The Extraordinary Meridians

Practices in this series should be done in the following order. Do not skip steps. Wait until you have practiced one set of exercises, understand and feel the effect of practice before you move on to the next exercise. This is important. If you do not lay the proper foundation for this nei dan...inner practice, you will not benefit properly from these energy meditations.

1. The inner smile
2. Create the ba gua around your navel
3. The healing sounds
4. The microcosmic orbit
5. The belt channel
6. The thrusting channel
7. The master and coupled points
8. Drawing in heaven and earth

From the eight extraordinary meridians training program by James McRitchie
Inner Smile and Six Healing Sounds Practices

As taught by Master Mantak Chia, Universal Tao Center, Thailand
www.universal-tao.com

In the Taoist tradition, positive and negative emotions are associated with the internal organs. One of the keys to good health is to become aware of the emotional energies that reside in the organs, and to transform the negative emotional energies into positive virtues. Taoists believe that we are all born with the virtues of love, gentleness, kindness, respect, honesty, fairness, justice, and righteousness.

![Positive Emotions Creation Cycle](image_url)

Figure 1. The positive virtues.

Unfortunately, as we mature and encounter more stress in our daily lives, negative emotions such as fear, anger, cruelty, impatience, worry, sadness, and grief often predominate. The negative emotions have deleterious effects on the internal organs and glands, draining our life-force and undermining our health.
In the Tao "emotional intelligence" is a process of recognizing emotions by their effects on the body, and employing exercises that transform the negative emotions into positive life force, or Chi. Two important exercises are the "Inner Smile" and the "Six Healing Sounds" techniques, as taught by Master Mantak Chia.
Taoists learned the relationships between emotional energies and organ systems over many centuries of study and meditation. They developed methods to transform negative to positive emotions from their practical and intuitive understanding of the human body. Many of the Taoist insights are supported by observations and evidence from modern psychology and medicine. The "Inner Smile" and "Six Healing Sounds" exercises focus on five organs or organ systems: the heart, the lungs, the kidneys, the liver/gall bladder, and the stomach/spleen.

Table 1. The five major organ systems and their associated emotions and properties.

- The heart is associated with the negative emotions of arrogance and hate and the positive virtues of kindness and love. Recent scientific research shows that feelings of love and appreciation strongly influence the heart's rhythm and its relationship to the body's physiological systems.
- The lungs are associated with the negative emotions of sadness and depression, and the positive virtues of courage and righteousness. Emotional depression is often recognized by a physical depression and collapse of the chest and lungs.
- The kidneys are associated with the negative emotion of fear and the positive emotions of gentleness and kindness. Fear is closely related to the activity of the adrenal glands that lie on top of the kidneys. The adrenal glands secret adrenalin and noradrenalin when stimulated by the body's fight-or-flight response.
- The liver is associated with the negative emotion of anger and the positive emotions of generosity and forgiveness. Physiologically, the liver is important for storing and rapidly releasing glucose into the blood. The energy of anger requires the rapid availability of metabolic energy stores in the body.
- The stomach/spleen are associated with the negative emotions of worry and anxiety and the positive emotions of fairness and openness. Most people will be familiar with the "butterflies" and "knots" in the stomach related to worry, apparently related to a network of network of neurons and neurotransmitters in the sheaths of tissue lining the digestive system, known as the enteric nervous system (Gershon, 1998).

The Inner Smile and Six Healing Sound exercises direct our attentions to the body's organs and associated qualities. We successively visualize each organ, cleansing the organ and transforming negative emotional energies into positive virtues.
exercises help balance and integrate our sympathetic and parasympathetic nervous systems, promoting health, resilience, and vitality.
Inner Smile Practice
Front Line
1. Sit comfortably near the edge of your chair with your feet flat on the floor. Keep your back straight, but not stiff. Stay relaxed, and clasp your palms together in your lap. Press your tongue against the upper palate of your mouth.
2. Close your eyes and become aware of the soles of your feet. Feel their connection to the Earth.
3. Create a source of smiling energy up to three feet in front of you. This can be an image of your own smiling face, or of someone or something you love and respect, or any memory of a time in which you felt deeply at peace, perhaps feeling sunshine, being by the ocean, or walking in a forest.
4. Become aware of the midpoint between your eyebrows through which you will draw this abundant smiling energy in front of and around you. Let your forehead relax; as the smiling energy accumulates at the mid-eyebrow, it will eventually overflow into your body.
5. Allow the smiling energy to flow down from the mid-eyebrow through your face, relaxing the cheeks, nose, mouth, and all the facial muscles. Let it flow down through your neck. You can roll your head slowly and gently from side to side as you do this.
6. Let the smiling energy continue to flow down to your thymus gland, which is located behind the upper part of your sternum, and picture it glowing with vibrant health. Feel the thymus gland become warm as it begins to vibrate and expand like a blossoming flower.
7. Let the warm, smiling energy spread from the thymus gland into the heart. Draw more smiling energy through the mid-eyebrow, and let it flow like a waterfall down into the heart. When you smile inwardly to
the heart, it will generate the virtues of joy and happiness. Spend as much time here as you need to feel the heart relax and expand with loving energy. Try to remember your best experience of love and fill your
heart with that same feeling again. Love your heart. The heart is associated with the negative emotional energies of hastiness, arrogance, and cruelty. When you smile into the heart, these energies will dissipate, creating the space for the virtuous energies of love and joy to expand.

8. Let the joy and happiness generated in the heart expand outward to your lungs. Feel the lungs open as the happy, smiling energy flows into them. The lungs may appear to be pink and spongy, or they may feel abundantly full. If there is anything you see or feel in the lungs that is unpleasant to you, get rid of it. You can clear the lungs of energetic, emotional, and physical pollution by smiling into them. Feel the air flow from the tip of the nose down into the lungs, following it all the way out to the tiny air sacs where oxygen is exchanged for carbon dioxide. Thank your lungs for breathing and helping sustain your life.

You should feel your entire chest cavity filling with smiling, loving energy. The lungs are associated with the negative emotional energies of sadness and depression and the virtuous energies of courage and righteousness. When you smile into the lungs, you will dissolve any sadness or negative feelings, creating space for courage and righteousness to expand.

**Note:** Remember you can go back to the source of smiling energy in front of you—your vision or memory of a happy moment—to get more energy any time during the meditation. If you feel your attention wandering, or if you feel the effect of the Inner Smile becoming weak or diluted, just gather more smiling energy from the source. The Chinese say, "If you want water, you should go to the well."

9. Next you will direct the smiling energy to the liver, the largest internal organ, located just below the right lung. Feel the liver become immersed in smiling, loving, joyous energy. The liver is associated with the sense of sight, as it controls the energy of the eyes. Use your inner vision to see the liver and determine its condition. Its surface should be smooth and glossy, and it should feel relaxed and uncongested. You can use your eyes to smooth out any part of its surface or to relax any area that seems tense. Feel gratitude for the liver’s work in detoxifying the body, helping to store blood, and producing bile. The liver is associated with the emotion of anger and the virtue of kindness. When you smile to the liver, you will dissolve any anger and allow the kindness energy more space to expand. The Chinese suggest this also helps strengthen your decision-making power.

10. Let the smiling energy flow from the liver across the abdomen into the pancreas, located directly beneath the left lung. Thank the pancreas for making digestive enzymes, producing insulin, and regulating blood sugar. As you smile into the pancreas, see that it is healthy and functioning smoothly.

11. Continuing around to the left, smile into the spleen, which is just next to the left kidney. Don’t worry if you don’t know exactly where it is. If you smile in that direction, you will gradually get in touch with it. If you need to, return to the source of smiling energy in front of you, and let the smiling energy flow in through the mid-eyebrow and down to the area of the spleen.

12. As smiling, loving energy builds up in the spleen, let it flow into the kidneys. Smile down to the kidneys and feel them expand with radiant energy. You can use your inner vision to inspect the kidneys to be sure their surface is smooth and glossy and that they are filtering properly without any congestion. The kidneys are associated with the emotion of fear. As you smile into them, fear melts away, and the virtue of gentleness can grow. Keep smiling into the kidneys, and let the smiling energy build up until they are full.

13. Next, send the smiling energy down into the urinary bladder, urethra, genitals, and perineum.

**Women:** The collection point for female sexual energy is located about three inches below the navel, midway between the ovaries. Smile the accumulated energies into the ovaries, uterus, and vagina. Thank the ovaries for making hormones and giving you sexual energy. Bring the combined sexual, smiling, and virtue energies up to the navel, and visualize the energies spiraling into that point.

**Men:** The collection point for male sexual energy is located one-and-a-half inches above the base of the penis in the area of the prostate gland and seminal vesicles. Smile, and visualize the accumulated energies spiraling down into the prostate gland and testicles. Thank them for making hormones and giving you sexual energy. Bring the combined sexual, smiling, and virtue energies up to the navel, and spiral them into that point.
14. Return the attention to the source of smiling energy in front of you. Be aware of the mid-eyebrow point, and allow more smiling energy to flow in through it like a waterfall pouring down into the organs.
Once again immerse the thymus, heart, lungs, liver, pancreas, spleen, kidneys, urinary bladder (Fig. 3.43), and sex organs in smiling energy. At this point you should be feeling calm and peaceful.

**Middle Line**

1. Become aware once more of the smiling energy in your eyes. Let it flow down to your mouth. Become aware of your tongue, and make some saliva by working your mouth and swishing your tongue around. Put the tip of your tongue to the roof of the mouth, tighten the neck muscles, and swallow the saliva hard and quickly, making a gulping sound as you do. With your Inner Smile, follow the saliva down the esophagus to the stomach, located at the bottom and below the left side of the rib cage. Thank it for its important work in liquefying and digesting your food. Feel it grow calm and comfortable. Sometimes we abuse our stomachs with improper food. Make a promise to your stomach that you will give it good food to digest.

