently. Without stopping, men will thrust the energy directly up through the Thrusting Channels and out of the crown. They then will bring the energy back in to flow down the Thrusting Channels and down through the soles of the feet into the ground. Without stopping, women will thrust the energy down through the soles of the feet into the ground, and then up through the Thrusting Channels to and out of the crown.

3. Practice of Opening the Thrusting Channels

A. Form a Pearl and Send it to the Perineum

In a seated position, smile down to your organs and glands, and put yourself in a state of relaxation and happiness. Begin with the meditation exercises of the Creation cycle to form a pearl of compassion energy.

As you have learned, there are many steps in forming such a pearl.

However, once you have programmed yourself with all of these steps through continued practice, you can simply push the button and the whole program is activated. When you are able simply to sit quietly and feel the sensation of compassion energy forming, you are pushing the button, and the entire process takes very little time. In other words, once you have experienced compassion energy, all you need to do is to recall the state to create the energy again. You will not need to go through the entire process each time. You will know when you look at the pearl whether or not the process has been completed. If you find something is not right, you can review the steps and find out where the problem is.

As the pearl is forming, use your mind and senses to control it. Slowly move it down to the perineum. At any time during your practice, if the pearl seems to weaken, diminish, or you lose track of it, return to the navel and quickly form a new pearl. Bring that pearl to the perineum and resume practice.

While you are learning how to bring the energy up through the channels, it is easier to focus on the organs that the channel passes through rather than to focus on the channel. You might think of the process as learning how to read. Once you are able to read, you know longer have to think about your ABC's.

B. Stage One: Open and Clear the Thrusting Channels to below the Diaphragm

a. Left Thrusting Channel to the diaphragm.

In the Universal Tao, practice is a powerful method to train the power of the mind and senses to control our energy (Chi). The breathing and the strength of the anus also help to activate the Thrusting Channels. It is important and necessary to have some control over breathing through your left nostril only. Since this is difficult to do in the beginning, you can use your right index finger to cover the right nostril. Use the left eye, ear, and nostril to assist you in drawing the energy up. Place the left hand on the left kidney.

1. Sit up. use your mind and eyes to look inside and be aware of the perineum. Also become aware of your left nostril, left ear, left eye, and left side of the anus.

2. Split the pearl in two at the perineum and spiral these through the legs into the earth. Let them go deep into the earth and absorb the earth force. Spiral the pearls back to the perineum and combine them again into one pearl.

3. You can move the pearl through the left Thrusting Channels by pulling up the left side of the anus and inhaling through the left nostril with a short suction of breath. If you prefer, you can close your right nostril. Men, slightly pull up the left testicle and the left side of the anus. Women, slightly pull up the left side of the anus. Draw the pearl up with each suction of breath. The left eye should look down to the pearl. With the mind and eye, follow the pearl going up in the channel. Women, direct the pearl through the left ovary, the descending colon, the left kidney and left adrenaline gland, and the spleen. Men direct the pearl through the ascending colon, the left kidney and adrenaline gland, and the spleen.

4. Exhale, relax the eye and the muscles and let the pearl go down through the channel to the perineum. Rest and feel the left side become lighter as the energy begins to grow up without effort. Practice nine times. Each time you rest, use your mind to trace the Left Thrusting Channel.

b. Middle Thrusting Channel to the diaphragm.

1. Repeat step one of the left Thrusting Channel.

2. Men, concentrate on the middle of the scrotum, perineum, and anus. Women, concentrate on the middle of the perineum and anus. Inhale, and pull up the middle of the scrotum (men), perineum and anus. Use all the senses to draw the energy up to penetrate the prostate gland (men) or cervix (women), through the aorta and vena cava, the small intestine and the stomach and pancreas. Look up with both eyes as you do so.

3. Exhale, relax the eyes and anus muscle, and let the pearl go down through the middle Thrusting Channel to the perineum and scrotum (men). Feel the energy begin to flow up through the channel to the diaphragm as you rest. Do this nine times.

c. Right Thrusting Channel to the diaphragm.

1. Repeat step one of the left Thrusting Channel.

2. Close the left nostril with the index finger of the left hand. Use the right eye, ear, and nostril and right side of the anus and draw the energy up through the right channel. Put your right hand on the right kidney, inhale, pull up the right testicle (men) and the right side of the anus. Use your mind, right eye and right nostril to draw the energy pearl up through the right Thrusting Channel to the right ovary (women), ascending colon, the right kidney and adrenal gland, through the liver.

3. Exhale, relax and follow the energy going down in the channel, back to the perineum. Do nine times and rest.

d. Combine all three Routes and clean the Thrusting Channels.

Continue to practice moving the pearl up and down through a combination of all three Thrusting Channels to under the diaphragm in the following nine steps until the energy is flowing easily:

- 1) Left Channel
- 2) Middle Channel
- 3) Right Channel
- 4) Middle Channel
- 5) Left Channel
- 6) Middle Channel
- 7) Right Channel
- 8) Middle Channel
- 9) Left Channel

1. Hold your left hand, with your fingers pointing down to the earth, along your side. Inhale, close your right nostril and pull up your left side of the anus and suck the energy up through the left Thrusting Channel. Exhale and let all the toxic and sick energy flow through the channel down into the earth.

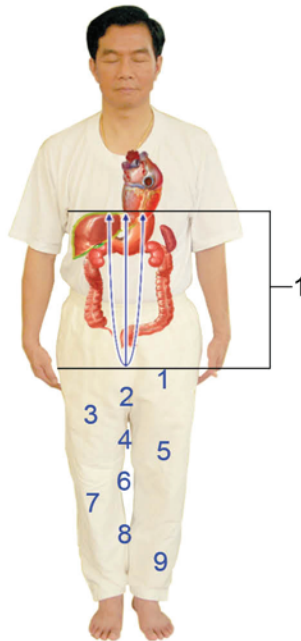


Fig. 12 *Open and Clear the Thrusting Channels to below the Diaphragm.*

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2. Close both nostrils, pull up the middle part of the anus and suck the energy up through the middle Thrusting Channel. Exhale, bring your right hand along your side, keep the left nostril closed, and let all the toxic and sick energy flow through the middle Thrusting Channel into the earth.

3. Keep the left nostril closed and the right arm hanging down. Inhale. pull up the right side of the anus and suck the energy up through the right Thrusting Channel. Exhale and let all the toxic and sick energy flow down through this right channel into the earth.

4. Repeat the same procedure for the middle Thrusting Channel (when you exhale down, keep your right nostril closed and your left arm hanging down), the left Thrusting Channel, the middle Thrusting Channel (exhale down on the right side), the right Thrusting Channel, the middle Thrusting Channel (exhale down in the left side) and the left Thrusting Channel.

5. Rest and feel the three Thrusting Channels and all the organs they penetrate, become open and clean. With your mind/eyes, you can still let the energy flow up and down in the three channels.

e. Clearing the Routes with Saliva.

End by preparing the saliva. First sweep your tongue across the outer surface of your upper teeth, starting on the left side at your wisdom tooth, with the tip of the tongue going along the gums. When you arrive at your upper right wisdom tooth, move the tip of your tongue down to the lower right wisdom tooth, and move along the front of the lower teeth. When you arrive at the lower left wisdom tooth, start again at the upper wisdom tooth. Circle around in this manner a few times. Then similarly sweep along the inner surface of the upper and lower teeth and gums. Your mouth will begin to fill with saliva.

Gather the saliva into a ball using your tongue. Press your tongue to the roof of your mouth and swallow the saliva quickly with a gulping action. Feel the saliva burn out the impurities in the Channels and lubricate them.

Practice this stage for about one or two weeks until you can control the energy very well, then continue to the next stage. Each time you finish, move the energy in the Microcosmic Orbit and collect the energy in the cauldron. When you are ready to continue to the next stage, practice Spinal Cord Breathing at this point in preparation.

C. Stage Two: Thrusting Channels to the Neck

a. Left Thrusting Channel to the Neck

Using the procedure described above, bring the pearl up the Left Thrusting Channel through the left ovary (women), left kidney, and spleen, and continue to bring the pearl up through the left lung, to left thyroid and parathyroid glands. Hold for a while, and then exhale. Let the pearl return to the perineum. Practice nine times. Be aware of the energy flow up to the neck through the Left Thrusting Channel.

b. Middle Thrusting Channel to the Neck

Using the procedure described above, bring the pearl up the Middle Thrusting Channel from the perineum through the prostate (men), cervix (women), small/large intestine, aorta and vena cava, stomach, and spleen. Continue to bring the pearl up through the heart, to the thymus gland under the sternum, up to the middle of the neck, thyroid and parathyroid glands. Exhale, let the energy flow down and rest. Practice nine times.

Be aware of the Middle Thrusting Channel as the energy flows up to the neck.

c. Right Thrusting Channel to the Neck

Using the same procedure, bring the pearl up from the perineum through the right ovary (women), right kidney, liver, and continue to bring the pearl up through the right lung, and to the right thyroid and parathyroid glands. Exhale, and slowly release the energy down. Practice nine times.

Be aware of the Right Thrusting Channel as the energy flows up to the neck.

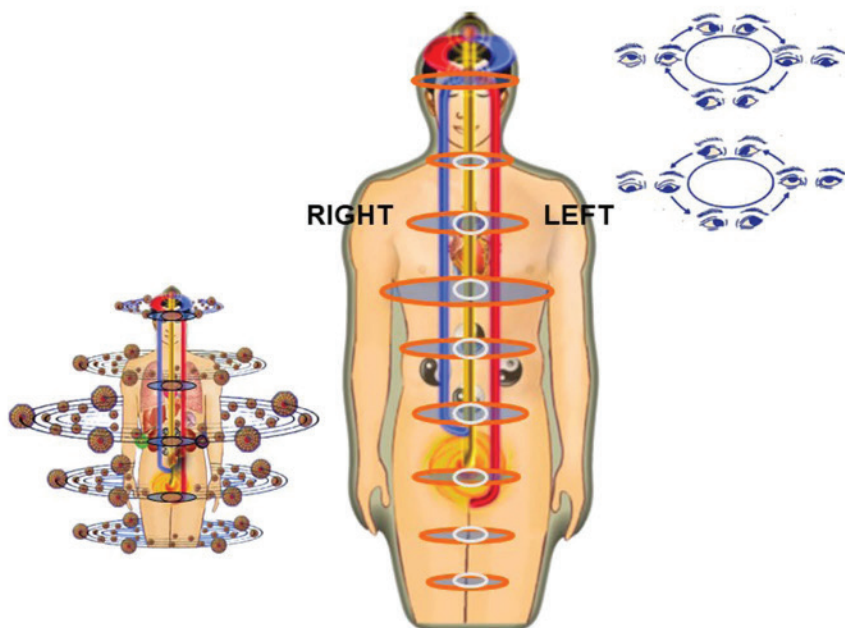


Fig. 13 Thrusting Channels to the Neck

d. Combine all the three routes and clean the channels.

Practice all three Thrusting Channels to the neck, nine times each, as delineated for the diaphragm: left, middle, right, middle, left middle, right, middle, and left. Follow the same procedure as above. This time, go all the way up the neck.

e. Clear the Routes with Saliva.

If your throat feels dry, you can collect and warm the saliva in your mouth, tighten your neck a little bit, and swallow it with a guttural sound down to the stomach. Feel the saliva like a fire clearing all three channels. Practice this stage for about one or two weeks, each time finishing by moving the pearl in the Microcosmic Orbit and collecting it in the cauldron.

f. Rest and concentrate on all Three Channels.

Rest and concentrate on all three channels, visualizing the left route as red, the middle and yellow, and the right as blue.

D. Stage Three: Thrusting Channels to the Crown

In stage three of opening the Thrusting Channels, the pearl is thrust up through the channels up to and out of the crown.

a. Left Thrusting Channel to Crown

Follow the above procedure for thrusting through the Left Thrusting Channel all the way up to thrust through the left side of the thyroid and parathyroid glands, the left ear, the left side of the nose, the left eye, the left hemisphere of the brain to the crown. Practice nine times. Rest, and mentally trace the Left Thrusting Channel from the perineum to the crown.

b. Middle Thrusting Channel to the Crown

Repeat the same procedure as described to thrust through the right Thrusting Channel, all the way up through the thyroid and parathyroid glands, the mideyebrow, the pituitary and pineal glands to the crown. Practice nine times. Rest, and mentally trace the complete Middle Thrusting Channel.

c. Right Thrusting Channel to the Crown

Repeat the right Thrusting Channel procedure as described to thrust all the way up through the left side of the thyroid and parathyroid glands, and continue thrusting through the right ear, right side of the nose, right eye and the right hemisphere of the brain to the crown. Practice nine times. Rest, and trace the route mentally from the perineum to the crown.

d. Continue to Practice on Three Thrusting Channels to the Crown

Continue to practice on the three Thrusting Channels to the crown nine times as was delineated for the diaphragm and again for the neck: left, middle, right, middle, left, middle, right, middle, and left.

