

# **Dark Room Enlightenment**

**Lesser, Greater, and Greatest Kan & Li**

**Universal Tao Center, Thailand**

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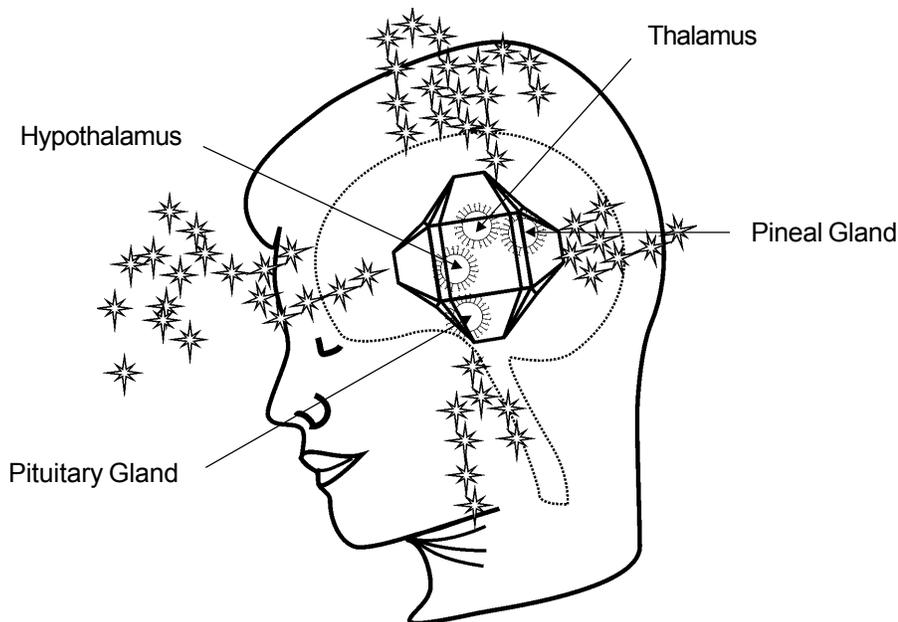
# Dark Room Enlightenment

All spiritual traditions have used Dark Room techniques in the pursuit of enlightenment. In Europe, the dark room often appeared in underground form as a network of tunnels, in Egypt as the Pyramids, in Rome as the catacombs, and by the Essenes, near the Dead Sea in Israel, as caves. In the Taoist tradition caves have been used throughout the ages for higher level practices. In the Tao, the cave, the Immortal Mountain, the Wu San, represents the Perfect Inner Alchemy Chamber. Meditating and fasting in the cave is the final journey of spiritual work. The caves are the Earth Mother and its energy lines. Like the hollowing bones, caves contain the earliest information of life stored inside the Earth. Caves contain the vital essence of the Earth Power. The Tao says: 'When you go into the dark and this becomes total, the darkness soon turns into light.'

In the Dark Room, our mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. When you enter this primordial state or force you are reunited with the true self and divinity within. You literally 'conduct' the universal energy. You may see into the past and future, understand the true meaning of existence, and begin to understand the order of things. You return to the womb, the cocoon of our material structure and Nature's original Dark Room.

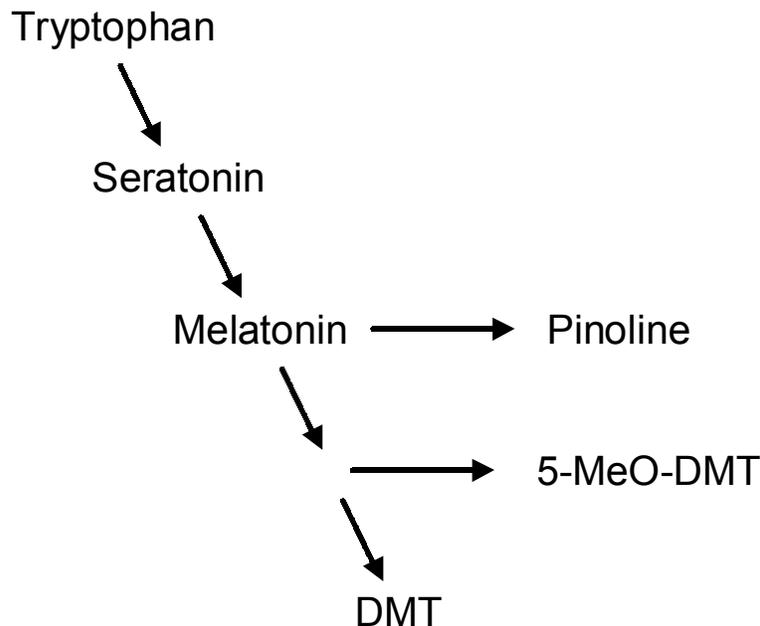
Complete darkness profoundly changes the sensory sensibilities of the body/brain. We are deprived of all visual reference. Sounds begin to fall away as we lose contact with the external world and turn the senses inward. The effect of darkness is to shut down major cortical centers in the brain, depressing mental and cognitive functions in the higher brain centers. Emotional and feeling states are enhanced, especially the sense of smell and the finer senses of psychic perception. Dreams become more lucid, and the dream state manifests in our conscious awareness. Eventually, we awaken within ourselves the awareness of the Source, the spirit, the soul. We descend into the void, into the darkness of deep, inner space.

Darkness activates the deepest centers within the brain, the glands of the Crystal Palace, establishing a connection with the Original Source, the Wu Chi (**Fig. 1**). The pineal gland connects us to the Universal Energy. From the hypothalamus gland, we project our soul or spirit upwards, and receive the descending Universal Energy. The pituitary gland receives the Cosmic Force, used to launch the spirit bodies into the earthly or human plane for traveling.



**Fig. 1.** Glands of the Crystal Palace are buried deep within the brain. They include the pineal, hypothalamus, thalamus, and pituitary glands.

The darkness actualizes successively higher states of divine consciousness, correlating with the synthesis and accumulation of psychedelic chemicals in the brain. Melatonin, a regulatory hormone, quiets the body and mind in preparation for the finer and subtler realities of higher consciousness (Days 1 to 3). Pinoline, affecting the neuro-transmitters of the brain, permits visions and dream-states to emerge in our conscious awareness (Days 3 to 5). Eventually, the brain synthesizes the “spirit molecules” 5-methoxydimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion (Days 6 to 12) (**Fig. 2**).



**Fig. 2.** Tryptamine synthesis, simplified: The amino acid tryptophan is the precursor for serotonin, melatonin, pinoline, 5-MeO-DMT, and DMT molecules.

## Universal Tao Dark Room

Starting many years ago, Master Chia went in search of natural caves suitable for meditation in absolute darkness, but none were found. Master Chia and Juan Li spent one day in Wu San, the Taoist Immortal Mountain, the most sacred of the Taoist power centers. The cave was not, however, suitable for dark room retreat. Tourists were ever-present, and the stench of human urine and feces was overpowering. They failed to find the true teaching. Other natural caves were explored, but all suffered some deficiency. The cave environments were dirty and damp, and the air quality poor (dust, fungi, bacteria, insects, snakes ...). The caves were dumping grounds, repositories for human waste and garbage. The pristine silence of the darkness was not to be found. Perhaps the perfect cave is still hidden in some deep, high mountain.

Master Chia researched modern Dark Room technologies for many years. A pyramid at Tao Garden, northern Thailand, provided the ground for early experiments in dark room retreat. He made visits to dark room retreats in other countries, to gain insights on the best designs for meditation and for comfort. Eventually, the Universal Tao Dark Room was constructed, based on all available information and latest technologies. The facility is the perfect Inner Alchemy Chamber, conducive to meditation and providing comforts and necessities for up to 60 people. A large central meeting room is surrounded by two tiers of living quarters. The light and sound proof outer sheath is constructed of bricks made from the red earth of Thailand, preserving the earth elements of the original cave. The Mother Earth power is retained in the modern structure.

The Tao Garden Dark Room is enclosed and encased in a light- and sound-proof sheath. The building is constructed of bricks made from the red earth of Thailand, containing all of the properties of natural rock in a cave. The earth was mined and hydraulically pressed into bricks, thus preserving the constituent elements and minerals of the parent materials. The Mother Earth power is retained in the modern structure.

The facility consists of a large, central meeting room for meditation and for dining. Two tiers of bedrooms surround the central area, each with private bath. The entire facility is ventilated with fresh air intakes and air conditioning systems. Food is specially prepared to meet the particular requirements of the body, mind, and spirit in attaining the goals of dark room enlightenment. Fresh juices and soups are served for “breakfast” and a light organic meal are served in the “afternoon”. (**See: Dark Room Nutrition**). Participants are trained and prepared for life in the dark (see **See: Dark Room Preparations**).

The Universal Tao Dark Room is currently the largest and most advanced Dark Room meditation facility in the world. Aspiring to the Tao, participants remain in utter and complete darkness for one, two, or three weeks, a perfect laboratory for Inner Alchemy. The spiritual knowledge gained by Taoist masters over the ages merges and blends with the insights of 21<sup>st</sup> century science and technology.

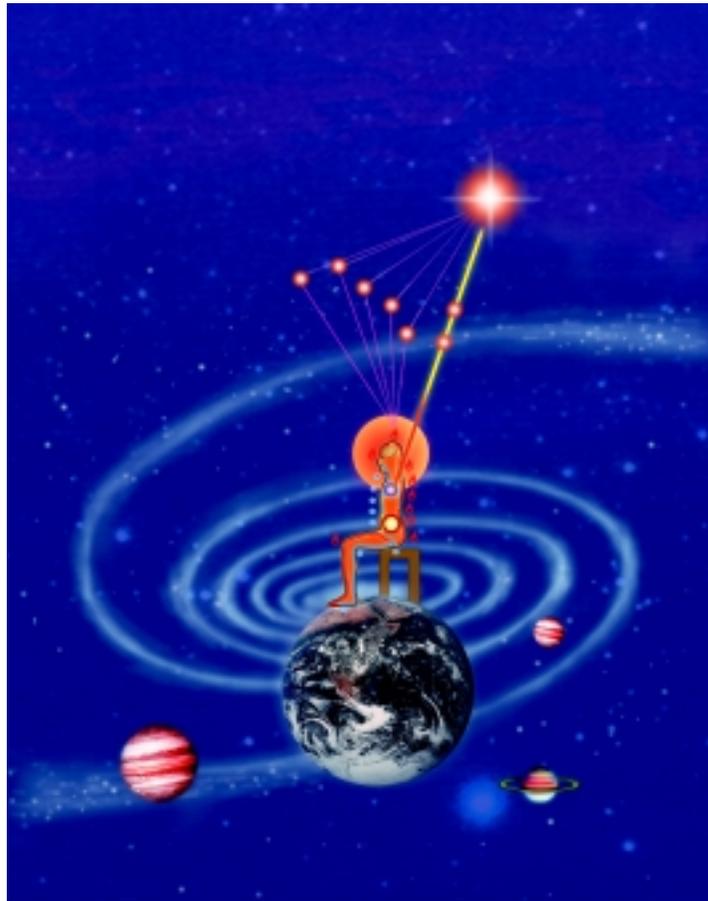
## **As Above, So Below**

There is one point in the sky around which all other constellations revolve, the North Star point. The North Star is fixed, stationary, motionless. Taoists regard it as the Center, the source of the Universe, the Nothingness, or Wu Chi. The North Star is the Gateway to Heaven. In the Tao, the body is a microcosm of the Universe. “As above, so below.” Whatever happens “up there” happens “down here.” Hence, the physical body is marked with gridlines of energy and meridians of light around a Center. The Center is called the “Tan Tien”, or “field of energy” (**Fig. 3**).

The idea of a Central Axis – the Pole Star in the firmament and a Cauldron in the body – is a central tenet in Taoist philosophy and alchemical practice. To get to the Center of the body, open the Tan Tien; to get to the Center of the Heavens, enter through the North Star. Both are doorways to the heart of the true Tao, the Wu Chi, from which both Heaven and Earth are born. The Inner Alchemy practice of the Universal Tao fuses the body’s energies to give birth to a spiritual embryo capable of maturing into a deathless existence and of flight inward, beyond time and space, to the Source.

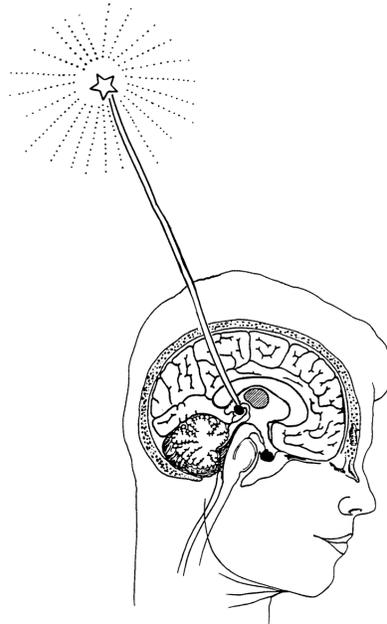
The Dark Room meditation releases us from the bonds of the Earth. No longer controlled by the rotating power of the Earth, the Sun and the Moon, the organs vibrate in unison with the spiritual stars, the Gates of Heaven. The North Star, unmoving and unwavering in space, is the center, the Wu Chi, emanating violet rays throughout the galaxy, affecting every living cell of nature on our planet. The Big Dipper gathers all the violet light from the universe, and emanates the light as infra-red radiant energy. The emanation of infra-red light of the Big Dipper, combined with the violet rays of the North Star, has a positive, nurturing effect upon the bodies and minds of those who know how to access it. Taoists believe that the Violet Stars, the Big Dipper, and other constellations form the “Gates of Heaven.” All living things must pass through these gates to return to their source of origin, the Wu Chi, which is the state of oneness with the Tao.

The dark room environment activates the glouds of the Crystal Palace, actualizing their higher powers and providing a “way back” to the Original Source (**Fig. 1**). When the Crystal Palace is open, it becomes illuminated like millions of shining crystals. It can give and receive light and awaken our inner knowledge and deepest potentials. It receives light and knowledge from the universe and reflects it to the various organs and glands to enhance them.



**Fig. 3.** *Universal connections: We are connected to Mother Earth below, and to the Heavens above. Big Dipper and the North Star are the gateways to immortal life.*

The pineal gland helps us to overcome death by taking in external forces and combining them with sexual energy and the Original Force to form an “Immortal Body.” With this body we can leave the physical body before the final transition (death) occurs. By focusing on the tip of the Crystal Palace, the pineal gland, and the back of the crown, we can project ourselves to the North Pole or North Star as we attract its violet emanations (**Fig. 4**).



**Fig. 4.** *Pineal gland has a close connection to the North Star, receiving its violet emanations.*

The pineal, as yang, is balanced by the yin of the hypothalamus gland. Taoists regard this point as the main switch for the Universal Force. When the spirit awakens, it resides in the hypothalamus. When the pineal and hypothalamus are connected, they give out a powerful, balanced force. By focusing on this center and picturing the seven stars of the Big Dipper, you can access the constellation's energy, which emanates from the crown as a ray of red light. (**Fig. 5**).



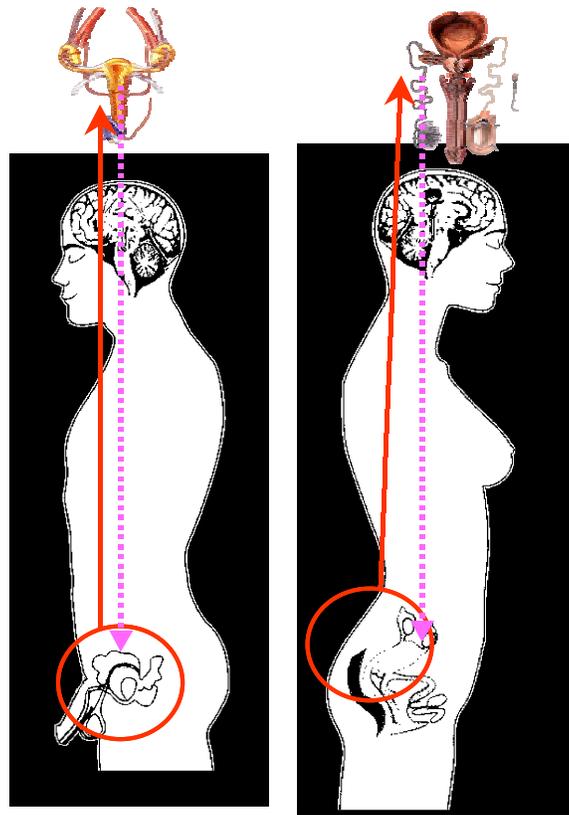
*Fig. 5. Hypothalamus and pineal glands, when connected, allow access to the infra-red emanations of the Big Dipper.*

In the Tao, the sources of longevity and immortality are within the body, not as a physical womb but a spiritual one. Taoists call this spiritual womb the “cauldron”. The right method to “cook the cauldron” is not to search outwardly for love from others, but to search within the naked and abandoned self. Self-love, or self-intercourse is the way to give birth to the Immortal Self. The Dark Room manifests the bodily processes of “Healing Love.”

The human states of true compassion and sexual arousal create a new chemistry and a new vibration within the body. This ‘special’ vibration occurs at a frequency of 8Hz. ‘As in the macrocosm, so it is in the microcosm’; hence if we make love, then all the cells and DNA actually make love as well. The DNA crosses over, like two serpents intertwined in an erotic embrace. You need the orgasmic vibration to arouse this crossover process which leads to the ‘two giving birth to three’; the conception of new cells. The two vital states are compassion and arousal leading to orgasm. Both are inextricably linked to love.

When the ‘love-vibration’ reaches the pineal gland a new hormone is produced, which in turn creates whole body conductivity (**Fig. 6**). Only when you feel the waves of orgasmic vibration and unconditional love for the self and others can the process be activated and the essence of the darkroom is magnified.

The essence of the Dark Room Practice is giving birth to the soul and spirit. The coupling of Yin and Yang energies of the body in the Kan and Li meditations is aimed at overcoming death. It is the method of going back to the state in which we are all orphans, in the very depth of our body/minds.



*Fig. 6. Pineal gland connects with the sexual center in the meditation of self-intercourse.*

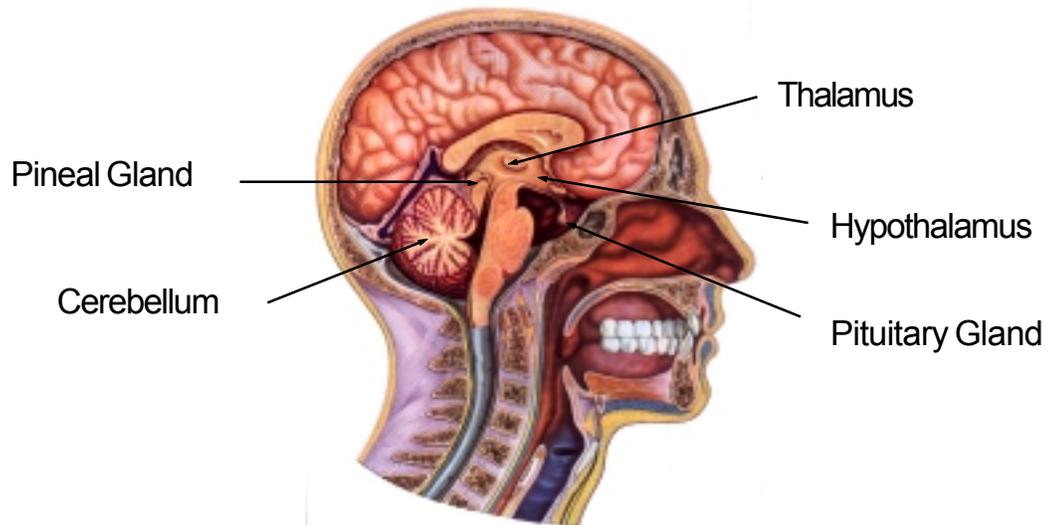
## Consciousness and the Neuro-endocrine System

The dark room environment dramatically alters the chemistry of the brain, manifesting especially in neuro-endocrine systems, which govern consciousness and regulate body functions. An important neurotransmitter involved in waking consciousness (serotonin) converts into a regulatory hormone (melatonin) that shuts down the organ systems, quieting the body in preparation for the finer and subtler realities of higher consciousness. The pineal gland initiates a cascade of inhibitory reactions, permitting visions and dream-states to emerge in our conscious awareness. Eventually, the brain synthesizes the “spirit molecules” 5-methoxy-dimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion.