2. Smile into the small intestine in the middle of the abdomen. It is about seven meters long in an adult. Thank it for absorbing food nutrients to keep you vital and healthy.

3. Smile into the large intestine: the ascending colon, starting at the right side of the hipbone and passing upward to the undersurface of the right lobe of the liver; the transverse colon, which passes downward from the right liver region across the abdomen to the left beneath the lower end of the spleen; the descending colon, which passes downward through the left side of the lumbar region; and the sigmoid colon, which normally lies within the pelvis, the rectum and the anus. The large intestine is about 1.5 meters long. Thank it for eliminating wastes and for making you feel clean, fresh and open. Smile to it and feel it be warm, nice, clean, comfortable and calm.

4. Return to your eyes. Quickly smile down the Middle Line, checking for tension. Smile into the tension until it melts away.

**Back Line**

1. Bring your attention back to your eyes again.

2. Smile inward with both eyes; collect the power of the smile in the third eye (mid-eyebrow). With your inner eyesight direct your smile about three to four inches inside into the pituitary gland, and feel the gland blossom. Smile into the thalamus, from where the truth and power of the smile will generate. Smile into the pineal gland and feel this tiny gland gradually swell and grow like a bulb. Move your smile’s eyesight, like a bright, shining light, up to the left side of the brain. Move the inner smiling eyesight back and forth in the left brain and across to the right brain and cerebellum.
This will balance the left and right brain and strengthen the nerves.
3. Move the inner smiling eyesight down to the midbrain. Feel it expand and soften and go down to the pons and medulla oblongata and to the spinal cord, starting from the cervical vertebrae at the base of the skull. Move the inner smiling eyesight, bringing this loving energy down inside each vertebra and the disc below it. Count out each vertebra and disc as you smile down them: seven cervical (neck) vertebrae, twelve thoracic (chest), five lumbar (lower back), the triangular bone called the sacrum, and the coccyx (tail bone). Feel the spinal cord and the back becoming loose and comfortable. Feel the discs softening. Feel your spine expanding and elongating, making you taller.

4. Return to your eyes and quickly smile down the entire Back Line. Your whole body should feel relaxed, The Back Line exercise increases the flow of the spinal fluid and sedates the nervous system. Smiling into a disc keeps it from hardening and becoming deformed so it cannot properly absorb the force and weight of the body. Back pain can be prevented or relieved by smiling into the spine.

**The Entire Length of the Body**
Start at the eyes again. Direct your Inner Smile's eyesight. Quickly smile down the Front Line. Follow the smiling down the Middle Line and then the Back Line. When you are more experienced, smile down all three lines simultaneously, being aware of the organs and the spine. Now, feel the energy descend down the entire length of your body, like a waterfall—a waterfall of smiles, joy and love. Feel your whole body being loved and appreciated. How marvelous it is!

![The organs smiling.](image)

**Collecting the Smiling Energy at the Navel**

It's very important to end by storing the smiling energy in the navel. Most ill effects of meditation are caused by excess energy in the head or heart. The navel area can safely handle the increased energy generated by the Inner Smile.

To collect the smile's energy, concentrate in your navel area, which is about one and a half inches inside your body. Then mentally move that energy in an outward spiral around your navel 36 times; don't go above the diaphragm or below the pubic bone. Women, start the spiral counterclockwise. Men, start the spiral clockwise. Next, reverse the direction of the spiral and bring it back into the navel, circling it 24 times. Use your finger as a guide the first few times. The energy is now safely stored in your navel, available to you whenever you need it and for whatever part of your body needs it. You have now completed the Inner Smile.

**Six Healing Sounds Practice**

**Lung Exercise:** First Healing Sound

1. Become aware of your lungs. Take a deep breath and, letting your eyes follow, raise the arms up in front of you. When the hands are at eye level, begin to rotate the palms and bring them up above the head. Keep the elbows rounded. You should feel a stretch that extends from the heels of the palms, along the forearms, over the elbows, along the upper arms and into the shoulders. The lungs and chest will feel open and breathing will be easier. Draw the corners of the mouth back, exhale, making the sound "Sssssss", sub-vocally, slowly and evenly in one breath.
2. As you exhale, empty all feelings of sadness, sorrow and grief from your lungs.
3. When you have exhaled completely (without straining), rotate the palms down, close the eyes, and breathe into the lungs to strengthen them. If you are color oriented, imagine a pure white light and quality of righteousness entering into your lungs. Float the arms down by gently lowering the shoulders. Slowly lower them to your lap so that they rest there, palms up.
4. Close the eyes, breathe normally, smile down to the lungs, be aware of the lungs, and imagine that you are still making the sound. Pay attention to any sensations you may feel. Try to feel the exchange of cool, fresh energy replacing hot, dark waste energy.
5. Repeat the sequence 3 to 6 times. For colds, flu, mucous, toothaches, smoking, asthma, emphysema, or depression, or for detoxifying the lungs, you can repeat the sound 9, 12, 18, 24, or 36 times.
6. The Lung Sound can help eliminate nervousness when in front of a crowd. Do the Lung Sound sub-vocally without the hand movements several times when you feel nervous. This will help you to calm down. The Heart Sound and the Inner Smile will help also if the Lung Sound is not enough to calm you down.

**Kidney Exercise:** Second Healing Sound

1. Become aware of the kidneys. Place the legs together, ankles and knees touching. Take a deep breath as you bend forward, and clasp one hand in the other; hook the hands around the knees and pull back on the arms. With the arms straight, feel the pull at the back where the kidneys are; look up, and tilt the head back without straining.
Figure 12. The Kidney Sound Position
2. Round the lips and silently make the sound one makes in blowing out a candle "Woooooo". At the same time, press the middle abdomen, between the sternum and navel, toward the spine. Imagine any feelings of fear being squeezed out from the membrane around the kidneys.
3. When you have exhaled completely, sit up and slowly breathe into the kidneys, imagining a bright blue energy as the quality of gentleness enters the kidneys. Separate the legs to a hip's width and rest the hands, palms up, on the thighs.
4. Close the eyes and breathe normally. Smile to the kidneys, as you imagine that you are still making the sound. Pay attention to sensations. Be aware of the exchange of energy around the kidneys, and hands, head and legs.
5. Repeat 3 to 6 times. For back pain, fatigue, dizziness, ringing in the ears, or detoxifying the kidneys, repeat 9 to 36 times.

Liver Exercise: Third Healing Sound

1. Become aware of the liver, and feel the connection between the eyes and the liver. Place your arms at your sides, palms out. Take a deep breath as you slowly swing the arms up and over the head. Follow with the eyes.

Figure 13. The Liver Sound position.

2. Exhale with the sound, "Shhhhhhh", sub-vocally. Envision and feel that a sac encloses the liver and is compressing and expelling the excess heat and feelings of anger.
3. When you have exhaled completely, unlock the fingers, and pressing out with the heels of the palms, breathe into the liver slowly; imagine a bright green color quality of kindness entering the liver. Gently bring the arms back to the side by lowering the shoulders. Place your hands on your lap, palms up, and rest.
4. Close the eyes, breathe normally, smile down to the liver and imagine you're still making the sound. Be aware of sensations. Sense the energy exchange.
5. Do this 3 to 6 times. For anger, red and watery eyes, or a sour or bitter taste, and for detoxifying the liver, repeat 9 to 36 times. A Taoist axiom about controlling anger says: If you've done the Liver Sound 30 times and you are still angry at someone, you have the right to slap that person.

Heart Exercise: Fourth Healing Sound

1. Become aware of the heart and feel the tongue connected with the heart. Take a deep breath and assume the same position as for the Liver Sound, but lean slightly to the right.

Figure 14. The Heart Sound position.

2. Open the mouth somewhat, round the lips and exhale on the sound "Hawwwwwww", sub-vocally, as you picture the pericardium releasing heat, and the feelings of impatience, arrogance and hastiness.
3. For the rest cycle, repeat the procedure for the Liver Sound, but focus attention on your heart and imagine a bright red color and the qualities of joy, honor, sincerity and creativity entering the heart.
4. Repeat 3 to 6 times. For a sore throat, cold sores, swollen gums or tongue, heart disease, heart pains, jumpiness, moodiness, and for detoxifying the heart, repeat 9 to 36 times.

Spleen Exercise: Fifth Healing Sound
1. Become aware of the spleen; feel the mouth and the spleen connect. Take a deep breath as you place your hands with the index fingers resting at the bottom and slightly to the left of the sternum. Press in with the fingers as you push out with the middle back.

2. Exhale with the sound "Whooooo", made sub-vocally and felt in the vocal chords. Expel the excess heat, wetness and dampness, and the emotions of worry, sympathy and pity.

3. Breathe into the spleen, pancreas, and stomach, or imagine a bright yellow light, and the qualities of fairness, compassion, centering, and music making entering them.

4. Lower the hands slowly to your lap, palms up. Close the eyes, breathe normally and imagine you are still making the sound. Be aware of sensations and the exchange of energy.

5. Repeat 3 to 6 times. Repeat 9 to 36 times for indigestion, nausea and diarrhea, and for detoxifying the spleen. This sound, done in conjunction with the others, is more effective and healthier than using antacids. It is the only sound that can be done immediately after eating.

**Triple Warmer Exercise : Sixth Healing Sound**

The Triple Warmer refers to the three energy centers of the body. The upper level, which consists of the brain, heart, and lungs, is hot. The middle section consisting of the liver, kidneys, stomach, pancreas, and spleen, is warm. The lower level containing the large and small intestines, the bladder, and the sexual organs, is cool. The Triple Warmer Sound balances the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the upper center, through the digestive tract. This induces a deep, relaxing sleep. A number of students have been able to break a long-standing dependence on sleeping pills by practicing this sound. It's also very effective for relieving stress.
1. Lie down on your back. Elevate the knees with a pillow if you feel any pain in the small of the back or lumbar area.
2. Close the eyes and take a deep breath, expanding the stomach and chest without strain.
3. Exhale with the sound "Heeeeee", made sub-vocally, as you picture and feel a large roller pressing out your breath, beginning at the top of the chest and ending at the lower abdomen. Imagine the chest and abdomen are as flat as a sheet of paper, and feel light, bright, and empty. Rest by breathing normally.
4. Repeat 3 to 6 times, or more, if you are still wide awake. The Triple Warmer Sound also can be used to relax, without falling asleep, by lying on your side or sitting in a chair.

