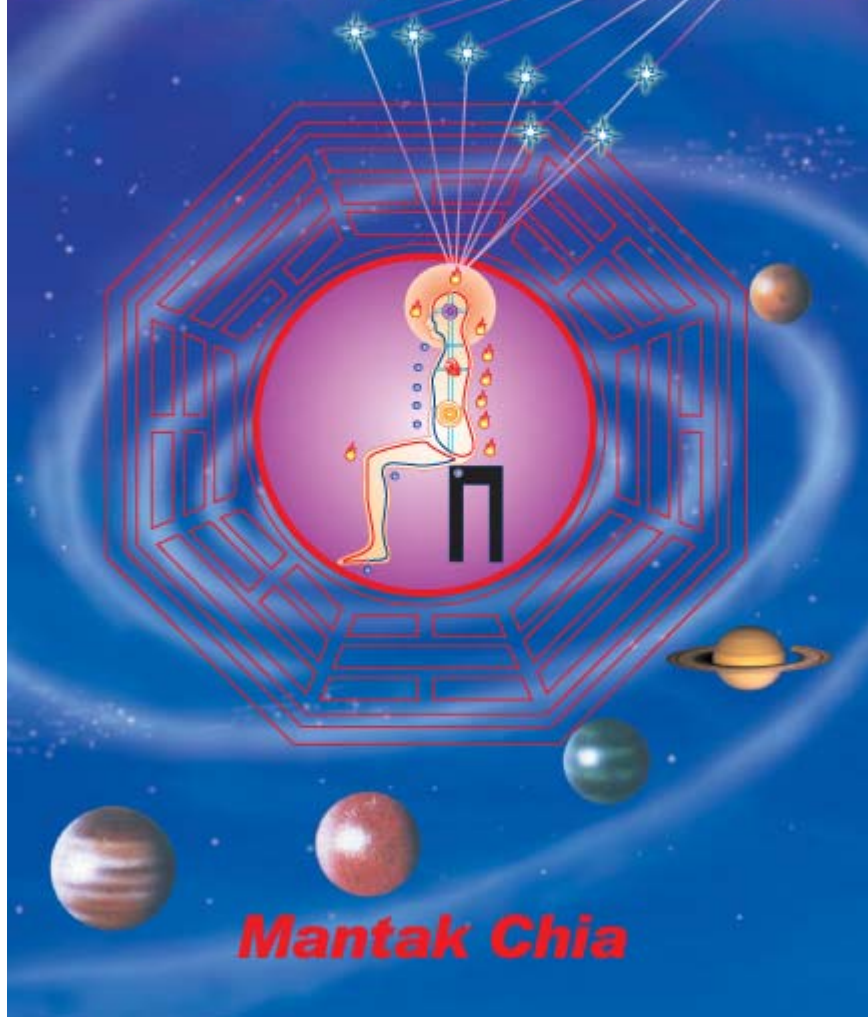


Fusion of the Five Elements

***Basic and Advanced Meditations
for Transforming Negative Emotions***



Mantak Chia

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About the Author



Mantak Chia

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

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit

and “still the mind”. While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi.

Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Microcosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi's patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand.

A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and Renewal of the Tendons. Master Cheng Yao-Lun's system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women, and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Gestetner Company, a manufacturer of office equipment and became well acquainted with the technology of offset printing and copying machines.

Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He

eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Tao Center. During his years in America, Master Chia continued his studies in the Wu system of Tai Chi with Edward Yee in New York.

Since then, Master Chia has taught tens of thousands of students throughout the world. He has trained and certified over 1,500 instructors and practitioners from all over the world. Living Tao Centers, Chi Nei Tsang Institutes, Cosmic Healing Forums and Immortal Tao Mountain Sanctuaries have opened in many locations in North America, South America, Europe, Asia, Africa and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden and the Universal Tao Training Center fifteen miles outside of Chiang Mai.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching.

Master Chia estimates that it will take thirty five books to convey the full Universal Tao System. In June 1990, Master Chia was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi gong Master of the Year. He is the first recipient of this annual award.

In December 2000, the Tao Garden Health Resort and Universal Tao Training Center was completed with two Meditation Halls, two open air Simple Chi Kung Pavilions, indoor Tai Chi, Tao Yin and Chi Nei Tsang Hall, Tai Chi Natural Swimming Pool, Pakua Communications Center with a complete Taoist Library, Internal World Class Weight Lifting Hall and complete 8 Court Recreational Facilities.

In February 2002, the Immortal Tao practices will be held at Tao Garden for the first time using Dark Room technology, creating a complete environment for the higher level Taoist practices. Master Mantak Chia has previously written and published these Universal Tao books:

***Awaken Healing Energy of the Tao* - 1983**

Taoist Secrets of Love: Cultivating Male Sexual Energy
co-authored with Michael Winn - 1984.

Taoist Ways to Transform Stress into Vitality -1985
Chi Self-Massage: the Tao of Rejuvenation - 1986
Iron Shirt Chi Kung I - 1986
Healing Love Through the Tao: Cultivating Female Sexual Energy - 1986
Bone Marrow Nei Kung - 1989
Fusion of the Five Elements I - 1990
Chi Nei Tsang: Internal Organ Chi Massage - 1990
Awaken Healing Light of the Tao - 1993
The Inner Structure of Tai Chi co-authored with Juan Li - 1996
Multi-Orgasmic Man co-authored with Douglas Abrams 1996 - published by Harper Collins
Tao Yin - 1999
Chi Nei Tsang II - 2000
Multi-Orgasmic Couple co-authored with Douglas Abrams 2000 - published by Harper Collins
Cosmic Healing I - 2001
Cosmic Healing II co-authored with Dirk Oellibrandt - 2001
Door of All Wonders co-authored with Tao Haung - 2001
Sexual Reflexology co-authored with W. U. Wei - 2002
Elixir Chi Kung - 2002

Many of the books above are available in the following foreign languages:

Arabia, Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Romania, Russian, Serbo-Croatian, Slovenian, Spanish, & Turkish editions are available from the Foreign Publishers listed in the Universal Tao System Overview in the back of this book.

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Further, I wish to express my gratitude to all instructors and students who have offered their time and advice to enhance the communication of this practice and this system.

Without my mother and my son Max, my continued efforts in bringing you the Universal Tao System would be academic. For their gifts, I offer my eternal gratitude and love.

A special thank you goes to our **Thai Production Team** for their cover illustration and book design and layout: Raruen Keawpadung, Computer Graphics; Saysunee Yongyod, Photographer; Udon Jandee, Illustrator; and Saniem Chaisarn, Production Designer.

Words of Caution

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone, does so entirely at his or her own risk.

The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training.

Neither the Universal Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

This book does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Introduction

Fusion of Five Elements

A. Foundation for Transformation

1. External and Internal Alchemy

For more than five thousand years, Taoist masters researched and developed various methods to attain such desirable achievements as long life and happiness. Some of the methods were called External Alchemy, and these included the Immortal Pill, magic potions, crystals, crystal essences, flower essences, precious stones, etc. The highest Taoist masters realized external methods offered only limited help while building dependencies on materials that were difficult to come by.

In their continued search for an unlimited source of energy, they turned their attention inwardly to uncover the mysteries surrounding their life-forces. In their search they discovered a universe within and found it to be identical to the outer universe. They knew that the outer universe harbored a tremendous force, and that the inner universe of a human being could benefit from that force, if the two could somehow be connected.

The Taoist masters reasoned that to become connected to the outer universe, one first needs to gain control of his or her own inner universe. They experienced this inner universe as a flow of energy, or Chi, through their bodies. The Microcosmic Orbit, running up the spine and down the front of the body, was uncovered as the pathway through which the distilled essence of this energy flows. They perceived that the Microcosmic Orbit connects three bodies--physical, soul, and spirit--within each individual and ultimately fuses them into one immortal body. It was with this perception that the study of Internal Alchemy began.

2. Natural Connections of Inner and Outer Universes

In turning their attention toward understanding the nature and connection between the forces of the outer universe and the forces of the human body, the Taoist masters made another discovery. Each life born into the human form is developed, structured, and

influenced by a group of stars. This group of stars, which includes the planets and cosmic particles within its configuration, controls the life-force, the good and bad fortune, and the birth and death of the individual.

Each day of a person's life reflects a continuing need to absorb energy from the stars and planets and from the cosmic particles. To explore the patterns of star energy in detail, ancient Taoists developed the science of astrology to a very high level.

In addition to the energy from the stars, the Taoist masters found that humans require another source of natural energy: the energy supplied by the Earth's force. It is the absorption of all natural forces that nourishes the nervous system, organs, glands, senses, soul, and spirit of a human being. To facilitate their understanding of the forces of nature, the Taoists divided them into three classifications.

3. Universal Force, Cosmic Particle Force and Earth Force

a. The first force is called the Universal or Original Force, and is also known as Heavenly Energy. It manifests as the energy of all the stars, planets, and galaxies. This vast, all-pervading force nourishes the mind, soul, and spirit of each individual and everything else in the universe that is manifest.

The Universal Force is drawn to our planet because of the unique relationship between the Earth and its Moon. The combined forces of the Earth and the Moon create a very strong, magnetic power that attracts and beams down to Earth the energies of all the stars in our galaxy.

b. The Cosmic Particle Force, or Human Plane Energy, is the second force of nature. Cosmic particles are a part of the Original Force that flows in space. They are the result of exploded stars that have come to the end of their life cycles, drifting in space as very fine particles. As the strong, magnetic power created by the Earth and Moon attracts many of these particles, they then drift through the Earth's atmosphere as dust, and eventually become soil.

It is the Taoists' belief that human flesh is formed from the fallen cosmic dust of the universe. These particles, or dust, nourish the essences of the organs, glands, and senses of all humans. Humans are the highest manifestation of Cosmic Particle Force, gathering this energy into their bodies through meditation and ultimately returning it to its primordial source.

c. As the third force of nature, the Earth Force includes the energy of plants, animals, water, and all the natural occurrences of the planet Earth. The Taoists observed that plants and trees, in their upward growth, are ever extending themselves to absorb the energy necessary to process their food. Stretching themselves to the sun and stars, and to the cosmic particles above, the plants and trees use the Universal Force for sustenance and growth. The animals, in turn, consume the vegetation, profiting from the cosmic energy as they do so.

Together these three forces represent the energies of Heaven, Humans, and Earth working in harmony to sustain all existence. The ancient Taoists called the Rulers of these forces the Three Pure Ones, for theirs were the first energies to emerge from the Wu Chi, the Great Emptiness. (Fig.1)

Traditionally, the Three Pure Ones were visualized as Three Emperors residing in the three palaces or centers of the body called the Upper, Middle, and Lower Tan Tiens. They govern the development of the three bodies--physical, soul (or energy), and spirit--within an individual by cultivating three forces manifest in the human body as Ching, Chi, and Shen, respectively.

4. Humans Depend on Vegetables, Animals, and Minerals as Sources of Universal Force

Humans originally were created with body cells capable of consuming and absorbing 90 percent of the cosmic forces and light to which they were exposed. However, our cells began to deteriorate to a five to ten percent capability of consumption and absorption when we began to expend and lose our sexual energies. All plants, trees, and vegetation continue to retain their ability to consume and absorb the cosmic forces and light to an 80 percent capacity, with water and nutrients supplying the remaining twenty percent of their food.

Without any consciousness about these forces, and without any practice, humans automatically continue to receive a minute amount of life-force energies naturally. This is particularly true of the Earth Force that provides Yin and Yang energy (negatively and positively charged Universal Energy) to all the organs, glands, and senses, and provides nourishment and enhancement to the sexual organs and sexual energy of humans.

Since our body cells no longer enable us to more fully receive life-force from the Universal, Cosmic Particle, and Earth Forces, we must depend heavily on the vegetation, animals, and minerals comprising the Earth Force to do so. Since they predigest the Universal Force, efficiently absorbing it directly themselves, humans can depend on them to supply necessary life-force energy. Humans consume the vegetation, animals, and minerals and absorb the three main forces slowly through them. The consumption and absorption coincides with the movement of the Earth in its 365 day orbit around the Sun, with the seasons of the year greatly affecting the foods consumed and the energy absorbed.

Through the practice of Fusion of the Five Elements, humans can learn about the original source of all power. They can increase their ability to absorb and transform this force directly and easily, relieving their dependence on plants and animals to convert the force for them.

5. Five Elements' Forces of Universe, Earth, and Human

The Taoists further classified all things in the universe making up the Universal Force, the Cosmic Particle Force, and the Earth Force as correspondences of the “five elements,” “five phases,” or “five interacting” forces of nature. That is, each force originates from and is controlled by the Five Elements of Nature. These are earth, metal, fire, wood, and water.

a. Origins of the Five Elements of Nature

Taoists believe that the Five Elements of Nature originated as five huge stars, given birth by the Three Pure Ones out of the Wu Chi. These five stars (or five elements), in turn, gave birth to the entire universe, including trillions of stars. They created the North which created smaller stars, including five major constellations. From the constellations, the planets arose, including the Earth. The five constellations have a direct relationship with five planets, five seasons of the Earth, five directions of the Earth, and five major organs of the human body. (Fig.2)

Original
Emptiness

Triple Unity, the 3 Pure Ones

Grand Force of the 5 Elements

Pole Star

Big Dipper

28 Constellations

Planets

Sun

Moon

Fig. 2. The Universe

The Taoists consider the Five Elements' Forces to be Grand Forces, and sometimes refer to them in this way.

1. The Grand Force of Water created the Northern Constellation and the planet Mercury. It manifests as the northern direction of the Earth Force and the Winter season. It corresponds to the human water force of the kidneys and bladder. Its energy has an inwardly gathering quality.

2. The Grand Force of Fire created the Southern Constellation and the planet Mars. It manifests as the southern direction of the Earth Force and the Summer season. It corresponds to the human fire force of the heart and small intestine. Its energy has an expanding, developing quality.

3. The Grand Force of Wood created the Eastern Constellation and the planet Jupiter. It manifests as the eastern direction of the Earth Force and the Spring season. It corresponds to the human wood force of the liver and gall bladder. Its energy has a generating quality.

4. The Grand Force of Metal created the Western Constellation and the planet Venus. It manifests as the western direction of the

Earth Force and the Fall season. It corresponds to the human metal force of the lungs and large intestine. Its energy has a contracting quality.

5. The Grand Force of Earth created the Central Constellation and the planet Saturn. It manifests as the central direction of the Earth Force and the Indian Summer season. It corresponds to the human earth force of the spleen, stomach, and pancreas. Its energy has a stabilizing quality.

6. Fusion of Five Elements Practice

To make connections between and to gain control of the inner and outer universes, the Taoists developed the Fusion of the Five Elements practice. Fusion begins with understanding the dynamics of the universe, the planet Earth, and the human body with respect to their relationships to the Five Elements of Nature.

Fusion of the Five Elements, marking the beginning of the Taoist practice of Internal Alchemy, focuses on the interaction and fusion of all five elements and their correspondences, and their transformation into a harmonious whole of high quality energy. During this process the essence of life-force energy found in the organs, glands, and senses is transformed, purified, condensed, and combined with the Universal Force. The new form of energy that emerges through this process can effect positive changes in the human body.

To effect positive changes in the human body, the Taoists first focus on the negative aspects or weaknesses to transform them into strengths. The weaknesses are uncovered by focusing on what is known as the counteracting or controlling forces of the Five Elements. This means studying the effects of the five elements upon each other,

In studying the energy of the liver, for example, the organ associated with the planet Jupiter and the wood element, it was discovered that its energy can be counteracted or controlled by the energy of the lungs, associated with the planet Venus and the metal element. That is, the metal element controls the wood element, and the lungs control the liver. Similarly, the energy of the kidneys, associated with the planet Mercury and the water element, can be counteracted by the energy of the heart, associated with the planet Mars and the element fire. This means the water element controls the fire element, and the kidneys control the heart. All five elements have a counteracting force. (Fig.3)

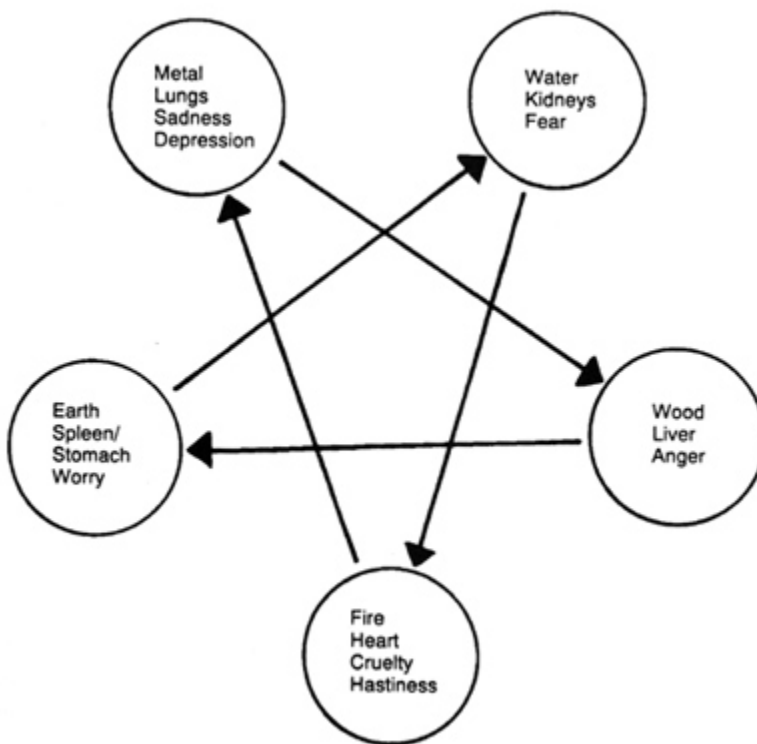


Fig. 3. Counteracting Cycle

The interaction of the two elements of water and fire is an easy one to comprehend. The heat of fire can evaporate water, thereby controlling it. If this is true, then the reverse is also true--fire can be counteracted or controlled by the water element. Water can extinguish a fire. The Taoists considered the interactions of the five elements as two distinct cycles existing in nature--the Creative Cycle and the Counteracting or Controlling Cycle. Both are equally important in sustaining life, but need to be balanced and in control if things are to be kept running smoothly. Both cycles help determine which of your organs are weak and which are strong. They are studied in depth in the Fusion practice, beginning with the Counteracting or Controlling Cycle and your negative emotions in Fusion I.

To utilize the two cycles effectively, it is important to determine your strengths and weaknesses. The planetary associations can play a major role in your conceptualization because there are months or years in which certain stars and/or planets can come very close to Earth and can greatly influence your behavior. For example, if you have a weak liver, when the planet Venus (the metal star associated with the lungs) comes close to Earth, your liver energy can be depleted. This can cause emotional outbursts of anger and indecisiveness, the negative emotions of the liver. If you do not know you need to strengthen the liver energy at these times and how to find a balance to your energy, you will be affected by such planetary events. This will affect all phases of your life. Eventually you will be overcome. When the liver is overly depleted by the intervention of the stars, planets, Earth, and other forces, recharging itself with energy will become very difficult. This is because it is in a weakened state. Then, when a charge of energy does come, the liver will not be able to fully utilize it. If the cycle continues and the counteracting forces of the stars, planets, Earth, and other sources approach again, the liver will be further depleted, now retaining little or no energy. This can cause tremendous suffering in all aspects of your life.

Using the Chapters of Fusion I helps you to create balance before delving into what star or planet influences you. The Chapters of Fusion I will provide a degree of creative and counteracting balances automatically. You will discover how wood and metal (liver and lungs) counteract each other, and will feel how they can be balanced automatically by the Earth Force. The weaker one will be strengthened. The overly strong one will be toned down by its opposing force. With neither one too weak nor too strong, they will become harmonious and not enemies of each other. In Fusion II you will delve deeper as you conscientiously search for your influencing stars and planets and use the cycles to promote greater strengths for your weaknesses.

The negative emotions associated with each organ, and, so, each element, are drawn out of the organs during the Fusion practice for transformation into a neutralized energy, thereby “balancing the weather” of the body’s total energies. This neutralized energy can be blended with positive energies, also residing in the organs, and transformed into pure life-force energy. The Taoists have a saying: “Refined red sand turns into silver.” This means if

you fuse all the different kinds of emotional energy together, they will adhere into a harmonious whole. However, unrefined, “unfused” energy will have the quality of sand, scattered about and unable to stick together.

7. Pearl— Essence of Human Body and Energy Body

The pure life-force energy derived from the organs and fused together during the Fusion practice is crystallized into an energy ball. This energy ball can be perceived as a crystal or diamond, but is perceived most commonly as a radiant pearl. Forming the pearl is the first step toward transferring consciousness to a new realm.

Not all people perceive the pearl in the same way. Some might not see a pearl, but might recognize it as an acute feeling of awareness or as an intensified ability to concentrate. Some may feel a concentration of heat. All are experiencing the pearl as the essence of life-force energy.

This pearl is then circulated in the Microcosmic Orbit. During circulation the pearl activates and absorbs the Universal and Earth Forces. It also uses them to strengthen and purify the physical body, particularly the organs, glands, and senses. Later, the pearl plays a central role in developing and nourishing the soul body or energy body. It is developed further in the higher level Kan and Li Meditations.

Balanced energy not only is very desirable for the health of the organs, glands, and senses, but also is basic to the formation of a pearl. Thus, balanced energy is a very important element of Fusion. Also of great importance to the Fusion practice is the function of the pearl in opening, cleansing, purifying, and protecting specific channels that run through the body. These channels are called the Thrusting Channels (cleansing and protecting channels), the Belt Channel (a protecting channel), and the Great Regulator and Great Bridge Channels (channels binding together and regulating, respectively, energy flow through all the body’s acupuncture meridians.)

8. Universal Tao Divides Fusion into Three Parts

All Fusion levels of practice clean and purify the organs and the body.

a. Fusion of the Five Elements I

Fusion I makes use of pakuas and energy collection points to balance, connect, and draw out negative emotional energies found in the organs. These energies, along with their corresponding glands' and senses' energies, are then fused and transformed into pure life-force energy.

The purity of this energy has an adhering and magnetizing quality which enables it to condense into a pearl of refined energy. The pearl is then used to form the soul or energy body that will connect to the Universal, Cosmic Particle, and Earth Forces whose energies become part of the pearl.

Collecting the organs' energies in no way diminishes their strength. In fact, each time you practice Fusion, the essence energies collected from the organs are fused, purified, and transformed into an improved quality of life-force energy. Each time you finish the practice, the improved quality energy in the form of the pearl disperses. This energy returns to enhance all of the organs and glands, particularly those that require additional energy. The dispersed energy also provides protection to the physical and soul body.

b. Fusion of the Five Elements II

Fusion II focuses on using the pearl to grow or intensify the energy of good virtue. It uses the Creative Cycle to circulate the positive Chi of virtuous energy through the major organs. All the energy gathered during this cycle combines to form a pearl of compassion energy. This pearl is then used to open and cleanse the Thrusting Channels, and to open the protective Belt Channel that surrounds the Thrusting Channels.

c. Fusion of the Five Elements III

Fusion III opens the Great Regulator and Great Bridge Channels, combines all (eight) special channels together and sets them all into motion. More physical protection is developed through this process.

The entire Fusion practice is a step by step procedure of purifying yourself and controlling your own inner force. By creating the pure energy pearl and fusing the Five Elements' Forces to create a new, better, and purer life-force, you will gain the power of self-mastery.

Introduction

You can use this energy externally to call forth directly the Universal and Earth Forces to empower and protect you. In this way the organs, glands, and senses comprising and supplying the life-force to the human body finally are reconnected to the stars, the planets, and the cosmic particles from which they emerged.

Description of Fusion I

Part One: Basic Practice

The Fusion practice is a meditation consisting of nine Chapters. Part One contains Chapters 1 through 5, the basic Fusion I practice, in which the five elemental forces of humans are worked with. Part Two contains Chapters 6 through 9, the methods of advanced practice, in which the work is continued with the five elemental forces of the Earth and the five elemental forces of the Universe. Although you can practice Fusion I by successfully completing the basic practice, the full benefit of Fusion I is attained by continuing through the advanced procedures.

Chapter 1: Forming the Four Pakuas, Blending Energy and Forming the Pearl at the Center of Control

The word pa means eight; kua means symbol. The pakua is an eight-sided, three dimensional crystal that draws energies from the organs, glands, and senses to be refined, transformed, condensed, and stored.

1. You begin this process by building four pakuas to refine, condense, and store the energy.
2. At the center of the body between the four pakuas, you create a self-center, center of being, or center of control called the cauldron.
3. As the energy is drawn by the four pakuas into the cauldron at your center of being, it is fused or crystallized into a life-force energy sphere or ball, a pearl of condensed energy. (The pearl is sometimes referred to as the inner pill or human pill.) This pearl then is circulated in the Microcosmic Orbit.

Chapter 2: Balancing the Organ Energy to Experience Inner Peace and Harmony

1. To balance the organ energy, you first form the collection points for the organs.
2. Then you draw, collect, and blend the different qualities

(kidneys [cold/wet], heart [hot], liver [warm, moist], lungs [cool, dry], and spleen [mild] into the collection points. This energy is moved to the front pakua which is considered the controlling pakua.

3. Form the back pakua and blend and refine the residual energies of the organs in the back collection points.

4. Spiral, draw, and condense all the energies from the front and back pakuas into the cauldron.

5. Similarly form the right and left side pakuas to collect any remaining organ energy. Blend and refine the energy in these pakuas, and then bring their combined energies into the cauldron.

6. In the cauldron all the energies are condensed into a pearl again. Then the pearl is moved to the Microcosmic Orbit for circulation.

Chapter 3: Connecting the Senses with the Organs; Self-Control of the Senses; Sealing the Openings; Overcoming Temptations

1. To strengthen and control the senses and prevent the sense energy from scattering, you will learn that the relationship between each of the organs and senses is like the relationship of parents and children.

2. You will turn the senses inward and draw them into the organs and their collection points. As in Chapter 2, the energy is moved into all four pakuas. In the pakuas, the energy is refined, and then it is condensed into the cauldron, the center of control, where the pearl is formed. The pearl now consists of the crystallized essences of the senses and organs, and again can be moved to and circulated in the Microcosmic Orbit.

Chapter 4: Transforming the Negative Emotions of Each Organ into Useful Energy

1. During thousands of years of exploring philosophy and psychology, the Taoists realized the need to explore basic human emotions. They observed that certain emotions, if not understood and dealt with, will attract or create other undesirable emotions. The Taoists believe that all emotions originate from the organs, and that the mind regulates and determines their use. Although the

emotional energies that can be sensed within an organ are not limited, certain specific, basic negative emotions are associated with each organ and are worked with in Chapter 4:

- a. Kidneys-fear;
- b. Heart-impatience, hastiness;
- c. Liver-anger;
- d. Lungs - sadness, depression; and
- e. Spleen-worry.

2. As in Chapters 2 and 3, you blend and transform these energies in the front pakua, and create the back, left, and right side pakuas. In these four pakuas you will refine the energy, condense it into the cauldron to form a pearl, and circulate the pearl in the Microcosmic Orbit.

Chapter 5: Creating the Pearl that Forms the Energy Body and the First Transference of Consciousness

1. In Chapter 5 you will combine all the Chapters above. First you put the senses in contact with the organs and collect the organ and emotional energy in the collection points. You bring this energy to all four pakuas, and blend the energies there. This energy then is refined and condensed into the cauldron to form a pearl.

2. The pearl you create is projected from the physical body and controlled in the space above you. In its out-of-body condition, the pearl is formed into the energy body.

3. The energy body is formed into an image that you would like your physical body to be. You can give it a name at this time to make it easier to summon as you continue your practice.

4. The Microcosmic Orbit is transferred to the energy body from the physical body as the first experience of a transference of consciousness.

5. A protective shield is formed around the energy body, and a great bubble is formed encasing both the energy and physical bodies. At the end of this Chapter, the protective shield is reabsorbed while the great bubble shrinks down over the physical body to protect it. This layer then can be built upon with subsequent layers of protection as your practice continues.

Part Two: Advanced Practice

The advanced practice of Fusion I incorporates the five Chapters learned in the basic practice, and so it involves working with the five elemental forces of humans. However, after completing Chapter 4, and before proceeding with forming the energy body, in Chapter 5, you first practice Chapters 6 and 7 of the advanced practice to create a more powerful pearl to work with. Then, using the greatly refined and radiant energy of this pearl, you can create an energy body that now benefits from three additional sources of energy, the Earth, Cosmic Particle, and the Universal Forces. Then you proceed with this energy body to experience the remaining formulas.

The advanced practice formulas make use of images that enhance the organs' energies as you continue to refine the pearl.

Chapter 6: Forming the Virgin Boys or Girls and their Animal Offspring to Connect to the Universal, Cosmic Particle and Earth Forces

When the organ energy is very pure, you can project it and crystallize it into the image of a virgin boy or girl as the purest form of the virtue energy of the organs. Each virgin child's breath, in turn, creates an animal as its offspring. The children and animals can be used as protection for the physical body by connecting them to form protective rings. The pearl is the center of the gathering of the children and animals. Other images from your personal mythology may be substituted, such as a ring of saints, warrior-heroes, jewels, etc. If you circulate a pearl in the Microcosmic Orbit while under the protection of the children and animals' rings, and connect the pearl to the Universal, Cosmic Particle, and Earth Forces, you can bring those energies to the children and animals. They, in turn, can deliver this energy to the organs, glands, and senses for increased life-force.

Chapter 7: Call Forth the Earth Force to Empower and Protect

Once you have established a very pure organ energy, you can

project it out of the body to call forth or attract the Earth Force to you. Once you have attracted this force, you form the animal or other earth images, such as flowers or trees, that will help you retain it. Then you use the animals to form a ring of fire to empower the organs and protect them. At this point refer again to Chapter 5 and create a more powerful energy body.

Chapter 8: Call Forth the Planets' and Stars' Forces for Empowerment and Protection

In this formula you will form pearls of pure organ energy to attract the planet that corresponds to each organ. The purpose is to draw on the planets' forces and add it to the forces of the virgin children, the internal animals, and the animals formed from the Earth elemental forces for empowerment and protection.

Chapter 9: Transference of Consciousness to the Energy Body in this Life Brings Immortality

The energy body serves as vehicle for consciousness, tapping on a higher source of energy and bringing this higher energy back into the physical body. In the physical body it can be transformed into a more usable energy.

1. Transferring the life-force energy or Chi, to the energy body will enable you to use the energy body to support the spirit body.

The Physical Body—is like a boat and its engine.

The Energy (Chi) Body—is the fuel, or steam (providing force.)

The Spirit Body—is the captain (who commands.)

2. The functions of the energy body are to transfer the essence of life (organs', glands', and senses' energies) consciously into the spirit body and to push the spirit body into the Mid-Plane.

Fusion I Meditation

Part One

Basic Practice of Fusion I

Formula 1 through 5

Chapters of Part One describe how to transform emotional energy into a useful energy, and in the process, how to achieve a balanced state of inner peace and harmony. Developing your awareness of the pearl of energy you create is your goal in practicing the basic steps of the Fusion I meditation.

Chapter 1

Formula 1: Forming the Four Pakuas, Blending Energy and Forming Pearl at the Center

A. Theory: Four Pakuas and the Cauldron

The eight sides that form a pakua represent the eight natural forces of the universe. These are the forces of (1) wind, (2) thunder, (3) mountains, (4) water, (5) the heavens, (6) lakes, rain, (7) earth, (8) fire. (Fig.1.1)

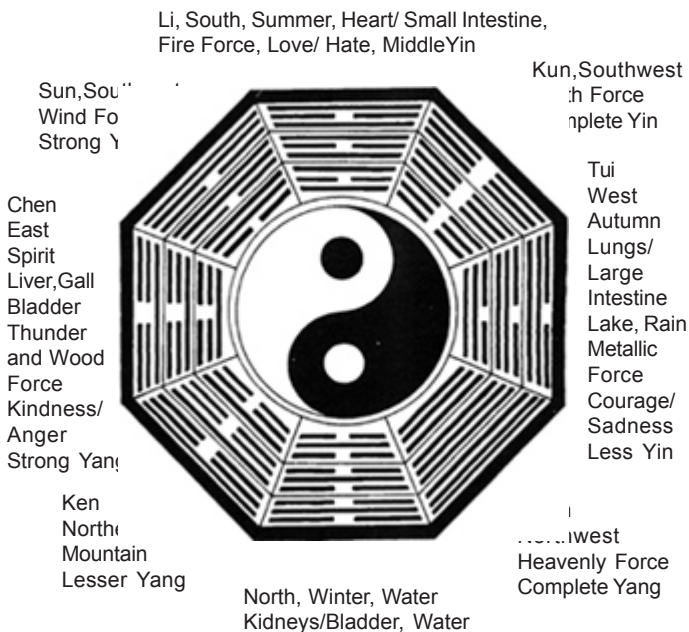


Fig.1.1 (Later Heaven) Sequence of the Pakua

1. Construction of the Pakua

A pakua may be perceived as an octagon formed from eight trigrams. However, to simplify the creation of a pakua for meditation, a simple web pattern is envisioned to form an image. This image consists of three eight-sided layers, with spokes connecting each layer, similar to the eight-sided, multi-layered cut of a normal diamond. The largest layer of the pakua is three inches (7.62 centimeters) in diameter. At the center is a Tai Chi (Yin/Yang) symbol that spirals to blend and transform the force. Behind the pakua, the diamond-shape of the image is realized further as all eight sides of the pakua create a funnel-like shape that converges at one central point.

The pakua, traced with the mind in meditation, is drawn in layers, beginning with the outer, three-inch octagon, then continuing with levels two and three. All are drawn in either a clockwise or counterclockwise direction. Then the eight spokes are created to connect the layers. These spokes combine at the Tai Chi symbol placed at the center of the pakua. After the shape is memorized well, it can be recreated simply by visualization. (Fig.1.2)

2. Location of the Four Pakuas

The four pakuas are located:

a. Front (or Navel) Pakua: Behind the navel, about one and a half inches inside.

b. Back Pakua: At the Door of Life, on the back opposite the navel between Lumbar 2 and 3, and about one and a half inches in.

c. Left Pakua: On the left side of the body, at the intersection of a mentally drawn line extending vertically downward from the left armpit, and a line drawn horizontally across the left side from the navel to the Door of Life. The pakua is about one and a half inches (3.8 centimeters) in from this intersection point.

d. Right Pakua: On the right side of the body, at the intersection of a visualized line drawn down from the right armpit, and a horizontal line from the navel to the Door of Life, about one and a half inches in.

Energy is brought into these pakuas, where it is then blended and transformed.