### Autonomic Functions

The body responds automatically and unconsciously to maintain the integrity and vital functions of the organism. The hypothalamus, located deep within the brain, is the major regulatory gland controlling homeostasis, or body maintenance. Factors such as blood pressure, body temperature, fluid and electrolyte balance, and body weight are maintained in dynamic equilibrium, shifting with the needs of the body. To achieve this task, the hypothalamus receives inputs about the state of the body, and initiates compensatory changes if anything drifts out of whack.

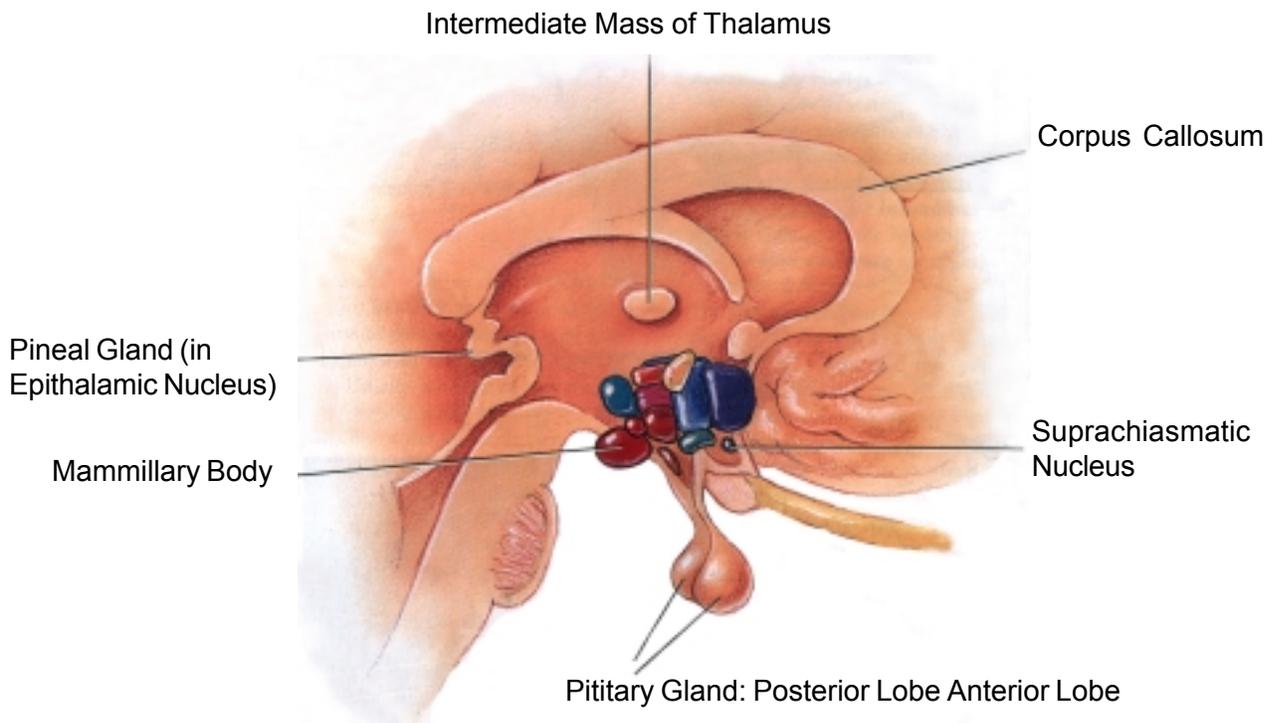
The hypothalamus directs body functions through two main pathways. First, the hypothalamus connects to the brainstem, located at the top of the spinal cord, providing a link to the Autonomic Nervous System, the ANS. The ANS has two parts; the sympathetic nervous system activates the “fight or flight” response; the parasympathetic nervous system activates “rest and digest” activities of the body. The brainstem, through the ANS, controls the essential functions of pulse, respiration, body temperature, water balance, swallowing, coughing, as well as our stereotyped reactions and movements.



**Fig. 7. Brain Organs**

A second pathway is from the hypothalamus to the pituitary gland, the master endocrine gland in the brain. The pituitary gland secretes hormones, which activate major organ systems in the body, for example the adrenal and sexual centers.

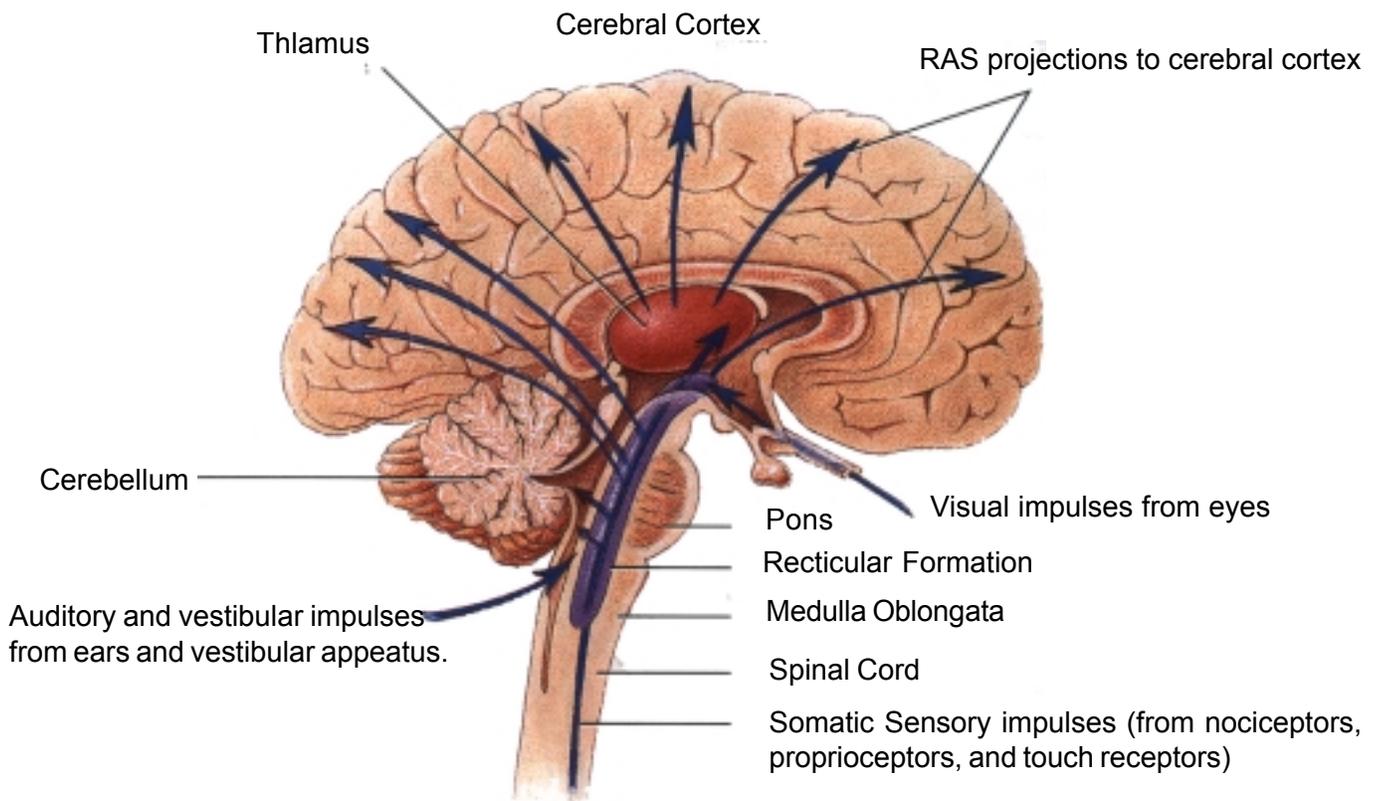
The hypothalamus is of particular importance in the Dark Room because of its affect on circadian (day-night) rhythms in the body. The suprachiasmatic nucleus of the hypothalamus is one of the body's major biological clocks (**Fig. 8**). It not only regulates hormones related to the day/night cycle, but it orchestrates the activities of many other internal clocks. In numerous experiments, it has been shown that when the SCN is not innervated, the human body clocks run free; they set their own time<sup>1</sup>.



**Fig. 8. Detail of the hypothalamic nuclei. Suprachiasmatic nucleus (SCN) regulates circadian (diurnal) rhythms and activates the pineal gland through sympathetic neurons originating in the brainstem (see Fig. 12)<sup>2</sup>**

## Waking Consciousness

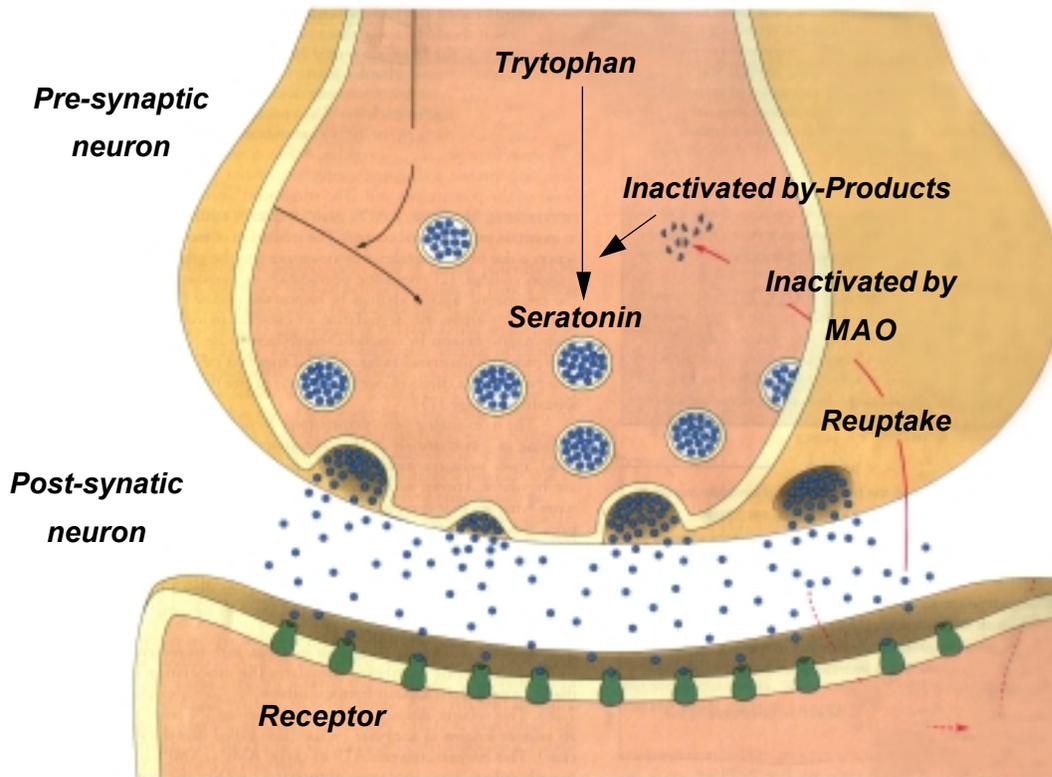
An “alarm system” is built into the brainstem, to wake us up and bring us to waking consciousness, called the reticular activating system (RAS) (**Fig. 9**). Sight and hearing are two major pathways of incoming sensory information, providing cues which maintain our state of alertful wakefulness. The optic and auditory nerves stimulate brainstem centers, which, in turn, activate higher cortical centers in the brain through the RAS.



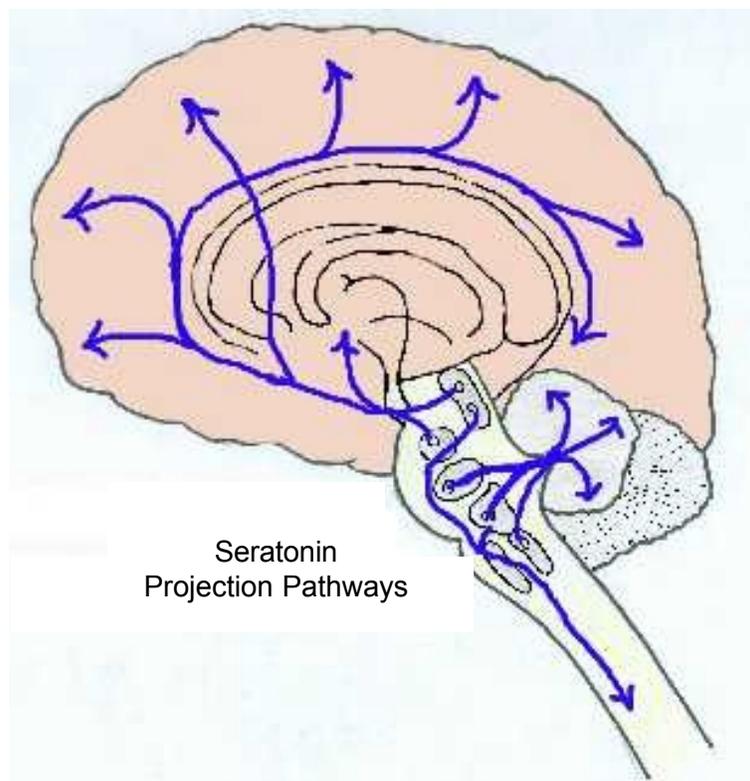
**Fig. 9.** Reticular Activating System (RAS): Fibers that project from the reticular formation through the thalamus to the cerebral cortex are responsible for maintaining consciousness, muscle tone, and awakening from sleep, with stimuli from the ears, eyes, and skin, but not the olfactory system, which explains why people die in house fires<sup>3</sup>.

Many of the functions of waking consciousness are maintained by the neurotransmitter serotonin. Serotonin is a chemical messenger, traversing the synapse, or the gap, between two nerve cells (**Fig. 10**). Some of the important nerve pathways assisted by serotonin begin in a region of the brainstem called the raphe nuclei and extend upwards into the cerebrum (**Fig. 11**). Serotonin plays an important role in maintaining cortical arousal, concentration, and suppressing distracting stimuli, as well as a role in sleep.

Serotonin is implicated in a wide variety of psychological phenomena, including depression, anxiety, obesity, and LSD hallucinations. The anti-depressant Prozac, for example, elevates serotonin levels in the synaptic cleft by blocking re-uptake of serotonin into pre-synaptic neurons. (Serotonin levels cannot be raised by ingestion, because the molecule is too polar to pass through the “blood-brain barrier.”) As another example, LSD mimics the shape of the serotonin molecule and redirects nerve impulses down unfamiliar and unstructured neural pathways, giving rise to hallucinatory perceptions and experiences. In short, serotonin is the most important neurotransmitter governing states of waking consciousness.



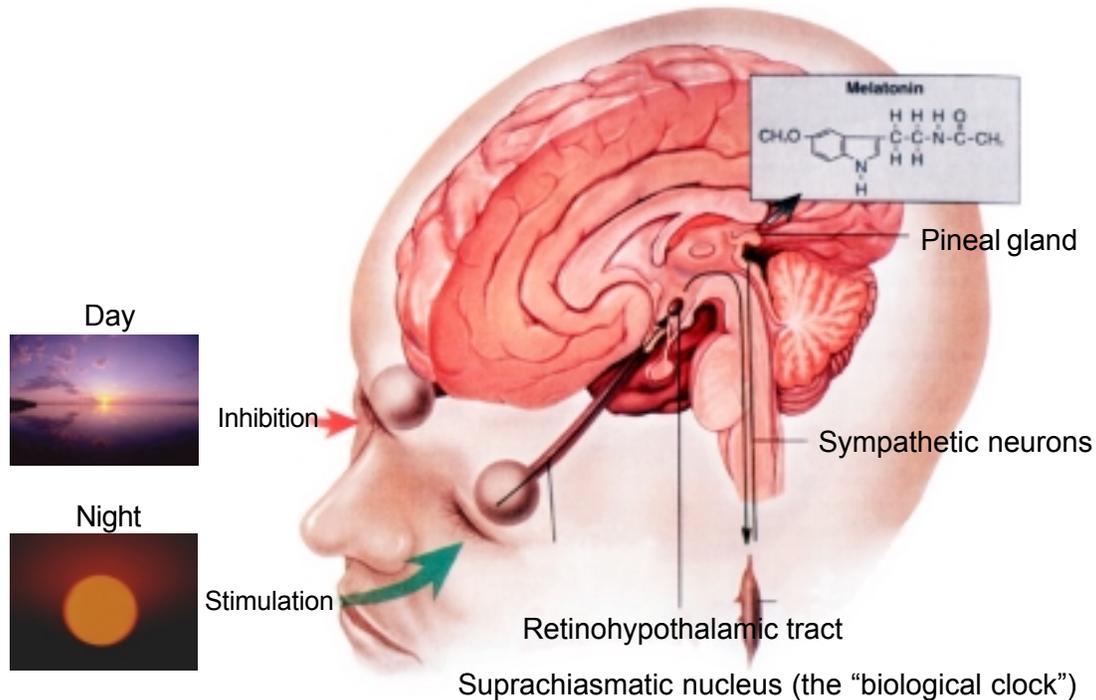
**Fig. 10.** Synapse: Neurotransmitter serotonin bridges the gap between nerve cells. After completing its “mission”, the serotonin is reabsorbed into the nerve cell and decomposed by MAO into inactive by-products<sup>4</sup>.



**Fig. 11.** Serotonin Pathways. Many of the important nerve pathways assisted by the neurotransmitter serotonin begin in the brainstem and extend upwards into the cerebrum<sup>5</sup>.

## Sleep and Dream

Each night, our waking consciousness is subdued by chemical messengers that inhibit the activities of the brain. Melatonin, the “sleep molecule”, is one of these messengers. Melatonin is produced in the pineal gland, in response to the darkness of night, and to the circadian rhythms of light and dark that are programmed into the hypothalamus, an endocrine gland located deep within the brain (**Fig. 12**). Melatonin affects major organ systems, quieting the sympathetic nervous system and allowing daily rejuvenation of mind and body. (also see Appendix: Inner Alchemy, A physical Explanation).



**Fig. 12. Pineal activation:** Secretion of melatonin by the pineal gland is stimulated by sympathetic nerve axons originating in the superior cervical ganglion of the brainstem. Activity of these neurons is regulated by the activity of the suprachiasmatic nucleus of the hypothalamus (SCN), which sets a circadian rhythm. This rhythm is entrained to light/dark cycles by neurons in the retina<sup>6</sup>.

The primary function of sleep is to rest and restore not the body, but the mind. Depriving a person of deep, dreamless sleep (delta stage) results in the seepage of hallucinatory phenomena into the waking state. Sleep deprivation causes severe mental disturbance, attention deficits, visual complaints, hallucinations, and time distortion, and, after a number of days a person may go insane.

In the Dark Room, melatonin gradually accumulates in the brain, and we begin to experience the revelations of sleep in our waking consciousness. Sleep and dream states manifest in our awareness, and aspects of our true nature begin to reveal themselves. Sleep consciousness is a profound state of rejuvenation and reconnection to our divine source. It has been said that

“...the soul temporarily disengages during sleep to ‘visit’ other dimensions and have experiences, which are remembered during the waking consciousness as dreams. Each and every soul leaves the body as it rests in sleep. The idea that some aspect of the self dissociates during sleep and transits between dimensions (e.g., astral travel) is a common theme in the traditions of many cultures. Sleep is viewed as an opportunity for the mental being to review previous experiences and plan future actions accordingly, hence the retrospective and precognitive function of dreams.”

“During sleep, connection of the physical, mental and spiritual bodies is maintained by a ‘silver cord’ ... similar to the ‘thread’ or ‘cord’ of the pineal system. Death involves the severance of this cord whereas sleep may be viewed as merely a temporary ‘stretching’ of it. The ‘projection’ of consciousness out of the body during sleep may be related to the ... “kundalini” experience and psychic awakening.”<sup>7</sup>

Extended dark room retreats alter sleep cycles somewhat. Initially, people usually sleep more since most people are busy and often sleep-deprived. After two to three days, however, the need for sleep is diminished and a more restful state of being becomes a pervasive aspect of every day. We have observed that when people are quiet and less active during the beginning of a retreat, the elements settle into their own nature more quickly, and a state of alert relaxation arises. After a couple of weeks, one may need only a few hours of sleep each night, and that sleep is often in continuous consciousness.