References:
FOCUS AT YOUR CENTER

Create a ‘Ba Gua’ around your navel, to concentrate your Qi/Energy, and store it there. Practice 2.
Create the ba gua around your navel

The Purpose:
This is a practice to increase the general volume of your energy, to ‘ground’ you, to ‘check-in’ with yourself, and to keep you ‘centered’ by bringing energy to your actual physical center. It quiets your mind and allows you to concentrate and focus your energy.

You can do it just for its own sake, or you can do it as a beginning and ending for other practices.

Overview and Explanation:
You are going to create a Ba Gua, which translates as ‘The Eight Diagrams’. This is a pattern of three concentric, eight-sided shapes/octagons, one inside the other, which you create around your navel. To learn how to create this pattern, and train your mind, you begin by first using a finger to draw imaginary lines on your abdomen around your navel. Then, after some practice and experience, you can create it by just using your mind alone.

To begin this practice, first bring your energy into your navel - your center. This is where the external energy first entered into you, through the umbilical cord. Your navel is ‘home-base’, and the safest place in your system.

A note about measurements

As this document and these instructions are being written in American English, the standard unit of measurement is in Inches. However, as the document will be available globally via the Internet, the units are also presented as Centimeters. Both measurements are given, but as they are not exact equivalents all of these lengths and dimensions are approximate. You may be in a country where neither of these measurement standards apply, so use your own judgement for what works best for you.

Creating A Ba Gua

A Ba Gua is three concentric 8-sided shapes/octagons (see preceding diagram). In the following practice you will begin by
drawing the outer one, which is approximately 3 inches/7.5 cm wide, from the navel to its outside edge, and then a 2 inch/5 cm wide one inside that, then a 1 inch/2.5 cm wide one inside that, so that you end up with this pattern around your navel. You will then spiral Qi/Energy out from the center to the edge of your abdomen, then reverse it to spiral back in to your navel again.

Do this exercise with half-closed eyes - half outward-focused looking at and watching what you are doing, and half inward focused feeling the sensation that you are experiencing. Later, when you are familiar with the procedure, do it with your eyes fully closed so that you can concentrate on the sensation and experience. In this way, you will educate and train your mind about the experience and feeling, and learn how to control and direct your energy with your mind alone. If you want to you can print out or copy the picture of the Ba Gua in this section and hold the center over your navel, as a guide. It should be the correct size - if it is not then expand or shrink it accordingly when you print it.
Preparation:
Inner Smile.

THE PRACTICE:
Sit on the edge of a chair in an upright posture, knees parallel, shoulder-width apart and bent at right angles, feet flat on the floor.

Place your left palm in your lap facing upwards, and place your right palm facing down on top of it, and let your clasped hands rest gently in front of you. This seals in your Qi. This exercise can also be done lying down, in which case interlace your fingers over your chest, or let them lie by your sides with your palms lightly closed and facing up.

Close your eyes and visualize a blue cloudless sky. Clear your mind of outside thoughts. Breathe deeply. Be aware of your breathing in and out, and let it slow down. Put your attention into your navel and, using your mind, begin to draw external energy into it. Continue until it feels warm, or until you feel some other noticeable sensation there, such as fullness or expansion.

You are going to create a Ba Gua around your navel. This is most important because it acts as a net or web to gather and collect your energy at your center.

Looking down at your navel, imagine it is a clock-face, with the navel as the center - 12 o’clock at the top, 3 o’clock to your left-hand side, 6 o’clock at the bottom, and 9 o’clock on your right-hand side.

Place a finger on your abdomen 3 inches/7.5 cm above your navel at 12 o’clock.

Imagine you are drawing with a soft, thick, felt-tip pen of your favourite color. Think of this as your mind-pen. All of the eight lines on this octagon are about 2.5 inches/6 cm long. To get to the starting position of this top line, from 12 o’clock come back to your right about 1.25 inches/3 cm.

Line 1. With the tip of your finger go from right to left and draw a horizontal line across the top of your abdomen.

Line 2. Moving in a clockwise direction draw another line diagonally downwards.

Line 3. Next, draw a line vertically down, from top to bottom, on the left side, at the 3 o’clock position.
Line 4. Then, angle diagonally inward and down.

Line 5. Next, draw a line horizontally across the bottom of your abdomen from your left to right at the six o’clock position.

Line 6. Then, angle diagonally up towards the right.

Line 7. Draw vertically up, from bottom to top, at the 9 o’clock position.

Line 8. Finally, angle diagonally inwards and upwards, to join the right side starting position of the original horizontal line across the top.

You have now completed the first and outer-most octagon of the Ba Gua.
Repeat the above sequence, only this time just 2 inches/5 cm from the navel. Each line is approximately 1.75/4 cm inch long.
Repeat the above sequence, but this time only 1 inch/2.5 cm from the navel. Each line is approximately 0.75 inch/2cm long.
You have now created a Ba Gua - three concentric octagons - around your navel. See and feel it clearly. Hold it there with your mind.

Now do the sequence again, but this time just with your mind without using your fingers. Again draw three concentric octagons 3 inch/7.5 cm, 2 inch/5 cm and 1 inch/2.5 cm from your navel. Close your eyes and concentrate. Repeat this over and over until you can feel and sense it clearly. In this way you will begin to educate and train your mind alone to draw the Ba Gua, and thereby train your mind to direct and control your Qi/Energy. Repeat this until you can do it at will. If you lose the sense of it, then go back to doing it with your finger. For a more direct experience try doing it directly on your skin, not through clothing. Repeat it until you “get it”. By doing this procedure you form a ‘net’ or ‘web’ around your navel, which can collect energy there.

Ba Guas are wonderful energy collection patterns. Once you have learned how to create them easily you can also use them at any other points - such as the center of your palms, the top of your head, the soles of your feet - to concentrate your energy there.
**Spiraling**

Next you will learn to activate and ‘Open’ your energy - in order to turn it ‘ON’. Then how to ‘Close’ it - to turn it ‘OFF’.

Using the tip of a finger, start in the center of your navel keeping your finger flat on your skin, and begin to spiral outwards to the sides, on the surface of your skin, in ever-increasing and expanding spirals. However, most importantly, men and woman go in opposite directions because of the opposite polarity of male and female energy - which is one of the primary differences between the sexes.

To ‘Open’ the navel and turn your energy ‘On’, you spiral out in one direction 9 times and then back in, in the opposite direction, 6 times. Again, see your abdomen as a clock face with your navel as the center, as if you were looking from the outside towards yourself.

- 12 o’clock is at the top,
- 3 is on the left side
- 6 is at the bottom and
- 9 is on the right side.

Moving to the left is clockwise.
Moving to the right is counter-clockwise.
To turn your Ba Gua ‘On’ you are going to spiral out from the navel, and back into it.

- Men spiral out to the right/counter-clockwise, from 12 o’clock to 9 to 6 to 3 and back to 12, and reverse back in to the left/ clockwise

- Women spiral out to the left/clockwise, from 12 o’clock to 3 to 6 to 9 back to 12 again, and reverse back in to the right/ counter-clockwise.

Do 9 spirals out. Move from the center of the navel all the way out, so that the bottom edge of the spiral touches the top of the pubic bone, which is at the 6 o’clock position, and the spiral finally comes to rest at the base of the sternum/breastbone at the 12 o’clock position.
Then reverse the direction for 6 spirals in to end at the navel.

Special note - Turning Your Ba Gua Energy On and Off.
Spiraling out, then back in, as described above, opens the energy center and turns it 'ON'.

To close the energy center down and turn it 'OFF' requires doing
this in the opposite direction - men opening out to the left then reversing in to the right, and women opening out to the right, then reversing in to the left.

It is most important to close the energy center down after you have finished this practice, or any other of the following practices. This is how you end a Qiging practice session, in order to keep your energy safe and stable.

Therefore, after you have opened the Ba Gua energy center by spiraling out and back in, you must reverse the direction and go out and back in again, in order to safely bring your energy back to your center. Otherwise, it will remain opened up and may be uncontrolled, and can cause detrimental effects.

Again. To close down, bring the Qi back into the navel and turn the system OFF - do the following:

Men spiral out to the left/clockwise 9 times, and back in to the right/counter-clockwise 6 times. 
Women spiral out to the right/counter-clockwise 9 times, and back in to the left/clockwise 6 times.

To finally seal it, put the center of one palm over your navel, with the center of the other palm on top of it. Left hand first for men. Right hand first for women. Concentrate your mind into the navel point, and imagine that you are breathing into it. While doing this, maintain the visual image of the Ba Gua.

**Spiraling With Just Your Mind**

Once you have done this with your finger, which educates your mind about your body, do this with your mind alone, so that now your mind leads your Qi. In this way, you gain mental control of your energy and can direct it with your mind as you need to. This whole procedure brings the energy into your navel, which is the primary center and storehouse/holding-place for your energy. This is where the pre-natal Qi first entered into you, as an embryo in the womb. It is Home-Base. If you simply concentrate your energy there it will be safe and stable. The navel center feeds into the energy center in the lower abdomen called ‘The Sea of Qi’ / The Lower Tan Tien.

**Sealing Your Energy**

When you want to end, do the following procedure. To seal your energy back into your navel, spiral out with your mind from the middle of your navel 9 times, until the top of
the spiral ends at the base of your sternum at the 12 o’clock position. Then reverse, coming back in to the center of the navel in 6 spirals.

