

# Live Energy Transmission

Take part in an Online Live Global Seminar  
with Master Mantak Chia

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



Awakening The Light of Healing & Wisdom



# Supreme Inner Alchemy Level I

## Universal Healing Tao

Awaken your Healing Light with the Tao

Back to the Body Wisdom

Emotional Wisdom

Tao Born Again Process

Opening the Microcosmic Orbit

Cosmic Primordial Qi Gong

**Taught by Master Mantak Chia**

# ***Universal Healing Tao***

**Tao Is The Way Of Nature & Universe. Original Spirit, Original Force,  
Original Pulse. Our Original Nature is Righteous.  
These Like Our Original Operation System**



## ***Introduction & Structure of the Training Tao and the Universe***

1. Awakening Healing Light
2. Find your Center
3. Activate the 14 Pumps
4. Activate the four Diaphragms The Spiritual Muscle
5. Activate the Primordial Breath & Awakening Healing Violet Light, The True light
6. Bio-Battery Back to the Body Wisdom-Inner Smile, Creating Cycle & Growing Cycle
7. Bio-Battery Charging the Bio-Battery Collecting the Energy into the Tan Tian
8. The Microcosmic Orbit Taoist Born Again process
9. Activate the Primordial Force, Three Fires, Six Direction  
Opening the Skull, Opening the Microcosmic Orbit

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**Supreme Inner Alchemy**  
**Inner Alchemy Change**  
**Changing Lead Into Gold**

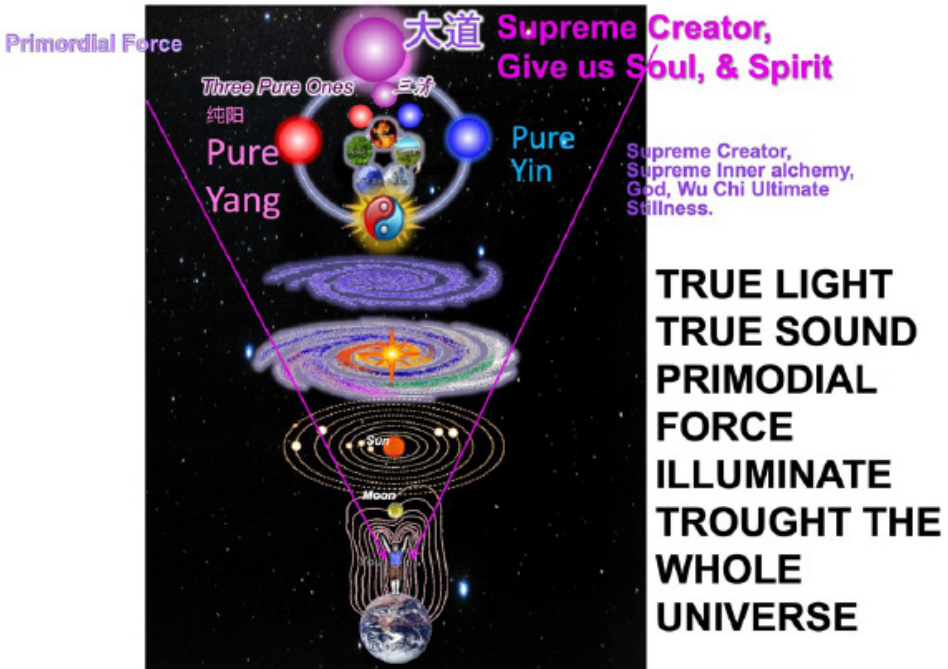


**Transform Negative Into Positive**

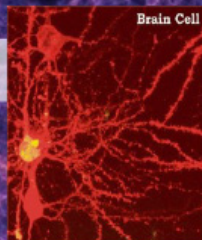
*Alchemical changes happen every day in our lives. When a loved one is sad or depressed, we can talk to them and make them feel better. This transforms the negative into positive. Western doctors now realize that a lot of sickness is caused by holding negative emotions. Anger increases the blood pressure and puts stress on the heart. We can learn to transform our negative emotional energy into positive emotional energy by practicing the **Inner Smile and the Six Healing Sounds**; thusly helping to improve our health and spiritual energy.*

**Recycle emotional and sexual energy.**

*When we feel sexual arousal and desire, sexual hormones are activated. We can recycle these energies using the internal alchemy practices of the **Microsmic Orbit and Healing Love**.*



# VIOLET LIGHT 宇宙紫气



天

1. Universal Violet Light Energy has intelligence & Wisdom. Has network interconnected to each other, like our Brain connects to the whole body & the Whole Universe.
2. Violet Light has the Highest Healing Force.
3. Violet Light can be programed.
4. Violet Light has intelligence which is the new born soul & spirit.
5. High Intelligence develops violet light which is the highest Intelligent soul & spirit . It Can Help connect and control this big and vast universe.



## DESCENT OF THE FIVE SPIRITS

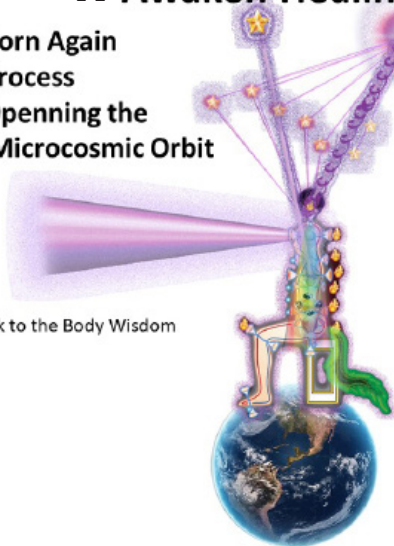
五大灵性元素



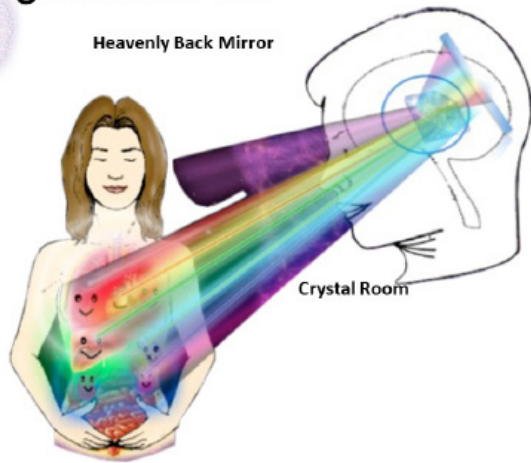
# 1. Awaken Healing Light of the Tao

Born Again  
Process  
Opening the  
Microcosmic Orbit

Back to the Body Wisdom



Heavenly Back Mirror



Crystal Room

## 2. Find your Center Tan Tien

Primordial Breath  
Suction

Connect to the  
Primordial Force

The Lower Tan Tien, Original Force,  
Center Suction Of Life

Navel

Sexual  
center

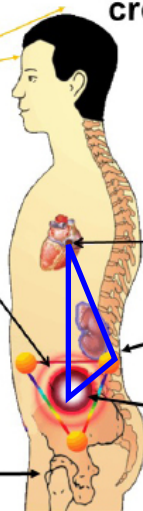
crown

Find your center

Original Spirit

Door of Life

Original Force  
Chi Ball

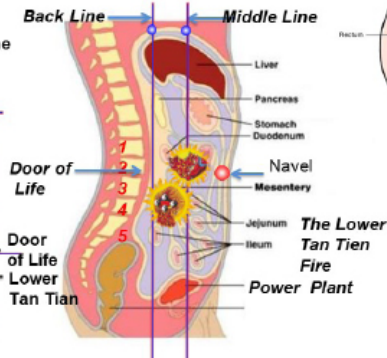
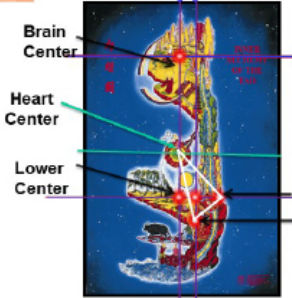
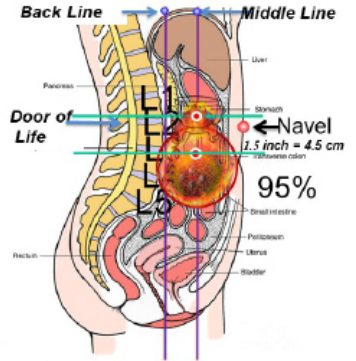


# Three Fire, Three Tan Tien

**Lower Tan Tien the original force (Fire)**  
**Develop to Power Plant**

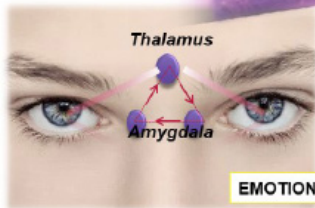
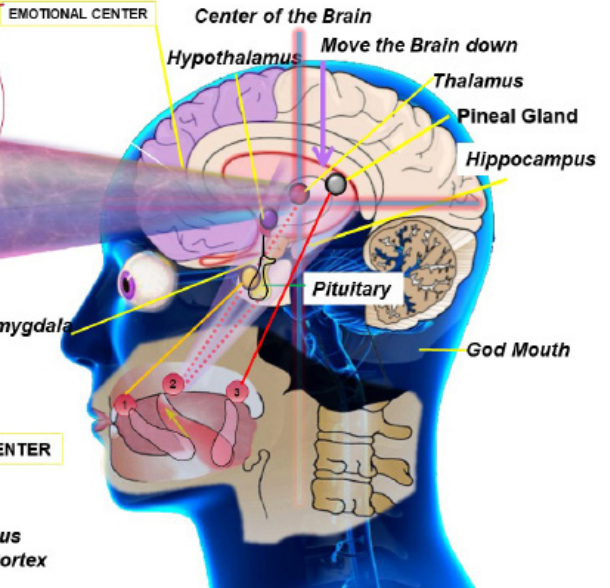
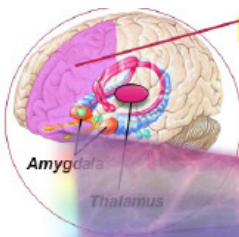
**Activate the absorption Fire**

Feel fire of life expand to the small intestine,  
 It will increase absorption.