## Descent into Darkness

In the Dark Room, our mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. First, sensory receptors that are controlled by the thalamus gland, with the exception of the olfactory, consciously withdraw (**Fig. 7**). Thus, breathing activity substitutes for the restfulness of visual and auditory function. By keeping the adrenal hormones at their lowest levels the inner peace remains undisturbed. In complete darkness, the visual and auditory abilities become ever more sensitive. The olfactory (smell) and tactile (feeling and touch) organs become the chief senses to supply the little needed energy to the body/mind. Thus the thalamus glands are slowly shut down. The pituitary gland, the master gland for bodily hormones, becomes distilled by the exchange of energy in the body/mind needed for spiritual awakening power.

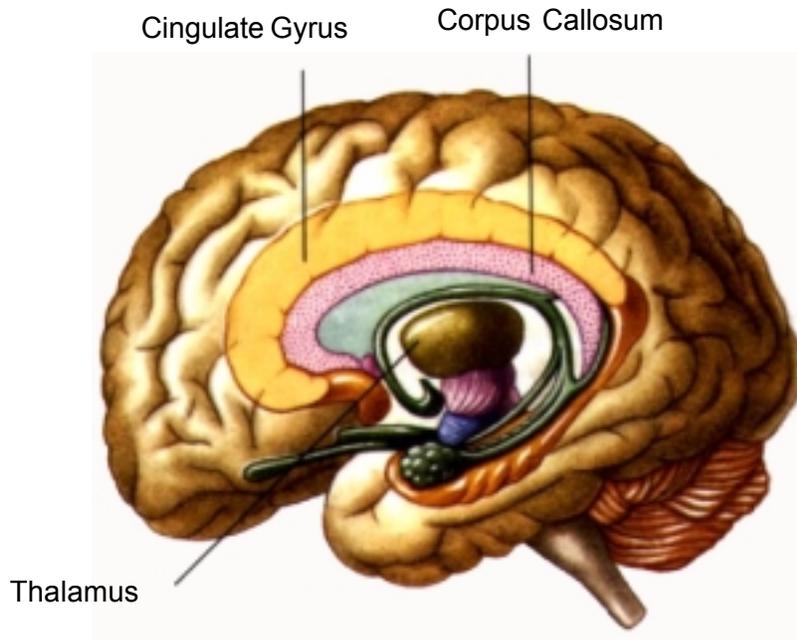
The hypothalamus gland is in perfect balance and alternates peacefully between wakefulness and sleep. The pineal gland, secreting melatonin to control the subtle bodily rhythms, is sensitized to the vibrations of earth and the scanning light, no longer being driven by the instinctive drive from adrenal power and the waking consciousness of the thalamus glands and the reticular activating system. In this state, wakefulness is a dreaming state and dreaming consciousness is awakening consciousness. They become the functions of spiritual stars and planet earth, rather than the rotating power of the Earth, the Sun and the Moon. This state is the final stage of the returning process on earth.

### *Limbic System*

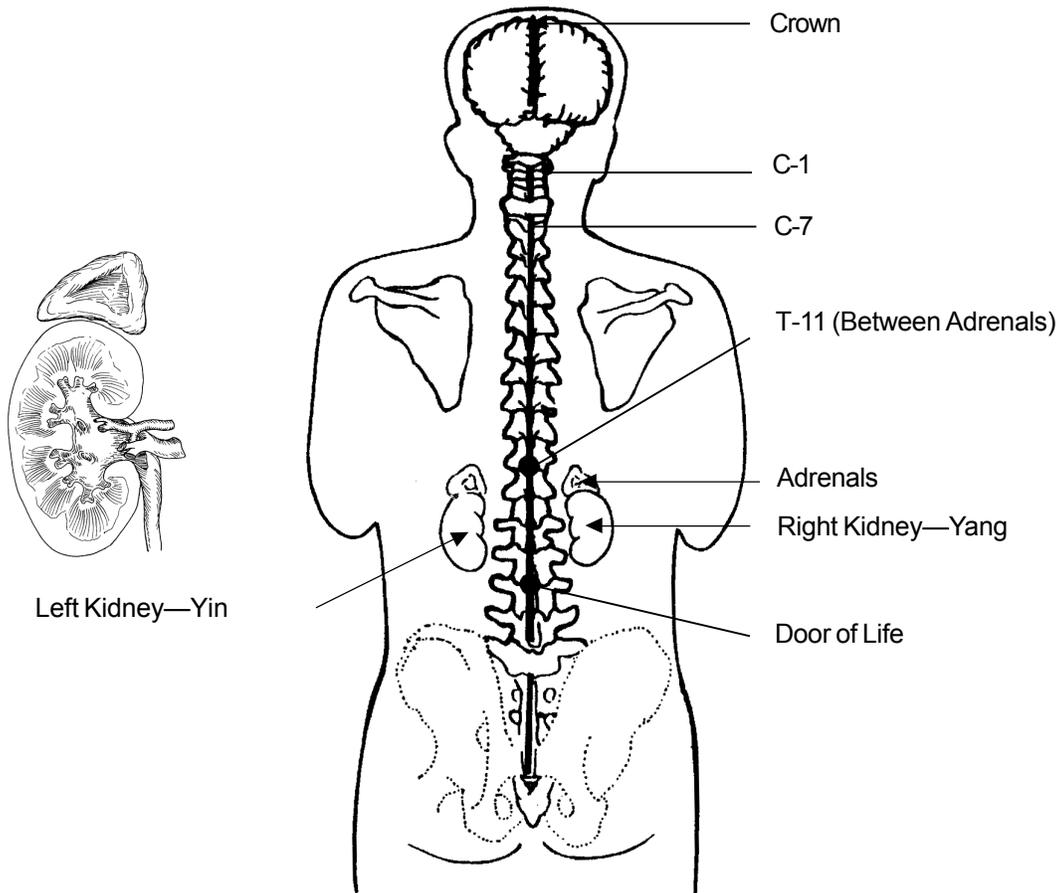
The primary organ for the emotional activities is coordinated through the function of the amygdala, taken from the Greek word for “almond” because of its fanciful resemblance to almonds. In Taoist tradition, this is the crowning center where both the light and visual frames register, such as the image of sun or of a snake (**Fig. 13**). As the sexual power engages with the light above the brain to form sweet dew, the light in the pituitary becomes gray-white. When it radiates, the two amygdala glands are activated, allowing the Chi to circulate within the temporal lobes on either side of the head, above the ears and around the temples. As the light moves forward, the Third Eye, the essential tool for healing diagnosis, is opened.

The temporal lobes govern all auditory, somatic, and motor sensitivities. The breath coming through the nostrils, as well as the light shining upon the amygdala, charges these sensory activities. The adrenal glands, responsible for releasing norepinephrine and epinephrine, become the seat for true inner stillness (**Fig. 14**). In this state, everything is transformed into the harmless and loving present. By drawing the unconscious light from the adrenal glands, themselves charged by the primordial sexual energy, the mind sees the light and the inner ear hears the cosmic vibration within both the body/mind and the Mother Earth. Mysteriously, the cave of the earth, the cave of the brain (Crystal Palace), and the hollowness within the bones echo with each other, making the cosmic vibration visibly meaningful through the conscious eye.

The meditations of the Inner Smile, Six Healing Sounds, and Fusion Practice are important for quieting and transforming the negative emotions.



**Fig. 13. Limbic System:** The limbic system encircles the top of the brain stem and forms a border (the meaning of “limbic”) linking cortical and midbrain areas with lower centers that control automatic, internal body functions.<sup>8</sup>

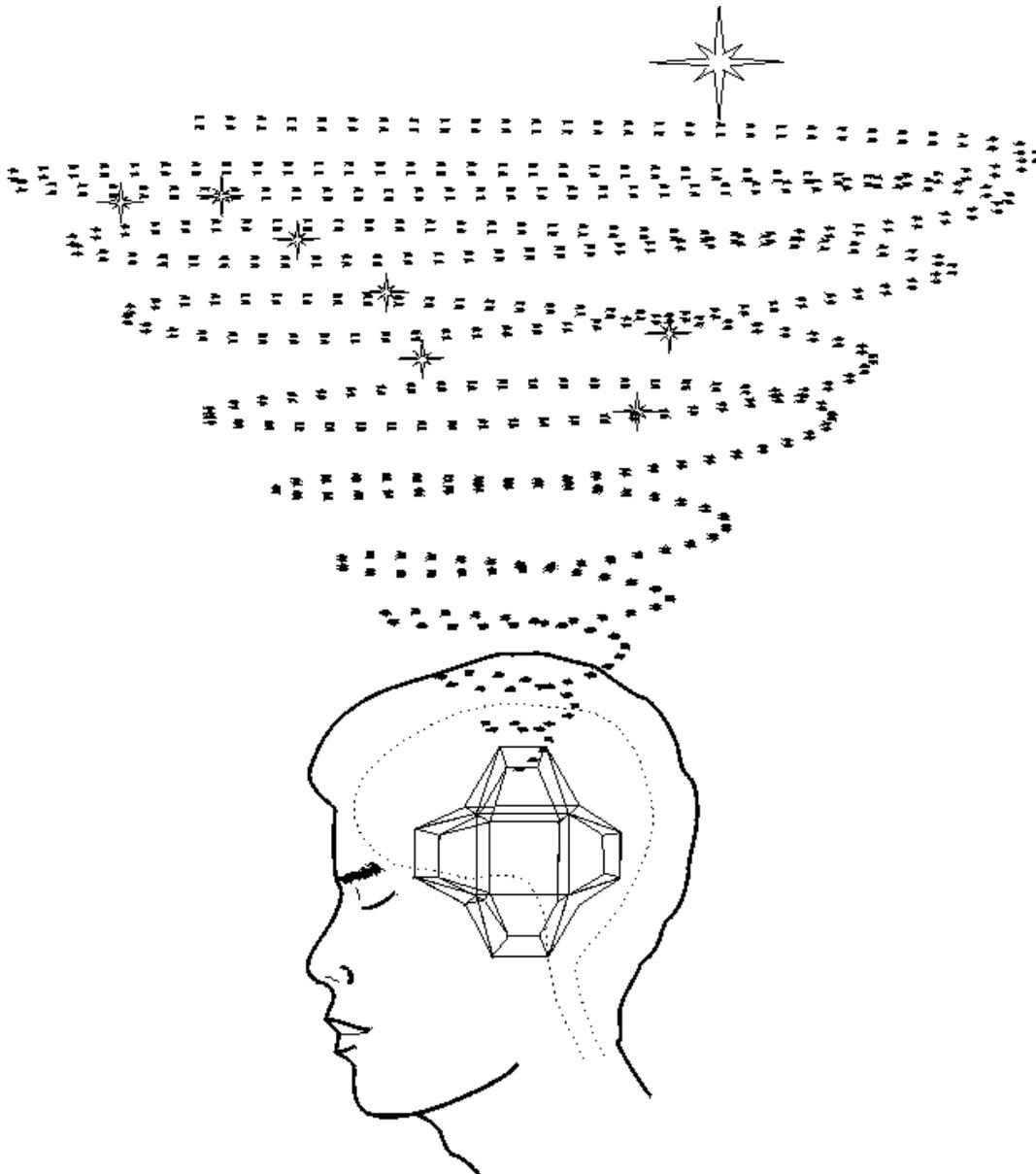


**Fig. 14. Adrenal Glands**

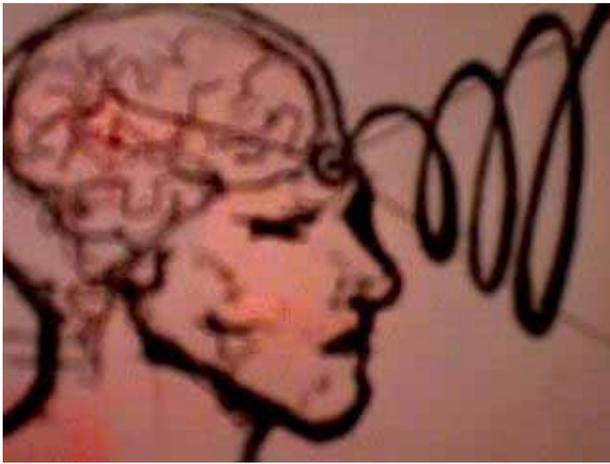
## ***Pineal Gland***

The pineal gland is the connection point for the Spirit or Soul. It is the physical center for, and transmitter of, psychic phenomena such as telepathy, clairvoyance in time and space, and the actual influence of thoughts on the physical surroundings<sup>9</sup>. (**Fig. 16**)

“When activated, the pineal gland becomes the line of communication with the higher planes. The crown chakra reaches down until its vortex touches the pineal gland (**Fig. 15**). Prana, or pure energy, is received through this energy center in the head. With practice the vibration level of the astral body is raised, allowing it to separate from the physical. ...To activate the ‘third eye’ and perceive higher dimensions, the pineal gland and the pituitary body must vibrate in unison, which is achieved through meditation and/or relaxation. When a correct relationship is established between personality, operating through the pituitary body, and the soul, operating through the pineal gland, a magnetic field is created. The negative and positive forces interact and become strong enough to create the ‘light in the head.’ With this ‘light in the head’ activated, astral projectors can withdraw themselves from the body, carrying the light with them.<sup>10</sup>



**Fig. 15.** *Crown Vortex*



**Fig. 16. Third Eye<sup>11</sup>**

“The pineal works primarily by converting the higher dimensional Light, that is constantly streaming into your reality, into usable information for your pituitary. As it gradually activates, the pineal permits the body to move its vibrational patterns into higher and higher levels. This process also allows your Light Body to attach itself even deeper into your physical instrument (**Fig. 17**). Our process is to reset the focus in the pineal. This chemical ‘lens’ largely disappears as you grow older. The decrease in its efficacy is one of the major reasons for your body aging as quickly as it does. When the pituitary begins to receive the consciousness energy packets from the Well of Dreams through its interaction with the pineal, it secretes enzymes that permit the chemical ‘lens’ in the pineal to reappear. As this ‘lens’ strengthens, it allows the RNA/DNA protein strings in your cells to activate your ‘third strand’.”<sup>12</sup>



**Fig. 17. Heavenly Mirror**

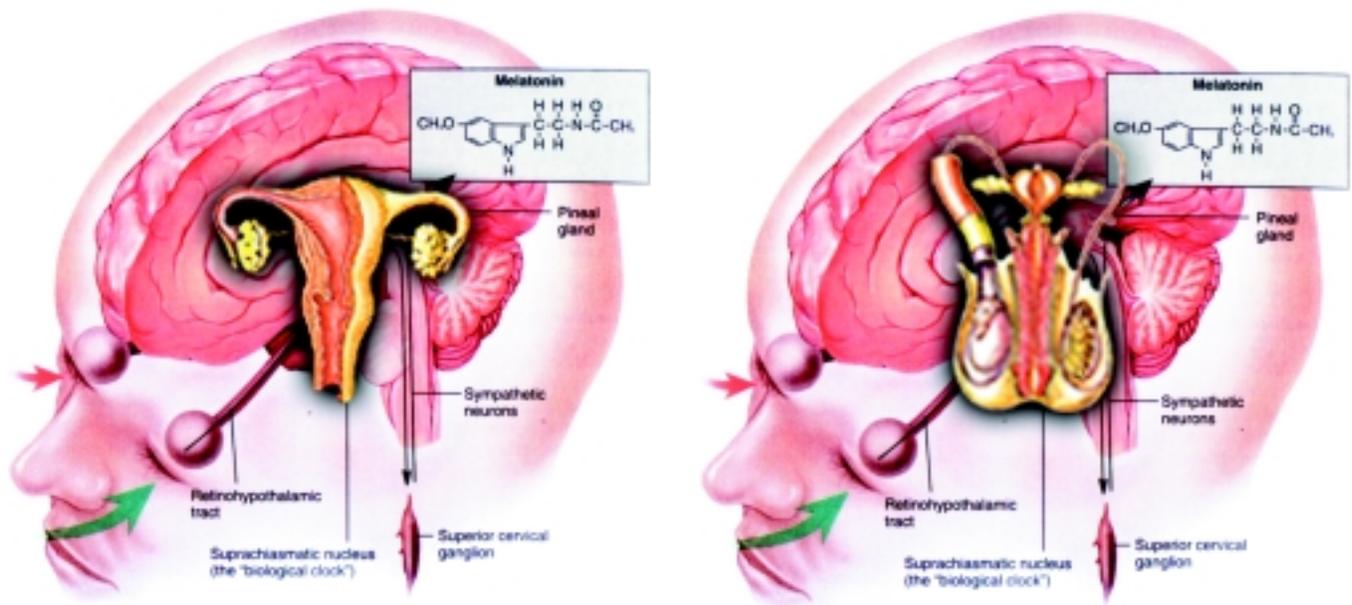
The pineal gland is located in one of the oldest anatomical regions of the brain. If you draw an imaginary line from the center of your forehead, crossed by a line through the head at the ears, you have its general location. The pineal is cone-shaped, about 8 mm (1/3 inch) in diameter, weighing from 50 to 150 mg. The gland is most active during childhood, and begins to regress at about age 7, becoming a calcified tissue strand in the adult (**Fig. 18**).



**Fig. 18. Pineal Gland**<sup>13</sup>.

There are numerous anatomical and physiological idiosyncrasies associated with the pineal. It is one of the few solitary organs (most organs in the brain are paired, left and right). While small, the blood flow to the gland is quite large. The pineal has been considered as a homologue of the reptilian ‘third eye’. Its photosensitivity derives from neural connections with the retina (**Figs. 12**).

The Taoist practice of Orgasmic Upward Draw is very important to help stimulate the pineal gland. Taoists regard the pineal as the second sexual gland(**Fig. 19**). In the Kan and Li practice, the steaming process helps to clean out all of the organs and reactivate the thymus and pineal glands.



**Fig. 19. Pineal as Second Sexual Center.**

## Fall from Grace

Nothing could be more natural than the state of Wu Chi, nothingness, or divine grace. And yet, the realization of Wu Chi is clouded by obscurations and confusions. Consciousness streams into every body, but only a few can see the light. Why is this so?

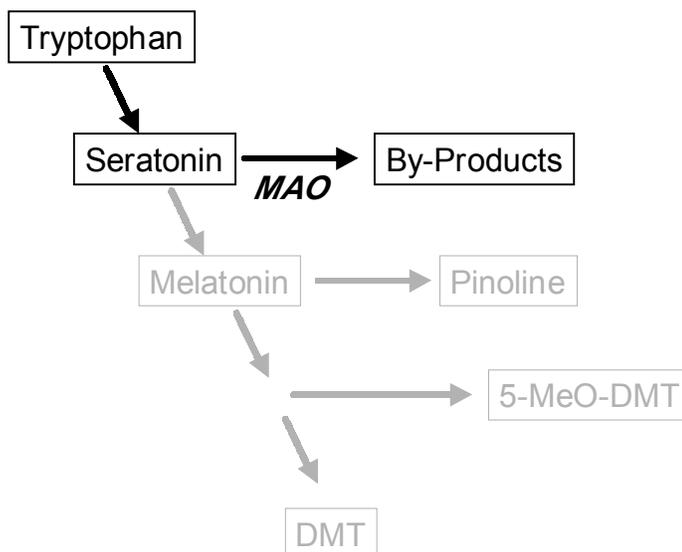
An essential function of the “upper brain”, the Upper Tan Tien, is to manifest the esoteric and divine realizations of consciousness into our humanly bodies. Chi spirals through the Crown and the Third Eye into the pineal and pituitary glands, sustaining existence and nourishing the spirit. Infants and children bask in the glow and the power of the Chi Field streaming into, and interacting with, their bodies. The psyche is vibrant and alive and the energy bodies communicate in non-physical dimensions.

As we grow older, however, the internal realities begin to fade and the external world begins to pre-dominate our existence. By puberty, the pineal gland has ossified into a calcified strand of tissue. Our minds project outwardly, and the demands of existence (work, family, daily living, etc.) preoccupy our awareness. Our emotions (fears, angers, resentments and all kinds of distractions to make ends meet) reflect this outward movement of the psyche.

Fear is the oldest negative emotion. It is felt by all animals, and is even stronger among humans since they have so little power to protect themselves, especially the newborn. The longer history required for organic development makes fear the basis of the entire civilization process: to protect ourselves and achieve our highest potential. Fear is closely connected to the kidney Chi (via the adrenal glands), and when the kidney Chi is diminished, the brain slowly begins to pull back and disengage from the fantastic worlds of the Divine. The upper brain becomes the observing brain, dedicated to the worldly tasks of sending, receiving and processing sensory signals related to daily living.

