

# **Pi Gu Chi Kung**

**Eating the Cosmos with Energy Fasting**



**Mantak Chia**

Editor: Colin Drown

Illustrations: Udon Jandee

Production: Hirunyathorn Punsan

Project Manager: W.U. Wei

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274 Moo 7, Luang Nua,  
Doi Saket, Chiang Mai 50220 Thailand  
Tel: +66(0)53 495-596 Fax: 495-853

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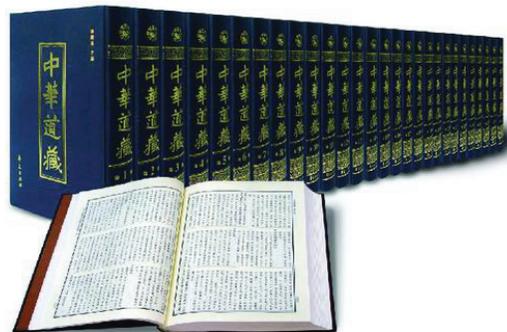
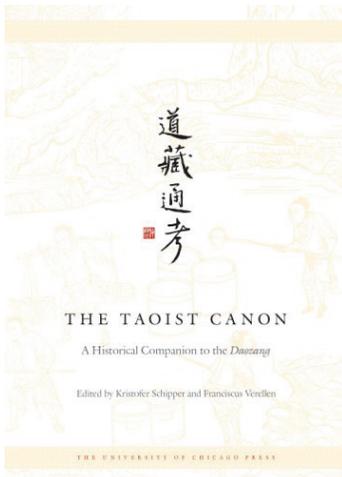
The meditations, practices and techniques described herein are ***not*** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

# Pi Gu Theory

## Pi Gu Development

There is the popularized image of the Taoist Hermit sage wandering into the mountains, searching for an appropriate cave, and staying there comfortably for months, drinking only rain dew from leaves. These Taoists could enter a state of spontaneous Pi Gu through their Chi Kung and meditational practices and could survive on virtually no food when the body and the digestive system were filled with Chi. They initially ate very simple food and then Pi Gu diet, which could finally be reduced to one Pi Gu pill.

Extracts of the Taoist Canon and some old Chinese texts make references to Pi Gu. There are a few Chi masters today who practice it and who can transmit Chi to their students to help them with the fast. However ancient texts always make reference to Inner Alchemy too, and that is why Chi Kung, and the Universal Healing Tao's Supreme Inner Alchemy practices are a vital part of Pi Gu.



**Fig. 1** Taoist Canon

We can only imagine that some thousands of years ago, a Taoist started fasting, through circumstances or design, and then saw that at a certain level he or she started to be able to turn inwards. They could experience a level of Chi where the body went into the spontaneous Pi Gu state, as it had tuned in to another source of energy.

Or by observing the turtle, and Taoists love turtles even if they are cold-blooded reptiles. Legend has it that it was from studying turtles which were trapped or lived in a well, which would dry out in some seasons. They were observed coming out every night staring up at the moon and the sky. They could be heard to swallow their saliva and you could see them do it by the position of their outstretched neck. They would then bring the neck back in and go back down the well, and this is how they survived for many years. Turtles have this hibernation secret and this is how saliva elixir was discovered. They are also experts in longevity. Chinese medicine is mainly based on studying living things, as they breathe the circulation of the energy.



*Fig. 2 Turtle Neck Position*

Western zoologists have studied bears – we could call them ‘yogi bears’ as they fast and hibernate when Winter comes around. They can stop or freeze bodily functions and hibernate for nearly six months a year. However they are warm-blooded like us, and when they have babies they have to feed them. It is amazing that they can store fat and convert it to baby food while they are not actually ingesting food. From these examples we can see that it is possible and important to find another source of energy other than just food.

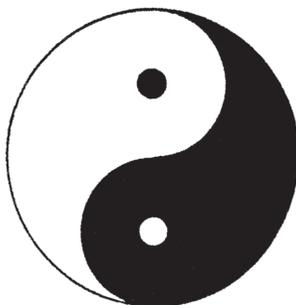
Armed with this knowledge, the Taoists of old could see the point of fasting, and at the same time saw it as a way to cure the body of certain conditions. Pi Gu is already a well experimented and practiced method of fasting, coming from our Taoist ancestors.

## **Fasting**

Fasting itself is a traditional spiritual mode. There are religions that practice forms of fast for spiritual reasons. Christianity has ‘Lent’ whose apparent origin was Jesus’s forty days and nights in the desert without food. Muslims practise Ramadan, when they do not eat or drink between sunrise and sunset. Buddha famously experienced fasting when, as Prince Siddhartha, he agreed to fast with an entourage of yogis, until they had achieved enlightenment. The group sat under a tree in that fasting state, with their bodies becoming very thin, to the point of sufferance.

At a certain point Prince Siddhartha observed a man and his grandson going past in a boat. The man was teaching the boy to play an instrument and said “ If you tighten the string too tight, you make a sound but the string might break: if you adjust it just right, it plays great music; but if too slack, you will not have a musical noise”. The now Buddha heard this as ‘If it is too tight, your body will break, if too slack, no sound - nothing, but just right, it works, this is the middle path, the middle way’ and that was his enlightenment. He washed, cut his hair, accepted food

that a lady offered him and so he broke the fast. His yogis were angry he had abandoned their agreement. But he saw no sense in continuing in this absolute fast, having arrived at the middle path conclusion. We can think of Pi Gu as a 'middle way' fast.



*Fig. 3 Balance = Middle Way*

Fasting with spiritual aims turns focus away from the body, which has stopped many of its usual functions, towards the mind. Turning the focus inward in this way allows more reflection and awareness of other things.

On a lower plane, there are also fasting methods to lose weight or turn the body away from an excessive lifestyle, and adapted methods, e.g. the 5/2 which involves fasting for two days of the week and eating normally for the other five. This intermittent fasting is looking for an achievable alternative for someone who must pursue a busy life at the same time.

In any case, digestion itself consumes much energy and so some of this energy is available when the body is not consuming food.

During Pi Gu fasting there is also a raising of consciousness and higher awareness. However energy levels increase not only from the energy saved from the digestion system but also from the extra Chi absorbed by the body. There is not the same physical risks to the body of stopping alimentation altogether, which can create imbalances in the digestive system.

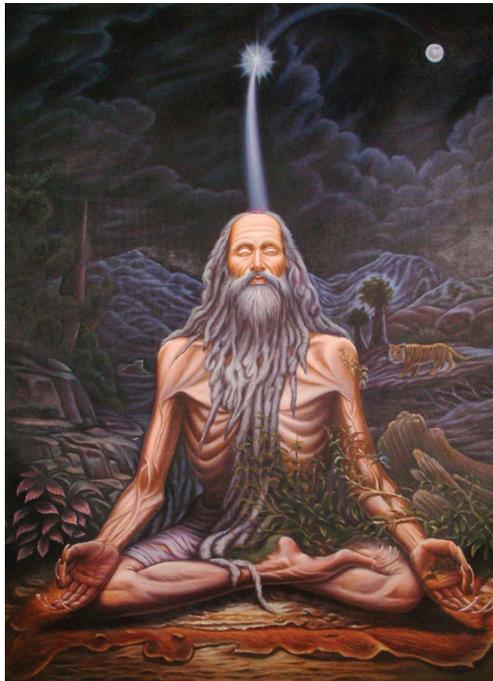
So that is what Pi Gu is about: it is a fast where you do not stop eating altogether, but your body turns to another energy for nourishment. Pi Gu is based on your eating less as your Chi increases. Pi Gu also involves chewing techniques ensuring that your saliva and food mixture becomes liquid, and mixes in oxygen and nitrogen from the air. This provides the body with material and cosmic energy which is perfect as building blocks for the body to nourish itself. In this way there is no need to eat as much food; the excess of which turns into waste that is flushed down the toilet. As you advance in the practice, the Chi builds up and you eat less and less; but you have so much Chi that you are energized. During Chi Kung or Tai Chi or energy meditation practices, energy is coming into your body from a source. We can think of it as spiritual food, and we train ourselves to tap into this other source.

## **Dangers of Fasting Too Long**

The Tao discovered that you cannot inverse things immediately. We have seen many people on fasts whose bodies get into real physical trouble, and sometimes never recover. A common problem, from which many spiritual adepts have suffered, (including Master Chia's own Taoist Master) is gall bladder failure usually due to gall stones.

The gall bladder's main function is to store bile produced by the liver. The liver is a multi-functional organ which produces over 500 bodily chemicals in the day, including bile, digestive juices and cholesterol. When food goes down to the stomach, the liver will start producing the chemicals necessary for digestion. The liver creates bile in the night. When it's other functions are in high demand, its bile production will be set aside and will resume when there is no food arriving. Probably at night, the liver will then produce bile and send it to the gall bladder to be stored. Why

do we have a gallbladder? It's a storage receptacle for bile from the liver. When the body ingests less food, the liver continues to work. However when a person is fasting to the point of abstaining from food, the liver can go into overdrive on its bile production, as its other digestive products are not needed. The gall bladder no longer needs to send bile out to be used in digestion and must store what quickly becomes an excess. Gall stones, which are impacted bile, can form, harden and consequently enlarge and become inflamed. The gall bladder duct can get blocked and infection can set in. In serious cases the gall bladder has to be removed. Fasting has stopped the liver and its huge factory from normal production: excess or unneeded bile is the outcome.

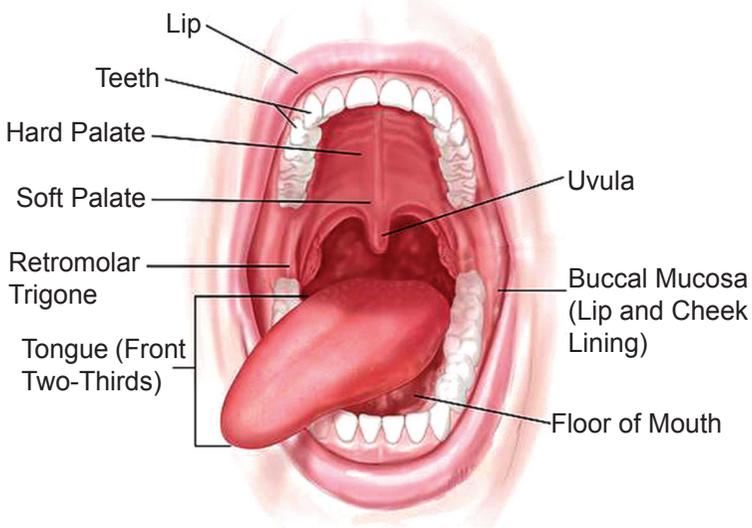


*Fig. 4 Emaciated Yogi*

## Hormone Balance & Fasting Effects in the Body

The body's complex system of hormones can become very disrupted during fasting. The thyroid gland controls body metabolism and fasting can cause the thyroid to slow down; this will inevitably slow down digestion as the body will try to conserve body mass. However it will lead to a reduction in muscle mass as amino acids will be used as a source of energy instead of nutrients.