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## Upper Tan Tien



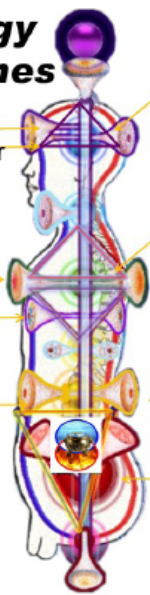
**EMOTIONAL CENTER**

1. Amygdala
2. Hypothalamus
3. Prefrontal Cortex

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## 5 Major Energy Centers & Lines

1. Heavenly eye
2. Wisdom center
3. Power of Love Center
4. Power Center, Strength
5. Life Force Center

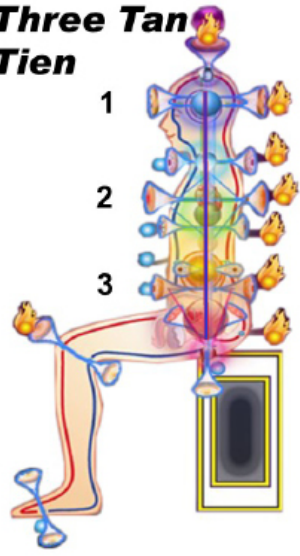


- Upper Tan Tien
- Middle Tan Tien
- Door of Life
- Lower Tan Tien
- Original Force
- Master Suction



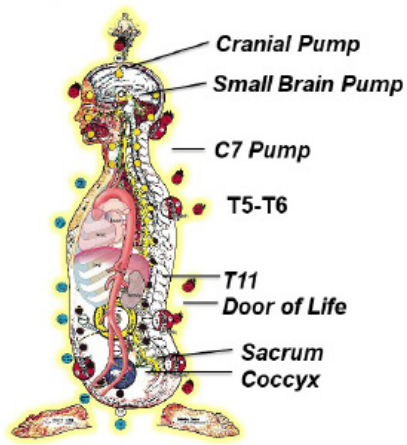
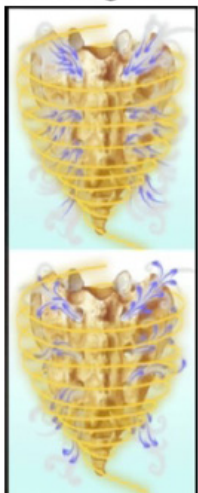
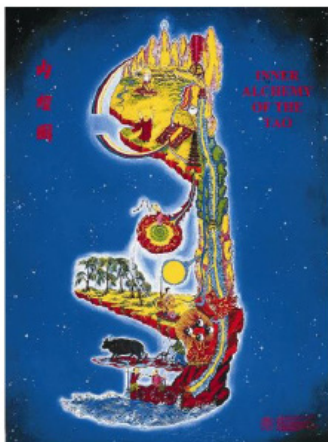
## Three Tan Tien

- 1
- 2
- 3



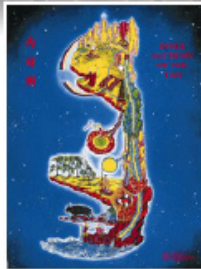
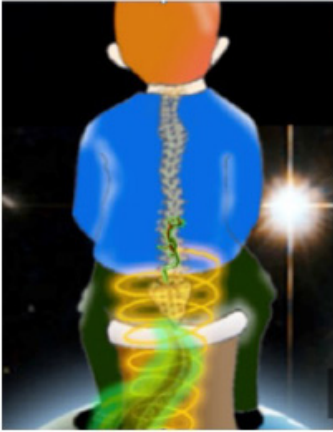
## 3. Activate the 14 Pumps

Spinal Cord Breathing Activating the 7 Pumps





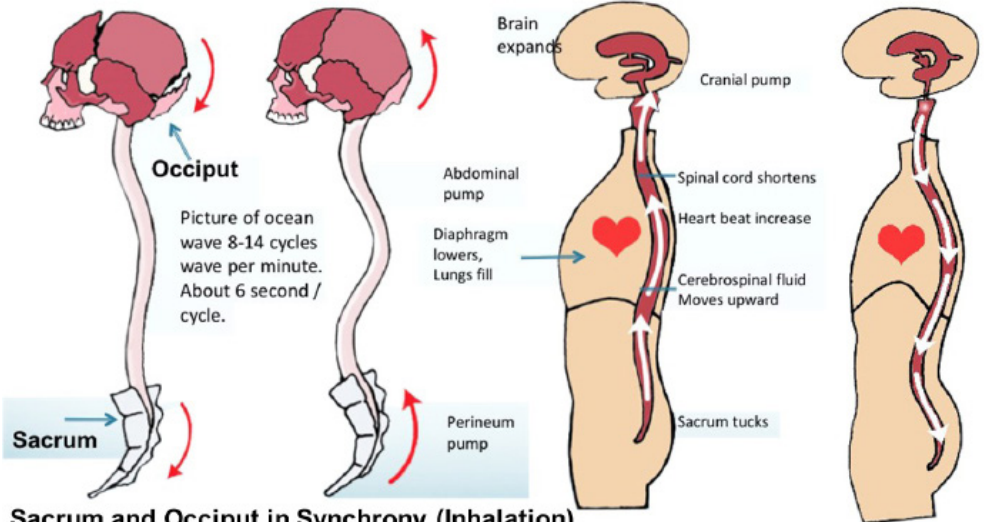
**The Dragon Tail – Ground wire**



**Connect to the Earth Force**

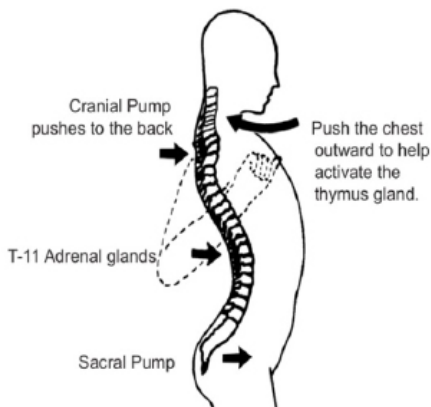


**Sleeping dragon, Swimming Dragon, Fire Dragon**

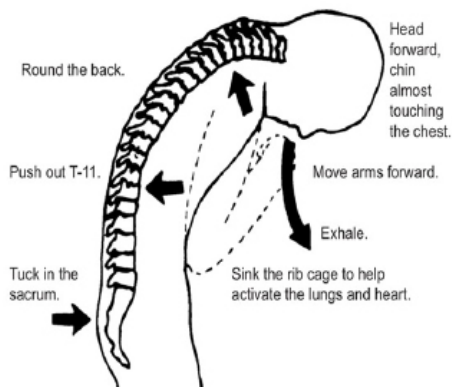


**Sacrum and Occiput in Synchrony (Inhalation)**  
**Cranial wave indicates the health of our nervous system.**

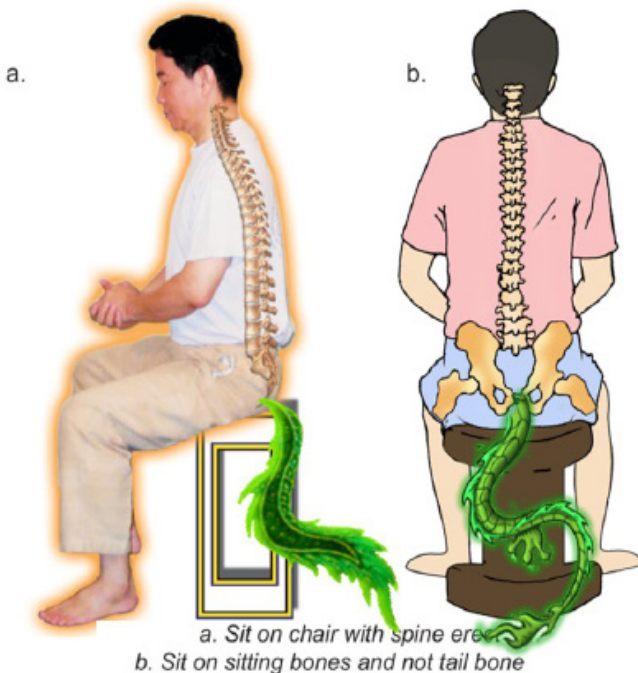
## Spinal Cord Breathing Activating the 7 Pumps



**Fig. 4.8** The sacrum tucks, the door of life pushes to the front, the sternum also pushes to the front, and the cranial pushes to the back.



**Fig. 4.9** The sacral tilts, the door of life pushes to the back, the sternum tucks in and the chin tucks as the cranial opens.





**ORGANS, SENSES, EMOTIONAL CONNECTION  
FORGIVE FORGET AND LET GO**

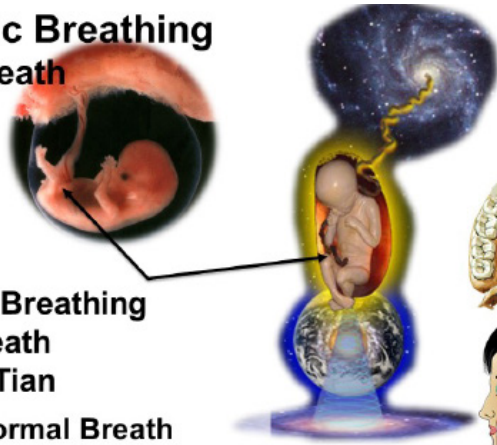
### **4. Activate the four Diaphragms the Spiritual Muscle**