Fig. 1.2 Simple Pakua for Beginning the Practice

3. Location of the Cauldron (the Central Point of a Human Being—the Point of Control)

The cauldron is considered the center of the body. It is located in a space between the navel and the Door of Life, but is more toward the back of the body, in front of the kidneys. It is the place where prenatal force, as part of the Universal or Original Force, was formed. It is also the place where all of the five elemental forces combine and transform into a very refined energy.

a. The energy from the four pakuas is balanced and condensed at their Tai Chi centers, and these centers can glow with white or golden light.

b. The Tai Chi centers of the four pakuas spiral and blend this energy and direct it through the funnel-like backs of the pakuas into the cauldron. The center of the cauldron's three inch diameter is usually at a point level with the Door of Life, although the center

can vary with each person as much as an inch and a half up or down. In men who are top-heavy, the center can be lower. Women who are bottom-heavy can have a higher center. It seems the thinner the person, the greater the chance the center point will be at the level of the Door of Life and the navel. Once it is found you will readily know it is your center of awareness.

c. The front and back pakuas function as a pair in spiraling, drawing, refining, and condensing the energy into the cauldron.

d. The two side pakuas constitute a second pair to spiral, draw, refine, and condense the energy into the cauldron.

e. At the cauldron, energies are mixed further, blended, and condensed, and the pearl is formed. (Fig.1.3)

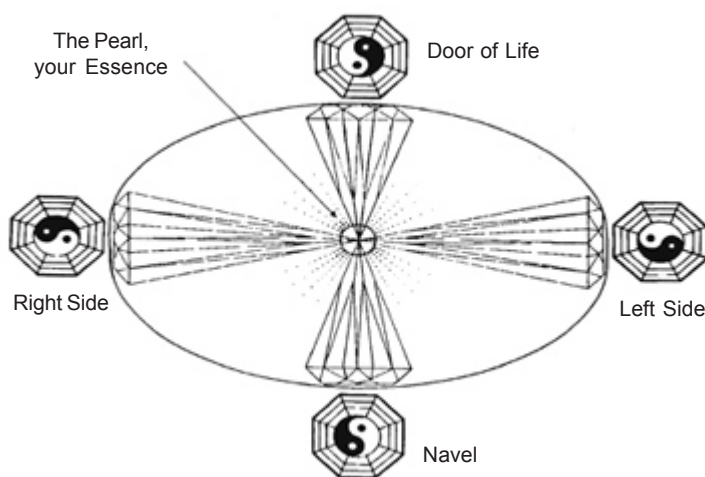


Fig. 1.3 Four Pakuas and Condensing Energy into a Pearl

B. Practice of Formula 1

1. Assume the Position.

Sit up properly. Feel the feet touching the ground, the hands holding together, and the tongue touching the palate.

2. Practice the Inner Smile.

Practice the Inner Smile meditation to relax the mind and the body.

a. Smile down and feel the sunshine-like smiling energy collect in the eyes and Third Eye. Feel the outer corners of your eyelids

and mouth uplift. Feel the smiling energy slowly flow down to the neck, thymus gland, and heart. Feel the heart open. Create a state of love, joy, and happiness in the heart.

b. Smile down to the organs and become aware of the virtues of each organ as you smile down: smile to the heart, and generate a sense of honor and respect, as you increase the feelings of love, joy, and happiness; smile to the lungs, and generate the feelings of courage and righteousness in the lungs; smile to the liver, and generate kindness in it; smile to the pancreas and spleen, and generate fairness and openness in those organs; smile to the kidneys, and generate gentleness in the kidneys. Feel the positive effect on each organ as you smile to it. Be aware of the positive emotions you are generating. (Fig.1.4)

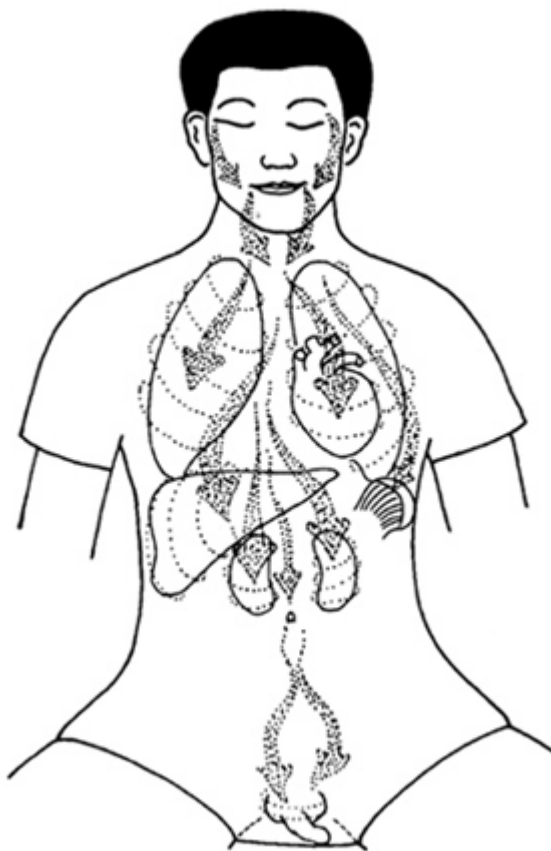


Fig. 1.4 *Smile Down to the Organs*

c. Smile to the sexual organs. Smile down to the digestive system. Generate a creative energy. Feel the energy flow all the way down with the saliva as you swallow to your stomach, small intestine, and large intestine.

d. Return to the eyes, Smile to your pituitary and pineal glands. Smile into the left and right hemispheres to balance the brain, and then smile all the way down the spinal cord.

e. Return to the eyes again, and smile down the front, middle, and back line. Well-trained students can practice the Inner Smile at a fast pace.

3. Form the Front Pakua.

a. Turn your awareness and senses inward toward the navel. Concentrate on the navel, and bring all the above energies there. Feel their warmth. As you smile to the navel, blend and condense these energies into a ball of energy inside the navel area.

b. Look inwardly. Turn all the senses inward in preparation for constructing the pakua.

c. Beginning at a point one and a half inches (3.8 centimeters) inside and above the navel, draw with the mind the first line of the pakua. (Those who have visualization or kinesthetic problems can trace the lines of the pakua with a finger.)

d. Continue constructing all eight lines of the outer layer of the pakua.

e. Begin the second layer, constructing one line at a time.

f. Begin the third layer, drawing eight lines again.

g. Now, one at a time, draw the eight spokes from the outer layer to the inner layer. Picture the Tai Chi symbol in the middle, and as you draw each spoke, continue it into the Tai Chi. (See Fig.5)

h. Lastly, let the Tai Chi symbol spiral in either direction (but preferably clockwise) as it gradually blends and transforms the energy. Now the pakua can glow with white light. Some people will sense a stronger ability to concentrate at this time.

i. Rest and experience this glowing light and warmth.

4. Form the Back Pakua.

a. Beginning at a point about one and a half inches in and one and a half inches up from the Door of Life, mentally trace the first layer.

- b. Construct the second layer.
- c. Construct layer three.
- d. Draw the eight spokes through the three layers toward the Tai Chi visualized at the center of the pakua.
- e. Spiral the Tai Chi at the center, and sense the center glowing with white light.
- f. Rest and experience the glowing light.

Notice that the back pakua is identical to the front pakua. Future references to forming the back pakua mention a simpler procedure of copying the front pakua to the back.

5. Spiral the Front and Back Pakua Energy to the Cauldron.

- a. Divide your concentration between the front and back pakuas.
- b. Spiral the two pakuas, especially their Tai Chi centers. Initially you can spiral without worrying about moving in a particular direction. Eventually, you can use your mind to train the spirals of each of the pakuas to spin in the direction you choose. With the inner eye direct the energy along the road or pathway of the spiral.

Become aware of the funnel-like shape of the backs of the pakuas. As you spiral feel the force being drawn in from the pakuas through their funnel-like backs toward the cauldron. Then concentrate more on the cauldron end of the spiral to help draw the energy into the cauldron. When you feel the energy at the cauldron, condense it and stop spiralling.

- c. The condensed energy can glow with white light. Some people will simply feel a greater awareness of the navel area.

6. Construct the Right Side Pakua.

- a. Concentrate on the point on the right side of the body, below the armpit, level with the navel, and approximately one and a half inches in. Trace the first layer of this pakua.
- b. Draw the eight lines of the second layer.
- c. Draw the eight lines of the third layer.
- d. Draw the eight spokes into a Tai Chi symbol at the middle of the pakua. Spiral the symbol, and it should glow with light.

7. Construct the Left Side Pakua.

a. Concentrate on the point on the left side of the body, below the armpit, level with the navel and the Door of Life, and approximately one and a half inches in. Trace the first layer of this pakua.

b. Follow the directions in 6(b) through (d) above.

Notice that the right and left pakuas are identical to the front and back pakuas. Future references to forming the right and left pakuas mention a simpler procedure of copying the front and back pakuas to the right and left sides.

8.Spiral the Left and Right Pakua Energy into Cauldron.

a. Spiral to draw the glowing energy into the cauldron at the center of the body from the right and left side pakuas. You can direct the spirals clockwise, counterclockwise, or simply let the spirals move in any direction. Increase the spirals at the cauldron to draw within it the energy of the left and right pakuas. At the cauldron join this energy with the energy from the front and back pakuas. Although the cauldron may not necessarily be exactly at the center of the four points, it is considered the center of your body, or your center of being. The cauldron can glow brighter as more energy condenses and fuses together, or you may feel more centered and have stronger concentration.

b. Divide your concentration amongst the cauldron, the front and back pakuas, and the left and right side pakuas. (Fig.1.5)

c. Continue to spiral more energy to the cauldron.

9. Form a Pearl.

In a mild and relaxed manner, mentally concentrate to turn all the senses downward to the cauldron while continuing to spiral. There should be no tension, but rather a simple awareness of the energy that is condensing there. Form the pearl that is the highly condensed essence of your life-force energy. It is the essence of your organs, glands, senses, and mind that will absorb the impure energy of the organs and glands, purify it and return it to them as a higher form of energy. The pearl can control the organs and glands, and helps to establish the cauldron firmly.

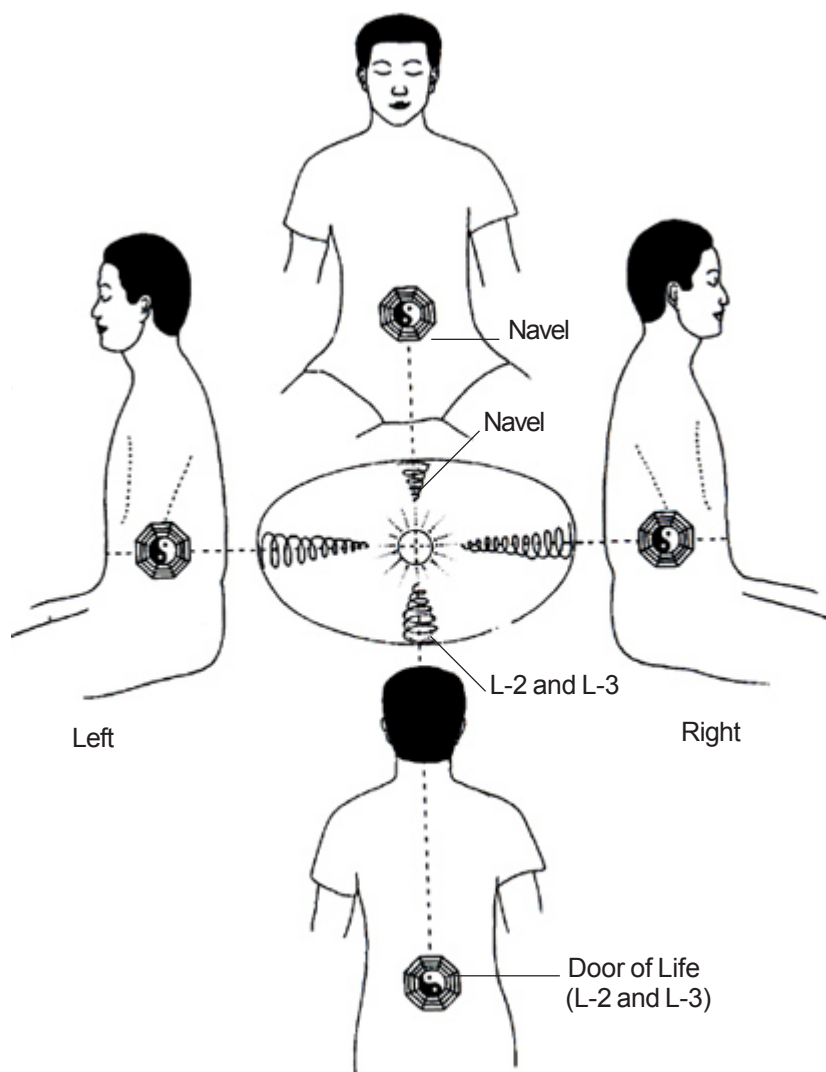


Fig. 1.5 Four Pakuas: Spiraling to Form the Pearl

10. Anchor and Program the Pearl through Verbal Affirmations.

When you begin to feel the energy condensing at your center, relax a bit more and turn all your senses, attention, and awareness into the pearl. As you relax sufficiently you will feel your energy stabilizing and the pearl becoming stronger and clearer in your awareness. At the peak of these sensations of centeredness and stability, anchor-in and program this experience with the pearl. Use a verbal affirmation such as: I feel deeply centered, clear and calm; external forces do not move me. I am under my own control; I feel grounded and centered. My energy is stable and clear; I am emotionally balanced. Associating yourself with your center anchors your center to the pearl.

11. Move the Pearl into the Microcosmic Orbit.

As the pearl moves in the Microcosmic, you will feel three sources of energy. The Universal Force of the North Star (Polaris) and the Big Dipper constellation supply energy through your crown. Cosmic Particles fall to Earth, and this energy (Cosmic Particle Force) combines with the smiling energy supplied at the mideyebrow. The third source of energy is the Earth Force, and it is supplied at the perineum through the soles of the feet. Be aware of the combined energy from these three sources as you circulate the Microcosmic Orbit (sometimes more simply referred to as the Microcosmic, running up the Governor Channel (along the spine of the body), over the crown of the head, and down the Functional Channel (along the front, center of the body.)

Note: Drawing the energy into and running it through the pathway of the Microcosmic Orbit are crucial steps in Fusion of the Five Elements and all Universal Tao practices. It is also very helpful to your Fusion practice to know the Healing Love and Iron Shirt exercises. They will help you generate more energy and ease and strengthen the flow of energy.

a. Move the pearl down to the perineum, the Gate of Life and Death, by concentrating on, lightly contracting, and pulling up the perineum. Feel the downward pull on the pearl.

b. Sense the pearl as a bright star shining in the dark at the bottom of your body's trunk. The pleasant, cool, blue energy of the Earth now enters through the perineum. Some will see the blue color while others will feel a gentle, soft, kind energy. This energy

enhances the feeling of grounding. At this point you may anchor-in feelings of security, safety, and grounding by using a verbal affirmation. For example: I am safe, secure, and grounded in my daily life.

c. Pull up on the back part of the anus toward the sacrum and move the pearl from the perineum to the coccyx.

d. Tilt the sacrum to adjust the alignment of the coccyx with the Earth Force until you feel more centered and grounded. Feel the coccyx shine with light as the pearl reaches, and then passes through it. Again, use a verbal affirmation of the feelings of being centered and grounded.

e. Move the pearl to the Door of Life and feel it glow, enhancing the feeling of softness and gentleness.

f. Now move the pearl up to T-11 and feel it radiate with light.

g. Move the pearl to C-7. Let C-7 glow and burn off any burdens that may be felt. Now use an affirmation to program your feelings of lightness and well-being.

h. Move the pearl to the base of the skull (Jade Pillow). Let this point glow with bright light.

i. Move the pearl to the crown, and fill the crown with light. Feel the warmth of the Universal Force of the North Star and the Big Dipper as that energy now enters through the crown. If you have the capacity to see colors, the color of the North Star is purple, while the Big Dipper has a red light in its center. Feel the loving, strong force.

j. Continue to be aware of the pathway of the Microcosmic as you move the pearl down to the Third Eye point at mideyebrow. Feel the gentle, smiling energy combine with the Cosmic Particle Force as it is drawn in through the mideyebrow. If you can visualize color, see this force as golden. Feel its firm, strong, determined force.

k. Feel the mideyebrow point glow with light, and feel a sense of purpose. Use another verbal affirmation to program the pearl with your sense of purpose and vision.

l. Move the pearl down to the throat, and burn off any negative energy you may find.

m. Move the pearl to the heart and feel love, joy, and happiness. The heart is an excellent point to use a verbal affirmation expressing greater love and joy in your life.

n. Move the pearl to the solar plexus point, and then down to the navel.

o. Beginners may lose the pearl by losing their concentration. If your pearl is lost or diminishes at any time during the Fusion practice, start over and form a new pearl. Once again become aware of the four pakuas, and condense the energy into a pearl. At first, forming a new pearl will take time, but as your practice continues, you will build up larger amounts of residual energy. The more energy you have readily available, the easier and faster it is to form a pearl. Bring the new pearl to the perineum, and circle it in the Microcosmic. Be very aware of the pearl as it moves.

p. Turn a portion of your consciousness to the four pakuas as the pearl moves through the Orbit. Feel the energy flow through the spirals to the cauldron at the center of the pakuas and continually enhance the pearl.

q. Now circulate the pearl in the Microcosmic a little faster. Be aware of the pathway the pearl follows. (Fig. 1.6 (a))

r. Be aware of the Universal Force, the North Star with purple light, and the Big Dipper with red light above your head, the Cosmic. Particle Force in front of you, and the Earth Force under your feet. Feel these energies as they are supplied to you. (Fig. 1.6 (b))

s. This is the time to balance the energy that you feel flowing through the Microcosmic. If you feel the flowing energy is too warm, draw in more Earth energy through the perineum. If you feel that the energy is too cool, draw in more Universal energy through the crown. If you feel you are losing concentration, draw in more of the fallen Cosmic Particle energy through the mideyebrow.

12. Collect the Energy.

Bring the energy to the navel, hold the energy here for a while, and bring the energy behind the navel to the cauldron. Feel its warmth, and then collect the energy at the cauldron.

13. Finish with Chi Massage.

End the exercise with Chi Massage. Rub the hands together, and then use the warmed hands to rub the face, throat, etc. (You can review Chi Massage in the Universal Tao book, *Chi Self-Massage: Taoist Way of Rejuvenation*.)

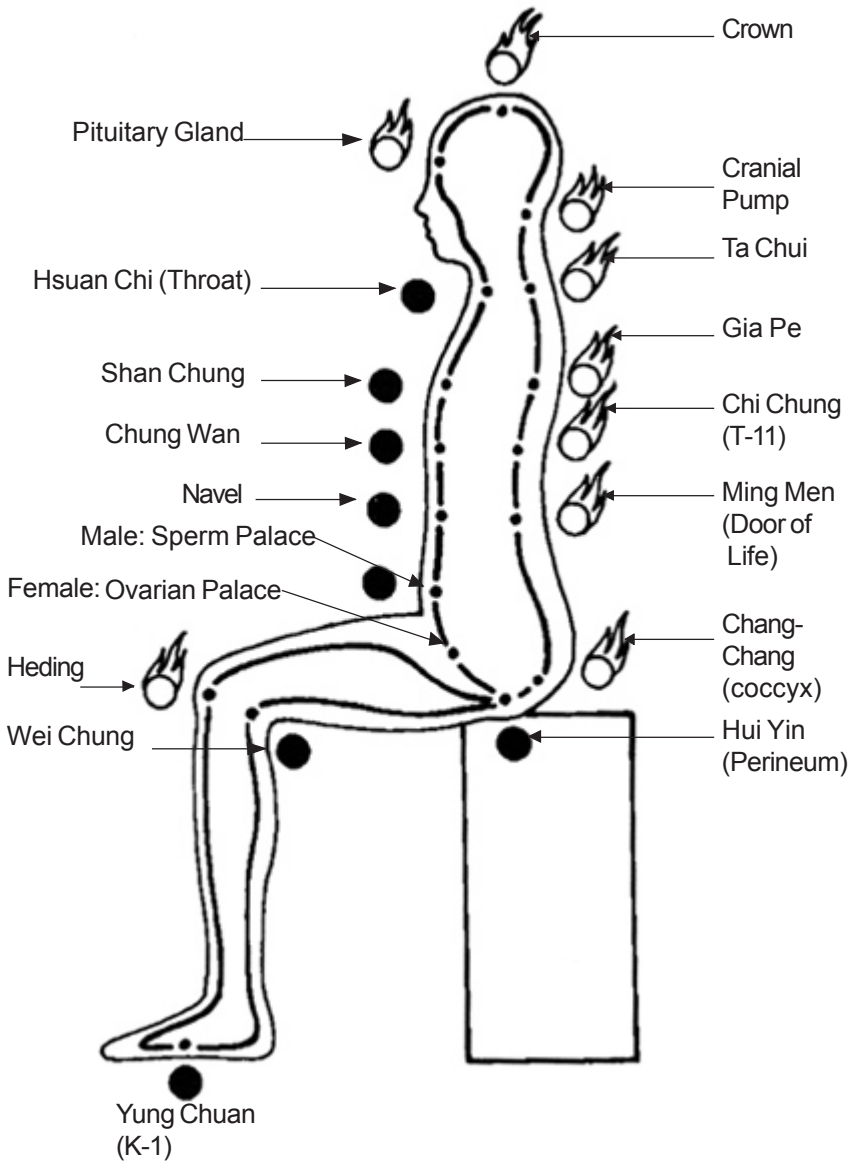


Fig. 1.6 (a) Pathway of the Microcosmic Orbit



Fig. 1.6 (b) Microcosmic Orbit-Universal, Earth, and Human Forces

c. Purpose of Centering Awareness in the Pearl

The immediate, practical use of the pearl in daily life is to help center your awareness so that your environment does not throw you out of balance. The deeper purpose of mastering the first formula is to lay an unshakable foundation for achieving oneness with the Universal Force.

To center awareness in the pearl is to find the center, or control point, of your soul. The shining pearl, as the essence of your soul, is always in touch with the source of Universal Force within yourself. Centering your awareness in the pearl places you in the position of mastery of your inner spiritual life as well as mastery of the outer Earth and Cosmic Forces that contribute to your daily life.

As you more frequently practice the Fusion meditation and strengthen your ability to center your awareness in your pearl, you will discover that you can tune in to your higher energies during your spare moments each day. You will find your intuitive mind growing sharper and clearer, more creative ideas will pop up in your work, and your capacity to love your family and friends will increase dramatically.

Negative patterns in your life that mindlessly disperse your life energy, such as daydreaming, the distraction of television, or negative emotional ruminations, can be defeated. The deep feelings of longing, loss, jealousy, or hostility that emerge from the negative patterns can be overcome.

As you use your idle moments throughout the day to engage in the Fusion practice, your awareness maintains the presence of your pearl. Your soul essence is busy giving birth to creative thoughts, realistic goals, and spontaneous feelings appropriate to the immediate moment. At the same time negative input from your vital organs or from your environment dissolves in the center cauldron and is greeted with fresh, strong energy from the Universe. Your life will begin to overflow with radiance and a surplus of energy that can become joy, kindness, creativity, and love.

It is wise to keep a steady contact with the Universal Force by regularly calling upon your pearl/soul essence. If you remain continuously aware of the pearl in your daily life, your connection to the Tao will become more powerful, making your life happy, harmonious, and effortless.

Chapter 2

Formula 2: Balancing the Organ Energy to Experience Inner Peace and Harmony

A. Theory: Collection Points for Each Organ

Each organ (and its secondary organ, below in parentheses) has a collection point for its particular quality of energy. Keep in mind the organs' correspondences to the five elements and to the seasons of the Universal and Earth Forces.

1. Kidneys' (Bladder's) Collection Point

- a. The kidneys (and bladder's) collection point is at the perineum.
- b. A sphere approximately three inches (7.62 centimeters) in diameter is created at the perineum which acts as a container for the kidneys' energy.
- c. Kidneys' energy is cold/wet in quality. It is associated with the Winter season, the water element, and a deep blue color.

2. Heart/Thymus (Small Intestine's) Collection Point

- a. The heart/thymus (and small intestine's) collection point is located between the nipples (in men), or approximately one inch up from the bottom tip of the sternum (in women).
- b. A three-inch diameter sphere is formed there to collect heart and thymus energy.
- c. The heart's energy is hot, and its season is Summer. Its element is fire, and its color is a bright red.

3. Liver (Gall Bladder's) Collection Point

- a. The liver (and gall bladder's) collection point is located on the right side just below the rib cage and level with the navel. It is at the point of intersection of a line mentally drawn vertically down from the nipple and a line extending horizontally across to the right side from the navel.

b. A three-inch diameter sphere is formed at this spot to collect the liver's energy.

c. The liver's energy is warm and moist in quality. It is associated with the Spring season. Its element is wood, and its color is bright green.

4. Lungs' (Large Intestine's) Collection Point

a. The lungs (and large intestine's) collection point is located on the left side just below the rib cage. It is level with the navel at the intersection of a line mentally drawn down from the nipple and a line extending across to the left side from the navel.

b. A three-inch diameter sphere is formed at this spot to collect the lungs' energy.

c. The lungs' energy is cool and dry in quality. It is associated with the Fall season, the element metal, and a radiant white color.

5. Spleen/Pancreas (Stomach's) Collection Point

a. The spleen/pancreas (and stomach's) collection point is directly behind the navel (at the center of the front pakua.)

b. A three-inch diameter sphere is formed at this spot to collect the spleen's energy.

c. The energy of the spleen is mild, and its season is Indian Summer. Its element is earth, and its color is a brilliant golden yellow.

B. Procedure for Balancing the Organ Energy

To blend the organ energy, you first form the kidneys' and heart's collection points. Then you blend the kidneys' (cold) energy with the heart's (hot) energy at the front pakua. Next you form the liver's and lungs' collection points, and then add and blend the liver's (warm, moist) and lungs' (cool, dry) energy at the front pakua.

Finally, you add the spleen's (mild) energy gathered into its collection point located at the center of the front pakua.

C. Practice of Formula 2

1. Begin with the Inner Smile Meditation.

As you proceed with each step and smile to each organ, concentrate on the positive emotion associated with the organ. Sit up properly, hands together, and stick the tongue up to the roof the mouth. Smile down.

2. Form the Front Pakua.

Form the front pakua as described in Formula I, and feel the pakua glow with light.

3. Balance the Energies of the Kidneys and Heart.

a. Form the Kidneys' Collection Point.

(1) Be aware of the kidneys.

(2) Do the Kidneys' Sound: **Chooooooo** (as when blowing out a candle). (You can review the Six Healing Sounds in the Universal Tao book, *Taoist Ways to Transform Stress into vitality*.) Practice a few times until you can feel the kidneys.

(3) Using the Packing Process Breathing technique, slightly contract the left and right sides of the anus to squeeze the kidneys. Use the power of the mind rather than tension on the muscles to do so. Then release the contraction to sharpen your awareness. (To review the Packing Process Breathing technique, see the Universal Tao book, *Iron Shirt Chi Kung I*.)

(4) Form a sphere at the perineum, the kidneys' collection point, by inhaling, pulling up the perineum, and pushing the lower abdomen down to the perineum.

(5) Exhale and relax. Mentally perceive the formation of a sphere and let it glow with a blue color.

(6) Spiral the energy in both kidneys and in their collection point in either direction. Increase your awareness of the collection point and intensify the spiral there until you feel a force drawing the kidneys' (cold) energy into it. (Fig.2.1)

b. Form the Heart's Collection Point.

(1) Be aware of the heart and the thymus gland.

(2) Do the Heart's Sound: **Hawwwwww**.

(3) Inhale and gently pull up the anus toward the heart, continuing

Notes: Use the power of the mind more than muscle power to gather the energy.

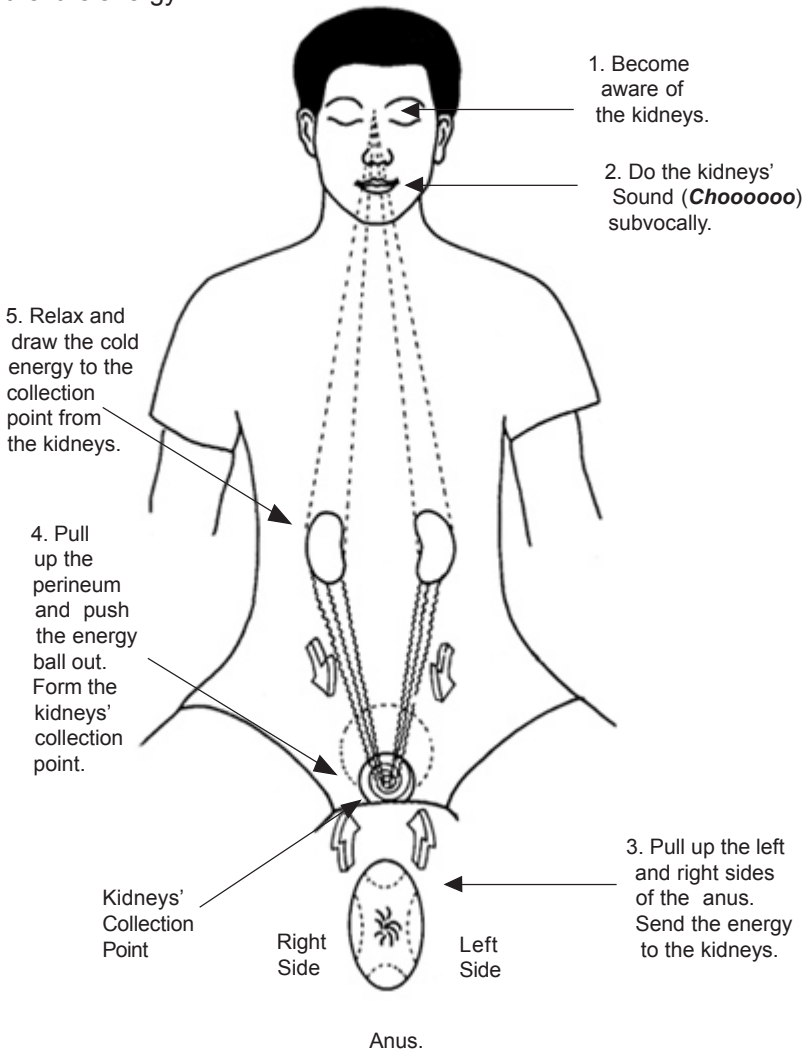


Fig. 2.1 Forming the Collection Point to gather Kidneys' Energy.

to pull up until the heart is reached. Then, using the power of the mind, gently squeeze or contract the heart area. Do not use too much physical force; it is better to use a gentle muscle contraction and the power of the mind.

(4) Mentally perceive the formation of the sphere that is the heart's collection point. Let it glow with a red color.

(5) Spiral the energy at the heart toward the heart's collection point. Intensify the spiral at the heart's collection point until the force of the spiral is strong enough to draw the hot energy of the heart and thymus into it.

4. Spiral and Draw the Heart's and Kidneys' Energies to the Front Pakua.

a. Divide your attention between the kidneys' and heart's collection points.

b. Feel the hot and cold energy.

c. Also be aware of the front pakua. Spiral the heart's and kidneys' collection points and spiral the front pakua. Increase the spiraling force in the front pakua by using the eyes and the mind. Physically creating a slight circling body movement at the same time also will help increase the spiraling force. (Fig.2.2) Spiral until enough force is created to pull the cold (blue) energy (of the kidneys) and hot (red) energy (of the heart) into the front pakua. On each breath inhale and draw up the cold, blue kidneys' energy to the pakua. Then exhale, and draw down the hot, red heart's energy. Feel the energy blend. Moderate the temperature so that it is not too hot or cold. (Fig.2.3)

5. Balance the Energies of the Lungs and Liver.

a. Form the Liver's Collection Point.

(1) Be aware of the liver.

(2) Do the Liver's Sound: ***Shhhhhhh***.

(3) Inhale, and contract the right side of the anus to the liver. then contract the liver.

(4) Form the liver's collection point by inhaling, pulling up the right side of the anus, and pushing down on the right side of your body under the rib cage. Contract the muscles in this area.

(5) Relax, and mentally perceive the formation of a green colored sphere that is the liver's collection point.

(6) Spiral and draw the moist, warm liver energy into its collection point. (Fig.2.4)

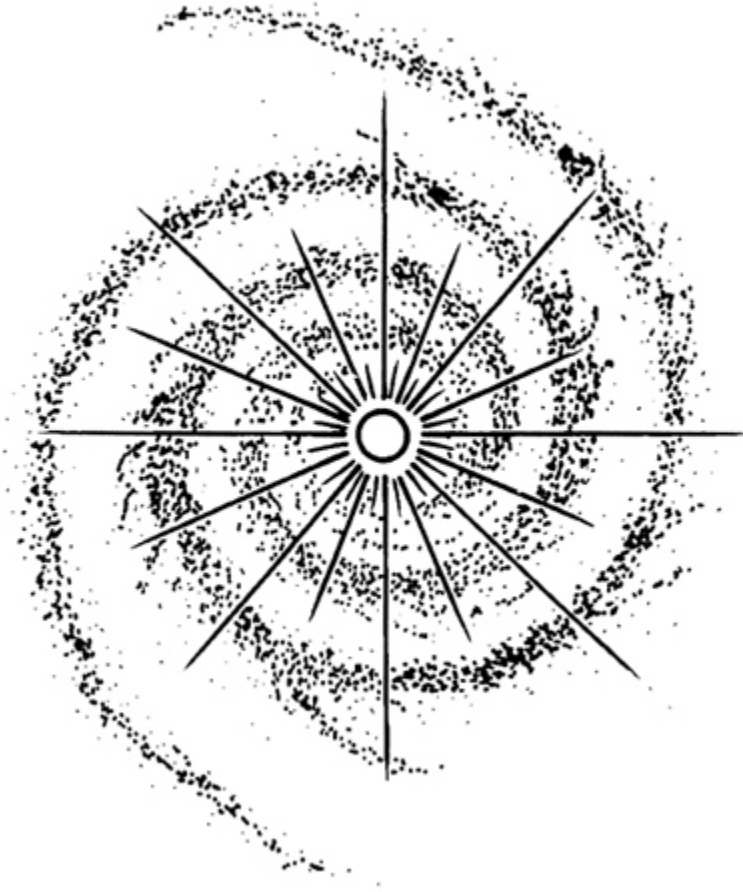


Fig. 2.2 Use the eyes, mind, and body to create a spiraling motion that will draw the energy into the spiral. Spiral until a pearl forms at its center. It was a spiral of energy that originally formed the Universe.

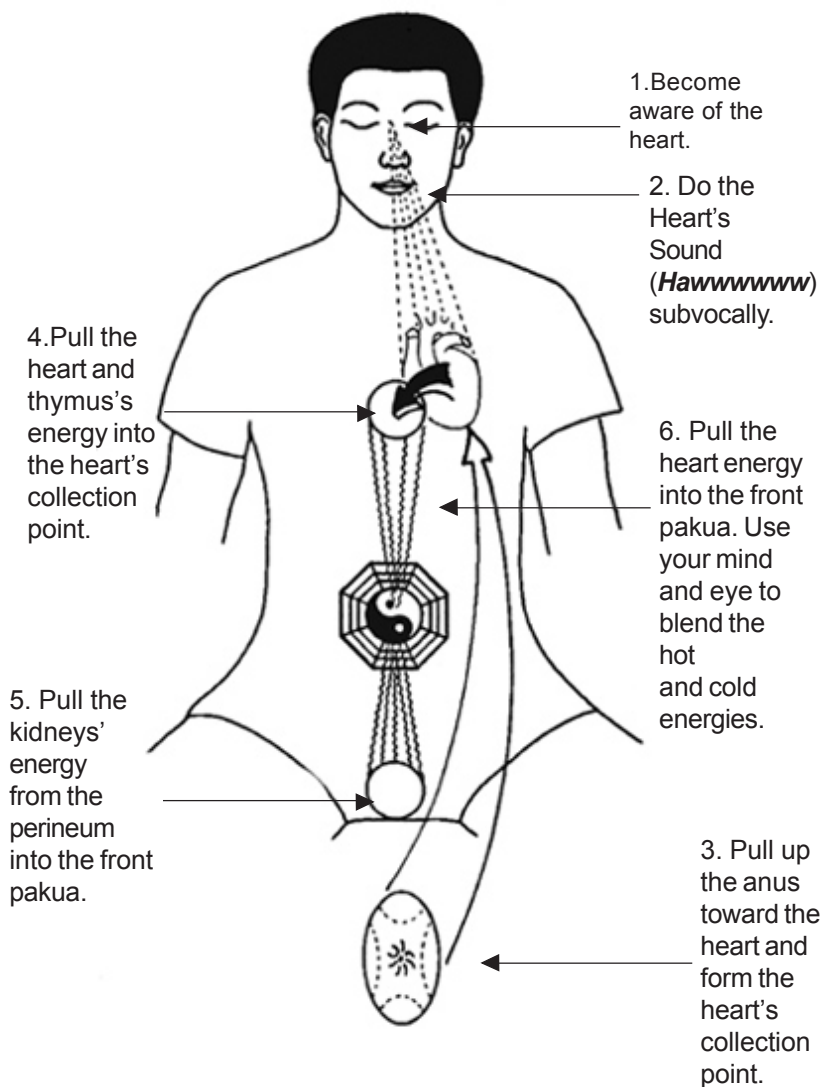


Fig. 2.3 Form the Heart's Collection Point. Blend the Heart's Energy with Kidneys' Energy in the Pakua.