Production of the stress hormone cortisol will increase as the body reacts to fasting by going into a panic or starvation mode. This can lead to mental and physical trauma. These effects typically lead to feeling physically weak. The immune system of the body will also be weakened. The body has known for a million years that fat is necessary for survival. Many people are obese but malnourished. The fat - mainly animal fat and therefore predigested - gets absorbed. When we have too much fat, it blocks blood vessels and stem cells cannot travel to repair and replace the damaged cells. The body makes fat cells.

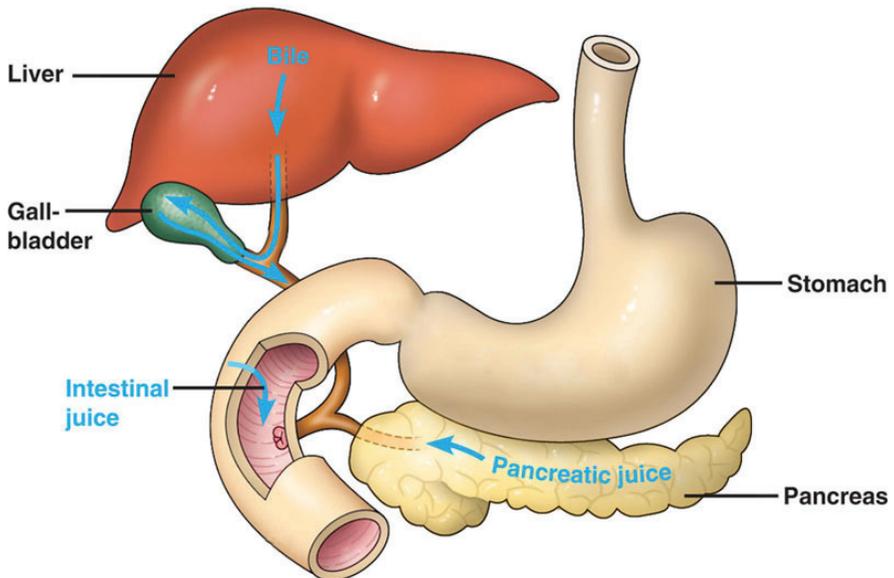


**Fig. 5** Anatomy of the Mouth

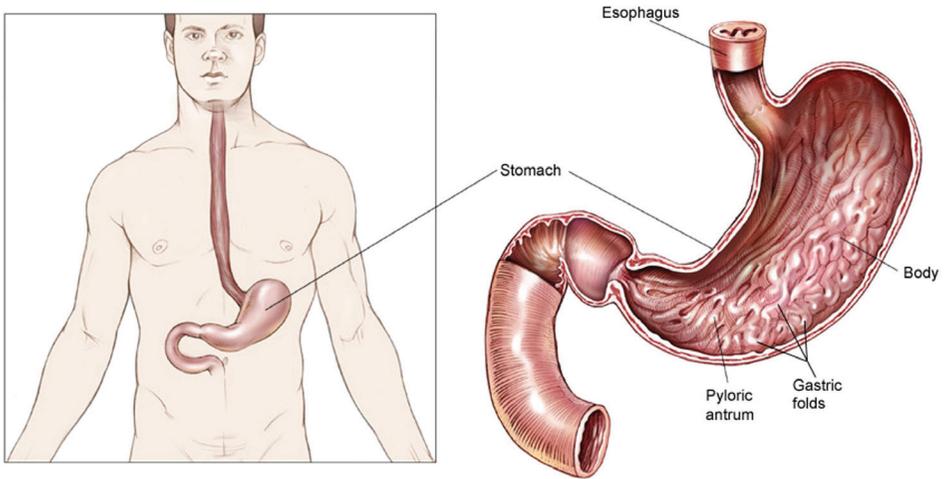
## Mechanics of Eating - Chewing and the Stomach

Remember that the stomach does not have teeth. The teeth are in the mouth and that is where chewing needs to take place, with the other parts of the mouth helping mixing and movement like in a mixer.

The stomach is a muscular bag whose job is to mix food with the digestive juices produced by the body, which enable the break down into nutrients and waste.



*Fig. 6 Stomach and Digestive Juices*



**Fig. 7 Stomach**

The body starts digestive juice production as soon as you start chewing the food, but of course you need a certain amount of chewing to get enough juices to work on the mouthful of food. Otherwise the work of the stomach does not take place correctly.

The stomach can expand to five times its own size. So if one eats a huge meal, the stomach will happily expand. But when you mix ingredients together you need some space in the receptacle in order to mix thoroughly. Take a washing machine or a cement mixer, or kitchen mixer: if they are filled to the brim, mixing cannot occur. Overeating will expand the stomach, until it eventually retains a larger volume, and continuing to overeat will impede good mixing. The stomach stretching will weaken its elasticity and it will operate with less efficiency.

Swallowing food that is not chewed up sufficiently to go into the stomach, and then filling the stomach up too much therefore eating too much, results in indigestion and then gas. Stomach gas can be uncomfortable and stretch the stomach even more. The stomach has no teeth and cannot do the 'predigestive work' of the mouth and saliva. The food mixture gets sent on its way further around the body in a state that does not suit the rest of the intestines. The intestines need the food digested into a nano state so that the nutrients can be absorbed into the blood stream. When the food particles are too big the intestines cannot make use of the nourishment.

'Wrong' foods are consumed because of cravings and poor food choices. Nutrients cannot be absorbed properly, waste does not flow out easily, toxins build up. Overeating is a problem in Western society and many thriving countries around the world; this is in contrast to countries where there is famine, strife and starvation. In the countries where we overeat, food is cheap today; but it is often the wrong food for our bodies which is also the cheapest. The additives in processed food could well have been designed to make this situation worse and set up food cravings. Obesity is becoming a major problem.

During his work in the United States, Master Chia was amazed by a visit to 'Buffet City' in Chicago. In an \$18 'all you can eat' buffet restaurant, he witnessed the enormous quantities of food that people were eating. This included children who were drinking king-size glasses of colas and sodas, with their large portions of fattening food, and then going back for refills. The majority of the diners were very overweight. This scene was a shock for Master Chia's party of Chi Kung practitioners, but it is not an uncommon scene.



**Fig. 8** Overweight

The body considers fat to be very important for survival and will easily absorb it into the small intestines. Fat will be stored every where in the body eventually blocking blood vessels, the liver and the heart. This is a major killer. Fat is absorbed whether you chew it well or not, particularly animal fat. Trying to suppress a craving can make it stronger.

There is a Middle Way. It is not a diet but choosing wisely, eating in moderation and **Chewing**.



**Fig. 9** Obesity

## **From the World Health Organization: Key facts on Obesity and Overweight - March 2013:**

*Worldwide obesity has nearly doubled since 1980.*

*In 2008, more than 1.4 billion adults, 20 and older, were overweight. Of these over 200 million men and nearly 300 million women were obese.*

*5% of adults aged 20 and over were overweight in 2008, and 11% were obese.*

*65% of the world's population live in countries where overweight and obesity kills more people than underweight.*

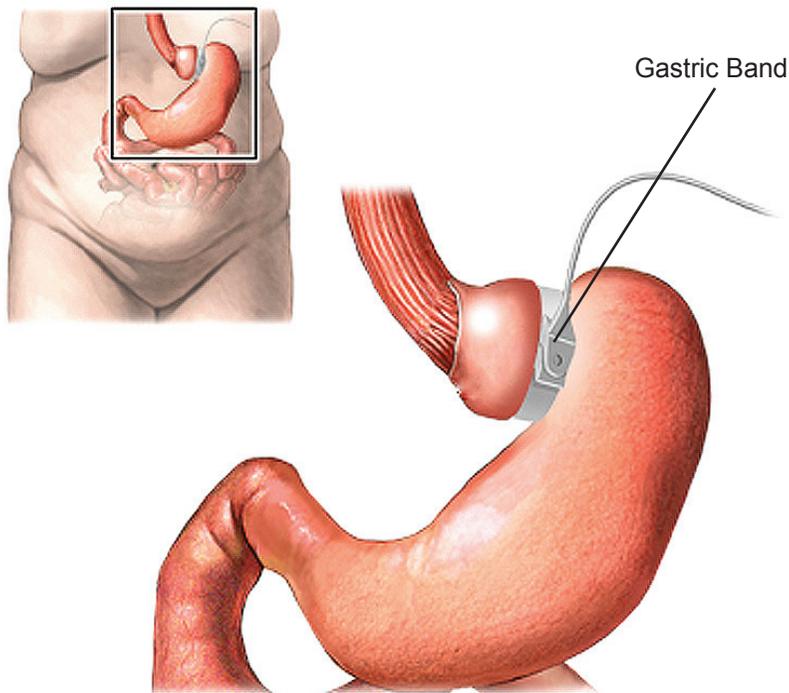
*More than 40 million children under the age of five were overweight in 2011.*

*Obesity is preventable.*

When the body is congested with fat, the stem cells like to gather around in the abdomen their natural place, but they cannot travel to repair or replace damaged cells due to the blocked routes. They want to help so they begin to store fat. Doctors discovered that they could extract abdominal fat, centrifuge out the fat and then the cells can turn back to stem cells and fix many of our problems.

The stomach can expand when required to up to five times its original size but after a while it will not go back to its original size. Tackling obesity by surgical stomach reduction is becoming commonplace now, particularly in the US.

However this bariatric surgery has been producing some strange side effects. It changes the way that the body processes alcohol making the person inebriate within minutes of swallowing alcohol. It also may change the person's body chemistry facilitating dependency on alcohol. There is currently a study at St Olav's University in Norway to further investigate this worrying progression of new alcoholics amongst post-surgery patients. A society which has reached such an extreme surely has to rethink its relationship with eating, and its ways of tackling the problem.



*Fig. 10 Gastric Band*

## **Weight Loss and Pi Gu**

Weight loss is a side effect of Pi Gu bringing huge potential interest for many. Master Chia has been using Pi Gu as part of his darkroom retreats for some years and has been able to study its effects. He has also been teaching one or two day classes by popular demand for students who are looking for a natural way to reset their bodies. Taoist wisdom can help weight problems which have become endemic to our society.