**Embryonic Breathing  
Internal Breath**

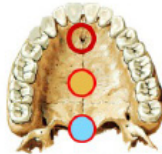
**Primordial  
Breath**

**Embryonic Breathing  
Internal Breath  
Lower Tan Tien**

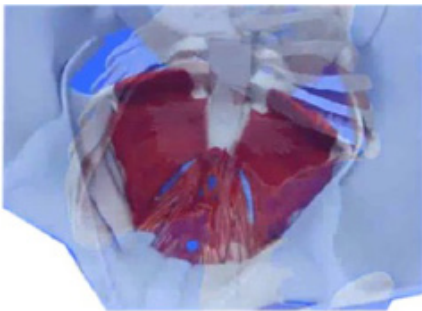
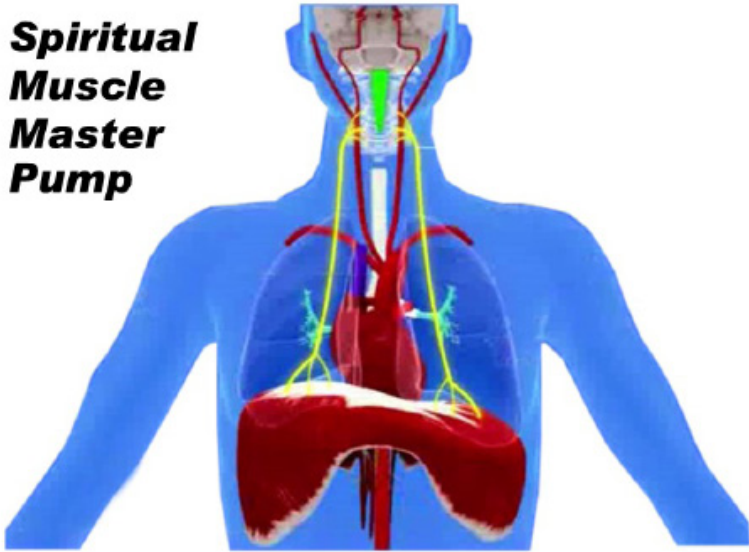
**When the Normal Breath  
Stops the True Breath Begins**



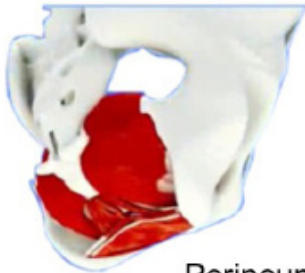
**Chi line  
Fire Line  
Water Line**



**Spiritual  
Muscle  
Master  
Pump**



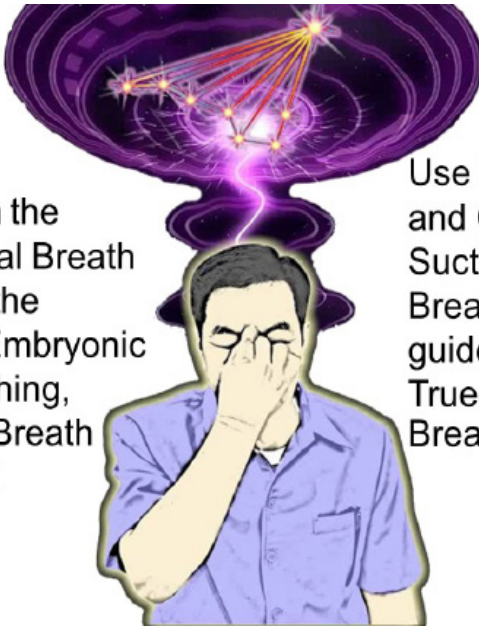
Perineum  
(top view)



Perineum

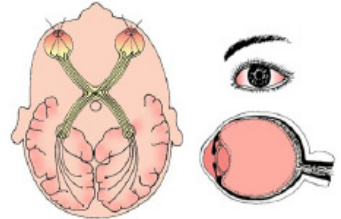
## **5. Activate the Primordial Breath & Awakening Healing Violet Light, The True light**

When the Normal Breath Stop the The Embryonic Breathing, True Breath Begin

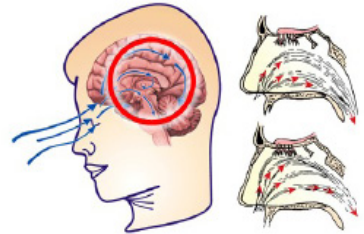


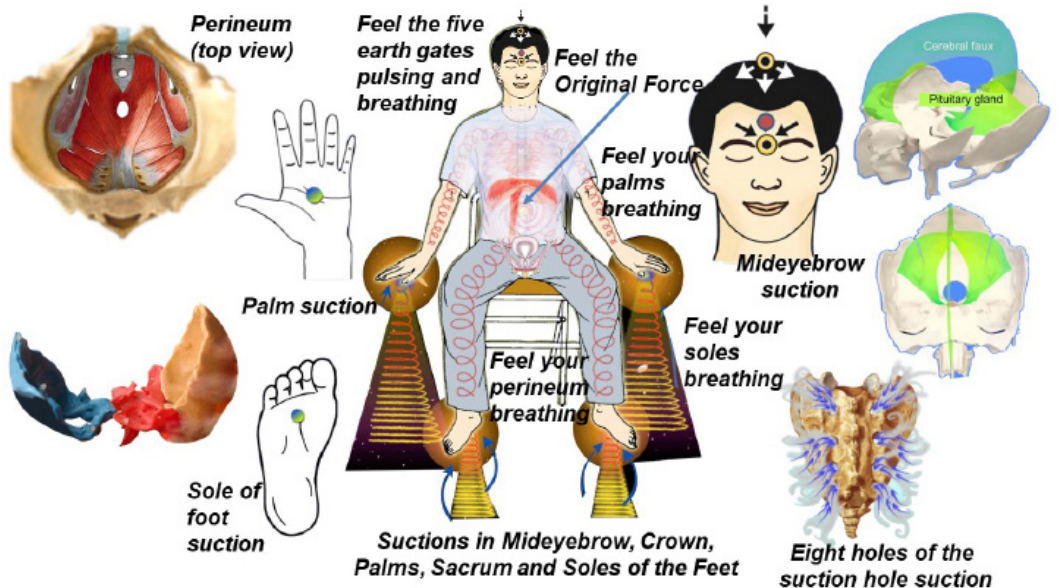
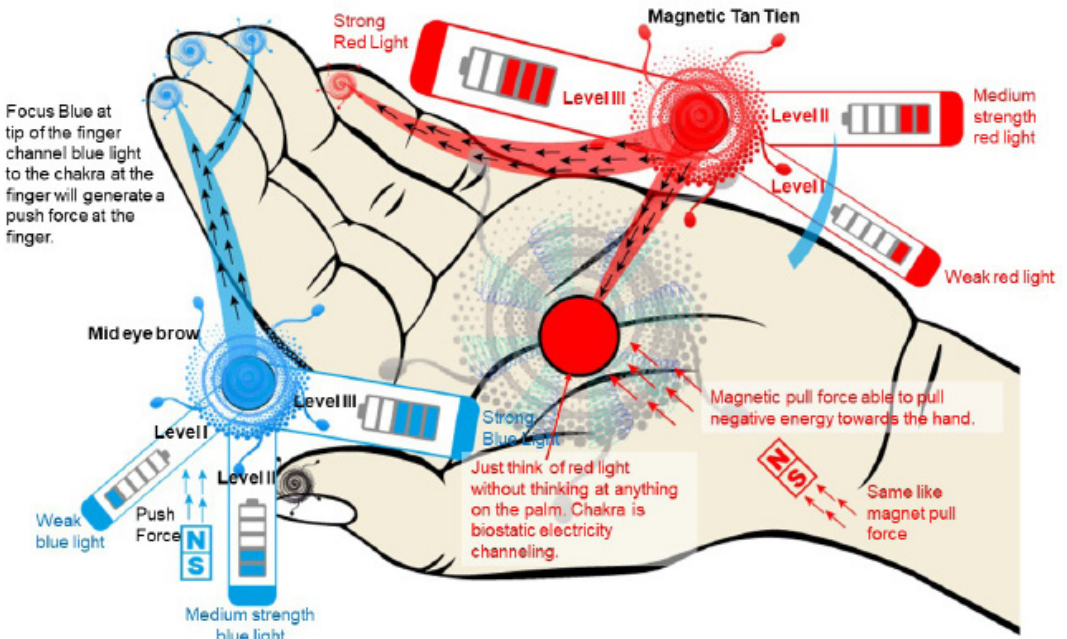
Use Soft and Gentle Suction Breath to guide the True Breath

**The Wisdom Breath**



**Breath Violet Light Into the Brain**







**A**

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

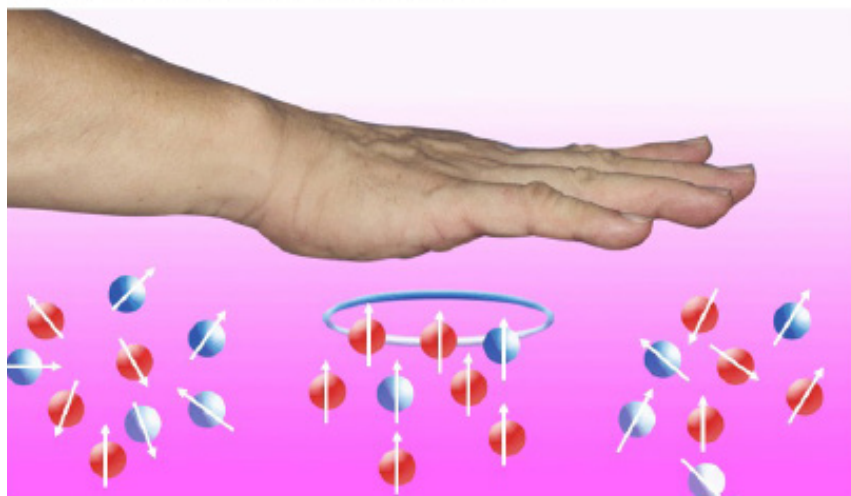


**B**

Vacuum polarization patterned with rich substructure

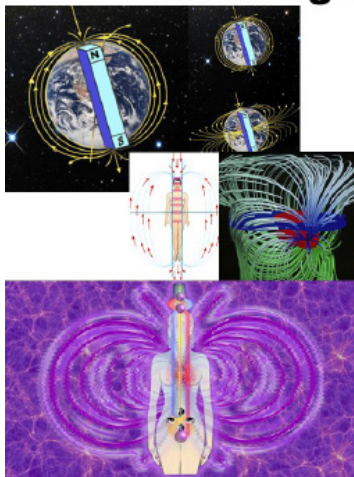


Vacuum Polarization. The spin/ torsion hyperfields of the hand disturb the neutral balanced state of the vacuum. The polarization is more than simple preferred orientation of massless charge. A complete patter of information is transferred to the vacuum state-mirroring that of the hand. It is a pattern of resonance. It interacts with the subtle energies transferring information. There can be non-local effects.