### *Inhibiting the Divine*

The transition from an internally focused awareness of the Divine, the natural state of infancy, to an externally focused awareness of the adult World, requires significant shifts in the chemistry of the brain. The tissues and molecules which normally manifest the consciousness of Wu Chi must be “turned off” or **inhibited**. Chemically, the inhibitors are enzymes such as MAO (monoamine oxidase) which rapidly convert serotonin into inactive by-products, thus disabling the synthesis of the spirit molecules. The enzyme MAO breaks down serotonin before it can be converted into melatonin, 5-MeO-DMT and DMT (Fig. 20).



*Fig. 20. Serotonin Deactivation.*

Our usual perception of the world in waking consciousness is, in fact, a state of waking ignorance. The brain must inhibit our true nature and divine connections to survive in the physical world. In everyday life, we see everything back to front, as it were. We perceive the primary actions of the brain as providing us with sensibility and cognitive awareness. In fact, the brain's mechanism is to filter and shut off the flow of divine consciousness, making possible survival on Earth, but obscuring all transcendental realities. Dark Room meditations remove the obscurations. The inhibitory functions of the brain are lifted, and we revel in the experience of Oneness, Wu Chi, the Original Source.

## Reawakening – Spirit Molecules

Waking consciousness satisfies the demands of physical existence, but severs the connection from the Divine. Thus, each night we must disconnect from the outer world and reconnect with our divine source, thereby sustaining life and nourishing the soul. In adult life, the experience of Wu Chi is relegated to the unconscious domains of deep sleep and the supernatural worlds of dream. In Taoist Inner Alchemy, we reawaken the soul to the Immortal Tao, the Wu Chi, the Original Source, and bring back the Divine into our conscious awareness.

Chemically, the reconnection to the Divine occurs by **inhibiting** the enzymatic actions of MAO and INMT, so that serotonin can convert into melatonin and melatonin into the spirit molecules 5-MeO-DMT (5-methoxy-dimethyltryptamine) and DMT (dimethyltryptamine) (**Fig. 21**). The enzymes are inhibited by substances secreted in the pineal gland, such as harmaline and pinoline. The “spirit molecules” allow us to reconnect to divine consciousness. They cause “color imagery, out of body experiences, lucid dreams, visions of beings and/or animals, mystical states, subjective “other realities” and experiences of “being somewhere else.” These states are the language of dream.

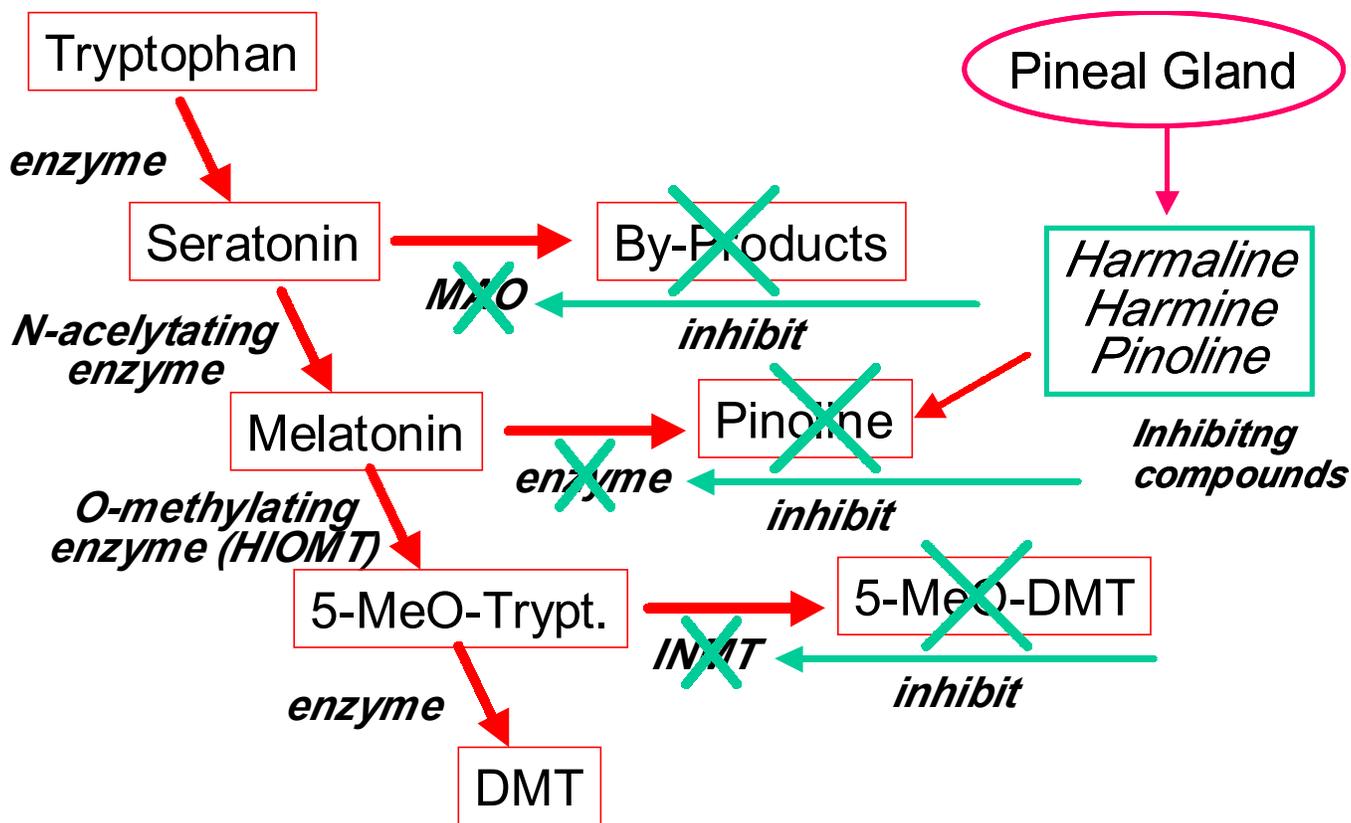


Fig. 21. Tryptamine Synthesis<sup>14</sup>.

In the Dark Room experience, the “spirit molecules” pinoline, 5-MeO-DMT and DMT alter the receiving qualities of the brain. The brain “tunes in” to invisible worlds and parallel universes, like a television tuning in to different channels. Mystical and near-death, out-of-body experiences reflect dynamic equilibria between “channels” in which we experience the essential energy that courses through the receiver<sup>15</sup>.

When you reach the ‘DMT state’ you begin to function consciously from the various psychic centers or chakras. The bodily processes of ‘Healing Love’ combine the human states of true compassion and sexual arousal to create a new chemistry and a new vibration within the body. This ‘special’ vibration occurs at a frequency of 8Hz. ‘As in the macrocosm, so it is in the microcosm’; hence if we make love, then all the cells and DNA actually make love as well. The DNA crosses over, like two serpents intertwined in an erotic embrace. You need the orgasmic vibration to arouse this crossover process which leads to the ‘two giving birth to three’; the conception of new cells. The two vital states are compassion and arousal leading to orgasm. Both are inextricably linked to love.

### ***Immortal Body***

Rick Strassman, based on several years of intensive medical research, proposes that the release of DMT from the pineal gland at 49 days after conception marks the entrance of the spirit into the fetus. This 49-day prenatal period corresponds to the first signs of fetal pineal tissue, the differentiation of the gonads into male and female, and the time between the death of an individual and its soul’s next rebirth according to the Tibetan Buddhist tradition. He suggests that the individual’s life-force enters the body through the pineal gland and leaves it through the pineal gland at death (see “DMT, The Spirit Molecule”, by Strassman, and<sup>16</sup>. The infant’s brain is flooded with 5-MeO-DMT, secreted from the pineal gland and the brain is 40% more active and open<sup>17</sup>.

## **Chemistry of Consciousness**

The chemistry of consciousness is, at first glance, complex. The infant basks in the divine glow of consciousness, manifested in the body/brain by the spirit molecules, 5-MeO-DMT and DMT. However, during development, the brain inhibits the flow of consciousness, utilizing enzymes to deactivate the synthesis of the spirit molecules. Then, to re-realize the divine source, the brain must inhibit the inhibiting enzymes! The chemistry is explained in more detail below.

Serotonin (5-hydroxytryptamine), the neurotransmitter implicated in many of the functions of consciousness, is synthesized in the brain from the amino acid tryptophan, a basic building block of proteins (**Fig. 22**). After fulfilling its role in the synaptic cleft (the space between nerve cells), the serotonin molecule is decomposed into inactive by-products (5-hydroxyindole acetaldehyde) by the enzyme MAO (monoamine oxidase). The serotonin molecule differs from the tryptophan molecule only by the addition of a hydroxyl group (OH) and removal of a carboxyl group (COO).

Melatonin (N-acetylserotonin), the neurohormone implicated in sleep, is synthesized directly from serotonin, by deactivating MAO and inhibiting the destruction of the serotonin molecule (**Fig. 23**). MAO (monoamine oxidase) is deactivated (inhibited) by the beta-carboline enzymes secreted in the pineal gland: harmine, harmaline, and pinoline. As melatonin levels rise in the brain, the melatonin converts to pinoline (**Fig. 23**). There is some confusion in the literature regarding pinoline synthesis, perhaps because it has multiple synthesis pathways, as well as close affinities to a variety of related compounds (**Fig. 24**).

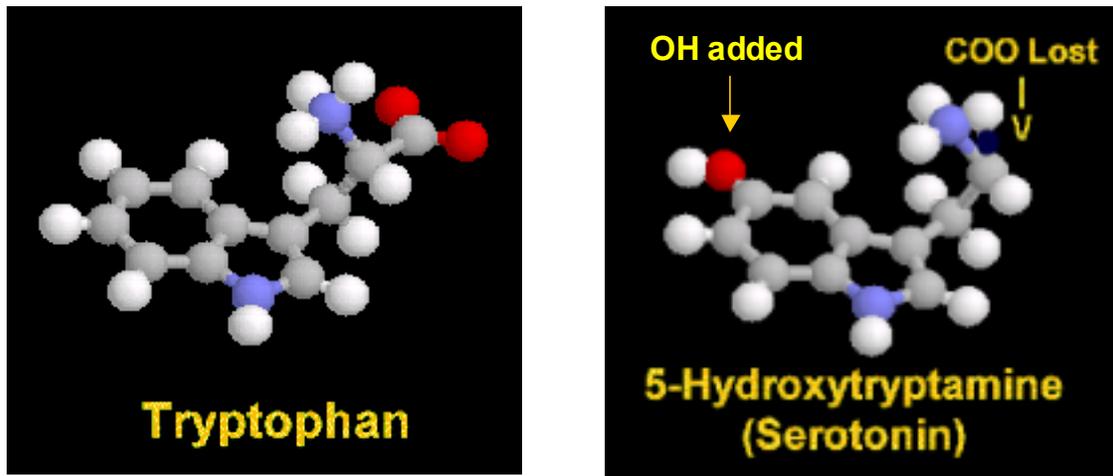
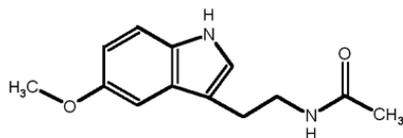
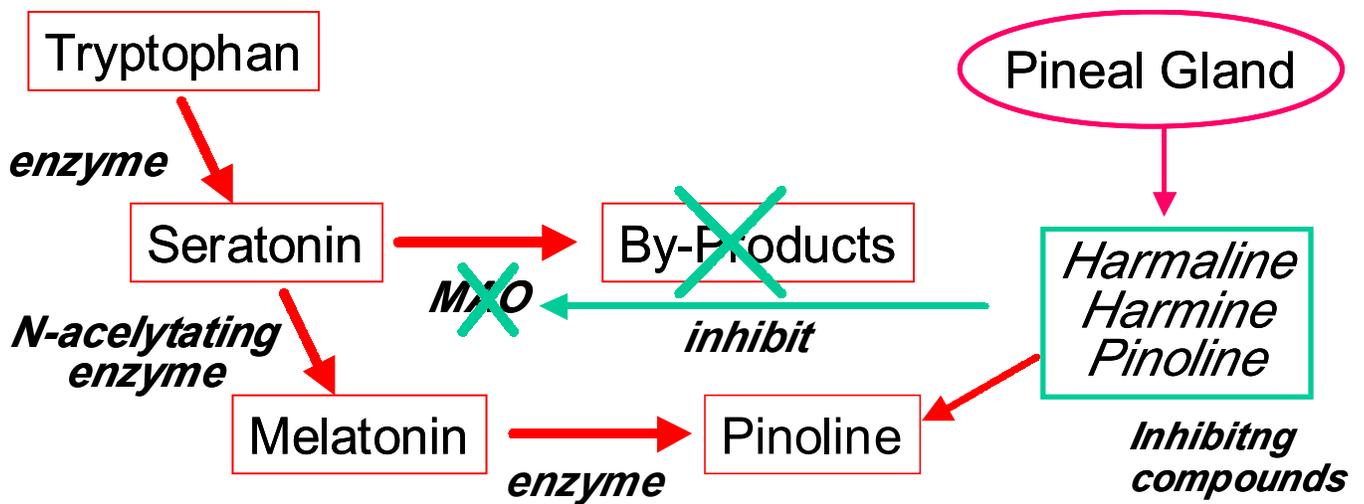


Fig. 22. Serotonin Synthesis<sup>18</sup>.



Melatonin (C<sub>13</sub>H<sub>16</sub>N<sub>2</sub>O<sub>2</sub>)  
Image by Erowid, © 2001 Erowid.org

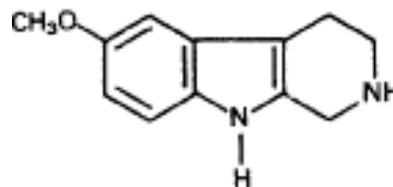
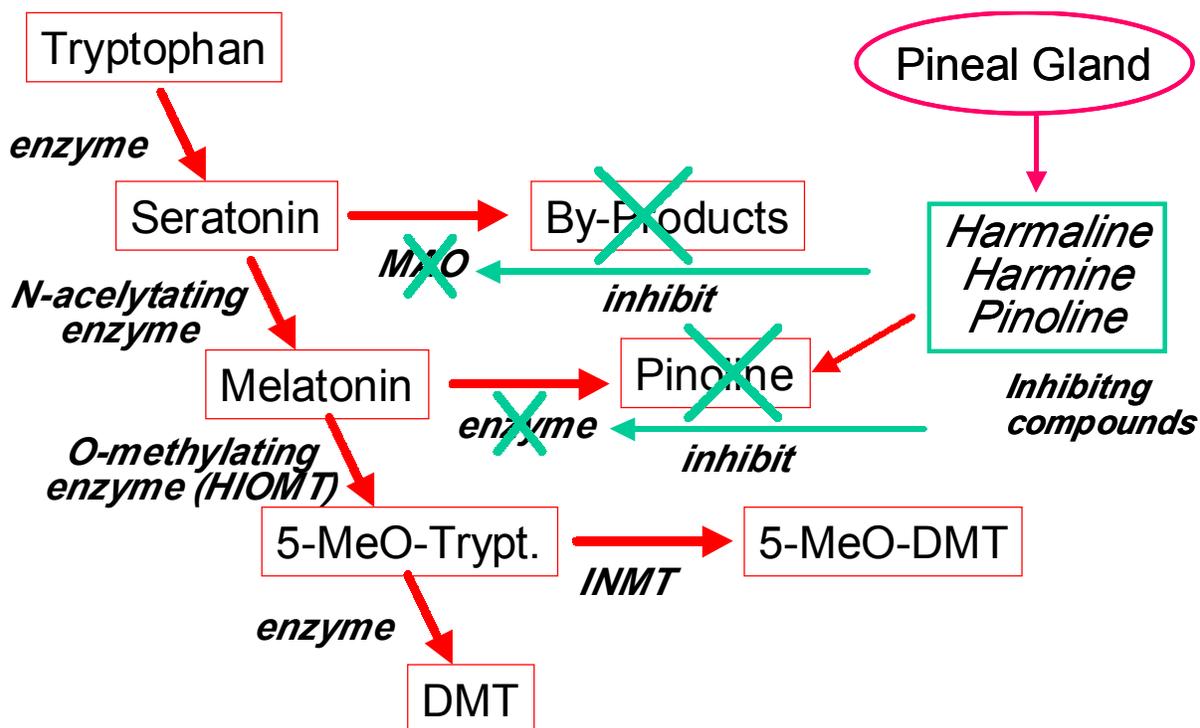


Fig. 23. Melatonin and Pinoline Synthesis<sup>19</sup>.

indole sub.	aromatic (H <sub>0</sub> )	dihydro (H <sub>2</sub> )	tetrahydro (H <sub>4</sub> )
	with a 1-methyl substituent		
Ar-H	<b>harman</b>	harmalan	<b>tetrahydroharman (THH)</b>
Ar-6-OH	6-harmol	6-harmalol	<b>6-tetrahydroharmol</b>
Ar-6-OMe	6-MeO-harman	<b>6-MeO-harmalan</b>	<b>6-MeO-tetrahydroharman</b>
Ar-7-OH	harmol	harminol	<b>tetrahydroharmol</b>
Ar-7-OMe	<b>harmine</b>	<b>harmaline</b>	tetrahydroharmine (a)
	with a 1-hydrogen substituent		
Ar-H	βC	DHβC	<b>THβC (tryptoline)</b>
Ar-6-OH	6-HO-βC	6-HO-DHβC	<b>6-HO-THβC</b>
Ar-6-OMe	6-MeO-βC	6-MeO-DHβC	<b>6-MeO-THβC (pinoline)</b>
Ar-7-OH	7-HO-βC	7-HO-DHβC	7-HO-THβC
Ar-7-OH	7-MeO-βC	7-MeO-DHβC	7-MeO-THβC

**Fig. 24.** "Harm" Compounds. Pinoline also goes by the names 6-Methoxytetrahydro beta carboline, and 6MeOTHBC<sup>20</sup>.

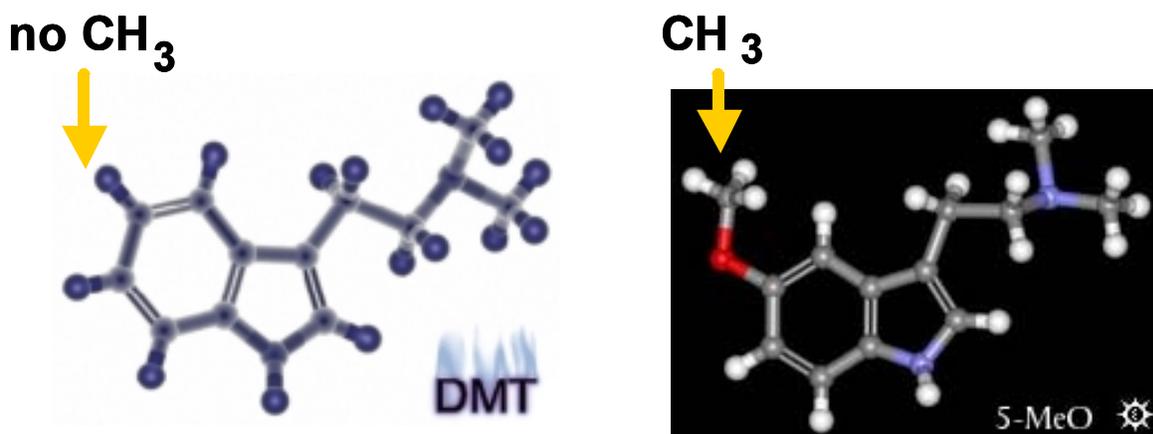
The inhibition of MAO (monoamine oxidase) also allows for the synthesis of the "spirit molecules", 5-MeO-DMT (5-methoxy-dimethyltryptamine) and DMT (dimethyltryptamine) (**Fig. 25**). In a two-step process, 5-MeO-DMT is synthesized from melatonin with the assistance of the O-methylating enzyme HIOMT (hydroxyindole-O-methyltransferase) and the enzyme INMT. Inhibition of INMT results in the formation of DMT.