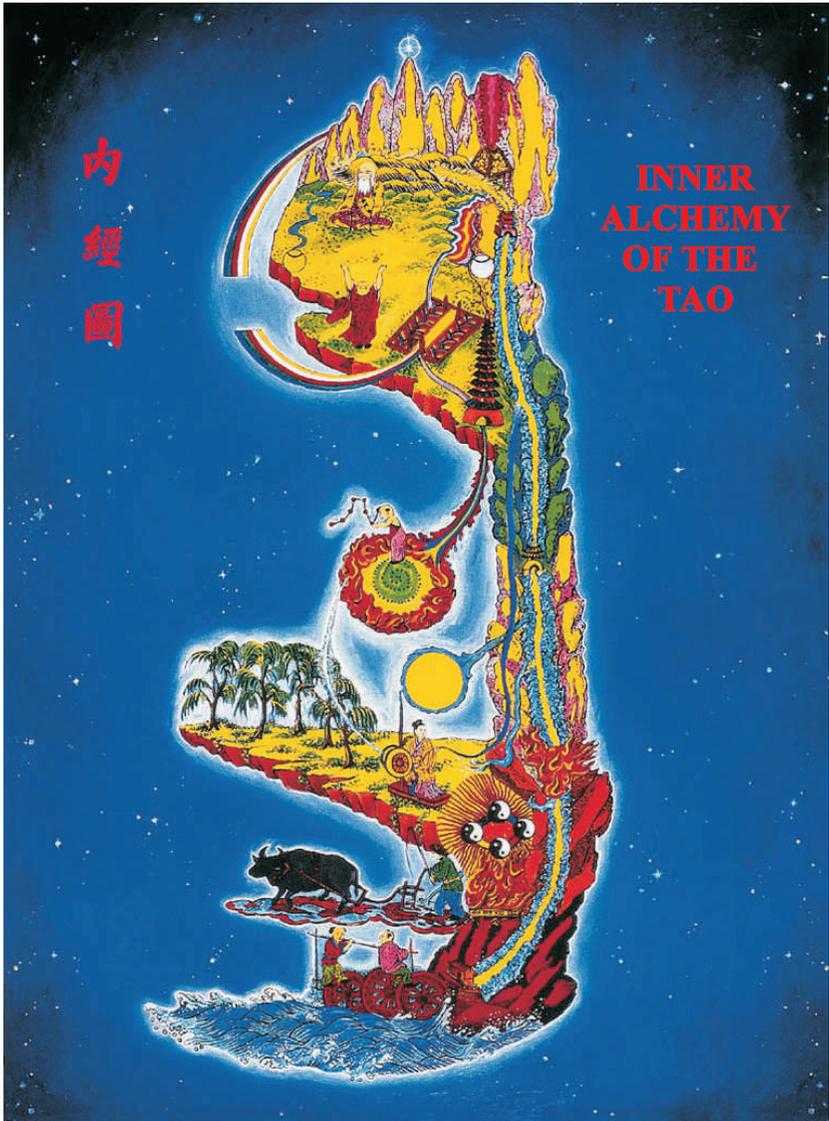


Fig. 11 Inner Alchemy of the Tao

Students have lost an average of 5 kilos a week practicing Pi Gu during the darkroom retreat. Students do the darkroom retreat for one, two or three weeks. Students do not generally report feeling hungry during the experience nor feeling weak from the weight loss. They practice 'eating the cosmos' - chewing air and liquefying the Oxygen and Nitrogen. nor feeling weak from the weight loss. As the Chi Kung practices reach a high level, the stomach is filled with Chi and more energy than usual will be felt. When we activate the sexual hormones from the testicles, nipples, and genitals, these hormones go to the brain stimulating the secretions to flow down like nectar, or elixir, the fountain of youth.

Students who continued Pi Gu on their own after a week in the darkroom also reported continuing to lose weight. Those students welcomed this side effect of Pi Gu as they were happy to lose some weight and reset their bodies' eating habits.

The increase in Chi also helps the students gain enlightenment in the Kan and Li Inner Alchemy meditations that they practice in the dark room.

### ***Five Enlightenments of Tao***

*The Pi Gu experience practiced in the Darkroom enables Master Chia to support the students' realization of the Five Enlightenments:*

*In the First Enlightenment we realize that we have a basic soul and spirit.*

*In the Second Enlightenment we go deeper and realize we have a baby soul and baby spirit or a child soul and a child spirit. You realize that you have children and you must take care of them.*

*The Third Enlightenment is when we say, "I want to be responsible and raise my soul and spirit."*

*The Fourth Enlightenment is when we go deeper still, understanding more with wisdom and knowledge. We*

*realize that no one can have power over our soul and spirit, not any faith, religion or God. "I have a free spirit and I must choose my own way." The Tao says that if we realize we have a free spirit, no one can control our soul and spirit. We are free.*

*Now when we have a baby or child soul and spirit what are we going to do? If we have made up our mind that we will raise our soul and spirit and we are determined to do it, we have the Fifth Enlightenment. Combining all of the above and we begin to have the Greatest Enlightenment.*

Resetting the body's habits and getting rid of cravings for fattening foods is possible by some moderate following of Pi Gu. The chewing, Chi Kung and cutting down on quantities of certain foods such as grains, processed foods and too many sweet things etc. will all help the body to return to a more natural balance. This would mean weight loss for the overweight. As we shall see later, there are also Chi Kung practices for reducing the size of the stomach.

## Pi Gu in the Darkroom

Master Chia introduced Pi Gu to his darkroom retreat to facilitate the meditations, while at the same time promoting body self-healing and body system re-setting. The ancient texts refer to Pi Gu as an 'energy fast' as it increases energy levels, whilst cutting food consumption down radically, but actually not totally fasting.

## Darkroom in Tao Garden

The darkroom retreat building in Tao Garden is a very modern yet comfortable equivalent to the Taoist hermit cave in the mountains.



*Fig. 12 Tao Garden Darkroom Retreat – before the lights go out.*

Master Chia designed the adaption of a condominium block after visiting many caves looking for a suitable place to hold a darkroom retreat. It was very difficult to find a cave which did not have damp, mould, insects, snakes, centipedes or scorpions. The condominium block allows enough space with bathrooms, bedrooms and a large central meditation hall. This is perfect for a large group of students to be comfortable whilst meditating or practising Chi Kung, for one to three weeks in total darkness.

There is space for each participant to have a mattress in the central hall, plus a private or shared bedroom with ensuite bathroom, in the rooms around the hall. The layout makes navigating in the dark comparatively easy and a typical first evening will be spent with dimmed lights on whilst participants familiarize themselves with the building and their own private and class space. They are then able to safely negotiate it in the dark for the coming retreat.

The building is adapted by being covered in material which blocks out all light. There is a powerful and hygienic air system to make up for the closed and covered windows. Tao Garden staff wear night vision glasses to enable them to serve participants their Pi Gu meals and drinks in the teaching hall and tend to duties to keep the retreat going in comfort. Meal times are shared as Master Chia teaches chewing techniques and helps induce the Pi Gu state by personally transmitting Chi to the students.

## **Detoxification**

One essential and often neglected point when considering fasting is first cleansing out the body's system of built-up toxins and retained waste products.

When students apply to attend the darkroom sessions at Tao Garden, there are prerequisites of a certain level of spiritual practices as necessary background to be able to follow the

meditations. If they have been studying with the Universal Healing Tao system, then their progression through the practices will show if they are ready for the darkroom experience. If not, it is essential to understand their background experience.

We also warn them that they must do some form of detoxification first. If they come to the Tao Garden a few days early, then there are Chi Nei Tsang treatments, colonics and other detoxing treatments. Once in the darkroom, the detox continues, using mainly a selection of teas served during and outside the meals. Students have been given the choice of eating Pi Gu style or light but normal meals in the darkroom. Almost everyone has elected to follow the Pi Gu option and this has now become part of the experience for all. Some students with medical or eating problems have informed us of them and we have adapted the regime for their case. Even though it is totally dark in there, Tao Garden staff have their ways of identifying who they are serving meals to through their use of night-vision goggles.

Not many fasts recommend detoxing first. The body always has toxins in it and the body systems are built to constantly shift the toxins out. But if these systems slow down and stop, due to the absence of food input, there is a big risk that the toxins will build up. You can no longer shift the waste products out as in the normal way. This can result in health issues.

We need to detox the lymphatic system, kidneys and liver, and all parts of the digestive system. In the morning before breakfast we will have the lymphatic detox tea followed by the parasite, liver and kidney detox teas. For the lungs there is the blood detox drink. In the evening we will take the large intestine detox tea with the result of moving the stool and ridding the body of waste in the urine from the liver and kidneys.

In Tao Garden we have adopted a system of teas. For many years we did research on detox herbs and products and invested a lot of resources into developing our own system. However we

have found a supplier who has done even more research than we have and we have been very impressed by their results. So now we use their range of detox teas. We use them in the darkroom and in our Tao Garden spa diets, and many people throughout the world order them directly from us, as we have adapted them into a complete cleansing system.

We also need to get rid of parasites. A recent documentary on the Discovery Channel, showed that parasites give us 'orders'. Even though they are simple cells, they can occupy our brain and nerves and tell us what to do. They can act the same once in animals' bodies too. They are self-propagating: multiplying in their host's body to pass on generations of themselves.

In the darkroom we drink a chlorophyll drink in the morning and evening to clean out the blood, and also the large intestine. Fish oil and vitamin C are added to help in balancing the body's nutrients and cleansing.

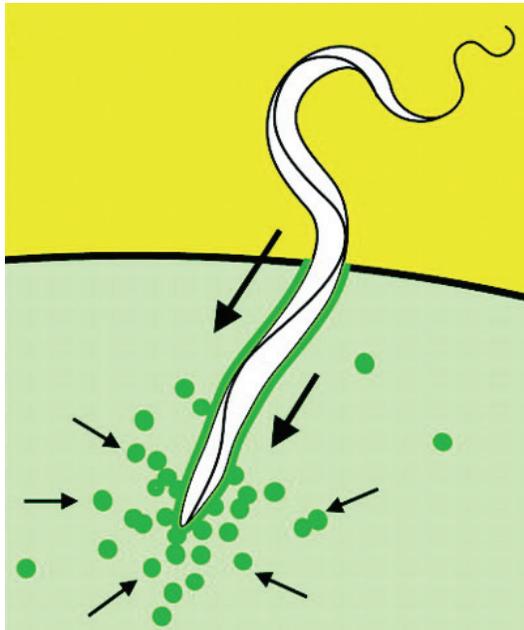
## **Immortal Tea and Infusions**

We also have a tea, known as 'immortal tea', which we have been serving in the Tao Garden restaurant for many years. We use this in the dark room, it cleans out the kidneys and the liver, it is one that Tao Masters have traditionally drunk. It increases urine production and is a good basic cleansing infusion.

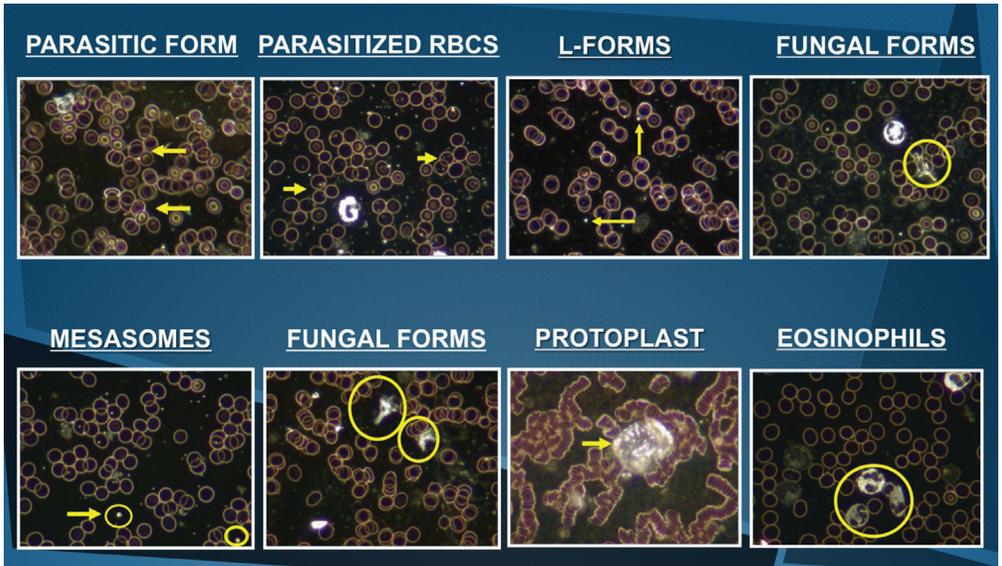
Mulberry tree tea is regularly served in Tao Garden: its natural benefits include blocking the body's absorption of some common sugars and containing vitamins and antioxidants. It strengthens the immune system as well as being useful for weight loss and diabetes management.