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## 6. Back to the Body Wisdom - Inner Smile, Creating Cycle & Growing Cycle

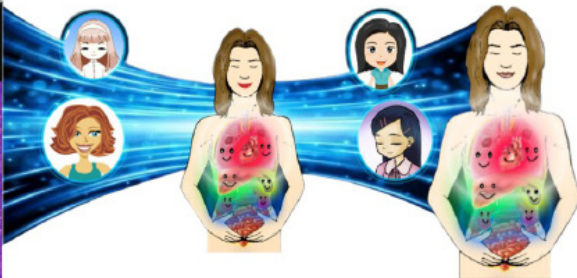


### Unconditional Love Link To Inner Smile

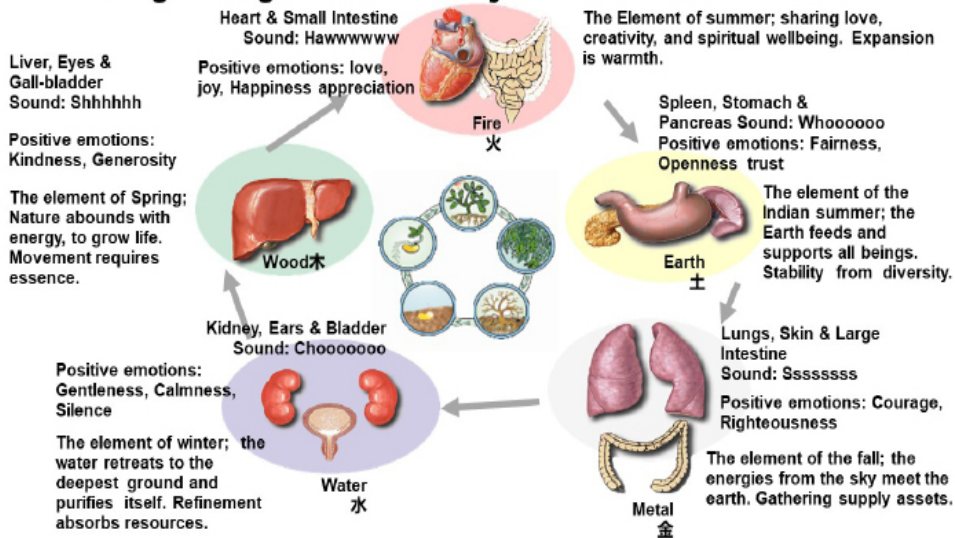
Inner Smile originates from Self-Love towards our Own Body.

The secret of true love is to be lovable.

To be lovable is: To possess a Smile that says I love you with a heart filled with Joy and Gratefulness.



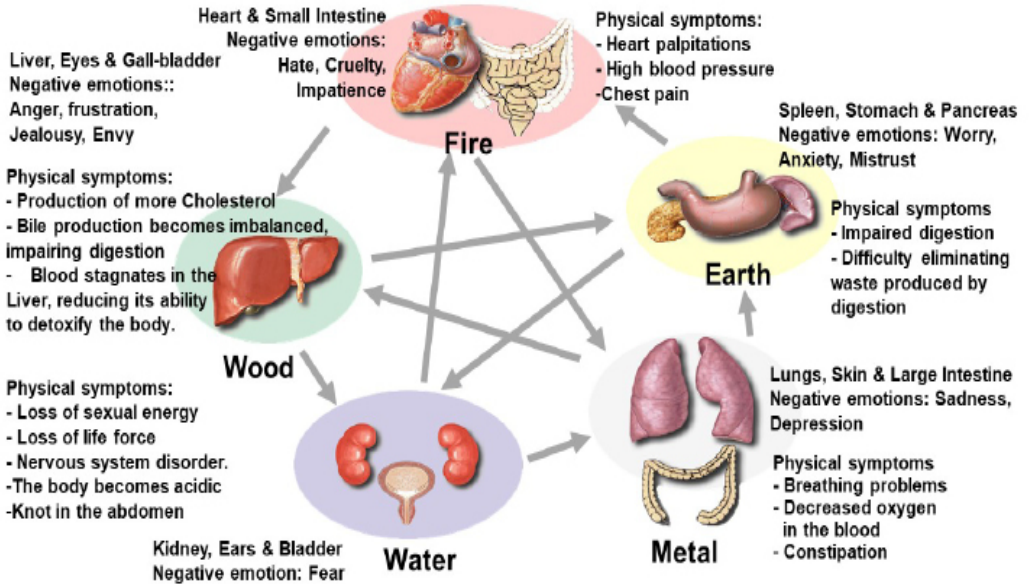
## Positive Emotions Creation Cycle The growing alchemical cycle of the five elements





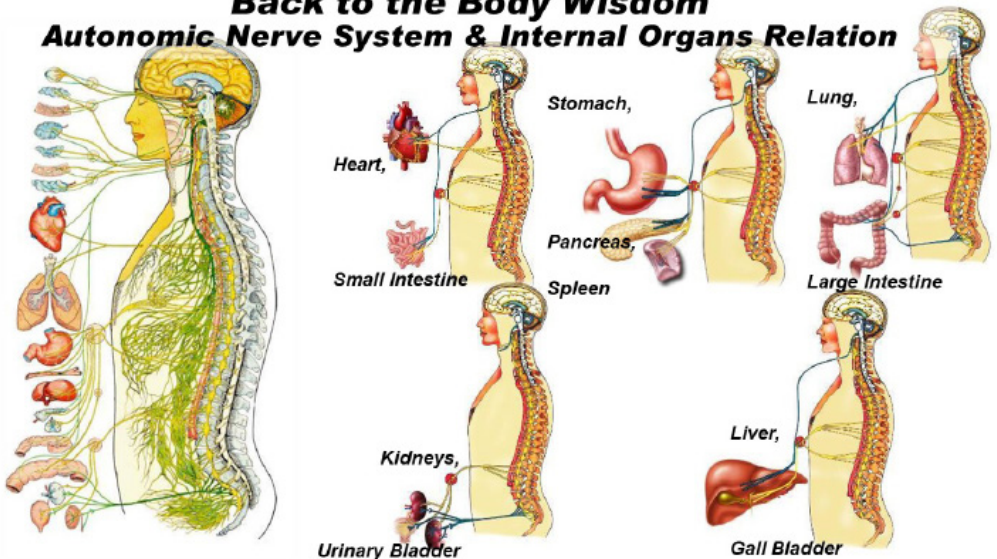
# Negative Emotions Creation Cycle

## The reductive and destructive cycle of the five elements



## Back to the Body Wisdom

### Autonomic Nervous System & Internal Organs Relation

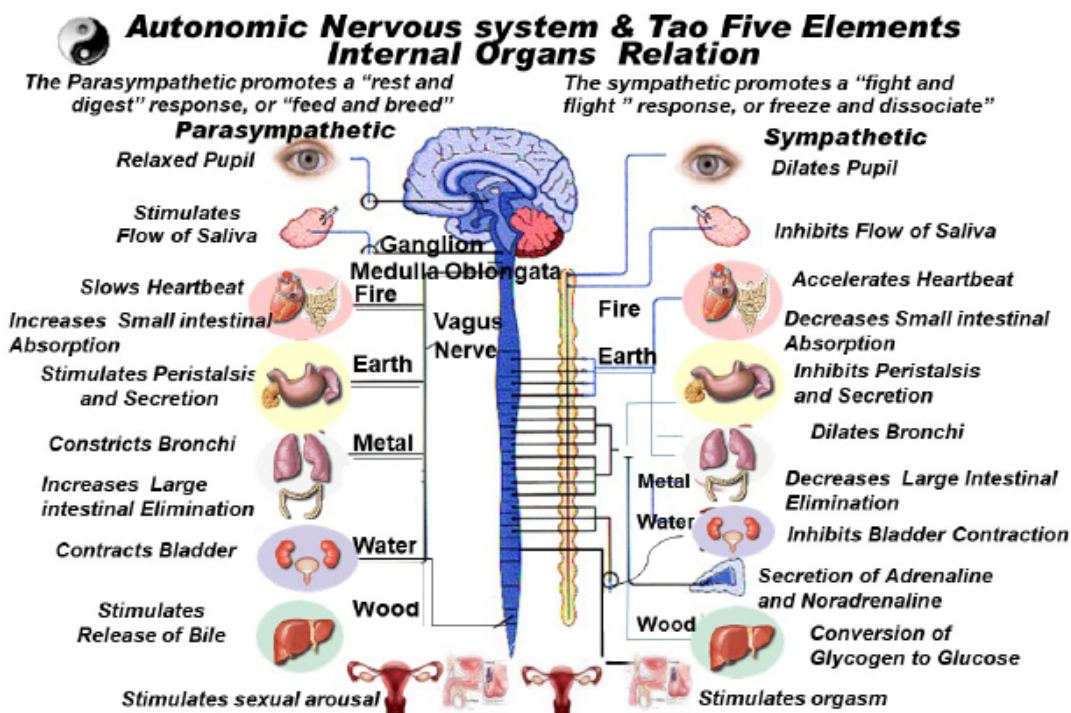


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# Autonomic Nervous System

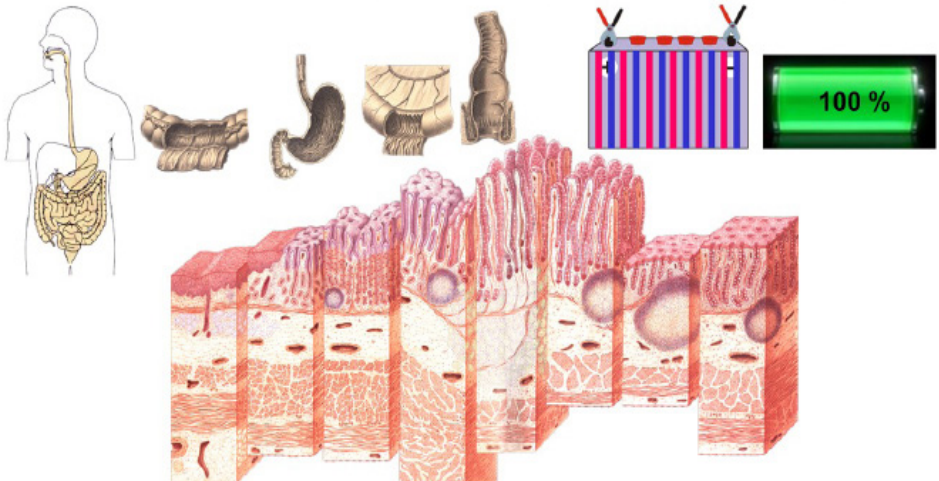
**Inner Smile through the organs and belly sending good messages to the brain positive thoughts and feelings improve the para sympathetic, sympathetic and vagal Tone embody virtues, changes brain function and reduces pain.**