**Fig. 25.** 5-MeO-DMT Synthesis<sup>21</sup>.

The structures of 5-MeO-DMT and DMT are very similar, differing only by the presence/absence of a  $\text{CH}_3$  group (**Fig. 26**).

It should be noted that the tryptamine derivatives are often unstable, volatile substances, and molecules with nearly identical structures may have significantly different functions and effects (**Fig. 27**). DMT, for example, is metabolized by the brain in a matter of 10's of seconds. The tryptamine molecules may rapidly destabilize and transform into sister compounds, and multiple pathways may exist for the formation of a given tryptamine structure. This probably accounts for some of the considerable confusion in the literature regarding the origin of the various "spirit molecules". Pinoline synthesis, as a prime example, has been variously attributed to both melatonin and 5-MeO-DMT parent compounds. The suggestion that pinoline is a pineal secretion ignores the actual molecular pathways that lead to its synthesis.

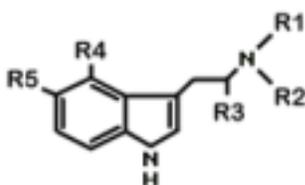


**Fig. 26.** Comparison of the DMT and 5-MeO-DMT molecules. They differ by the presence/absence of a  $\text{CH}_3$  group<sup>22</sup>.

#### Orally and Parenterally Active Psychotropic Tryptamine

Derivatives <http://deoxy.org/tryptam.htm>

Based on [McKienna & Towers 1984](#)



Name of Compound	R1	R2	R3	R4	R5	Dosage (mg)	Route Oral/Par.
<a href="#">tryptamine</a>	H	H	H	H	H	100 *1	par/oral?
<a href="#">DMT (dimethyltryptamine)</a>	CH3	CH3	H	H	H	60	par
5-MeO-DMT	CH3	CH3	H	H	OCH3	6	par
<a href="#">serotonin</a>	H	H	H	H	OH	100 *3	oral

Data compiled from [Kantor, et al. 1980](#); [Shulgin 1978, 1982](#); [Shulgin&Carter 1980](#)

**Fig. 27.** Tryptamine Derivatives<sup>23</sup>.

# Stages of Dark Room Enlightenment

## ***Benefits of Dark Room Experience***

The Dark Room meditations will influence each person uniquely, depending on their maturity and stage of spiritual development. However, most people, even beginners, will receive great benefits, which may include:

1. Relaxation. This is one of the foundations for all other work. During the first days of the retreat, catching up on sleep, allowing the eyes to recuperate from the over-stimulation of our visual world, releasing the grip of mental concerns, plans, and a agendas and simply letting the energies settle creates the best vacation you may ever have.
2. Once relaxed and feeling at home in the dark, the Inner Lights may appear as well as possible images of space teachers, deities, colors, and shapes. Imbalances in one's energies can manifest as dull colors.
3. Over time, as one becomes more open, balanced and awake, images clear as day may appear, not inside the mind's eye but outside in the space of the retreat.
4. Advanced practitioners may experience some of the following: Dreams and sleep become more lucid. A state of continuous consciousness arises in which there is no break in conscious awareness; meditation can continue during sleeping and non-sleeping hours.
5. The Taoist Secret of Love and the Healing Love become very active, so that working with sexual energies and engaging in creative work become easier and more powerful.
6. Dreams will often take the form of teachings or participation in great mythological stories.

The Dark Room enables the body and mind to undergo a series of profound transformations. The 'states of consciousness' appear correlated with the organic synthesis and accumulation of psychedelic chemicals in the brain, especially melatonin (Days 1 to 3), pinoline (Days 3 to 5), 5-MeO-DMT (Days 6 to 8), and DMT (Days 9 to 12). The pharmacology of these states is as follows.

### ***'Melatonin Stage' (Day 1 to 3)***

Complete isolation from external light causes the pineal gland to flood the brain with the neurotransmitter melatonin (average 2 to 5 mg/day), manifesting initially as the need for sleep and rest. The eyes recuperate from the over-stimulation of the visual world, releasing the grip of mental concerns, plans agendas, and letting the energies settle. Melatonin is essential for maintaining the hibernation state, which facilitates the emergence of spiritual consciousness. The person retains a child-like biological condition where melatonin is conserved and recycled, not wasted in biological continuation. When this substance works together with the yellow marrow in the bone, the reddish firing reaction will activate a gentle interaction between the sacred water and the light. The sacred waters are the inner fluids that are responsible for producing bone marrow and other bodily fluids. The waters run not only in the in the center of the bones, but also in the spinal connections between the Crown and Perineum Points.

### ***'Pinoline Stage' (Day 3 to 5)***

After about three days, when melatonin concentrations reaches sufficient levels (15 to 20 mg) the body then begins to produce the superconductor pinoline, whereby a greater fluidity of thought and healing of the body starts to occur. Pinoline induces cell replication (mitosis) and intercalates with DNA molecules. The 'pinoline stage' is normally activated only in the womb, in lucid dreaming, or in near death experiences. Within this state we can metaprogram the brain to the Unity of Self, heightening awareness of the pathways with which we filter reality. At this stage, the nervous system becomes aware of itself. We become aware of the hologram of the external world that we create constantly in our head<sup>24</sup>.

When the pinoline is triggered you activate your clairsentient and clairaudient powers. You may see light and visions, hear music, and gain phenomenal insight. A decoding of the DNA then begins to take place. Cosmic particles are attracted to us and decoded in the form of sound, light, knowledge and realization. The particles, which have the same cell structures as humans (and from which the Tao believes you evolved), are attracted to you magnetically. The body has approximately six trillion cells, which correspond to the universe 'without'. Each of these cells can be seen as a computer with unlimited power and potential. Each cell can become a super conductor, able to receive information from space. You are able to decode this universal information carried from outer space, which may be as old as nothingness itself. When you enter this primordial state or force you are reunited with the true self and divinity within. You literally 'conduct' the universal energy. You may see into the past and future, understand the true meaning of existence, and begin to understand the order of things. You return to the womb, the cocoon of our material structure and Nature's original Dark Room.

### ***'5-MeO-DMT Stage' (Day 6 to 8)***

At this stage the pineal gland starts to produce the neuro-hormone 5-MeO-DMT (aka 'akashon'). This psychoactive tryptamine is highly luminescent and also extremely phosphorescent due to the amount of phosphene that it transmits onto the visual cortex. 5-MeO-DMT switches on 40% more of the cerebral cortex and awakens the nervous system to become aware of itself; 'beingness' results. Hence, the possibility of metaprogramming the nervous system's bio-computer - activating healing and conflict message assortment of the nervous system. 5-MeO-DMT is the empathogenic neurotransmitter that expands the emotional body between 'infinity and zero'. It gives rise to telepathy in the emotional and intuitive bodies. It engages the awakening of the 'Flower of Life', the spine, which begins to glow in a state of beingness and peace.

5-MeO-DMT discharges the darkness from the darkroom. A bright light is activated and one experiences a born-again mentality. This Great White Light, the manifestation of the astral body, enables the self to project externally. At this point, some degree of 'N-Methyl-D-Aspartate Inhibition' (NMDA-I) usually occurs. This is a 'soft form' of the slowing of the glutamate input signals into the cells. This makes it easier for the nervous system to cause electrons to stop flowing within the cells, allowing for profound meditative trance states. 5-MeO-DMT intercalates with messenger RNA. One can see in 3 dimensional Holon pictures, as the thoughts behind language.

"Techniques taught in the Dark Room enable one to read and go beyond the matrix, by unifying all directions, and externalize the soul computer so that one can start to interact with ones own genetic code of the Tree of Life. In this intensive process 5-MeO-DMT activates the entire spine, the Tree of Life. The spine is activated and reprogrammed and you can start to process the illusion of the dream from its binary code into the unified translated Self: the Unity Self. Through 14 days of total light isolation your consciousness can be expanded to the wider range of wave emanations and transduce the core hologram of reality that is coherently programming ones nervous system to the Unity Self<sup>25</sup>."

Many exercises will be practiced during this period: compacting Chi, consciousness and awareness into the nervous system, working with the Silent Self and anchoring the Immortal Body.

The 5-MeO-DMT prepares the nervous system, through its empathetic state of being and self awareness of the nervous system, for the DMT or dimethyltryptamine production of the pineal gland, in psychoactive milligram doses.

### ***'DMT Stage' (Day 9 to 12)***

When DMT levels reach more than 25 mg, one's experience can become very visual. DMT is the visual third eye neurotransmitter. It enables the energy body and spirit to journey into hyperspace, beyond third dimensional realms of time and space. It is intensely energizing. "After some 10-12 days one starts to see in infra red, and ultra violet, one can actually run across the room and touch a person, by seeing their heat patterns. The Holon Images exteriorize and one is walking in a Virtual Reality, which appears to be the DNA language macro uploaded, and interactive."

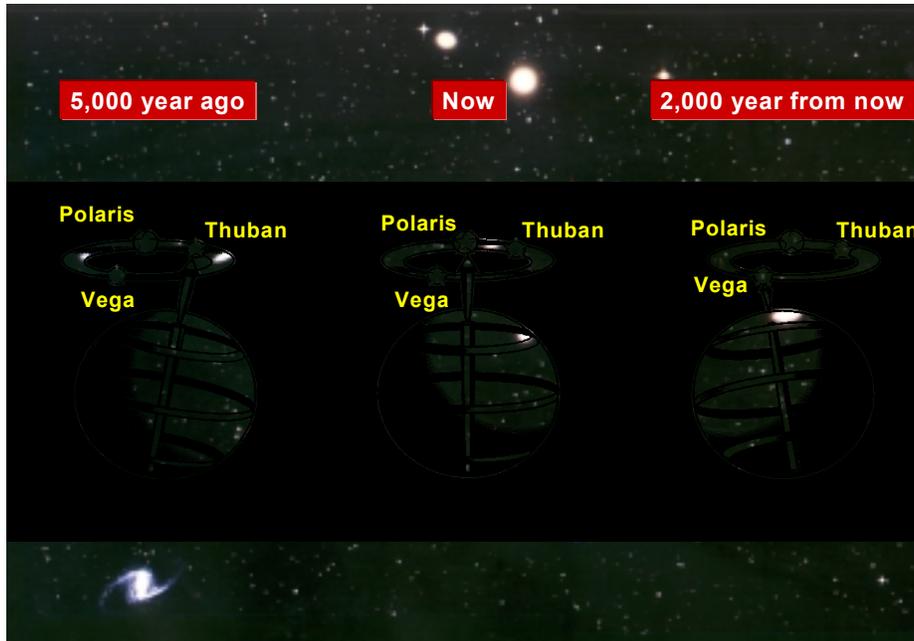
When you reach the 'DMT state' you begin to function consciously from the various psychic centers or chakras. The bodily processes of 'Healing Love' are then combined with those of the Dark Room. The human states of true compassion and sexual arousal create a new chemistry and a new vibration within the body. This 'special' vibration occurs at a frequency of 8Hz. 'As in the macrocosm, so it is in the microcosm'; hence if we make love, then all the cells and DNA actually make love as well. The DNA crosses over, like two serpents intertwining in an erotic embrace. You need the orgasmic vibration to arouse this crossover process which leads to the 'two giving birth to three'; the conception of new cells. The two vital states are compassion and arousal leading to orgasm. Both are inextricably linked to love. When this 'love-vibration' reaches the pineal gland a new hormone is produced, which in turn creates whole body conductivity. Only when you feel the waves of orgasmic vibration and unconditional love for the self and others can the process be activated and the essence of the darkroom is magnified.

At this stage of the Dark Room Retreat, the required amount of sleep tends to diminish dramatically. Although the day may last 24 hours, 3 hours of sleep can seem like 12. During this period we will engage in further practices; psychic games and interactivity, Taoist Dream Yoga (advanced levels) and Imagination Expansion.

# Taoist Cosmology

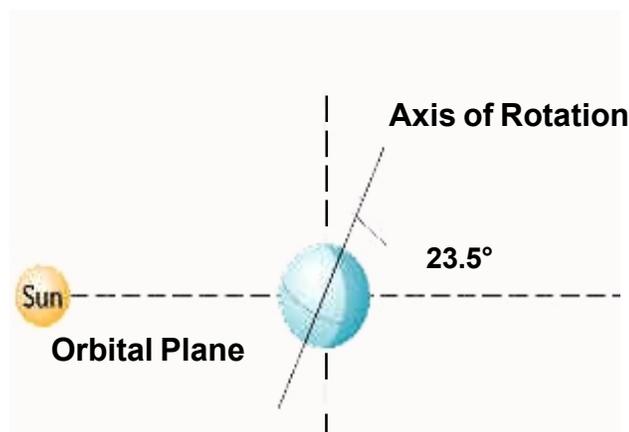
## North Star and Big Dipper

Taoists regard the three largest known stars – Polaris (the North Star), Thuban, and Vega – as the collective center of our galaxy (**Fig. 28**). The earth's axis shifts toward a different one of these stars every 2,150 years as a result of the gravitational pull from the sun and moon. The axis currently tilts toward the North Star, which is therefore referred to as the Pole Star. In other words, if one were to observe the sky from the North Pole, the entire galaxy would appear to be moving around the North Star. As the earth's axis is influenced by its mass, the North Star controls the earth's energy fields, thereby affecting our health and emotional states.



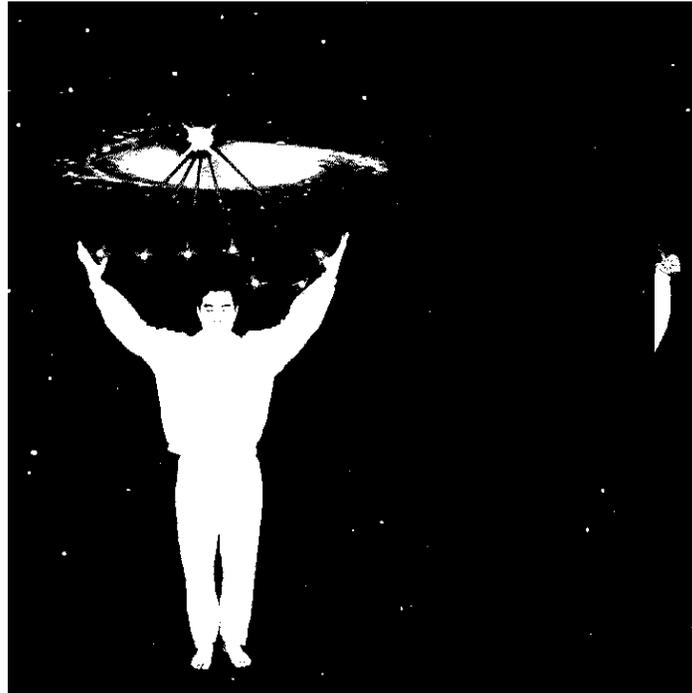
*Fig. 28. Violet Stars.*

The three stars are known as the Violet Stars because they emanate violet rays throughout the galaxy, which affect every living cell of nature on our planet. Taoists believe that a human's heart tilts 45 degrees toward the North Star, just as the earth tilts 23.5 degrees toward it to receive its energy. They also believe that every planet in the galaxy tilts toward these Violet Stars in the same way, and that the North Star is presently controlling them as well (**Fig. 29**).



*Fig. 29. Earth tilts 23.5 degrees towards the North Star.*

The Big Dipper revolves around the North Star, as do other constellations, reflecting the earth's seasonal changes. The Big Dipper is a major source of red and infra-red light, or radiant energy (**Fig. 30**). Taoists believe that the cup of the Big Dipper gathers all the violet light from the universe. The emanation of infra-red light of the Big Dipper, combined with the violet rays of the Violet Stars (especially Polaris), has a positive, nurturing effect upon the bodies and minds of those who know how to access it. Taoists believe that the Violet Stars, the Southern Cross constellation, and other constellations form the "Gates of Heaven." All living things must pass through these gates to return to their source of origin, the Wu Chi, which is the state of oneness with the Tao.



*Fig. 30. Infra-red emanations of the Big Dipper.*

Taoists believe that the soul and spirit come from the stars and ultimately must return to them to find their origins. To do this, one must first gather and refine the energies of soul and spirit until they are as pure as the stars, and eventually as pure as the Original Force. This is the way to achieve oneness with the Tao. The first step is to refine the force internally while practicing detachment from worldly things. This helps to break the bonds that hold us to this world. The second step is to draw in the forces of the planets to enhance our own internal force. This gives us spiritual power in the form of energy to use as fuel for travel to the planets, the constellations (especially the Big Dipper), and finally to the North Star, which points to Heaven. Taoists refer to this process of absorbing, transforming, and combining our soul and spiritual energies as "marrying the force," which means that we purify our energies to merge with the stellar forces.

## **Nine Sacred Mountains**

In the Taoist tradition, the human body is a microcosm of the natural world. Our physical anatomy is an inner landscape with its own rivers, forests, mountains, and lakes that reflect their harmony with the outer landscape of the planet Earth. Figure 31 is an ancient rendering of the inner alchemy practice of the Tao, probably originally drawn by a highly achieved Taoist from China's Tang Dynasty period (7<sup>th</sup> century C.E.). The numbered areas 16 to 21 are a series of nine sacred mountain peaks. These mountain peaks function as funnels guiding Universal Energy downward. This energy is then concentrated in the mountain caves. Taoist adepts go to these caves for initiation. In the human head there are nine different energy centers (peaks or points), which are able to extend to Heaven to connect to the Cosmos. The brain marrow cavities, as well as the various energy centers of the body, are like caves in a mountain in which you can concentrate, store, and transform energy.

**(16) TOP OF THE GREAT PEAK** is located at the back of the head. When we tilt our head and push our chin back, our head reaches its highest point. This peak connects the North Star to the Pineal Gland; it is where we receive the descending Universal Energy.

**(17) HIGH PLACE OF MANY VEILS** lies between the Mud Pill and the Great Peak. It is where the spirit and soul bodies can leave and enter in horizontal flight.

**(18) MUDDY PILL** is located in the center of the crown (Bai Hui or the hundredth meeting point). When it is open it feel like soft mud. This crown point connects the Big Dipper to the Hypothalamus Gland. It is through this center, which functions as a two-way street, that you can project your energy (soul or spirit) upward or receive the energy flowing downward.

**(19) HOUSE OF RISING YANG** is the third eye. Located slightly above the middle of the forehead, this center is able to receive the energies of the sun and moon, which it uses to project the soul and spirit bodies into space.

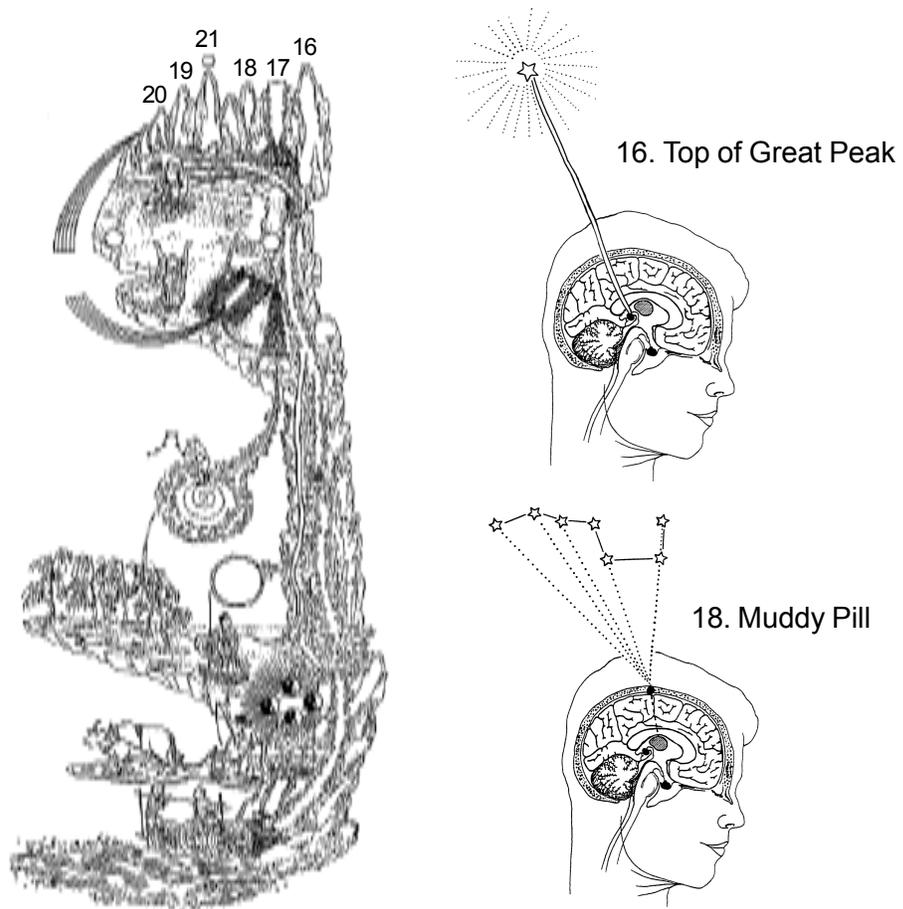
**(20) NINE SACRED REALMS** are directly connected to the mid-eyebrow and has a close connection to the Pituitary Gland. This center is use to receive the Cosmic Force and to launch the soul and spirit bodies into the earthly or human plane for traveling.