## Parasites

Master Chia's Tao Master always said that you had to get rid of parasites before they killed you. To put it simply: they are smaller than our red blood cells, and it is difficult to get rid of them even with medicine. The medicine which can be effective in killing them is quite strong with possible side effects. Even in that case the parasites can lay eggs before they die, and the eggs are not killed off. A bit like as in war, babies are not generally killed; in our bodies the white cells, or our soldier cells, do not kill eggs or embryos.



*Fig. 13 Parasite Invading Cell*



**Fig. 14** *Parasite Examples*

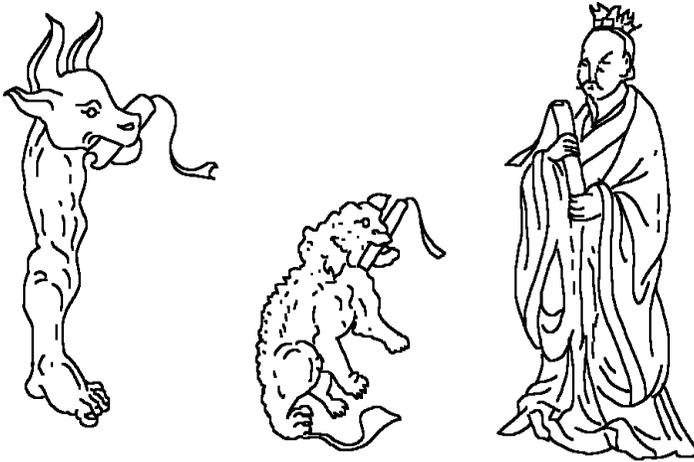
The white blood cells know that they are future terrorists, but they cannot act against them until they hatch out and start bombing us. However at that point, our army of white blood cells move to the area, which creates lumps or blockages in our body. The blockages stop the blood from flowing well and prevent the cells from receiving its nourishments. Plaque is created which blocks the capillaries and the parasites hide behind the plaque and attack the white blood cells whilst building their empire. If the blood does not flow correctly, the army and police protection units of our bodies cannot go in and act. So the problems build up. The cells start to die and the parasite embryos, which are very small, smaller than the cells, start to hatch and can go in and start causing problems.

They can get in behind the blockages and their egg shell stays in place to protect them, until they are ready to hatch and are now installed in a place where they can do harm.

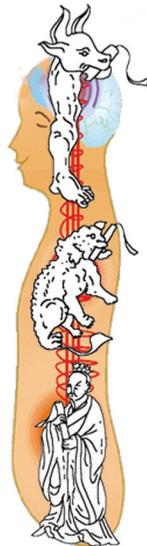
The surrounding cells start to nourish them and our white blood cells are more or less helpless to stop them. They grow more and multiply to take all the weak or dying cells as food and they take over as the area becomes weaker and weaker. This is the beginning of disease. The cells no longer listen to body commands, they have become disconnected from natural order, and they can become cancer cells. That is the work of parasites in the body. So we have made parasite detoxification a part of the cleansing process in the darkroom.

We do not use strong medicine to kill them, but we use herbs whose taste and smell they do not like. When your body is impregnated with this smell and taste, then the parasites will leave your body. Upon leaving the body, they will die immediately. So this detox tea is served in the morning in the darkroom, before eating, together with a liver and a lymphatic system detox tea, before eating breakfast.

## Three Worms



*Fig. 15 The Three Malevolent Worms: Peng Ju, Peng Zhi and Peng Jiaou.*



*Fig. 16 Ake, Zuozi and Jixi corresponding to defilement of the Three Tan Tiens.*

<b>Acupuncture Point</b>	<b>Anatomy</b>	<b>Worm Type</b>
<b>GV 16 Feng Fu</b>	<i>C1 Base of Skull</i>	<i>Prostrating Worm</i>
<b>BL 10 Tian Zhu</b>	<i>C1-2 1.5 Cun Lateral to Midline</i>	<i>Dragon Worm</i>
<b>GV 13 Tao Dao</b>	<i>T1 (Spine Process of)</i>	<i>White Worm</i>
<b>GV 11 Shen Dao</b>	<i>T 5 (Spine Process of)</i>	<i>Flesh Worm</i>
<b>GV 6 Ji Zhong</b>	<i>T11 (Spine Process of)</i>	<i>Green Worm</i>
<b>GV 5 Xuan Shu</b>	<i>L1 (Spine Process of)</i>	<i>Worm of Hindrance</i>
<b>GV 4 Ming Men</b>	<i>L2 (Spine Process of)</i>	<i>Lung Worm</i>
<b>GV 3 Yang Guan</b>	<i>L4 (Spine Process of)</i>	<i>Stomach Worm</i>
<b>GV Chang Qiang</b>	<i>Tip of Coccyx</i>	<i>Golden Scale Bug</i>

**Table 1** Location of Nine Worms, from “expelling the Three Corpses and 9 Worms to Protect Life”.

Ancient Taoists believe that we were born with three worms in our bodies, one in each tan tien, creating particular emotional, mental and physical mischief in the person.. They are the negative side of the Three Pure Ones and can also be linked to negative karma going back several generations. It is necessary to expel the worms from the body in order to achieve enlightenment, longevity and immortality.. It was believed that eating grains encourages the worms to remain in the body which is why ‘No Grains’ was so important an element of original Pi Gu. There are a further nine worms which have a bacteria germ-like nature bringing disease to the body and are linked to certain acupuncture points used to relieve their effects.

Certain herbs and elixir (see chapter 8 - Golden Elixir Chi Kung) flush them out. It is believed that these references are also to real parasites and fungal infections and their symptoms..

*Meditation Using the Three Worms:*

*Begin this meditation with the Inner Smile. Become aware of the knots, blockages that are closing down the three Tan Tiens. These knots and blockages correspond to defilements. Now using your imagination, create a multisensory impression of the Three Worms giving shape to these defilements.*

## **Pi Gu Regime in the Darkroom Retreat: Elixir Pill**

We have developed a Pi Gu pill, an elixir ball of herbs and fruit, which we serve twice a day during the darkroom sessions. They are also used during the Pi Gu sessions taught as part of 'Back to Body Wisdom' Taoist practices that Master Chia's teaches during his world tours.

Different Taoist schools would have had different versions of Pi Gu. We have developed the elixir pill, which we see as a great stimulus to the Pi Gu experience, based on a combination of many things mentioned in ancient texts.

Imagine the Hermit or Tao Master wandering through the mountains, for many months or years. He would not be able to carry all of the food he would require with him and so he would just use some simple berries or nuts, together with water from the morning dew, to survive. Each Taoist Master would have their own secret formula of ingredients that they could pound together to create a supply of elixir pills. It is a meal in itself, and chewing it well facilitates the mixing in of a lot of saliva, sexual energy and hormones, oxygen, nitrogen, cosmic particles and cosmic energy. The body will slowly create building blocks using the food and vitamins the body needs. Many liquids from plants in the jungle are dangerous, so he would just drink the dew from leaves together with pine tree sap.

**We use:** Chinese plums or prunes, goji berries, or other berries, walnuts, peanuts, black sesame seeds, herbs, pepper, hot spices and dates ground together and mixed with a little honey. There are no sugar or additives. This is ideal for the Taoist sage to carry into their caves; one pill is enough for a whole meal.

Take it from its wrapping paper and breathe in its fragrance and sweetness before biting off a small part to chew. Chew very well and feel the saliva coming out.

The actual food we serve in addition is generally: poached egg white, apple, pear, tomatoes, jujube berries, goji berries, steamed peanuts, steamed endamane beans, sesame.



1. Huang Jing (Solomon Seal) 2. Astragalus 3. Chinese Yam  
4. Black Sesame 5. Flax Seeds 6. Black Beans 7. Chinese Dates (Da Zao)

*Fig. 17 Pi Gu Pill Ingredients*

## Typical Day's Pi Gu Diet in the Darkroom

**Drinks:** Teas to be drunk on rising or an hour before breakfast. Lymphatic detox tea, plus there is a constant supply of ginger tea made daily from fresh ginger and water.

Red clover and antiparasites in pill form. The red clover combination capsules help to build the body's defense system and cleanse the tissues and cells. It can increase circulation and balance the glandular system.

As in Tao Garden's usual retreat timetable, there is a morning Chi Kung exercise session before breakfast.

**Breakfast:** 1 or 2 elixir pills which are especially made for the Pi Gu diet, plus herb juice which is also especially concocted. There will also be some fruit and steamed egg white plus about 20 steamed peanuts or walnuts.

One fruit: Either apple, pear, tomato or goji berries.

Vitamin C and fish oil is added somewhere in the day's food.

**Lunch:** Ginger tea, chlorophyll drink (to cleanse the blood) and there will be a thick sesame drink and/or endamane beans.

Fruit: Watermelon pieces.

**Evening:** 1 or 2 elixir pills (depending on your energy level) plus tea sweetened with stevia plant, Nature's T infusion (Colon Cleansing Tea).

Fruit: apple, pear or goji berries or juju berries.

The evening infusion helps to clean out bowels. In cases of constipation, the infusion should be left to soak for longer.

**Nature's T Infusion:** Is made from senna leaves, buckthorn frang bark, peppermint leaves, uva ursi leaves, orange peel, rose hips, marshmallow, honeysuckle flowers and chamomile. It has a detox draining action and helps clear the digestive system. It also reduces body odor, cholesterol and cellulite and should be drunk before going to bed.

The body has eight metres of intestines, so once they have been cleaned out, it will seem slow to fill them again, and this could be mistaken for constipation. However digestion will be much easier with this diet and the lack of toxins in the tubes. Participants will feel better and the food can move quicker round the system. As we are eating less food, fiber can be added once daily to add more bulk to move out waste. Whilst detoxing, excess fat goes into the waste system to be expelled and at the start of the process you might suffer from typical detox symptoms such as headaches and dizziness. One way to avoid feeling weak is by keeping up a protein intake, e.g. poached egg white. This is a food that you chew very well and is also a building block for the body, that can be used for virtually anything needed.

This regime might sound minimal but in the darkroom there is an hour scheduled for eating each meal and a lot of this time is spent chewing. Master Chia accompanies many of the meals, especially breakfast and, as well as encouraging chewing, and therefore making it easier to pace yourselves, he also gives explanations of Pi Gu and the meditations, and answers questions. This is a perfect opportunity to follow the Taoist maxim to the hilt: drink your foods, and eat your liquids.