Rest. Be aware of how and where the energy flows through the three Thrusting Channels, and how the three channels penetrate all the organs and glands. These channels are very powerful. They clean out, detoxify, and purify the organs at a much deeper level.

e. Bring the Pearl to the Microcosmic Orbit.

When you are finished this stage of practice, you can bring the pearl into the Microcosmic Orbit and circulate it. Feel the Microcosmic encircling the Thrusting Channels. The top and bottom of the Thrusting Channels are joined with the Microcosmic Orbit at the crown and the perineum.

Use your mind to assist the flow of energy through the Thrusting Channels and through the Microcosmic Orbit when the pearl reaches the crown point or the perineum point.

Practice this stage for two or three weeks until feel you have gained control of the energy.

E. Extending the Three Thrusting Channels above the Crown

Once you are in full control of the energy, you will be able to send the pearl out of the body at the crown. Begin to practice by quickly forming a fresh pearl as in the practice of Fusion of the Five Elements. Follow with the Creation cycle. Then thrust the pearl up through the Thrusting Channels to clear out these routes quickly. You are now ready to extend the channels above the crown.

Bring the energy down to the perineum, and start with the Left Thrusting Channel up to the left crown. Push the pearl out at the crown of the head to about three to six inches (seven and a half to fifteen centimeters) above the crown. Similarly, push the pearl out of the crown through the Middle Thrusting Channel, and then the Right Thrusting Channel.

Each time, be aware of an energy ball hovering about six to ten inches (fifteen to twenty-five centimeters) over the crown. Draw and absorb the Heavenly Energy to the pearl. Then slowly let the energy melt and flow down to the crown, and then into the body, all the way down through the three Thrusting Channels to the perineum.

4. Men and Women Now Practice Differently

At this stage, all the Thrusting Channels and Leg Routes are open, and men and women start to practice differently. Both should quickly practice Fusion I, and the Creation cycle and Thrusting Channels of Fusion II, and bring the pearl to the perineum.

A. Men: start by Bringing the Pearl to the Crown

Men, bring the pearl from the perineum up to and out of the crown to about six inches. Feel your pearl hook up with the higher energy source Heavenly Energy. Absorb this energy into the pearl. Then bring the energy back into the body. As it enters the crown, let the pearl split in three. Feel the energy penetrate through three holes at the top of the head. Feel it flowing back down to the perineum through the three Thrusting Channels, penetrating all the organs and glands.

From the perineum, men will push and guide the energy down the back of both legs to the soles of the feet, and then six to twelve inches (fifteen to thirty centimeters) into the ground. Feel a connection or rooting to the earth, then draw the Earth Energy up to the soles of the feet. Bring the energy to the toes. Start to spread the energy out from the ten toes, shooting the energy up to and into the crown, like a waterfall with a reverse flow. Draw the pearl back down to the perineum, and then repeat the process.

Practice nine times. Feel the flow of energy like a magnetic field surrounding your body.

Man's Somatic Magnetic Field

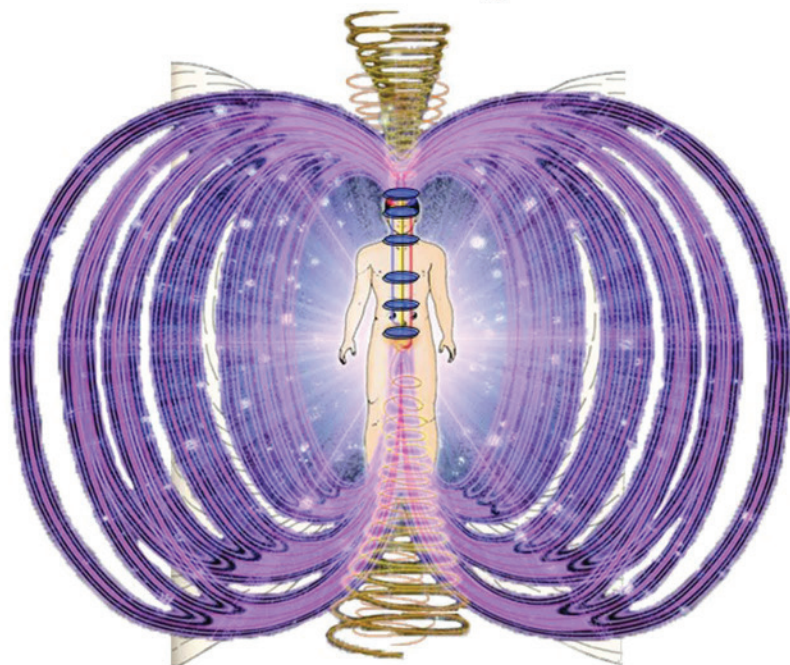


Fig. 14 Man's Somatic Magnetic Field

B. Women: Start by Bringing the Pearl to the Feet

Women, bring the pearl down to the perineum, divide it, and shoot it down the back of both legs, through the soles of the feet, six to twelve inches (fifteen to thirty centimeters) into the ground. Feel a connection or rooting to the earth, and absorb the Earth Energy into the pearl. Then draw the Earth Energy up to the soles of the feet. Bring the energy all the way up the front of the legs to the knees, and back to the perineum. As the energy travels up the legs, feel it penetrate the bones.

Spread the energy into the three Thrusting Channels, and thrust it as though it were on a three-lane highway all the way up to the crown. Feel the energy spread from the crown like a spring or water fountain pouring out of the body, entering into the soles of the feet,

where it again joins together with energy from the earth. While the energy is outside and circling the body, it is also gathering pure, radiant Cosmic Energy. Repeat this meditation nine times.

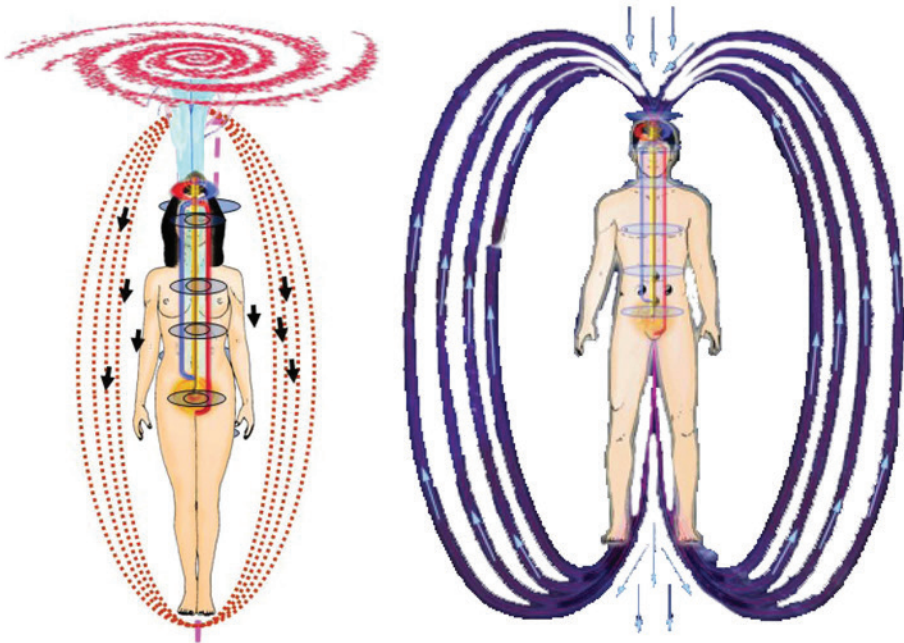


Fig. 15 Men: start by Bringing the Pearl to the Crown.
Women: start by Bringing the Pearl to the Feet.

C. Finishing the Meditation

Both men and women should finish by collecting the energy in the cauldron and spiraling and condensing the energy. Rest, concentrate on the energy in the cauldron. Feel nice, calm and peaceful. Sit for a while and do nothing.

Practice Chi Self-Massage.

This completes the practice of the Thrusting Channels. Continue to practice for a few weeks until you gain control of it.

Belt Channel

1. Theory of the Belt Channel

The Belt Channel is a psychic channel of power and self-defense, that encircles the body with energy. Its circles protect the body and fence in the energy within the Microcosmic and Thrusting Channels. while it wards off negative energy from the outside world. Starting at the navel, each Chi center of the body is crossed and encircled by one level of the continuing Belt Channel.

The Belt Channel also connects the Governor, the Functional and three Thrusting Channels together. A cross-section of the navel level would show the Belt Channel connecting to the other channels you have learned to this point. At the front of the body, the Belt Channel connects with the Functional Channel. As it moves to the left side it connects with the Left Thrusting Channel. At the Door of Life at the back, it connects with the Governor Channel. To the right it connects with the Right Thrusting Channel. Returning to the front, the circle is completed.

When you learn to form a pearl practicing Fusion of the Five Elements, and you draw the energy from the front, back, and side pakuas at the level of the navel, you are laying the groundwork for the Belt Channel.

2. Procedure of Forming the Belt Channel

You start at the navel and open Belt Channel at the navel/Ming Men, Solar Plexus/T11, Heart/T5/6, Throat/C7, Mideyebrow/Jade Pillow, and Crown, circling the pearl in a counterclockwise direction as the pearl moves up (this is the direction of the earth energy in the Northern hemisphere of the planet Earth). Then you will reverse the energy flow, and circle the pearl clockwise as you move down (this is the direction of the heavenly energy in the Northern hemisphere of the planet Earth) through the above points to the navel.

From the navel, you continue down to the sexual center, perineum, knees (around both knees), and soles of the feet (slightly into the ground). Finally, you will reverse the direction of energy again and work back up through each point to the navel.

Note: To circle to the left is to circle counterclockwise: circle counterclockwise as you move the pearl up. To circle to the right is clock-wise: circle clockwise as you move the pearl down.

The pearl is circulated in each Belt Channel nine times. After the ninth time of circling each point, you will cross each channel internally with the pearl by moving the pearl from front (Functional Channel) to back (Governor Channel), back to the Middle Thrusting Channel and then to the left side and back to the right side, back to the front. It is like a cross which connects all the Channels together. This will connect all the channels, which will make you feel very stable and protected. Each time, you will end with the pearl at the front, and then move on to the next level of the Belt Channel.

3. Practice for Forming the Belt Channel

A. Preparation

1. Sit up properly and feel the legs touching the floor. Hold the hands together, and touch the tongue to the palate.

2. Practice the Inner Smile, Fusion of the Five Elements, and the Creation cycle to form a pearl of Compassion as in Cosmic Fusion. Continue with your practice of Cosmic Fusion by sending the energy through the three Thrusting Channels (all the way down to the feet and up to the head.)

3. Be aware all the pakuas and of the cauldron. Spiral all the energy, of the pakuas into the cauldron. Spiral the energy in the cauldron until the energy gets very thick and a pearl is formed.

B. Forming the Belt Channel

1. You are now ready to begin forming the Belt Channel. Bring the pearl from the cauldron to the navel and circle the pearl from the navel to the left side (counterclockwise), to the Door of Life, to the right side, and back to the navel.

In the beginning, you can use your hand to assist moving the pearl although your goal is to use your senses to control its movement. Cover the navel with the right hand. Cover the left side pakua with the left hand. Then, move the left hand to cover the Door of Life and move your right hand to cover the right side pakua. Finally return the right hand to the navel.

Circle the pearl nine times counterclockwise. Similarly, circle it nine times counterclockwise from each point as you are ascending.

2. When you finish circling the pakuas for nine rounds, be aware of the navel. Be aware of the channel of the navel. Form a cross by bringing the pearl from the navel to the middle Thrusting Channel to the Door of Life. Then, bring the pearl back to the middle Thrusting Channel and move to the left Thrusting Channel and from there to the right Thrusting Channel, back to the middle Thrusting Channel, then return the pearl to the navel.

3. Move the pearl up from the navel to the left side of the rib cage to a position level with the solar plexus. Begin to circle the pearl at the solar plexus level. Circle the pearl toward the left through T-11 at the back, to the right, and return to the solar plexus. Circle nine times, ending with the pearl at the solar plexus. Take a moment to perceive it. Then move the pearl from the solar plexus (Functional Channel) to the middle Thrusting Channel inside and create an internal cross with the pearl. Then move it to T-11 (Governor Channel), back to the middle Thrusting Channel and from there to the right and left Thrusting Channels, to the middle Channel and from there back to the solar plexus.

4. Bring the pearl from the solar plexus to the left side of the rib cage, this time at the level of the heart. Circle nine times toward the left, to T-5/6, to the right, and to the heart center. Circle similarly for nine rounds. Using the pearl, form an internal cross connecting all the Channels together. Feel the connection of the channel.

5. From the heart center, bring the pearl up to the left side of throat center on the neck. Circle the pearl toward the left and back to C-7, to the right side, and to the middle of the throat center nine times. Use the pearl to form an internal cross connecting all Channels together up to the crown.