However, as previously, men and woman do this in opposite directions, as follows:
Men spiral-out to the left/clockwise, and women spiral-out to the right/counter-clockwise. When you have reached the limit of your sternum at 12 o’clock, reverse direction to come back into the center of your navel in 6 spirals.

Then, most importantly, disconnect your tongue. This disconnects the Governor and the Conception Channels. It is essential to do this if you are ending this practice.
To close, place your palms over the navel, left first for men, right first for women, and concentrate your energy and attention there. Check how you now feel. Record it in your memory library.

**Advanced Ba Gua Practice**

To take this procedure further, and concentrate your energy even more strongly, condense your outermost Ba Gua into a 1.5 inch/4 cm diameter, then 1 inch/2.5 cm inside that, then finally 0.5 inch/1.25cm inside that.
To develop even more concentration and power, spiral out 36 times and in 24 times.

It may be difficult at first to maintain concentration for this larger number of spirals. To make this easier, and to train your mind how to do it, break it down into thirds – go out 12 then 12 then 12, and back in 8 then 8 then 8. After some experience and practice it will become easy to do the whole sequence with your mind, and well worth the effort.

To gather more energy into you through your Ba Gua, use your mind to draw external Qi – from the sunlight, grass, trees and flowers, moon, stars, heavens, cosmos... into yourself. By gaining control over your Ba Gua you will also gain control over your whole energy, and be able to bring it into your actual physical center - your navel. You will feel calm, grounded, alert and relaxed.

Once you have mastered the ability to do this procedure with just your mind, you can use it to check-in with yourself. If it is difficult to do because your energy feels too wild and out of control, or because it is too sluggish and won’t move easily, that is feedback to yourself about how your general energy is
doing. By concentrating and establishing control over the Ba Gua
you establish control of your whole energy system.
You can also use this to build-up your energy and increase its
volume.

Use it whenever you need to. Use it before going to sleep.
Use it everyday. Use it whenever you are feeling ‘unbalanced’
or ‘ungrounded’ to get you back into your Center. Put it on
automatic and have it happen all the time, by itself.
Forming and activating the Ba Gua around your navel is one of
the most important and primary techniques that you can use to
control, increase and re-charge your own energy.

The Ba Gua can be the basis for continuing to a variety of the
following practices.
It is a fundamental requirement to gather your energy in your
center at the beginning and ending of every practice, to keep
your Qi/Energy stable and safe.
Always end any practice with closing and sealing the Ba Gua.
THE MACRO COSMIC ORBIT
THE GREATER HEAVEN MEDITATION
The Bridge & Linking Channels
Yin & Yang Qiao Mo and Yin & Yang Wei Mo

The Purpose:
To open and activate the channels that extend into the extremities of the arms and legs.
To integrate the four secondary extraordinary meridians, with the four primary extraordinary meridians.
To turn on the complete system so that it functions as one integrated whole.
To learn a fast and immediate practice that can be performed in two breaths.

Overview and Explanation:
The Macrocosmic Orbit is the complement to the Microcosmic Orbit,
it is the larger version. While the Microcosmic Orbit circulates along the Governor and Conception/Du Mo and Ren Mo channels of the torso, the Macrocosmic Orbit extends into the arms and legs. Doing this practice integrates the extremities of arms and legs into the whole system. It also brings in the important points on the hands and feet called the Master and Coupled Points, which are presented in the next section.
There are numerous versions of this practice, but all have in common the circulation into the extremities. The version presented here uses the channels known as the Bridge and Linking Channels which connect and regulate all of the 12 regular organ/officials channels.

There are four of these, in two pairs, known as:
Yang Qiao Mo
Yin Qiao Mo
Yang Wei Mo
Yin Wei Mo
‘Qiao’ means Bridge.
‘Wei’ means Linking.
‘Mo’ means Channel or Meridian.

In relation to the Eight Extraordinary Meridians it can be considered that there are four “Primary” Extra Meridians - which are the Governor/Du, Conception/Ren, Belt/Dai and Thrusting/Chong Channels that flow through the torso and head. These have already been described in the previous practices. The additional four meridians of the Bridge and Linking Channels can be considered the “Secondary” back-up or support channels.
They flow through the arms and legs, bringing these into the network of the energy system. They have no separate points of their own. They criss-cross and leap-frog over points on the 12 regular organ/officials channels.

There is little information available on these channels in the literature. The highly regarded book 'ACUPUNCTURE - A Comprehensive Text', a direct translation from the Chinese by Dan Bensky and John O’Connor of the textbook used by students in the Shanghai College of Traditional Medicine of Acupuncture, states “A single, comprehensive description of the pathways and symptomatology of the eight Miscellaneous (Extraordinary) channels cannot be found in any one of the traditional medical classics.”

There are various opinions regarding their exact course and trajectory. Even to the majority of Acupuncturists and Qigong practitioners, they are somewhat of a mystery, and indeed the pathways described in Qigong are somewhat different than those
described in Acupuncture textbooks. However, common agreement exists from all sources regarding a special category of eight points on the Extraordinary meridians, which are known as the ‘Master’ and ‘Coupled’ points.

In the following practice, the Bridge and Linking Channels are combined in one integrated flow.

The practice has a number of ways of being taught. Bear in mind that the instructions described here are by necessity abbreviated and simplified. If you lived in a Daoist Monastery, and practiced 16 hours a day, you would no doubt learn each and every point, and its function and spirit. Most ordinary people who are engaged in normal life, with jobs and families, do not have such opportunity or luxury.

It is not necessary to train as an Acupuncturist to learn these points, they can be learned from any of the standard Acupuncture books which are now widely available and accessible. This only requires time, concentration and focus. The version taught here involves running the ‘flow’ of the channels, which is much faster and easier to learn and assimilate. This is based upon the theory that the Qi is running along these pathways already, and the practice taught simply and again, over time the whole pathway will open up.

Four Quarters - Two Stages.
The general flow of this practice follows the pathways shown in the accompanying diagrams and charts. It is in four sections or quarters:

- 1st quarter.
  Head down the front of the body to the feet
- 2nd quarter.
  Feet up the side of the legs and back, to the shoulders
- 3rd quarter.
  Shoulders down the outside arms to the hands
- 4th quarter.
  Hands up the inside arms and rear of the neck to the head.

The practice is in two stages:
- The first stage is done with the hands and fingers to lead and guide the mind.
- The second stage is done with the mind alone.

Your Fingertips As Guides.
Fingers are an important tool for tracing along the pathways and
points of the body. By touching yourself you educate your mind and awareness about where places, points and pathways are located.

Although fingers vary in size from person to person they are usually in proportion to an individual’s body size – generally small people have small fingers, large people have large fingers.

You can use your fingers in a variety of ways:
- When the middle three fingers are held next to each other they have a width between 1.5 - 2.5 inches from side to side (depending on the size of your hands and fingers).
- When turned sideways the tips form a line, one behind the other, which can ‘draw’ along a pathway on the surface of your body.
- The tip of one finger can rest on a single point, and give precise location and focus.
- If you bring all five tips of your fingers and thumb together you form a ‘circle’ of fingertips which is about 1 inch wide. This circle can be held over a particular point or area, to focus Qi there.
- If you open up these fingertips, spread them apart, you can expand this circle to 4-6 inches wide, to cover a larger area of focus.
- The position and angle of your hand will determine the amount and area of contact that is possible. The hands and arms only move in certain ways and angles, and these angles and positions determine what contact between your fingers and body is possible. Experiment for yourself, and follow what comes easily and naturally. Do not over-stretch or strain your fingers, hands or wrists.

By touching and tracing with your fingertips in these ways, you are educating your mind and awareness about your body and energy.

Your mind ‘reads’ and learns where the various pathways are, and remembers them.

**THE PRACTICE:**

To begin it is easiest to start on one side of the body only. Later, as this practice becomes familiar, both sides can be performed at the same time.

1st Quarter.
Head down the front of the body to the feet
With the three middle fingers of one hand, using your left or
right depending on your natural preference, touch the Bai Hui point on your crown. Then move it out to the side 1-2 inches, so that you are touching the Gall Bladder line. Slowly draw your fingers forward, following with your mind, so that they come over your forehead, over your eyes, and down the middle of your cheek to the edge of your jaw. Then draw your fingers under the edge of your chin to the midpoint.

Now draw down the center of your throat, over your Adam’s Apple, to the notch at the base. Move out to the side along the top of your collar bone/clavicle until you feel a prominent ‘bump’ at the side (However, some people do not have this bump because of their particular anatomy). This point is directly above the nipple on a man. Then proceed vertically down over the top of your chest, over your breast and nipple, if you are a woman coming back at the base of your breast to the same distance from the center line, and continue on down to the bottom edge of your rib cage. Now slowly continue straight down in a vertical line until you meet the crease of your groin.

From here trace down the inside of your thigh, down to the inside of the knee. Continue on over your knee down the inside of your lower leg to the point directly below your inner ankle bone. Continue along the inside edge of the foot to the big toe. You have now completed the first quarter of this practice, tracing from your head to your foot.

**2nd Quarter.**
From the feet up the outside of the legs, to the back and shoulders.
Slide your fingers under the bottom of your foot so that the tip of the middle finger is touching the Bubbling Spring/Yong Quan point in the center of your foot, just behind the base of your toes. Keeping the tip of your middle finger in contact with the Bubbling Spring, turn your hand in a half-circle, so that the back of your hand is facing outwards to the side.

With the tips of your fingers roll up and over the edge of the little toe on the outside edge of your foot, so that they are now touching the top surface of your foot between the fourth and fifth toe. Draw your fingers backwards towards your heel, to stop below your outside ankle bone.
Slowly draw up the outside edge of your leg, along the lower leg, past the knee, right up to outside of the hip joint. From here move inwards under the cheek of your buttocks, to the mid-point in the center of the back of your thigh.