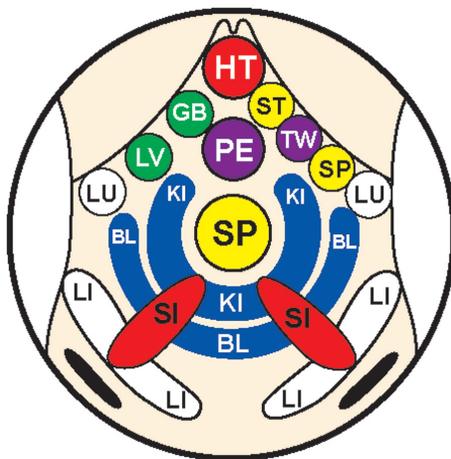
**Fig. 18** *Chi Nei Tsang detoxifies the digestive organs.*

## Preparations for the Darkroom Retreat

It is desirable to arrive at Tao Garden early enough to do some organ and colon cleansing before the retreat starts, unless you have been able to do this at home. You would need a day or two to acclimatize from a long haul flight, so doing the Chi Nei Tsang organ massage and colon cleansing at Tao Garden is very practical. This can be in the form of taking laxatives and fiber or colonic hydrotherapy.

Chi Nei Tsang massage is a good, deep detox treatment. This is a Taoist massage which works directly on the abdomen, vital organs and emotions. Chi Nei Tsang is not just about the digestive system but has techniques to work on all of the body's systems and therefore improves overall health. The deep massage releases tension, promotes energy and blood flow helping the body to expel accumulated toxins.

Chi Nei Tsang treatments can also be given during the darkroom retreat during the afternoon breaks if your body needs some healing.



*Fig. 19 Chi Nei Tsang Organ Massage Locations*



**Fig. 20** *Master Chia Applying Chi Nei Tsang.*

If you start with some detox beforehand, the cleansing process will continue during the darkroom retreat.

Before starting the darkroom retreat you can tell the body to reduce food and stick only to the essentials. Give up grains, processed foods, alcohol, caffeine, rich food and any excesses.

## Changing your Diet through the Pi Gu Experience

“When we have enough Chi, the body will need less food. That will be good for us and for the world if we cut food needed down by even only 10%”

Mantak Chia has made an important commitment to research and to promoting Pi Gu training. After much research and personal practice, he first introduced it into the Tao Garden 2010 darkroom retreat program. He had found that if a person followed this Pi Gu program for twenty-one days, then their diet changed naturally afterwards. There are already changes after one week, but the longer people do it, the more long-term the changes and the higher the energy raised.

Children spit food out if they do not like it and in the same way if you eat something that is not good for you after the Pi Gu training, you would probably vomit it out as the body expresses its rejection. The body will refine its choices naturally.

The body will start to choose simpler food, and if you chew well, you will start eating smaller quantities. The mass of food you are eating gets bigger with the extra saliva added into it and the pineal gland will give the message that you have had ‘enough’ much sooner.

The pineal gland can create cravings to eat or not to eat certain things. A craving generally means that your body needs certain sorts of nutrients which you are not ingesting.

However the build up of toxins in the body’s system is leaving it too confused to ask for the right thing. Addictions to sugars and other ingredients in foods can give cravings too. If you follow your cravings, you will continue to eat the wrong foods and make the problem worse. As you are not getting the nutrients that the body needs, you will continue to eat, in search of them. However that is of course a recipe for gaining more weight.

A system in this state needs fourteen days of detoxification before it can reset itself. You need to cleanse the body and chew very well to set it on its right path again.



*Fig. 21 Your Body will reject bad food.*

## **Even cutting down by 10% would be good for the World**

However if the overweight cut down their food intake by 10% there would be financial consequences in the food industries, such as their strong position in our society.

There would be job losses in factories, as production would have to drop by ten percent, and knock-on effects in food retailing, distribution, supermarkets and restaurants. There are more restaurants or fast-food shops than ever. There would be a malaise in the economy, although accompanied by tremendous health benefits for society.

In fact it might initially seem bad for the economy but the health care budgets for dealing with overeating would go down.

### **Panic in the Body**

When dieting, the body can go into panic mode. When there is a situation which means that food supplies are disrupted, due to strikes or shortages or more serious problems, there is a panic and people 'panic-buy' food and store things. When the problem is over they have often forgotten what they have stored and where.



*Fig. 22 Panic Buying*

That is similar to what the body can do after a fast: when you start eating, the body can feel more disrupted than before. Once the body panics it can store, and in places where you no longer know where to find it. As the body will be broadcasting the wrong information within itself, you will start eating fat and sugar because those are the basic staples that the body needs, and it will start storing those things. However after digestion the body will tell you it needs more sugars and fats. This is misinformation or misinterpretation, as the body will not know what it really needs. That is why the majority of people who fast and diet end up being heavier some time afterwards.

This is a reason that the body needs a detox first, before changing body habits or dieting. When practising Pi Gu you can fast and detox at the same time. If you do it in that manner, your diet will change naturally and safely. Sometimes the food you used to like will make you feel sick when you try to eat it again. There are people who vomit as the body reacts strongly to what it does not want in its system.



*Fig. 23 Cravings for the Wrong Things*

## Cravings

We only think of craving negatively, when we crave for things which are bad for the body. People who are already overweight and lacking in energy seem to crave for junk food and sugars, which is exactly a downward spiral and will make their problem worse.

## Cravings come from Toxins and Parasites

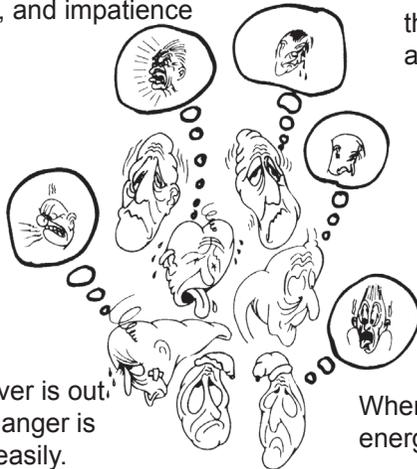
Our theory is that when there are too many toxins in the body, it becomes confused as it needs something but no longer senses what it needs. Like a confused or overtired child who will say 'no' to everything her helpful family are suggesting.

## Negative Emotions

We confuse our bodies by having so many emotions going around it. Taoists have the Six Healing Sounds exercise which eliminates emotional toxins; also the Inner Smile which replaces negative emotions by smiling in positive, loving ones.

When the heart is overheated, hate, cruelty, and impatience come out.

When the lungs are weak, the emotions of sadness and depression manifest.



When the stomach and spleen are weak or imbalanced, worry is expressed.

When the liver is out of balance, anger is expressed easily.

When the kidneys' energy is low, fear comes.

**Fig. 24 Emotions upset Organs.**

Cravings are often associated with emotional problems and so detoxing our negative emotions with the Six Healing Sounds cuts the link between e.g. feeling unloved and eating chocolate.

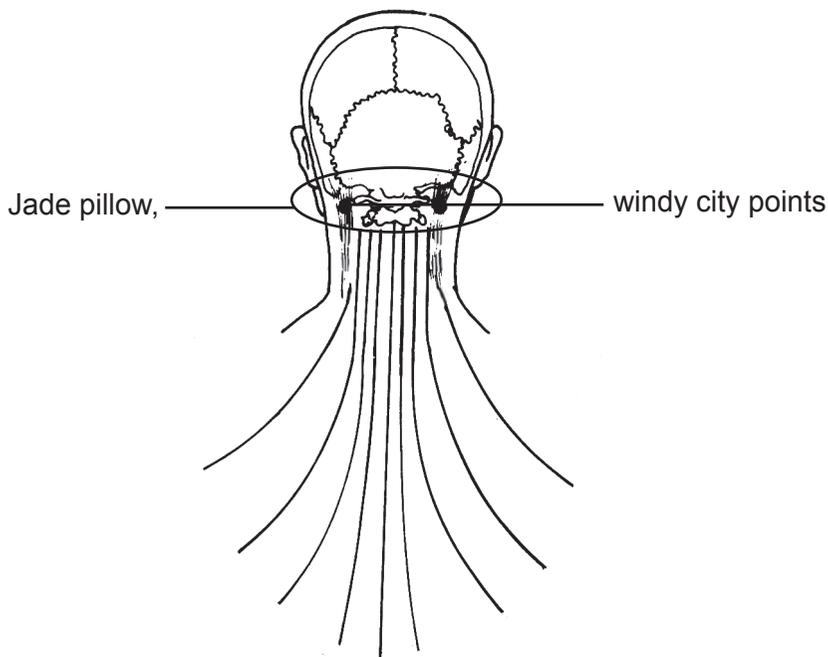
The Pi Gu regime works much more efficiently if it is accompanied by detox. This is especially evident with students who have a smoking or drug problem. Their chances of getting away from their cravings are much higher if they combine detox with their Pi Gu.



*Fig. 25 Stomach Healing Sound - Breathing Out Worry & Anxiety.*

## Relieving Cravings by Massage

Massaging certain points of the body will also help to release cravings.



*Fig. 26 Rub Windy City Points on Back of Head.*

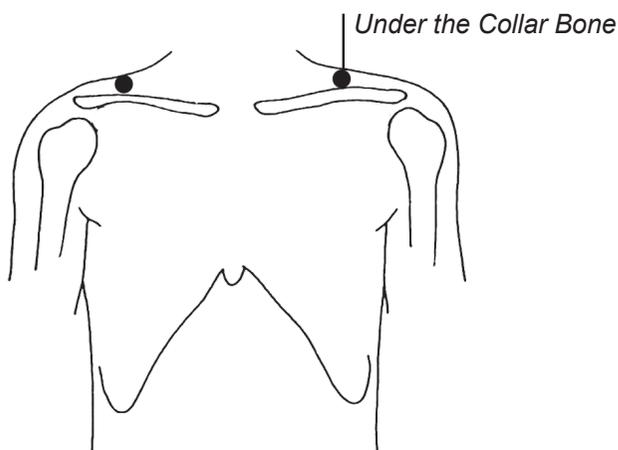
The points are at the back of the head, in the above diagram. The middle of this area is called the Jade Pillow, on either side is the Windy City: rub these Windy City points with your hands, turning with your thumbs until you find an area which hurts. This means you have hit the spot! Continue rubbing with the thumbs and you should feel something clearing up and energy going into your brain.

When you have cleaned out this area, it will no longer feel so sensitive, the pain should stop. Now place your thumbs in the middle Jade Pillow part, which is connected to the small brain and the main brain.

Continue to clear out this area in the same way by rubbing it, until there is no longer pain. The energy will be flowing, so just rest, feeling that your brain is clearer.