The ANS controls action that we do not normally have to think about. The Inner Smile, the PNS Parasympathetic promote a "rest and digest" and "feed and breed" response, promote calming of the nerves and return to regular functions and enhance digestion. The SNS Sympathetic promotes a "fight or flight" or freeze and dissociate" response and corresponds with arousal and energy production

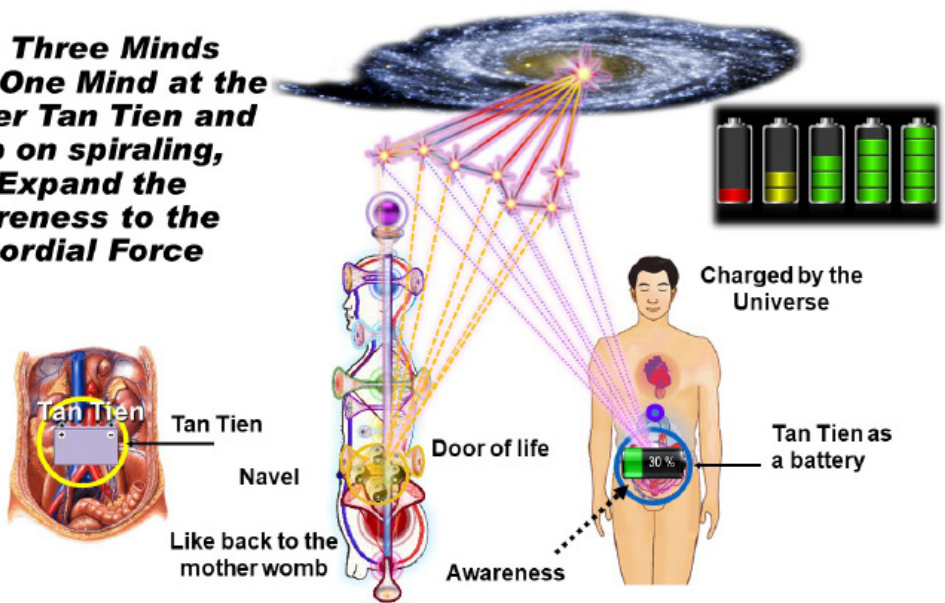


# **7. Bio-Battery Charging the Bio-Battery Collecting the Energy into the Tan Tian**

***The electrical polarity in our Intestines serves  
as the storage battery for our energy.***



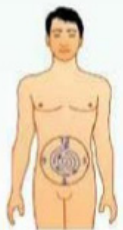
**Turn Three Minds  
into One Mind at the  
Lower Tan Tien and  
keep on spiraling,  
and Expand the  
Awareness to the  
Primordial Force**



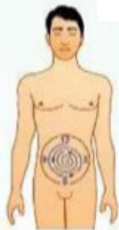
## Collecting the Energy

**Gather, Collect and Store the Energy.**

Babies automatically place their tongues up to the palate, just as they do in the womb.



Men collect the energy by spiraling outwardly from the navel 36 times clockwise.



Then they spiral inwardly 24 times counterclockwise, ending at the navel.



Women collect the energy by spiraling outwardly from the navel 36 times counterclockwise.



Then they spiral inwardly 24 times clockwise, ending at the navel.



## **8. The Microcosmic Orbit Taoist Born Again process**

### **The Functional Channel**

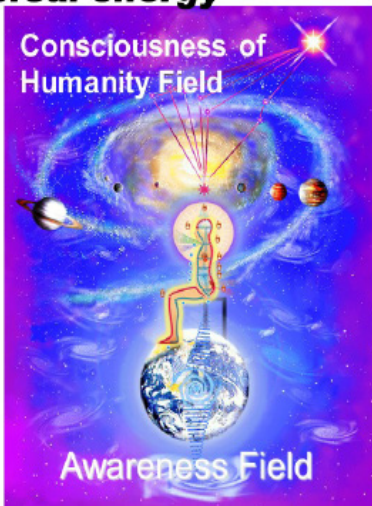
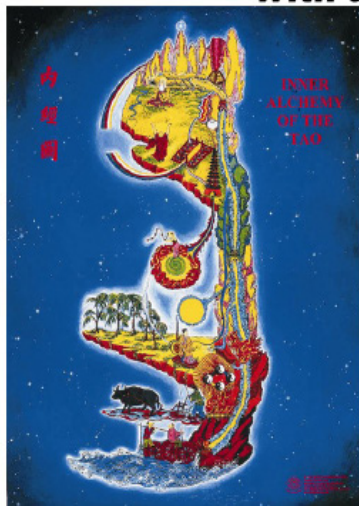
- Pituitary Gland (Mid-eyebrow).
- Crystal room cavity of the spirit tongue.
- Hsuan-Chi (Throat Energy Center).
- Shan Chung (Thymus Gland) Rejuvenation Center.  
Heart Center.
- (Solar Plexus, Pancreas).
- Chi-Chung (Navel, Spleen).
- Ocean of Chi.
- Ovarian Palace Sperm Palace.
- Heding Extra-31
- Wei-Chung BL-40; extra spirit energy is stored here.
- Yung-Chuan K-1  
(Bubbling Springs).



### **The Governing Channel**

- Thalamus Hypothalamus*
- ← Pineal Gland at the Crown (Enlightenment Gland, Gland of Direction).
  - ← Yui-Gen (Cranial Pump).
  - ← Ta-Chui – C7 (Central Control of the Tendon Connections of the Hands and Spinal Cord).
  - ← Gia-Pe (Opposite of Heart Center) T-5 T6.
  - ← Chi-Chung (Adrenal gland center at T-11) mini pump.
  - ← Ming-Men (Kidney Point; Door of Life); Pre-natal energy storage safety point.
  - ← (Sacrum Pump)
  - Chang-Chiang, Coccyx.
  - Hui-Yin (Perineum Gate of Death and Life).

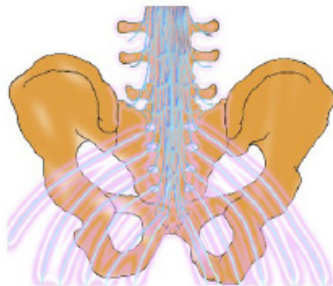
## **The Tao teaches cultivating Supreme inner Alchemy energy and connecting Tao practice with universal energy**



## Heavenly Wire

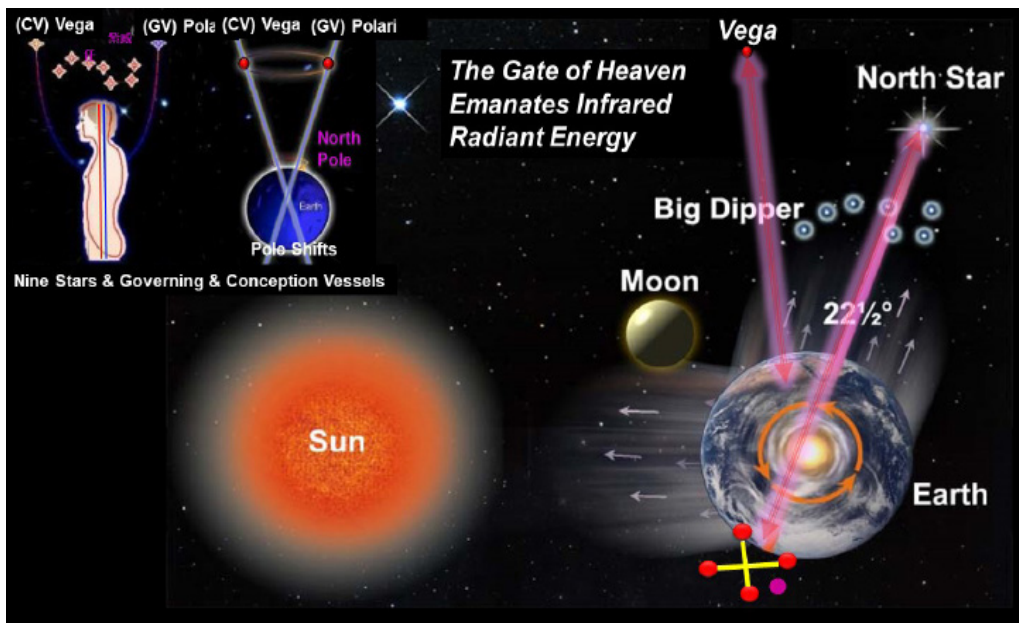


## Nerves of the Sacrum and Coccyx



The nerves of the coccyx and sacrum  
Connect to twelve earthly  
branches of energy.