Then continue vertically upwards along this line, over the back of your pelvis, reaching as far up your back as your arm will go. Your arm can only reach so high up your back. To continue up your back and make the connection along the path where your hands cannot reach, you have to use your mind to direct and connect your Qi.

You also now have to use the other arm and hand. With the opposite arm and hand reach over your shoulder so that the center of your palm is resting on the top of your shoulder and the fingers extend down your back so that the tip of your middle finger touches the top inner edge of your shoulder blade. Draw your middle finger up another inch or two so that it is contacting the back of the shoulder, but not the top edge. You have now drawn your energy from your foot to your shoulder. This completes the second quarter of the practice.

3rd Quarter.
Shoulders down the outside arms to the hands. The third quarter of this practice is shorter, and involves moving from the shoulder down the outside arm to the fingers. From the point on the back of the shoulder slide your fingertips sideways so that they touch the point at the top of the crease where the arm meets the torso.

Keeping your fingers at this point slide the palm of your hand forward over the corner of your shoulder so that it is now covering the outside edge of your arm. With the palm of your ‘passive’ hand facing toward your body, trace your ‘active’ hand down the outside edge of your ‘passive’ arm, to the outside edge of your elbow. Then draw your fingers from the elbow, down the outside surface of your arm to stop in the middle above your wrist, between the two bones.

From the wrist, slide your fingertips over the back of your hand to the outside edge of the little finger. Continue along the edge of the little finger to its tip, and around to the tip of the middle finger, so that you end with the tip of the middle finger of the ‘active’ hand touching the tip of the middle finger of the ‘passive’ hand.
You have now completed the third section of this practice, from the shoulder to the tip of the fingers.

4th Quarter.
Up the inside arms, to the back of the neck, and finally return to the head.
The fourth, and final, quarter involves moving from the hands to the top of the head, back to the beginning to complete the whole practice.
Turn the ‘passive’ hand so the palm is facing upwards, finger tips still touching.
Now draw the tip of the middle finger of your ‘active’ hand along the inside of the middle finger of your ‘passive’ hand, until it comes to the center of your palm.

Then continue along your hand to the center of the wrist.
Continue up the center of your inside arm to the point three finger widths above your wrist.
Then slide outwards to the thumb side of the arm, again three finger width above the wrist.
Draw your fingers upward, to come to the middle of the inside crease of the elbow.

Then continue up the center line of the upper arm to the ‘hollow’ just under the collar bone/clavicle, where the shoulder meets the torso.
From here continue up to the center of the top ridge of the shoulder.
Having used your ‘opposite’ hand to run down and back up the ‘original’ hand, you can now revert back to the original hand to touch the last two points and end this section.
From the top of the shoulder trace up the side of your neck to end in the ‘hollow’ at the base of your skull.
Finally, trace up and over the back of the head, to end at the beginning point, off to the side of the crown point.

The Whole Circuit
Repeat the previous four quarters slowly three times, tracing with your fingers and following with your mind/awareness, so that you educate your mind about these pathways.
Repeat it on the opposite side.
Once you are familiar with each side separately you can do both together from head to feet.
From your feet continue up your legs to your pelvis, then as far up your back as you can reach. There is only so far up the back your hands can go. You have to fill in the unreachable space, along the length of your shoulder blade to the back of your
shoulder, with your mind alone.

From this area each arm has to be traced separately and independently by the opposite arm, down to the fingers and up to the top of the shoulders. Then both arms can be used together again, so that you end up ready to repeat the practice. When done slowly, with intentfull purpose and focus, this practice becomes like a slow motion dance, and self-energy massage. When you have done this on both sides you will have completed the circuit of the Bridge and Linking Channels, the sequence known as The Macrocosmic Orbit.

Once you are thoroughly familiar and comfortable with this practice, then do it with your Mind alone. Send your Qi down when you breathe-out, and up when you breathe-in. The whole practice can be completed in two cycles of breathing. Once these points and pathways are opened correctly it is possible to complete the whole circulation in two breaths.

From head to feet when you breathe-out, from feet to shoulders when you breathe-in. From shoulders to fingers breathing out. From fingers to top of your head when breathing in. Eventually the whole practice becomes as easy and natural as breathing. This can be repeated for three or more circulations.

A further variation of practice is to observe the complete circuit simultaneously as it flows as one complete system. To do this visualize the whole series of pathways at the same time. You can imagine that you are looking at yourself from a distance and from all directions, and seeing the complete circuit all at once.

To end, bring the Qi to the beginning points on the crown, draw it from each side to the Bai Hui point in the center, connect the tongue to the roof of the mouth, then bring it down the Microcosmic Orbit, down the Conception Channel on the mid-line of the torso, back to the navel - and seal it with the Ba Gua.

To Continue:
The Macrocosmic Orbit is complete in itself, and may be practiced as such. It is also paired with, and complementary to, The Microcosmic Orbit and they can be practiced together. It is a pre-requisite for learning the next practice of The Master and Coupled Points.
The Bridge & Linking Channels - Points

The following sequence of points is more advanced,

The abbreviations of the channels are as follows:
GB = Gall Bladder
ST = Stomach
CV = Conception
LV = Liver
SP = Spleen
KI = Kidneys
BL = Bladder
TH = Triple Heater
SI = Small Intestines
LI = Large Intestine
PC = Pericardium
LU = Lungs

Note: The Heart and Governor Channels are not included in this practice.

Down the front of the body - head to feet
GB 17, GB 16, GB 15, GB 14, ST 2, ST 4,
CV 23, CV 22, ST 12, ST 16, ST 17, LV 14,
SP 16, SP 15, SP 13, SP 10, SP 9,
KI 6 (Master point of Yin Qiao Mo), SP 4 (Master point of Chong Mo), KI 1...

Up the back of body - feet to shoulders
GB 41 (Master point of Dai Mo), BL 62 (Master Point of Yang Qiao Mo),
GB 34, GB 31, GB 29, BL 50,
BL 48, BL 47, BL 44, BL 42, BL 39, BL 38, BL 37,
TH 15, SI 10, SI 9...

Down the arms to the hands
LI 14, LI 11, TH 5 (Master point of Yang Wei Mo),
SI 3 (Master point of Du Mo)...

From the hands up inside arms to shoulder, neck and crown
PC 8, PC 7, PC 6 (Master point of Yin Wei Mo),
LU 7 (Master Point of Ren Mo), PC 3, PC 2, LU 1,
GB 21, GB 20, GB 17. Back to the beginning.
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The Belt Channel / The Dai Mo

The Purpose:
To activate and strengthen the field around your body.
To smooth, repair, balance and equalize your protective personal energy envelope.
To access the only horizontal channels circling and spiraling around your body.

Overview and Explanation:
The Belt Channel/Dai Mo is the meridian that circles horizontally around the body. It is the only meridian that moves on a horizontal level, and it wraps around all of the other channels, holding them together like a belt.

This practice may be used to clear your field, and make you feel good. There are different ways of doing this practice - you can slow down and do the rotations closer together and in more detail, or you can open them up as one big cocoon. It strengthens and clears your field around your body. It acts as a protective field, an envelope, and can function as an energy ‘overcoat’ to keep out undesirable energetic, psychic and emotional influences.

The human body is like a simple bar magnet, with a positive pole at one end and a negative pole at the other. Outside and around the body is a bio-electro-magnetic field, similar to the energetic field surrounding a bar magnet - most children are aware of this from the simple classroom experiment of sprinkling iron filings on paper which covers a magnet. The Chinese refer to this bioelectro-magnetic field as Wei Qi, but it is commonly known in the West as the ‘Aura’. This extends roughly as wide as your arms can reach.

Your Wei Qi Field/Aura is an extension and reflection of your energy system. It is said to have seven distinct layers of increasing refinement and subtlety as it extends outward, each one corresponding to one of the seven energy centers along the known in the Daoist system as ‘Cauldrons’. In the yoga system they are familiarly known as ‘Chakras’. It is considered that the lowest cauldron relates to the first layer, closest to the body, while the highest cauldron relates to the outermost layer, the one furthest from the body.

This Wei Qi Field is like an antenna and connects you with the
external energy outside of you - for instance, it resonates with the Earth’s magnetic field. It is also affected by such natural events as the weather, the seasons, and the moon cycles, as well as the location you are in. Being in the Grand Canyon at midnight on a full moon is a different ‘energy’ than being in the center of London on Monday morning in the ‘rush hour’. There is a very real reason and purpose for people wanting to ‘be in nature’ - the ‘energy’ is better.

It is most important for your health and well-being to keep your Wei Qi Field clear, clean and strong, because it reflects and affects your meridian energy, and can be beneficial or detrimental to all of your organs, functions and overall health. However, you do not need to be in nature to do this, you can do it just using your mind.

The following practice can help you check, clear and balance your whole Wei Qi Field, and also help repair any irregularities or disturbances in your whole energy system. Checking your Field can put you back into good order, and prevent imbalances before they become physical problems. You use your mind and awareness to ‘scan’ your Field, like a personal internal radar.
THE PRACTICE:
There are three stages of development in the Belt Channel/Dai Mo practice:
- Around the core Thrusting Channel/Chong Mo inside you (the next practice)
- Around the surface of your body
- Around the external Wei Qi Field that surrounds the whole body

Once you are proficient at working with your own Wei Qi Field you can extend outward into Heaven and Earth. Then you can draw the fresh clean energy of Heaven and Earth directly into you. However, to do this it is first necessary to learn the following practices.

Begin at the navel. Moving your Qi with your mind, activate the Ba Gua by spiralling out and back in again to turn it on. Condense your Qi into a pearl.

Using you mind and intention to direct and control your energy, start at the level of your navel. Your navel is ‘home base’ and the safest stablest location, where you start and end this practice. So, to begin, first do the following at the navel.