If there is a blockage, the hypothalamus, thalamus and the brain are confused and the body thinks that it needs something to remedy the situation. But the toxins are preventing the senses working properly to understand what it needs. There is usually emotional confusion too, which explains why so many people associate emotional confusion with food cravings,

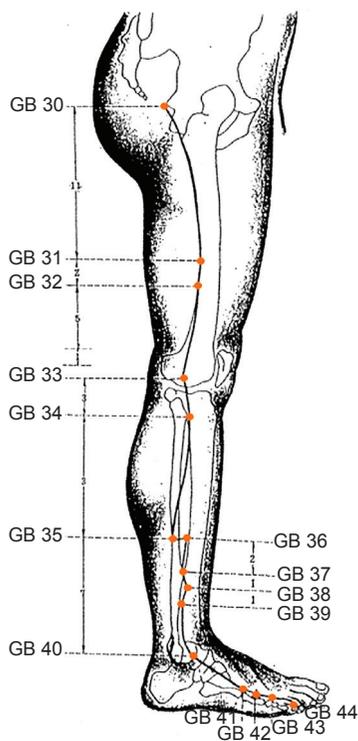
‘We need something’ but the brain no longer knows what, and the body is too toxic and too emotional and so makes demands. The pituitary gland says ‘what do you want?’, but the brain doesn’t know, and anyway the pituitary gland is also confused. Confusion reigns, but the basic body needs are fat and sugar, and that is what it will ask for, and we can overeat so much of that!



**Fig. 27** *Massage Points behind the Collar Bone*

The two craving points behind the collar bone will be painful too, due to a build up of toxins giving wrong messages to the brain. Take one at a time or both together, with a finger of the opposite hand, and press down on it.

The head is heavier than the neck; the neck and shoulders can take a lot of strain from supporting the head. To give you some idea, imagine having the equivalent weight in your palms and holding it up. As we are often leaning forward, or slightly to one side, this makes remaining perfectly balanced for the neck and shoulders difficult. The cravings points are difficult to get to for



**Fig. 28 Gall Bladder Line**

those reasons, but they send a signal into the brain: if it is the wrong signal, it confuses the brain. The gall bladder line continues down the body to the feet: massage down this line looking for painful places. Cravings can come from here, so search for the points and you will know when you have found them as they will be painful.

In fact you will probably find pain down all of the gall bladder line. One side is usually more painful, in which case try to train yourself to sit straighter. When sitting for a while, make a point of stopping to open the chest more. We often forget to do things like that when working or absorbed. The smart phone has everything but it absorbs our attention. Holding it to one ear for a long phone call is unbalancing and tends to make the body lean to one side.

Holding it between the shoulder and the ear strains our straight shoulder line. The smart phone, or the un-smart phone, helps to push the shoulders out of line and also sends wrong signals to the brain. It is a common problem and this misalignment is another reason for food cravings, so bear it in mind and correct the body position.



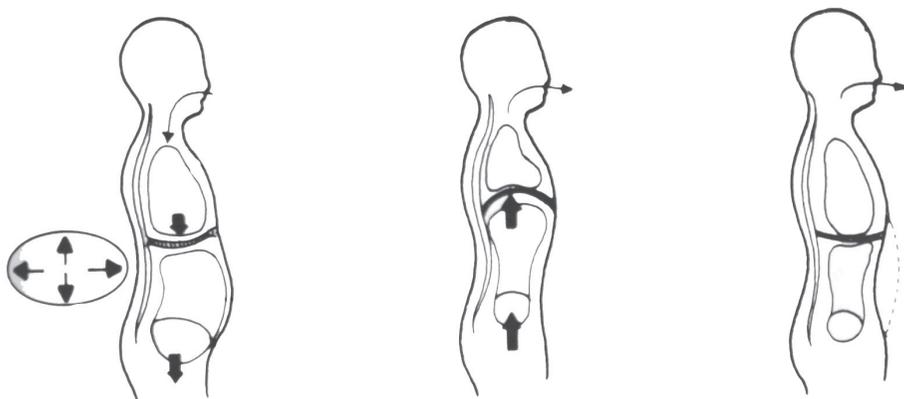
*Fig. 29 Holding a phone to your ear extensively creates imbalance.*

## Introducing Pi Gu Chi Kung

We are going to introduce the Chi Kung side of Pi Gu. The first exercises are easy for the inexperienced and many are divided into several parts. You might like to do the first ones several times before going on to the more advanced parts. You can also re-start at the more advanced parts by summarizing the early part beforehand or by remembering what it felt like to have Chi from the previous Chi Kung, in order to continue.

### Solar Plexus Breathing and Stomach Shrinking

The navel and the solar plexus is where the stomach is located. We can learn to contract this solar plexus area. It contracts like the uterus, being very similar in structure as they are both muscle and tendon together, a special sort of sack with sides like elastic bands. They can expand and contract, like a strong plastic bag, as the stomach can do also.

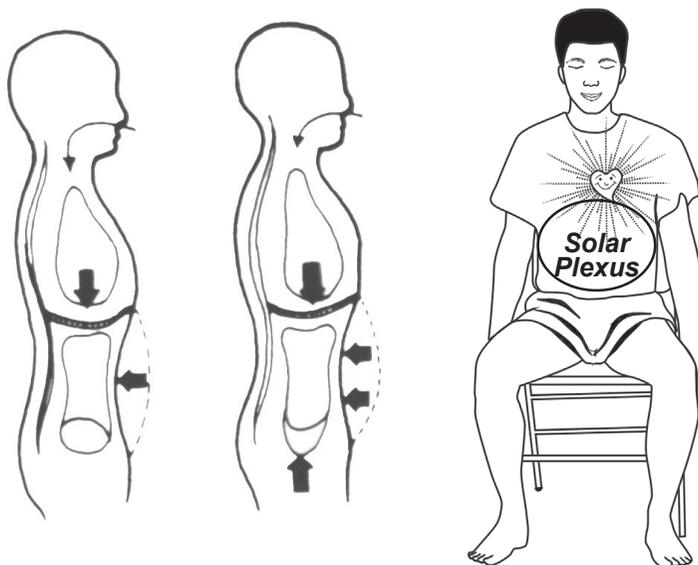


*Fig. 30 Abdominal Breathing*

Abdominal breathing is breathing into the lower part of your abdomen, filling it as you breathe in, and emptying it as you breathe out.

Putting your hand on the lower part of the abdomen helps by focusing your attention on the exercise and also by reminding you that you are filling the stomach as you breathe in and emptying it as you breathe out, and actually feeling it under your hand.

Abdominal breathing also helps you to breathe deeply, probably deeper than your normal breathing, by drawing the breath all the way down. It is energizing.



**Fig. 31** *Solar Plexus*

We are going to do some solar plexus breathing, it is just like abdominal breathing but a bit higher up.

If you belch when you do the practice it is a good sign. It sounds rude but shows that you are creating some space in your stomach.

Rub the solar plexus, and place your hand there, inhale into your hand and exhale.

Feel the saliva flow and focus on this elixir. Do this at least thirty times and then rest.

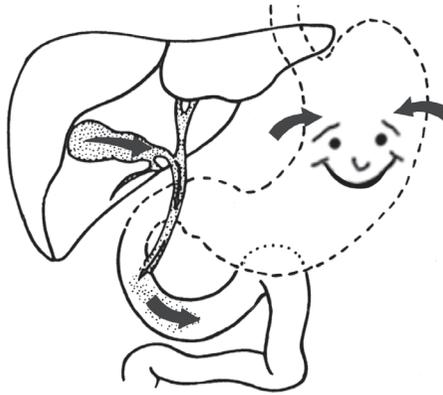
When you do this any trapped gas in the stomach will move down and out to the anus, which is the long way, or you will belch it up and out. Therefore belching out the gas is quicker.



**Fig. 32** *Smile to your Stomach*

Smile, feel your stomach, feel good Chi, and focus on getting rid of the gas trapped in the stomach.

Smile to feel the good Chi, and now very slowly, think about your stomach, and just focus on it. Doing this Chi Kung in a group, with a Pi Gu trained Chi master will help here. Master Chia passes energy to his students during these classes, helping them to give energy to their stomach.



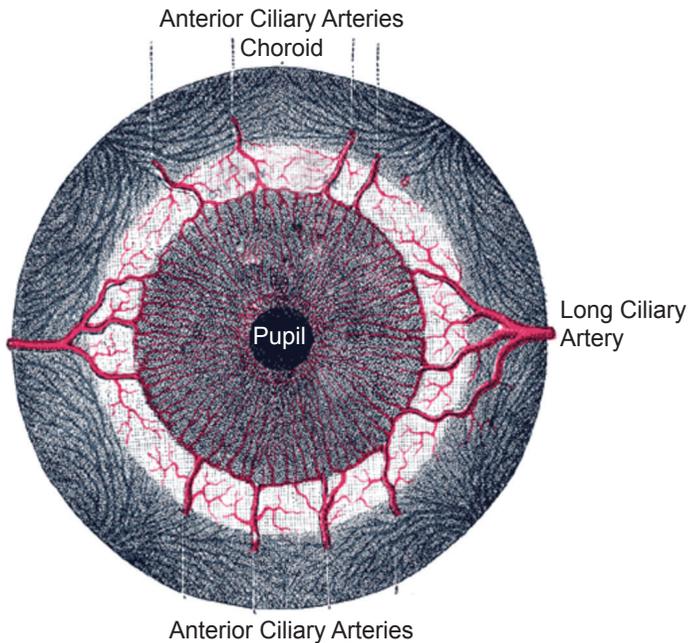
**Fig. 33** *Stomach Smiling and Shrinking*

The stomach will shrink: just smile and have a picture of the stomach, focus on your stomach, feel your stomach.

Now inhale, and when you exhale feel that you are contracting your stomach, it is an involuntary muscle so you cannot control it physically but through your mind power, soul power and subconscious.

It is one of your ring muscles, so also contract the eye and mouth, perineum and anus, the other ring muscles, and think of your stomach contracting too. You can contract on either the inhale or the exhale, contract and release, contract and release, feeling it in the muscles of your eyes.

Feel your stomach contracting too, talk to your body and say that you want your stomach to contract to its original size. See it happening.



**Fig. 34** Eye muscles work with our other ring muscles.

After a certain age you do not grow upwards, so you can only expand outwards. On top of that, much of the food we eat today does not make you grow upwards but only outwards, so the more we eat the more we spread out sideways and the body stores food for no reason. It does not know what to do with it, and it is laid down as fat cells.

Smile to your stomach, inhale, exhale and contract gently. Think of your stomach shrinking down small; we cannot do this on a full stomach, it must be at least partially empty. A good time is before lunch, or other meals.

Continue, quietly, internally, your eyes are very important here, the eye muscles and the eyes themselves.

The iris expands and contracts and is linked to the ring muscles (which are involuntary) and your mind thinks of your stomach going smaller.

If you train in this way, plus Pi Gu and detox for 21 days, plus a great improvement in chewing techniques so that saliva flows more readily, then you will transform your body.

Rest and rub your stomach; you might continue belching as when energy moves it usually pushes out a lot of gas. The resting or 'yin' phase of the exercise is very important too. You have done some work, some Chi Kung, and now the body is using the Chi; it is flowing around the body and making changes and healing.

## **Digestion System Stimulation**

It is important that the digestion system works well and we can do some Chi Kung to improve it.