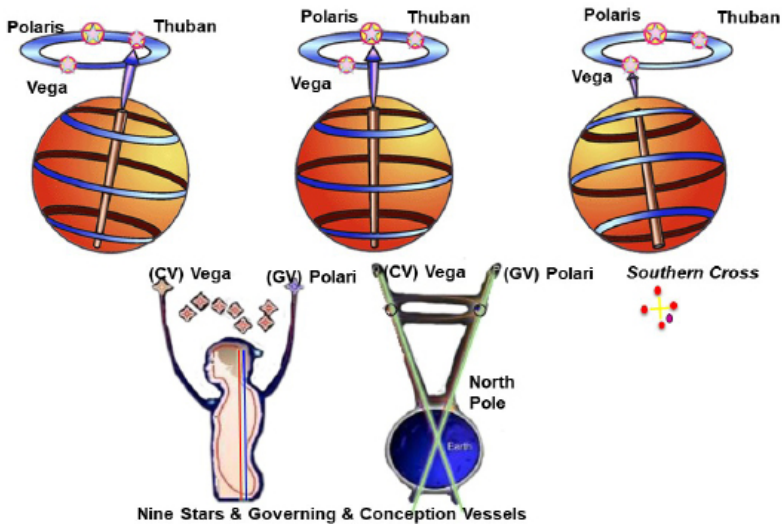
## Ground Wire



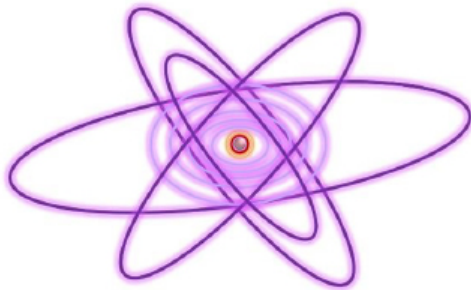
5,000 year ago

Now

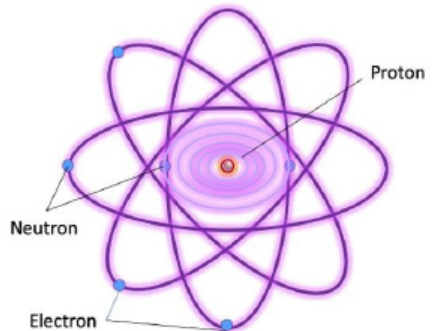
2,000 year from now



## Solar System



## Human Atom

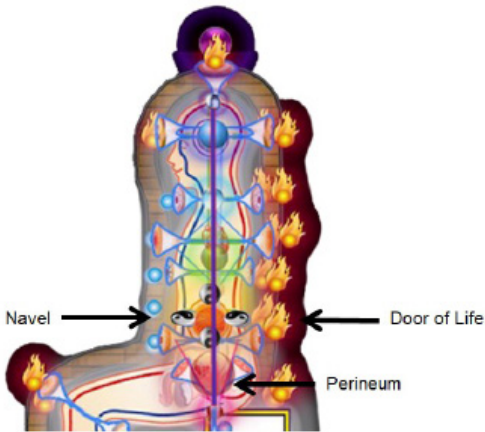


According to Jefferson Lab an average 70 kg person, that's 150lbs, will have app.  $7 \times 10^{27}$  atoms in the body. That 7 followed by 27 zeros

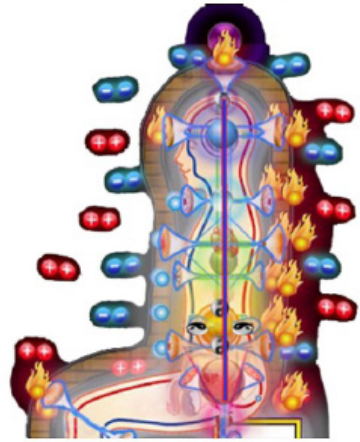
The number of stars in the universe, which is estimated at  $10 \times 10^{21}$ , or followed by 21 zeros

There are more atoms in our body than the stars in the universe

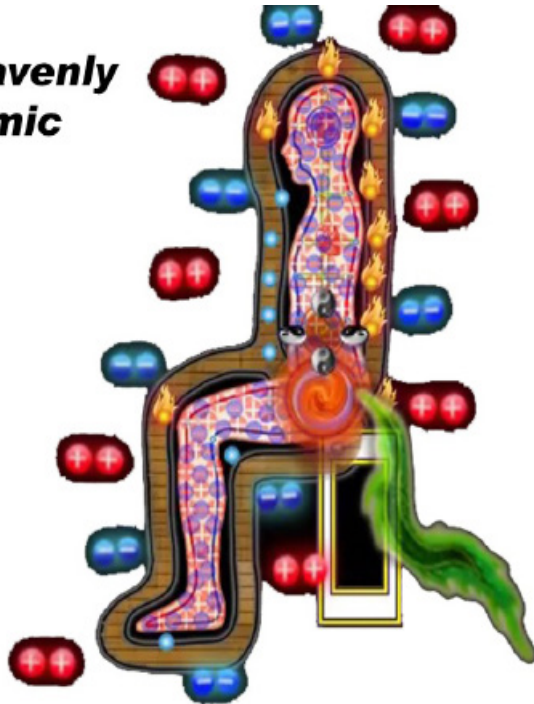
## Moon Small Orbit



## Small Heavenly (Orbit)

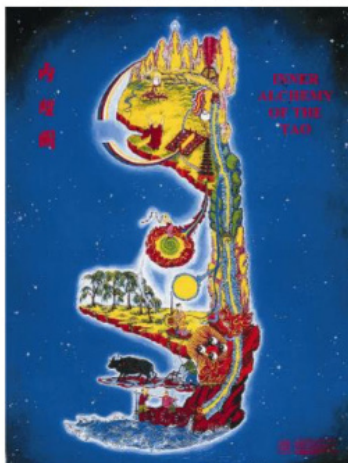


## Large Heavenly Microcosmic Orbit



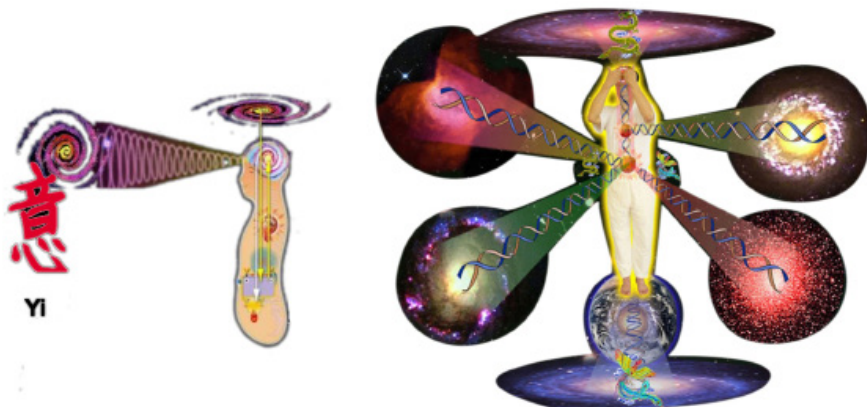


**9. Activate the Primordial Force, Three Fires, Six Direction Opening the Skull, Opening the Microcosmic Orbit**  
**Cosmic Primordial Qi Qung**  
 Activate the Primordial Force, Violet Light  
 Activate Three Fires & Six Direction



**Turn Consciousness In, Awareness Out**

**Cosmic Primordial Force and the Six Directions**



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

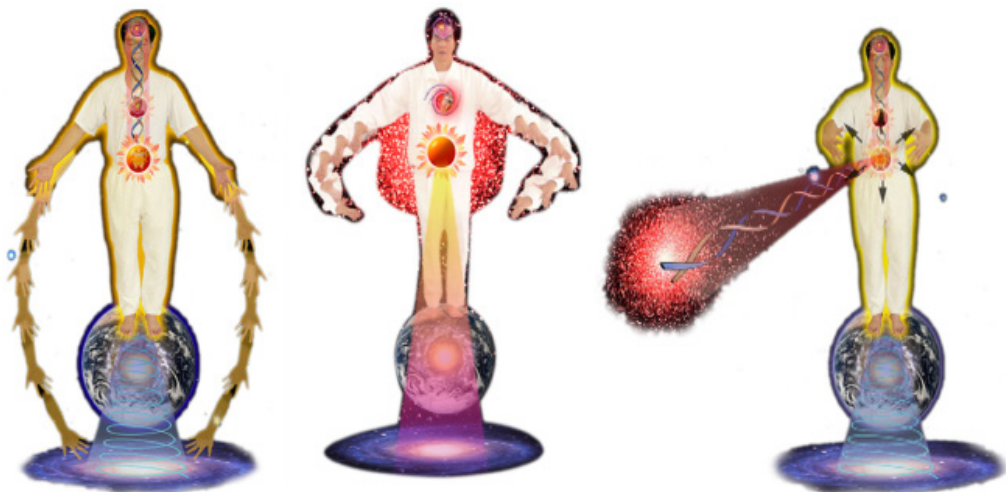
连接北斗七星接受紫气



## Activate the Three Fire



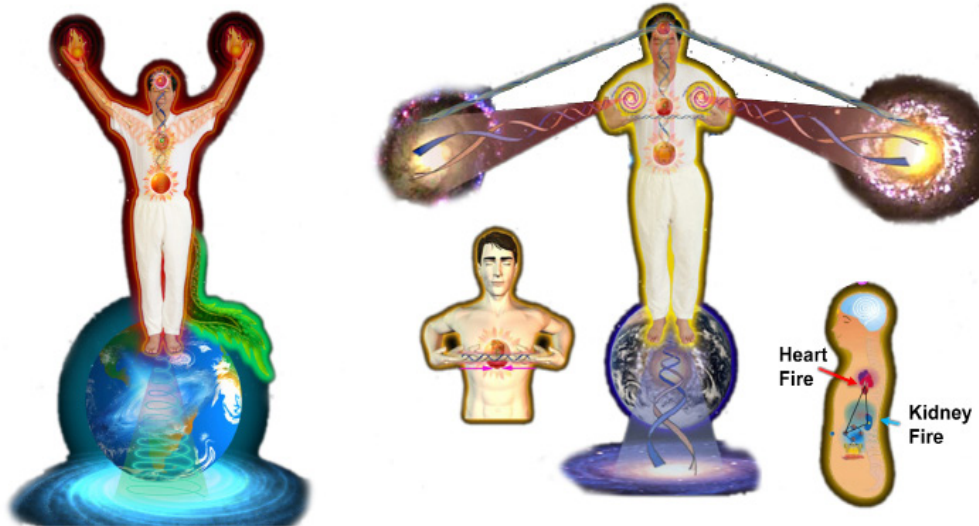
## ***Activate the Tan Tien Fire***



## ***Activate the Kidney Fire***



## **Activate the Heart Fire the Imperial Fire**

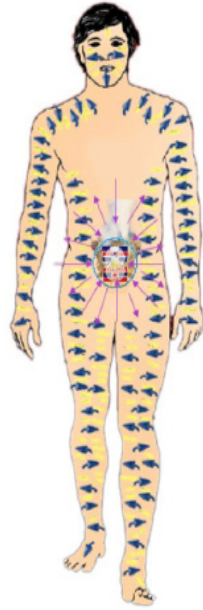
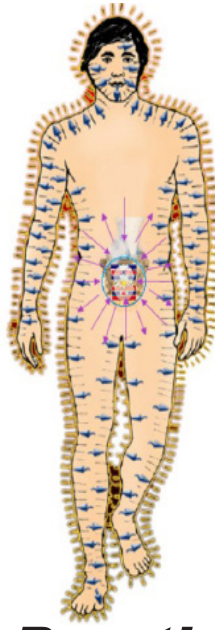
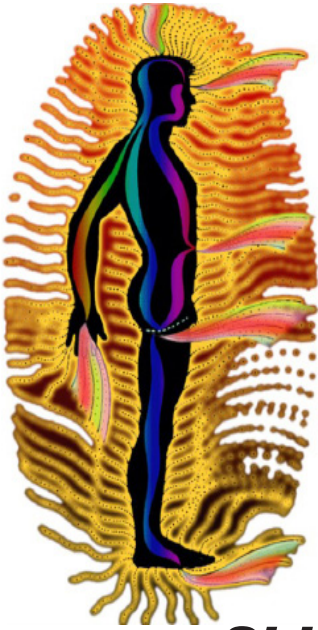