Focus the Qi Pearl at your navel on the surface of your skin. Directing it with your mind, let it flow from the navel to the left side of the waist, then to the Gate of Life/Ming Men point on the center of the spine at the back opposite your navel, and on around to the right side of the waist, then back to end again at the navel. Repeat this for total of 3 or 9 times.

To develop the ability to do this practice, first begin by circling three times each, at three levels - 1) around the central core Thrusting Channel, 2) around the surface of the body, 3) and around the outside Wei Qi Field.

Move the Qi Pearl from the surface of the navel inwards to the surface of the Chong Mo. At the central core of the Thrusting Channel/Chong Mo, rotate horizontally three times around to your left. However, it is important that you do not penetrate inside the Chong Mo itself, but see it as a 3 inch diameter tube and only circle around the outside of it. The reason for this is that inside the Chong Mo are the Cauldrons/Chakras, the centers of energy, which contain powerful, refined Qi, and which can be difficult to control without advanced experience. So only circle around the outside.

Next, move outwards to the surface of your skin, and again rotate horizontally, three times around to your left. Then, extend outwards, from the surface to the outermost edge of your field, about as far as your fingertips could reach, and once again rotate horizontally, three times around to your left. Finally, join all the three layers - core, surface and field - together, and rotate all of them to the left at the same time,
like a lighthouse beam or a radar scan.

To end, come back to your navel on the surface of your skin. You can now continue on upwards, repeating this process at every level of the Microcosmic Orbit, tying together the front and back points at each level - solar plexus, heart, throat, brow and crown.

To perform this slowly rotate upwards and to the left in a spiral, and as you go up let your mind scan through horizontal cross-sections of the complete diameter of your whole field. Pay close attention to how you feel, and what you sense. Do this carefully and get feedback. Pay attention to what this feedback means. Use your intuition and your “sixth sense”. If your energy is slow or stuck, empty or uneven, too heavy or too light... use your mind to gently but firmly put it right, then continue.

Continue on up to your crown, then hold your energy there for as long as you feel the need to. This point is 3 inches in diameter. After reaching the crown reverse the direction, so that you are now rotating down and to the right, in a reverse spiral. Now slowly move it down your body.

Descend, scanning as you go, from the top down - brow, throat, heart, solar plexus, navel, sexual point, perineum, then down to the knees and end on the soles of your feet. As you become more experienced and proficient, if you notice any irregularity in your field remain at that level and continue to rotate your energy until you notice a shift and it runs smoothly and evenly.
Finally, return back upwards. Rotate to the left at the soles of the feet, then continue on up, scanning to the left, through the knees, perineum and sexual point, to finish back at the navel. To add another level to this practice once you have completed the first stage described above, coordinate it with your breathing.

- As you breathe in rotate up to the left.
- As you breathe out rotate down to your right.
Do this 3, 6, or 9 times. Once you have finished the spirals to the right at your feet, breathe in once more, and rotating to the left bring it up to finish at the navel. To end, close down and seal your energy at your navel. Spiral out 9 or 36 times - men to the left/clockwise, women to the right/counter-clockwise. Then reverse and come back in to your center 6 or 24 times - men to the right/counter-clockwise, women to the left/clockwise.

Pay attention to how you now feel. Remember it. Add it to your energy memory library. This completes the first stage of the two stages of the Belt Channel/Dai Mo practice, which is focused on rotating your Qi/Energy within your own personal Wei Qi Field. The second stage involves extending outside of yourself into Heaven and Earth and then drawing this external Qi/Energy into yourself. Begin slowly, learn it carefully, and you will be able to turn your Wei Qi Field/Aura ‘On’ whenever you wish, or need to, and to correct it so that it operates smoothly and evenly.
The Purpose:
To open the central core channel that came into existence in the first division of the original single cell - from one into two.
To clear the central channel so that it is even, balanced and equalized.
To activate the primary channel that all others organize themselves around.
To open your personal yin-yang polarity, and cascade your Qi/Energy around you.

Overview and Explanation:
The Thrusting Channel/Chong Mo is one of the most important routes in Qigong practice. It is the basis of all higher level Inner Alchemy practices. It penetrates many of the vital organs, the glands, and the brain. It also integrates and balances the cauldrons/chakras, which is vital for good health.

As previously stated, the human body is like a simple bar magnet, with a positive pole at one end and a negative pole at the other. The Thrusting Channel/Chong Mo is the core of the body’s bar magnet. It runs internally, vertically like a hollow tube, in front of the spine, from the crown point/Governor 20 to the perineum/Conception 1.

These two points, GV 20 (at the top of the head), and CV 1 (at the bottom of the torso), are two of the four most important points in the body. The others are CV 8 at the navel, and GV 4 in the center of the back opposite the navel. Together these four points define and describe the top and bottom and the front and back of a body. They are said to originate in the first division of the fertilized egg. The top and bottom polarities of the Thrusting Channel/Chong Mo are opposite for men and women.

- Men are positive/yang at the perineum, and negative/yin at the crown
- Women are positive/yang at the crown and negative/yin at the perineum.

Along the Thrusting Channel/Chong Mo are seven major centers of energy which are known in Qigong as the ‘cauldrons’ (more familiarly referred to as the ‘chakras’ of the yoga system). Around and outside the body is a bio-electro-magnetic field,
similar to the energetic field surrounding a bar magnet, which
the Chinese refer to as Wei Qi Field, but it is more commonly
known in the West as the ‘Aura’.

The Chong Mo is, in fact, three separate and distinct routes.
They are most readily accessible at the Perineum. At this point
the Chong Mo is oval shaped and approximately 3 inches/7.5 cm
left-to-right, and two inches/5 cm front-to-back. There is a
left/Yin channel, a center/Dao channel and a right/Yang channel.
These are equivalent to the Ida, Shushumna and Pingala in Yoga.

The detailed and more complex version of this practice involves
moving the Qi up and down each of the left, middle and right
channels separately. However, for the sake of simplicity and
ease of learning and doing, these three channels are combined
into one here. Do this practice lightly at first, and increase
in strength and intensity as you gain proficiency.

The practice is in four stages:
Stage 1. Perineum to diaphragm
Stage 2. Perineum to neck
Stage 3. Perineum to crown
Stage 4. Out one end of the channel and around the body, to
re-enter at the other end.

The first three stages correspond to the lower, middle and upper
energy centers, known as The Three Tan Tien / The Three Elixir
Fields - that house Jing, Qi and Shen, which are the three basic
types of energy.

- The first stage corresponds to the lower energy center in the
  abdomen, which stores the Jing.
- The second stage corresponds to the middle energy center in
  the chest, which stores the Qi.
- The third stage corresponds to the upper energy center in the
  head, which stores the Shen.

THE PRACTICE:
If you are continuing from the previous practice of the Belt
Channel/Dai Mo, then begin this practice by forming the pearl at
your navel.
If you are beginning with this practice, start by creating a
Ba Gua around the navel. Open it by spiraling out, then back in.
Then, using your mind, move the pearl from the navel to the
perineum, as in the Microcosmic Orbit. Breath in and out a few
times. Feel the Qi presence there and let it spread out and fill
the oval area in the perineum. Hold your Qi there with your mind.

A Special Note About Breathing. Coordinate moving the Qi with your breathing. As you breathe-in draw the energy up and as you breathe-out send the energy down. As you do these practices, move your Qi up and down to each area three times - coordinated with your breathing - very lightly at first. As your channel becomes clearer you can increase the number of repetitions to six, then nine and increase the intensity with which you practice, like you can close your hand very gently, or as strongly as you are able to using all of your strength and power - just because you decide to.

To aid in beginning to learn these practices it is helpful to reinforce the practice with hand and arm movements. Use the Lao Gong point in the center of your palms, which emits extra Qi, to focus, direct and lead your energy, your mind and your attention.

To do this, hold your hands 9-12 inches away from your body, and face your palms towards you, with the Lao Gong point in the center of your palms directed to your perineum, as if you were pointing two flashlights to overlap at this point.

As you breathe-in and draw up the Qi with your mind, also lead it with the Qi from the Lao Gong point in your palms by raising your hands in front of you, until you reach the specific level described below. Then as you exhale, send the Qi back down with your mind, and descend with your arms, hands and palms pointed back to the perineum. Repeat this each time you do the practice. In this way you are reinforcing the movement of your Qi with your own energy from your Lao Gong point.

Perform this through the following three stages. At the end of each stage take at least three breaths before continuing, to gather and stabilize your Qi at the perineum.

Stage 1. Perineum to the Diaphragm. This is the Lower Tan Tien area. It involves all of the organs in the area, including the sexual organs and the adrenal glands. As you draw up your Qi to your diaphragm with your mind, reinforce your focus with the Lao Gong points in your palms - then send your Qi back down again.

Stage 2. Perineum to Neck This is the Middle Tan Tien. It includes the heart and the lungs and the thyroid and parathyroid glands.
As you draw up your Qi to your throat with your mind, reinforce your focus with your Lao Gong points in your palms - then send your Qi back down again.

Stage 3. Perineum to Crown
This is the Upper Tan Tien. It includes the brain and the pituitary and pineal glands.
As you draw up your Qi to your crown with your mind, reinforce your focus with your Lao Gong points in your palms - then send your Qi back down again.

Finally let your mind and Qi open and balance the whole Thrusting Channel, integrating it as one whole.
Pay attention to how this feels. Remember it.
When you become proficient in this practice you can do it with your mind alone, without using your hands and palms, but they may also be included any time because it helps the practice and feels good.

When you first do this practice repeat the entire sequence at least 3 times. Later increase to 6, then 9 times.

Stage 4. The final stage of the Thrusting Channel/Chong Mo practice involves sending the Qi out one end of the channel around your body in the Wei Field, then gathering it at the other end to return back into the channel inside you.
As previously stated, the direction of flow is different for men and women:

Men are positive/Yang at the perineum and negative/Yin at the crown.
Women are negative/Yin at the perineum and positive/Yang at the crown.
As before, reinforce this movement with your hands and palms, so that the Lao Gong point leads and follows the Qi.