6. Bring the pearl up to the upper tip of the left ear at the level of the mideyebrow center. Circle the pearl nine times from the left ear back to the cerebellum, to the right (upper tip of the ear), returning to the mideyebrow. Feel a band of energy flowing around the mideyebrow, ears, and back of the head. Using the pearl, form an internal cross connecting all the Channels together. The feeling is one of wearing a crown with a cross at its center connecting it.

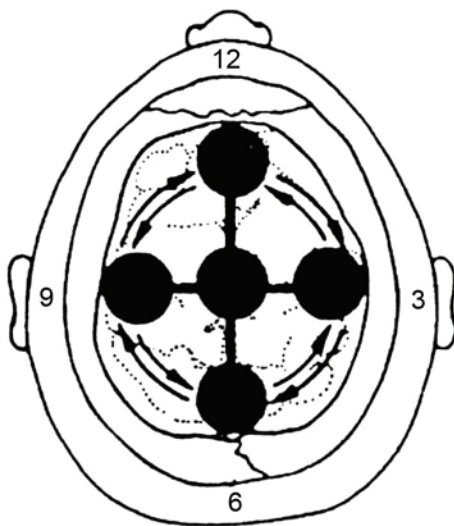


Fig. 16 Return the pearl to the front of the sexual center and connect the Channels.

7. From the mideyebrow, bring the pearl up to the left side of the crown, and circle the energy rune times in a counterclockwise direction at the crown. End with the pearl at the front. Using the pearl, form a cross connecting the front, back, and both sides of this Belt Channel and all the Channels together.

8. Allow the pearl to go out above the crown, and circle the energy nine times toward the left forming a halo of energy. Use the pearl to cross the halo, front to back, and left to right. Absorb the heavenly energy and collect this energy above the head.

9. Now reverse the direction of energy flow to a clockwise direction by circling from the front toward the right, to the back, and to the left. Circle the halo nine times, ending with the pearl at the front. Then cross the front to back, and right to left sides. Finish by bringing the pearl to the front of the halo.

10. Next, bring the pearl back into the right side of the crown. Circle toward the right nine times, bringing the pearl to the back, to the left, and ending at the front of the crown each time. Then use the pearl to cross the front, back, and two sides. Return the pearl to the front of the crown.

11. Move the pearl down to the upper tip of the right ear. Circle from the right ear to the back of the head, to the top of the left ear, and to the mideyebrow nine times. End at the mideyebrow. Use the pearl to cross the front, back, and two sides at this level, and return it to the front to the mideyebrow position.

12. Bring the pearl down to the right side of the neck at the level of the throat center, and circle right to C-7 at the back of the neck. To the left, and to the front of the throat center. Circle nine times, ending at the front. Cross the front, back, and two sides, also ending by bringing the pearl to the front.

13. Bring the pearl down to the right side of the rib cage at the heart center level. Circle the pearl toward the right to the back, etc, clockwise for nine times, ending at the front of the heart center. Then, use the pearl to cross the front, back, and two sides. Return the pearl to the front again.

14. Move the pearl down to the right side at the level of the solar plexus. Circle the pearl nine times to the T-11 at the back, to the left, and to the solar plexus. Using the pearl, cross the front, back, and sides. Return the pearl to the solar plexus at the front once again.

15. Bring the pearl down to the right side at the level of the navel. Circle it back to the Door of Life, to the left, and to the navel nine times. From the navel, bring the pearl to the cauldron, back toward the Door of Life, and return it to the cauldron. Use the pearl to cross the right and left sides. Return the pearl to the navel.

16. Once you have controlled the pearl to this stage of the meditation, you are ready to move the pearl down to the sexual center. Women, bring the pearl down to the right side of the ovary center. (The ovary center is located three inches below the navel.) Men, bring the pearl from the navel down to the right side of the sperm palace. (The sperm palace is located one and a half inches below the navel.)

Circle clockwise back to the sacrum, to the left hip, and to the front of the ovary center/sperm palace nine times. Use the pearl to cross the front, back, and sides at this level. Return the pearl to the front of the sexual center and connect the Channels

17. Bring the pearl down to the right side of the groin area, and circle the pearl clockwise around the perineum point and lower hips nine times. Use the pearl to form a cross by connecting the front, back, and sides. Return the pearl to the front, connecting the channels.

18. Move the energy down to the right knee, and circle clockwise toward the back of both knees, around the left knee, and to the front (midway) of both knees nine times. Use the pearl to form a cross by moving the pearl to the midpoint between the knees and connecting the front, back, and sides from this point. End with the pearl at the midway point in the front of both knees.

19. From the front of the knees, move the energy down to the outer side of the right foot, just below the ankle. Circle the soles of the feet nine times, moving the pearl clockwise to the heel of the right foot, to the heel of the left foot, to the outer side of the left foot,

to the front (midway) of both feet. Use the pearl to form a cross by connecting the front, back, and sides. End with the pearl at the midway point at the front of both feet.

20. Move the energy from the front of the feet down to beneath the earth, and circle toward the right (clockwise) nine times. Use the pearl to form a cross beneath the earth by connecting the front, back, and sides. Return the pearl to the front of the circle.

21. Absorb the Earth Force and reverse the circle beneath the earth, moving the pearl toward the left (counterclockwise) again. Circle the pearl nine times. Use the pearl to form a cross by connecting the front, back, and sides. Return the pearl to the front.

22. From the front of the circle beneath the earth, begin to move the pearl upward toward the outer side of the left foot. Circle the soles of both feet nine times moving from the left toward the left heel at the back, to the right heel to the right foot, and to the front (mid-way) of both feet. Use the pearl to form a cross by connecting the front, back, and sides. End with the pearl at the midway point in the front of both feet.

23. From the front of the feet, move up to the left knee, and circle the pearl counterclockwise (back, right, front, left, etc.) at the knees nine times. Use the pearl to form a cross by connecting the front, back, and sides. Return the pearl to the midway point in the front of both knees.

24. From the front of the knees, move up to the left side of the groin area. Circle counterclockwise (back, right, front, left, etc.) at the perineum nine times. Use the pearl to form a cross by connecting the front, back, and sides. Return the pearl to the front of the perineum.

25. From the front of the perineum, move the energy to the left hip, and circle counterclockwise (back, right, front, left, etc.) at the ovary center/sperm palace nine times. Use the pearl to form a cross by connecting the front, back, and sides. End with the pearl at the front of the ovary center/sperm palace.

26. Return the pearl to the navel and the cauldron.

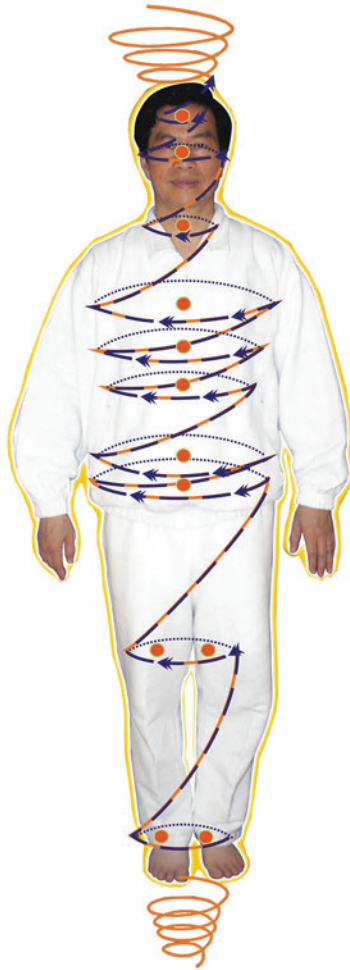


Fig. 17 Belt Channel

4. Men and Women Now Practice Differently

Once you have practiced the Belt Channel, men and women move the pearl differently. Practice the Belt Channel from this point on in the following manner:

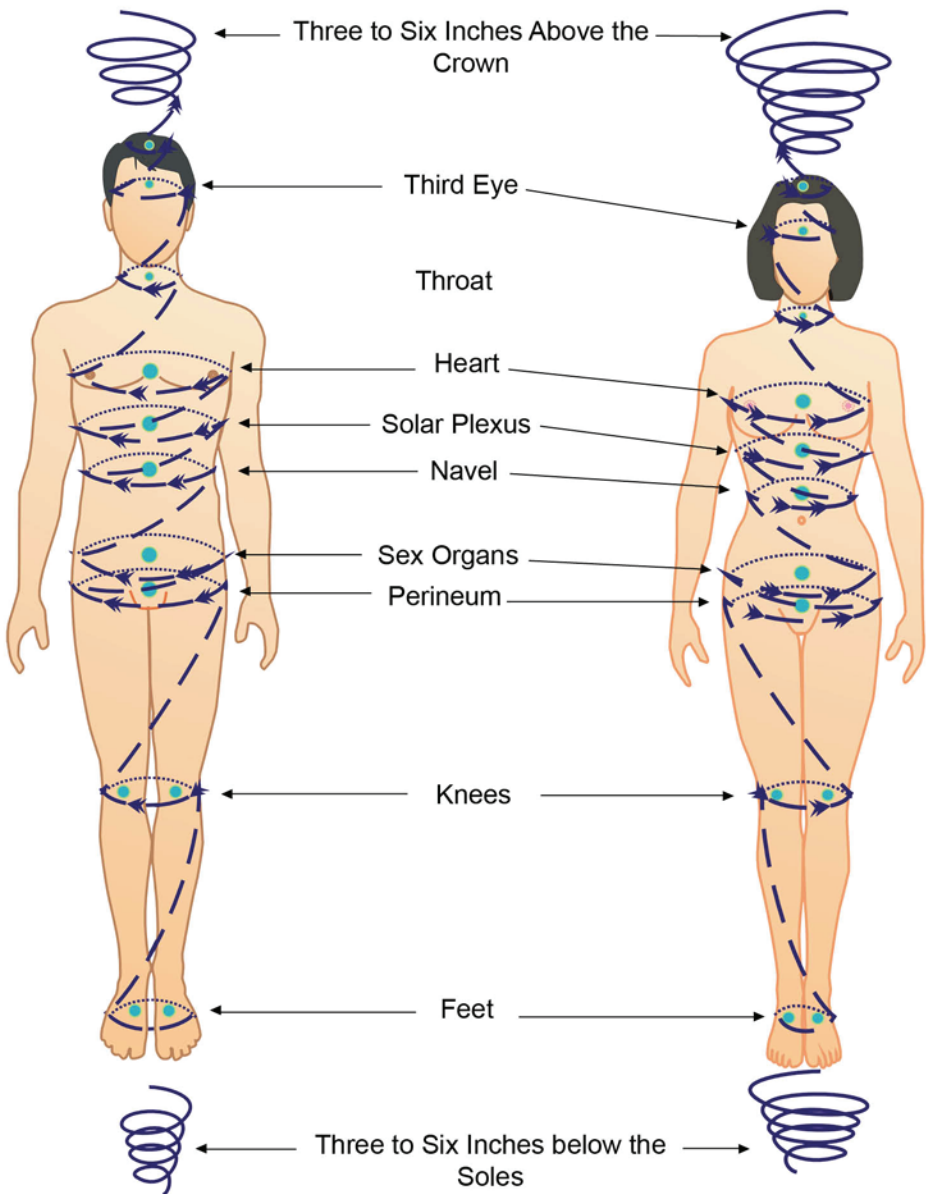


Fig. 18 Clockwise and Counterclockwise Turning

A. Men: Shoot the Pearl out of the Crown, and Spiral the Pearl down from the Crown

First bring the pearl up to the crown. Allow the pearl to go out at the crown point three to six inches (seven and a half to fifteen centimeters) above the head, and circle nine times toward the left (counterclockwise). Collect the Heavenly Energy and blend it in the pearl. Then circle it nine times clockwise, and bring the pearl back into the crown point and toward the right of the crown. Spiral it clockwise (to the back, left, front, etc.) through each circle of the Belt Channel all the way down to the soles of the feet. Move the pearl into the earth six to twelve inches to collect the Earth Energy, and circle the energy nine times clockwise. Reverse the direction spiraling nine times counterclockwise. Return the pearl to the front of the crown, and then back down to the navel and cauldron in the same manner.

B. Women: Shoot the Pearl into the Earth, and Spiral the Pearl up from the Earth

First bring the pearl to the soles of the feet. Move the pearl into the ground six to twelve inches to collect the Earth Energy. Circle the energy nine times toward the right (clockwise). Then circulate the pearl nine times counterclockwise, and move the pearl up through the left side of each circle of the Belt Channel, spiraling counterclockwise to the crown. Shoot the pearl all the way out at the crown to collect the heavenly energy. Circle the energy counterclockwise nine times. Reverse the direction, and spiral the pearl nine times clockwise (from the right to the back to the left to the front). Then, bring the pearl back down into the right side of the crown. Continue to circle the energy clockwise down through the Belt Channel to the soles of the feet. Return the pearl to the navel and cauldron in the same manner.

C. Finish the Meditation

Rest. Spiral the energy in the cauldron, collecting and condensing it. Rest again and lean backwards. Put your hands on your Tan Tien and feel nice, calm and peaceful inside. Do nothing and enjoy the feeling.

