



The Universal Healing Tao



THE DARKNESS REVIEW

A NEWS LETTER FOR UNIVERSAL TAO DARKNESS RETREAT PARTICIPANTS

Year of the Yin Fire Pig, Month of the Rooster

September 23
2007 A.D.

About Wu Chi and the Tao,
Tai Chi & The Birth of the Five
Elements

秋分 qiūfēn
Autumn Equinox

道生一
Dao sheng Yi
Tao gives rise to one.



一生二
Yi sheng Er
One gives rise to two.
三生萬物
San sheng Wan Wu.

Er sheng San

San sheng Wan Wu.

Two gives rise to three.

The Way of Tao:

Three gives rise to all things.

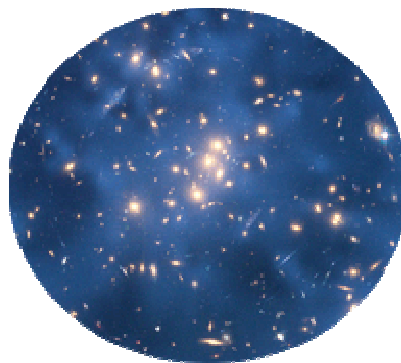
all things are born from the Mysterious Mother: Wu Chi or Nothingness.

In the Book "The Door to all Wonders", by Master Mantak Chia and Tao Huang, it says:

"Oneness is the first and oldest child to which the Tao gives birth. Existing within this oneness are the co-dependent, co-existent and co-supportive forces of two. This two is the harmony of yin and yang. When yin and yang unite, combining their opposite forces, three—the son of all sons, the copy of all copies, and the seed of myriad things in the world—is produced. This is the evolutionary process defined as **Tao gives rise to one; one gives rise to two; two gives rise to three; three gives rise to all things.**"

無

Wu



氣

Chi

"Wu Chi" can be translated as "According to Astrophysics 90% of the Matter in the Universe is Dark Matter, which is still hidden in the 'womb' of the Big Bang. The Universe we can see is part of the remaining 10% of Matter in the Universe, that has already been 'born' from the Big Bang.



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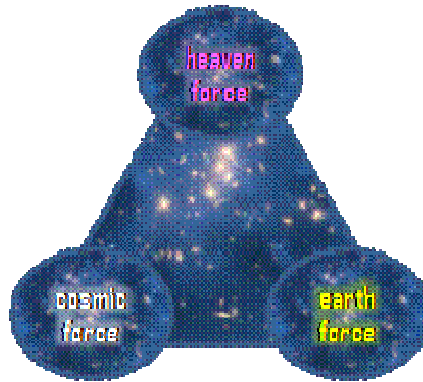


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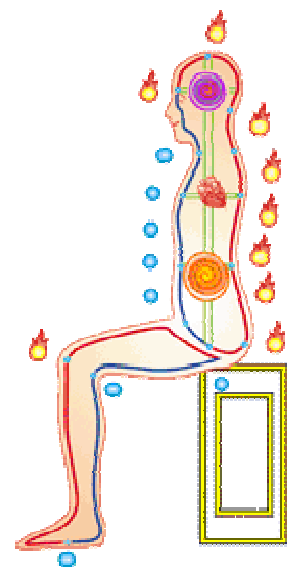
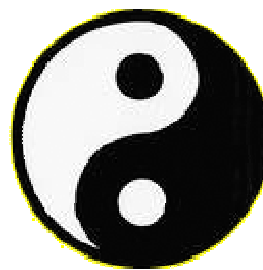
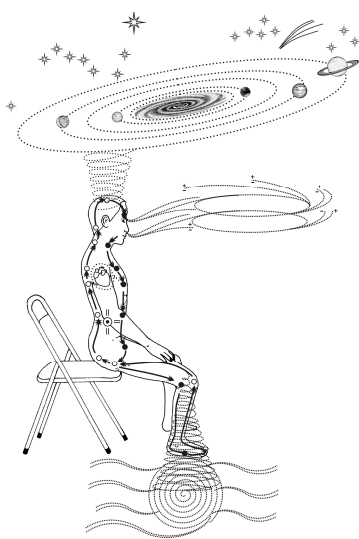
YANG



YIN

When Wu-Chi, the Primordial Deep, the Womb of the Great Mother, became pregnant of itself and from its fullness created Yin and Yang, the 'Three Pure Ones' arose: they are the Heavenly Force, the Cosmic Force and the Earth Force. The Universal Force pervades the Universe as the presence of Universal Love, creates and maintains galaxies, stars, planets and is drawn in by the Sun and the Moon to draw the energy of myriad galaxies into the energy field of the planet Earth. The Three Pure Ones are reflected in our body as the 'Three Tan Tiens': the lower (our Root), middle (our abdomen) and higher (our chest and head). Thus Tao is the Way for all beings that exists under the Heaven: They arise from Wu Chi, Nothingness, to become singularities, as Male or Female, Yin and Yang, pairing with others to achieve identity as what they are, uniqueness transcending differentiability, thus finding their way back into unity.

The Ancient Tao Masters called it:
Tai Chi





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In the book "The Secret Teaching of the Tao Te Ching", by Master Mantak Chia and Tao Huang, it is said like this:

Triple Unity

The subtle origin of the universe and the Tao is the source of all life, all beings, all things, all energy, and all their various manifestations. In the yin/yang symbol, the outer circle represents the oneness and the yin and yang energies represent the intrinsic polarity of all forms of energy. Yin and yang represent a unity of opposites, always balancing, completing, embracing, and containing each other.