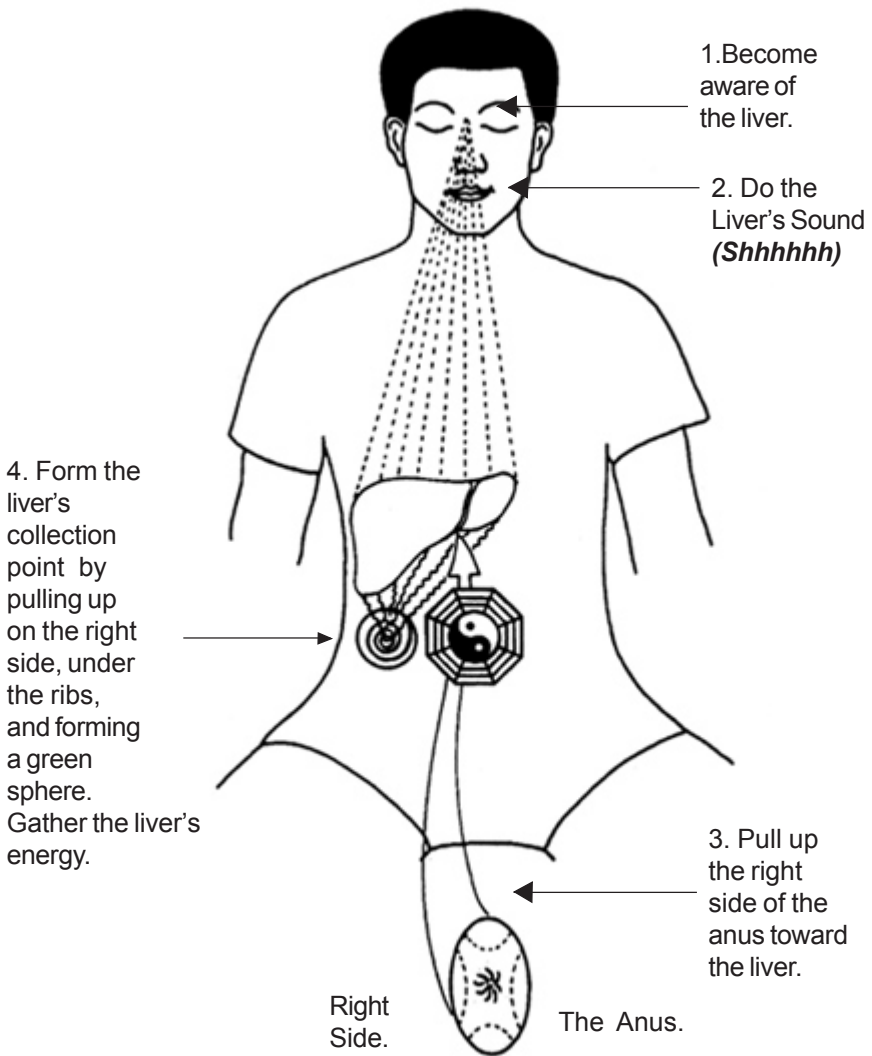


Fig. 2.4 Forming the Liver's Collection Point to Gather the Liver's Energy.

b. Form the Lungs' Collection Point.

- (1) Be aware of the lungs.
- (2) Do the Lungs' Sound: **Ssssssss**.
- (3) Inhale, pull up the left and right anus to the lungs under the rib cage. Contract the lungs.
- (4) Form the lungs' collection point by inhaling again, pulling up the anus to the level of the navel, and mentally drawing a line down from the left nipple. Feel an expansion in this area.
- (5) Exhale, relax, and mentally perceive the formation of a metallic white, three-inch sphere under the left rib cage that is the lungs' collection point.
- (6) Spiral and draw the dry, cool lungs' energy to its collection point. (Fig 2.5)

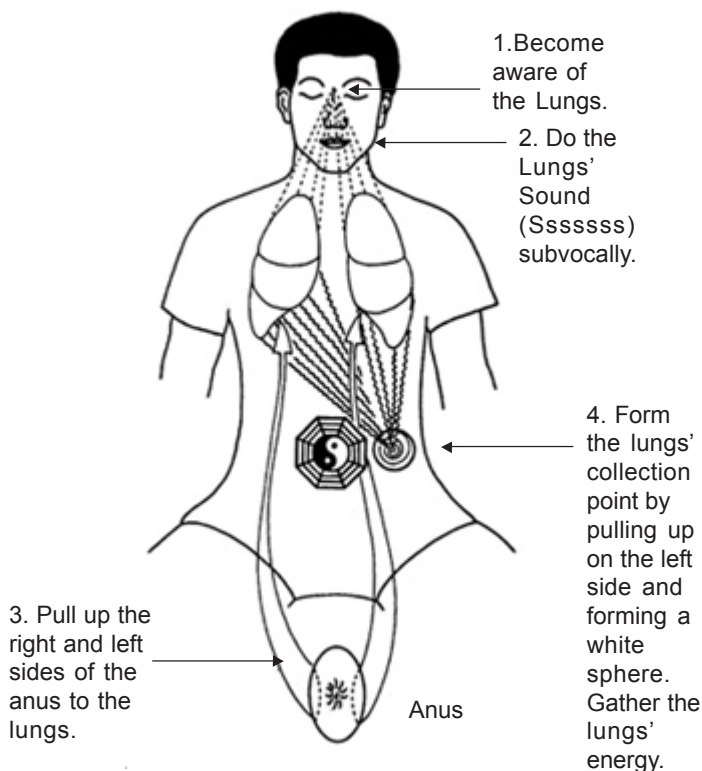


Fig. 2.5 Forming the Lungs' Collection Point to Gather Lungs' Energy.

6. Spiral and Draw Liver's and Lungs' Energies to the Front Pakua.

Divide your attention between the liver's and lungs' collection points and spiral them both. Distinguish the warm, moist energy of the liver and the dry, cool energy of the lungs. Be aware of the front pakua. Spiral and draw the liver's and lung's energy into this pakua. Blend the energies so that they are not too warm and moist, or too cool and dry. (Fig. 2.6)

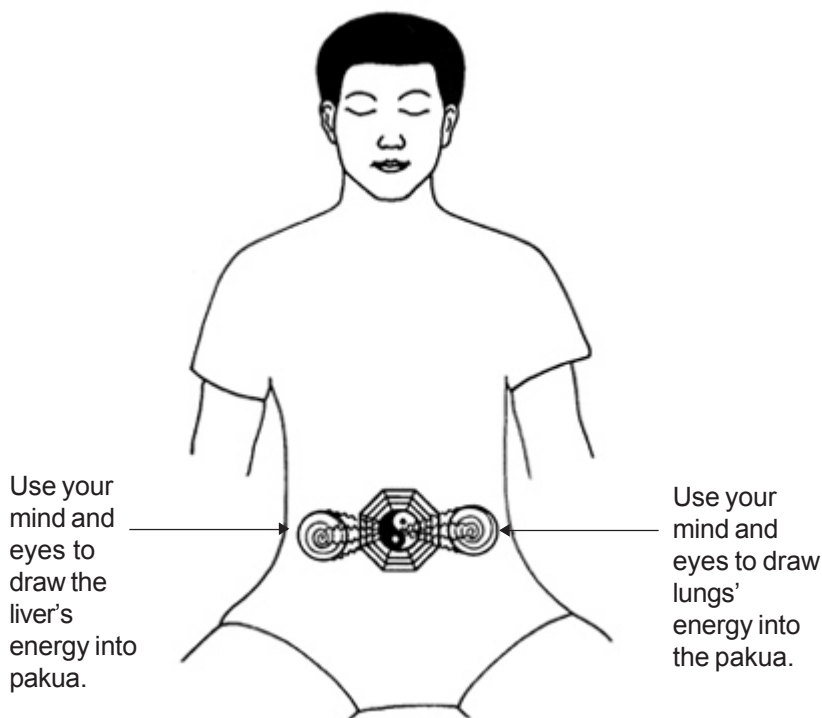


Fig. 2.6 Blending the Liver's and Lungs' Energies the Front Pakua.

7. Pull the Spleen's Energy into the Front Pakua.

- Be aware of the spleen on the left side, slightly toward the back.
- Do the Spleen's Sound: **Whoooooo** (subvocally, but felt in the vocal cords).

c. Inhale and pull up the left side of the anus toward the spleen. Use your mind to lightly squeeze the muscles on your back, and feel the spleen. Exhale, relax, and heighten your awareness of the spleen. Form the spleen's collection point which is at the center of the front pakua itself.

d. Divide your attention between the spleen and front pakua. Spiral and draw the spleen's mild energy into the pakua. Visualize the color yellow at the pakua. (Fig.2.7)

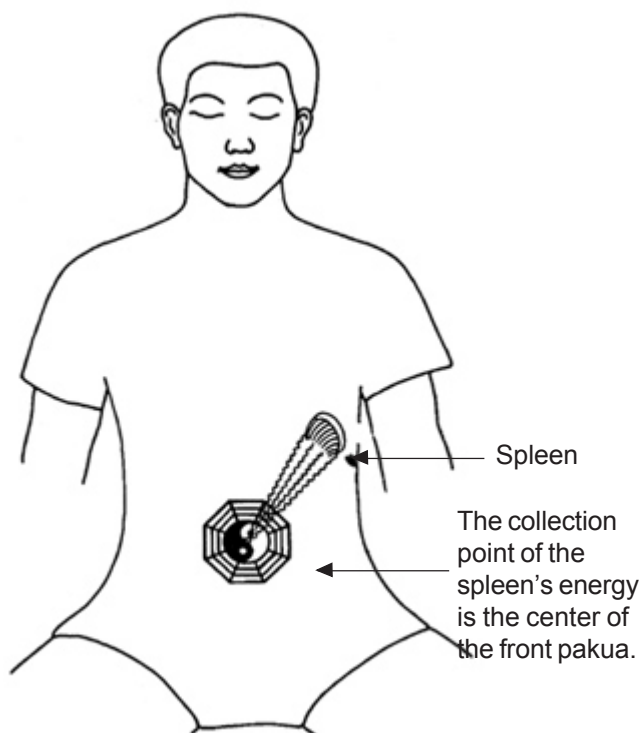


Fig. 2.7 Gathering the Spleen's Energy Directly into the Pakua.

8. Form the Back Pakua and Blend the Energy from the Back Collection Points.

Form or copy the back pakua one and a half inches in from the Door of Life as described in Chapter 1. When you have done so and definitely can perceive the back pakua, spiral and collect

the energies from the following locations. (Note that the location of the collection points you will create now will not be the same as the designated organ collection points described above. Rather they are located near the organ collection points, and their function is to draw in any remaining energies that may be present in the areas of the nearby organs. The actual source of these energies may be unclear.)

- a. Make a sphere at the sacrum, and collect the cold kidneys' energy.
- b. Make a sphere behind the heart between T-5 and T 6. Spiral and collect the heart's hot energy.
- c. Spiral and blend the hot and cold energies that you have gathered from these spheres at the back pakua.
- d. To the right rear of the back pakua make a sphere. Spiral and collect the liver's warm, moist energy.
- e. To the left rear of the back pakua, make a sphere. Spiral and collect the lungs' dry, cool energy.
- f. Spiral and blend the energies of the right and left spheres into the back pakua. (Fig.2.8)

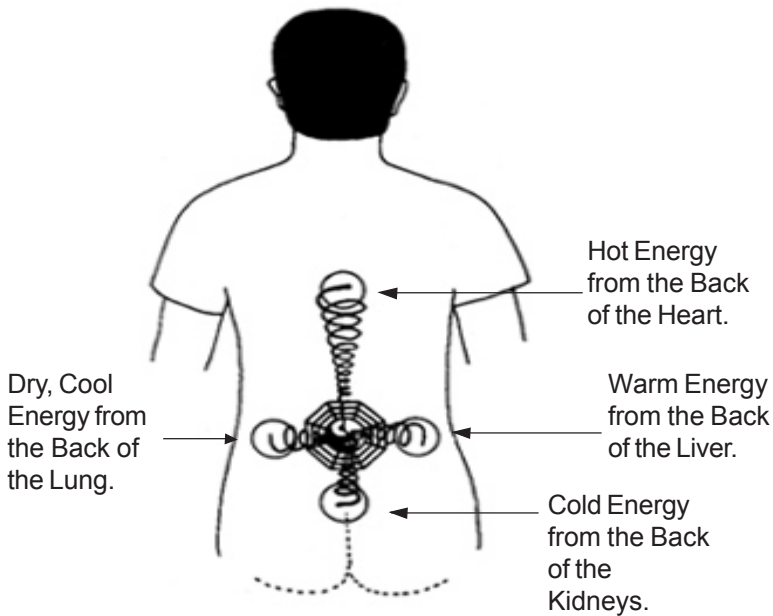


Fig. 2.8 Back Pakua Collection Points.

9. Draw the Energies from the Front and Back Pakuas into the Cauldron.

Spiral, draw, and condense the energies from the front and back pakuas into the cauldron. Blend them together.

10. Form the Right Side Pakua and Blend the Energies from the Right Side Collection Points.

Form the right side pakua. Spiral and draw energy from the following locations:

- a. Form a sphere at the right hip at the same level as the perineum. Spiral and draw any residual cold energy into the sphere.
- b. Round the scapula to open the armpit, and create a sphere at the right armpit to collect residual hot energy.
- c. Spiral and blend the hot and cold energies in the right side pakua.
- d. Form a sphere toward the front of the right pakua. Spiral and collect residual warm, moist energy.
- e. Form a sphere toward the back of the right pakua, and collect residual cool, dry energy.
- f. Spiral and blend the warm, moist and cool, dry energies in the right side pakua. (Figure 2.9)

11. Form the Left Side Pakua and Blend the Energies from the Left Side Collection Points.

Form the left side pakua and draw energy from the following locations:

- a. Form spheres, and collect the energies at the left hip and armpit as above. Spiral and blend the hot and cold energies in the left pakua.
- b. Form spheres to the front and back of the left pakua, as above. Spiral and collect mild energy at the front sphere. Spiral and collect cool, dry energy at the back sphere. Spiral and blend the mild and cool, dry energies in the left pakua. (Fig 2.10)

12. Draw the Energies from the Right and Left Pakuas Into the Cauldron.

Pull the energies now in the right and left side pakuas into the cauldron. Spiral and blend them together with the energies already drawn there from the front and back pakuas.

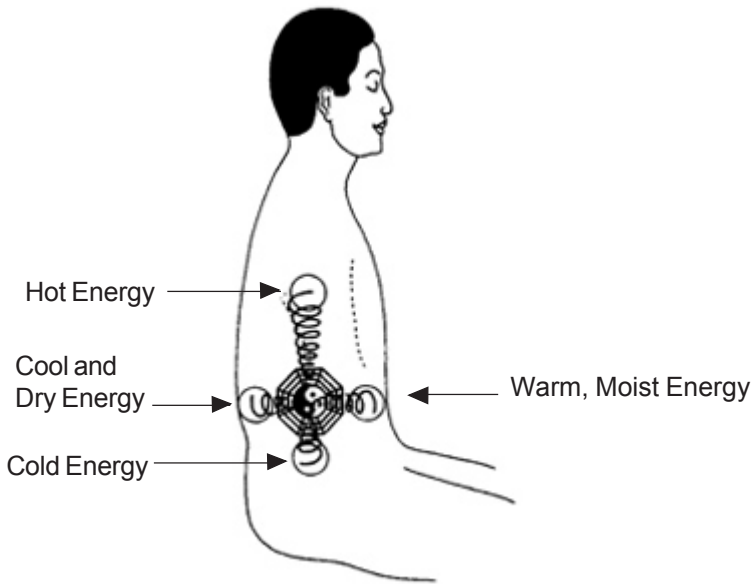


Fig. 2.9 Right Side Pakua and its Collection Points

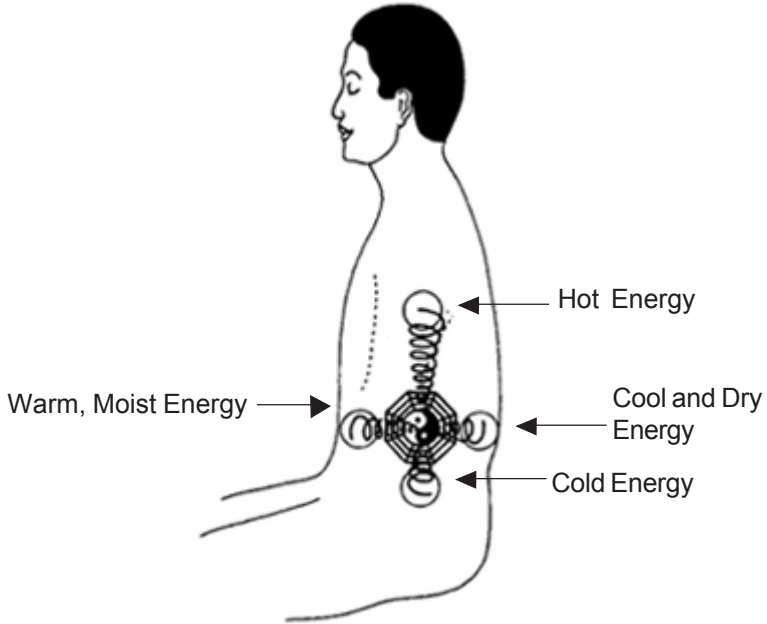


Fig. 2.10 Left Side Pakua and its Collection Points

13. Condense the Energies into a Refined Pearl.

Now condense all the energies that have been pulled from the front, back, and side pakuas into a pearl. This pearl, created from the essence of your organs and your whole body, is very refined and not scattered. It may be perceived as a point of light or condensed energy. (Fig.2.11)

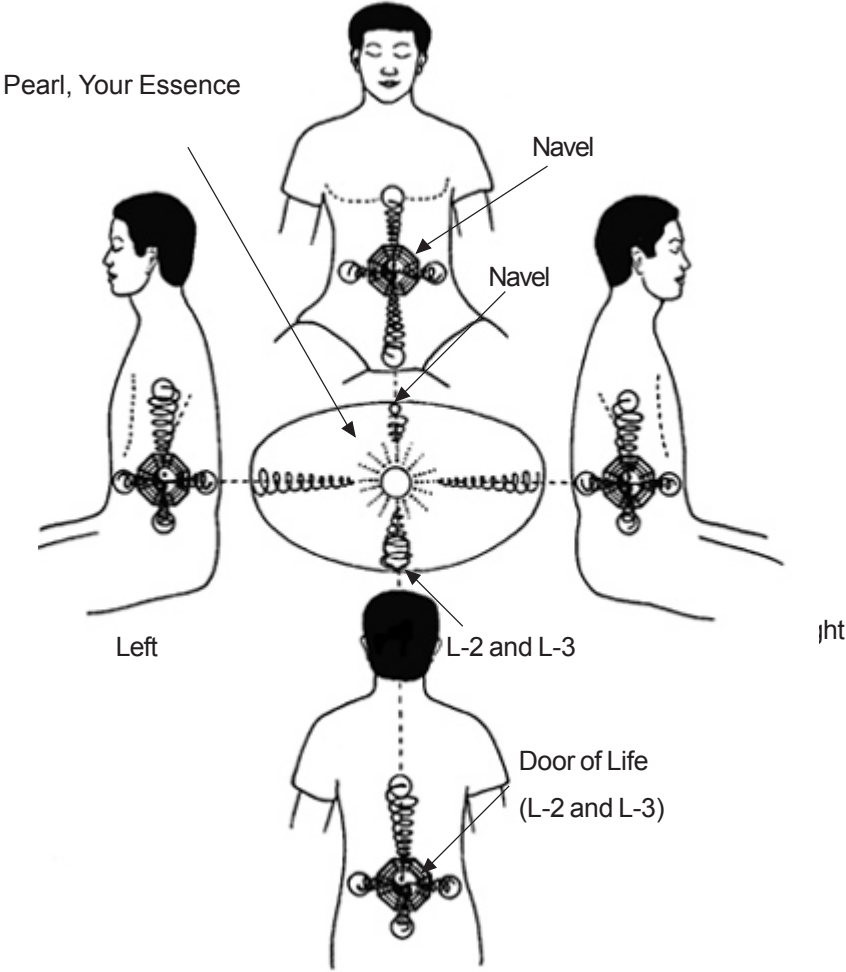


Fig. 2.11 Four Pakuas and their Collection Points

14. Anchor the Feelings of Peace and Harmony to the Pearl.

At the height of feeling centered, at peace, and in inner harmony, anchor these feelings to the pearl by giving yourself a strong affirmation.

15. Move the Pearl into the Microcosmic Orbit.

Send the pearl down to the perineum, and circulate it in the Microcosmic. Be aware of the Universal, Cosmic Particle, and Earth Forces as they are drawn to the pearl.

16. Collect the Energy and Practice Chi Massage.

Circulate the energy to the navel, and spiral it at the navel nine times (men, clockwise; women, counterclockwise). Then reverse it six times. Rub your hands together, and practice Chi Massage. If you plan to continue without stopping at this point, you can spiral the energy at the navel and continue to the next chapter.

Chapter 3

Formula 3: Connecting Senses with Organs; Self-Control of Senses; Sealing the Openings; Overcoming Temptations

A.Theory

As a parent to a child, each of your senses relates to a specific organ. If, like undisciplined children, the organs expel negative energy, they need to be controlled or given balance and harmony by the senses, their parents. If either the senses or the organs are weak or sick, greater amounts of negative emotions will be created since there will be no discipline. By recognizing the parent/child relationships and strengthening them, you will be able to increase your energy.

1. Ears—Kidneys

The ears are the openings of the kidneys. By listening to and increasing your awareness of the kidneys, the sense of hearing is drawn within where it will eventually be controlled. You will eventually feel internal balance, peace, and harmony since the ears will enable you to hear a heavenly music that is very unlike earthly music. (Fig. 3.1)

2. Tongue—Heart

The tongue is the opening of the heart. By connecting the tongue with the heart, the speech center is drawn within, and the temptation of senseless speech can be controlled. The tongue and the heart will feel at peace. (Fig.3.2)

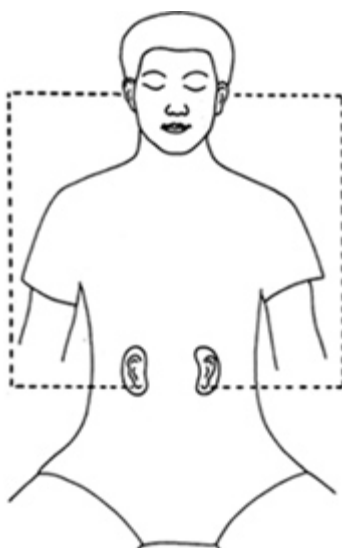


Fig. 3.1 Connect the Ears with the Kidneys.

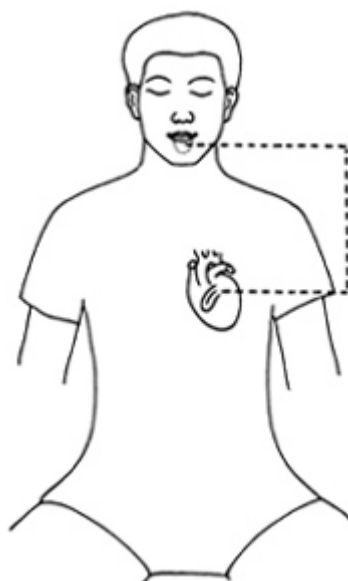


Fig. 3.2 Connect the Tongue with the Heart.

3. Eyes—Liver

The eyes are the openings of the liver. By looking into the liver, the sense of sight is drawn within, and visual temptations can be controlled. (Fig. 3.3)

4. Nose—Lungs

The nose is the opening of the lungs. By connecting the nose with the lungs, the sense of smell is drawn within, and the temptations of scents can be controlled. (Fig.3.4)

5. Mouth—Spleen

The mouth is the opening of the spleen. By connecting the mouth with the spleen, the sense of taste is drawn within, and the temptations of appetite can be controlled. (Fig.3.5)

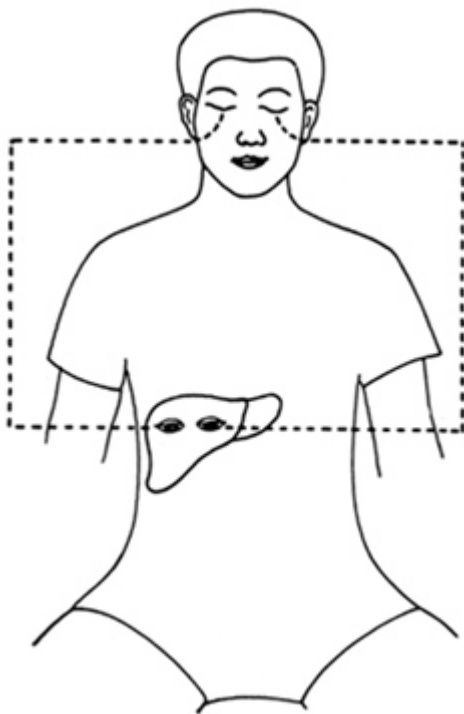


Fig. 3.3 Connect the Eyes with the Liver.

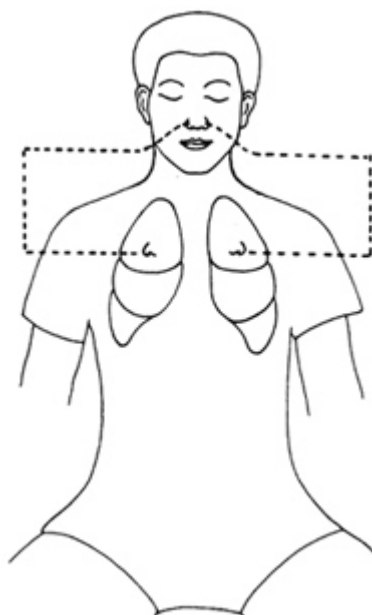


Fig. 3.4 Conect the Nose with the Lunqs.

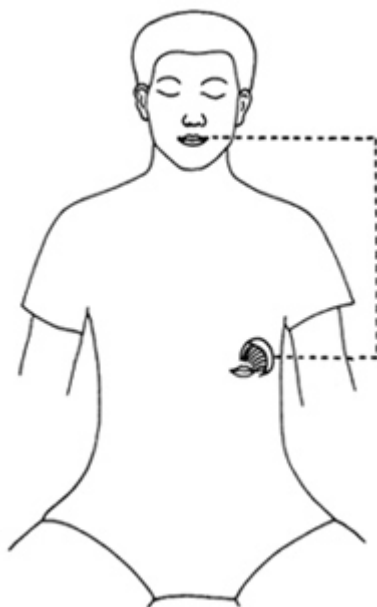


Fig. 3.5 Conect the Mouth with the Spleen.

B. Procedure of Connecting the Senses with the Organs

You will connect each sense with its corresponding organ by connecting them in pairs. (Figure 3.6)

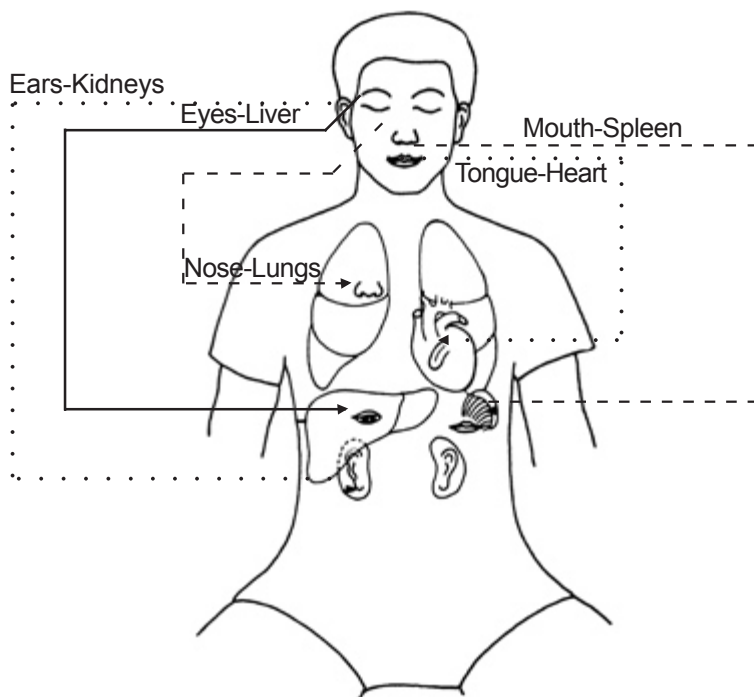


Fig. 3.6 *Connections between the Senses and the Organs*

1. The ears connect to the kidneys (cold energy) and the tongue to the heart (hot energy).
2. The eyes connect to the liver (warm/moist energy) and the nose to the lungs (cool/dry energy).
3. The mouth connects to the spleen (mild energy) and the front pakua.

C. Practice of Formula 3

1. Assume the Position.

Sit up properly, hold the hands together, and press the tongue to the palate.

2. Practice the Inner Smile.

Smile down. Feel the energy flow down through the face to the organs. Feel the positive emotions in each organ. Smile to the navel, and form the front pakua.

3. Massage the Senses and the Organs.

You can massage the senses by practicing the Chi Self-Massage exercise on them while massaging and exercising the organs.

4. Concentrate on the Ears and Kidneys.

a. Concentrate on the ears by spiraling the energy there. Listen, turn your awareness inwardly to the kidneys, and direct the spiral you have created at the ears to the kidneys. With this connection draw the essence of the ears to the kidneys by emphasizing the spiral at the kidneys, thereby making the energy at the kidneys stronger. Then collect at the kidneys the hearing energy of the ears and the cold energy that is the kidneys' essence.

b. Create a sphere at the perineum (the kidneys' collection point), and spiral at the perineum to draw and collect the cold energy that is the kidneys' essence and the hearing energy that is the ears' essence into this sphere. (Fig.3.7)

5. Concentrate on the Tongue and Heart.

a. Concentrate on your tongue. Move the tongue around to generate saliva and massage the heart. Spiral the energy at the tongue. Swallow the saliva you have created, and spiral the tongue's essence toward the heart. With this connection turn your awareness

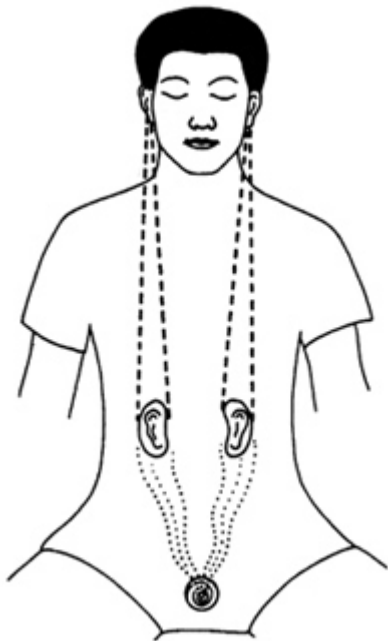


Fig. 3.7 Spiral and Collect the Ears and Kidneys' Energy.

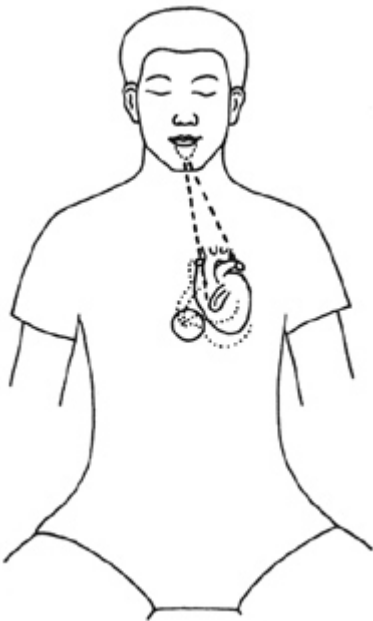


Fig. 3.8 Spiral and Collect the Tongue and Heart's Energy.

toward the heart. Emphasize the spiral at the heart, and collect at the heart the tasting energy of the tongue and the hot energy that is the essence of the heart.

b. Make a sphere at the heart's collection point, and create a strong spiral there. Draw in and collect the hot energy that is the heart's essence and the tasting energy that is the tongue's essence. (Fig.3.8)

6. Spiral and Blend the Essence Energies In the Front Pakua.

Spiral from the two collection points to the front pakua, and blend the kidneys' and heart's energies. Feel the hot and cold essence energies blend together. Notice the senses being pulled within.

7. Concentrate on the Eyes and Liver.

a. Concentrate on the eyes. Move the eyes around, and massage the eyes and liver. Look inwardly to the liver, and make a connection between your eyes and your liver by spiraling between the eyes and the liver. Create a stronger spiral at the liver, and let it draw in the seeing energy of the eyes. Collect in the liver the moist, warm energy that is the liver's essence.

b. Make a sphere at the collection point below the liver. Spiral and collect the blended warm/moist energy of the liver's essence and the seeing essence of the eyes into the collection point. (Fig.3.9)

8. Concentrate on the Nose and Lungs.

a. Focus your attention on the nose. Inhale and exhale, and massage the nose and lungs. Inhale to the lungs, and feel the connection between the lungs and nose by spiraling the energy between them. Spiral and collect the dry/cool energy of the lungs and the smelling energy of the nose.

b. Make a sphere at the collection point below the left lung. Spiral and collect the dry/cool energy that is the lungs' essence and the smelling essence of the nose into the collection point. (Fig.3.10)

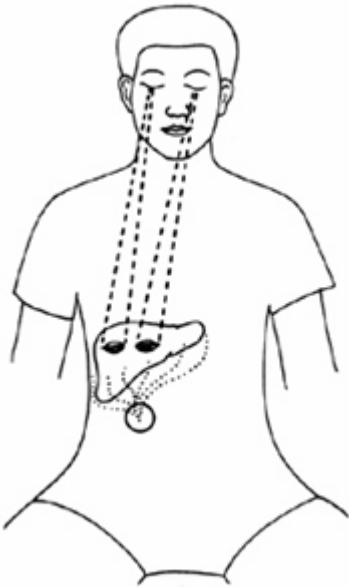


Fig. 3.9 *Spiral and Collect the Eyes and Liver's Energy.*

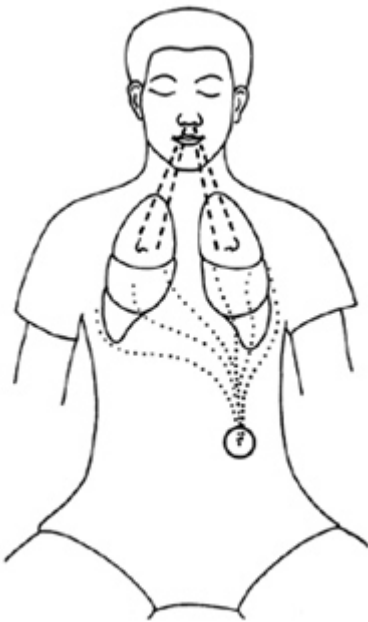


Fig. 3.10 *Spiral and Collect the Nose and Lungs' Energy.*

9. Blend the Essence Energies of the Eyes/Liver and Nose/Lungs in the Front Pakua.

Concentrate on the front pakua. Spiral and blend the eyes/liver's and nose/lungs' energies from their collection points. As you spiral feel their moist/warm and dry/cold energy blend together at the front pakua. Feel the senses becoming increasingly focused.