Introduction to Fusion of Eight Psychic Channels (Fusion III)

In Fusion of Eight Psychic Channels

1. You will open and clean the Great Bridge and the Great Regular Channel. Both consist of a Yin and a Yang Channel. All together they form four channels (Yin and Yang Wei and the Yin and Yang Chiao Channels). They are the last Extraordinary acupuncture (psychic) Channels to open. The others are; the Governor (Du Mai) and Functional (Ren Mai) Channel of the Microcosmic Orbit and the Thrusting Channels (count as one Channel, related to the Chong Mai) and the Belt Channel (related to the Dai Mai).

2. You will learn to protect the spine and your energy field, to seal the aura and the senses and to drill your head.

3. You will learn to transform the Microcosmic Orbit, the Thrusting Channels and the Belt Channel in the Energy Body.

Fusion of the Eight Psychic Channels is the last part of the Fusions. It teaches the last techniques and meditation to prepare you for the higher practices. After you master all the Fusion Practices you are ready and prepared to start the Practice of the Immortal Tao.

Practice of Fusion of Eight Psychic Channels

Great Bridge Channel and the Great Regular Channel

1. Theory

The Great Regulator and Great Bridge Channels have no points of their own, but run across specific points of the twelve organ meridians. They connect in this way all these meridians together which enables the energy to flow from one meridian to another, balancing and regulating the energy flow in the meridians. The *Great Bridge*

Channel (Yin and Yang Chiao Mai) serves to connect all the meridians. The *Great Regulator Channel* (Yin and Yang Wei Mai) serves to regulate, coordinate and balance the energy flow between these meridians, also called the body's channels. The routes they follow lie close together.

Although they are separate channels we practice them in Fusion of Eight Psychic Channels as one channel with a Yin and a Yang part. The Yin part connects all the Yin organ-meridians and regulates the flow of energy in these meridians, the Yang part connects all the Yang organ-meridians and regulates the flow of energy in these meridians. The Yin channels run along the inside of the legs and arms and the front of the body. They also regulate the blood. The Yang channels run on the outside of the legs and arms and the back of the body. They control the defensive energy and regulate resistance to external infections. In other words, the Yin Channels protect the body from "attacks" from within and the Yang Channels protect the body from external "attacks".

The most important reason to open the Bridge and Regulator Channel is to promote the unimpeded flow of energy in the body, to heal the body and to prepare the body to receive and to circulate the higher energy forces of the Immortal Practice in your body. All the Eight Psychic Channels act as receivers and distributors to the organs and glands of the *Universal Force*. For this reason, working with the Eight Psychic Channels is considered spiritual work in the Taoist system.

Forming the control base of the Eight Psychic Channels is the *Gate of Death and Life* (also known as the *Gate of Mortality*) at the perineum point. The perineum point serves many purposes. It is considered the sexual energy base. It is also the point to which is joined the Bubbling Spring, the collection point of the Earth energy at the soles of the feet. The Belt Channel passes through the perineum point as it interconnects the other seven channels. The interconnection of the Belt Channel makes it possible to move the energy from one channel to any other channel, while it serves to protect all the body's centers. The crown point at the pineal gland is the other common point of the Eight Psychic Channels.

2. Location of the Points of the Great Bridge and Great Regulator Channels

In this part we give you all the points of these channels with their locations and their meaning as acupuncture point.

A. Locate GB-17 and ST- 4

Part of the Yang Route of the Channel

1. GB-17 (Gall Bladder Meridian)

Traditional Name: Cheng Yin = Correct Management

Location: Slightly behind the center of the top of the head, and to the right and left sides.

Uses: To help relieve headaches and toothaches.

2. GB-16 (Gall Bladder Meridian)

Traditional Name: Mu Chuang = Eye Window

Location: On top of the head at the central point, and to the right and left sides.

Uses: To help relieve eye problems and facial edema (swelling through water retention).

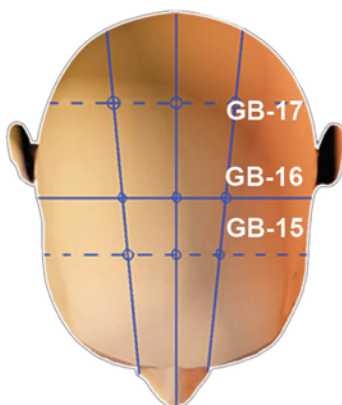


Fig. 19 Yang Route of the Channel

3. GB-15 (Gall Bladder Meridian)

Traditional Name: Lin Chi = Temporarily Weeping

Location: On top of the head in front of the central point, and to the right and left sides.

Uses: To help relieve stuffed nose, eye problems and strokes.

4. GB-14 (Gall Bladder Meridian)

Traditional Name: Yang Pai = White Yang or Pure Yang.

Location: One finger's width above the eyebrow in direct line with the pupil of the eye.

Uses: To help relieve eye problems such as glaucoma, night blindness, forehead pain, facial nerve paralysis, stuffed nose and strokes.

One Fingers Width above the Eyebrow in Direct Line with the Pupil.

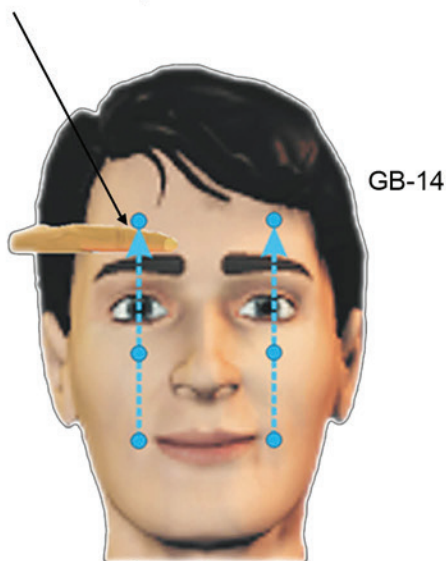


Fig. 20 GB-14 (Gall Bladder Meridian)

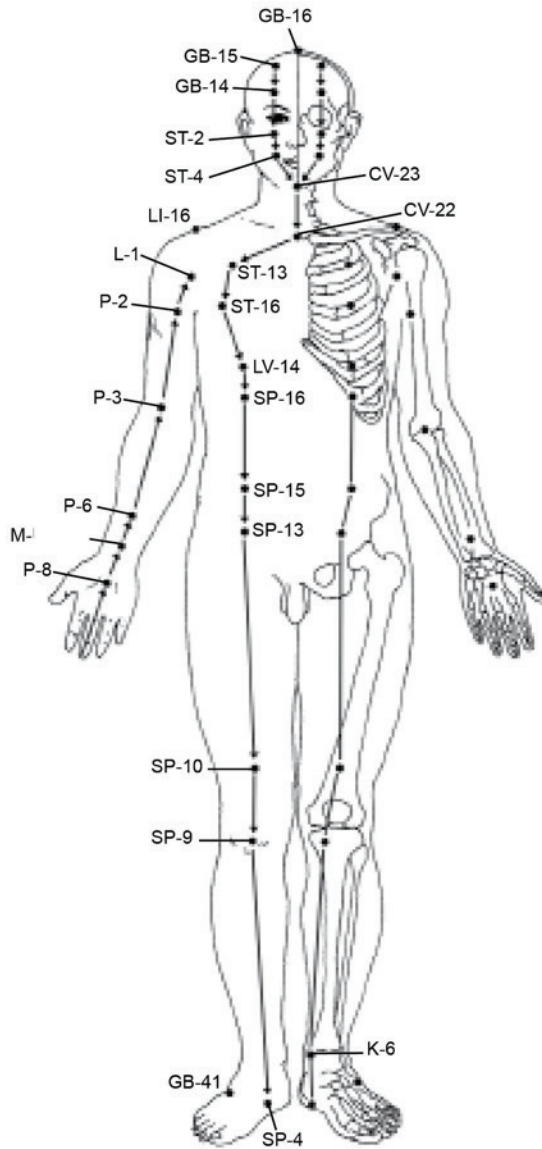


Fig. 21 Yin Side

5. **ST-2 (Stomach Meridian)**

Traditional Name: Szu Pai = Four White

Location: Below the eye in direct line with the pupil.

Uses: To help relieve eye disease, toothaches, facial nerve paralysis, nose bleeding, and colds.

6. **ST-4 (Stomach Meridian)**

Traditional Name: Ti Tsang = Ground Storehouse

Location: At the intersection point of a line straight down from the pupil to the base of the cheekbone, and another line along the curve of the cheekbone.

Uses: To help clear nasal passages, colds, toothaches, eye problems, facial paralysis, nose bleeding, and dribbling.

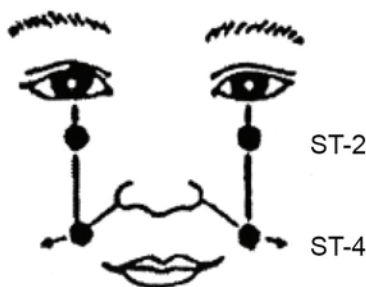


Fig. 22 ST-4 (Stomach Meridian)

B. Locate CV-23 and K-1

The Entire Front (Yin) Route of the Channel

1. **CV-23 (Conception Vessel or Functional Channel)**

Traditional Name: Lien Chuan = Corner Spring

Location: Behind the midpoint of the lower edge of the chin bone. Hook the thumb behind the bone, CV-25 and press upward and forward.

Uses: Can help to relieve laryngitis, clears the throat.



Fig. 23 CV-23 (Conception Vessel or Functional Channel)

2. CV-22 (Conception Vessel or Functional Channel)

Traditional Name: Tien Tu = Celestial Protrusion

Location: At the top of the breastbone (sternum) in the V-shaped indentation; press downward in a 45-degree angle.

Uses: Can relieve asthma, bronchitis, coughing, sore throat, larynx spasms. Pressing and releasing CV-22 can cause energy to flow more easily through the chest, thereby helping to restore the proper freer breathing.



Below the Collar Bone between the First and Second Ribs.

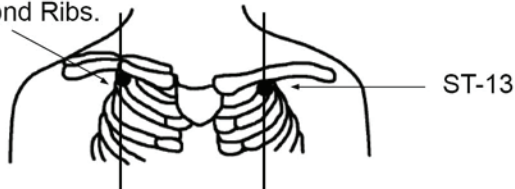


Fig. 24 CV-22 (Conception Vessel) and ST-13

3. ST-13 (Stomach Meridian)

Traditional Name: Chi-Hu = Door of Chi

Location: Below the midpoint of the collarbone between the first and second ribs. Press straight into the body. The point feels sore or like an electric shock.

Uses: Can relieve asthma, bronchitis, chest and back pain, hiccups. Unrestricted flow through ST-13 allows good energy to flow through the chest.

4. ST-16 (Stomach Meridian)

Traditional Name: Yin Chuang = Breast window

Location: Between the third and fourth ribs, one rib directly above the nipples in males, slightly higher in females. When pressed the point feels somewhat sore, especially on females.

Uses: Can relieve coughing, asthma, swelling of the breast, chest and stomach pain, heartburn, short breath, melancholy. Good energy flow clears the whole breast region and promotes optimism.

5. LV-14 (Liver Meridian)

Traditional Name: Chi Men = Gate of Hope

Location: At the junction of the ninth rib cartilage to the eighth rib. Follow the bottom edge of the rib cage from the sternum until the first major indentation, then trace a line down from the nipples. The intersection is the LV-14 area. Press slightly up and into the abdomen. The point will feel quite sore when pressed.

Uses: Can relieve difficulty in breathing, chest pain, diarrhea, cholera, menopausal disorders, childbirth pains, abdominal tension. Pressing LV-14 affects the liver, gall bladder, and diaphragm. Used traditionally to relieve side aches from too much running, and to relieve hiccups, belching, and snoring.

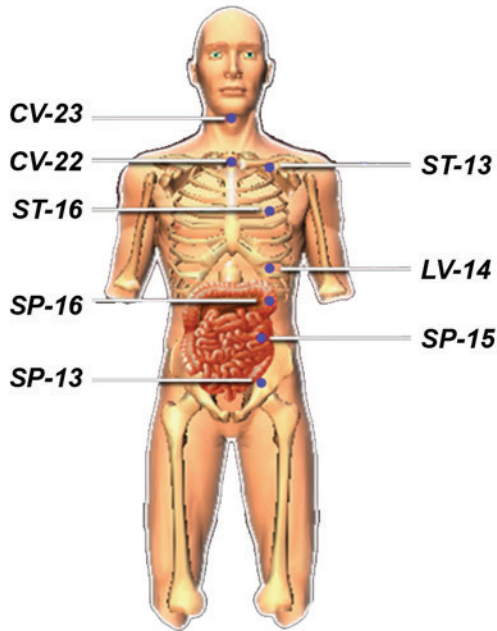


Fig. 25 LV-14 (Liver Meridian)

6. SP-16 (Spleen Meridian)

Traditional Name: Fu Ai = Abdominal Sorrow

Location: Below the bottom edge of the rib cage in direct line with the nipple. For women, it is in line with ST-13 under the collarbone, and just beneath the rib cage from LV-14 at the edge of the bottom rib. For men, it is in line with ST-13 and ST-16, just beneath the rib cage.