**Men:**
Begin at the perineum. As you breathe-in draw the Qi up the central channel to your crown. As you breathe-out send it down your Chong Mo to emerge at the perineum into the Wei Field around your body. With your mind direct it outside of you then direct it to rise upwards, to enter again at the crown point as you breathe-in and gather it there. As you breathe-out send it back down the Chong Mo to the perineum. Hold and gather it there with your mind, and breathe-in and out. Repeat this sequence three
times, or more.

To add hand movements...
Follow and lead the Qi with your palms and Lao Gong point, as described earlier. When you reach the perineum, as your hands and palms descend down the front, turn the palms so that they are facing away from you, then extend your arms out to the sides left and right, and with palms now facing upwards raise them on either side until they come up and over your head so that they are first facing towards each other above your head, and then bend your elbows and wrists so your palms are pointed to your Ba Hui point at your crown. Direct them to the Chong Mo as your return downwards to the perineum. Reinforce the practice with these complementary arm and hand movements.

To end, bring your Qi to the perineum, then raise it up the front Conception Channel/Ren Mo to your navel. Close down and seal your energy at your navel.

Women:
Begin at the perineum. As you breathe-in, draw the Qi up the central channel to the crown. As you breathe-out, send it up and out from your crown outside you, like a fountain, to cascade down around you in the Wei Field around your body. As you breathe in again draw it in at your perineum. Gather it at your perineum and hold it there as your breathe-out. Repeat the sequence three times, or more.

To add hand movements...
Reinforce the practice with these complementary arm and hand movements. Follow and lead the Qi with your palms and Lao Gong point, as described earlier. When you reach the crown turn your palms to face upwards and push the Qi up and out. Then let your arms fan out naturally to either side with the palms now facing down, and as you breathe out draw your arms down between your knees so that your palms face towards your perineum again.

To End.
To end, draw the Qi from the perineum up the front Conception Channel/Ren Mo and gather it at your navel in the Ba Gua. Close and seal the Ba Gua.

Spiral out 9 or 36 times
- men to the left/clockwise
- women to the right/counter-clockwise
Then reverse and come back in to your center 6 or 24 times
- men to the right/counter-clockwise
- women to the left/clockwise
Your energy has now returned to your center, and is stable and secure.
End the practice. Continue with your everyday life, refreshed and strengthened.
THE MASTER AND COUPLED POINTS

The Purpose:
To learn the four sets of Master and Couple Points.  
To activate these by simple sequences of touching them. 
To turn the whole Eight Extraordinary Meridians on, in a quick 
and immediate way.  
To gain instant access to your Qi/Energy. 

Overview and Explanation:
The following is an abbreviated, but advanced, form of the Eight 
Extraordinary Meridian practice, using a group of points called 
the Master and Coupled points. 

It involves locating and touching these points in a specific 
sequence, like opening a combination lock. Because of their 
special function they activate the Eight Extraordinary Meridians 
in a fast and immediate way. 
This simple practice activates all your Eight Extraordinary 
Meridians. They are the foundation and infrastructure of your 
whole energy system. 
- You can do this at any time — to revitalize and refresh 
yourself. 
- Once learned the routine can be done in 5 minutes for an 
  instant recharge. 
- You can eventually do this with your mind alone. 
- With enough practice, your energy begins to do this 
amatically and you begin to operate in your everyday life at 
a higher energy level. 

Each of the Eight Extraordinary Meridians has a Master point 
and a Coupled point. While there is common agreement from all 
sources regarding the location of these points, there is little 
explanation or understanding of their pathways of action. These 
Master and Coupled Points are all standard points on the 12 
regular organ/officials meridians. The names and numbers of 
these points are outlined in the following charts, diagrams and 
illustrations, which give their general location. 

When doing this practice use the middle finger of either hand, 
whichever is convenient or preferred, and focus your mind and 
attention to send your Qi through your finger tip into the point 
to turn it on. Keep your mind clear of extraneous thoughts, 
and just pay attention to how your energy responds and feels. 
This practice activates the deepest core of your energy 
infrastructure. Note your whole energy state afterwards.
Remember it. It is the very life inside you.
The Master and Coupled points combine one of the four ‘Primary’ Extra Meridians with one of the four ‘Secondary’ Extra Meridians as follows.
- Governor & Yang Qiao Mo
- Conception & Yin Qiao Mo
- Belt & Yang Wei Mo
- Thrusting & Yin Wei Mo
In each pair, the Master Point of one is the Coupled Point of the other, and vice versa. One of these points is on the arm, and the other is on the leg.

The Master & Coupled points are:
Governor - Small Intestine 3 Yang Qiao - Bladder 62
Conception - Lung 7 Yin Qiao - Kidney 6
Belt - Gall Bladder 41 Yang Wei - Tri Heater 5
Thrusting - Spleen 4 Yin Wei - Pericardium 6

Another way of understanding this is in the following layout:

<table>
<thead>
<tr>
<th>8 Ex M</th>
<th>Master Pt</th>
<th>Coupled Pt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Governor/Du Mo</td>
<td>SI 3</td>
<td>BL 62</td>
</tr>
<tr>
<td>Yang Qiao</td>
<td>BL 62</td>
<td>SI 3</td>
</tr>
<tr>
<td>Conception/Ren Mo</td>
<td>LU 7</td>
<td>KI 6</td>
</tr>
<tr>
<td>Yin Qiao</td>
<td>KI 6</td>
<td>LU 7</td>
</tr>
<tr>
<td>Belt/Dai Mo</td>
<td>GB 41</td>
<td>TH 5</td>
</tr>
<tr>
<td>Yang Wei</td>
<td>TH 5</td>
<td>GB 41</td>
</tr>
<tr>
<td>Thrusting/Chong Mo</td>
<td>SP 4</td>
<td>PC 6</td>
</tr>
<tr>
<td>Yin Wei</td>
<td>PC 6</td>
<td>SP 4</td>
</tr>
</tbody>
</table>

THE PRACTICE:
- Remove any watch or bracelets, shoes and socks.
- Take a sitting position, on the edge of a chair. Concentrate on your breathing and clear your mind, focusing on your Qi.

Using The Master And Coupled Points
The Master and Coupled Points can be used in a number of ways, but most effectively after learning to open and activate the whole Eight Extraordinary Meridians system as previously described.
There are 16 points, 8 on each side of the body, as follows: The method for opening these Master & Coupled points is easiest understood if they are given numbers, as in the following list. For clarity, and ease of learning, they are divided into four sets of four. In each of the following sets the first two are on the left, and the second two are on the right.
1. Small Intestine 3. Left hand
2. Bladder 62. Left foot
3. Small Intestine 3. Right hand
4. Bladder 62. Right foot
5. Lung 7. Left hand
7. Lung 7. Right hand
8. Kidney 6. Right foot
9. Gall Bladder 41. Left foot
10. Triple Heater 5. Left hand
11. Gall Bladder 41. Right foot
12. Triple Heater 5. Right hand
13. Spleen 4. Left foot
15. Spleen 4. Right foot
16. Pericardium 6. Right hand

Go through these, guided by the diagrams and illustrations, until you are familiar with the point locations. This may seem a little daunting at first, but with a small amount of practice will become as familiar as finding your fingers and toes. As you go through these sequences it is most effective if these points are touched first with your finger, and ‘activated’ – press slightly and rotate in a clockwise direction – so that your mind identifies their location and correct position. Then do the sequence with your mind alone, and ‘hold’ the points with just your mind.

After each practice place your hands on your thighs. Close your eyes. Put your attention into all of these sixteen points at the same time. Hold your focus. Pay attention to how your energy feels and what it does. Feel it. Experience it. Remember it.

There are three major sequences that can be used.

**Sequence 1**

Left 1. 2.
Right 3. 4.
Left 5. 6.
Right 7. 8.
Left 9. 10.
Right 11. 12.
Right 15. 16.
Sequence 2

Left   1. 2. 6. 5.
Right  3. 4. 8. 7.
Left   9. 10. 14. 13
Right  11. 12. 16. 15.

Sequence 3

Left   1. 2. 6. 5. 9. 10. 14. 13.
Right  3. 4. 8. 7. 11. 12. 16. 15.

Other combinations may occur to you, in which case try them and use your own judgment as to the effect and benefit. Pay attention to yourself.

What is most important after you have completed the practice is to be sure to bring your Qi back to your Navel/Umbilicus, and seal it. Do this by placing the palm of one hand/Lao Gong point over your navel, and the other on top of that. Right first for women. Left first for men.

Then close and seal your Qi by spiralling out 9 or 36 times, and back in 6 or 24 times.

* Woman spiral out and downwards to the right/counter-clockwise, and reverse back in to the left/clockwise.
* Men spiral out and down to the left/clockwise, and reverse back in to the right/counter-clockwise.

Once you have practiced this a few times it will become very familiar and easy, and you will be able to open your whole system with just your mind alone.
The ability to use the Master and Coupled points provides a way to open and activate your system with your mind alone - because ‘The Mind Leads The Qi’.

And while it is not as effective as first activating your whole system sequentially, which can take one hour at a relaxed pace, this can be done in a matter of minutes if need be.
So, you can open your Eight Extraordinary Meridians very quickly if you need or want to. For example, if you are about to go into a meeting, have an interview, give a lecture, start work, finish work, wind down, rest, start up... whatever activity you may engage in, this practice is useful.

This can help make you more resistant to stress.
The comparison is with turning up the dimmer of a light switch, or the volume control on a sound system, so your Qi becomes brighter and stronger.
An analogy is with one of the old incandescent light bulbs compared to one of the new ‘Long Life Energy Saving’ bulbs, known as Compact Fluorescent Bulbs (CFLs), which use less energy and last longer. Qigong makes us more energy-efficient human beings.