## **Create the Triple Fire**

### **Connect the Three Fires into One Fire**

- 1. From the heart fire make connection to the kidney fire.**
- 2. Connect the kidney fire with the Tan Tien fire.**
- 3. Connect the Tan Tien fire with the heart fire, creating the triple fire**



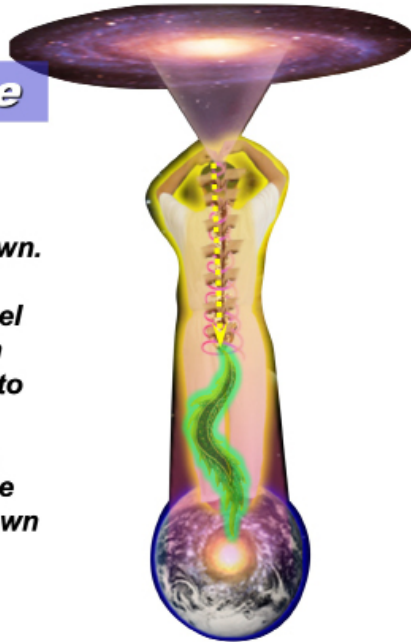


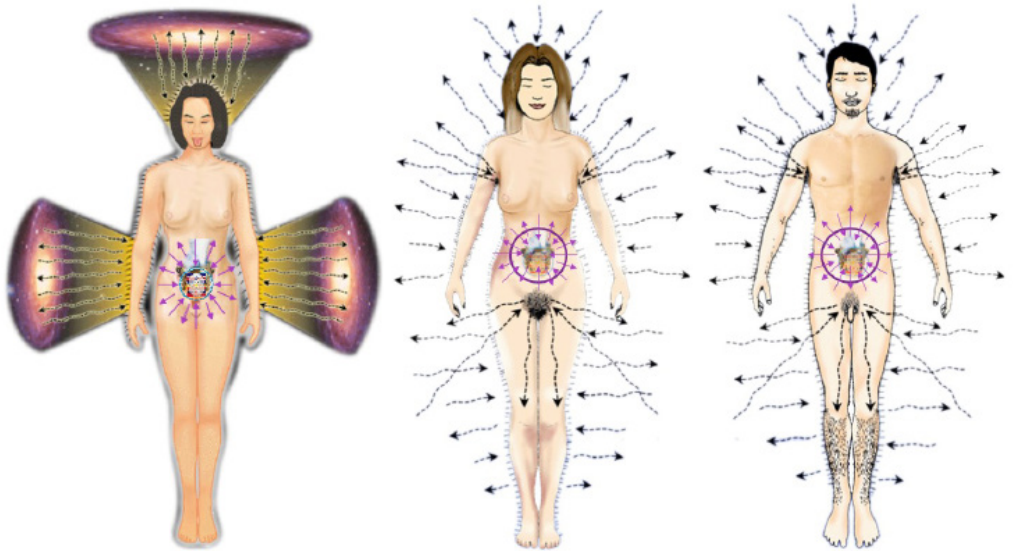
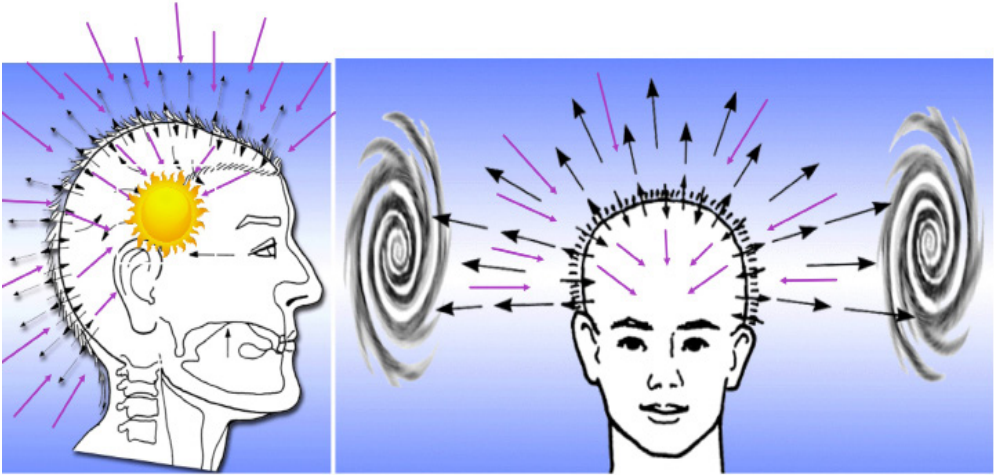
## **Skin Breathing**

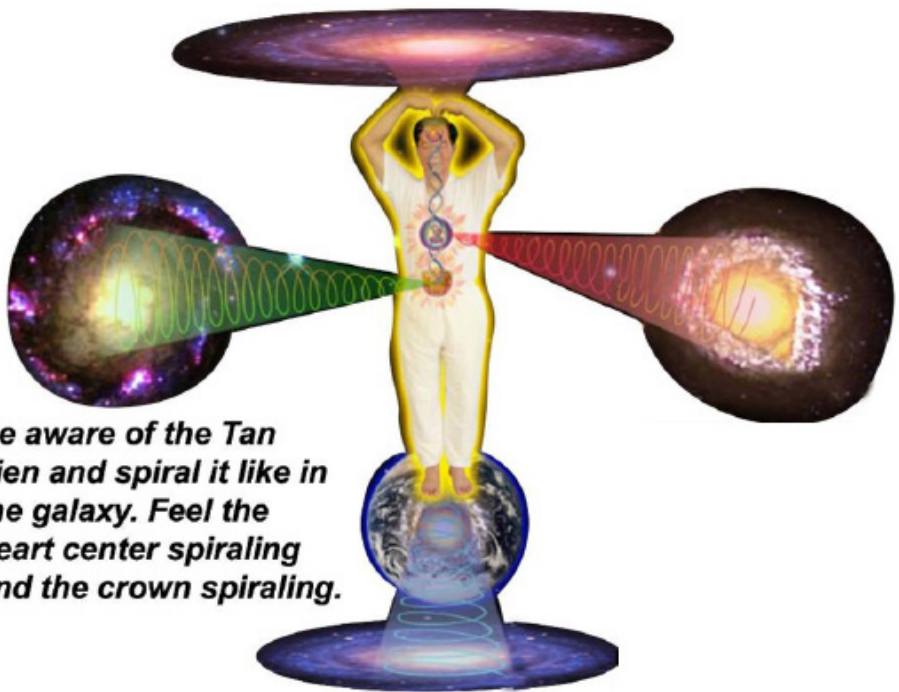
### ***Opening the Spine***

***Touch the back-crown point.  
Pour the chi all over your crown.***

***Feel your feet on the earth, feel  
a waterfall of chi flowing from  
your crown all the way down to  
your soles. Feel the chi  
penetrate down through your  
spine to the coccyx. Place the  
fingers on the back of the crown  
and let the chi flow down the  
spine to the coccyx.***