Uses: Can relieve abdominal pain, constipation, dysentery.

7. SP-15 (Spleen Meridian)

Traditional Name: Da Heng = Big Horizontal

Location: To the sides of the navel in direct line with the nipple.

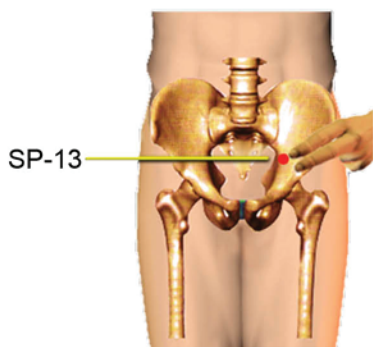
Uses: Can relieve nervousness, dysentery, constipation, excessive sweating, diarrhea, abdominal pain, intestinal paralysis.

8. SP-13 (Spleen Meridian)

Traditional Name: Fu She = Palace Dwelling

Location: Two fingers' width above the middle of the groin. Hold this point firmly without excessive pressure; it may feel ticklish.

Uses: Can relieve abdominal pain and tension, colic pain, appendicitis, constipation. Good energy flow through SP-13 relaxes the abdominal region, groin, thigh and sexual organs; it relieves menstrual cramps, indigestion, and intestinal weakness.



SP-13 Located
Two Finger's
Width above the
Middle of the
Groin.

Fig. 26 SP-13 (Spleen Meridian)

9. SP-10 (Spleen Meridian)

Traditional Name: Hseuh Hai = Sea of Blood

Location: Three fingers' width above the knee on the inside of the thigh. Place the left palm on the kneecap, fingers pointing to the inside of the knee. Press down on the inside with the thumb. The point is sensitive to pressure.

Uses: Can relieve abnormal menstrual flow and cramps, uterine bleeding, rashes, indigestion. Good energy flow through SP-10 promotes smooth functioning of the female organs. This point also releases the flow of energy through the thighs and knees.

10. SP-9 (Spleen Meridian)

Traditional Name: Yin Lin Chuan = Dark Tomb Spring

Location: On the inside of the leg below the top of the tibia bone (the large bone of the leg.) The point is very tender.

Uses: Can relieve abdominal pain and distension, excessive menstrual flow, menstrual pain, lower back pain, swelling. Unrestricted energy flow through SP-9 increases the flow of energy through the knees and legs.

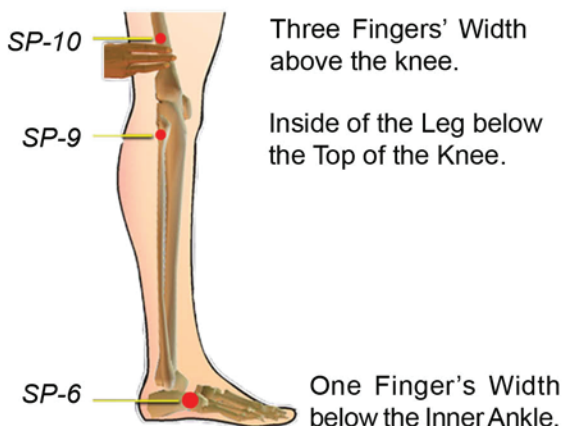


Fig. 27 SP-9 (Spleen Meridian)

11. K-6 (Kidney Meridian)

Traditional Name: Chao Hai = Shining Sea

Location: One finger's width below the inner ankle. The point is sensitive to pressure.

Uses: Can relieve mental disorders, insomnia, tonsillitis, menstrual disorders, epilepsy, sadness. This point helps balance the Yin aspect of the Great Bridge Channel. When good energy flows through K-6, problems in the female sexual organs and the kidneys will be reduced. Also, a deep refreshing sleep is encouraged by pressing this point.

12. SP-4 (Spleen Meridian)

Traditional Name: Kung Sun = Grandson

Location: On the bottom of the foot, in a hollow behind the joint of the big toe. The point is sensitive to pressure.

Uses: Can relieve heart pain, stomach pain, epilepsy, vomiting, diarrhea, paralysis of the big toe and foot, cold feet, foot cramps, abdominal tension. This point helps balance the Yin aspect of the Great Regulator Channel. When energy flows well through SP-4, the body energy is balanced.



Fig. 28 SP-4 (Spleen Meridian)

13. K-1 (Kidney Meridian)

Traditional Name: Yong Quan = Bubbling Spring

Location: At the center of the ball of the foot when curling the toes in at the hollow; a sensitive spot.

Uses: Can help to calm the spirit; It opens the senses. Connects the earth energy to the perineum.

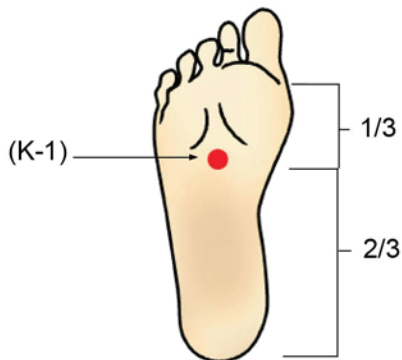


Fig. 29 K-1 (Kidney Meridian)

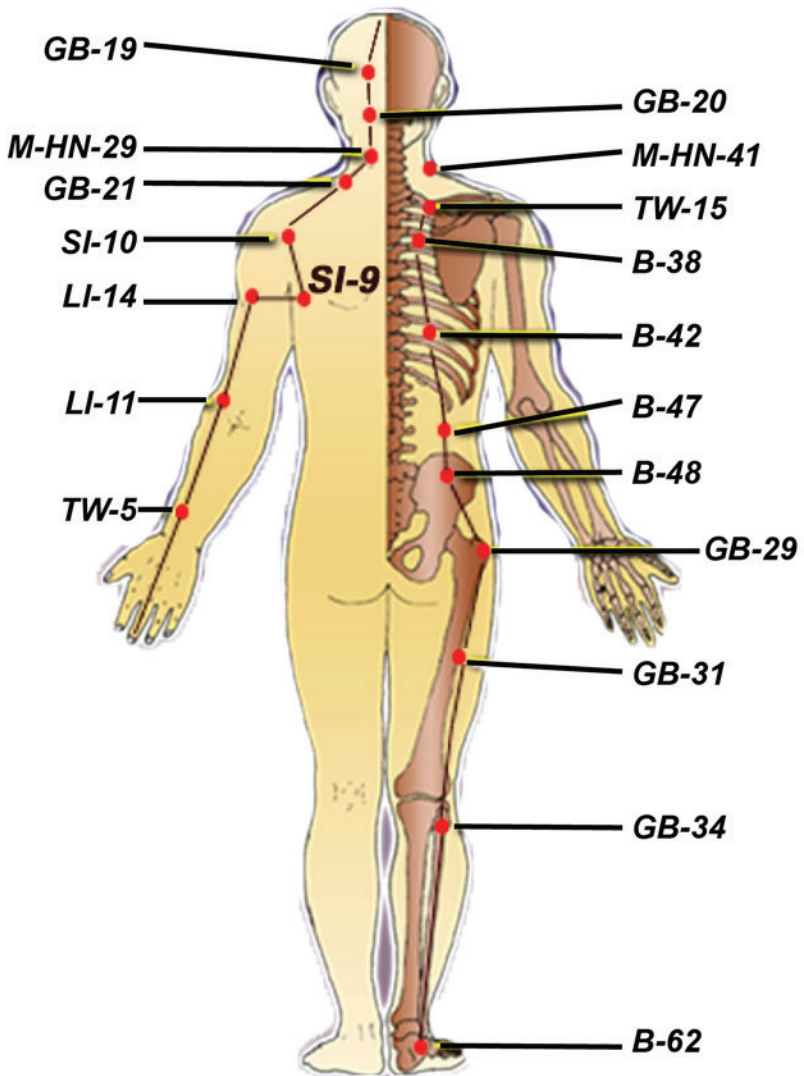


Fig. 30 Yang Side

C. Locate GB-41 and SI-9

The Entire Back (Yang) Route of the Channel.

1. GB-41 (Gall Bladder Meridian)

Traditional Name: Lin Chi = Attending the Crying Child

Location: Facing the outside of the foot at the joint, in the upper space between the fourth and little toe.

Uses: Can help to relieve arthritis, inflammation of the breast, hearing problems, ringing in the ears, irregular menstruation, insufficient breast milk, headaches, rheumatism, perspiration problems, excessive water retention. This point helps balance the Yang aspects of the Great Regulator Channel and the Belt Channels.



Fig. 31 GB-41 (Gall Bladder Meridian)

2. B-62 (Bladder Meridian)

Traditional Name: Shenmai

Location: On the outside of the ankle, in the small depression just under and slightly behind the ankle bone. Press straight into the side of the foot.

Uses: Can relieve headache, mental confusion, epilepsy, dizziness, insomnia, backache, aching of the lower extremities.



Fig. 32 B-62 (Bladder Meridian)

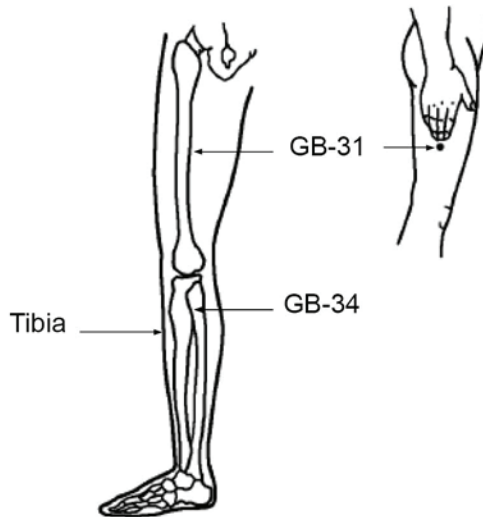


Fig. 33 GB-31 (Gall Bladder Meridian)

3. GB-34 (Gall Bladder Meridian)

Traditional Name: Yang Ling Chuan = Life Tomb Spring

Location: On the outside of the leg, in a hollow below the top of the fibula (slender, lower leg bone.)

Uses: Can relieve rheumatism in the knees, weakness of the legs, pain or paralysis of the leg, soreness after exercise, headaches, abdominal problems, constipation, lower back tension, and extreme fright.

4. GB-31 (Gall Bladder Meridian)

Traditional Name: Feng Shih = Windy City

Location: Standing upright with the hands at the sides, the point is located behind the femur (thigh bone) where the middle finger touches the leg. The point is very sensitive to pressure.

Uses: Can relieve paralysis of the legs, knee joint pain. Energy flowing through GB-31 encourages good energy flow to the knees, legs, hips and back points.

5. GB-29 (Gall Bladder Meridian)

Traditional Name: Chu Liao = Dwelling Bone

Location: At the joint of the top of the femur bone and the hip.

Uses: Can relieve diseases of the hip joint and surroundings, lower leg pain.



Fig. 34 GB-29 (Gall Bladder Meridian)

6. B-48 (Bladder Meridian)

Traditional Name: Pai Huang = Round Tissue below the Diaphragm, Uterus, or Placenta

Location: Two fingers' width from the top of the sacrum. The point feels sore.

Uses: Can relieve the pelvic area, abdominal problems, constipation, hemorrhoids, prostate gland and urinary problems.

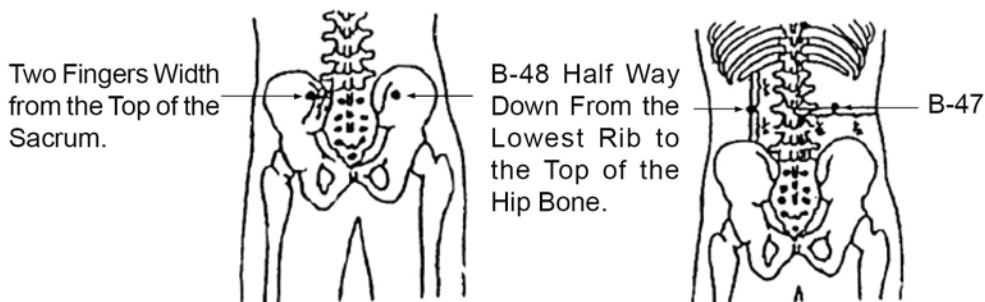


Fig. 35 B-48 (Bladder Meridian)

7. **B-47 (Bladder Meridian)**

Traditional Name: Chi Shih = Room of Resolution

Location: On the back, halfway down from the lowest rib to the top of the hip bone, and halfway between the spine and the side of the body.

Uses: Can relieve abdominal problems, appetite balance, genital problems, prostate, urinary, and kidney problems. Good energy flow through B-47 strengthens the lower abdomen and releases energy flow to the lower back.