As previously mentioned, fasting can send the body into a state of panic and then as soon as it sees food again, it will stockpile. Everybody would want to buy extra food and stock it if we were going into a famine, and the body is the same. That fasting experience could make the body panic and store sugar and fat in places that it forgets afterwards. When food supplies have stabilized it will stop stockpiling but forget to use the stores it has put away and use what it consumes daily, as usual.

Using a bamboo hitter or your hand, we are going to focus on our inner organs and hit them to release toxins. We will be hitting the liver, spleen, pancreas, small and large intestines.



**Fig. 35** *Stimulate Digestive Organ Healing*

Stand up with knees slightly flexed, and hit on the right hand side of your abdomen, that is your liver and gall bladder. Then on the left, which is your spleen.



Interior Left Abdomen:  
 Inhale pull up, spiral, pack, and squeeze energy into the interior left abdominal line. This channel runs parallel to the center line vertically between the ribs and the pubic bone, one and a half inches to the left of the navel. While maintaining the pressure, hit down to the pubic bone and then back up the same line to a point just below the rib cage. Exhale, relax, and absorb the Chi.



**Fig. 36** *Hit the Stomach and Intestines.*

The Chinese and the Tao always consider the spleen, as part of the digestive system, together with the stomach and pancreas, which are the other earth element organs. The liver and gall bladder are wood element organs. The hitting strengthens the organs and increases blood and Chi flow. If you fast, it is like shutting down a factory, which is sometimes difficult to get going properly again. In fact many big factories work day and night and do not even shut for holidays as it can be so problematic getting them going again.

Taoists have done this exercise for a few thousand years and we teach this as part of the morning exercise session at Tao Garden. It is also known as stem cell Chi Kung as it stimulates stem cell production. Rub the area you are working on, then breath into it, hold the breath and tap with the hitters at a steady rhythm. On the right hand side of the body, treat the liver and gall bladder with the tapping. Then on the left hand side of the body, in three parts, treat the spleen, stomach and pancreas. This will probably make you belch, releasing trapped gases in the digestive system..

**Repeat:** Liver, gall bladder, spleen, stomach then go down a bit to hit the pancreas. Always rest between hittings, to allow the Chi and blood to flow around. Then warm up the organs by rubbing on the body surface.

Hitting the interior and exterior lines on the right side of the abdomen uses the same steps as above. Use the left hand to hit as the right hand covers the right kidney, or remains in a fist.



Hitting a vertical line parallel to the line at the navel.

**Fig. 37** Morning Exercise at Tao Garden

This exercise is very good food for the digestion system itself; you are aiding it to clear itself out. Then food will pass on through the small intestines, whose function is to absorb nutrients. If the first part of the digestive system has worked efficiently, the small intestines' job will go smoothly. Otherwise we will have a build up of toxins in that part of the body too, as there will be too many pieces of food which are not predigested sufficiently. The food will not be energy and nutrient efficient either, as those valuable nutrients might not be in a condition to be absorbed by the small intestines and so will be lost to the body, going out as waste.

We can also do the hitting exercise on the small intestine: first, rub around it in a circle. Feel the gut is being activated, feel the blood going round more, and the pockets of trapped gas being released. Breathe into the area, hold the breath and start hitting from top to bottom.

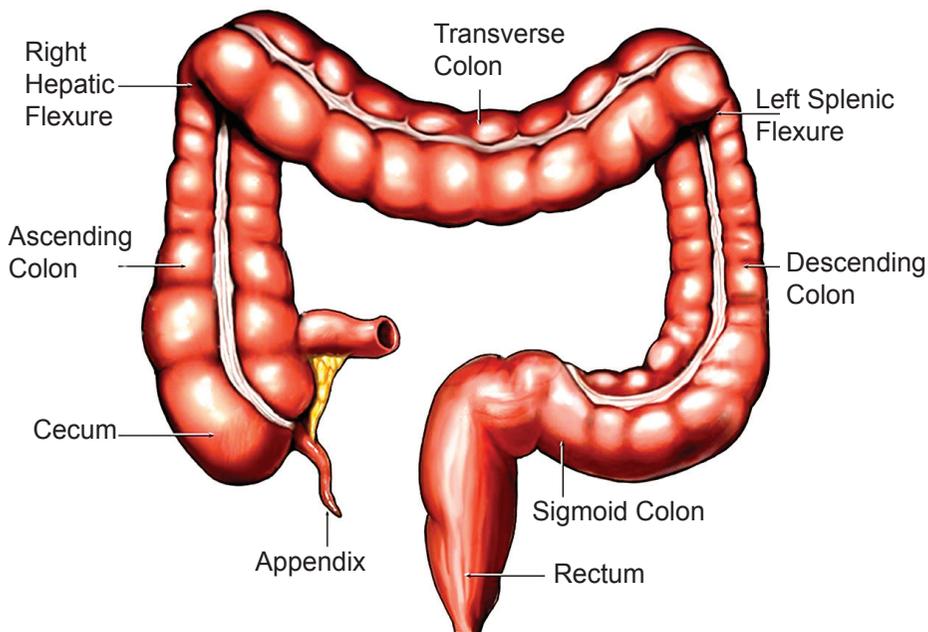


**Fig. 38** *Hitting Equipment*

Do not forget the rest period, rub the whole area and feel good, particularly in the small intestines, feeling they can absorb the nutrients and eliminate the waste.

Now onto the large intestine, starting with the ascending colon, then trace up the transverse colon, the descending colon and the sigmoid colon.

Shake it with your hand and make it move, to stimulate releasing matter stuck to the walls. Now tap down with the fist in that sequence.



*Fig. 39 Hit the Large Intestine*

It is very important to keep this system working; it works because it produces Chi and it is the Chi that keeps it all going. Refine this Chi to become a link between the body, the soul and spirit. When the Chi is more refined, we call it shen, which is the food for the soul and the spirit. That is one of many reasons that Chi Kung is so important in Pi Gu.

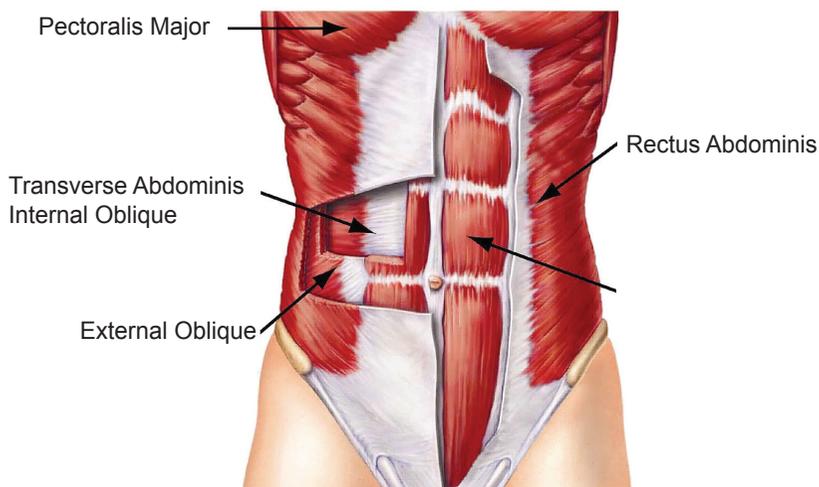
This Chi will keep the body strong and the digestion working well. Some people try to achieve enlightenment at the cost of their bodies but in the end they achieve neither good physical health nor enlightenment.

That is why Pi Gu is so different as a fast. Taoists believe that physical health aids spiritual development and enlightenment. Taoism aims to produce Chi through the physical body in order to feed the souls and spirits for spiritual work. (see 'The Five Enlightenments' page 13)

## Stomach Shrinking

Get in touch with the sensation of the stomach being happy before filling it with too much. Learn to recognize the point where the taste is good, and dissociate it from knowing when to stop eating. Do not just continue eating because the taste is so good. Reset your body wisdom. We have seen that the stomach can expand to five times its original size and looking at morbidly obese people we could think that it can expand even more than that. Once the stomach has expanded, it requires more food to fill it.

In fact the appetite will have expanded too. It is very difficult to reduce the stomach size once it has expanded, like a deflated balloon which cannot keep its original elasticity, especially if it has been larger for a long time. Stomach reduction surgery is a growing market in medicine. But instead we need to make it feel its elasticity again. Taoists have a Chi Kung for doing this too.

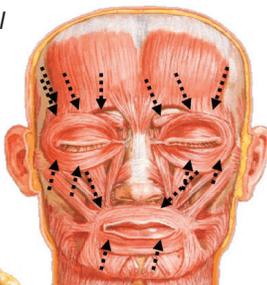


*Fig. 40 Stomach has muscles like a '6 pack'.*

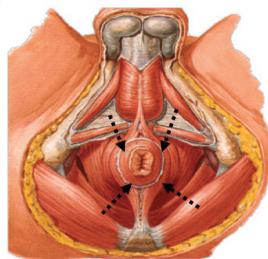
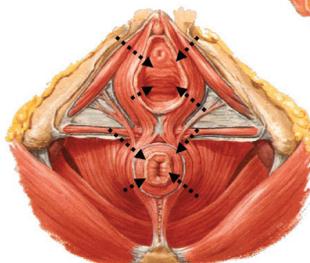
## Ring Muscle Meditation and Chi Kung

The stomach is a ring muscle, or a sphincter muscle, which is a round muscle around an orifice. The word 'sphincter' is generally thought of as only the anus so we will use 'ring muscle' as the general term for this group of muscles here. A ring muscle has blood vessels in it, it is a special tendon/ligament structure. The ring muscles in the body are: the uterus, the muscles around the eyes, urinary canal, certain mouth muscles, anus and stomach. These muscles work as a team in the body, they have a connection with each other and with the rest of the systems of the body. When the heart pumps blood into the ring muscles, they contract and expand, and the stomach likewise as it is the biggest ring muscle.

*The sphincter muscles in the face connect to the anal sphincter and the sexual sphincter muscle.*



*External anal sphincter muscle of male*



*External anal sphincter muscle of female*

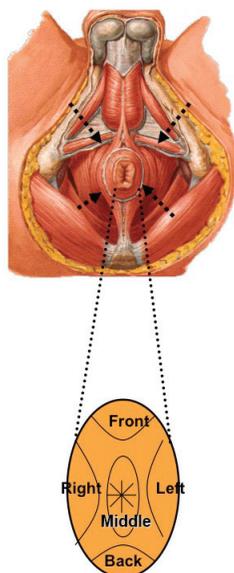
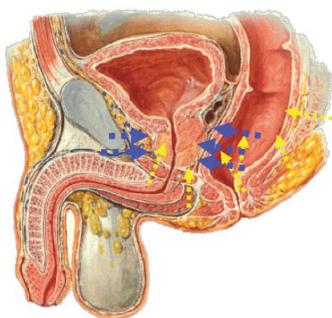
**Fig. 41** Ring muscles will work with the stomach.

There are also non-ring muscles which work with them: in the eyes – the eyebrows and the eyeballs, the nostrils, tongue, ears. They are coordinated with the hands and feet.

The ring muscles are connected to the digestive system and also the breathing system, in fact all body functions feel their influences.