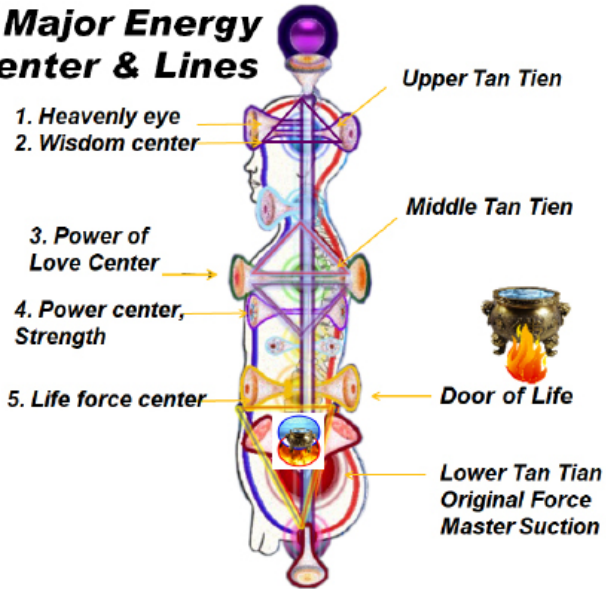




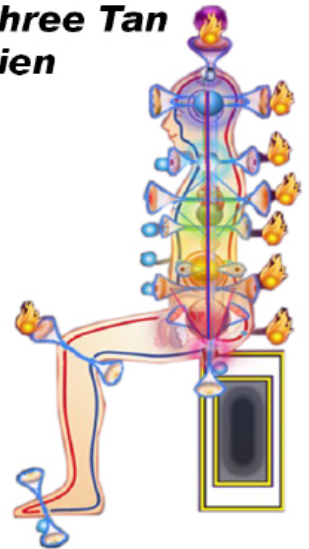


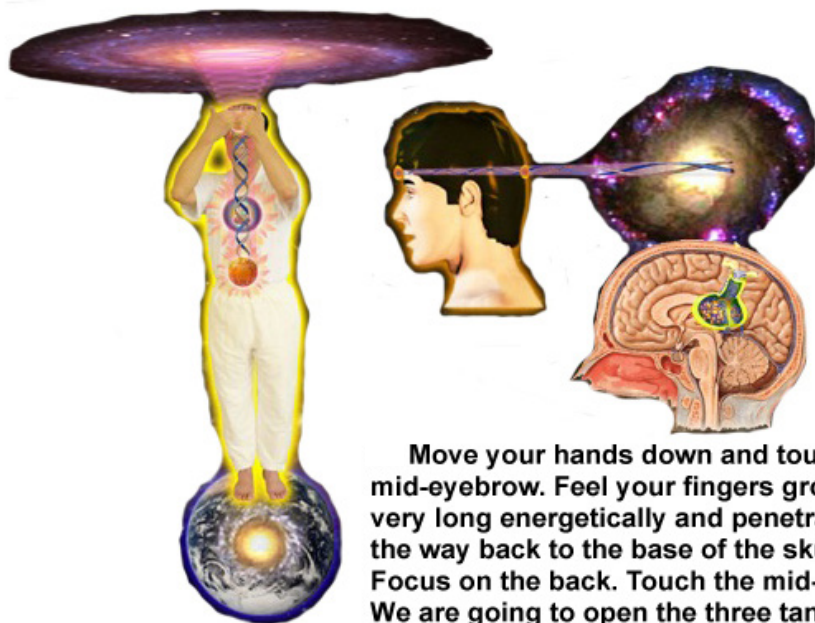
**Be aware of the Tan Tien and spiral it like in the galaxy. Feel the heart center spiraling and the crown spiraling.**

### 5 Major Energy Center & Lines



### Three Tan Tien





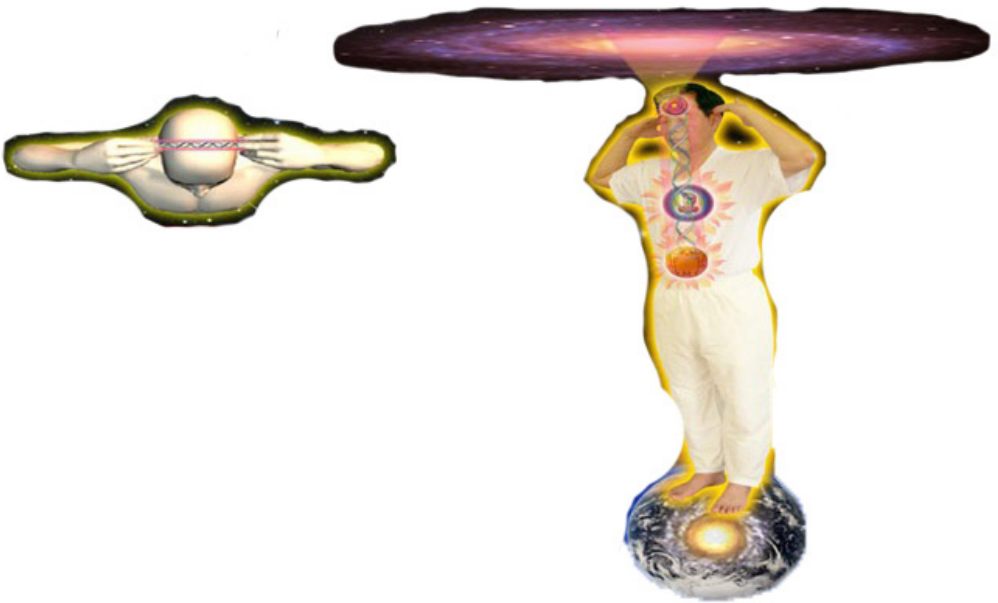
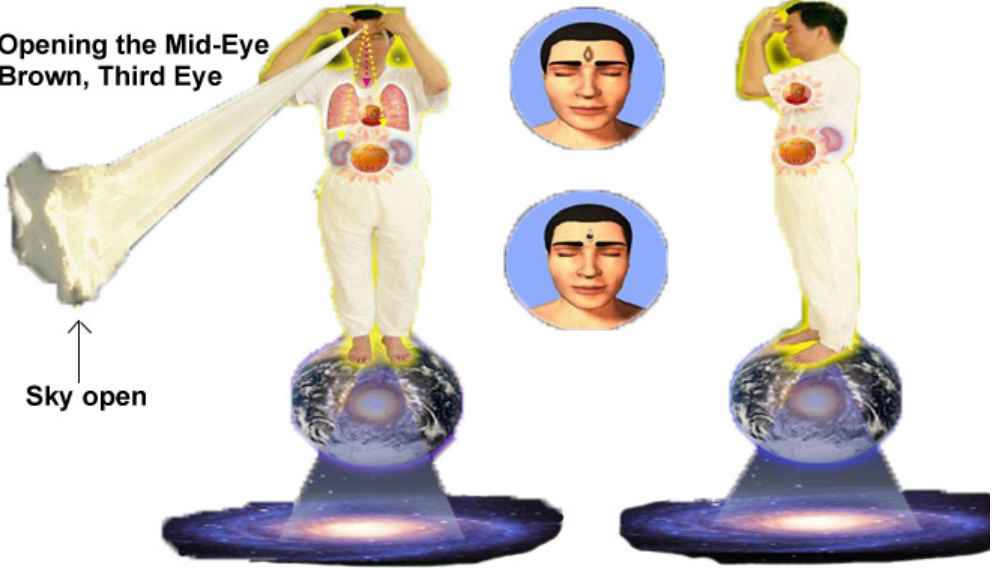
**Move your hands down and touch the mid-eyebrow. Feel your fingers grow very long energetically and penetrate all the way back to the base of the skull. Focus on the back. Touch the mid-eyebrow. We are going to open the three tan tiens, starting with the upper tan tien.**

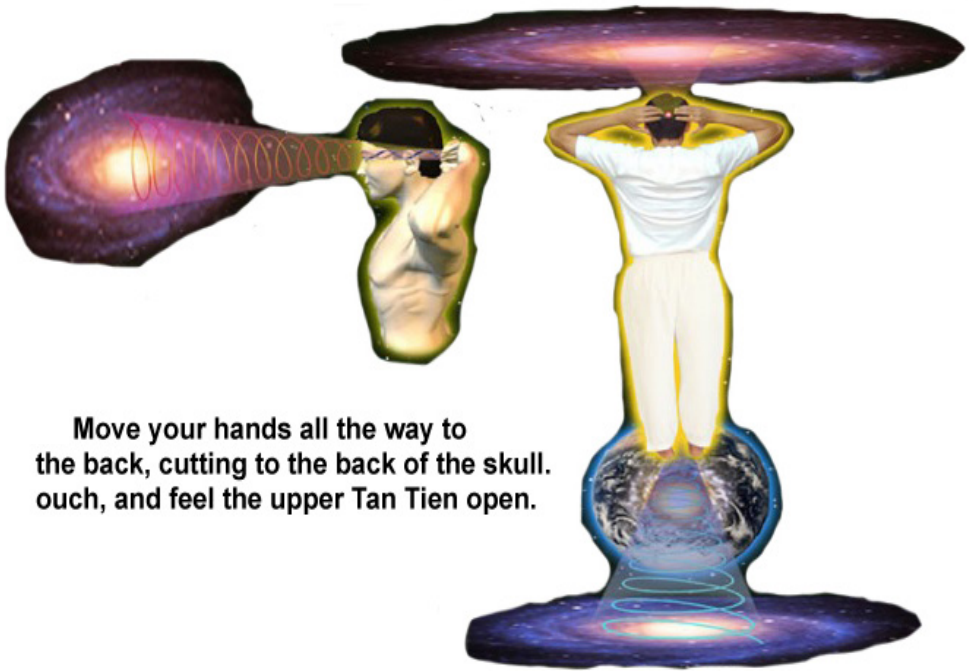


**Be aware of Tan Tien and the universe spiraling. With the spiraling, the chi will become hot in the fingers. It will expand and penetrate out through the back of the head all the way to the universe behind.**

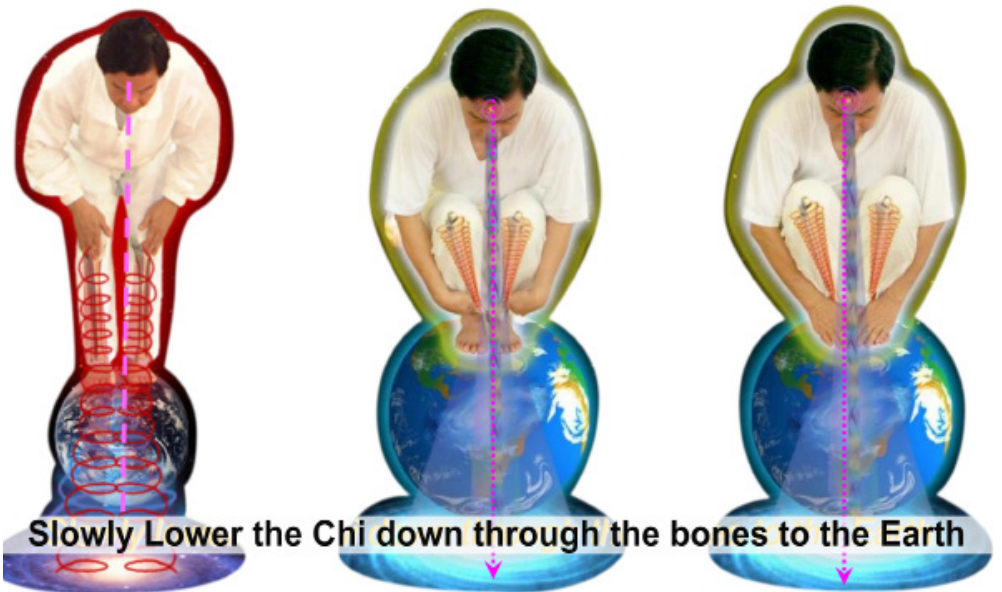


Opening the Mid-Eye  
Brown, Third Eye





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



**Slowly Lower the Chi down through the bones to the Earth**



**Touch Your Sacrum, feel the  
Sacrum has a long tail  
extended down to the ground**

## 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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