Qigong holds many possibilities and promises, but will most importantly increase the ‘Life’ in you - your energy. And it is all available free, inside you, right now. All you have to do is practice.

So, Practice! Practice! Practice!

The Master and Coupled Points are the summary and end point of the Eight Extraordinary Meridians Qigong, and can only really be effective once all of the preceding practices have been learned.

However, they are complete in themselves, and may be practiced as such - as and when needed or desired.
DRAWING IN HEAVEN AND EARTH

The Purpose:
To activate your Wei Qi Field around your body so that you can draw external energy in to you.
To re-charge yourself.
To borrow the energy of Heaven and Earth when you need to.
To plug yourself in to the Universe.

Overview and Explanation:
In the normal sense of Chinese Medicine and Acupuncture the usual meaning of ‘Drawing Heaven and Earth into you’ refers to breathing and eating. This is known as Post-Natal Qi/After Birth Qi. Before birth all of a baby’s Qi comes from the mother, through the umbilical cord attached at the navel. This is known as Pre-Natal Qi. Once the baby is born, and the umbilical cord is cut, the baby’s energy has to come from the outside, through breathing and eating.

Breathing is the Energy of Heaven. It goes to the lungs.
Eating is the energy of Earth. It ends in the spleen.
The Qi/Energy in the lungs and the spleen interact, like an old-time carburetor in a ‘car’, before fuel-injection technology, so that there is the right ‘mix’, the correct combination of oxygen and fuel. This is what the car runs on. Likewise, breathing and eating provide the fuel for our bodies to run on.
However, there is another way that Heaven and Earth can be drawn into you, and that is to draw them in directly - through the Governor 20/Bai Hui point at the crown on the top of your head, and through the Bubbling Spring/Yong Quan point on the soles of your feet. It could be said that this practice by-passes photosynthesis - you draw the Qi/Energy from the sun directly into you without needing to first go through plants and animals. So when you find yourself in the Man vs Wild series, it may be helpful.

One of the primary principles of the Chinese world-view is that of “Heaven-Earth-Human”. This statement may seem self-evident, but its simplicity conveys a profound truth.
‘Heaven-Earth-Human’ refers to the basic separation of what is above and what is below, with ourselves in the middle. It also refers to the three lines of the trigrams, the ‘Gua’, of the I Ching - The Book of Changes - where the Yang line is above and the Yin line is below, and the middle line is between.
HEAVEN means everything above us - sunlight, sky, clouds, moon, planets, sun, stars, galaxies, universe. Heaven is the primary
Yang. It may also be called ‘Heaven Yang Qi’.

EARTH means everything on this planet, and the earth itself – the ground beneath your feet, the area you are in, plants, trees, other creatures, mountains, continents, oceans, and down through the mantle of the planet to the core at the actual center, the center of our gravity. Earth is the basic Yin. This may also be called ‘Earth Yin Qi’.

As Human Beings we stand between Heaven and Earth, between Yang and Yin.

THE PRACTICE:
This practice involves extending the Belt Channel/Dai Mo up into Heaven and down into Earth, and then reversing it to draw the essence and energy of Heaven and Earth into you.

Ascend up into Heaven.
To do this practice first open your whole personal Wei Qi Field, as described earlier in the Belt/Dai Mo sequence.

Then, draw your Qi up the Dai Mo, as described previously, to the Crown Point/Bai Hui. At this stage it is condensed to a 3 inch diameter circle.
Using your mind to control your energy, extend it 3-12 inches above your head (whatever feels the right distance to you). Rotate to the left 3-9 times. This point is where the external Qi/Energy aligns with your own unique personal energy frequency. Then extend it above your head to the very edge of your personal field (whatever feels the right distance to you). Rotate to the left 3-6 times. This point is the ‘transformer’ that adjusts your own unique personal energy frequency to the universal field outside of yourself. It extends outside of your own personal energy field, to join with the ‘external’ energy of the universe.

Directing your energy with your mind, spiral out 9 times, in ever increasing diameters, from the edge of your own personal field into the furthest most reaches of the heavens above you. For you this may be to the edge of the atmosphere around our planet, or it may be to the outer edge of the universe, which according the the most recent observations and theories of the science of astrophysics is an opaque plasma-field bubble. Extend out to whatever feels comfortable to you.
Rest in this space and place. Hold your mind and attention there. Experience this expanded sense of your relationship to the universe, and your place in it.
Breathe deeply in and out.
Then, rotating the direction of the spirals to the right, reverse this same scale and proportion over 9 spirals, and as you breathe in return back to the point above the outer-most edge of your personal field.

At this point circle 3-9 times. This acts like a ‘transformer’ and adjusts the universal energy to your own personal Qi/Energy frequency and vibration.

Then, continuing to the right, drop down to the point 3 to 12 inches above your head. This adjusts it to your personal energy even more.

Then, descend down to your Crown/Bai Hui point.

From here continue down, spiraling to your right, through each level of the microcosmic orbit - brow, throat, chest, solar plexus, navel, sexual point, perineum, knees, to the soles of your feet.

Descend Down Into Earth.

Focus your Qi at the Bubbling Spring/Yong Quan point on the soles of your feet. At this stage it is condensed to a 3 inch diameter circle.

Then, using your mind to control your energy, extend it 3 to 12 inches below your feet (whatever feels the right distance to you). Rotate to the right 3-9 times. This point is where the external Qi/Energy aligns with your own unique personal energy frequency.

Then extend it below your feet to the very edge of your personal field (whatever feels the right distance to you). Rotate to the right 3-9 times. This point is the ‘transformer’ that adjusts your own unique personal energy frequency to the Earth energy outside of yourself. It extends outside of your own personal energy field, to join with the ‘external’ energy of the Earth. Directing your energy with your mind, spiral out 9 times to the right, in ever increasing diameters, from the edge of your own personal field down into the Earth. This may progress from the immediate environment of the room or open space you are in, to the building, block, city, county, state, country, continent, hemisphere while at the same time descending directly down to the center of the planet. Geologists believe there is a molten iron core at this center.

Rest in this space place - the center of gravity. Hold your mind and attention there. Experience this expanded sense of your relationship to Planet Earth, and your place on it. Breathe deeply in and out. Rest.
Then, rotating the direction of the spirals to the left, reverse this same scale and proportion over 9 spirals, and, as you breathe in, slowly return back to the point below you, at the outer-most edge of your personal field.

At this point circle 3-9 times. This acts like a ‘transformer’ and adjusts the Earth energy to your own personal Qi/Energy frequency and vibration.
Continuing to the left, draw up to the point 3 to 12 inches below you. This adjusts it even more.

Then, draw it up to the Bubbling Spring/Yong Quan point on the soles of your feet.
From here continue upwards, spiraling to your left, through each level of the Microcosmic Orbit - knees, perineum, sexual point - back to your Navel.

Close And Seal At Your Navel
To end at this stage, close and seal your energy at your navel by spiraling out 9 or 36 times, and back-in 6 or 24 times, as previously described with the Ba Gua practice. Men out to the left/clockwise and back in to the right. Women out to the right/counter-clockwise, and back in to the left.

Pay attention to how you feel. Remember it. Add it to your energy memory library.
Once you have learned and become proficient in this practice of drawing the external energy of Heaven and Earth in to you, there are various ways of doing it. Try the following.

Stand, sit or lie in a relaxed and receptive posture. Close your eyes or just keep them partly closed. Focus inside yourself.
- Place your hands over your lower Tan Tien - left first for men, right first for women.
- Put your mind into your navel, and open it.
- Put your mind into your crown, and open it.
- Put your mind into the two points on the soles of your feet, the Bubbling Spring, and open them.

- Slowly breathe in, and as you do so draw the energy of Heaven - sunlight, sky, the moon, planets, stars, cosmos - to the crown point on the very top of your head. Collect your energy at this point. When you breathe out, hold this energy, do not let it go.

- As you breathe in, draw the energy of Earth - the ground,
plants, water, metal, minerals - to the point on the soles of your feet. Collect the energy there. When you breathe out, hold this energy, do not let go of it.

- As you breathe in, draw the energy of Heaven from your crown down the center line of the back of your head to the point where your neck and shoulders meet. This is just below the largest bone that sticks out when you bend your head forward. This point is known as The Great Hammer/Da Zhui.

- As you breathe in, draw the energy of Earth from the soles of your feet up the back of your legs to the back of your pelvis, then up the center line of your back to this same Great Hammer/Da Zhui point where your neck and shoulders meet.

- Gather and combine the energies of Heaven and Earth at this point. Pay attention to how this feels. Hold your attention and energy there. Slowly and deeply breathe in, and each time you breathe in draw energy to this point. When you breathe out, just hold your mind and energy concentrated there, don’t let it disperse. Let your energy build and accumulate until the point feels full.

- Now, as you breathe out, send the energy down both arms to the Lao Gong points in the center of your palms, and through your palms, to then enter your lower Tan Tien, your power pack. Gather your energy there. Take it in. Let it soak into you.

- You can also do this practice with your hands 6 to 12 inches away from your body, with your Lao Gong point in the center of your palms directed at this same point.

- Pay attention to how this feels. Find a word, an image, a picture or a symbol to describe this sensation. Remember this.

- When you have finished, slowly open your eyes and return back to the outside world.
Once you have learned this practice of drawing Heaven and Earth in to you, you can do it when you are touching somebody (a loved one, a child, giving a massage, practicing Acupuncture...), or when engaged in some other activities (working, gardening, cooking...), or when you need to draw on more energy for special situations or events.

Doing this practice plugs you into the universal energy source. You draw Heaven and Earth directly into yourself. You can do it all day, every day. You can make it an extension of your breathing - instead of just breathing in oxygen you can breath Heaven and Earth into you, and have more energy. It can become the normal way that you are.

Doing this allows you to borrow universal energy whenever you wish or need to. You can feel refreshed and recharged.