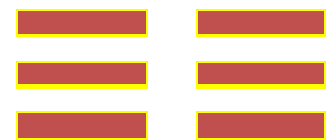
According to the Taoist view, the energy of the universe is comprised of three different realms. The interaction between yin and yang created the "three pure ones" or the three energy sources in the universe: the cosmic force, the universal force, and the earth force. Knowing that these energies contain the pure light of the Tao, we recognize the three pure ones in the three interlocking circles of the triple unity symbol. The outer circle of the yin/yang symbol can also be understood to represent the cosmic light energy while yang and yin represent the universal and the earth energy.

Cosmic Chi is born out of the original Chi of the Tao and literally carries the intelligence and essence of life. Guided by this intelligence, it spreads out into the universe and manifests in different densities and forms defined by the cosmic laws. This is how stars, planets, human cells, subatomic particles, and all other forms of life take form and are nourished.

In particular, cosmic energy descends and materializes into the human baby as it is attracted into the world by the magnetic field between the earth and the moon. Since most people have lost the ability to consciously and directly absorb the cosmic light, we can only do this in a materialized form, either by eating living substances that have absorbed cosmic light (plants) or by eating living creatures (animals) that have eaten the plants. This means that we only consume light in a more or less materialized form: cosmic dust, which in turn becomes plants and animals. Evolution is leading us to once again be able to consume from the source: cosmic light. In this way yin and yang have become one another, as the circle leads us back into light after so many years of disconnection from the source.



HEAVEN



EARTH

The 'Three Pure Ones', in interaction with Yin and Yang, gave rise to Father Heaven and Mother Earth, as three Yin combined to form Earth, and three Yang combined to produce Heaven. From the Marriage of Heaven and Earth the Five Elements arose: Fire, Earth, Metal, Water and Wood. According to Taoist cosmology the Three Pure Ones further continue to steer things in heaven as well as on earth, ruling the myriad galaxies and our own galaxy, which centers around the polar star.

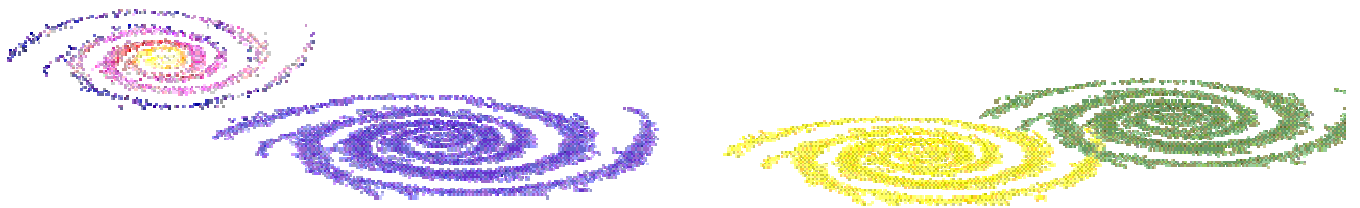


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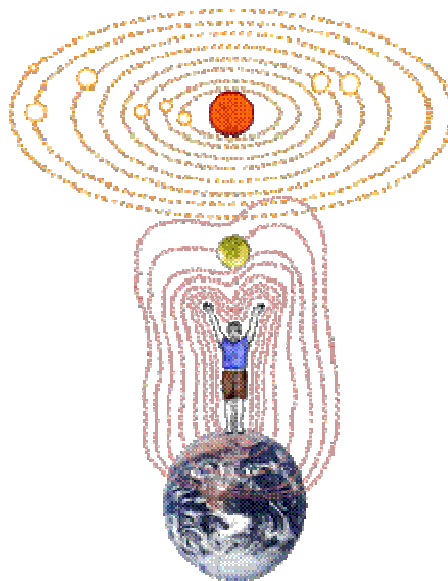
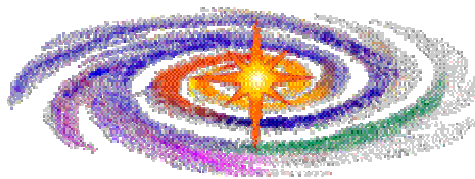
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We read in "The Secret Teachings of the Tao Te Ching":

The three realms are inseparable. Once we understand this threefold nature and experience its manifestation in our bodies, we have made a major step on our spiritual journey. We have pointed to the necessity of opening up the vertical axis and establishing a deep rooting in both heaven and earth. The three principal energy centers in our body are the three Tan Tiens, discussed previously. They are in reality the containers of the physical, soul, and spirit energy. The way we become human is through a process of materialization (the body is the material densification of energy) in which the subtle energy of the Tao, connected to our spirit, incarnates through our soul into our body. Heaven descends into the earth, and what is above and below are united.



And further:

As human beings, we are the highest manifestation of the cosmic light, which has its origin directly in the Tao, the oneness. The life we lead originates from this source. From this one, unlimited intelligence a process of densifying, materialization, and multiplication has led to our individual incarnation or manifestation in the physical realm. Taoist philosophy describes this process as "the one giving birth to the two." The interaction between the two results in the differentiation and multiplicity of the world of phenomena. To connect to the spiritualizing spiral of true intelligence that we are will strengthen the connection to the Tao.

In other words, the more we understand nature and the universe, the more we understand ourselves. As noted above, in Chinese cosmology and philosophy, the world of duality, of yin and yang, gives birth to the triple unity. This triple unity we find in the three basic energies in the universe (cosmic, universal, and earth energies) and in the interaction between man, heaven, and earth. In the human body, the interaction of heaven and earth forces (two) gives birth to the three Tan Tiens. Through the practice of the Taoist path, we once again unite the three in the One..

to be continued