**(21) IMMORTAL REALM** is located in the center just in front of the crown point. It is here that our energy is able to make a connection with the heavens to draw down even more powerful Universal Energies'.

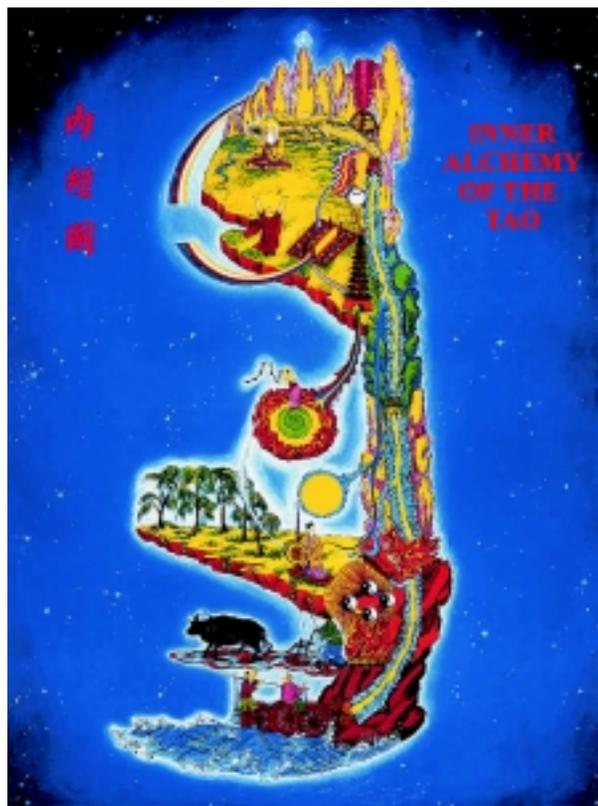
## Nine Palaces

Nine is one of the most commonly use numbers in Taoism being the highest cardinal order in numerical calculation. Lao Tzu once referred to a nine-story-building rising from a clod of earth. A nine-story-building has both architectural significance and spiritual implication. The architectural significance is based upon the order of nine, which implies the highest structure of mental calculation and manipulation. In Chinese architecture, the steps and stories of a building are designed within the function of nine. The nine-story-building refers spiritually to the nine mountain-like palaces crowning the brain (**Fig. 32**). The cortex will gather all the elixir-making fluid needed for crystallizing into mystic elixir. Lao Tzu's statement also refers to the nine-story tower of vocal cord.

In Chinese, nine means literally the change of yang, which depicts the crawling position and extreme end. This nine-yang is the highest order in heaven and on earth, and it is the power representation of all. Beginning from nothing (zero), at nine we reach the peak stage of performance and begin to return to the original state of inactivity, for either a new beginning or a complete change. As life evolves and changes, there will be nine significant crises to be conquered. These can be referred to as the crises of merging within the structural and dynamic trinity. The nine crises determine nine deaths of old conditioning and established habits that one must walk through. Nine deaths bring about the final new birth, or the returning of pure spirit. When a person consciously dies nine times, the last death must be the spiritual birth of self into cosmic void.

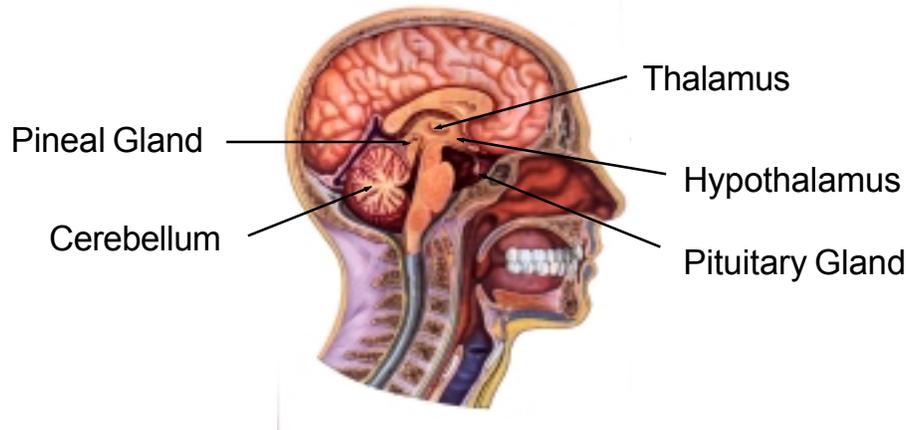


**Fig. 31.** On the left, an ancient rendering of the inner alchemy practice of the Tao. On the right, two of the nine mountains (16 and 18) correspond to Nine Palace points in the brain.



**Fig. 32.** In Taoist Inner Alchemy, nine mountain-like palaces crown the brain.

In the beginning of life, we have nine holes that open and close to life in the body: the life of breath, love, and harmony. Seven of these are charged by seven powers of light. The eighth and ninth discharge the water and concrete wastes externally, or internalize the thrusting power of spirit and its mating partner, the sexual fluid, or the holy water in its earthly matured form. Among these nine holes, two form visual receptors and process the maximum on the information highway. As the receptors collaborate with the visual center in the rear of the brain, the neutralized energy activates the single most powerful interior organ: the pineal gland (**Fig. 33**).



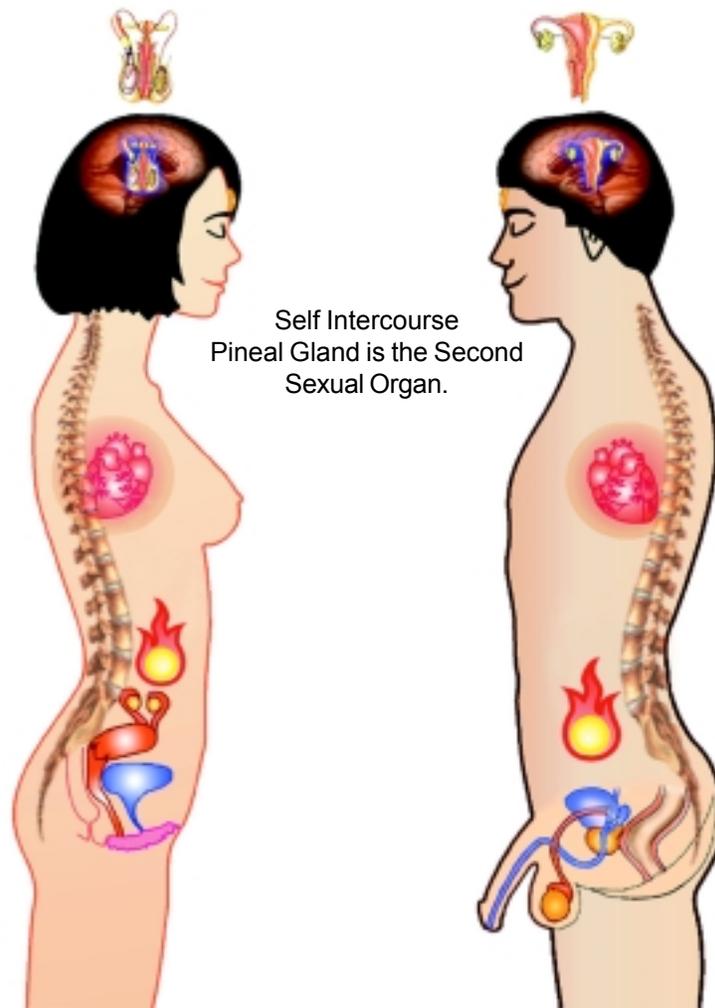
**Fig. 33.** Brain includes the organs: cerebellum, thalamus, hypothalamus, pineal gland, pituitary gland.

The pineal gland stands side by side with the limbic system and helps the cerebral-spinal-abdominal fluid to form the whitish matter by releasing melatonin and other chemicals. Melatonin is the essential substance required to maintain the hibernation state where spiritual consciousness sustains a peaceful, healthy, loving, and long life. The spiritual vitality producing the biological Jing will be preserved. The person then retains a child-like biological condition where no matured melatonin is wasted in biological continuation. When this substance works together with the yellow marrow in the bone, the reddish firing reaction of the biological process will be converted into a gentle cooking interaction between the holy water and light.

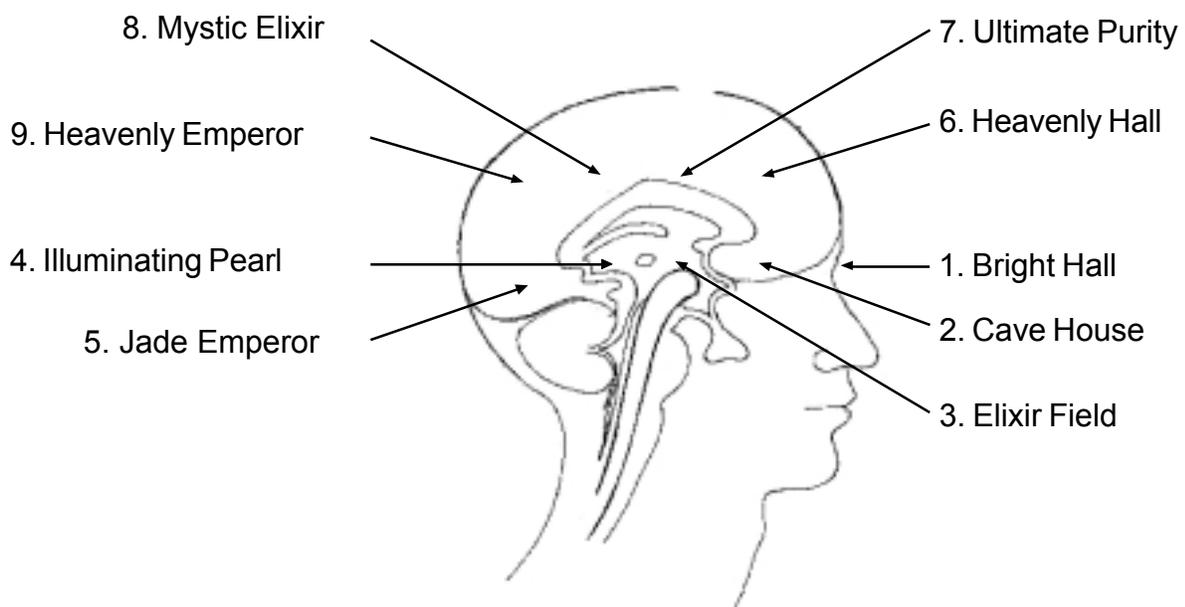
The sacred water refers to the inner fluid that is responsible for producing bone marrow and other bodily fluids. When the light activates this sacred water, one experiences a born-again mentality. When sacred water and light merge, the faithful mustard seed is planted, and the true teaching and living begin. The sacred water runs not only in the center of the bones, but also in the midst of the body connecting the Crown and Perineum Points (**Fig. 34**). The Crown Point emits the fire as the Perineum Point secretes the glacial water. The glacial water is the primordial yang Chi that carries the gender-producing substances. The conscious fire in the brain utilizes the unconscious water in the abdomen as elixir or white horse: a completed product.

When the sacral bones again become sacred, they replace the power of the eight incisor teeth. The snake biting returns to fish sprouting. The mouth speaks the truth with integrity. In doing so, the independence toward either masculinity or femininity becomes integrated with the longing partner: sacrificial becomes sacramental.

Under this condition, the nine structural ligaments that form the vocal cord speak with the power of nine kings being guided by the master king, the tenth king of Miphkad. The nine bodily parts and holes are integrated into nine palaces echoing the power of nine teachings. The sacred water and light unify the seven firmaments. The vocal cord no longer resounds with the activation of mouth and teeth, but vibrates directly through the pineal gland and the Crown Point. When the nine vibrations activate the pineal gland, the Crown Point will resonate in the universal and cosmic behavior. The visible biological nine holes in the body will harmonize with the invisible nine holes in the brain. The active nine bodily parts will speak through the inactive nine vocal ligaments. The cerebral cortex becomes the cosmic mud upon which the spiritual elixir can be produced through the activation of the mighty cerebellum. (**Fig. 35**).

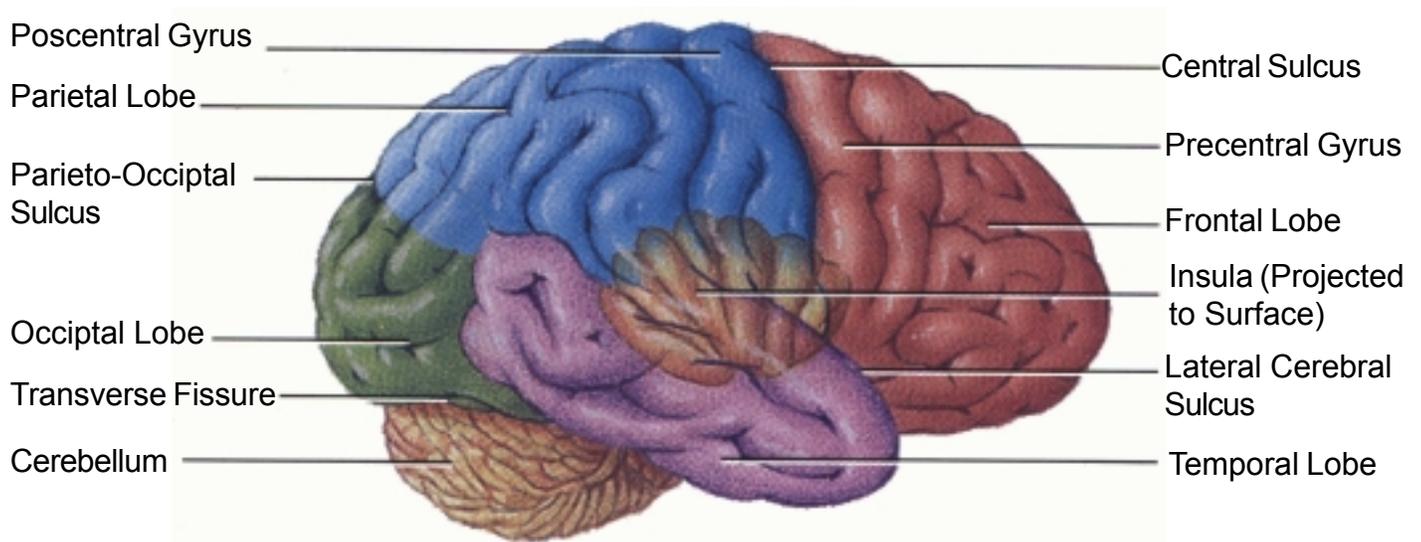


**Fig. 34.** Crown Point is connected to the Perineum.



**Fig. 35.** Nine Palaces

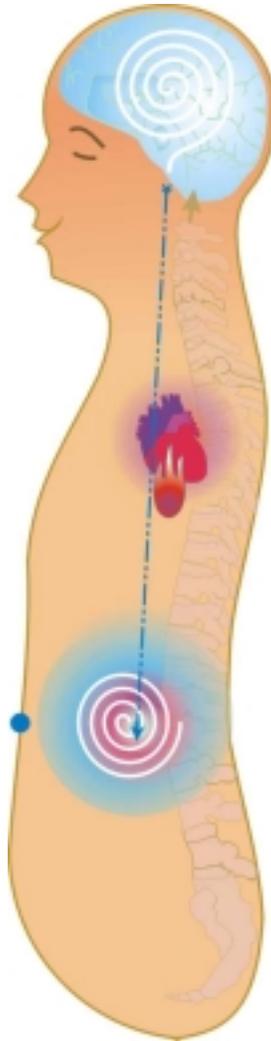
When the cerebellum is totally awakened, the instinctive mind behaves through the supervision of eternal peace. Daily activity will unify with nightly rest; the thinking mind will collaborate with the dreaming mind; biological water will balance with sacred water; lustful drive will merge into blissful flow. The inner drumming practice is about to begin. When the glacial thalamus and hypothalamus glands are activated by the holy well of brain fluid under the cave of the corpus collasum, elixir is produced through the interaction of the pituitary and pineal glands. The elixir then travels through the calcarine and parieto-occipital sulcus to nourish the entire cortex and cerebrum (**Fig. 36**). When the time is right, the spirit-elixir will shoot through the central sulcus, the “Crown Point”, its heavenly home. Souls are shocked by this drumming power, and spirit is aroused by the drumming frequency of vibration balancing the entire universe. The body is scorched, the souls are sold, and spirit returns to its original home.



**Fig. 36.** Brain Sulci: The parieto-occipital, and central sulci of the skull.

As the vocal cord produces sound, the nine special areas in the body/mind are opened. Among these nine areas, three represent the Tan Tiens, three the “guans” or passes of fire, and three for “qiao” or knack. The three Tan Tiens are located in the third eye area, the Yellow Court area, and the caldron area respectively (**Fig. 37**). They charge the frontal body by managing the water-Qi circulation. The lower Tan Tien awakens the Kundalini power for the frozen Jing-Qi to become internalized into sweet dew. The middle Tan Tien expresses love through the falling of sweet dew, while upper Tan Tien reviews the cosmic wisdom with its fresh single eye. In Biblical tradition, the lower Tan Tien constructs the Old Gate. The upper Tan Tien forms the Sheep Gate. The middle Tan Tien manifests the Christ Love. These three Tan Tiens belong to the wood element. They possess the power of restoration and charge the power of growth.

Corresponding to these Tan Tiens are the three “guans,” the passes of fire. These passes circulate in the back, facing the three Tan Tiens directly. The lower guan opens the life-gate pressure or the Water Gate. The middle guan empowers the spirit-platform or the Horse Gate that fires the hands. The upper guan, called the Jade Pillow, is located in the center of visual cortex. It is the power of the Master Gate, or the Gate of Miphkad. These three guans belong to the golden element. They possess the power of openness and initiate the circulation of change.



**Fig. 37.** *Three Tan Tiens*

Circulating between these six special areas are the powers of the three “qiao” or three knocks. Each knock constitutes a “gong” or palace. The yin gong is the perineum point, and the yang gong is the Crown Point. The central gong utilizes the cortex as the cosmic earth. The yin qiao/gong belongs to the water element and possesses the quality of peace. The yang qiao/gong belongs to the fire element and has the quality of action. The central qiao/gong belongs to the earth element and pertains to the quality of harmony.

When these nine special areas are unified in the brain the Nine Palaces are flung open emitting elixir into the cosmos through nine mountain-like openings. Among them, seven connect with star lights of the Big Dipper. The Moon shadows the eighth through the North Star. The ninth is charged by the Sun, which is controlled by the Southern Star. Allowing the Jade Moon and Golden Flower lights to become the basic nutrients, rather than consuming food and water, the meditative mind and fasting body create their own wonder. At a higher level, the eighth is milked by the cosmic holy water and the ninth is clothed by the cosmic white light. The seven teachings are produced through seven sacred body parts, called churches.