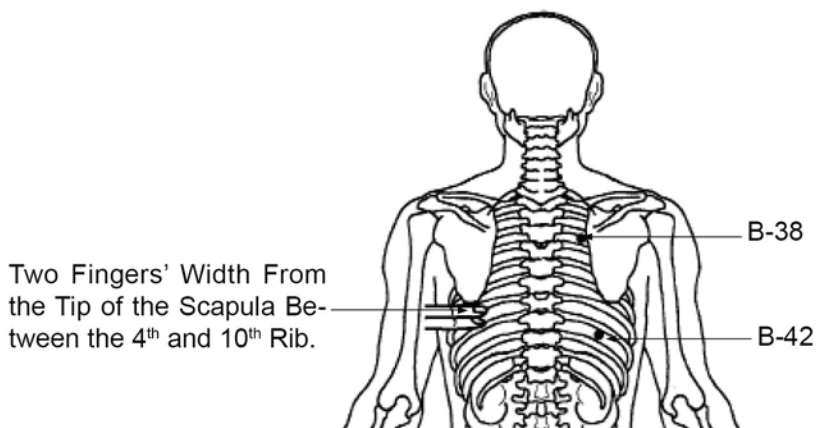


Fig. 36 B-47 (Bladder Meridian)

8. **B-42 (Bladder Meridian)**

Traditional Name: Hun Men = Gate of the Soul

Location: On the back, between the ninth and tenth rib, and about two fingers' width below the bottom tip of the scapula.

Uses: Can relieve stomach pain, liver problems, fullness in the chest, poor digestion, fainting. Pressing this point releases the back and affects the diaphragm.

9. **B-38 (Bladder Meridian)**

Traditional Name: Kao Huang = Fat Tissue between Heart and Diaphragm

Location: On the back, between the fourth and fifth rib, between the spine and the left scapula. The point feels like a knot of muscular tension and is sensitive to pressure.

Uses: Can relieve circulation and lung problems, releases the neck, upper back and arms, respiratory difficulties, coughing, hyperactivity, fatigue. Pressing this point strengthens the entire body. This is a very important point and can be used to treat many diseases.

10. **TW-15 (NTB-15) (Triple Warmer (Burner) Meridian)**

Traditional Name: Tian Liao = Heaven's Seam

Location: Above the shoulder blade, toward the side of the neck.

Uses: Can relieve pain in the scapula, back, neck, and the pain of fever.

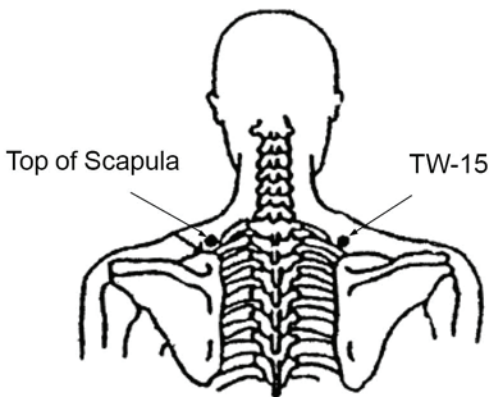


Fig. 37 TW-15 (NTB-15) (Triple Warmer (Burner) Meridian)

11. **SI-10 (Small Intestine Meridian)**

Traditional Name: Scapulae's Hollows

Location: On the back, on the scapula directly above the armpit and joint.

Uses: Can relieve chills, fevers, inability to move the arm, soreness of the arm, hypertension, shoulder pain.

12. SI-9 (Small Intestine Meridian)

Traditional Name: Jian Zhen = Shoulder Chastity

Location: On the back, just above the armpit.

Uses: Can relieve shoulder problems, paralysis of the upper limbs, excessive perspiration in the armpits, pain in the shoulder blades, toothaches, deafness, swelling of the joints.

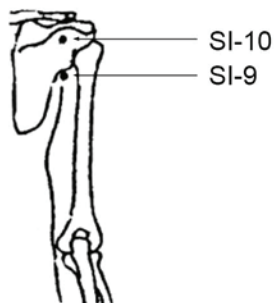


Fig. 38 SI-9 (Small Intestine Meridian)

D. Locate LI-14 and TW-5

The Yang Arm Route of the Channel.

1. LI-14 (Large Intestine Meridian)

Traditional Name: Binao = Arm and Scapula

Location: On the upper arm, above the midpoint between the shoulder and elbow.

Uses: Can help clear vision, and relieve arm and shoulder, eye problems.

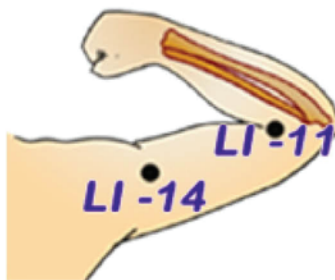


Fig. 39 LI-14 (Large Intestine Meridian)

2. LI-11 (Large Intestine Meridian)

Traditional Name: Quchi = Crooked Pool

Location: At the front of the arm in the inner crease where the forearm joins the upper arm.

Uses: Can cool heat; can relieve arthritic pain in the arms, paralysis, hypertension, high fever, anemia, allergies, skin problems.

3. TW-5 (Triple Warmer Meridian)

Traditional Name: Waijuan = Outer Gate

Location: Two fingers' width above the wrist on the outside of the arm.

Uses: Helps to circulate stagnant Chi; can relieve common colds, high fevers, pneumonia, deafness, insomnia, headache, stiff neck, paralysis.

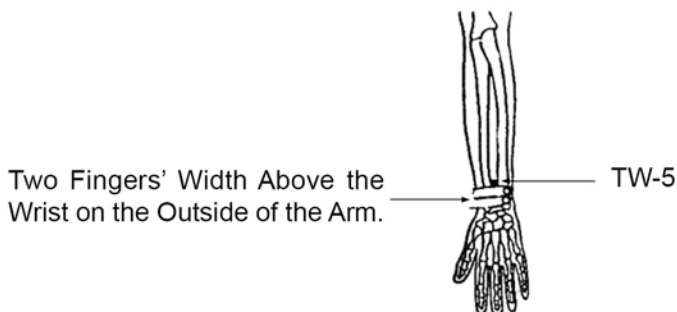


Fig. 40 TW-5 (*Triple Warmer Meridian*)

E. Locate P-8 and L-1

The Yin Arm Route of the Channel.

1. P-8 (Pericardium Meridian)

Traditional Name: Laogons = Gakor's Palace

Location: At the center of the palm.

Uses: Can cool the heart and drain heat, relieving heat exhaustion and chest pains.

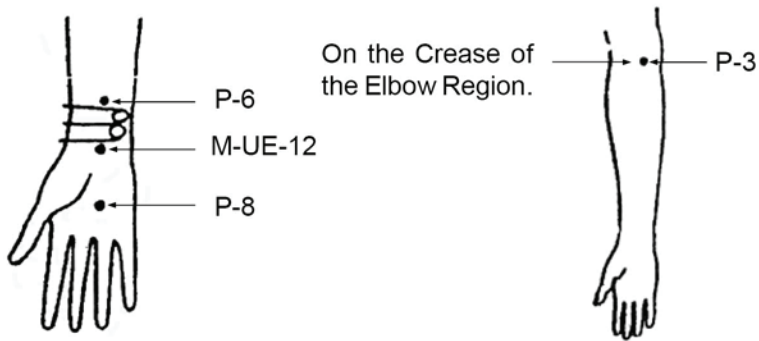


Fig. 41 P-8 (Pericardium Meridian)

2. M-UE-12 (Miscellaneous Point)

Traditional Name: Nei Yangchi = Inner Yang's Pool

Location: At the center of the inner crease of the wrist.

Uses: Can relieve paralysis, infantile convulsions.

3. P-6 (Pericardium Meridian)

Traditional Name: Nei Guan = Inner Gate.

Location: Two fingers' width above the inner wrist.

Uses: Can calm the heart and spirit and regulate Chi; can relieve rheumatic heart disease, vomiting, chest pain, stomach ache.

4. P-3 (Pericardium Meridian)

Traditional Name: Quze = Crooked Marsu

Location: On the middle of the crease of the inner elbow.

Uses: Can open heart Chi, and disperse heat; can regulate the intestines, gastrointestinal problems, bronchitis, heat exhaustion.

5. P-2 (Pericardium Meridian)

Traditional Name: Tianjuan = Heaven's Spring

Location: Next to the armpit in the front of the arm, within the biceps muscles.

Uses: Can relieve cough, palpitations, chest pain.

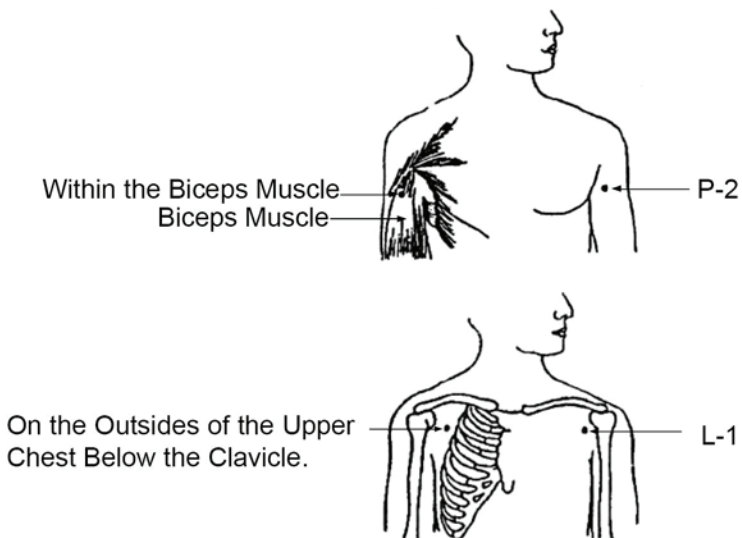


Fig. 42 P-2 (Pericardium Meridian)

6. L-1 (Lung Meridian)

Traditional Name: Zhong Fu = Central Radiance

Location: On the outside of the upper chest, below the clavicle.

Uses: Can relieve bronchitis, pneumonia, asthma, tuberculosis, coughing, blocked throat, congested nose.

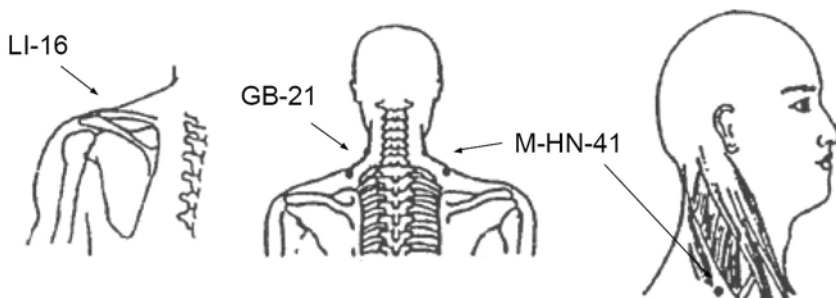


Fig. 43 L-1 (Lung Meridian)

F. Locate LI-16 and GB-20

The Last Part of the Yang Back Channel.

1. LI-16 (Large Intestine Meridian)

Traditional Name: Fusu = Crest Bone

Location: In a hollow of the shoulder at the end of the clavicle.

Uses: Can relieve shoulder problems, disperse blood congestion, convulsions, neck problems.

2. GB-21 (Gall Bladder Meridian)

Traditional Name: Tian Jing = Shoulder Well

Location: On the shoulder, in a hollow of the collarbone near the neck.

Uses: Can relieve uterine bleeding, back pain and shoulder pain.

3. M-HN-41 (Miscellaneous Point)

Traditional Name: Jingbi = Neck and Arm

Location: On the side of the neck, above the clavicle.

Uses: Can relieve numbness in the arm; paralysis of upper limbs.

4. M-HN-29 (Muscle Point)

Traditional Name: Xinshi = New Recognition

Location: On the back of the neck between the third and fourth cervical vertebrae.

Uses: Can relieve stiff neck, headaches, sore throat.

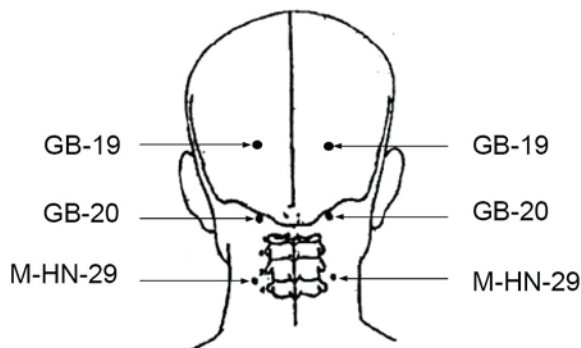


Fig. 44 M-HN-29 (Muscle Point)

5. GB-20 (Gall Bladder Meridian)

Traditional Name: Fenschi = Pool of Wind

Location: On the back of the neck in the hollow at the base of the spine.

Uses: Can help a hot wind condition; can improve hearing and vision; can relieve the common cold, headache, stiff neck, hypertension, sinusitis, red eyes, deafness, insomnia.