When the stomach is in the poor distended state described above, its imbalance will affect the other ring muscles, and general health of the body. So getting your stomach back in shape will be good for your whole body too. The amazing thing that ancient Taoists discovered is that the other members of the 'ring muscles team' can help to correct it and get it back into shape.

*Contracting the eyes, mouth, anus and prostate gland will activate the center of the brain.*



**Fig. 42** Anus is divided into 5 parts: above - 2 diagrams of the anus parts and of its position in the body.

Our eyes are very important in this exercise, as we can contract the eye muscles voluntarily, i.e. by ourselves. The eyes are connected to the stomach and not just as in the expression for a greedy child who serves himself too much to eat; 'his eyes are bigger than his stomach'. When contracting the muscles around the eyes, the iris expands and contracts and it is also linked to the ring muscles circle. These might be involuntary muscles but your mind can think your stomach smaller when accompanied by Chi Kung in this way. It is connected to the blood vessel network too, so this becomes the largest honorary member of the ring muscle team.

The anus is important too as we can control the contractions of this sphincter. In fact there are many Taoist practices that involve contracting the anus muscles.

When you shrink your stomach down, you will need less to fill it, and that will continue as you reduce the overall quantity of food you eat. Try it for a month, expanding the feelings of fullness, eat 50% less and you will feel good. But when you eat more than 70 - 80% again you will not feel so good. So try eating 50% again and you will then feel that is satisfactory. You will remember this feeling.

You must learn to expand this feeling and remember it, so that it feels good, let the body remember it and want to achieve it again.

During Pi Gu you will not suffer from malnutrition as your body is going to be producing many other things that you need without just depending on food alone.

## Ring Muscle Chi Kung Practice

Smile, rub your stomach and it will contract.

Start with the anus, contracting it gently and you will start to feel the stomach contract. The ring muscle is like a tickling muscle, tickling the other muscles so that they all want to contract together.

Relax and you will feel warm as you gather Chi slowly by contracting the eyes and the anus at the same time.

Keep your hand on your stomach and you will feel your stomach contract gently under it, letting go then contracting again, feel its elasticity.

Keep your focus on your stomach contractions even if you feel the brain contracting too, leave that in the background.

Place the tip of the tongue behind the upper teeth.

You must feel that when you are gathering Chi, it is starting to follow where your mind intends it to be.

It follows you, because you are aligning it, you have good energy and you can keep that state and feeling through doing these meditations and Chi Kung. Having taken a time to do these practices and set up your proper energy pattern, you can go back to that feeling and you will then need a shorter time to do them in the future.

Just take the mind there, inhale, exhale and contract.

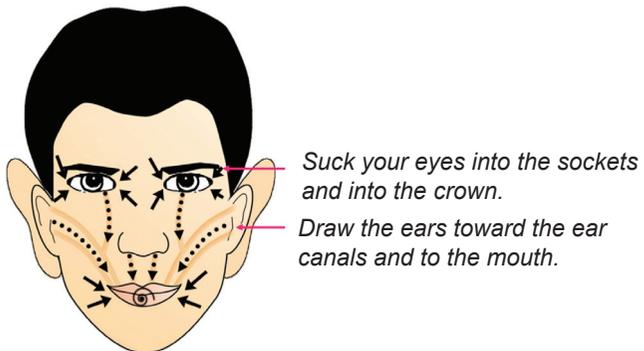
Sometimes when you have some empty time, you can just spiral, feeling so nice and good in the stomach. The stomach is the place where all the food will be converted into energy; if the stomach is not good and happy, you will not be able to get enough good nutrition. Therefore the first thing you need is your mindset, then a good variety of food. Next, if you chew well, you will double this effect.



*Fig. 43 Use your ring muscle discreetly in otherwise empty time.*

## Ring Muscle Chi Kung Part 2

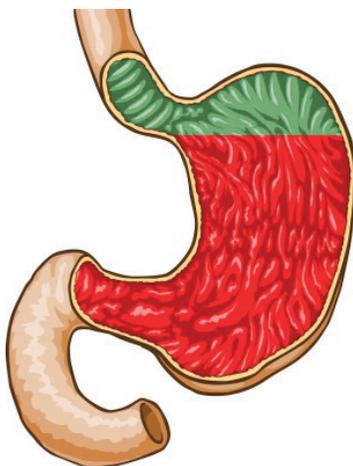
When the stomach loses elasticity, heal it by using other ring muscles, mainly the perineum, anus, mouth and eyes.



*Fig. 44 Contract the eyes.*

Contract the eyes and the anus gently, not straining, and the stomach will follow the example and contract as it is a ring muscle too. The stomach works all the time when there is food in it. However, when it gets too big and has difficult meals to deal with, then its elasticity goes. Chi Kung helps to restore its tonicity and during Pi Gu training Master Chia supports by sending the right energy to the students' stomachs.

Cut down the food by even only 10%. This is a mechanical necessity to give the stomach room to work better and it can start healing. If you get your full appetite back and start to eat too much again, then go back to doing the exercises.



**Fig. 45** *Stomach needs some empty space in it to work.*

Start with gentle anus contractions, as your stomach will follow by contracting, you might belch to expulse gas. The anus triggers the other ring muscles into contracting. Then you will feel something inside of you contracting, and you are aware of your stomach contracting.

Keep in mind that the stomach is getting smaller and feel its elasticity; you cannot do this exercise if the stomach is full. So choose a right moment.

Focus on the stomach, even though, you might feel the brain contracting too.

Put the tip of the tongue up to the roof of the mouth behind the upper teeth and saliva will start to come.

Rest after 5 minutes and feel the stomach, it should feel warm, and good. When the human body is exercised in the right way, it will respond in the right way.

Continue the gentle contractions for another 4 minutes. Just feel you have good Chi, and love, joy and happiness.

Let it radiate out in your body and let it affect the Chi around you, continue to feel the stomach warm inside you and under your palms.

Now move the hands slowly up and down, the Chi will feel sticky around you.

Spiral slowly, feel the energy around you align and stick to your hands and skin.

Gently breathe in and feel you are breathing in the Chi.



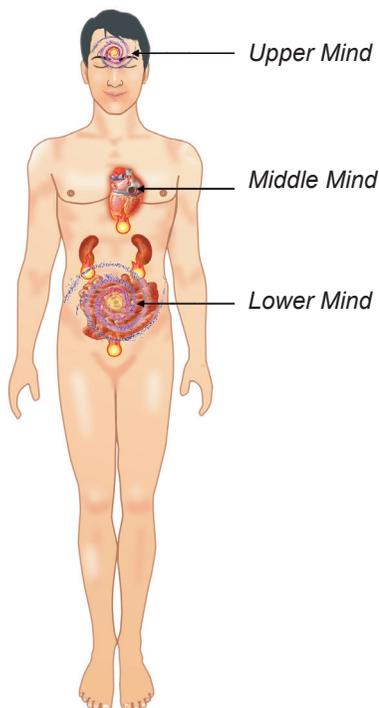
*Fig. 46 Stroke down the body to prevent the Chi from sticking first with one hand then the other hand, then both at the same time.*

Exhale, condense the Chi. Spiral with the hand slowly, feel warmth and happiness in your joints, let the love and joy radiate out to your whole body.

Feel the stomach warm. With the sacrum tucked in, inhale, press from sacrum to roll the body up, condensing the Chi into you. Move the sacrum up again, drop your lumbar, round your back, inhale, roll your body upwards, exhale, condense the Chi.

Hold your stomach and think of it contracting, getting smaller, feel its elasticity becoming more vital.

Smile to your perineum and relax.



**Fig. 47** *Feel good in your Stomach. Relax and smile down - copy the feeling.*

Give the command to your stomach 'small'; will it to become smaller; there is no need to have a big stomach.

Focus on the Chi and give it the command 'small'.

Gently contract eyes, make them very gentle, feel the connection to the stomach as the stomach also contracts.

Remember this good feeling and program it to stay in you.

Look for that feeling of when you have eaten enough to feel satisfaction, and have chewed enough to satisfy the brain and hypothalamus.

When you feel this, multiply it to the whole body.

When you feel that your stomach is contracting and expanding, then this is the moment that you can copy the feeling.

Concentrate and copy it and then start the movement again.

Relax, cover your stomach and just smile to it.

Feel it nice and warm and feeling good; you now know the difference between an upset stomach which does not feel good and this stomach you have made feel good.

Rub the stomach clockwise, condensing in the energy.

When teaching Pi Gu, Master Chia sends energy to help the students, particularly during the stomach contracting exercise. After training with him you can go back to this exercise at any time, even for five minutes, to regain this feeling.

***For More Information on this Booklet and the Original Book, "Pi Gu Chi Kung" from Inner Traditions' go to website: [www.innertraditions.com](http://www.innertraditions.com) or it can be ordered at a local bookstore.***

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*For Worldwide of North & South America, Europe & Asia information  
for Books, Products, Retreat and other Resources contact:*

**Universal Healing Tao Center**

274 Moo 7, Luang Nua, Doi Saket, Chiang Mai, 50220 Thailand

Tel: +66 (0) 53 495-596 Fax: +66 (0) 53 495-852

Email: [universaltao@universal-tao.com](mailto:universaltao@universal-tao.com)

Website: [www.universal-tao.com](http://www.universal-tao.com)

**Information for Retreats and Health Spa  
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Email: [reservations@tao-garden.com](mailto:reservations@tao-garden.com)

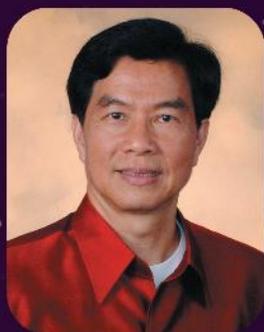
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Master Mantak Chia is the creator of the Universal Healing Tao System, Healing Tao, Tao Yoga and is the director of the Universal Healing Tao School at Tao Garden Health Spa & Resort in the beautiful northern countryside of Chiangmai, Thailand. Since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

## **Pi Gu Chi Kung**

***In this booklet Master Chia reveals the secret of Pi Gu which is an ancient Taoist form of energy fasting, practiced by adepts for thousands of years to increase their spiritual awareness. There are few references in Chinese written about Pi Gu - literally meaning 'no grains'. Those that do hint at the necessity of 'inner work', but their only solution to this is to 'find a Taoist Master to teach you'.***

***Now Mantak Chia, Taoist Master of Inner Alchemy, reveals how Pi Gu can work and the nature of the Inner Alchemy needed as an integral part of this practice.***

***Using ancient Taoist techniques which are familiar to his many Universal Healing Tao System students throughout the world and described in his many books on Inner Alchemy and other Taoist practices, Mantak Chia discusses chi kung and the dietary application of Pi Gu and guides us through Inner Alchemy meditations.***

***Master Chia has been using Pi Gu during his famous Darkroom Retreats in his home retreat center Tao Garden, in the southeast foothills of the Himalaya mountains near Chiang Mai, Thailand. The spa side of Tao Garden runs Pi Gu classes for nutritionists and dieticians and Master Chia teaches Pi Gu workshops during his world teaching tours.***

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