10. Concentrate on the Mouth and Spleen.

Concentrate on your mouth and establish a connection with the spleen by spiraling between them. Collect the mild energy that is the essence of the spleen and the mouth in the front pakua. The senses should feel secure as the energies blend. (Figure 3.11)

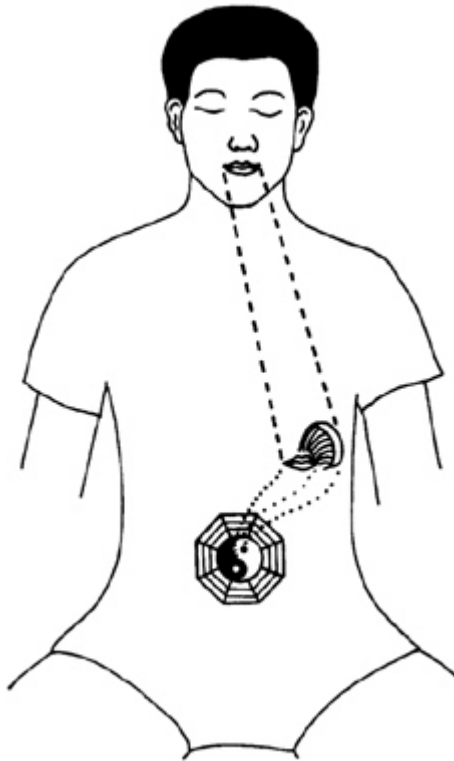


Fig. 3.11 *Spiral and Collect the Mouth and Spleen's Energy.*

11. Form the Back, Right, and Left Pakuas and Draw their Collected Energies Into the Cauldron.

Be aware of the back pakua, its collection points, and the energy that has been gathered. Spiral the front and back pakuas to draw into, and combine their collected energies in, the cauldron. Be aware of the left pakua and its collection points. Similarly, be aware of the right pakua and its collection points. Spiral the left and right pakuas to draw into, and combine their collected energies in, the cauldron. (Figure 3.12)

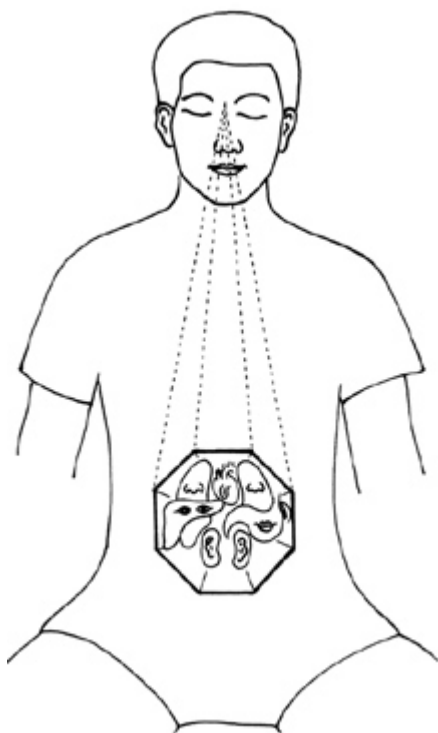


Fig. 3.12 Draw and combine the energies of all the senses and organs in the cauldron.

12. Form a Pearl.

Spiral and blend all the condensed energies in the cauldron to form a pearl.

13. Affirm your Self-Control by Anchoring and Programming the Pearl with Verbal Affirmations.

Once you feel that the senses and organs are connecting and are all moving into one place—the cauldron—you will feel a sense of control. You will feel as though everything is under one roof or under one center of control. This feeling can make you stronger and increase your power to overcome temptations because your senses and organs will be stronger. At the height of the feeling of self-control, program yourself by anchoring this feeling into the pearl so that you can recall the feeling at any time. I am calm, clear, at peace, centered, in physical and emotional balance, and under self-control.

14. Move the Pearl to the Perineum.

Move the pearl to the perineum and circulate the energy in the Microcosmic. Keep the senses and your awareness focused inward. As the pearl circulates in the Microcosmic, sense the three sources of energy supplied: the Universal, the Cosmic Particle, and the Earth Forces.

15. Collect the Energy and Practice Chi Massage.

Bring the pearl of energy to the cauldron, and end with Chi Massage.

Chapter 4

Formula 4: Transforming the Negative Emotions of Each Organ into Useful Energy

A. Theory: Relationships between Organs and Emotions

Taoists reason that negative emotions can be transformed to utilize their life-force energy. Therefore, to expel or suppress unwanted, negative emotions is to expel or suppress life-force. Rather than suppress negative emotions in the Taoist system, you benefit more by experiencing them. (Fig.4.1) This means you permit them to emerge, but do not let them run wild or trigger other negative emotions. Instead, put yourself in control of them so that you may transform them not only into useful life-force energy, but also into the higher consciousness that is your spiritual energy.

When connecting the senses with the organs in Chapter 3, you may have noticed your emotions beginning to emerge. You can control them. Review Table 1 in this chapter to note the negative emotions you will want to transform. After you have cleared the negative emotions from the organs, study Table 2 also within this chapter. Table 2 is more detailed, noting the negative and positive aspects of each modality—shape, color, smell, temperature, etc. You may be stronger in one representational system than another depending on your visual, auditory, and kinesthetic perceptions. You should be able to relate to at least one of the modalities.

Some people have repressed their emotions and react strongly to this practice as their emotions surface. If you are one of these people, spend more time practicing the Healing Sounds and the Inner Smile. Work with healing the organs before attempting to transform the deeply buried emotions within them.

As you transform the negative emotions of each organ into useful energy, use the Counteracting or Controlling Cycles to help balance the energy. (Fig.4.2)

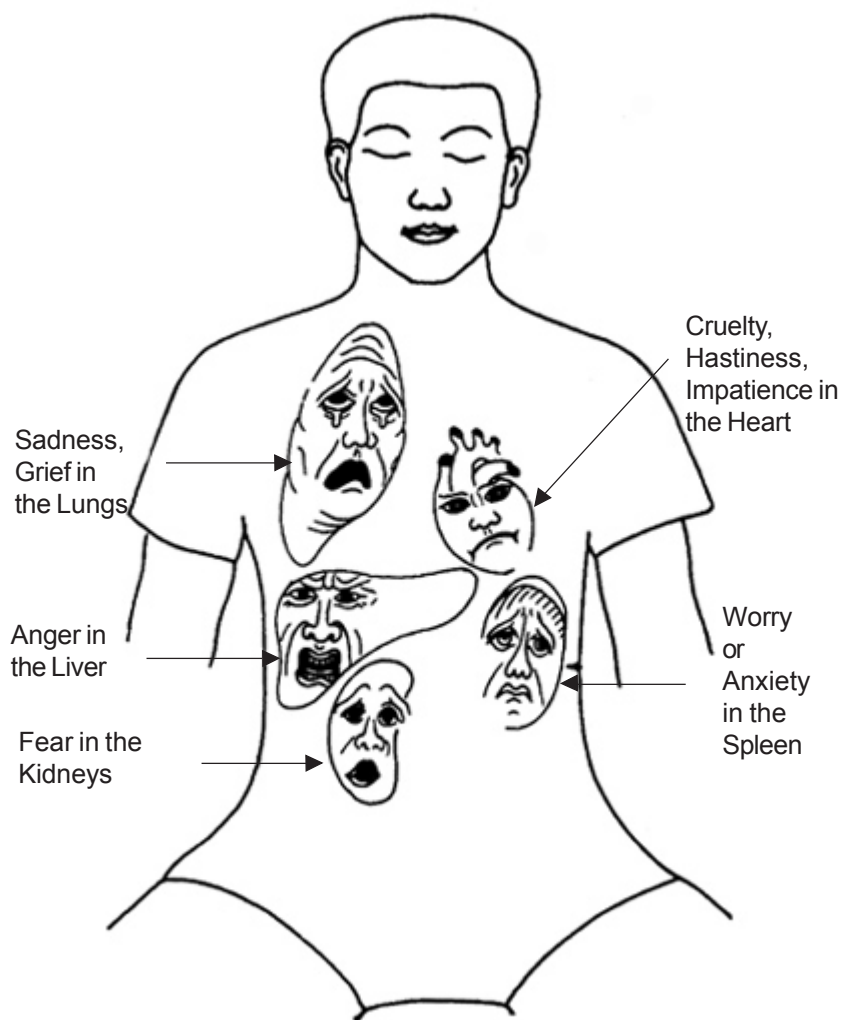


Fig. 4.1 Negative Emotions and the Organs

B. Practice of Formula 4

1. Smile Down.

Smile down, and generate the qualities of loving energy in each organ.

2. Form the Front Pakua.

As in the previous Chapters, create the front pakua.

Five Element Organ Correspondences					
	Wood	Fire	Earth	Metal	Water
Yin Organs	<i>Liver</i>	<i>Heart</i>	<i>Spleen</i>	<i>Lungs</i>	<i>Kidneys</i>
Yang Organs	<i>Gall Bladder</i>	<i>Small Intestine</i>	<i>Stomach, Pancreas</i>	<i>Large Intestine</i>	<i>Bladder</i>
Openings	<i>Eyes</i>	<i>Tongue</i>	<i>Mouth, Lips</i>	<i>Nose</i>	<i>Ears</i>
Positive Emotions	<i>Kindness</i>	<i>Love, Joy</i>	<i>Fairness, Openness</i>	<i>Righteous, Courage</i>	<i>Gentle</i>
Negative Emotions	<i>Anger</i>	<i>Hate, Impatience</i>	<i>Worry, Anxiety</i>	<i>Sadness, Depression</i>	<i>Fear, Stress</i>
Psycho- Logical Qualities	<i>Control, Decisi- veness</i>	<i>Warmth, Vitality, Excite- ment</i>	<i>Ability to Integrate, Stabilize, Feel Centered and Balanced</i>	<i>Strength, Substan- tiality</i>	<i>Ambition, Willpower</i>

Table 1

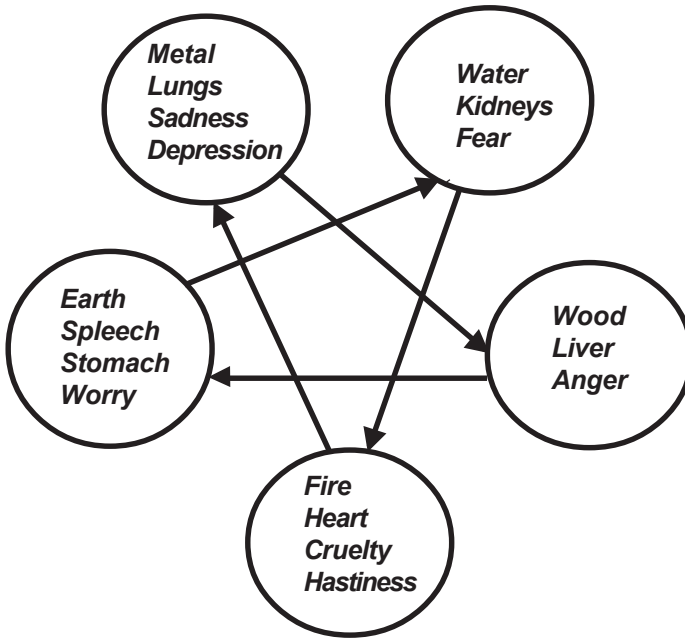


Fig. 4.2 Counteracting or Controlling Cycle

3. Be aware of Fear in the Kidneys.

Turn your consciousness toward the ears, and listen to the kidneys. Become aware of fear or any sensation that you do not like as it manifests in the form of a sound, taste, color, shape, or feeling. The energy may be chilling and cold, cloudy blue, contracting, or it may be emitting awkward shapes. Spiral and breathe the fear and any other emotion you do not like out of the kidneys, and collect it at the kidneys' collection point. (Fig. 4.3)

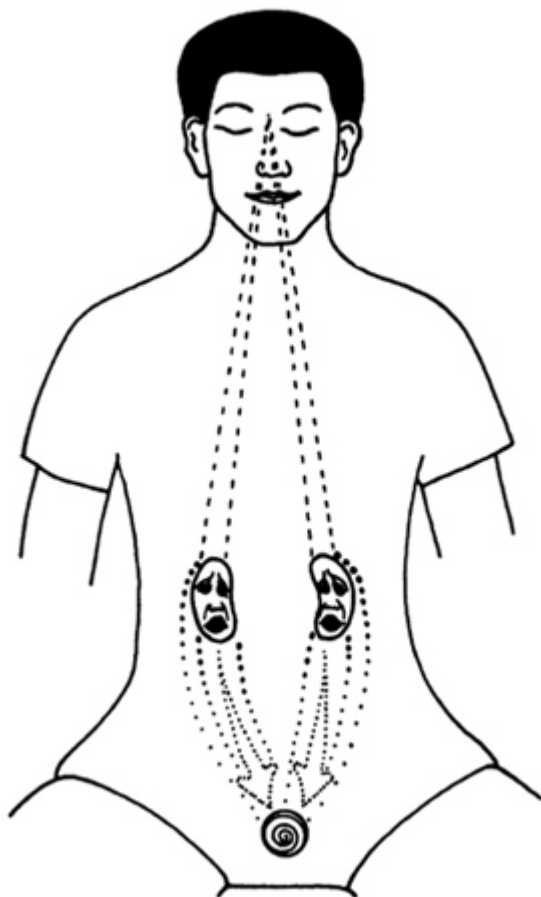


Fig. 4.3 Collecting Fear in the Kidneys' Collection Point

4. Be Conscious of Impatience in the Heart.

Move the tongue, connect the tongue with the heart, and become conscious of impatience, hastiness, cruelty, or any sensation that you do not like deep within the heart. It may manifest as a feeling, shape, sound, or image. The feeling can be of energy rushing out, and you can see and feel something wrapping and pressing in a bad way into the heart. The negative feelings of the heart can be sensed as a very muddy, red color, or can be hot, unsteady, small, noisy, or acidic. Spiral and breathe these emotions out of the heart, and collect them at the heart's collection point. (Fig.4.4)

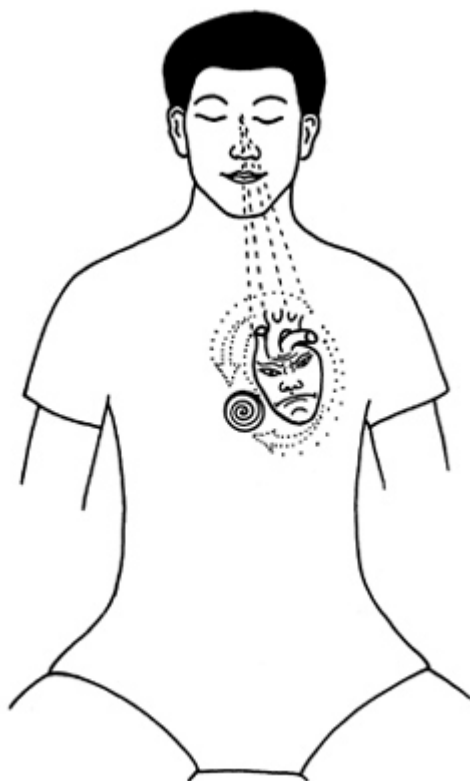


Fig. 4.4 *Collecting Cruelty, Hastiness, and Impatience
in the Heart's Collection Point*

5. Spiral, Blend and Transform the Energy of the Heart and Kidneys at the Front Pakua.

Spiral and breathe the negative energies out from the heart's and kidneys' collection points to the front pakua. Spiral and blend them at the front pakua. The pure energy trapped in these negative feelings will be freed and released to the center of the pakua. Spiral the heart's and kidneys' energies until they become a bright, golden energy. This energy radiates love and gentleness from the center of the pakua and your being.

6. Perceive Anger in the Liver.

Move the eyes, connect the eyes with the liver, and be aware of anger or any sensation that you do not like deep within the liver. The anger energy can be sensed as a sharp-edged spear, hot,

painful, red, cloudy, or pungent. It can be a destructive, expanding kind of energy. Spiral the anger and any other energy you do not like from the liver. and move it out to the liver's collection point. (Fig.4.5)

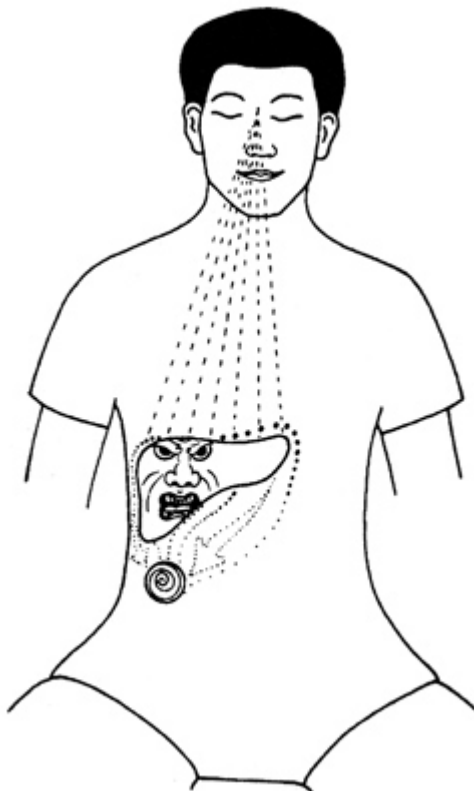


Fig. 4.5 *Collecting Anger in the Liver's Collection Point*

7. Be Aware of Sadness and Depression in the Lungs

Inhale and exhale. Then inhale again, and establish a connection between the nose and lungs. The negative energy of the lungs can take the form of sadness, grief, and depression, but can be represented by other sensations that you do not like. When you are sad, you can have a sense of being down, collapsed, deflated, and low in energy. Sadness or any negative energy in the lungs can be gray, cold, musty, or salty. Spiral and breathe out the sadness and any other energy you do not like from the lungs. Bring it to the lungs' collection point. (Fig.4.6)

8. Spiral, Blend, and Transform the Energy of the Liver and Lungs at the Front Pakua.

Spiral and breathe the negative emotional energies from the liver's and lungs' collection points to the front pakua. Spiral and blend them at the front pakua, using the power of the pakua to balance and neutralize the sadness and anger. Nurturing the kindness and courage will help to transform them into a golden light at the center of the pakua.

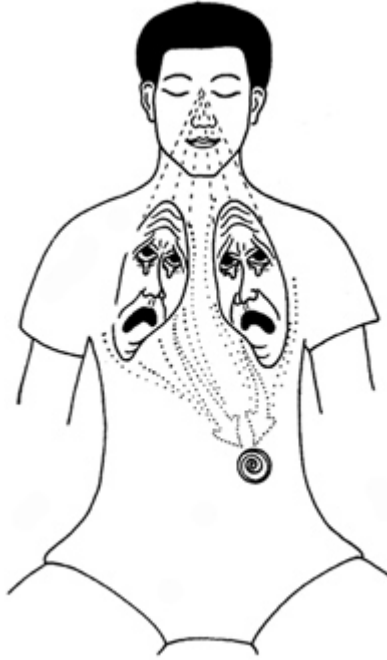


Fig. 4.6 Collecting Sadness and Grief in the Lungs' Collection Point

9. Be Conscious of Worry in the Spleen.

Connect the mouth with the spleen, and be aware of worry or any other emotion you do not like in the spleen. The negative energy of the spleen can be sensed as cloudy, sour, shaky, uncertain, and sticky. As a result, you might feel limited, small, and uneasy. Spiral and breathe the worry and any other energy you do not like out of the spleen. Bring it to the front pakua to blend it with the energy that is already there. (Fig.4.6)

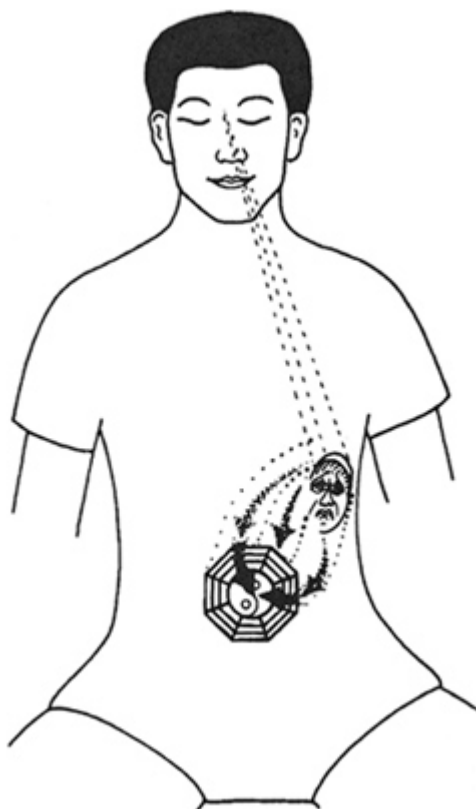


Fig. 4.7 *Collecting Worry and Anxiety
in the Spleen's Collection Point*

10. Spiral all remaining Negative Energy to the Front Pakua.

Return to all the organs and their collection points, and spiral and breathe to draw out any remaining negative energy. Blend and neutralize it with the energy in the front pakua.

If you feel you do not have enough energy to transfer the negative emotions, you can call upon another source of energy within you to help. Become aware of the love and joy in your heart. Bring these emotions into the pakua and they can help transform the negative energy.

**Emotional Transformation Processes:
Characteristics of Positive and Negative Emotions**

This table demonstrates emotional characteristics as might be perceived by an individual and not elemental characteristics. These are personal experiences. One might feel differently according to his or her visual, auditory and kinesthetic perceptions.

Emotion		Righteous Courage		Gentleness
	<i>Collapsed, Flattened Ball</i>	<i>Tall, Straight</i>	<i>Awkward Compressed</i>	<i>Round, Full, Expensive</i>
Color	<i>Grey</i>	<i>Bright White</i>	<i>Dark Grey, Cloudy</i>	<i>Bright Sky Blue</i>
Smell	<i>Musty</i>	<i>Pure, Fresh</i>	<i>Foul, Urine</i>	<i>Fresh</i>
Temperature		<i>Comfortable, Warm</i>	<i>Cold, Chilly</i>	<i>Cool, Comfortable</i>
Sound	<i>Low, No Force</i>	<i>Strong, Firm Resonant</i>	<i>High-pitched Shrill</i>	<i>Whisper, Pleasant to Ear</i>
Feeling	<i>No Energy, Exhausted</i>	<i>Uplifted</i>	<i>Tight, Closed In</i>	<i>Relaxed, High, Centered</i>
Texture		<i>Firm but Comfortable</i>	<i>Slippery</i>	<i>Velvety</i>
Size	<i>Deflated, Low</i>	<i>Expanding Upward</i>		
Taste				
Direction				

Table 2

Modality	Liver		Heart		Spleen	
Emotion	Anger	Kindness	Impatience, Cruelty, Hate	Love,Honor, Respect	Worry	Fairness, Openness
Shape	Spear-like, Sharp	Round, Smooth	Moving, Spiny	Straight, Open	Irregular	Open, Wide, Big
Color	Red Cloudy	Soft Green	Orange, Muddy	Bright Red	Cloudy	Mellow Yellow
Smell	Pungent	Sweet, Fragrant	Sharp, Burnt	Aromatic Incense	Sour	Clean, Dry
Temperature	Hot, Explosive	Warm, Pleasant	Unsteady	Warm, Full	Humid	Warm, Mid-range
Sound	Flashing, Loud	Melodious	Noisy, Irregular	Stable, Steady, Solid	Shaky	Clear, Soft, in Tune
Feeling	Pain, Tough, Rough	Nurtured	Irritated	Stable, Protected	Uncertain	Balanced Even
Texture	Rough	Soft	Cactus -like	Comfort Secure	Sticky	Smooth, Firm
Size	Expand Explode	Expand, Gently	Small, Pointed	Expanding	Out of Proportion	Big, Deep
Taste	Bitter	Sweet	Acetic	Satisfying	Sour	Smooth, Clean
Direction	Attacking, Out	Enfolding	Scattered	Open, Steady	Constrict	Horizontal

Table 3

11. Practice Inner Observation.

Turning the senses inwardly initiates the training process of inner observation. In developing the ability to focus inward—to smell, listen, taste, see, and hear the organs and their activities—and to observe your negative emotions without predetermined judgments, you have the opportunity to develop your true nature.

12. Clean Out the Negative Energy to make Room for Positive Energy.

In the same way that turning garbage into compost makes it useful, transformed negative energy also becomes useful. You are increasing your life-force rather than throwing it away. By making room for positive energy to grow, your life-force will continue to increase.

13. Allow Virtue Energy to grow in the Organs.

Growing virtue energy is an essential part of both the Fusion I and II practices. Gentleness can grow in the kidneys. Love, happiness, and joy can grow in the heart. Kindness can grow in the liver. Righteousness and courage can grow in the lungs. Fairness and openness can grow in the spleen.

Check the color of each organ as a reflection of its increasing virtue energy. The kidneys now might be a brilliant blue; the heart, a brilliant red; the lungs, a brilliant white; the liver, a brilliant green; and the spleen, a brilliant yellow. (See Table 2.)

Organs made stronger with the growth of virtue energy will gradually strengthen the senses. During the process you will develop a very real sense of knowledge and true wisdom. Once you observe these qualities within yourself, you are prepared to observe and experience the outside world.

14. Transform the Negative Energy as the Most Powerful Act of Forgiveness.

Recall a time when you have had a conflict or argument with someone. Finally there came a time when you both sat down to talk things over and to try to understand each other. You said, “I forgive you,” and the other person also forgave. At that moment the feeling was as though a heavy load or burden was removed. You felt open, happy, and warm.

When you can transfer anger into kindness, you are performing the act of forgiveness. Forgiveness is one of the most important practices of the Taoist system. Feel the anger of others. Do not suppress it. Do not be afraid of it. Make friends with it. Understand it and draw its energy into your pakua. Spiral it with your other emotions and add more of your love energy. Transform the combined energies into life-force.

At the moment the energy transforms into life-force, you feel a sense of release, a sense of opening. Experience the feeling. Remember that it will help you to transform more energy easily.

15. Project Inner Virtue outwardly to increase Virtue Energy.

The Taoist way emphasizes helping the world without anyone noticing. Once you have grown love, joy, kindness, and gentleness internally, it can be projected outwardly toward others. The more virtue energy you project outwardly, the more you grow inwardly. The more you give, the more you receive without ever asking for reward.

You can help sad and angry people with your good virtue. Extend your help to them daily and you will touch their hearts with love, joy, and kindness. You, in turn, will feel the Universal Force pouring out from the heavens. The New Testament of the Bible relates a narrative of Jesus regarding donations to the Temple. He told us not to let the left hand know what the right hand gives. It is only for the Heavenly Father to know.

As the organ virtue energy increases, it becomes useful energy for transferring your consciousness. Therefore, it becomes valuable for all eternity. The consciousness created and transferred by virtue energy can be thought of as money in a savings account, an account held by the Universe.

16. Practice External Observation and Develop the Art of Non-Attachment.

Another important Taoist discipline to realize at this time is the art of non-attachment to the material and social elements of your physical world. It is an important concept to embrace when observing the outside world because it prepares you for your destiny.

Observe the necessities of life—food, clothing, shelter—simply

as vehicles to help you reach your goal. Try to walk through your home, for example, and determine what it is possible to live without. Would you feel deprived if suddenly all your material things were taken away? If you were abandoned by your loved ones, would you be able to carry on?

The fact is that when, through death, you finally leave this world, you cannot take anything with you. The spirit is all that survives.

17. Prepare the Body to Receive the Universal Force.

Clearing out negative emotions and blockages is important for another reason—to prepare the body and make room to receive the higher Universal Force and a higher consciousness. The Universal Force supplies useful energy for healing, additional life-force energy, spiritual work, and for working on new projects when additional energy is required to make decisions or to solve a crisis.

You might think of the process as “cleaning the house” to make it ready. This means you try to feel clean internally. The first step is to clean all the “rooms”; that is, to clear the negative energies from the organs. Next it is particularly important to “clean the bathroom.” This means to clear the intestines, especially the large intestine, since constipation is a serious prevention to the flow of energy. Consume a higher fiber diet, including fruits and vegetables, to keep the body clean.

A clean “house” makes you feel very good internally and externally. You feel as though you know yourself better. You are better able to determine your weak and strong points. The Fusion practices help you to replace automatically your weak points with stronger points. It also helps you to control the overly strong ones. When you feel this strength and control, you will feel clean inside. This feeling of cleanliness is very important because it opens you up to attract and receive the higher force.

After your Fusion practice, and before you go to sleep, feel the emptiness the clean feeling creates inside. At this time ask the Universe with a good heart and in a virtuous way for what you need to fill the emptiness. The Universe will fill your need. When you arise in the morning, get in touch with yourself and any problem you may have and you might find the answer has already arrived.

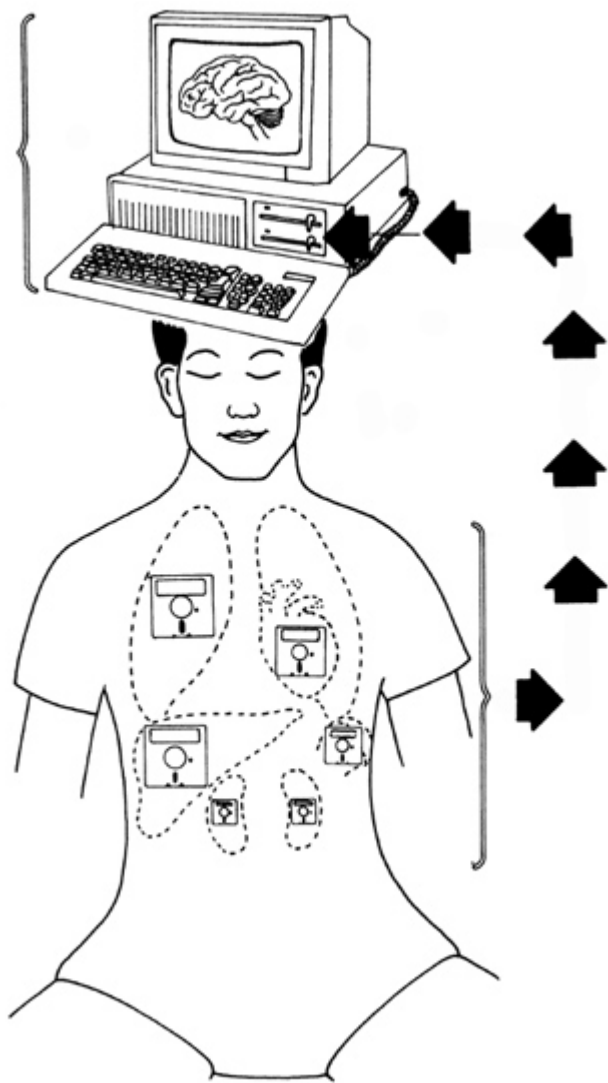


Fig. 4.7 *The brain is the computer; the organs are the software.*

18. Increase the Psychological Qualities of the Organs.

The Taoists regard the organs as storage places for general information and data, while the brain uses this stored information and data for processing. You might consider this process to work much like the operation of a computer. The organs are the software, and the brain is the computer hardware. Without the software to feed information and data, the computer will not be able to exercise its function. (Fig. 4.7)

Once you recognize this connection you can understand the brain's function in strengthening and activating the advantageous psychological qualities of the organs, after they have been cleared of their negative energies.

Good psychological qualities associated with the organs are as follows:

- a. The kidneys and bladder—ambition and willpower.
- b. The heart and small intestine—warmth, vitality, and excitement.
- c. The liver and gall bladder—control and decisiveness.
- d. The lungs and large intestine—strength and substantiality.
- e. The spleen and the stomach—ability to integrate, stabilize, and feel centered and balanced. (See Table 1.)

The lungs are associated with the metal element. A person influenced by anger, sadness, and depression, negative emotions of the lungs, can experience a weakened liver. The liver is associated with the metal element. A weakened liver will encourage anger and affect decision making. An extremely angry person will make wrong decisions. While a person who is sad and depressed can lose courage and a clear viewpoint. A hasty, impatient person, experiencing the negative emotions of the heart, can lose warmth and vitality.

By cleaning negative emotions from the organs and transforming them to good energy, you are able to experience the vitality of the organs' good psychological qualities. These good psychological qualities play a major role in our daily life, providing decision making capabilities, a sense of direction, and sound judgment.

The Taoists believe that clean organs, emptied of their negative energies, permit good sense and real knowledge to come forth. Otherwise you can harbor a false knowledge that confuses real knowledge and good.

When a Taoist says he feels fine, this means all his or her organs are in agreement, working together in a positive way and controlling all actions. They are free of domination by the mind.

19. Form the Back, Right, and Left Pakuas and draw their Collected Energies into the Cauldron.

Be aware of the back pakua, its collection points, and all the energies you have collected from the connected senses and organs. Spiral the front and back pakuas to draw into, and combine their collected energies in, the cauldron. Be aware of the left pakua, its collection points, and all of the energies gathered there. Similarly, be aware of the right pakua, its collection points, and all of the energies now present there. Spiral the left and right pakuas to draw into, and combine their collected energies in, the cauldron.

20. Form a Pearl.

Fuse together and condense the energies from all four pakuas in the cauldron, and form a pearl. With the addition of the organs' and purified emotions' energies, the pearl now glows a brilliant golden color.

21. Circulate the Pearl in the Microcosmic Orbit.

Bring the pearl down to the perineum. Circulate it in the Microcosmic. As the pearl moves through the Microcosmic, feel the Universal, Cosmic Particle and Earth Forces supplied to you. (Fig. 4.8)

22. Practice Chi Massage.

Collect the energy, and practice Chi Massage.