Locate and become familiar with the points and proceed then with the next procedure.

3. Practice of Opening of the Great Bridge and Great Regulator Channels

We will open the channels in two ways:

A. Concentrate on the Flow of (Energy in) the Channel(s)

The most important thing is that you will feel the flow of (energy in) the channels. Therefore just go along the Channels with your hands and mind and be aware of the Channels and the flow of energy.

Start at the top (GB-17) and go over the face and down in a straight line, along the front of the body and the inside of the legs to the K-1 (Bubbling Spring). Then go up, on the outside of the legs, hips and spine to the shoulder and down to the armpits (SI-9). Next go with the right hand over the outside of the left arm and back on the inside of the left arm to LI-16 on the shoulder. We continue with the left hand from SI-9 over the outside of the right arm and back on the inside of the right arm to LI-14 on the shoulder. From there we continue with both hand along the neck to GB-20 back to CB-17. Touch lightly each point and use your mind/eyes, when you go down and up along the Channel in this way. You can repeat a few times until you really are aware of the Channel and feel the flow of energy.

B. Open the Channel(s) More Specific by Individually Opening and Connecting each Point along the Channel

a. Open and connect the points GB-17 to ST-4 on both sides of this part of the Channel.

Preparation:

1. Sit or stand up, and smile down.
2. Practice quickly Fusion of the Five Elements, reactivate the pakua, the facial and universal pakua as well. Spiral the pakua and draw all the energies also of the organs, the senses and the mind to the big space, the cauldron in your Tan Tien. Balance the emotional energies in the organs as taught in Formula III and let the Compassion Energy grow with the creation cycle of Cosmic Fusion.

Spiral and condense the energies in the cauldron to form a shining pearl.

3. Move the pearl down to the perineum and circulate the energy a few rounds in the Microcosmic. Let the pearl absorb forces of the Earth, the Cosmic Particles and the Universe. Move the pearl down to the perineum again.

4. At the perineum use the pearl to clear the Left, Middle, and Right Thrusting Channel. Move the pearl up and down through all three Thrusting Channels to the crown, in the following way.

- Hold your left arm, with your fingers pointing down to the earth, along your side. Inhale, close your right nostril and pull up your left anus and suck the energy up through the left Thrusting Channel. Exhale and let all the toxic and sick energy flow through the channel down into the earth.

- Close both nostrils, pull up the middle part of the anus and suck the energy up through the middle Thrusting Channel. Exhale, bring your right hand along your side, keep the left nostril closed, and let all the toxic and sick energy flow through the middle Thrusting channel into the earth.

- Keep the left nostril closed, and the right arm hanging down. Inhale, pull up the right side of the anus and suck the energy up

through the right Thrusting Channel. Exhale and let all the toxic and sick energy flow down through this right channel into the earth.

- Repeat the procedure for the middle thrusting channel (when you exhale down, keep your right nostril closed and your left arm hanging down), the left Thrusting Channel, the middle Thrusting Channel (exhale down on the right side), the right Thrusting Channel, the Middle Thrusting Channel (exhale down in the left side) and the left thrusting Channel.

- Rest and feel the three Thrusting Channels and all the organs, they penetrate, open and clean. With your mind/eyes you can still let the energy flow up and down in the three channels. All the routes and clean the Thrusting Channels.

Practice:

1. Then move the pearl through the Left and Right Thrusting Channel to point GB-16 on both side of the Pai Hui, at the top of the head. Use your right and left's hand middle finger to press on the center of the crown through which the Middle Thrusting Channel runs. Now move this fingers to a point about one and a half inches to the left and right of the crown, and press on this point, GB-16. The points GB-16 will feel painful when pressed. Release; press again, then rest. Concentrate on and feel this point.

Note: It is not necessary to find the exact location of each point. The points are quite large. When you use three fingers to cover the point(s), you will find it/them by feeling the spot(s) where the energy is most condensed, recognizable by the strongest pulsation.

2. With the middle fingers of each hand remain on GB-16, place the index fingers about one inch away from the middle fingers on GB-17, and the fourth fingers to a point about one inch away from the middle fingers on GB-15. Press and release all three points a few times simultaneously. All three points will feel painful when pressed. Then continue to use all three fingers to press them lightly until you feel a pulsation at the fingertips.

3. Continue to press the fingers on these points. Then, using the index, middle, and fourth fingers together, gently press on point

GB-14 on both sides, in the middle of the forehead over the left and right eye. When you feel the points, mentally move the energy down from the crown to the forehead. Feel the energy flowing. The energy will flow quite easily through this point, perhaps it will be a little bit painful. Continue to press here until you feel again a pulsation at the fingertips. If you feel tense and worried, GB-14 is usually blocked. Wrinkle the brow as you do when you are tense, and hold GB-14 on both sides to stimulate the energy flow. Stiffness in the neck and face, which is the product of overall tension, can be relieved by restoring proper flow to the area of GB-14. In addition, since this point is strongly related to consciousness, good energy flow through GB-14 will calm the spirit and brighten vision.

4. Move the three fingers of both hands down to press on ST-2 on both sides of the cheekbone in line with the pupil and GB-14. Feel the energy flow in a line from the top of the head down the forehead, through the eyes to the cheekbone points, ST-2. You may feel a pain in the cheekbone area.

5. Move the same fingers to the point at the corners of the mouth, ST-4. Press ST-4 in and slightly upward. This point is also tender upon pressure. You may feel pain from pressing this point manifesting in the teeth. Run the energy again from the crown through the points to the corners of the mouth.

6. Now release both hands from the points they have been pressing. Clasp them together in the holding position of meditation, and mentally run the left route from the top of the head points, GB-17, GB-16, and GB-15, down to ST-4.

7. Rest. Let the energy flow by itself.

b. Open and connect the points ST-4 to SP-4 along the entire front route on both sides.

1. If you start fresh, repeat the steps of A. Otherwise you just proceed to the next points of this route.

2. Keep your fingers on ST-4 in the corners of your mouth and move the energy down to CV-23. Use the left or right thumb to press

CV-23, under the chin. Press upward toward the tongue, and feel the energy flow down to this point. As the energy flows, you may feel a pulse or electricity in the hand.

3. Use the left or right thumb to press down on the top of the sternum toward the chest. Rest, and then use the left index, middle, and fourth fingers to press lightly on the CV-22 point above the sternum. Move the energy to this point, and relax for a while.

As you relax, use the mind to connect these points (CV-23 and CC-22) with the previous points.

4. Move the index, middle, and fourth fingers of each hand from the three points at the top of the head to point ST-13 under the collarbone. Then, move the left and right index, middle, and fourth fingers to just above the nipple at ST-16. Trace the energy flow from the crown down to the forehead, cheekbone, corner of the mouth, CV-23, CV-22 above the sternum, to ST-13 under the collarbone (ST-13), and to ST-16 just above the nipple.

5. Continue to keep the right and left fingers on ST-13. Move the left and right hand down straight in line with the nipple and middle of the collarbone to LV-14 between ribs eight and nine. Feel the energy flow inside your body. Massage, release, and press again until you feel a pulse at this point indicating that the energy has traveled this far. Move the left and right fingers to just beneath the rib cage in line with the nipple to SP-16. Move the energy to the point.

6. Move the left and right fingers to SP-15 at both sides of the navel and to SP-13 at the groin area above the leg bone and in line with the above points. Feel the energy connection and movement.

7. Move the left and right fingers to SP-10 on the inside and just above the knee, Feel the connection. Then, move with the fingers to SP-9 just below the knee, and connect it with the flow of the energy from the above points.

8. Move the left and right fingers to K-6 one finger's width below the inner ankle. Feel the connection. Then, move the left and right hand to SP-4 on the inside of the feet in a hollow just behind the ball of the feet. The energy may pulsate at this point as it connects to the above points.

9. Then move the left and right hand to K-1 (Bubbling Spring) at the center of the ball of the feet.

10. Now, clasp your hands, and put them on your lap in the meditation position. Mentally trace the energy flow from the top of the head to soles of your feet.

11. Slowly open your eyes. You should feel peaceful as the energy connects.

c. Open and connect all the points K-1 to SI-9 along the entire Yang (back) route of the channel.

1. When you start fresh, continue the above procedure all the way down to K-1. If not, just continue.

2. As above, put first the right and left hand on GB-17, GB-16, and GB-15.

Begin to run the route again down to ST-13.

3. Place the three fingers on ST-13 under the collarbone on both sides as before, and continue to hold this point with those fingers as you proceed with the three fingers to press and connect each succeeding point. Run the route in this manner down through ST-16, down the front, left side of the body to K-1 and GB-41.

4. Continue to follow the route upward in one straight line at the outside of the ankles and legs along B-62, GB-34, GB-31 over the hip GB-29 to B-48 on the back, a little above the top of the sacrum.

5. Then, move the right and left three fingers to the back to the points B-47, B-42, and B-38, all the way up to TW-15 at the top corner of the scapula.

6. Now, move the right and left three fingers to the points SI-10 and SI-9, above and just above the armpits.

7. Now, clasp your hands, and put them on your lap in the medication position. Mentally trace the energy flow from the top of the head to soles of your feet and up to SI-9 just above the armpits.

8. Slowly open your eyes. You should feel peaceful as the energy connects.

d. Open and link together the points LI-14 and TW-5 of the Yang armroute of the left arm.

1. Use the three fingers of your right hand to move down to points LI-14 and LI-11 on the arm, and TW-5, above the outer wrist.
2. Rest, close your eyes and feel the flow of energy.

e. Open and connect the points P-8 - L-1 of the Yin armroute of the left arm.

1. Then move the right three fingers down and over the middle finger to point P-8 on the palm.
2. Next, move the right three fingers up along the inside (Yin) side of the left arm to join the points which are running down the Yang (outer side) of the left arm to the points M-UE-12, P-6, P-3, P-2 and L-1.
3. Rest, close your eyes and feel the flow of energy along the points the Yang and Yin route of your left arm.

f. Repeat step d and e on your right arm to open the points of the Yin and Yang part of the Channels on this arm.

g. Open and connect the points LI-16 to GB-20 on both sides of the last part of the Yang route of the Channel.

- a. Move with the fingers of both hands from L-2 to LI-16 on top of the shoulders.
- b. Move from there to GB-21, M-HN-41, M-HN-29 to GB-20 at the base of the skull.
- c. Put the hands together in the meditation position, mentally move energy through the whole left and right sides of the Great Bridge and Great Regulator Channels. Run both sides of the Channel together by simply using the mind to direct the energy from point to point.
- d. Collect the energy at the cauldron, and finish with Chi Massage.

Daily Practice

Quick Morning Checkup of the Eight Psychic Channels

1. Smile down, quickly form the pearl, and bring it down to the perineum. Practice six rounds of the Microcosmic Orbit.

2. Return to the perineum and clear the three Thrusting Channels, including the leg routes with the procedure described in Cosmic Fusion and on page 24 of this handbook.

3. Women, guide the energy into the earth, absorb the energy and spiral it clockwise and then counterclockwise. Start the Belt Channel up to and above the crown. Absorb the heavenly force. Continue spiraling counterclockwise and then reverse the direction and spiral the Belt Channel down to the earth again and back to the feet. Men, guide the energy above the crown. Spiral counterclockwise and absorb the Heavenly force. Spiral then clockwise and circle the Belt Channel down into the earth. Spiral clockwise and absorb the earth force. Reverse the direction and spiral counterclockwise the Belt Channel up to the Crown and then down to the earth again in a clockwise direction, back to the feet.

4. Men and Women split the energy (pearl) at the feet and start the flow of the energy through the Great Bridge and Regulator Channels from the inside of the left and right the foot (SP-4) and run the Channel along the inside of the legs, the groins, the front side of the body up to GB-14. Continue up, over the head, passing GB-15, GB-16, GB-17 down to LI-16. When you go up on the inside of the legs and the front side of the body, you will feel feel the energy flow along the outside of the legs (Most of the Yin and Yang points are located just opposite each other) and the back of the body at the same time. From LI-16 you go to L-1 and then, along the inside of the arms, P8 and from there you go over TW-5 up on the outside of the arms to join again at LI-16. From there you go up to the crown (GB-16) again.

5. Rest. Guide the energy with your mind/eyes through all the eight Channels.

6. Rest and bring the energy and your attention back to the cauldron in your Tan Tien. Gather and blend all the energy. Turn your senses and mind inward. Empty the mind in the Tan Tien and do nothing.

7. Collect the energy and end with a soft Chi Self Massage.

Protection of the Spinal Cord

1. Spinal Cord Microcosmic Orbit: Supplemental Belt Channel

This practice serves to strengthen the spine and protect it, and it is also important in the higher practice to wrap the spine with energy for its maintenance during trips to the midplane.

A. Practice Fusion, and then run the Microcosmic. Bring the pearl into the sacrum, and run it up the inner side of the back of the spinal cord to the brain. Wrap the energy around the frontal lobe and inside the skull. Return it down the inner side of the front of the spinal cord, and wrap it around the whole length of the spine.