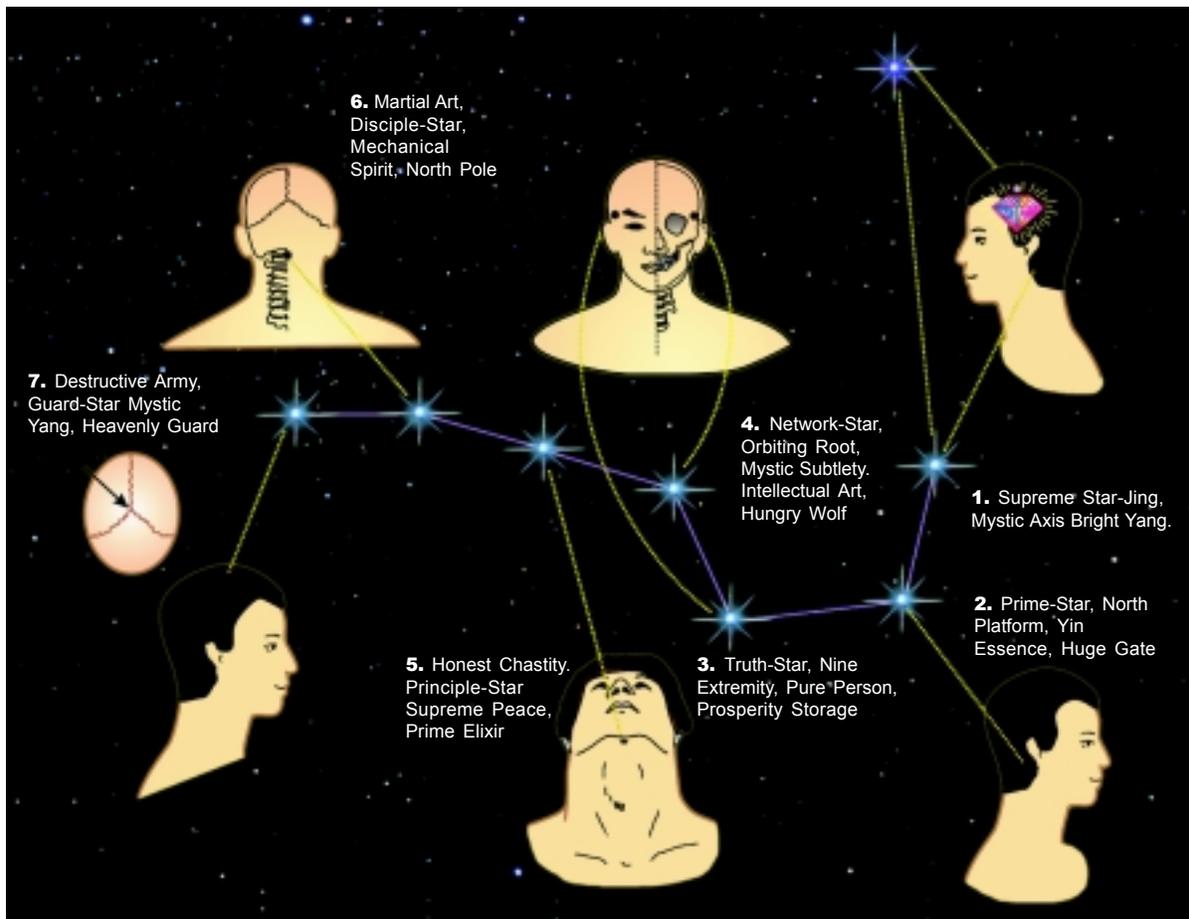
# Dark Room Practices

The Big Dipper and Nine Palaces are practiced interchangeably: meaning the Big Dipper exercises are done actively as “Wuhuo” or “Military Fire” and the Nine Palaces are exercised passively as “Wenhuo” or “Intellectual Fire.” During the active meditation in the early morning and before midnight, all participants must exercise Big Dipper. During relaxed or sleeping meditation practice, Nine Palaces will be used. Also, practice the Big Dipper first and then the Nine Palaces.

## Big Dipper Practice

The names of the seven stars are as followings. 1) Supreme star-Jing, Mystic axis, or Bright Yang; 2) Prime-star, North Platform, Yin Essence; 3) Truth-star, Nine extremity, Pure Person; 4) Network-star, Orbiting Root, Mystic Subtlety; 5) Principle-star, Supreme Peace, Prime Elixir; 6) Disciple-star, Mechanical Spirit, North Pole; 7) Guard-star, Mystic Yang, Heavenly Guard (**Fig. 38**). The names from western Astronomy are in **Fig. 39**.

The first two stars belong to Hun-soul, the third and fourth stars are controlled by po-soul, and fifth and sixth stars generate Spirit-elixir, the seventh star illuminates for all (**Fig. 40**). The others manes are 1) Hungry Wolf, 2) Huge Gate, 3) Prosperity Storage, 4) Intellectual Art, 5) Honest Chastity, 6) Martial Art, 7) Destructive Army.



**Fig. 38.** Taoist names of the seven stars.

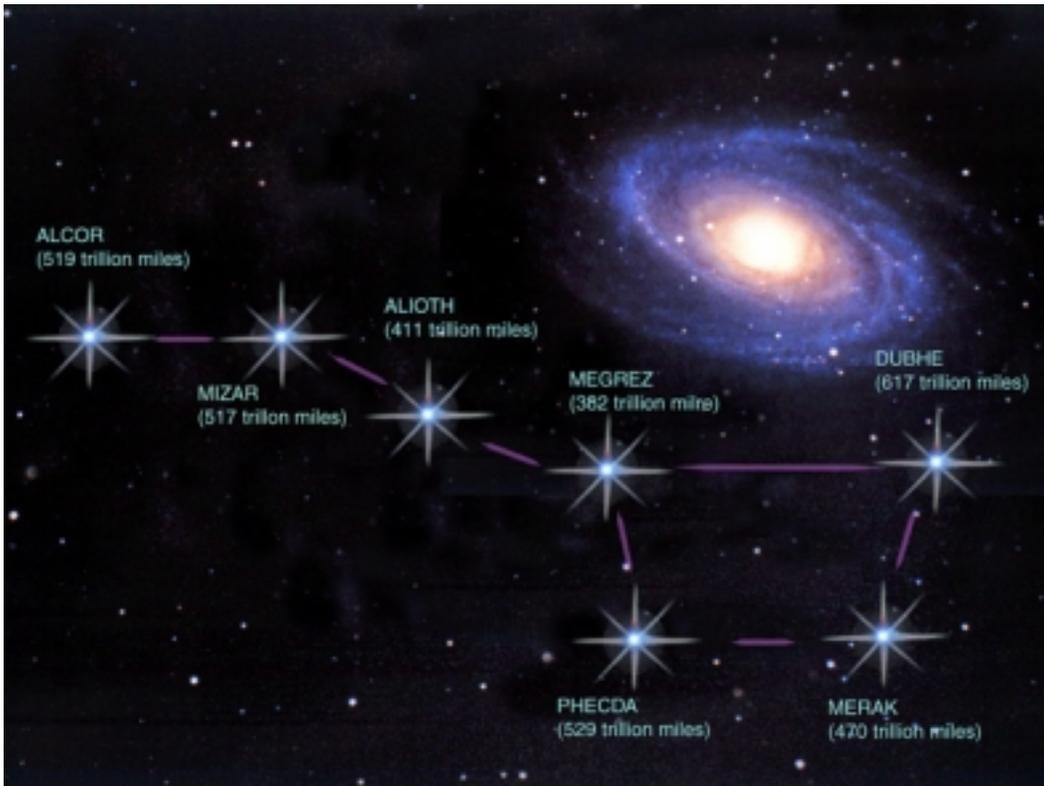


Fig. 39. Astronomie/stars and their distances from earth.

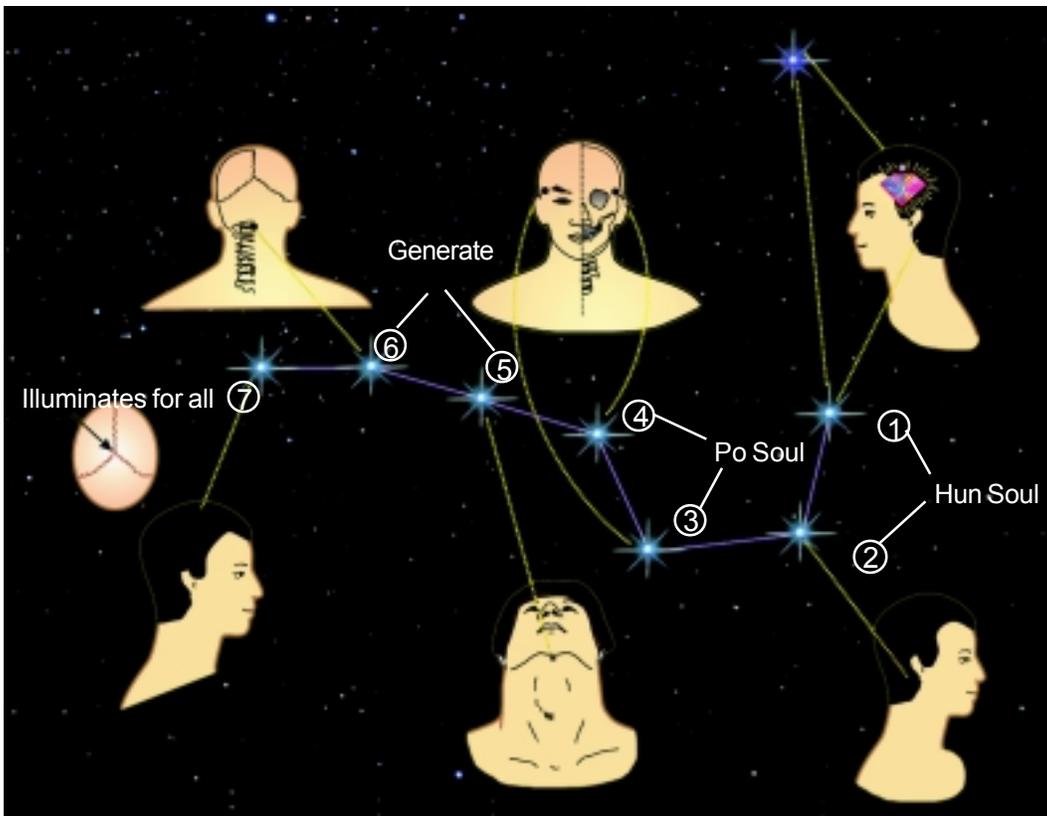
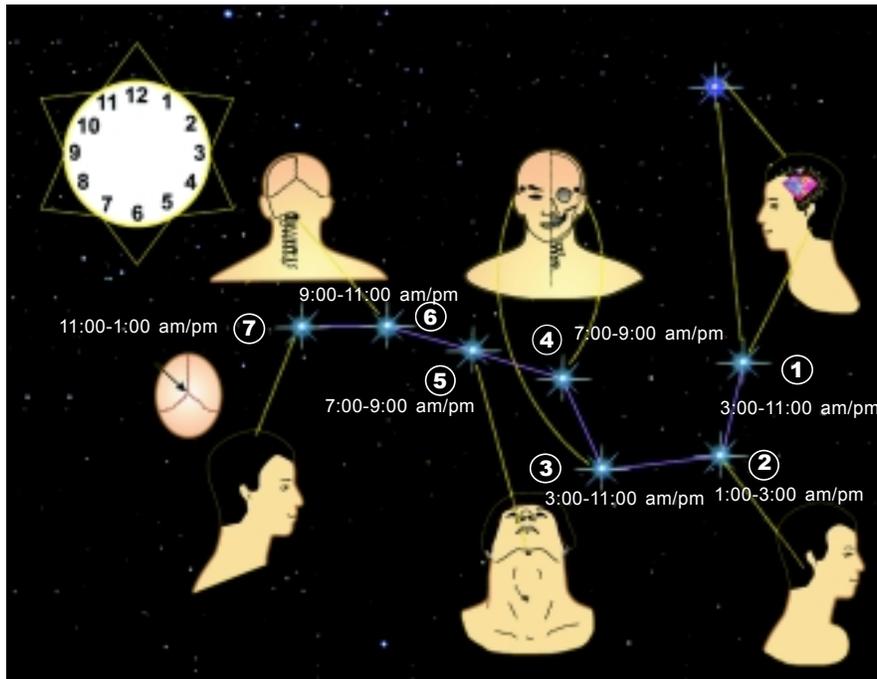


Fig. 40. Soul names of the stars.

According to the Chinese Calendar, each two hours is one time period (**Fig. 41**). Each person has a birth star, depending on the specific time period: first star 11:00 pm-1:00 am; second star 1:00-3:00 am/pm; third star 3:00-5:00am/pm; fourth star 5:00-7:00 am/pm; fifth star 7:00-9:00 am/pm; sixth star 9:00-11:00 am/pm; and seventh star 11:00 am-1:00 pm. Before any person goes to the darkroom, he or she must know his or her star. Without connecting to the birth star, Big Dipper practice cannot be practiced successfully. The names are given orally. The normal names that are used are Bright Yang/Hungry Wolf; Yin Essence/Huge Gate; Pure Person/Prosperity Storage; Mystic Subtlety/Intellectual Art; Prime Elixir/Honest Chastity; North Pole/Martial Art; and Heavenly Guard/Destructive Army.

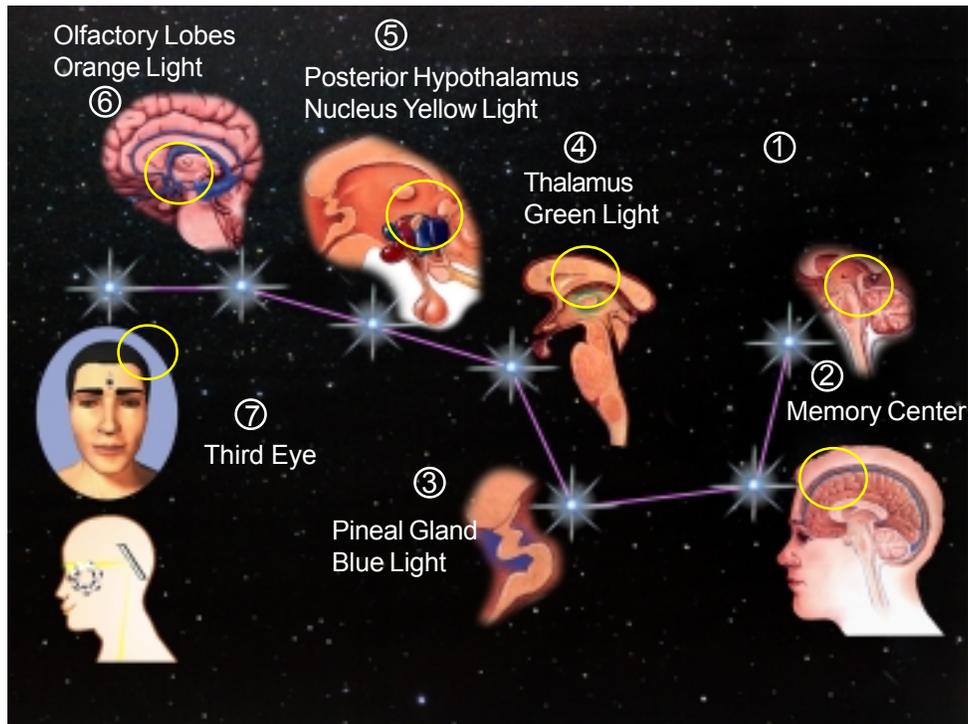


**Fig. 41.** Times for each star.

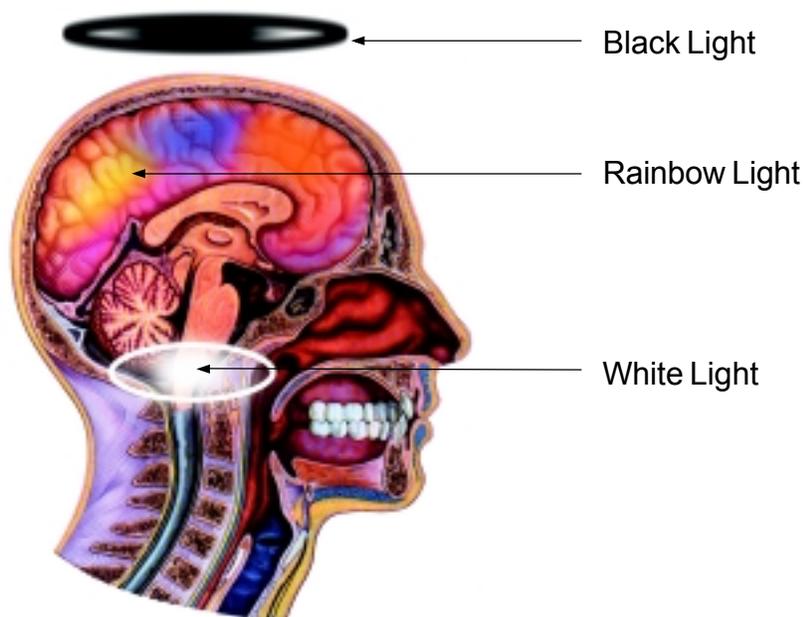
### **Exercises**

1. The first exercise, the Big Dipper, should be practiced only during nighttime and sleep. Practice the Big Dipper only in the brain. Each star three times with each breath (**Fig. 42**).
  - a. The first star is located in the Jade Palace, the power of cerebellum. Visualize it as the purple light, inhale gather the purple light into the cerebellum. Hold the breath, condense the light inside the cerebrum, and exhale, relax and observe the energy circulation in the cerebrum.
  - b. Then concentrate on the memory center in the brain by inviting the second star. Visualizing it with dark-blue light during inhalation. Hold the breath, let the light circulate around the memory center. Exhale, observe the Chi circulation.
  - c. Then concentrate on the pineal gland by inviting the third star with the light-blue light.
  - d. Fourthly, concentrate on the thalamus glands by inviting the fourth star and green light. This star is the division between the left-brain and right-brain, or animal brain and human cortex.
  - e. Then concentrate on the hypothalamus and pituitary glands by inviting the fifth star and yellow light. This star connects to human smell and balance.
  - f. The sixth star connects to the olfactory gland and orange light and temples above the and in front of ears. Hearing-palace and Ear Gate pressure points are located here connecting the Small Intestine and Triple warmer.

- g. The seventh star gives ultimately the birth of red fire, the solar light, and passion of sixth sense to mystic awareness. It is located on the yang third eye, or Spirit-hall pressure point.
- h. After meditating on each star three times, then visualize all the rainbow colors/lights showing into the brain. Above the rainbow colors the mystic black light, and below is the white (Fig. 43).
- i. This star exercise connects to the Spleen and planet Saturn, in a sense that the brain becomes the cosmic soil.



*Fig. 42. Big dipple stars and the brain.*



*Fig. 43. Rainbow color lights in the brain.*

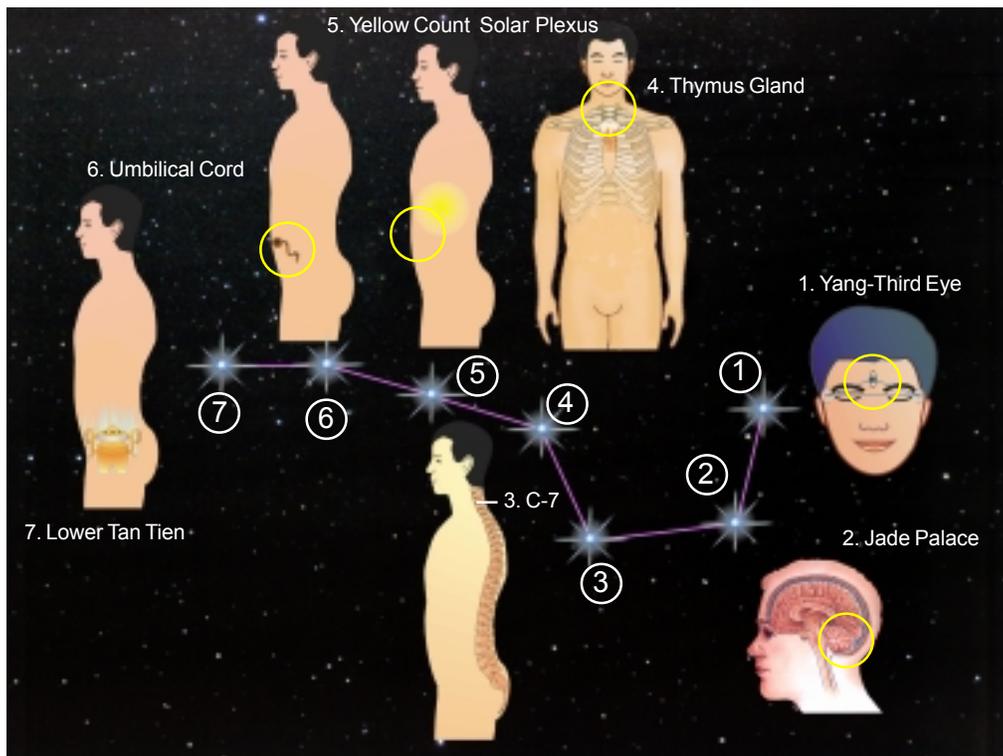
2. The second exercise connects to the south and planet Mars (**Fig. 44**). During the night time, 1) the practitioner must focus on the brain to gather the star power and solar light. The exercise is: The first star connects to the yang-third-eye; 2) second star/Jade palace; 3) third star/C-7; 4) fourth star/thymus gland; 5) Fifth star/Yellow Court; 6) Sixth Star/umbilical cord; and 7) seven star; lower dantian. Using the same colors and same format as the first exercise.
3. During the daytime, focus on the lower dantian and moon practice (**Fig. 45**). The exercise is: 1) first star/tailbone; 2) second star/pubic bone; 3) third star/umbilical cord; 4) fourth star/life-gate point; 5) fifth star/Yellow Court; 6) sixth star/thymus gland; 7) and seven star/vocal cord. The third exercise relates to the north and planet Mercury.
4. The fourth exercise is about the sleeping practice. Lying down on the right side to avoid the pressure exerting on the heart. The thumb and index fingers of the right hand cover the right ear; with the elbow serving as the pillow. The left big toe touches the right inner ankle, to connect the yinqiao/wei points. The left hand is placed either on the left hip or in between the legs. The seven star arrangements are the same as the fourth exercise.