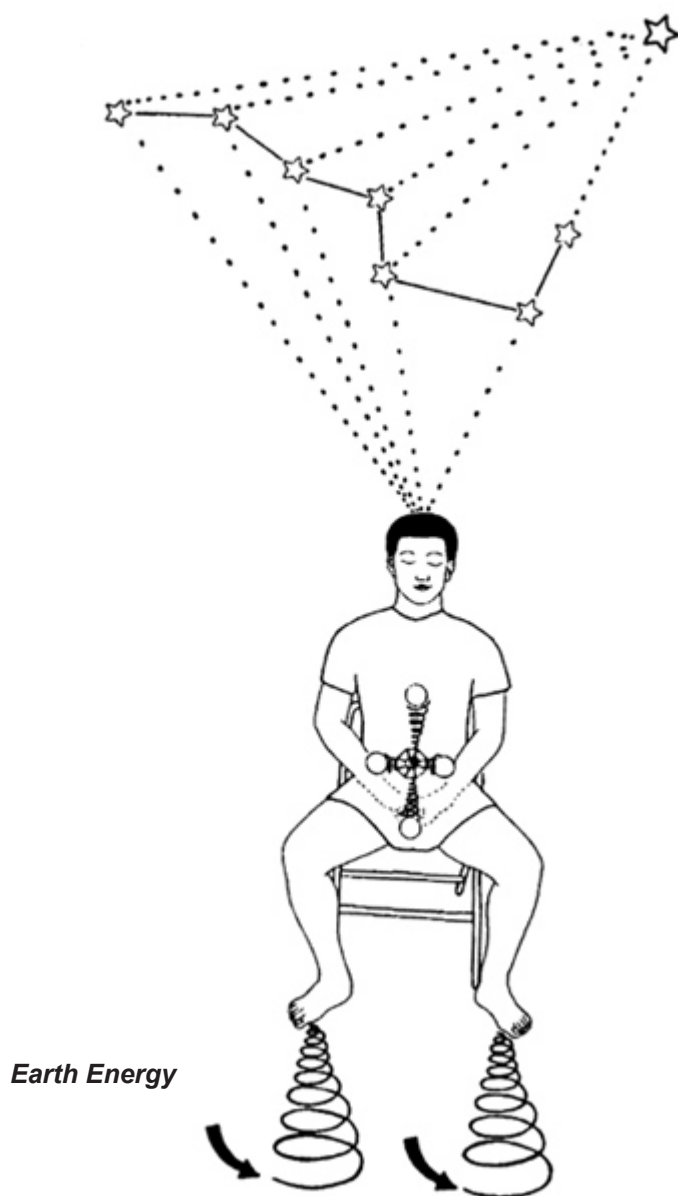


Fig. 4.8 Once you have established the energies in all four pakuas and begin circulating the Microcosmic Orbit, simply be aware of the Earth Force, the Universal Force, and the Forces of the North Star and Big Dipper.

Chapter 5

Formula 5: Creating the Pearl that forms the Energy Body

A. Procedure to create a more Advanced Pearl

Formula 5 incorporates Formulas 1 through 4 of Fusion I, and then continues to draw more energy into specific pakuas. The energies that have been brought to the front and back, and left and right pakuas are blended together. Then they are pulled into and condensed in the cauldron to create a more powerful pearl. The greatly refined and radiant energy of this pearl will be used to grow your soul or energy body.

B. Practice of Formula 5 to Create the Pearl

Smile down, and create the front pakua using what you have learned in Chapters 1 through 4.

1. Form the Front Pakua and Blend the Energy from the Front Collection Points.

Connect the senses to the organs, collect the energy in the organs' collection points, and blend the organs' energies and emotions in the front pakua. Begin with the kidneys' and heart's energies, then blend the liver's and lungs' energies, and follow with the spleen's energies.(Fig 5.1)

2. Form the Back, Right, and Left Pakuas and draw their Collected Energies into the Cauldron.

Be aware of the back pakua, its collection points, and all the energies you have collected from the connected senses and organs. Spiral the front and back pakuas to draw into, and combine their collected energies in, the cauldron. Be aware of the left pakua, its collection points, and all of the energies gathered there. Similarly, be aware of the right pakua, its collection points, and all of the energies now present there. Spiral the left and right pakuas to draw into, and combine their collected energies in, the cauldron.

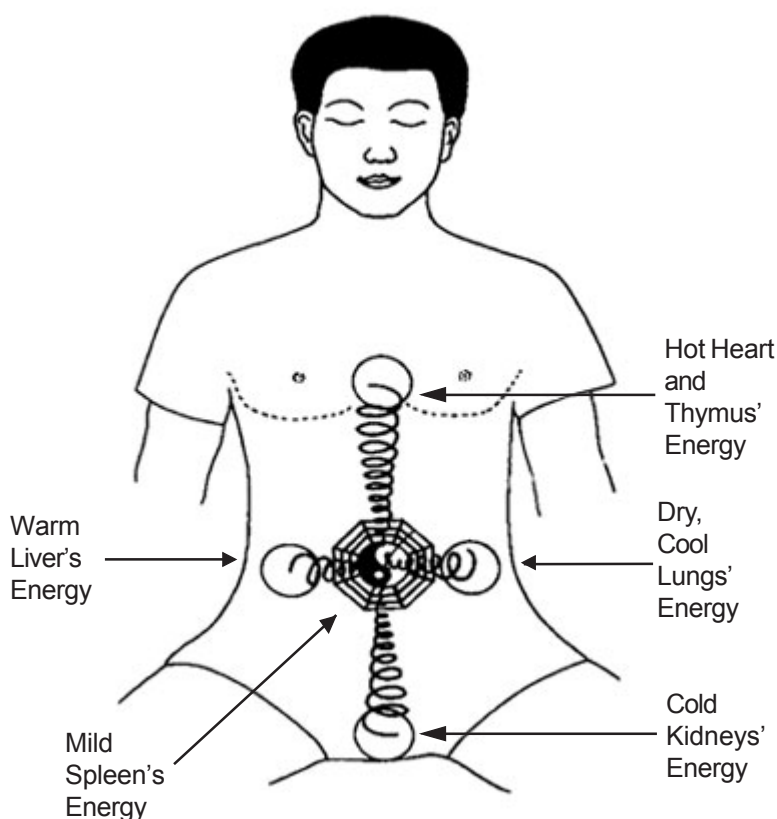


Fig. 5.1 Front Pakua Collection Points

3. Condense the Energies into a Refined Pearl.

Fuse together and condense the energies from all four pakuas in the cauldron to form the purified pearl of a brilliant, golden color.

C. Working with the Pearl.

Practice with the pearl is very advanced procedure. For some, it may take a long time simply to create one. Do not rush—impatience will dissolve your pearl. Each of the following stages must be mastered before going on to the next. (Such mastery becomes especially important when working with the pearl above the crown in the Fusion II practice.)

1. Circulate the Pearl in the Microcosmic Orbit.

Bring the pearl down to the perineum. Circulate it in the Microcosmic Orbit. As the pearl moves through the Microcosmic, feel the Universal, Cosmic Particle, and Earth Forces as sources of the energy supplied to you. Build up the momentum of the pearl.

2. Activate the Cranial and Sacral Pumps to open the Crown.

a. Cranial Pump (the Palatine Processes of the Maxillae)

To activate the Cranial Pump, press the tip of the tongue against the lower teeth and the flat of the tongue against the palate. Clench the teeth, tilt the chin toward the neck to straighten the cervical vertebrae, pull the eyes in, turn the ears, nose, and tongue toward the back of the head and turn all the senses upward to the crown. Feel the pulsation of the activated Cranial Pump. (Fig.5.2) (If you are a beginner, it may be easier to feel the pulsation at the crown by touching the pulse at your wrist.)

b. Sacral Pump

Activate the Sacral Pump by inhaling, pulling up the perineum, then inhaling again, and pulling up the back of the anus toward the sacrum. Inhale more, and pull the pearl from the perineum to the sacrum, up to T-11, C-7, the base of the skull, and the crown. moment you might feel a strong sensation, like a shiny wave of light, called the lead light, emerge from the crown.

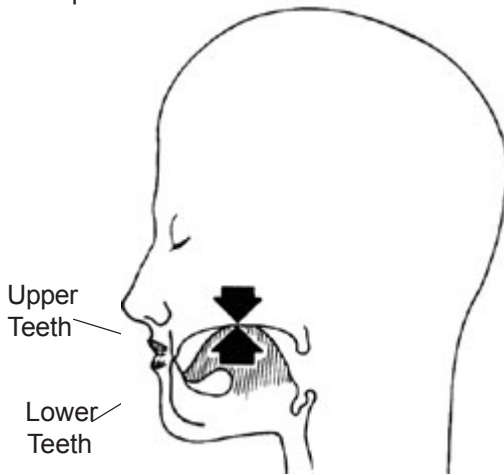
NOTE: If you suffer from heart disease or have difficulty breathing, hold your breath only as long as you feel comfortable.

c. Inhale, and swallow your saliva. This action will help you push the pearl upward toward the crown.

d. Feel the crown open.

e. Be aware of the crown and its opening. Swallow the saliva upward and feel a push up to the crown. Exhale forcefully toward the crown, and shoot the pearl out through the crown to approximately six inches (15.24 centimeters) above the head. When your practice is more advanced, you can move it higher.

Note: Use the power of the mind more than muscle power to activate the Cranial Pump.



2. Clench the teeth to activate the temporal bone.

3. Press the chin toward the back to activate the occipital bone.

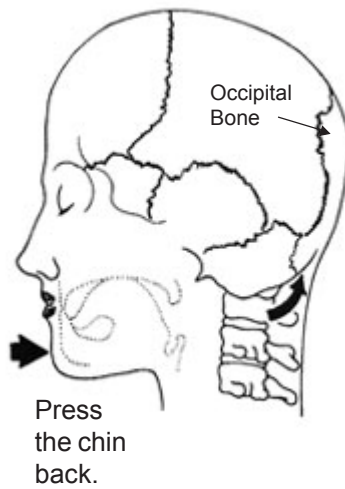
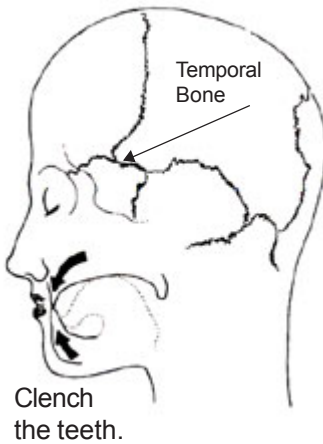


Fig. 5.2 Activating the Cranial Pump

4. Pull the
the eyes

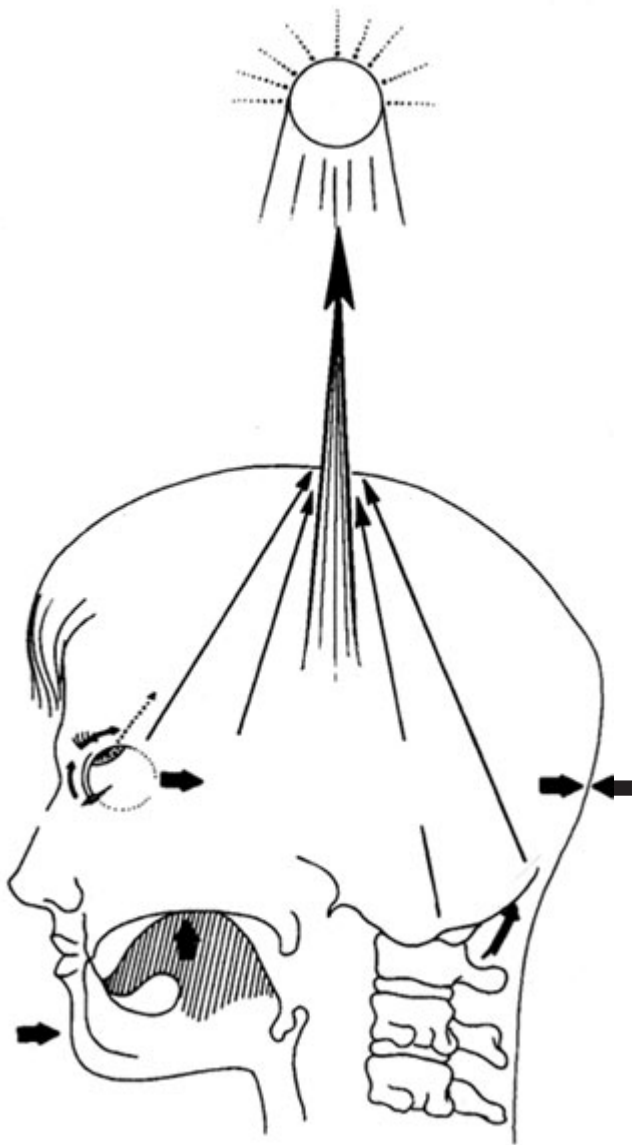


Fig. 5.2 (Cont'd.) Turn all the senses upward toward the crown.

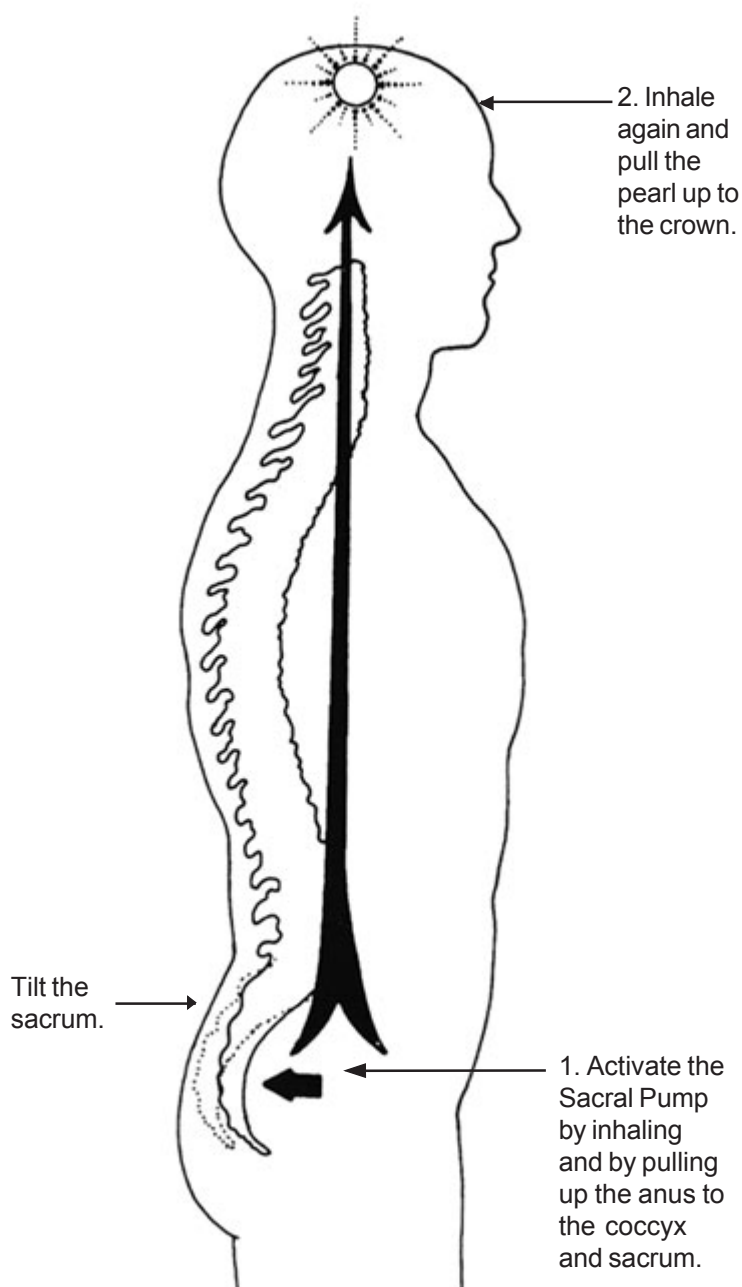


Fig. 5.3 *Activating the Sacral Pump*

3. Look for the Lead Light.

The lead light is the guiding light that can be felt through the crown. When in the advanced stages of practice you send the pearl out from the body to form the energy body, the light can be used by the energy body to communicate with the physical body. It can also be used as a compass to guide the energy body into the next world. (Fig.5.4)

4. Extend the Pearl above the Crown.

The senses now become the wireless control of the pearl. Begin by concentrating on moving the pearl up and down. With greater control, move it around in other directions.

5. Reactivate the Cranial Pump; Draw the Pearl Back into the Microcosmic Orbit of the Physical Body.

Inhale and reactivate the Cranial Pump. When the crown is open, inhale, and bring the pearl back into the Microcosmic Orbit. Collect the energy in the navel and bring it to the cauldron. Finish with Chi Massage.

6. Advanced Stage.

a. Controlling the Pearl above the Physical Body

Move the pearl up in increments of one foot (30.48 centimeters) at a time, and practice at each level until control is mastered. Ultimately you can bring it up to a level equal to the height of your body. At each level, first move the pearl up and down, then experiment with different directions: left and right, front and back. Then spiral it left and right, fast and slow, etc. Once you have reached a certain proficiency at moving the pearl at one level, continue to the next. (Fig.5.5)

7. Finish the Practice.

You can finish your practice now, or continue to the next exercise. If you decide to finish now, you can condense the pearl again, and activate the Cranial Pump. Inhale, pull the pearl in, and circulate it in the Microcosmic Orbit. Collect the energy in the navel, bring it to the cauldron, and finish with Chi Massage.

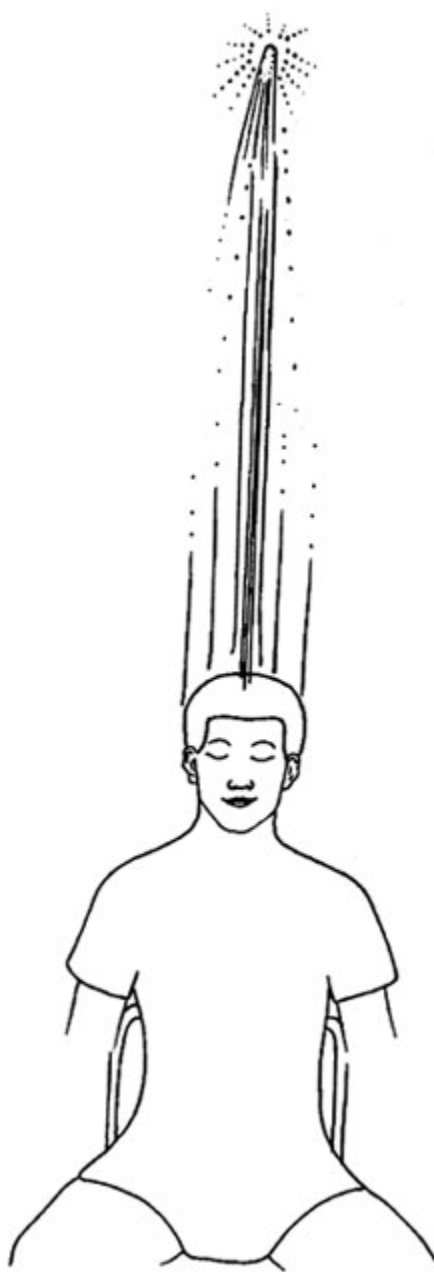


Fig 5.4 *The Lead Light*

D. Creating the Yin and Yang Bodies (the Soul Body or Energy Body and the Spirit Body) for Space Travel.

1. Energy Body is Born from the Original Force — Born Again.

The new Chi body that you will create in this Chapter is known as your energy or soul body, the body that will last forever. Most people are afraid of death, but need not be. The Taoist belief is that death is the spirit changing residence. Your physical body will return to the dust from which it came, but Chi, soul, and spirit come from the planets and stars and from the Original Force, the Wu Chi. In separating the soul and spirit from the physical body, you are practicing death and your return to the Wu Chi. In learning how to condense and transfer this energy, and send it back to the planets and stars and to the Original Force, you can be assured that your energy will continue as part of the universe.

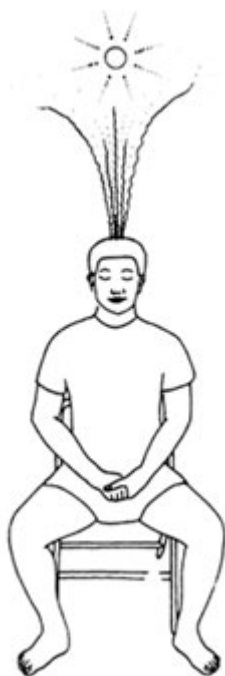


Fig 5.5 *Controlling the Pearl above the Physical Body*

2. Energy Body is like a Newborn Infant.

During the course of a few thousand years of developing the energy and spirit bodies, the Taoists realized that the process could not be rushed. Developing the soul and spirit bodies is similar to taking care of a newborn infant. The infant needs to be nourished and cared for. As he or she grows up, the child needs to be educated and trained to the fullest potential. The child also needs to be equipped with the power to protect himself or herself.

The early, undeveloped stage in the creation of the energy body was regarded by the Taoists as the Yin body or infant stage. In this infant stage, you do not let your energy body roam about without control, just as you would not allow a baby to crawl about unsupervised.

3. Yin Body's Transformation to a Yang Body marks the Beginning of the Transference of Consciousness.

With practice the Yin body can gradually change into more of a Yang body. The transformation into a Yang body is initiated by a transference of consciousness. The process begins in Chapter 5 of Fusion I with the transference of the Microcosmic Orbit into the energy or soul body. The process continues with the practice of Fusion II and III in which the virtue energies from the organs, the Belt Channel, the Thrusting Channels, and other channels are extended from the Yin physical body up into the energy body. During this process the soul takes on a Yang quality. As your practice continues a spirit body is formed that is also a Yang body, capable of traveling in space and capable of self-care.

4. Purpose of Traveling in Space

The main goal of your practice with the Universal Tao is to travel a higher plane of energy:

- a. The energy needed for absorption that helps develop the soul and spirit bodies is not available on the human plane.
- b. By traveling to a higher plane of energy, you are practicing your return to the Wu Chi, the Original Source from which you came.
- c. In space traveling the combined soul and spirit bodies you have developed can travel very fast. The speed is believed to be faster than the speed of light. It now becomes possible to encounter

the souls and spirits of people who already have passed from their human lives.

d. Some people travel to a different time, such as the time before they were born into their Earthly lives. This ability also enables them to see into the future.

In Taoism and other systems, practitioners try to avoid those elements that in the past or future comprise their Earthly lives. Their aim is to try to return to the place of their origin, a place they would like to be. If, as in normal Earthly traveling, you continuously stop to talk to people, it will take much longer to arrive at your destination, or you may never arrive at all.

E. How to Develop the Energy Body.

1. Using a Pearl to Create the Energy Body.

a. The energy body is created by using the pearl. You can continue to use the pearl you have already developed, or, if you are starting fresh, create a pearl by practicing Chapters 1 through 5 again.

b. Circulate the pearl in the Microcosmic Orbit.

c. Inhale, activate the Cranial and Sacral Pumps, and shoot the pearl through the crown of the physical body. Bring the pearl to a level above and equal to the height of your physical body.

2. Creating the Energy Body.

a. Relax the senses and the mind, and then use them to expand the pearl. (Fig. 5.6) Begin to shape the pearl into a form similar to your own body, or into the image you would like your body to be. Initially it might feel like a great mass of energy. (Fig. 5.7) Use your senses like carving tools to shape the head, body, hands, and legs. (Fig. 5.8)

If you prefer a religious conceptualization, your goal may be to form the image in the likeness of God, or perhaps the founder of your religion, such as Buddha. Taoists believe all humans are built in the image of God, since all people come from the Original Force.

b. Once you sense the body is in good shape, use your senses again to carve the face.

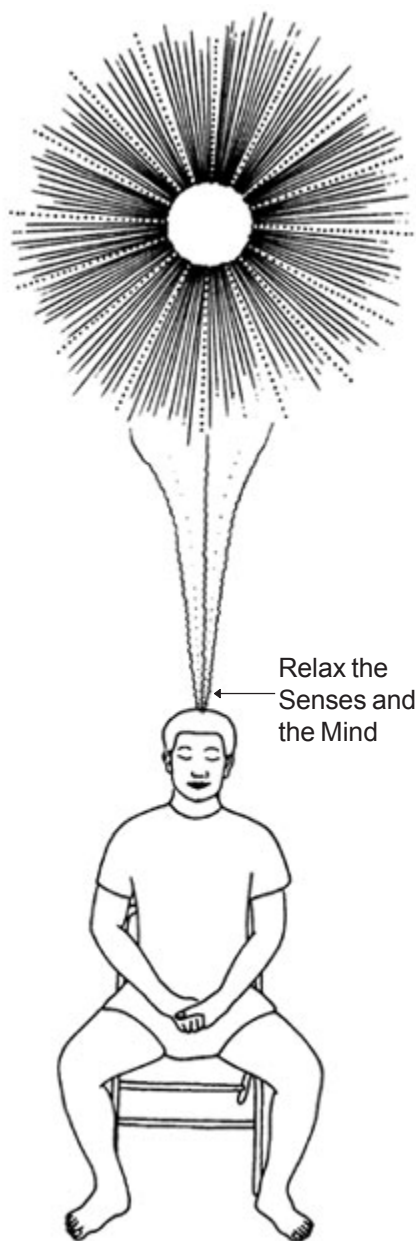


Fig. 5.6 *Relax the Senses and Mind; Let the Pearl expand.*

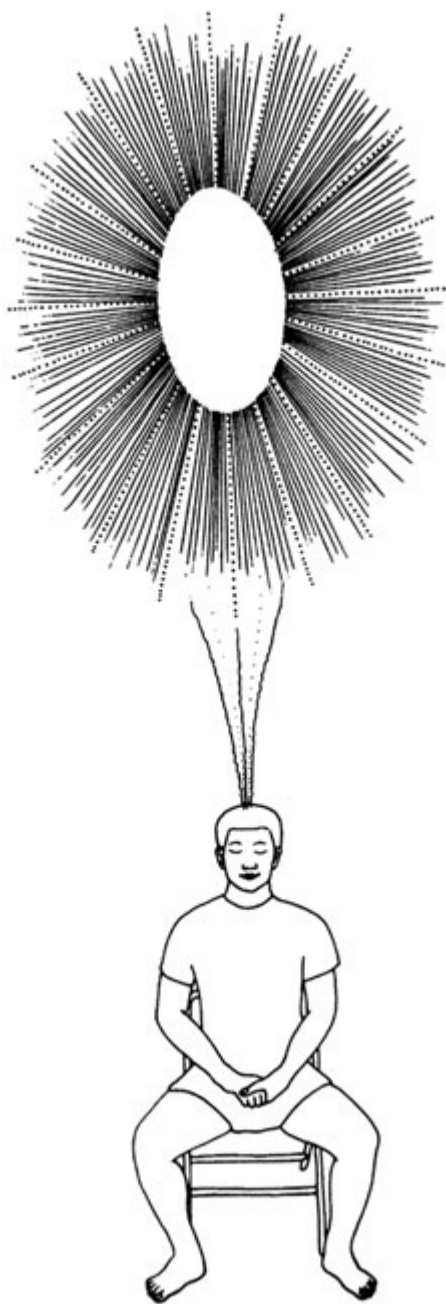


Fig. 5.7 *The Pearl might feel like a Great Mass of Energy.*

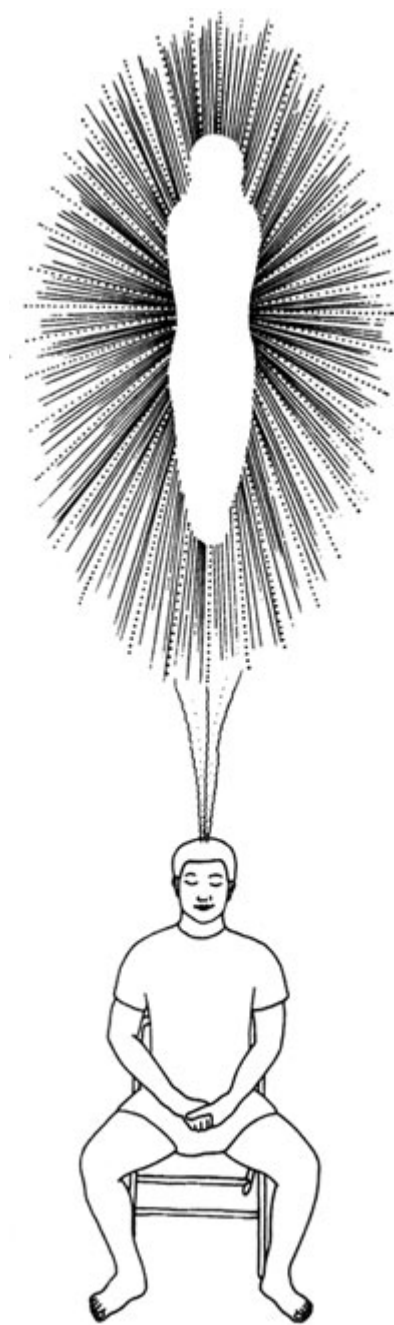


Fig. 5.8 Continue expanding the Pearl into an Energy Body.

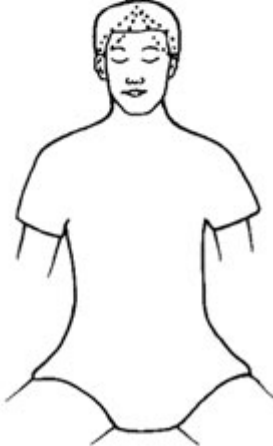
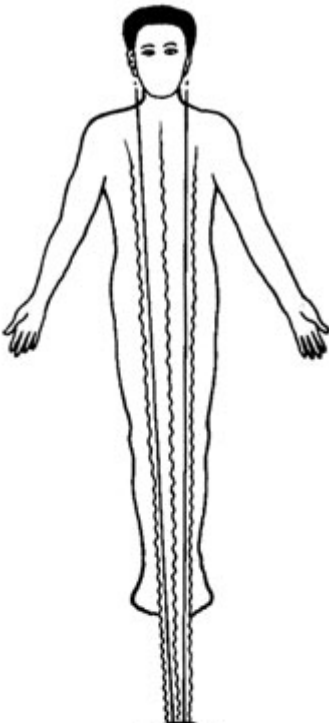
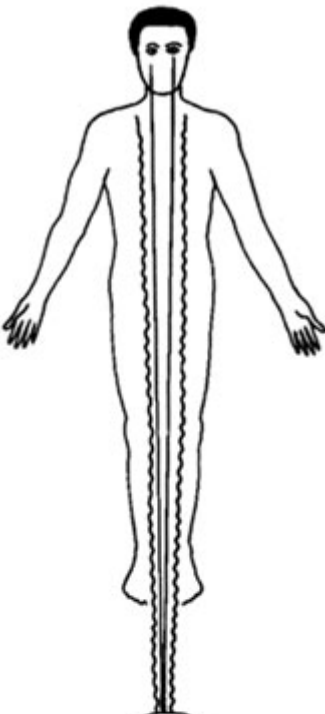


Fig. 5.9 *Forming the Energy Body's Eyes.*

Fig. 5.10 *Forming the Energy Body's Eyes.*

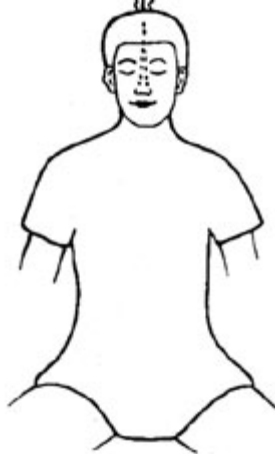
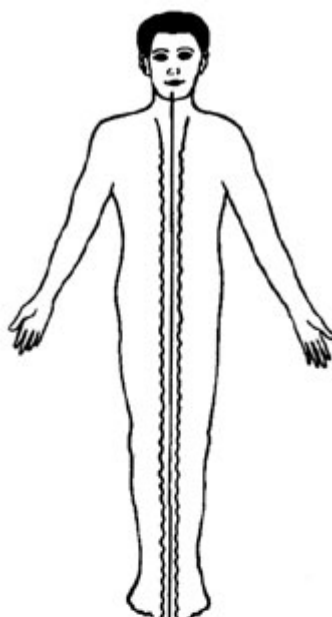
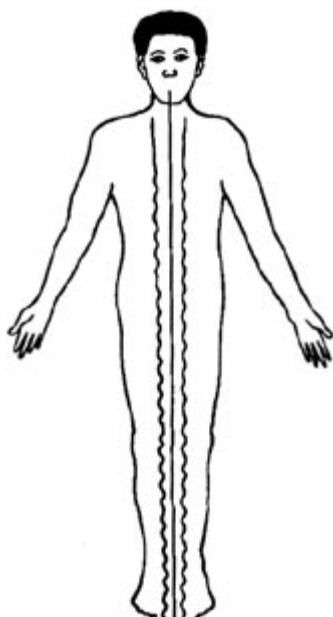


Fig.5.11 *Forming the Energy
Body's Nose.*

Fig. 5.12 *Forming the Energy
Body's Mouth.*

(1) To form the eyes, focus on the eyes of the physical body. When you feel a very strong awareness of these eyes, condense their essence into a ball. Activate the crown, and exhale the ball to the place on the face of the energy body where the eyes will be positioned. Feel and affirm that the eyes of the energy body have been formed. (Fig. 5.9)

(2) Be aware of the ears. When you feel the essence of the physical body's ears is condensed into an energy ball, transfer it to the energy body's ears. (Fig.5.10)

(3) Be aware of the nose, and, in a similar way, transfer it up to the energy body. (Fig.5.11)

(4) Be aware of the mouth, and similarly transfer it up to the energy body. (Fig.5.12)

(5) Be aware of the tongue, and also transfer it up to the energy body.

c. Now you can form and arrange the senses of the energy body into shapes you like. You can make the nose longer or higher on the face, the eyes smaller or bigger, or the mouth wider or smaller.

d. Copy the cauldron within the physical body to the energy body by ating on it. When you feel the energy is very condensed, shoot it up through the perineum of the energy, body.

e. Now you can make the energy body the sex of your choice.

f. When you feel the energy body is fully grown, or formed into a very sharp image, you can give it an inner name and associate this name with it in the future. Then, in later practice, simply call the name of the energy form, and the whole process will take place instantly. It is best to keep the soul or energy body name to yourself, so that you will be the only one who can activate it. This is important because in more advanced stages of practice, a person with bad intentions who knows your soul name can activate it and make use of it. This means that person can steal energy from the energy body, or tell the soul to do something that is bad or evil. If this happens, you will have to change to a new name or code for your energy body.

g. In addition to associating the energy body with an inner name, you can also associate the energy body with an inner voice or inner voices. The inner voice (or voices) will give you advice to help you make decisions. The more you listen to the voice(s), the clearer it (or they) will become. As You begin to develop more virtue energy, the voice(s) will become more distinct. This will help you make

choices between good or bad, help you to choose friends, etc.

3. Transferring the Microcosmic Orbit to the Energy Body.

The energy body is a Chi body that offers no resistance, and so it is very easy to open its Microcosmic Orbit. Creating the energy body and transferring the Microcosmic from the physical body to the energy body is the first transference of consciousness you will experience in your practice.

Each day as you work on this stage of Fusion, you transform more consciousness to the energy body. At this stage, the energy body is simply a powerful projection of your mind and your physical body. At higher levels of practice, this energy body is crystallized into a permanent spiritual body.

a. Create another pearl in the cauldron and circulate it in the Microcosmic of the physical body.

b. Inhale, activate the Cranial and Sacral Pumps, activate the lead light, and aim the lead light at the perineum of the energy body. Shoot this pearl through the crown of the physical body and penetrate the perineum.

c. Use the senses to move the pearl up to the energy body's sacrum. Stop for a while and feel the pearl establish itself at the sacrum point. Then move the pearl up to the Door of Life, T-11, C-7, base of the skull, crown, Third Eye, tongue, throat, heart, solar plexus, navel, sexual center, and perineum, completing the Microcosmic Orbit of the energy body. Another way to transfer the Microcosmic is simply to copy the Microcosmic of the physical body. (Figure 5.13)

4. Forming a Protective Shield Around the Energy Body.

a. Form another pearl in the physical body, and circulate it in the Microcosmic Orbit of the physical body until it gains momentum. Once it has gained momentum, and upon its return to the perineum of the physical body, begin to move the pearl up again through the physical body as follows:

(1) Inhale and activate the Cranial Pump. Contract the perineum, the anus, and the back of the anus. Pull the pearl up to the sacrum, Door of Life, T-11, C-7, base of the skull, and toward the back of the crown to a point about one and a half inches behind the crown. Hold at this point.

(2) Feel the pulsation at the back of the crown. Exhale and shoot the pearl out. Use the pearl to form a bubble to cover the entire energy body.