B. Bring the pearl down to the coccyx and through it, and then up the outer side of the back of the spinal cord to the outside of the head. Wrap it around the frontal lobe and bring the pearl down along the outer side of the front of the spinal cord and return it to the coccyx.

C. Wrap the pearl around the coccyx. Wrap it around the outside of the spinal cord all the way up to the brain and the frontal lobe of the brain. Wrap the pearl around the skull, and then wrap it down the inside of the spinal cord to the coccyx.

D. Rest and do, with the mind/eye, the Spinal Cord Microcosmic Orbit for a few times.

2. Spinal Cord Cutting from the Throat Center

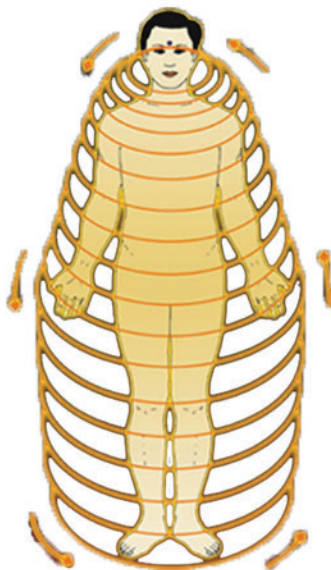
A. If you start fresh, always start with Fusion of the Five Elements to form the pearl, and circulate it in the Microcosmic Orbit for a few rounds.

B. Stop the pearl at the throat center at the top of the sternum. Inhale, exhale, and project the pearl out from the throat, and around the outside of the head toward the back to cut through C-7. Cut through and cut down through each of the cervical, thoracic, and lumbar vertebrae, down to the sacrum and coccyx.

C. Finish by bringing the pearl back into the throat.



Project the Pearl out of the Throat, Go Around the Head and Begin Cutting Down between the Vertebrae.



Beginning in the Third Eye Cut Down in Progressively Larger Loops at the End Collect the Energy in the Third Eye.

Fig. 45 Spinal Cord Cutting and from the Throat Center

3. Protection of the Spine, Organs and Glands Cutting from the Third Eyes

A. Begin at the mideyebrow, and use the pearl to cut either clockwise or counterclockwise through the neck, the thoracic, and lumbar vertebrae. Cut until the whole body has been cut, including all the organs and glands. Return the pearl to the mideyebrow. The spine is now completely wrapped with energy.

B. When finished, bring the energy back down from the mideyebrow to the navel to collect it there.

Butterfly Protection of your Body

Cutting with Energy.

1. Start at ST-16 just above the nipples. (This point is slightly higher on women than on men.)



Fig. 46 *Spiral Energy From ST-16 Just Above the Nipple, Increase the Spirals on the they Encompass the Body.*

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2. The pearl spirals in line with the body from ST-16. As it spirals, it cuts through both sides of the body through the rib cage in outward and downward arcs (like the wings of a butterfly), and then cuts back in.

3. The spirals grow larger each time to include the whole body and legs. Eventually the spirals come forward out of the body into the aura.

4. Collect the energy at ST-16.

This exercise is often used in the Martial Arts. Because you are spiraling your energy all around you, your opponent can not find where the center of your energy is and can therefore not “attack” you. We use the Butterfly for the same reason in the higher practices to hide our center of energy so “nobody” can attack us. It is a very good psychic protection.

Cutting the Senses

This is a good way to protect and seal our senses.

A. Begin about half an inch in front of the eyes, spiral the pearl in three figure eight motions from the mideyebrow in the following manner.

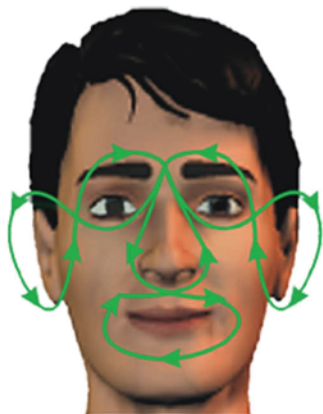


Fig. 47 *Cutting the Senses*

1. Spiral the pearl down to the bottom of the left eye, circling it up to the top of the left ear. Then, circle it down the back to the bottom of the left ear, and circle up to the left eyebrow.

2. Circle across the mideyebrow, down to the bottom of the right eye, up to the top of the right ear. Circle around the back of the right ear, up to the right eyebrow, and join the first spiral at the mideyebrow.

3. From the mideyebrow spiral down to the left side of the nose, and down to the right corner of the mouth in a half circle. Spiral under the mouth to the left corner of the mouth, and then cut across to the right side of the nose. Return to the mideyebrow.

B. Collect the energy at the mideyebrow when finished.

Drilling the Head with Energy

This exercise is used to drill our head more open in order to receive the higher frequencies. Drilling the head with energy helps also to clear the brain.

1. Drill with the energy by spiraling the pearl into the head horizontally from points on the forehead to the back of the head, starting from the mideyebrow.

2. Later you can drill with energy all over the face, horizontally and vertically, including from the top of the skull to the neck and chin, until you feel your head clear.

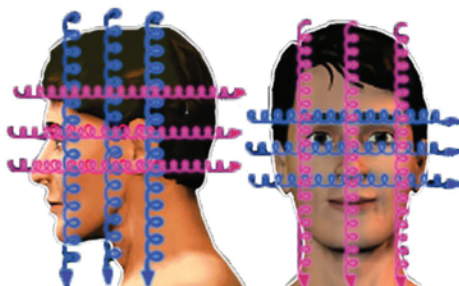


Fig. 48 *Drilling the Head with Energy*

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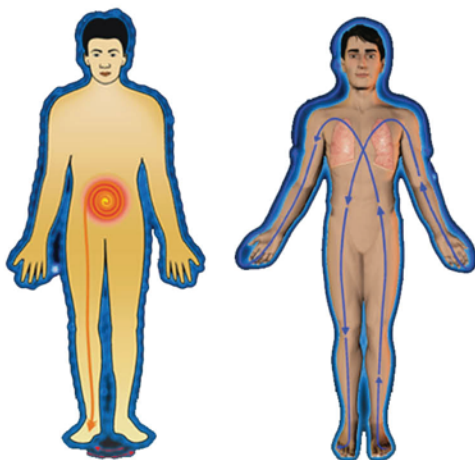
Sealing the Aura

1. This Taoist practice concentrates on containing the aura to preserve energy, and creating a thicker aura to protect the body.

2. Begin at the navel and send a pearl of energy down the front of the leg to the big toe of the right foot. Jump the energy from the big toe of the right foot to the big toe of the left foot.

3. Run a sheet of energy that traces the toes of the left foot and the outside of the left leg. Trace the outer left side of the body to the armpit. Trace the inside of the left arm, thumb and fingers. Trace the outside of the left arm, over the left shoulder, and over the crown.

4. Now trace the outside of the right arm, fingers, and inside of the arm. Trace the right side of the body, down the outside of the leg to the toes. Trace each toe and bring the sheet of energy up the inside of the right leg, around the perineum, to the inner left leg, to the toes, and jump the energy to the right toes again to finish the procedure. Bring the energy up, and collect it. If you wish to continue with this exercise, do not jump the energy back to the right toes.



Sealing the Aura: First Part Sealing the Aura: Second Part

Fig. 49 Sealing the Aura

5. Trace the front side of the left leg up to the left pelvis. Cross the energy over the solar plexus to the right collarbone, and bring it down the inside of the right arm. Trace the fingers and trace up the outside of the right arm. Wrap the energy over the crown and down the outside of the left arm to the fingers. Trace the inside of the left arm to the left collarbone. Bring the energy down the front side of the body, crossing over the solar plexus again, to the right hip, and then down the front side of the right leg.

6. Bring the energy up the backside of the left leg, and cross over to the T-11 and the right scapula. Trace the inside of the right arm, around the fingers, up the outside of the right arm, over the crown, down the outside of the left arm, up inside of the left arm to the left scapula and across to T-11. Cross over to the right, to the back of the right leg, to end at the toes.

Bring the energy up to the navel, and collect the energy at the cauldron.

7. Rest. Turn your senses and mind inwardly. Empty your mind in the cauldron in your Tan Tien. Feel nice, calm and protected.

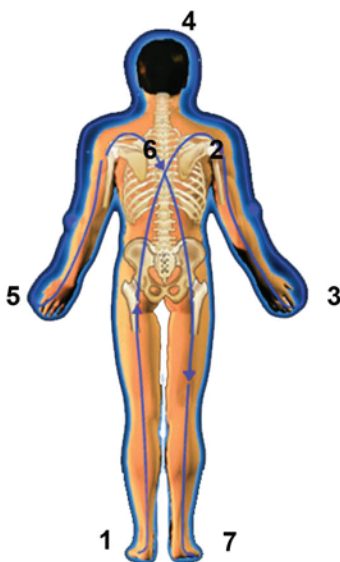


Fig. 50 Third Part Sealing the Aura.

Energy Body

Transfer the energy of Microcosmic, Thrusting and Belt Channel from the Physical Body into the Energy Body above. Once you have practiced to this level, you are ready to form the pearl into an energy body.

1. Always do Fusion of the Five Elements to clean out the negative emotions.

2. Condense the pearl and practice the Creation Cycle, Thrusting Channels and Belt Channels.

3. Run the pearl in the Microcosmic, and control its movement with the senses.

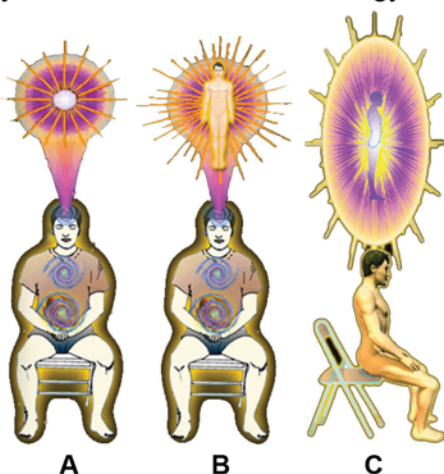
4. Move the pearl to the perineum. Inhale in short sips, drawing in ten percent of lungs capacity and pull up the anus. Inhale up to the navel, and inhale up to the heart.

5. Inhale up to the crown. Swallow your saliva (imagine swallowing upward) and exhale forcefully to open the crown and shoot the pearl out.

6. Feel the Universal Force, the forces of the North Star and Big Dipper above your head, and the Cosmic Particle Force in front of you as they shine down to your pearl. Feel your pearl start to absorb this energy, and then feel it expand.

7. Bring your awareness to your feet. Feel the earth energy flow up through your feet, supplying this energy to your body. The pearl continues to expand with all the energy coming to it from outside the physical body.

Fig. 51 Energy Body
a. Extend the Microcosmic Orbit.
b. Extend the Thrusting Channel.
c. Extend the Belt Routes into the Body Above.



8. Relax the senses, and form the energy body. Count the years of your age and with each year your energy body is growing. Form the energy body in the way you like.

9. Run the Microcosmic in the physical body. Open the crown, transfer the Microcosmic pathway into the energy body.

10. Form another pearl in the cauldron, and shoot the pearl into the energy body. Circulate the pearl through both Orbits.

11. Move the Thrusting Channels into the energy body.

12. Practice all the Belt Channels up through the crown to and around the energy body. Feel the Belt Channel spiral around the physical and the energy body, connecting all the Channels in both bodies and protecting them.

13. Continue to practice until you are in full control of the energy body. Bring your awareness in this body. Just let it very carefully, travel a little bit, still close connected with your physical body (especially with the cauldron in the Tan Tien) and the Earth. Let it collect and absorb the energies of the North Star and Big Dipper, of the planets and the stars.

14. When you are ready, shrink the body to a pearl again. Activate the Cranial Pump. Press your tongue up, clench your teeth, pull back your chin, pull up your anus, and look up to the crown. Feel the beating in your heart and the pulse at your crown.

15. Activate the lead light, and let it shine up from your crown. It may feel like a frequency going out of the crown. Draw the pearl down to the lead light, and land the pearl. Inhale and draw the pearl back into the crown.

16. Move the pearl in the Microcosmic Orbit and nourish the physical body with all the energies the pearl has absorbed. Then bring it down to the navel and to the cauldron at the body's center. Collect, spiral and condense the energy in the cauldron.

17. Sit back. Turn yourself inwardly toward your center. Rest and stay in this energy. (Pearl Energy is absorbed into the body.)

Your Teacher



Mantak Chia is the founder of Universal Healing Tao, a much-loved system of personal cultivation and spiritual development, practiced all over the world for the last 40+ years.. Through the practices of the Universal Healing Tao,, you can learn to reduce stress and create harmony and balance in all aspects of your life -- physical, emotional and spiritual.

Learning from Grandmaster Mantak Chia is a very special experience and many people sense a shift in their own life-force/vitality. We are in a new paradigm in this moment as we embrace the online world fully. Many of you are taking the time to work on personal development - to try something new or something you've always wanted to do or to commit more deeply to the practices you know and love.



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