Exercise four alters between the first star and seventh one, meaning the practitioner can either begin with the brain for descending practice, and gathering the cosmic power; or start with the ascending practice, gathering water-earth-Chi. The standing exercise represents east direction or sunrise, and planet Jupiter. The sleeping exercise represents west direction or sunset, and planet Venus.

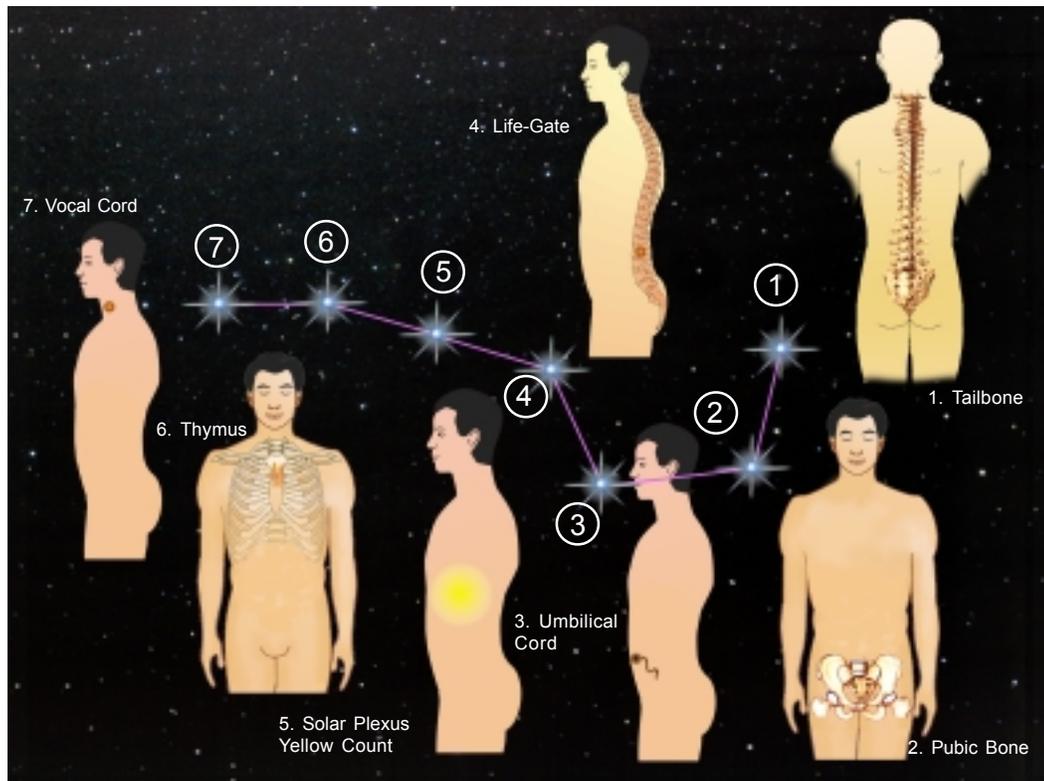
After each of these exercises, the practitioner can start with the Nine Palace practice, beginning with the kidney Qi-sound, and observing the vibration in four tones and upper four palaces.

Beginning from using the standing exercise, then the sun, moon, sleeping and ending up with the brain exercise, to finally gather and condense the five Chi between the body/mind and universe.

After the seven-star and nine-palace practices are completed, the seven stars will connect to the North Star via Vega, the Girl Weaver, the eight power. The seven-star practice is completed as Cowherd, the Cowboy, the seventh power.



**Fig. 44.** Gathering star power and solar light.



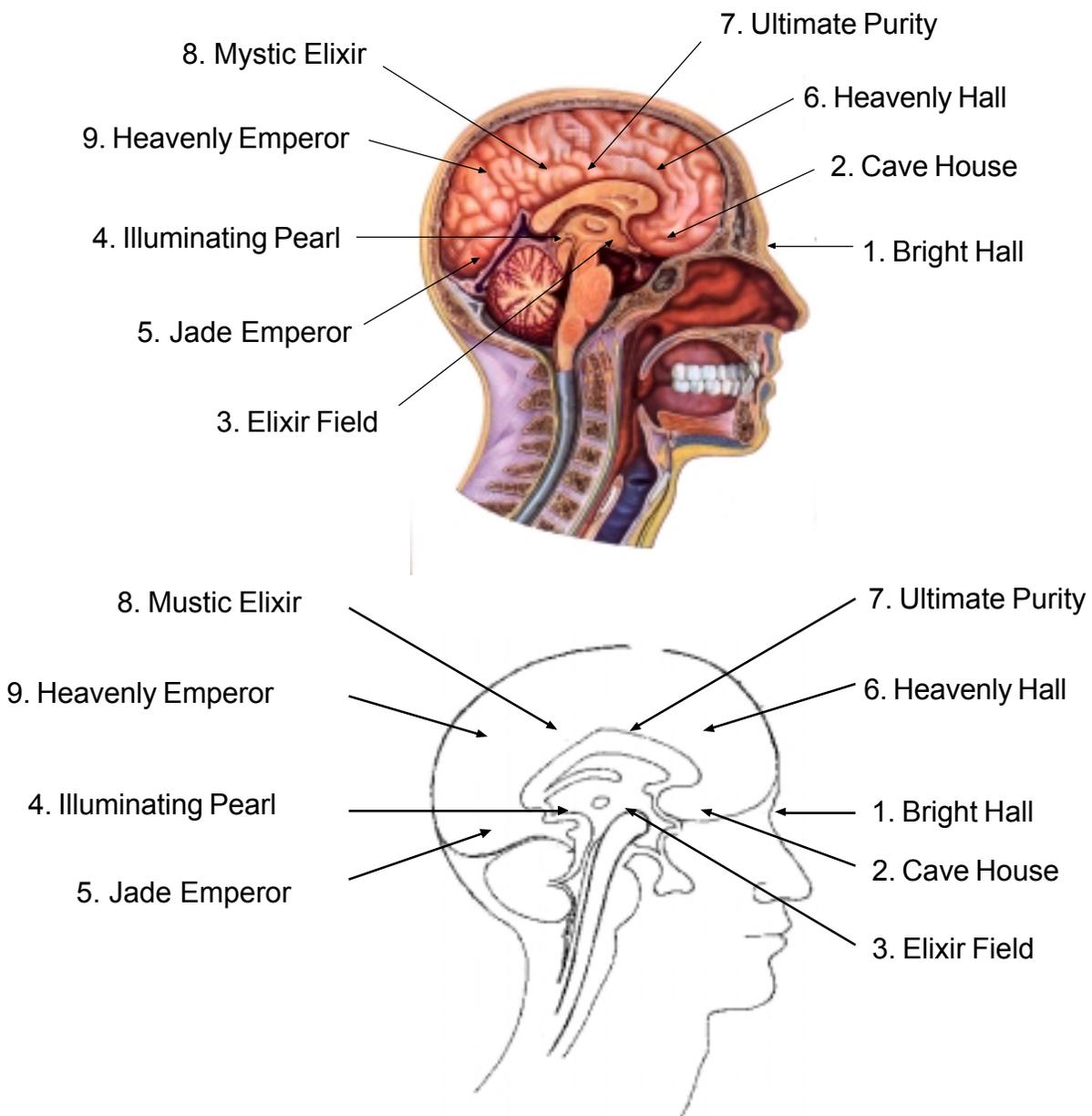
**Fig. 45.**

## Nine Palaces Practice

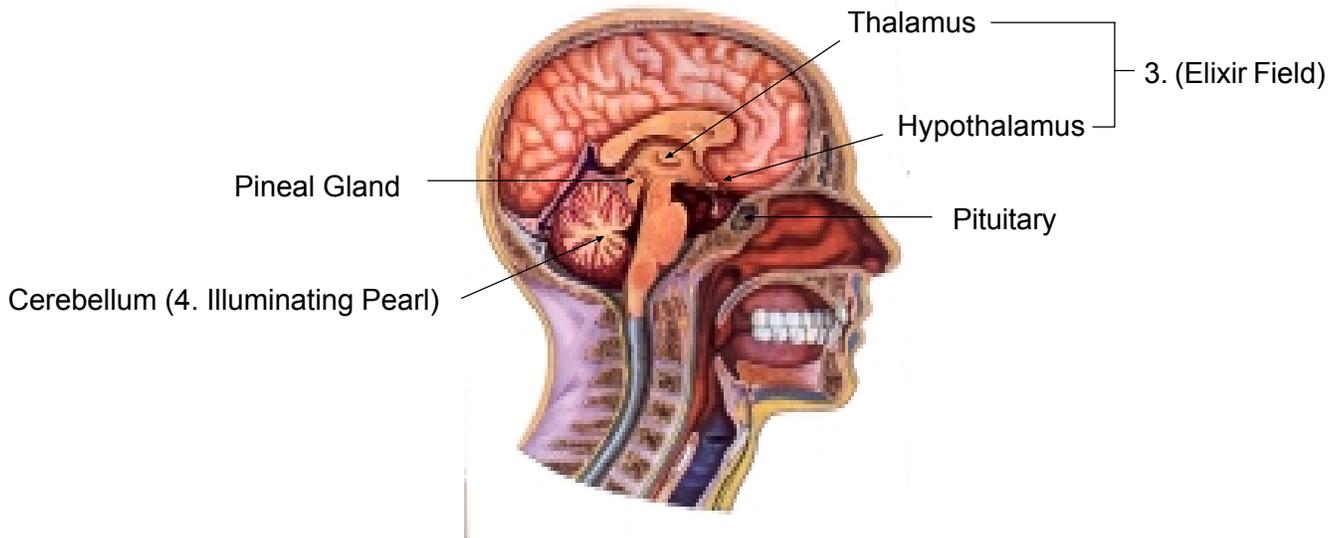
In Taoist tradition, the Nine Palaces of the brain (**Fig. 46**) connect with nine sacred caves and nine sacred mountains, intersecting the nine sacred power lines of Mother Earth. Each Palace serves as a cosmic antenna, and each mountain transmits the vibration circulating in that region. In order to receive these nine power lines, one must travel across the nine sacred mountains and sit finally on the middle one, the crowning mountain, to practice enlightenment. The caves are the Mother's energy lines. Like the hollowing bones, caves contain the earliest information of life stored inside the Earth. The caves contain the vital essence of the Earth Power. When nine bodily special areas are unified in the brain, the Nine Palaces are flung open, emitting elixir into the cosmos.

1. The first palace is called the Bright Hall and corresponds to the Third Eye (**Fig. 46**). The Bright Hall connects with the power of speech (**Fig. 47**). The Bright Hall vocalizes God's power of the Word. [?Corresponds with Peak 19, House of Rising Yang, **Fig. 31**.]
2. The Cave House, the second palace, is about one inch behind the Bright Hall (**Fig. 48**). It is centered in the optic, auditory and olfactory bulbs, occupied with seeing, hearing, and smelling. The Cave House is the primary sensory power, whether in the cave under the ocean (the fetus stage) or in the cave of darkness (night and advanced spiritual work).
3. The Elixir Field, the third palace, is about one inch behind the Cave House. The Elixir Field generates the crystallized fluid in the brain, making biological and spiritual functioning available. It is the principle field of all bodily glandular functioning as well. This field works directly with the eighth palace of the Mystic Elixir (below). Beneath the cave, the thalamus and hypothalamus glands (**Fig. 48**) can then generate the bluish crystal glacier to form the basic brain fluid. [?Corresponds with Peak 18, Muddy Pill, **Fig. 31**.]

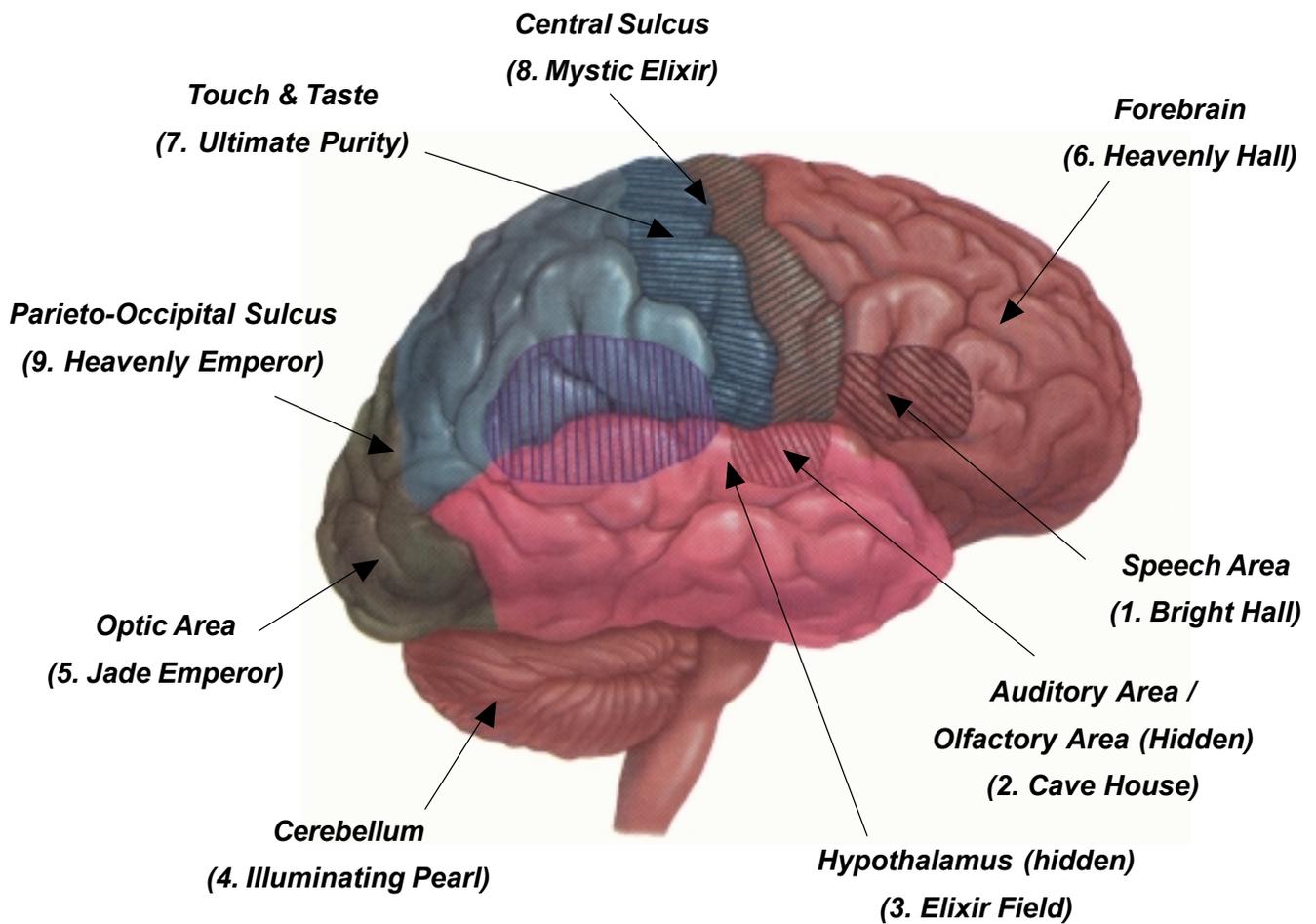
4. The Illuminating Pearl, the fourth palace, is about one inch behind the Elixir Field. The Illuminating Pearl connects with the cerebellum (**Fig. 48**), connecting with ultimate arousal, uplifting bliss, and the precious momentary joy.
5. The Jade Emperor, the fifth palace, is about one inch behind the Illuminating Pearl. The Jade Emperor sees and directs all activities. (**Fig. 47**)
6. The Heavenly Hall, the sixth palace, is about one inch above the Cave House. The Heavenly Hall circulates within the dipole of the forehead.
7. The Ultimate Purity, the seventh palace, is about one inch above the Elixir Field. The Ultimate Purity controls the frontal operculum. Its power connection is the frontal fontanel. It controls the bodily and cosmic movements of touching and tasting (lightning and rain) (**Fig. 47**). The energetic power of touching and tasting also come from the Mystic Elixir, the ground base (below).



**Fig. 46.** *The Nine Palaces of the brain connect with the nine sacred mountains.*



**Fig. 47.** Brain areas. Functional areas of the brain and the corresponding nine palace points.



**Fig. 48.** Brain areas and associated Palaces.

8. The Mystic Elixir, the eighth palace, is about one inch above the Illuminating Pearl. The Mystic Elixir gathers the elixir-making fluid from the central sulcus. This is the most refined spiritual fluid in the body, ready to evaporate the spirit into the sky. [?Corresponds with Peak 16, Top of the Great Peak, **Fig. 31.**]
9. The Heavenly Emperor, the ninth palace, is about one inch above the Jade Emperor. The Heavenly Emperor occupies the parietal operculum, behind which, heavenly light shoots into the conscious mind through the parieto-occipital sulcus (**Fig. 39**).

All together, the Jade Emperor supervises all, the Bright Hall sees all, the Cave House hears and smells all, the Elixir Field waters all, the Illuminating Pearl experiences all, the Heavenly Hall idealizes all, the Ultimate Purity balances all, the Mystic Elixir glorifies all, the Heavenly Emperor seals all. Through the cerebral cortex and cerebellum, the Eternal Life and Mystic Elixir give birth to the final end product, Spirit, which is the tenth of all. The cerebral cortex and the cerebellum are the cosmic land in the body / mind.

### **Exercises**

The detailed meditation practice of these nine palaces has to do with the five sonic vibrations purified from the five organs and the four tones within each.

1. To begin with, the yin third eye watches downward to connect the true and false vocal cords as well as the thyroid and parathyroid glands. The distance is about seven inches in between.
2. As the meditator inhales, the true vocal cord generates the green color, while the false vocal cord produces the purple color.
3. While sustaining the breath, the mind gathers the condensed vibration to the corresponding five palaces: the fifth palace connects to the kidney sound, the fourth the liver sound, the third to the heart sound, the second to the spleen and the first to the lungs.
4. Exhale, mentally connecting the sonic vibration from the organs below and the two colors generated by the vocal cords to the four tones of the four upper palaces, then letting the tones vibrate through the left and right brain. The left-brain connects to the blue color, while the right brain to the purple color. Doing so connects the power of the Moon and Sun correspondingly.

Each sound is produced five times. Starting with the kidney sound, the two emotional powers "will and fear" will be balanced and will resonate at the same time. Next is the liver sound, the power of passion and rage; then heart sound, the power of love and hate; then the spleen sound, the power of worry and giving; and finally the lung sound, the power of happiness and sadness.

It is through these sonic vibrations that the person engaging fasting practice will sustain the power of breath, and the power of mental wakefulness. Even going through the dying process, the spirit mind must be all-time alert. Otherwise, the souls will die into ghost world.

Normally, this set of exercises must be practiced together with the Big Dipper exercise. As the seven emotions are purified through the Big Dipper exercise, the five sonic vibrations will reach to their purest state. The nine palaces will then be fully open.