5. Forming a Great Bubble Encasing Both Bodies as a Protective Shield

a. Form one more pearl. Circulate this pearl in the Microcosmic Orbit of the physical body to gain momentum. Stop again at the perineum of the physical body.

b. As above, pull the pearl all the way up the Governor Channel of the physical body to the point one and a half inches behind the crown. Shoot it out from this point to encircle the energy body', bringing it all the way down to cover the physical body as well. You now have formed a great bubble encasing both bodies and the protective shield of the energy body. (Fig.55)

c. Be aware of the energy body, the physical body, and the bubbles that form the protective shields around both bodies. Also be aware of the energy above the energy body and below the physical body.

6. Drawing in the Energy Body and the Big Protective Bubble to Finish the Practice

a. When you are ready to finish this practice, first absorb as much as possible of the Heavenly Force once more.

b. Condense the energy body into a pearl still surrounded by the bubble that serves as its protective shield. Notice that the color of the pearl may now be brighter, or the pearl may have grown larger.

c. Be aware of the Big Bubble that continues to protect the physical and energy bodies and the energy body's bubble as a great protective shield.

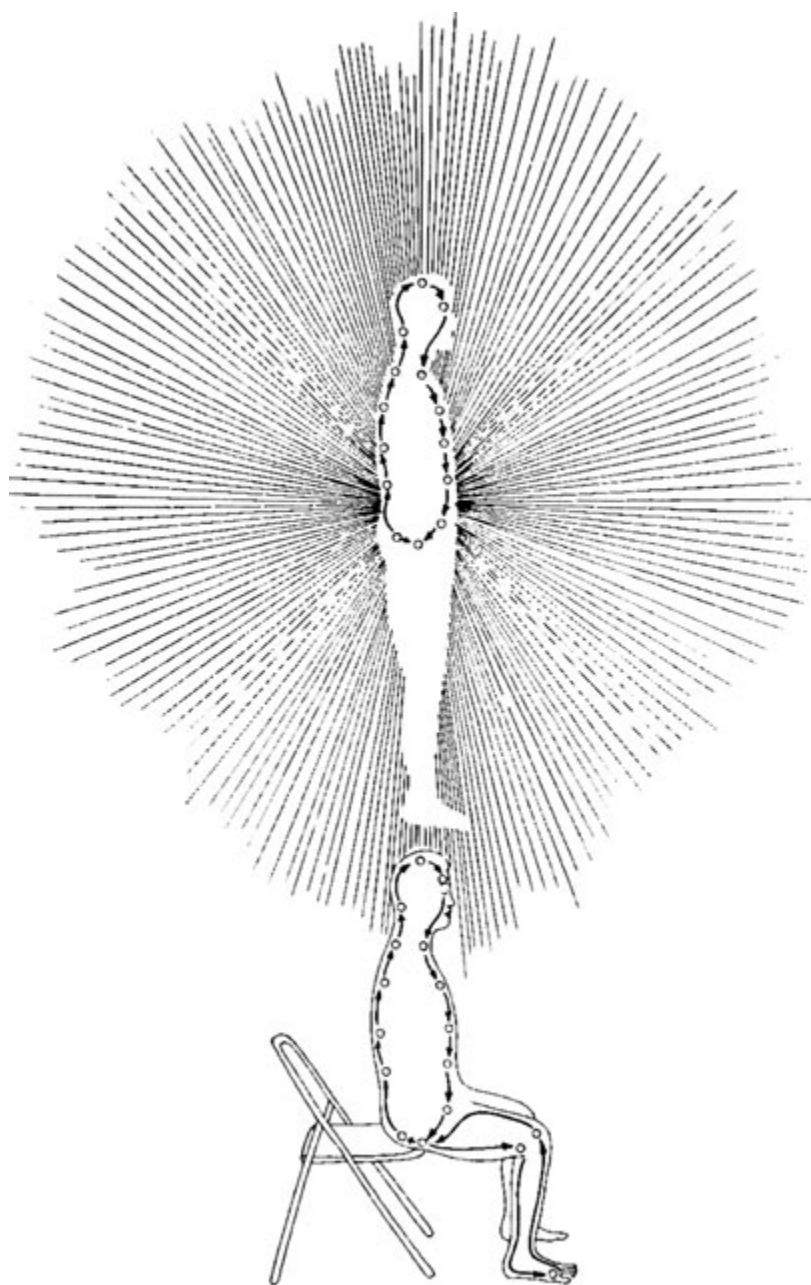


Fig. 5.13 Shoot the pearl to the perineum of the energy body to open its Microcosmic Orbit. Circulate both Microcosmic Orbits.

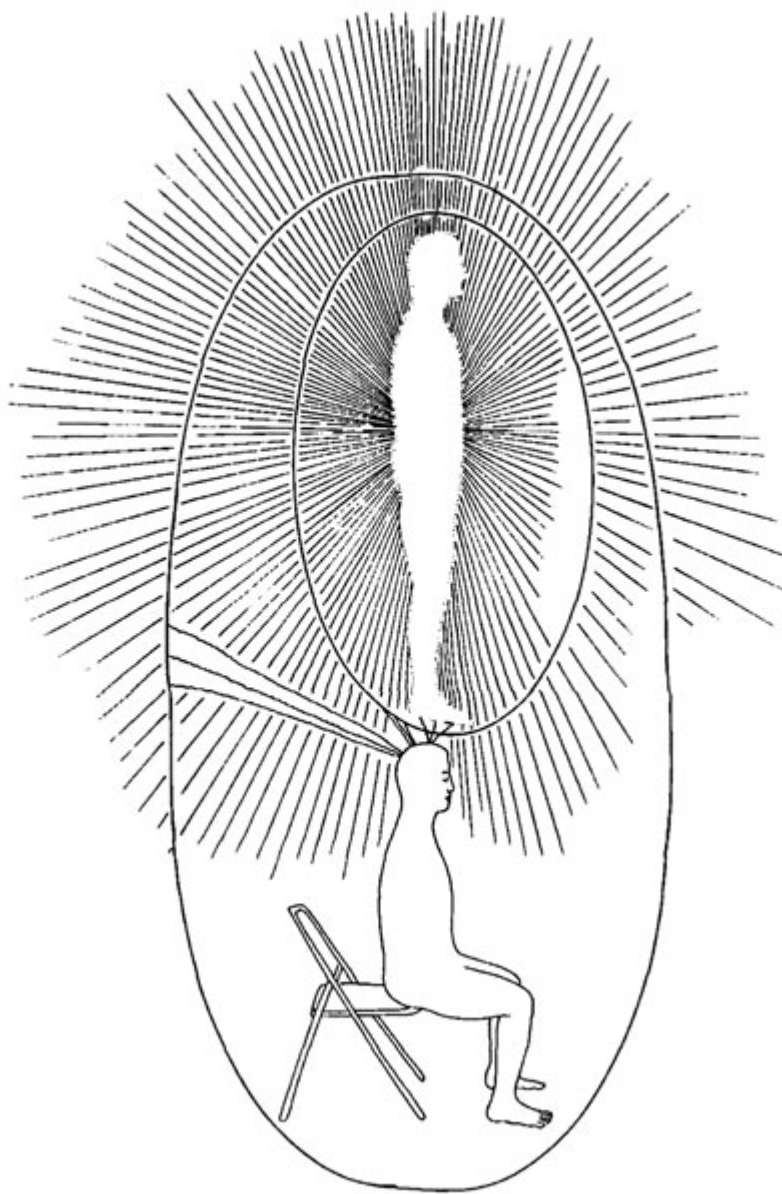


Fig. 5.14 *Forming an Energy Body, its Protective Shield, and a Great Bubble to protect all.*

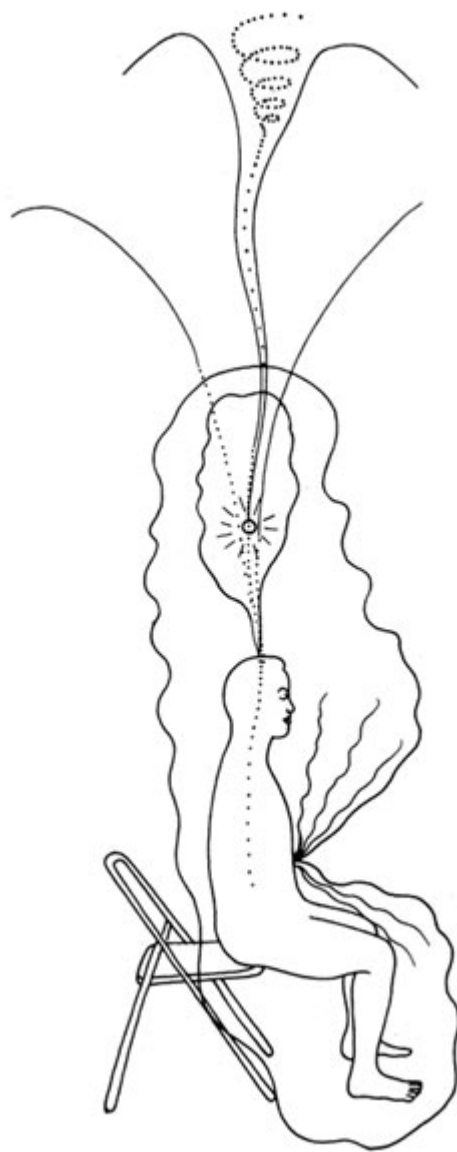


Fig. 5.15 *Shrinking and Drawing in to the crown and into the navel of the Energy Body's Bubble.*

5. Forming a Great Bubble encasing Both Bodies as a Protective Shield.

a. Form one more pearl. Circulate this pearl in the Microcosmic Orbit of the physical body to gain momentum. Stop again at the perineum of the physical body.

b. As above, pull the pearl all the way up the Governor Channel of the physical body to the point one and a half inches behind the crown. Shoot it out from this point to encircle the energy body, bringing it all the way down to cover the physical body as well. You now have formed a great bubble encasing both bodies and the protective shield of the energy body. (fig. 5.14)

c. Be aware of the energy body, the physical body, and the bubbles that form the protective shields around both bodies. Also be aware of the energy above the energy body and below the physical body.

6. Drawing in the Energy Body and the Big Protective Bubble to Finish the Practice.

a. When you are ready to finish this practice, first absorb as much as possible of the Heavenly Force once more.

b. Condense the energy body into a pearl still surrounded by the bubble that serves as its protective shield. Notice that the color of the pearl may now be brighter, or the pearl may have grown larger.

c. Be aware of the Big Bubble that continues to protect the physical and energy bodies and the energy body's bubble as a great protective shield.

d. Inhale and activate the Cranial Pump. Feel the pulsation. Feel the lead light extend out from the crown point.

e. Inhale and slowly use the mind and senses to draw in the pearl. Inhale again and use your mind to guide the pearl to land on the opening of the crown where the lead light emerges. Inhale once more with force to pull the pearl down from the crown through the front channel.

f. Circulate the pearl in the Microcosmic Orbit. As the enhanced pearl moves around the Orbit, it will bring its heightened energy to the organs and glands. Any part of the body that requires it will absorb it.

g. Be aware of the energy body's protective bubble remaining above the physical body and within the big protective bubble. Be

aware of the crown and the point one and a half inches behind the crown. Inhale and draw the energy body's bubble through the crown and the point one and a half inches behind it. Inhale and draw the energy body's bubble through the crown and the back of the crown into the Microcosmic Orbit, and add this energy to the pearl that is already circulating.

The energy that now circulates in the Microcosmic is the combined energy body and protective bubble energy that has been drawn into the physical body. The great bubble that surrounded both the energy and physical bodies and the energy body's bubble remains and continues to surround and protect the physical body.

h. Begin slowly to trim down the big bubble that continues to surround the physical body by condensing or shrinking it and drawing it in through the point one and a half inches behind the crown. Add this energy to the pearl that is circulating in the Microcosmic Orbit.(Fig.5.15)

i. Bring the pearl down the front channel to the navel.

j. The remaining protective shield can be drawn in closer and tighter to the physical body by drawing this energy in through the navel. Feel the energy remaining as the bubble on the outside of the physical body as it pulls in tightly to cover the body. You are now protected from within and from without by this protective shield. As your practice continues, you can continue to form new pearls and additional protective shields.

k. Return the pearl to the cauldron. Spiral and condense the energy.

l. Practice Chi Massage.

Chapter 6

Part Two: Fusion I Meditation Advanced Practice of Fusion I

Chapters 6 through 9

The chapters of Part Two describe energy in images. These images are used to enhance, empower, and protect the organs' energies as you create a more powerful pearl and form a stronger energy body.

The Taoists theorized that, like water, energy is formless. Without giving energy a form, it is difficult to capture its force. Just as water takes on the shape of the jar or pot that contains it, energy can take on the shape of the vessel into which it is placed. Regardless of the vessel's shape, the qualities of the water remain unchanged. Yet, by being contained in the vessel, it becomes easier to use. For example, because you can carry the water, you now can pour the water into a specific place. In doing so you are establishing a connection between the water and that place. Similarly, giving energy a form while retaining its purity helps to establish connections for usage.

Consider religious statues of gods or saints. To help religious devotees form a picture and establish a connection between themselves and a power greater than themselves, an image is created representing and giving form to that power. Once a more understandable picture is formed in the individual's mind of that power, that person can more readily connect with its positive energy. This is the secret power of visualization behind all the world's religions, whether it be the image of Jesus, the Virgin Mother and Holy Child, Buddha, the sacred geometry of Islam, or the numerous gods and goddesses of Hinduism, the Greeks, the Romans, or the ancient Egyptians.

Formula 6

Forming the Virgin Boys or Girls and their Animal Offspring to Connect to the Universal, Cosmic Particle, and Earth Forces

A. Using Images of Children and Animals to give Form to Pure Energy.

It is desirable to connect with the positiveness and usefulness of energy, and the pictures and images established by the early Taoists become very helpful in making this connection. As a cup or bowl becomes a container to hold water, and as the religious statues, structures, or vessels made from wood, rock, gold, or silver contain a certain power or force, the Taoist images of children and animals also contain energy. Regardless of the shape and material of the container, no one is better than another. All hold the same energy.

The Taoists images of the innocent virgin boy or girl used in association with an emotion are readily acceptable images for most people. This is probably because most people have had experiences dealing with youth or an innocent child.

The Taoist animal associations may seem a little unusual since modern people associate more with domestic animals—dogs, cats, birds. Further, different countries tend to associate themselves with different animals. Below are the animal associations the early Taoists used. You may choose to use different animals or different images, such as a ruby at the heart, an emerald at the liver, etc.

Usually people are more observant of the problems of other people or animals than they are of their own. When a child, another person, or an animal gets sick, they need care. When they feel depression, fear, or anger, it is a reflection of their inner state. You have to care for them until they heal or overcome such negative emotions. Be aware of the virgin children and animals and keep them in good spirit, and you will be taking care of your internal self.

B. Practice of Forming the Virgin Boys or Girls and their Offspring in the Forms of Animals

1. Pure Energy from the Kidneys produces the Blue Virgin Child and the Deer.

a. Return your attention to the kidneys and the kidneys' collection point. Sense if the kidneys are cleansed of all negative emotion. This can be clearly indicated by a bright, illuminating blue color, or a strong feeling of calmness and gentleness. Spiral the kidneys' essence to their collection point until the collection point glows with bright light as the feeling of gentleness intensifies.

b. Once the intense, bright color and the sensation of gentleness peak, form the blue light into the image of a virgin boy or girl dressed in the blue color. This image represents the purest form of gentleness. Picture the boy or girl breathing out a blue breath. When enough of the blue breath accumulates, watch it transform into a beautiful deer with antlers. The deer represents a more refined, purer energy of the gentleness virtue. It is the pure essence and consciousness of the kidneys, and can be transformed for the creation of and use by the soul and spirit bodies. Make a strong connection with the virgin child and the deer, and instantly, at any time, you can restore a sense of calmness and gentleness within yourself. (Fig.6.1)

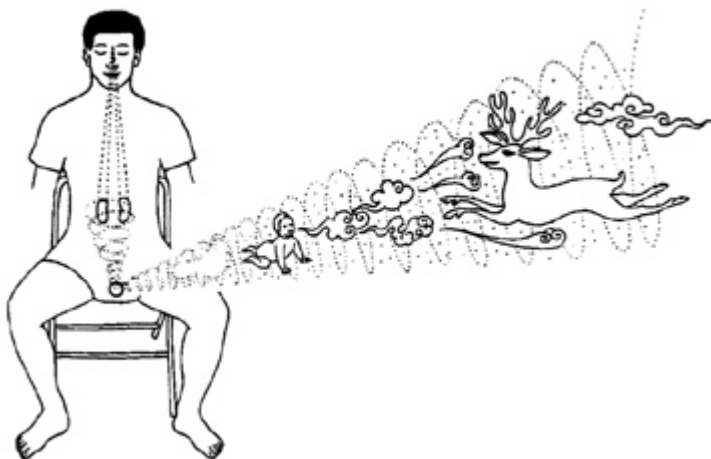


Fig. 6.1 Blue Virgin Child and Deer from the Kidneys



Fig. 6.2 Red Virgin Child and Pheasant from the Heart

2. Essence of the Heart produces the Red Virgin Child and the Pheasant.

a. Be aware of the heart and its collection point. Picture the heart's collection point illuminating with bright, red light and feel a strong sensation of love and joy, the virtues of the heart.

b. At the most intense moment of color and feeling, form the glowing red light into a virgin boy or girl, dressed in the red color. Watch the boy or girl breathe out a red breath, or sense the love, joy, and happiness. Form the breath or the feeling into a red pheasant.

Make a strong connection with the virgin child and the pheasant, and instantly, at any time, you can restore a sense of love, joy, and happiness within yourself. (Fig. 6.2)

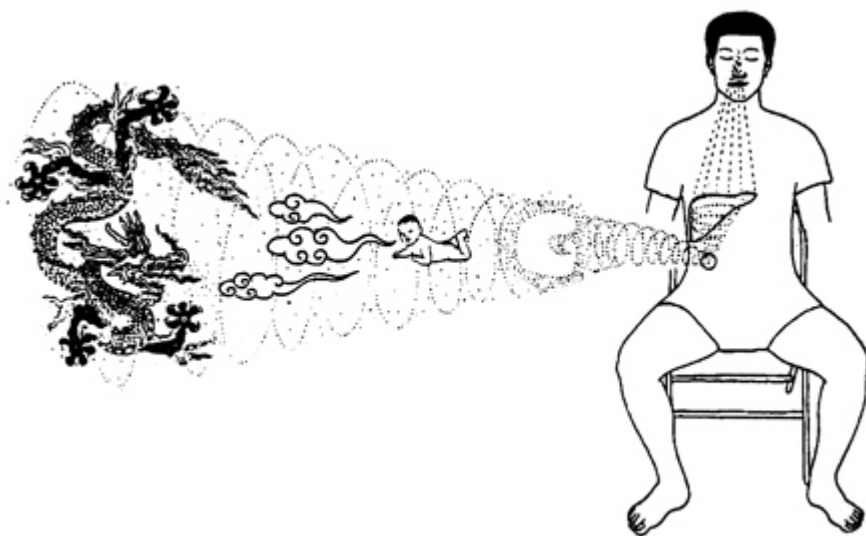


Fig 6.3 Green Virgin Child and Dragon from the Liver

3. Pure Energy from the Liver produces the Green Virgin Child and the Dragon.

a. Concentrate on the liver and its collection point until you can picture the liver's collection point illuminating with a green light or feel an overwhelming sense of kindness.

b. When the green color is its brightest, or when the feeling of kindness peaks, form the color or feeling into a virgin boy or girl wearing the color green. Watch the boy or girl breathe out a green breath, or feel the intense kindness, and form it into a green dragon.

Make a strong connection with them, and instantly, at any time, you can restore a sense of kindness within yourself. (Fig.6.3)

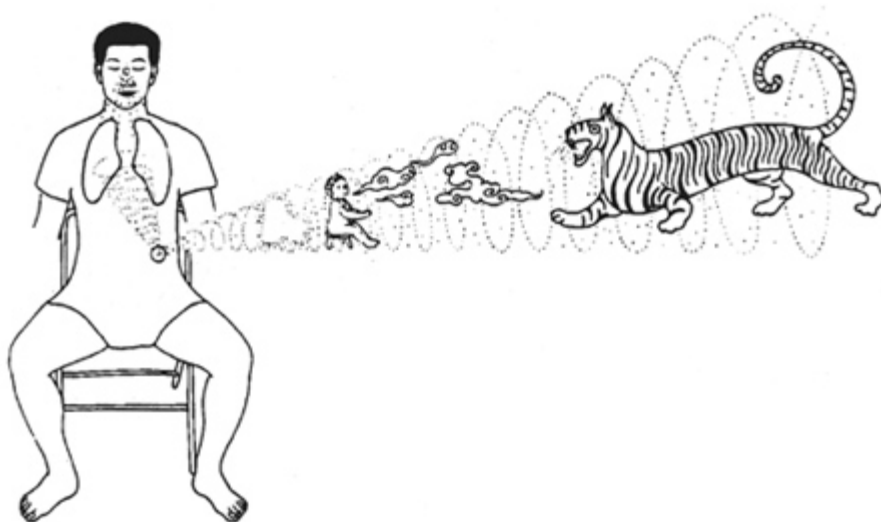


Fig. 6.4 White Virgin Child and Tiger from the Lungs

4. Lungs' Essence produces the White Virgin Child and a Tiger.

a. Be aware of the lungs and their collection point. Make the collection point luminous with a bright white or metallic color or feel the powerful virtue of courage.

b. When the vision of color or sensation of courage is strongest, form it into a virgin boy or girl dressed in the color white. See the virgin boy or girl breathe out a white breath, or feel the sensation of intense courage. Change it into a white tiger.

Make a strong connection with them, and instantly, at any time, you can restore a sense of courage within yourself. (Fig. 6.4)

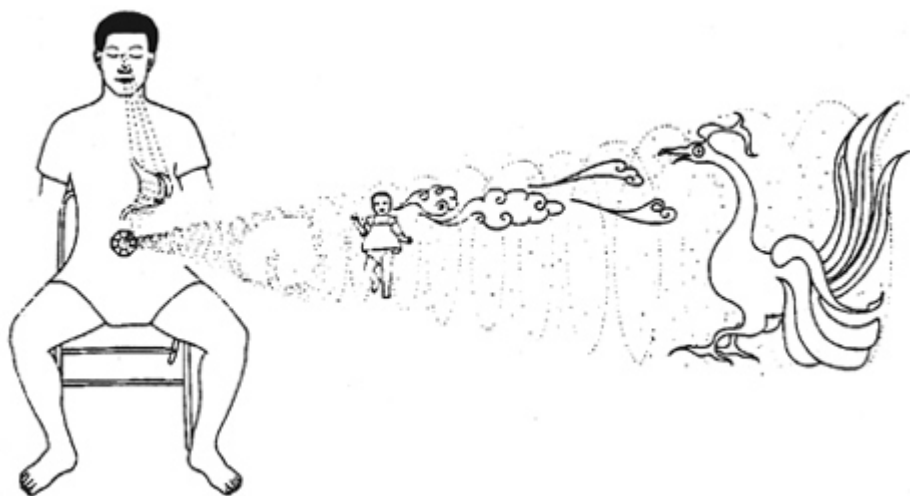


Fig. 6.5 Yellow Virgin Child and Phoenix from the Spleen

5. Pure Energy of the Spleen produces the Yellow Virgin Child and the Phoenix.

a. Concentrate on the spleen and its collection point at the front pakua, Observe as the spleen and the front pakua illuminate with a yellow light or sense the strong feelings of openness and fairness.

b. When the color yellow, or the feelings of openness and fairness are very intense, transform the color or feelings into a virgin boy or girl dressed in yellow. The virgin breathes out the yellow breath or the feeling of openness or fairness increase, and the transformation into a phoenix occurs.

Make a strong connection with them, and instantly, at any time, you can restore a sense of openness and fairness within yourself. (Fig. 6.5)

The brighter the colors, or the more intense the feelings of virtue, the purer the indication of virtue and, so, good health.

C. Use the Virgin Boy or Girl and the Animals to form Protective Rings inside the Body.

Beginning at the liver's collection point with the virgin child and the green dragon, begin a circle up to the virgin child and red pheasant of the heart's collection point. Then continue the circle down to the virgin child and the white tiger at the lungs' collection point, and down to the virgin child and the blue deer at the kidneys' collection point. The virgin child and the yellow phoenix are at the front pakua which is in the middle of the four points of the circle.

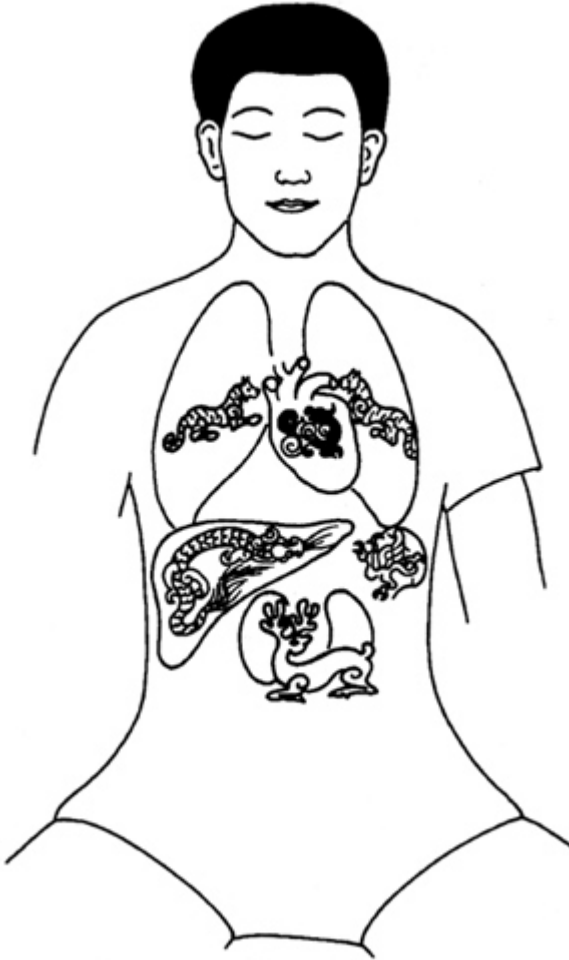


Fig. 6.6 *Protective Ring of the Organs' Earth Animals*

These “power animals” form a protective outer ring around your organs. (Fig. 6.6) In the inner ring are your virtue energies crystallized into the different colored virgin boys or girls.

You may choose to create different “power animals” to protect yourself. While meditating on each organ, you can simply ask, Is there a protective animal that is willing to defend my kidneys-water energy? , etc. If no animal appears you may ask for a “power crystal” or a “powerful warrior(s)” to serve you in your spiritual work.

D. Pearl connects with the Universal, Cosmic, and Earth Forces to supply Energy to the Children and Animals.

The pearl will be the center of the gathering of the children and the animals and is enhanced by them. If the pearl dims or disappears, the children and the animals become hard to form.

a. Be aware of the pearl at the cauldron. Feel it shine with the bright light of the silvery or bluish-white color of a pearl.

b. Be aware of the four pakuas, the organs’ collection points, the organs, senses, and their energies.

c. Move the pearl down to the perineum and into the Microcosmic Orbit. As the pearl moves through the Microcosmic, feel the Universal, Cosmic Particle, and Earth Forces supplied to the pearl. As the pearl moves, the children and the animals can take energy from the pearl as they need it. This energy, in turn, will help to strengthen the organs physically and spiritually.

d. If you wish to continue to the next chapter, there is no need to collect the energy now.

E. Finish the Meditation.

1. To finish, collect the energy, move the pearl into the cauldron, and spiral to condense the energy there.

2. Be aware of the animals and absorb them into the child to which each belongs; the deer to the blue child, the pheasant to the red child, the dragon to the green child, the tiger to the white child, and the phoenix to the yellow child.

3. Be aware of the organs and the child belonging to each one: the blue child to the kidneys, the red child to the heart, the green child to the liver, the white child to the lungs, and the yellow child to the spleen. As you absorb the children into the organs, sense each organ illuminating with a brighter light. This bright light indicates a healthier organ containing a good energy.

4. Practice Chi Massage.

Chapter 7

Formula 7: Call forth the Earth Force to Empower and Protect

When the impure organ energy (negative emotional energy) has been cleared from the organs and their collection points, they will illuminate with a light that will project outward and attract the Earth Force. Once you clearly feel the Earth Force and are able to formulate a very intense picture of the traditional Taoist animals, these images can serve as vessels to make it easier to capture and retain the Earth Force. This is especially true when you are well-practiced. Again, you might have chosen a ring of different magnificent colored flowers or a ring of mighty trees to serve as your Earth Force guardians.

A Pure Kidneys' Energy attracts the Earth Force in the Image of a Big, Blue/Black Turtle.

1. Sit facing South.
2. Be aware of the kidneys and the kidneys' collection point as they illuminate with bright blue light.
3. Sense the virgin child and the deer. When you experience them very intensely, spiral at the collection point. Then exhale through the point. Use the mind and the power of the senses to project an intense wave of gentleness forward to the front, or South, side of the body.

The elemental forces are omnipresent. This means that the Five Elements of the Earth Force exist everywhere on Earth. Therefore, you can project the force out in any direction, although in the beginning you will find that it is much easier to project the force to the front. (**Note:** Illustrations 7.1 through 7.6 demonstrate projecting the force to the front of the body.) When you are well-trained, it is possible to project the force to a specific direction associated with the force you want to attract. For example, the force of gentleness can be projected backward, to the North.

The important thing to remember is that whatever kind of force you project out of the body will be the kind you will call forth, regardless of the direction. Just like casting out a baited fishing line to catch a fish, your success will depend on the size of the bait (or your own force) that you project.

4. The greater the force you can project, the greater the amount of watery Earth Force you will attract.

5. You can sense the force. If you are a more visual type of person, you might see a bright blue force. If you are a more kinesthetic type of person, you might feel the gentleness or calmness of the force.

6. The turtle is the Earth Force of the North. Once you feel the Earth Force very intensely, picture the form of a big turtle (also known as the Black Warrior). Put it on your back to protect your back, or North, side. (Fig.7.1)

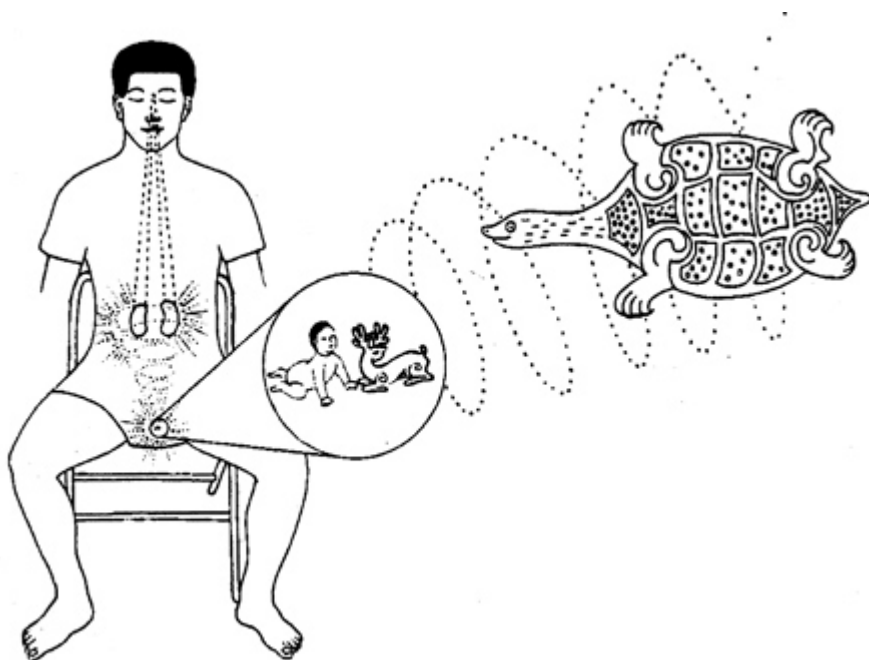


Fig. 7.1 Kidneys, shown projecting to the Front, attract the Turtle Earth Force of the North.

B. Pure Heart's Energy attracts the Earth Force in the Shape of a Red Pheasant.

1. Continue facing South in a seated position.
2. Become conscious of the heart and the heart's collection point.
3. Sense the organs as they illuminate with red light until the virgin child and the pheasant are perceived clearly.
4. Spiral the force at the heart and heart's collection point. Project your force out of the body to its front or South side to call forth and attract the fiery force of Earth.
5. The pheasant is the Earth Force of the South. When you sense the bright red color, or sense love and joyful energy very intensely, form a pheasant to capture the fire force of the Earth. Place the pheasant on your front or South side for protection. (Fig.7.2)

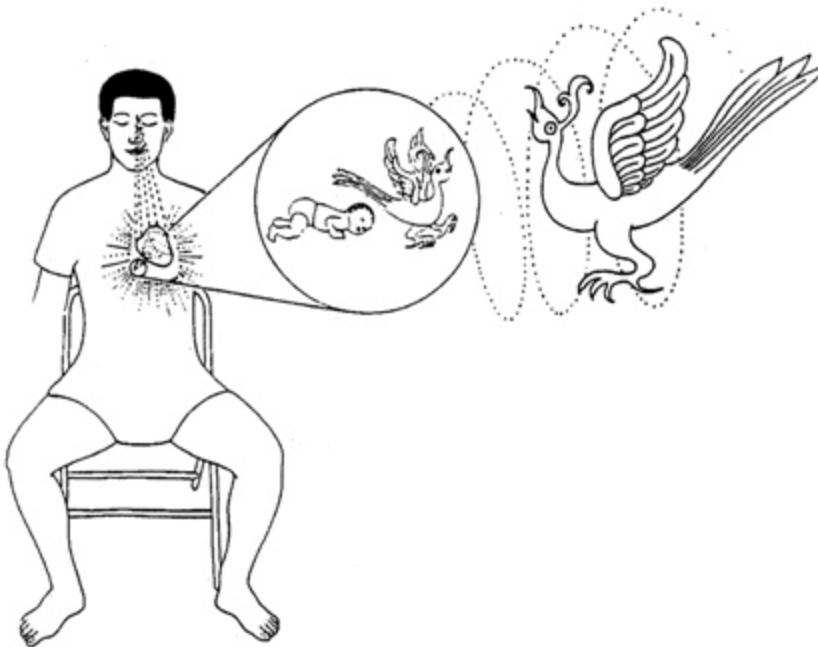


Fig 7.2 Heart, shown projecting to the Front, attracts the Pheasant Earth Force of the South.

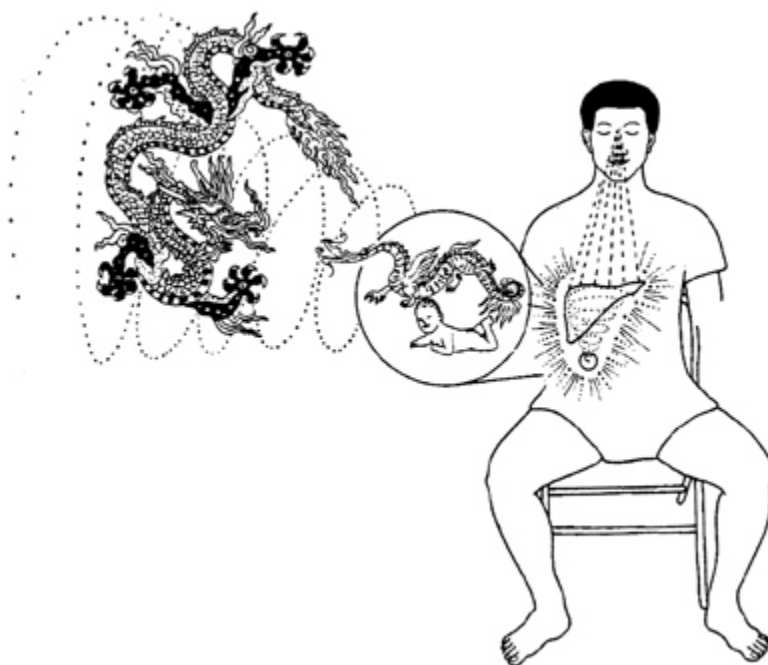
C. Pure Liver's Energy attracts the Earth Force in the Image of a Green Dragon.

1. Continue to sit facing South. Be aware of the liver and the liver's collection point.

2. Sense the organ's illumination with green light until the virgin child and the green dragon are perceived clearly.

3. Spiral the force at the liver and the liver's collection point. When you feel the energy very intensely at the collection point, project your force out of the body to the front side to attract the wood force of the Earth. (If you are able, project the force to the body's East or right side.)

4. When you sense this green force; or sense kindness very intensely, form a green dragon to retain the wood force of the Earth. Move the dragon to the body's East or right side for protection. (Fig. 7.3)



***Fig 7.3** Liver, shown projecting to the Front, attracts the Dragon Earth Force of the East.*

D. Pure Lungs' Energy attracts the Earth Force in the Image of a White Tiger.

1. Continue to sit facing South. Become conscious of the lungs and the lungs' collection point.
2. Sense this organ's illumination with a white light until the virgin child and the white tiger are clearly sensed.
3. Spiral the force at the lungs and the lungs' collection point. When you feel the energy intensify at the collection point, project your force out of the body to the front, or South, side to attract the metal force of the Earth. (If you are able, project the force out to the body's West or left side.)
4. When you have a strong sense of the white force of the Earth's metal energy, or sense courage strongly, form a white tiger. Move the tiger to the West, or left side of the body for protection. (Fig. 7.4)

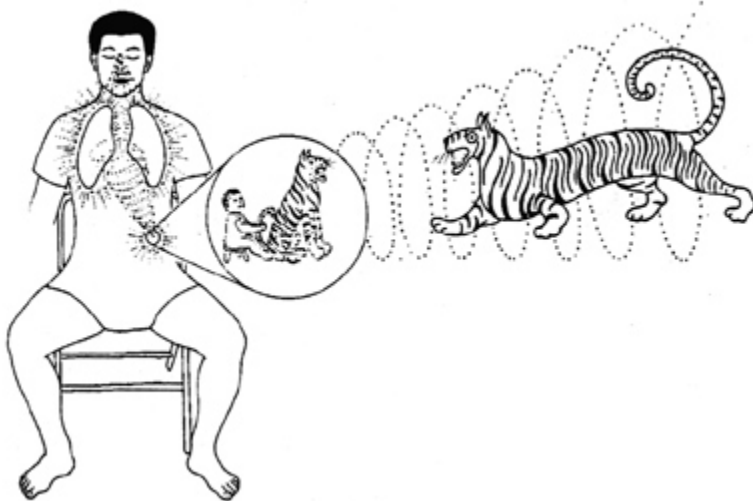


Fig. 7.4 Lungs, shown projecting to the Front, attract the Tiger Earth Force of the West.

Note: When there is a need for balance in the liver or the lungs, it is possible to call forth their two Earth animals to each other's internal animals. For example, the green dragon of the liver, found internally on the right side of the body, can attract the Earth tiger force associated with the lungs. The Earth tiger force would then be placed on the left side of the body to attain balance in the liver. The same is true of the internal white tiger of the lungs and the

dragon Earth force, with the Earth dragon placed on the right side to give balance to the lungs. This method of balance applies only to these two forces.

E. Pure Spleen's Energy Attracts the Earth Force in the Image of a Yellow Phoenix.

1. Continue to sit facing South. Be aware of the spleen and the spleen's collection point.

2. Sense the spleen's illumination with a bright yellow color, or experience a strong sense of fairness and openness.

3. Spiral the force at the spleen and the spleen's collection point. Once you feel an intense energy at the collection point, project your force out of the body to the front, or South, side to attract the Earth Force. (If you are able, project the force up through the center of the body through the top of the head.)

4. When you strongly sense the yellow force of the Earth's energy, or intensely sense fairness and openness, form a phoenix. Move it to the middle of the top of the head for protection. (Fig. 7.5)

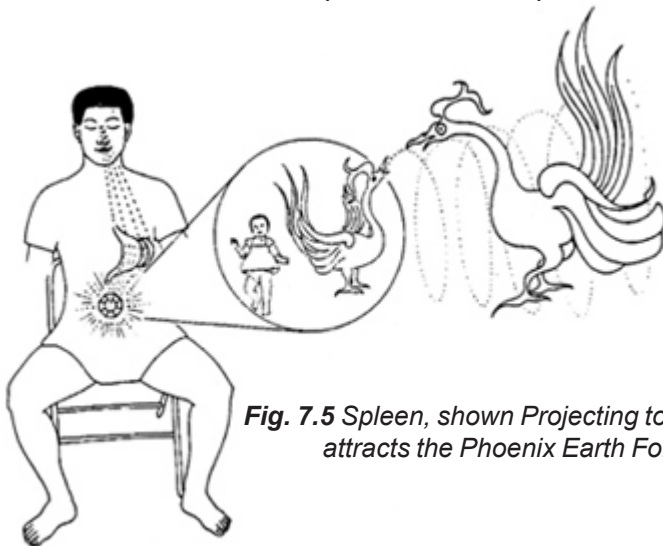


Fig. 7.5 Spleen, shown Projecting to the Front, attracts the Phoenix Earth Force.

F. Form the Earth Force Animals into a Protective Ring and Dome of Fire.

1. Reinforce the Earth Force animals. See them, feel them or in any way sense the presence of their force and the virgin energy of the Earth Force.

2. Form a ring of fire connecting the four animals together: the red pheasant, the green dragon, the big, blue/black turtle, and the white tiger. The yellow phoenix at the top of the body forms a fiery dome that touches and connects the circle. (Fig.7.6)



Fig 7.6 *Protective Ring and Dome of the Earth Animals.*

Five Element Organ Correspondences					
	Wood	Fire	Earth	Metal	Water
Yin Organs	<i>Liver</i>	<i>Heart</i>	<i>Spleen</i>	<i>Lungs</i>	<i>Kidneys</i>
Yang Organs	<i>Gall Bladder</i>	<i>Small Intestine</i>	<i>Stomach, Pancreas</i>	<i>Large Intestine</i>	<i>Bladder</i>
Openings	<i>Eyes</i>	<i>Tongue</i>	<i>Mouth, Lips</i>	<i>Nose</i>	<i>Ears</i>
Positive Emotions	<i>Kindness</i>	<i>Love, Joy</i>	<i>Fairness, Openness</i>	<i>Righteous, Courage</i>	<i>Gentle</i>
Negative Emotions	<i>Anger</i>	<i>Hate, Impatience</i>	<i>Worry, Anxiety</i>	<i>Sadness, Depression</i>	<i>Fear, Stress</i>
Transform Pure Organ Energy into a Virgin Child Dressed in	<i>Green</i>	<i>Red</i>	<i>Yellow</i>	<i>White</i>	<i>Blue</i>
Transform Pure Child Energy into a Animal	<i>Green Dragon</i>	<i>Pheasant, Red Bird</i>	<i>Phoenix, Yellow on Red</i>	<i>White Tiger</i>	<i>Blue Deer</i>
Earth Force takes the Form of	<i>Green Dragon</i>	<i>Pheasant, Red Bird</i>	<i>Phoenix, Yellow on Red</i>	<i>White Tiger</i>	<i>Black Tortoise</i>
Directions	<i>East</i>	<i>South</i>	<i>Center</i>	<i>West</i>	<i>North</i>

Table 4

3. The dome of fire can protect the physical body by strengthening the organs. It can protect the soul body as well. Spiral the dome and the pakuas in either direction.

4. As you continue to face South, be aware of the relationship of the four pakuas to the four animals: the front pakua to the pheasant, the back pakua to the blue/black turtle, the left pakua to the white tiger, and the right pakua to the green dragon. Absorb the phoenix force through the crown and down to the cauldron. Absorb the forces of the Earth animals into the pakuas and then to their corresponding organs. Their energy will help to strengthen all the organs and glands. (See Table 3.)

5. At this point return to Chapter 5 and create a more powerful pearl. Continue to draw energy, including the five Earth Animals' Forces, into the front, back, left, and right pakuas and blend it together. Pull their energies into the cauldron to create the greatly refined and radiant pearl that is used to create a more powerful soul or energy body.

6. Be aware of the cauldron as the pearl is enhanced. You can feel the pearl growing bigger and heavier. Move the pearl in the Microcosmic. Be aware of the Universal Force from the stars and planets above, the Cosmic Particle Force before you, and the Earth Force below. The Earth Force of the animals is absorbed into the pearl.

G. Create the Energy Body.

Following Chapter 5 create the energy body this time using the greatly enhanced pearl. Once the body is formed and if you decide to continue, proceed to Chapter 8.

H. Finish the Meditation.

If you wish to finish:

1. First absorb the stars' forces as much as possible once more.
2. Condense the energy body into a pearl. Notice that the color of the pearl is intensely bright and the size is larger.
3. Inhale and activate the Cranial Pump. Feel the pulsation. Feel the lead light extend out from the crown point.
4. Inhale and slowly use the mind and senses to draw in the pearl. Inhale again, and use your mind to guide the pearl to land on the opening of the crown where the lead light emerges. Inhale once

more with force to pull the pearl down from the crown through the front channel.

5. Circulate the pearl in the Microcosmic Orbit. As the enhanced pearl moves, it will enhance the organs and glands. Any part of the body that requires its energy will absorb it.

6. Bring the pearl down to the navel and return it to the cauldron. Be aware of the four pakuas and the crown continually absorbing the Earth Force. Spiral the four pakuas and the pearl, and absorb the Earth Force into the pearl. Collect the energy in the cauldron.

7. Practice Chi Massage.

8. Now the Earth Animals' Force can return to its origin, or it can remain where it is for continued protection. This depends on your proficiency of practice.

Remember the Universal Tao practice is not solely a visualization process. You must sense the force, and not simply picture it in your mind.

Chapter 8

Formula 8: Call Forth the Planets' and Stars' Forces for Empowerment and Protection

A. Pearl is the Product of your Successful Practice.

Begin Chapter 8 by practicing Chapters I through "Create the Energy Body" in Chapter 7. With time and continued practice, everything will become easier and faster. Once your mind is trained, you will be able to control all the four pakuas, the collection points, the weather, the senses, and the emotions easily. As you spiral the energy, you will perceive all of these as balanced and in harmony, ready to be transformed and condensed into a pearl. All will take place in a few minutes.

In your later practice, upon being well-trained, all you will need to do is concentrate on the center of control (the cauldron). Then you will use the mind to turn all the senses inward and condense the pearl. This will require a simple awareness of the four pakuas and all the collection points, organs, and senses.

If the pearl formed has a good, shining light, you will be successful in your practice of balancing the energy and transforming the negative emotions. Then, like a factory that is set up properly, all you need do is check the finished product. If the finished product is right, the factory is running smoothly. The pearl is the finished product of your practice.

B. Create a Fully Developed Pearl; Extend and maintain the Pearl above the Crown.

1. Once the pearl has been fully developed and is well-positioned at the cauldron, be aware of the Earth animals supplying the force to it. Move the pearl down to the perineum, and then move it into the Microcosmic until you feel it gain momentum. Be aware of all

the sources supplying energy to the pearl. Stop the pearl at the perineum, and feel the full charge of the force at the perineum.

2. Activate the Cranial Pump, and pull the pearl up to the crown. Totally concentrate your mind and senses on the crown, and feel the pulsation there. Feel the crown breathing, opening and closing. Feel the lead light go out through the opening like a fine string. Check for proper timing, and then inhale once more. Swallow the saliva, and feel the pearl pushing upward toward the crown. Feel the crown open.

3. Exhale forcefully toward the crown to shoot the pearl out. The pearl serves as the connection between yourself and heaven. It will enable you to absorb the higher, purer, Universal Force by bringing it down to your physical body. There it can be processed to a more refined energy you can use.

4. Maintain the pearl about three to six feet (one to two meters) above the crown of the energy body. Use the mind and senses as though they were a wireless control determining the movement of the pearl, moving it up and down, right and left, and in a spiral.

C. Call forth the Force of the Planets.

Form as many pearls as necessary to complete this exercise.

1. Summon Mercury's Force to the Energy Body.

a. Be aware of the physical body, the cauldron, and the kidneys. Sense the blue color or the gentleness force generating from the kidneys.

b. Form a blue or gentleness pearl and bring this pearl to the perineum.

c. Move it into the Microcosmic Orbit to gain momentum and absorb the forces from all sources. Stop at the perineum and activate the Cranial and Sacral Pumps.

d. Draw the pearl up to the crown, and activate the lead light. Look up with the inner eyes, and sharpen your awareness of the space above you and your energy body into which you will shoot the pearl.

e. Inhale, swallow the saliva upward, and exhale forcefully up toward the crown. Shoot the pearl as high as you can into the space above you. (Fig. 8.1)

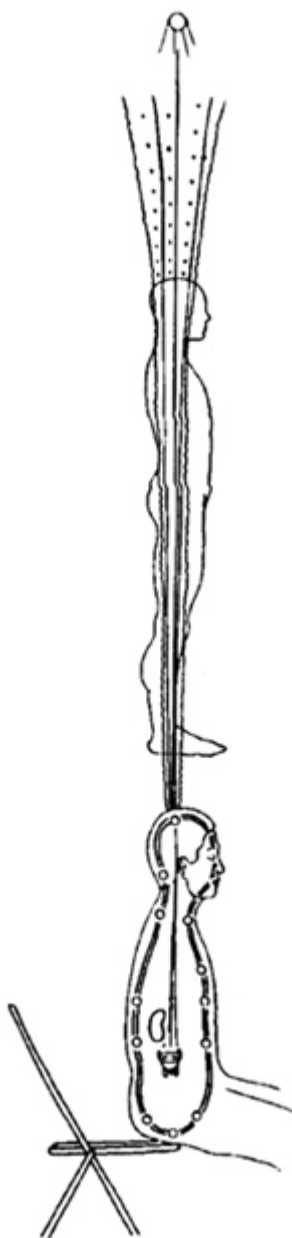


Fig 8.1 Shoot the Pearl high up into the Space above you.

f. Exhale. Relax totally, and do the Heart Sound (**Hawwwwww**) to attract the Universal Force and to collect the force as it falls. Feel the Universal Force fall like blue snow. (Fig. 8.2)

g. Concentrate your mind and your senses to condense the falling blue snow into the blue planet representing the water force, Mercury. This force will enhance the soul and spirit of the kidneys.

h. Place this force at the back of the energy body. (Fig. 8.3)

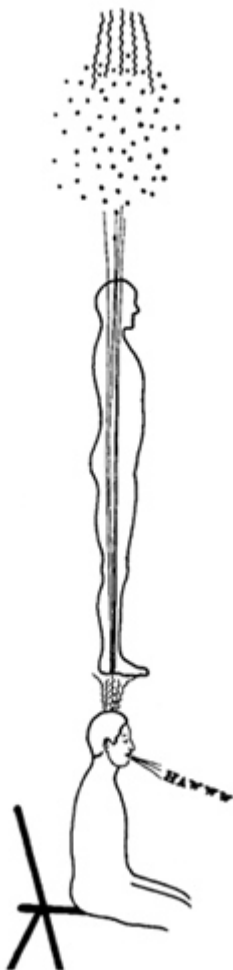


Fig. 8.2 Do the Heart Sound-**Hawwwwww** to attract the Universal Force. Sense the force falling down as blue snow.

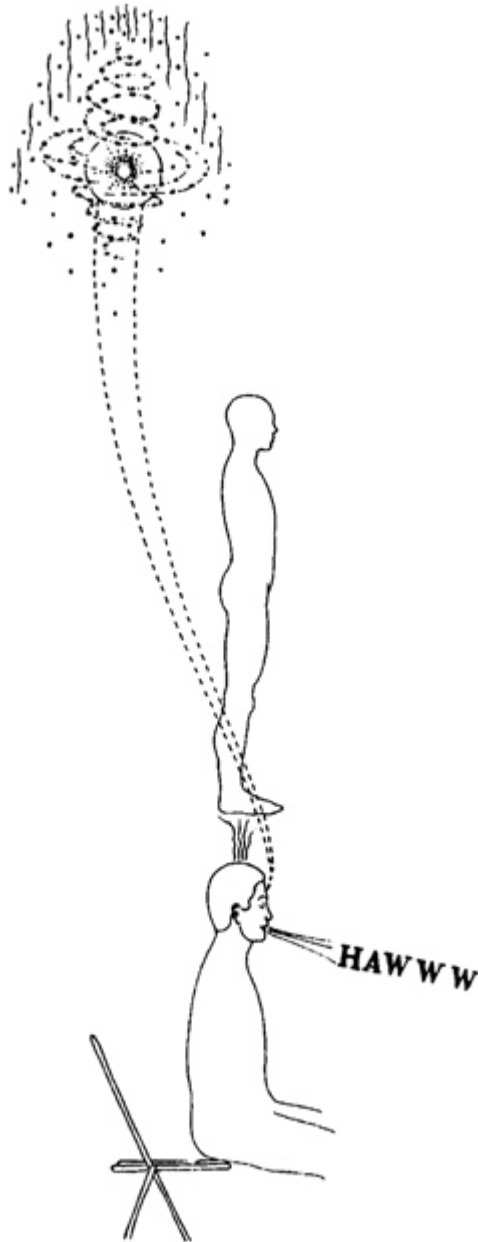


Fig. 8.3 Condense the falling blue snow into the planet Mercury and place it behind the energy body.

2. Summon the Force of Mars to the Energy Body

a. Be aware of the physical body, the cauldron, and the heart. Sense the red color or force of love, joy, and happiness generating from the heart.

b. Form a red pearl or pearl of joy, and bring it to the perineum.

c. Move this pearl into the Microcosmic Orbit to gain momentum and absorb the forces from all sources. Stop at the perineum and activate the Cranial and Sacral Pumps.

d. Draw the pearl up to the crown, and activate the lead light. Look up with the inner eyes, and sharpen your awareness of the space above you into which you will shoot the pearl.

e. Inhale, swallow the saliva upward, and exhale forcefully up toward the crown. Shoot the red pearl as high as you can into the space above you.

f. Exhale. Relax totally, and do the Heart Sound (*Hawwwwww*) to attract the Universal Force and to collect the force as it falls. Feel the heavenly, Universal Force fall like red snow.

g. Concentrate your mind and your senses to condense the falling red snow into the red planet representing the fire force, Mars. This force will enhance the soul and spirit of the heart.

h. Place this force at the front of the energy body. (Fig. 8.4)

3. Summon Jupiter's Force to the Energy Body

a. Be aware of the physical body, the cauldron, and the liver. Sense the green color or force of kindness generating from the liver.

b. Form a green or kindness pearl and bring it to the perineum.

c. Move this pearl into the Microcosmic Orbit to gain momentum and absorb the forces from all sources. Stop at the perineum and activate the Cranial and Sacral Pumps.

d. Draw the pearl up to the crown and activate the lead light. Look up with the inner eyes and sharpen your awareness of the space above you into which you will shoot the pearl.

e. Inhale, swallow the saliva upward, and exhale forcefully up toward the crown. Shoot the green pearl as high as you can into the space above you.

f. Exhale. Relax totally and do the Heart Sound (*Hawwwwww*) help attract the Universal Force and to collect the force as it falls. Feel the heavenly, Universal Force fall like green snow.

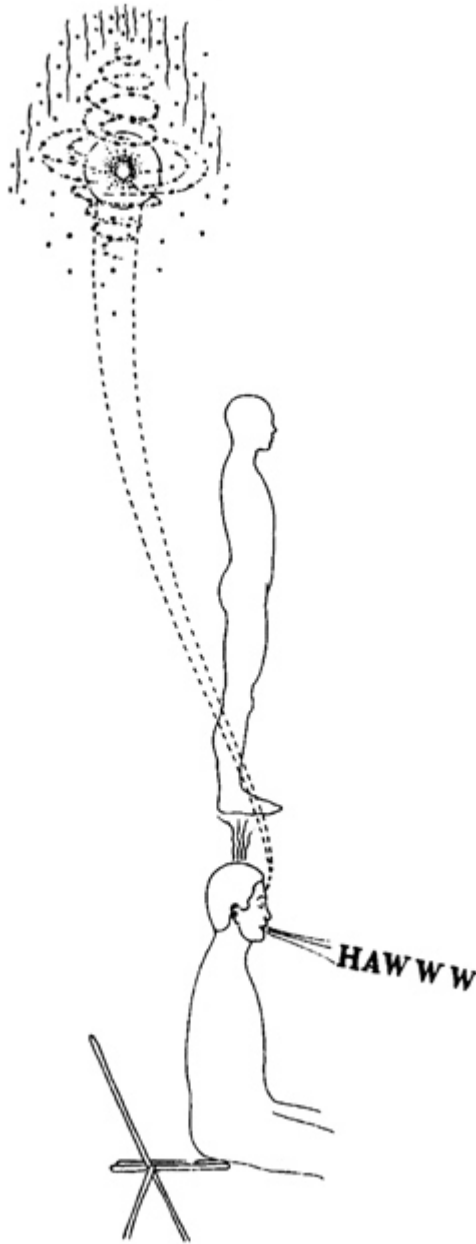


Fig. 8.4 Shoot the pearl up as high as you can into space to connect with the force of Mars. Place Mars' Force at the Energy Body's Front.

g. Concentrate your mind and your senses to condense the falling green snow into the green planet representing the wood force, Jupiter. This force will enhance the soul and spirit of the liver.

h. Place this force on the left side of the energy body.

4. Summon the Force of Venus to the Energy Body.

a. Be aware of the physical body, the cauldron, and the lungs. Sense the white color or force of courage generating from the lungs.

b. Form a white pearl or pearl of courage and bring it to the perineum.

c. Move this pearl into the Microcosmic Orbit to gain momentum and absorb the forces from all sources. Stop at the perineum and activate the Cranial and Sacral Pumps.

d. Draw the pearl up to the crown and activate the lead light. Look up with the inner eyes and sharpen your awareness of the space above you into which you will shoot the pearl.

e. Inhale, swallow the saliva upward, and exhale forcefully up toward the crown. Shoot the white pearl as high as you can into the space above you.

f. Exhale. Relax totally and do the Heart Sound (*Hawwwwww*) to attract the Universal Force and to collect the force as it falls. Feel the heavenly, Universal Force fall like white snow.

g. Concentrate your mind and your senses to condense the falling white snow into the white planet representing the metal force, Venus. This force will enhance the soul and spirit of the lungs.

h. Place this force on the right side of the energy body.

5. Summon the Force of Saturn to the Energy Body.

a. Be aware of the physical body, the cauldron, and the spleen. Sense the yellow color or force of fairness and openness generating from the spleen.

b. Form a yellow pearl or pearl of fairness and openness, and bring it to the perineum.

c. Move this pearl into the Microcosmic Orbit to gain momentum and absorb the forces from all sources. Stop at the perineum and activate the Cranial and Sacral Pumps.

d. Draw the pearl up to the crown and activate the lead light. Look up with the inner eyes and sharpen your awareness of the space above you into which you will shoot the pearl.

e. Inhale, swallow the saliva upward, and exhale forcefully up toward the crown. Shoot the yellow pearl as high as you can into the space above you.

f. Exhale. Relax totally and do the Heart Sound (**Hawwwwww**) to attract the Universal Force and to collect the force as it falls. Feel the heavenly, Universal Force fall down like yellow snow.

g. Concentrate your mind and your senses to condense the falling yellow snow into the yellow planet representing the earth force, Saturn. This force will enhance the soul and spirit of the spleen.

h. Place this force on top of the energy body.

6. Be Conscious of the Five Planets surrounding the Energy Body.

Be aware of the five planets that you have placed around the energy body to empower and protect it. Sense the glowing light of the planets.

D. Set the Planets into Orbit around and absorb their Forces into the Energy Body.

1. Start the Orbit of Mars around the Energy Body.

Be aware of the planet Mars moving in its orbit around the Sun. Similarly, start to move Mars into orbit around the energy body.

2. Movement of Mars activates the Orbit of the Other Planets Around the Energy Body.

As Mars moves into orbit, it will activate the movement of Venus, Mercury, and Jupiter into orbit. Their orbits form rings of light surrounding and protecting the pearl. These rings of light also are used in later practice to expand the pearl into an energy body.

3. Saturn provides the Protective Dome over the Crown.

Move Saturn into orbit around the top of the crown to form a dome of protective light over the crown.

4. Absorb the Planets' Forces into the Energy Body.

Be aware of the energy body and use your mind and senses to help the energy body absorb the planets' forces. Notice the pearl changing color or growing larger or heavier.

E. Energy Body Beams the Planets' and Stars' Forces into the Crown.

1. Crystal Room under the Crown serves as a Prism of the Planets' Forces.

When the crown of the energy body receives the forces from the planets, it will beam their forces down through the crown of the physical body to the crystal room under its crown. The crystal room, also known as the third vertical room, is situated in the middle of the brain. It is considered the control center for information processing of the pineal gland, pituitary gland, and all other glands of the body. During the Fusion Meditation practice, the crystal room functions as a prism to reflect the rainbow colors down to the organs. You can sense the organs glowing with light. (Fig. 8.5)

2. Forces of the North Star and the Big Dipper shine into the Crown.

Be aware of the purple light of the North Star and the red light of the Big Dipper shining into the, crown of the energy body, and then down to the crown of the physical body. Feel the light enter into the crystal room.

3. Condensed Essential Forces revert to the Original Force.

The forces of these five planets, the North Star, and the Big Dipper will help to purify and enhance the organs further. The pure essence of the organs that now exists can easily condense at the crown. The Taoists say that when the five essential forces condense at the crown, they are returning into the Original Force.

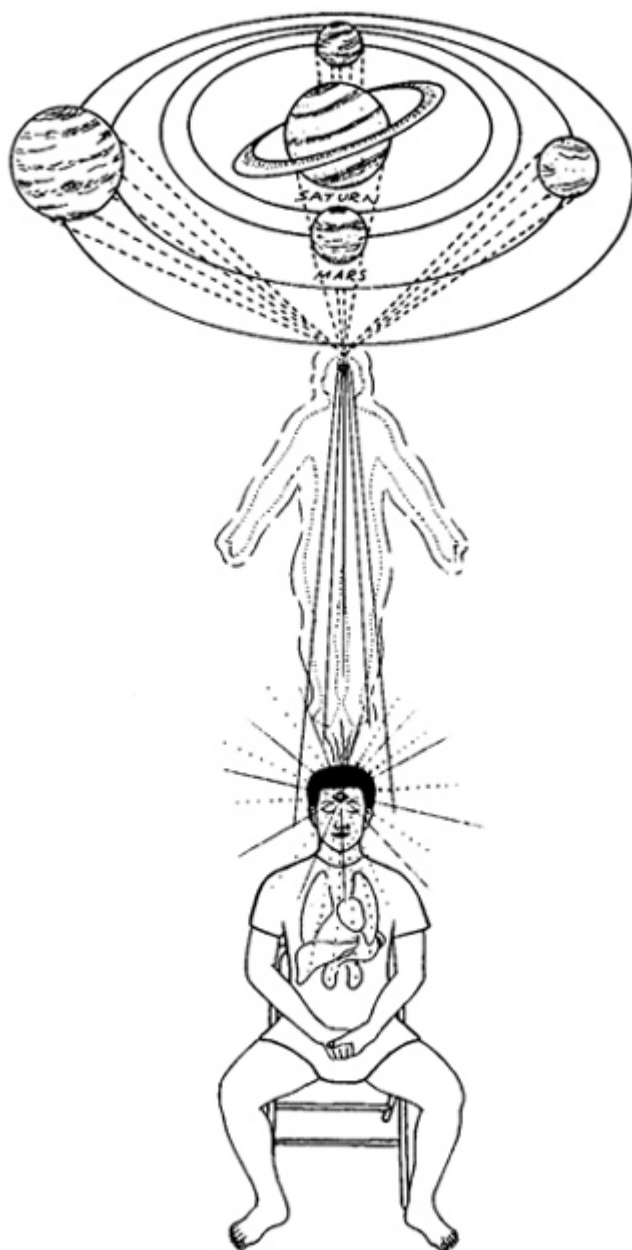


Fig. 8.5 *The Planets' Forces Beam Down to the Crystal Room.*

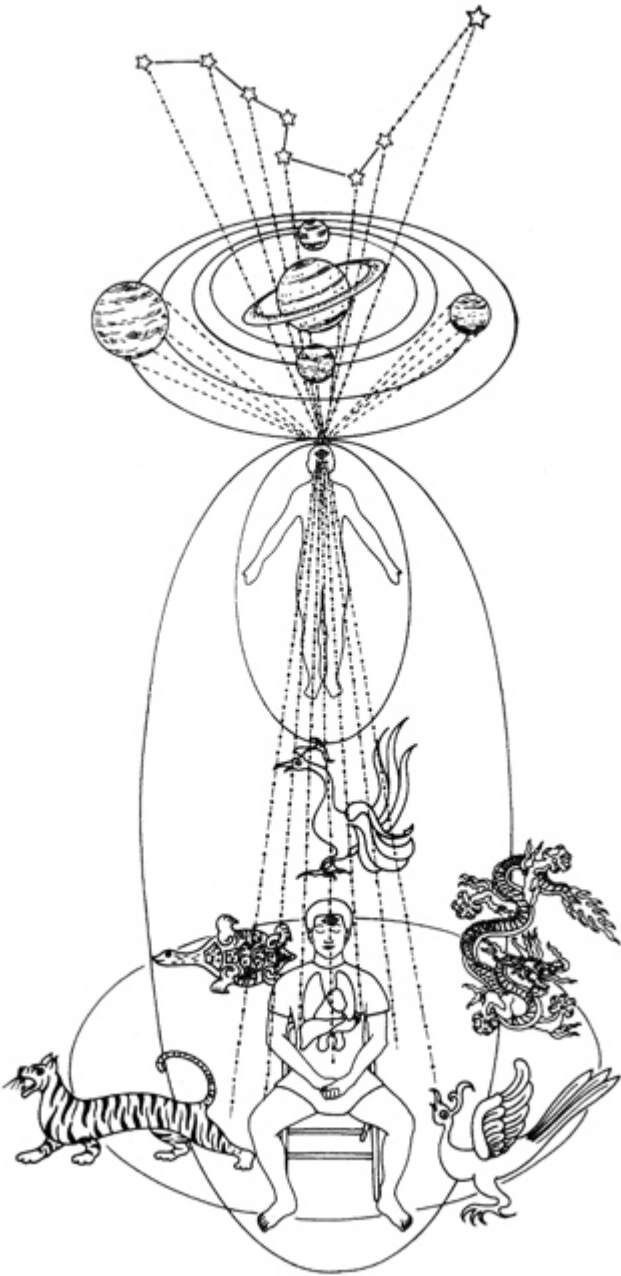


Fig. 8.6 *Interconnection of All Forces*

Five Element Organ Correspondences					
	Wood	Fire	Earth	Metal	Water
Yin Organs	<i>Liver</i>	<i>Heart</i>	<i>Spleen</i>	<i>Lungs</i>	<i>Kidneys</i>
Yang Organs	<i>Gall Bladder</i>	<i>Small Intestine</i>	<i>Stomach, Pancreas</i>	<i>Large Intestine</i>	<i>Bladder</i>
Openings	<i>Eyes</i>	<i>Tongue</i>	<i>Mouth, Lips</i>	<i>Nose</i>	<i>Ears</i>
Positive Emotions	<i>Kindness</i>	<i>Love, Joy</i>	<i>Fairness, Openness</i>	<i>Righteous, Courage</i>	<i>Gentle</i>
Negative Emotions	<i>Anger</i>	<i>Hate, Impatience</i>	<i>Worry, Anxiety</i>	<i>Sadness, Depression</i>	<i>Fear, Stress</i>
Transform Pure Organ Energy in Virgin Child Dressed In	<i>Green</i>	<i>Red</i>	<i>Yellow</i>	<i>White</i>	<i>Blue</i>
Transform Pure Child Energy in an Animal	<i>Green Dragon</i>	<i>Pheasant, Red Bird</i>	<i>Phoenix, Yellow on Red</i>	<i>White Tiger</i>	<i>Blue Deer</i>
Earth Force takes the form of	<i>Green Dragon</i>	<i>Pheasant, Red Bird</i>	<i>Phoenix, Yellow on Red</i>	<i>White Tiger</i>	<i>Black Tortoise</i>
Directions	<i>East</i>	<i>South</i>	<i>Center</i>	<i>West</i>	<i>North</i>
Planets	<i>Jupiter</i>	<i>Mars</i>	<i>Saturn</i>	<i>Venus</i>	<i>Mercury</i>
Universal Energy Force	<i>Generate</i>	<i>Prosper</i>	<i>Stabilize</i>	<i>Contract</i>	<i>Gather</i>

Table 5

G. Finish the Exercise.

If you wish to finish, absorb the forces of the planets and stars once more into the energy body.

1. Condense the Energy Body into a Pearl.

When you want to finish, activate the Cranial and Sacral Pumps to reopen the crown. Feel the crown open, and land the pearl at the crown opening.

2. Draw the Pearl in and move it in the Microcosmic Orbit.

Inhale, draw the pearl into the crown and let it start to circulate in the Microcosmic Orbit.

3. Absorb the Forces of the Planets, Stars and Earth.

Absorb the Earth Forces into the four pakuas and the crown. Any remaining energy of the planets, stars, and earth will return to where it came from.

4. Collect the Energy.

Collect the Energy in the cauldron.

5. Practice Chi Self-Massage.

End the exercise with Chi Self-Massage.

Chapter Nine

Formula 9: Transfer of Consciousness to the Energy Body in this Life brings Immortality.

The energy body is a Chi body that offers no resistance, and so it is very easy to open its Microcosmic Orbit. Creating the energy body and transferring the Microcosmic Orbit from the physical body to the energy body is the transference of consciousness first experienced in Chapter 5 of your basic practice and experienced again in Chapter 9 of your advanced practice.

Each day as you work on this stage of Fusion, you transform more consciousness to the energy body. At this stage of practice, this energy body is simply a powerful projection of your mind and your physical body. At higher levels of practice, this energy body is crystallized into a permanent spiritual body.

A. Transfer the Microcosmic Orbit to the Energy Body.

1. Create another pearl in the cauldron and circulate it in the Microcosmic of the physical body.

2. Inhale, activate the Cranial and Sacral Pumps, activate the lead light, and aim the lead light at the perineum of the energy body. Shoot this pearl through the crown of the physical body and penetrate the perineum.

3. Use the senses to move the pearl up to the energy body's sacrum. Stop for a while and feel the sacrum point become established. Then move the pearl up to the Door of Life, T-11, C-7, base of the Skull, Crown, Third Eye, Tongue, Throat, Heart, Solar Plexus, Navel, Sexual Center, and Perineum completing the Microcosmic Orbit of the energy body. Offering no resistance, the Microcosmic of the energy body is easy to open. Another way to transfer the Microcosmic is simply to copy the Microcosmic of the physical body. (Fig. 9.1)

4. Now begin to move the Microcosmic in both the energy and physical bodies as one unit by bringing the pearl all the way down the Functional Channel of the physical body. Continue to circulate the Microcosmic; one cycle should include both bodies. (Fig. 9.2)

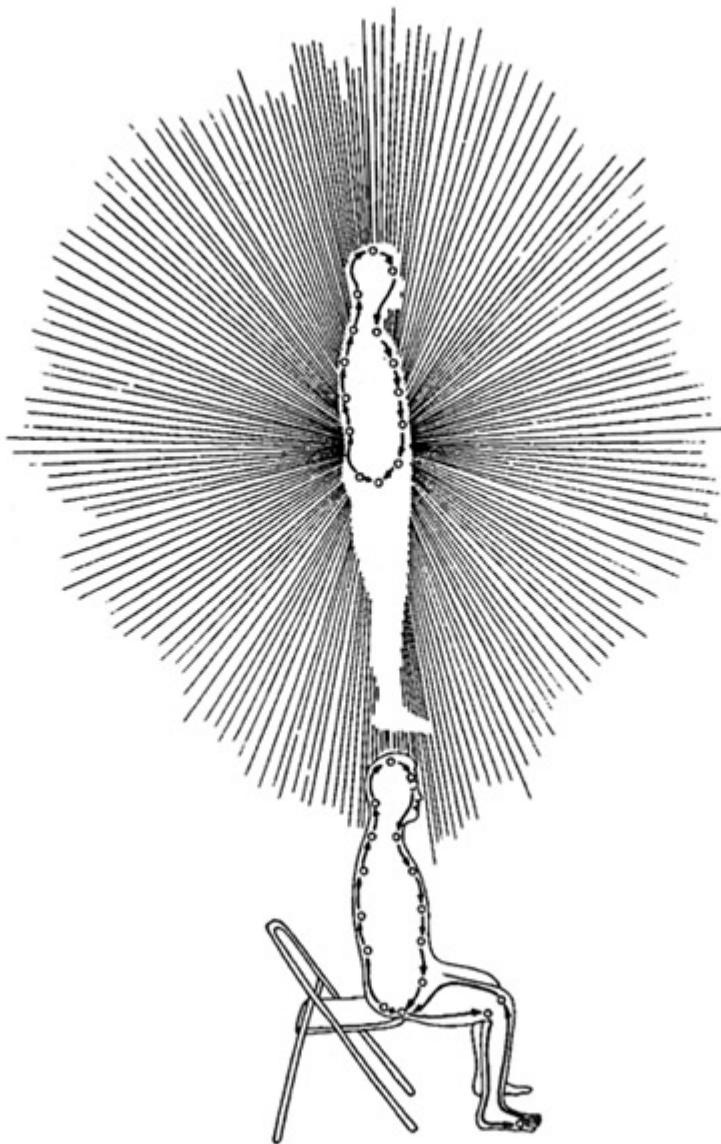


Fig. 9.1 Shoot the pearl to the perineum of the energy body to open its Microcosmic Orbit. Circulate both Microcosmic Orbits.

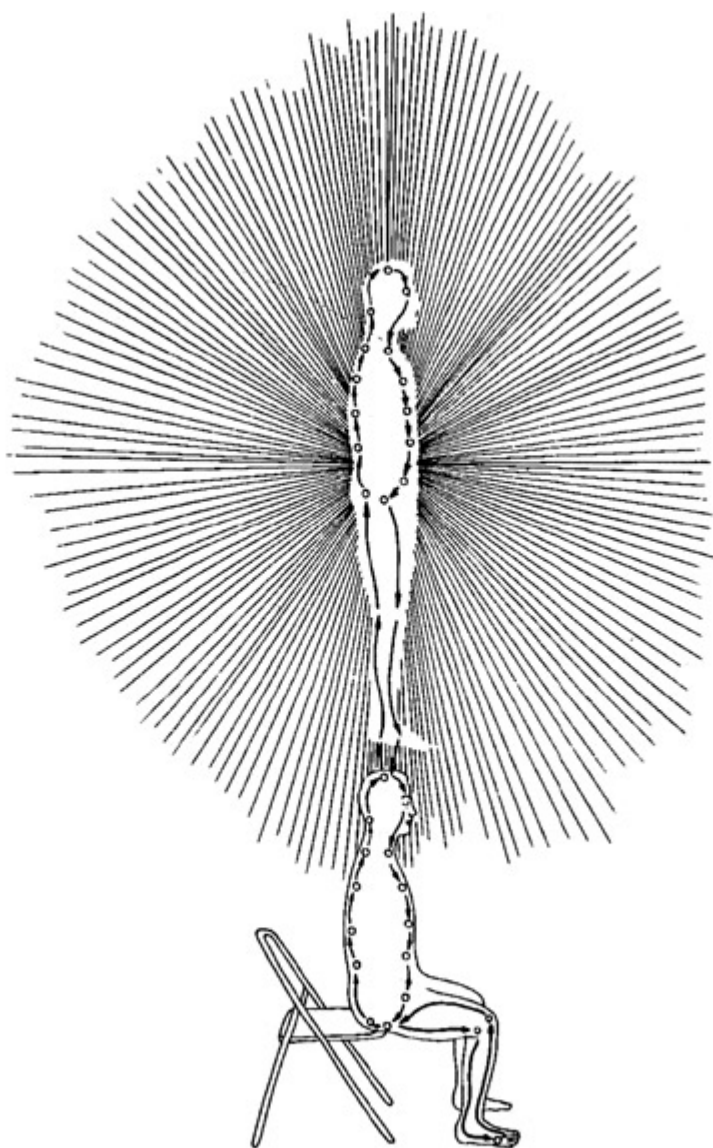


Fig. 9.2 Use the senses and the mind to circulate both Microcosmic Orbits as one cycle.

B. Form a Protective Shield.

1. Form another pearl in the physical body, and this time circulate it in the Microcosmic Orbit of the physical body only until it gains momentum. Once the pearl has gained momentum, and upon its return to the perineum of the physical body, begin to move the pearl up again through the physical body as follows:

a. Inhale, and activate the Cranial Pump. Contract the perineum, the anus, and the back of the anus. Pull the pearl up to the sacrum, Door of Life, T-11, C-7, base of the skull, and toward the back of the crown to a point about one and a half inches behind the crown. Hold at this point.

b. Feel the pulsation at the back of the crown. Exhale, and shoot the pearl out. Use the pearl to form a bubble to cover the entire energy body.

C. Form a Great Bubble encasing Both Bodies as a Protective Shield.

1. Form one more pearl. Circulate this pearl in the Microcosmic Orbit of the physical body to gain momentum. Stop again at the perineum of the physical body.

2. As above, pull the pearl all the way up the Governor Channel of the physical body to the point one and a half inches behind the crown. Shoot it out from this point to encircle the energy body, bringing it all the way down to cover the physical body as well. You now have formed a great bubble encasing both bodies and the protective shield of the energy body. (Fig. 9.3)

3. Be aware of the energy body, the physical body, and the bubbles that form the protective shields around both bodies. Also be aware of the energy above the energy body and below the physical body.

D. Absorb All Forces into Both Bodies.

1. Up to this level of practice, the energy body is still regarded as a Yin body with a negative charge, enabling it to absorb the Yang Universal Force. As your practice advances, the Yin body can change into more of a Yang body.

2. The physical body is regarded as a positively charged Yang body. This enables the physical body to help channel the Yin force from the Earth upward to balance the Universal Force.

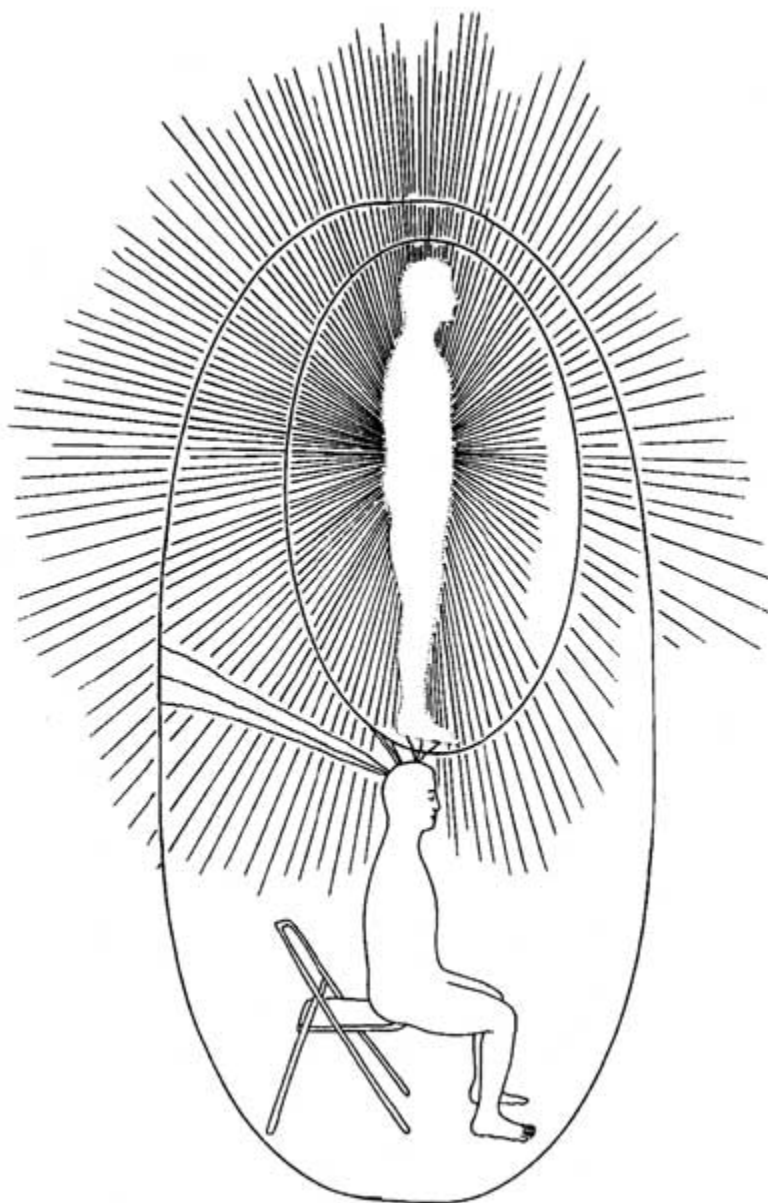


Fig. 9.3 *The Energy Body, its Protective Shield,
and the Great Bubble that Protects all.*

3. When you are well-practiced, all that is necessary to activate all forces is an awareness of them. As an empty vase can be filled, so can the energy body most effectively be filled with, and be a container for, the forces.

4. Be aware of the forces of the virgin children, the internal animals, the external Earth animals, and the planets and stars as they are absorbed into the energy body and the physical body. (Fig. 9.4)

a. Be aware of the Earth Force from below emanating a blue force. Sense the force of gentleness and kindness coming up into the feet.

b. Be aware of the forces of the virgin children, the internal animals, and the Earth animals, and absorb them into the pakuas and into the cauldron.

c. Be aware of the energy body and the crown.

d. Be aware of the five planets and their colors. Absorb the planets' forces into the energy body. Draw the forces into the cauldron of the energy body.

e. Be aware of the North Star and its purple light.

f. Be aware of the Big Dipper and its red light shining at the crown.

g. Breathe in the purple and red light through the nose and crown of the energy body. Beam this light down to the cauldron of the energy body. These star forces will enhance the soul and spirit essences of both bodies.

h. From the crystalline cauldron of the energy body, beam down the rainbow force to the crown of the physical body, and then down to the cauldron of the physical body.

i. Channel the Earth Yin force through the physical body to the energy body to balance the energy in it and to prevent excessive heat buildup. The Yin force's negative charge drawn from the Earth keeps the energy body's charge in balance.

j. Practice for five to ten minutes.

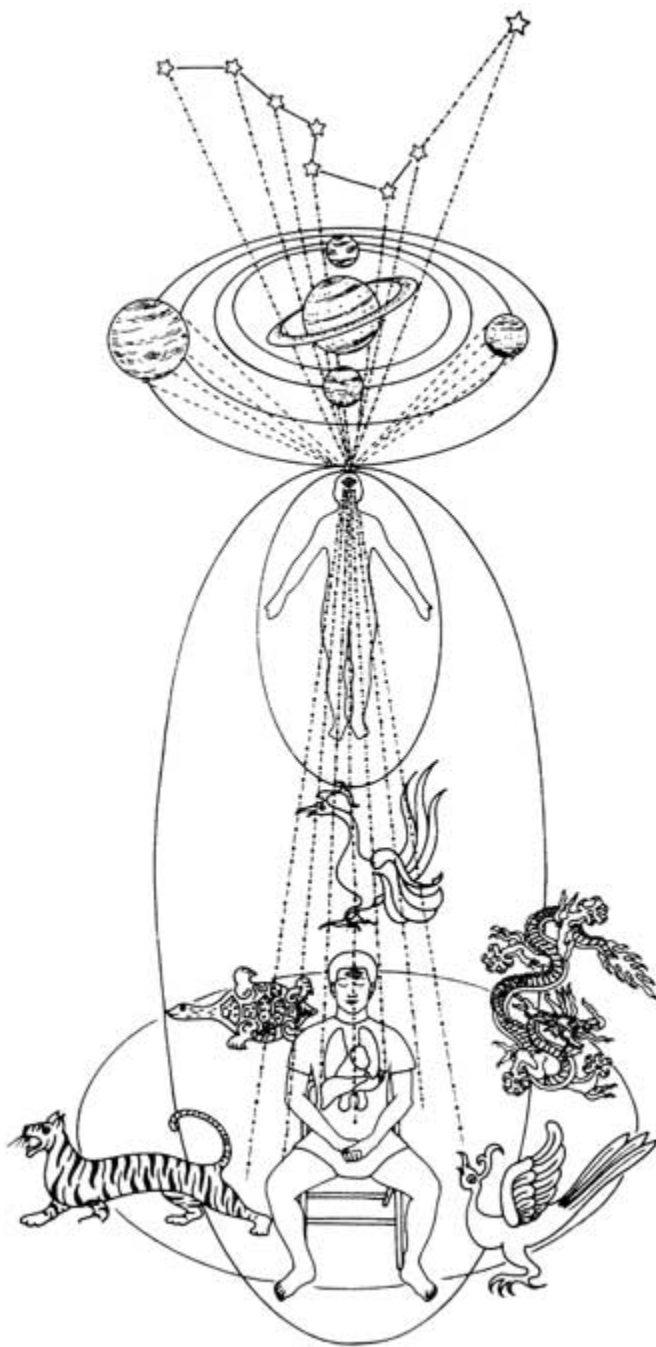


Fig. 9.4 Be aware of all sources of energy.

E. Draw in the Energy Body and the Big Protective Bubble.

1. When you are ready to finish this practice, first absorb the planets' and stars' forces as much as possible once more. You can leave the remaining energies of the planets and stars. They will return to the Original Force, or will remain to protect you to the extent you need them.

2. Condense the energy body into a pearl still surrounded by the bubble that serves as its protective shield. Notice that the color of the energy of the pearl may now be brighter, or the pearl may have grown larger.

3. Be aware of the big bubble that continues to protect the physical and energy bodies and the energy body's bubble as a great protective shield.

4. Inhale and activate the Cranial Pump. Feel the pulsation. Feel the lead light extend out from the crown point.

5. Inhale and slowly use the mind and senses to draw in the pearl that was the condensed energy body. (Fig. 9.5) Inhale and use your mind to guide the pearl to land on the opening of the crown where the lead light emerges. Inhale once more with force to pull the pearl down from the crown through the front channel.

6. Circulate the pearl in the Microcosmic Orbit. As the enhanced pearl moves around the Microcosmic, it will enhance the organs and glands. Any part of the body that requires it will absorb it.

7. Be aware of the energy body's protective bubble remaining above the physical body and within the big protective bubble. Be aware of the crown and the point one and a half inches behind the crown. Inhale and draw the energy body's bubble through the crown and the back of the crown into the Microcosmic Orbit, and add this energy to the pearl that is already circulating.

The energy that now circulates in the Microcosmic is the combined energy body and protective bubble energy that has been drawn into the physical body. The great bubble that surrounded both the energy and physical bodies and the energy body's bubble remains and continues to surround and protect the physical body.

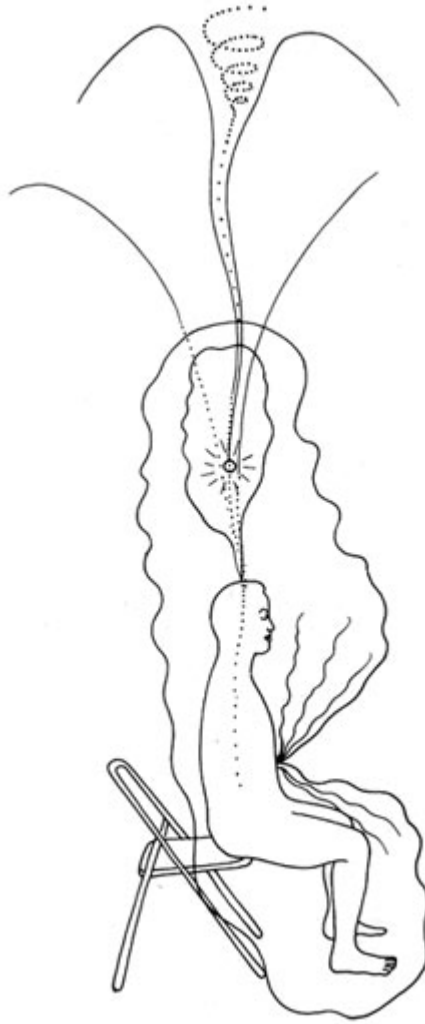


Fig. 9.5 Shrinking and drawing in the Energy Body's Bubble to the Crown and to the Navel.

F. Protective Shield Remains.

1. Begin slowly to trim down the big bubble that continues to surround the physical body by condensing or shrinking it and drawing it in through the point one and a half inches behind the crown. Add this energy to the pearl that is circulating in the Microcosmic Orbit, and bring this energy down the front channel to the navel.

2. The remaining protective shield can be drawn in closer and tighter to the physical body by drawing this energy in through the navel. Feel the energy remaining as the bubble on the outside of the physical body pulls in tightly to cover the body.

3. You are now protected from within and from without by this protective shield. The protective shield that remains on the outside of the body will be built upon with subsequent layers of bubbles when, as your practice continues, you continue to form new pearls and additional protective shields.

G. Absorb the Forces into the Pearl or directly into the Organs of their Origin.

1. Be aware of the external Earth Force animals and of the four pakuas. Absorb the red pheasant through the front pakua, the blue/black turtle through the back, the green dragon through the left pakua, the white tiger through the right, and the phoenix through the crown. Let whatever force remains return to where it originated.

2. Absorb the virgin children and internal animals back into the pearl, or directly to the organs where they belong. The virgin children and animals are the purest forms of the organs' energies. Virtue energy in its purest form can be combined and transformed, and this energy is the consciousness that is transferred to the energy body.

H. Finish the Practice.

1. Condense and draw the pearl that has moved down the front channel into the navel.

2. Bring the pearl to the navel and back to the cauldron. Spiral, collect, and condense the energy at the cauldron. As your practice progresses and the organs' energies become stronger and purer, the pearl will remain condensed longer. When the pearl finally is released, it will separate and go to the organs and glands that need it as a more refined, more enhanced energy that will heal and strengthen them.

3. Practice Chi Massage.

Chapter 10

Summary:

Entire Fusion I Practice

All Chapters: 1 through 9

A. Create a Pearl.

1. Smile down to the face and organs; generate a positive emotional state.
2. Smile to the navel and form the front pakua behind the navel.
3. Fuse the senses, organs' energies, and emotions into the front pakua.
4. Form the back pakua, and collect the energy.
5. Spiral the energy or force at the front and back pakuas. Direct the spiral of energy from the two pakuas into the cauldron at the center of the body.
6. Form the right side pakua, and collect the energy.
7. Form the left side pakua, and collect the energy.
8. Spiral the force at the pakuas, direct the energy of the right and left pakuas into the cauldron, and condense the energy to create a pearl there. The pearl will shine with light and glow brighter as more energy continues to fuse from the four pakuas into the cauldron.

B. Form the Virgin Children and the Protective Animals.

1. Recheck the kidneys and their collection point. Sense the collection point and the kidneys illuminating with a bright, blue light. Feel the virtue energy of gentleness in the kidneys, and form it into a virgin boy or virgin girl. Sense the child breathing out a blue breath that changes into the form of a deer. Place the child and the deer at the kidneys' collection point.
2. Recheck the heart and its collection point. Sense the collection point and the heart illuminating with a bright, red light. Feel the virtue energy of love, joy, and happiness in the heart. Form it into a virgin child, and sense the child breathing out a red breath that changes into the form of a red pheasant. Place both in the heart's collection point.

3. Recheck the liver and its collection point. Sense the collection point and the liver illuminating with a bright, green light. Feel the virtue energy of kindness in the liver. Form it into a virgin child, and sense the child breathing out a green breath that changes into a green dragon. Place both in the liver's collection point at the right side.

4. Recheck the lungs and their collection point. Sense the collection point and the lungs illuminating with a bright, white light. Feel the virtue energy of courage in the lungs, and form it into a virgin child. Sense the child breathing out a bright, white breath that changes into a white tiger. Place both in the lungs' collection point on the left side.

5. Recheck the spleen and its collection point. Picture the collection point and the spleen illuminating with a bright, yellow light. Feel the virtue energy of fairness and openness in the spleen, and form this energy into a virgin child. Sense the child breathing out a bright, yellow breath that changes into a yellow phoenix. Place both in the front pakua.

6. Form protective rings by connecting the inner animals and virgin children in two circles. Starting from the kidneys, the virgin child and the blue deer make rings of fire to the green virgin child and dragon at the liver's collection point, to the red virgin child and pheasant at the heart's collection point, to the white virgin child and tiger at the lungs' collection point, and back to the blue virgin child and deer at the kidneys' collection point. The yellow virgin child and phoenix remain in the middle at the front pakua.

C. Call forth the Earth Force as a Protector and Source of Energy.

1. Be aware of and spiral the energy at the kidneys and their collection point. When you sense the force very intensely, project it from the collection point far out to the front of the body to attract the water element force of the Earth. When this force comes to you, and you feel it very intensely, form the image of the big, black or dark blue turtle (the Black Warrior) to capture it. Place the turtle on the back of the body as protection.

2. Be aware of and spiral the energy at the heart and the heart's collection point. When you sense the force intensely, project it from the collection point far out to the front of the body to attract the fire element force to you. When you feel this force very intensely, form

the image of the red pheasant to catch the force. Place the red pheasant on the front of your body as protection.

3. Be aware of and spiral the energy at the liver and the liver's collection point. When you sense the force very intensely, project it from the collection point far out to the front of the body to attract the wood element force. When this force comes to you, and you feel it very intensely, form the image of a green dragon to capture it. Place the dragon on the right side as protection.

4. Be aware of and spiral the energy at the lungs and the lungs' collection point. When you sense the force very intensely, project it from the collection point far out to the front of the body to attract the metal element force. When this force comes to you, and you feel it very intensely, form the image of a white tiger. Place the tiger on the left side to protect that side.

5. Be aware of and spiral the energy at the spleen and the spleen's collection point. When you sense the force very intensely, project it from the collection point far out to the front of the body to attract the Earth element force. When this force comes to you, and you feel it very intensely, form the image of a yellow phoenix. Place the phoenix in the middle of the top of the head as protection.

6. Form a ring of fire to link all the animals' forces together. Include the phoenix at the top to form a dome-like covering.

D. Circulate the Pearl in the Microcosmic Orbit.

1. Direct the pearl to the perineum by contracting the perineum, the anus, and then the back part of the anus. Move the pearl into the Microcosmic Orbit. At each point-perineum, Door of Life, T-11, C-7, back of the skull, crown, Third Eye, throat, heart, solar plexus, and navel-let the pearl illuminate with light. Build up the momentum of the pearl.

2. Bring the pearl back to the perineum, contract the perineum and back part of the anus, and bring the pearl up to the sacrum. Activate the Cranial and Sacral Pumps, and bring the pearl to the crown. Exhale through the crown and project the pearl up approximately six inches (15.23 centimeters) above the head.

a. Use your mind and the senses to move the pearl up and down. Gradually move the pearl higher to approximately twelve inches (30.48 centimeters) above the head.

b. Move it up and down using the senses to control it.

- c. Move the pearl up two feet (60.96 centimeters) above the head.
- d. Move it up and down again.
- e. Continue to move it up to approximately your body's height above your head.

E. Form the Energy Body.

Focus your attention on forming the pearl into an energy body that looks like you, or into the perfect image you would like to have.

F. Call forth the Planets' Forces.

1. Form a new, bright, blue pearl.
2. Move the blue pearl in the Microcosmic Orbit to gain momentum.
3. Stop at the perineum, activate the Cranial Pump, and project the pearl up through the crown of the energy body as far as you can.
4. Wait for the water element force of the planet Mercury.
5. Picture the planet Mercury to capture its force. Place it on the back of the energy body to supply the force to the kidneys and to protect the back.
6. Form a new, bright, red pearl. Move the red pearl in the Microcosmic Orbit to gain momentum.
7. Stop at the perineum, activate the Cranial Pump, and project the pearl up through the crown of the energy body as far as you can. Wait for the fire element force of the planet Mars.
8. Picture the planet Mars to capture its force. Place it on the front of the energy body to supply the force to the heart and to protect the front.
9. Form a new, bright, green pearl. Move the green pearl in the Microcosmic Orbit to gain momentum.
10. Stop at the perineum, activate the Cranial Pump, and project the pearl up through the crown of the energy body as far as you can.
11. Wait for the wood element force of the planet Jupiter.
12. Picture the planet Jupiter to capture its force. Place it on the right side of the energy body to supply the force to the liver and to protect the right side.
13. Form a new, bright, white pearl. Move the white pearl in the Microcosmic Orbit to gain momentum.

14. Stop at the perineum, activate the Cranial Pump, and project the pearl up through the crown of the energy body as far as you can.

15. Wait for the metal element force of the planet Venus.

16. Picture the planet Venus to capture its force, and place it on the left side of the energy body to supply the force to the lungs and to protect the left side.

17. Form a new, bright, yellow pearl. Move the yellow pearl in the Microcosmic Orbit to gain momentum.

18. Stop at the perineum, activate the Cranial Pump, and project the pearl up through the crown of the energy body as far as you can.

19. Wait for the earth element force of the planet Saturn.

20. Picture the planet Saturn to capture the force. Place it in the middle of the top of the head of the energy body to supply the force to the spleen and to protect the center of the body.

21. Be aware of the energy of the stars and the planets and absorb their force into the energy body. Beam it down from the crown of the energy body to the crown of the physical body. Absorb the energy of the Earth into the physical body. (Fig.10.1)



Fig.10.1 Star and Earth Energy--the Pakuas and Cauldron

G. Transfer the Microcosmic to the Energy Body.

1. Circulate the Microcosmic in the physical body, inhale, and bring it up to the energy body.
2. Move both Microcosmic Orbits separately in the physical and energy bodies.
3. The Microcosmic Orbit can also be run together as one circuit of the energy body and physical body.

H. Form a Protective Shield and a Larger Protective Bubble around the Physical and Energy Bodies.

Form the bubble of the protective shield around the energy body. Then form another, bigger bubble to surround and protect both the energy and physical bodies and the energy body's bubble. The large bubble surrounds you with an aura.

I. Condense and collect the Energy.

1. Condense the energy body into a pearl.
2. Absorb once more the Universal Force from above, the Earth animals' energies, and the Earth energy from the ground under your feet. Inhale and activate the Cranial Pump. When you feel the crown point of the physical body open, draw the pearl down into the body, and run it in the Microcosmic Orbit.
3. The pearl may feel clearer now, since it has absorbed energy from the heavens and the Earth.
4. Condense the energy body's protective shield (above the physical body and within the great bubble surrounding both) into a pearl.
5. Inhale, activate the Cranial Pump, and draw in the energy body's protective shield. Add this energy to the pearl that is circulating in the Microcosmic.
6. The great bubble continues to provide an aura around the outside of the physical body. Condense and slowly begin to draw in through the crown the big bubble. Add it to the pearl and move it down the front channel of the Microcosmic.
7. Draw it into the navel and bring it to the cauldron. As you do so, the protective shield that continues to surround the physical body is drawn closer and tighter to the body. You are now protected from within and from without by this protective shield. It will be built upon by new pearls and additional layers of protective shields.

J. Finish the Exercise.

1. To finish, collect and condense the energy in the cauldron at the center of the body where the four pakua energies intersect.
2. End with the Chi Massage.

K. Practice Fusion Daily.

Fusion should be done each day to refine your emotional tone. This will result in the purified energy that is so essential to the higher stages of the Taoist practice. Do not rush the practice; it takes time to grow in your Fusion practice, but eventually you will see good results.

Advanced Practice Summary.

In advanced practice the mind is programed to project the power out, permitting the entire practice to happen at once.

1. Be aware of the cauldron at the center of the body. Spiral the energy using the mind and body. Use the inner eye to direct the energy along the road or pathway of the spiral. To draw the energy inward spiral very intensely at the cauldron as you also spiral the pakuas. Condense the energy into a pearl. Once the pearl is formed, you can stop spiraling. Be aware of the pearl, the four pakuas, the collection points of the organs, the senses, the emotions, and the balance of all internal energy. If the pearl formed is bright and firm, then all the internal energy is balanced and in good condition. If not, check each area to correct or adjust the imbalance.

2. Be aware of the virgin children, the animals, and the ring formed internally to protect the body.

3. Be aware of the Earth Force and the Earth animals forming the protective ring and the dome.

4. Move the pearl in the Microcosmic Orbit and project it out through the crown to form the energy body.

5. Be aware of or call forth the planets' forces and form an outer protective ring.

6. Connect with the North Star and the Big Dipper and absorb all the forces through the crown and into the energy body. Beam the forces down through the crown and into the physical body.

7. Form the energy body's protective shield and the big bubble protective shield to protect both bodies.

8. Condense the energy body into a pearl and inhale it into the physical body and down to the navel. Absorb the protective shield into the crown and bring its energy down to the navel. Absorb the big bubble into the crown and as you bring its energy down to the navel, feel the big bubble tighten around the physical body in a protective layer. Condense the energies into the cauldron.

9. Practice Chi Massage.

More Advanced Practice Summary.

1. Be aware of the pearl in the cauldron, the four pakuas, the collection points, the organs, the senses, the virgin children, and the animals. Feel centered, at peace, calm, and filled with love, joy, and confidence.

2. Use your mind and the senses to project the pearl out to form the energy body. Move the energy body as far as the lead light projects. Be aware of the planets, the stars' forces, and the protective shields. Absorb all the energy into both the energy and physical bodies.

3. Condense the energy and the protective shields, and absorb this energy into the physical body.

4. Condense the energy in the cauldron.

5. Practice Chi Massage.

Most Advanced Practice Summary.

1. Be aware of the cauldron as the center point of the body. Use the mind, eyes, head, and body to spiral. Continue to spiral and simply be aware of the four pakuas and the collection points. Spiral until you feel the pearl form. (Fig.10.2) Be aware of the pearl in the cauldron and move it into and through the Microcosmic Orbit. Project the pearl out to form the energy body. Move the energy body up as far the lead light extends.

2. Be aware of the physical body and the force around it. Be aware of the Universal Force. Absorb these energies into both the energy and physical bodies.

3. When you are ready to finish, simply condense all the energy.

4. Practice Chi Massage.

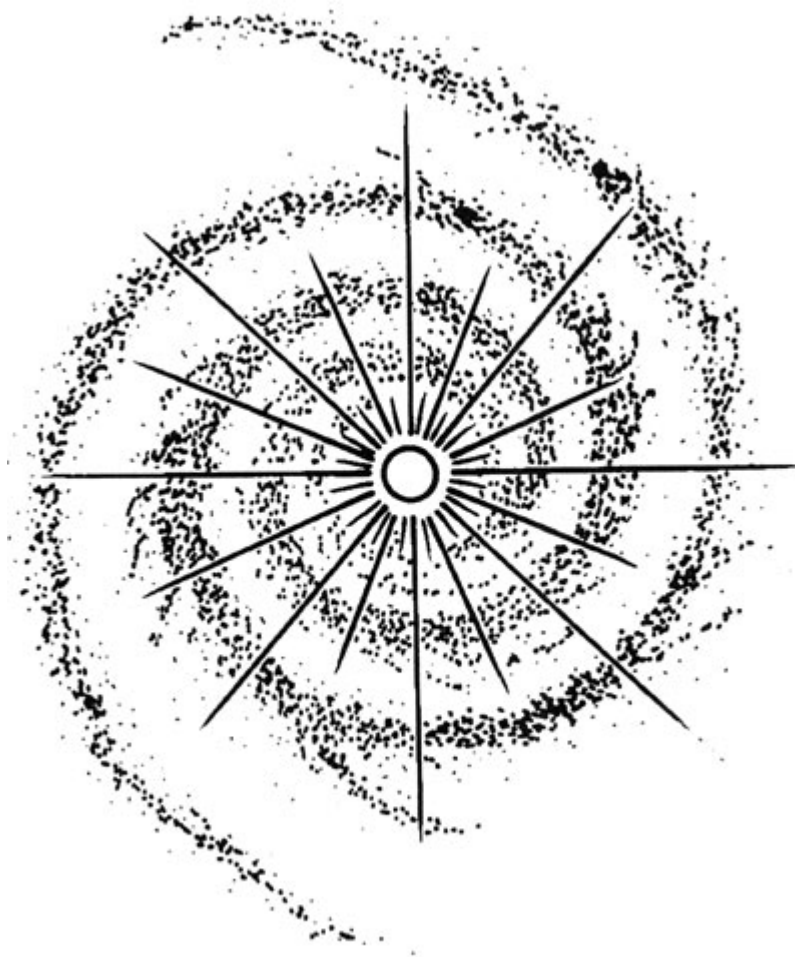


Fig 10.2 *The power of the spiral will help draw the energy into the cauldron untill the pearl forms.*

\$13.95



Fusion of the Five Elements
Basic and Advanced Meditations
for Transforming Negative Emotions

Mantak Chia
Illustrated by Juan Li

Fusion of the Five Elements is the first level of meditation in a Taoist practice also known as Fusion of the Five Forces in the Universe. It is the beginning of Inner Alchemy, a scientific process by which you gain control over the energies of your inner universe so that a connection can be made to the tremendous energy of the universe beyond the body. This energy becomes useful for self healing, day-to-day living and reaching spiritual goals. The Fusion meditation is the first step in learning to control the generation and flow of emotional, mental and physical energies within your body. The practice teaches you how to locate and dissolve the negative energies hidden inside your body. Using the Taoist Five Element Theory, a connection is made between the five outer senses - eyes, tongue, mouth, nose, ears - and the Five major emotions - anger, hate, worry, sadness, and fear. Once the negative emotion is identified with the organ it is stored in, it can be controlled.

The Fusion meditation shows you step by step how the negative emotions are removed from the organs. Negative emotions are neither suppressed nor expressed. Instead, their negative energy is brought to specific points in the body where it is easily neutralized, purified, and then transformed back into your original positive, creative energy. The great secret of crystallizing and storing your original positive energy in a mysterious pearl is revealed for the first time in the Fusion alchemical formula. This pearl is the essence of our life force energy, or Chi. It is central to nourishing the physical body, and later to nourishing the soul, or energy body. In more advanced Fusion practice, your soul/energy body becomes very controllable and its power can be balanced, strengthened and expanded to connect with the essence of the Earth and Star energies. The Fusion of 'the Five Elements practice is the essential first step toward complete emotional and spiritual development. In this useful and informative work, Master Mantak Chia leads you step by step to becoming an emotionally balanced, controlled and strong individual while offering you the key to an Immortal existence.

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