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The Golden Elixir: The Importance of Saliva

Taoists writings mention the Golden Elixir, Nectar, the Fountain of Life. They are referring to changes in the quality of saliva that result when it is deliberately mixed with other hormonal fluids and external essences to become an elixir.

The potency of saliva in healing is illustrated by biblical references to the fact that Jesus used it to restore sight to a blind man and hearing to a man who was deaf.

As he passed by he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he should be born blind? Jesus answered, "Neither has this man sinned nor his parents, but that the works of God were to be made manifest in him. We must work the works of Him who sent Me, while it is day; night is coming, when no one can work. As long as I am in the world, I am the light of the world." As he said this, he spat on the ground and made clay of the spittle and anointed the man's eyes with the clay, saying to him, "Go, wash in the pool of Siloe." So he went and washed and came back seeing.

Then he returned from the region of Tyre and went through Sidon to the Sea of Galilee, through the region of the Decapolis. And they brought to him a man who was deaf and had an impediment in his speech; and they besought him to lay his hand upon him. And taking him aside from the multitude privately, he put his fingers into his ears, and he spat and touched his tongue; and looking up to heaven, he sighed, and said to him "Ephpheta", that is, "Be thou opened." And his ears were opened, his tongue was released, and he spoke plainly.

Function

Saliva is known to the Taoists as the Fountain of Life. It is recognized by Western scientists to be "an extremely complex fluid containing a huge array of substances that have the potential of affecting many aspects of the life of an individual." (Phillips, p. 40.) Saliva has a role in digestion, electrolyte balance, control of oral microflora, tissue maintenance, enamel maturation, acid neutralization, and behavior. Its functions include moistening of oral tissues, protecting teeth from cavities, aiding speech, acting as a solvent necessary for taste, and as a wetting agent to facilitate swallowing. Taoists believed it lubricates the intestines and provides moisture to the organs.

Salivary Gland Anatomy

There are three major pairs of salivary glands. The parotid, located by the base of each ear, are responsible for 25-35% of the daily saliva production of about 500 ml. (Edgar and O'Mullane, p. 8.) The submandibular produce 60-70% of daily saliva output. They are situated to either side and below the lower jaw bone. The sublingual glands, found under the tongue, produce up to 5%. There are a number of minor salivary glands which together produce the remaining 5-8% of normal daily salivary flow. These include the anterior and posterior lingual (at the front and back of the tongue), the labial (top and bottom lips), buccal (in the cheeks), molar and incisive (corresponding to teeth by those names) and palatine, found in the soft palate (Saracco).

Factors Influencing Salivary Flow Rate

There is a wide variation from one person to another in the unstimulated flow of saliva, which averages 0.3 ml./minute. Flow rate is influenced by body hydration and posture. Unstimulated flow is highest when standing, lowest when lying down. It peaks in the afternoon, and drops to zero during sleep. The parotid produces more saliva in winter.

Stimulated saliva flow is influenced primarily by the mechanical act of chewing and by taste, especially acid, followed by salty, bitter, and then sweet. When stimulated, there are changes in composition that make saliva better at preventing demineralization and promoting remineralization. When flow rate increases, the concentration of protein, sodium, chloride, and bicarbonate goes up, while the phosphate and magnesium concentrations decrease. Composition is affected by which gland is secreting, by rate of flow, duration of stimulation, hormones, drugs, previous stimulation, sexual arousal, exercise, biorhythm, pregnancy, and the nature of the stimulus.

With a high flow rate, the Parotid glands contribute 50%. Since they have a lower concentration of calcium ions than the submandibular glands, high flow rate results in reduced calcium content. While the type of taste does not effect electrolytes, a salty taste produces saliva with higher protein content.

Saliva Composition

Saliva contains electrolytes: sodium, potassium, calcium, bicarbonate, and chloride ions which play a role in "fluid transport, thought to be driven osmotically in response to

transepithelial salt gradients... generated by ion transport systems." Salivary proteins have antibacterial, digestive, and mineral-binding functions. The latter are important in maintaining supersaturation to prevent calculus formation and enamel demineralization. These proteins modulate adhesion of micro-organisms to oral surfaces and control bacteria and fungal colonization of the mouth.

Some of the proteins found in saliva and their functions:

Amylase: An enzyme, produced mostly by the parotids, initiates digestion of carbohydrates (starches and sugars).

Gustin: a zinc binding protein that may be an integral component of taste perception .

Lingual lipase: An enzyme that initiates fat digestion .

Lysozyme: An enzyme with the capacity to dissolve bacteria. Concentration is higher in saliva than in serum, indicating the important role of saliva as part of the immune system. Lysozyme may be a modulator of the inflammatory response, and also has a role in mineralization of bone and in the action of white blood cells .

Mucin glycoproteins keep oral tissue moist and lubricated.

Tannin-binding proteins may reduce toxicity of tannin, a substance found in such common foods as barley, legumes, fruits, berries, red wine, coffee, tea, cider, cocoa, and beer, and which in excess can damage the liver.

Presence of Hormones in Saliva

Thousands of years ago the Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices, beginning with the Inner Smile. They were specifically aware that saliva becomes like an elixir when sexual energy, enhanced by the sexual practices, including Ovarian and Testicular Breathing, massage of the breasts and testicles, and other advanced practices, is intentionally redirected and circulated through the Microcosmic Orbit, with the tip of the tongue held at the palate.

Western knowledge of the endocrine system is recent: most of it was discovered after 1920. The endocrine system of ductless glands produces hormones that, along with the nervous system, regulate, control, and integrate the neurochemical activity of the body. The glands of the endocrine system include the pineal body, pituitary, thyroid, parathyroid, thymus, adrenal, pancreatic islets of Langerhans, testes, and ovaries. In addition, the gastrointestinal mucosa, hypothalamus, placenta, skin, and kidneys also produce hormones. These chemicals have specific excitatory or inhibitory effects on tissues remote from the site where they are produced.

The basic fundamental processes of the body are under hormonal control: growth, development, maturation, and reproduction among them. The rates of various physiologic processes, their rhythmic variations, the rate of energy expenditure—in short, the basic life processes—are all regulated by hormones. These substances also have a profound effect on the functioning of the nervous system. Much of a person's behavior and most of the traits that collectively constitute personality depend on the normal functioning of the endocrine glands.

It was first assumed that circulation of endocrine hormones took place solely in blood and lymph. But with improved immunoassay techniques of the last two decades, Western scientists have been able to measure hormonal content of saliva. They find that "steroid concentrations in saliva are independent of flow rate and reflect those in ... plasma."

The implications of this finding should not be overlooked. Research literature emphasizes the use of saliva as a less invasive technique for studying endocrine function. But in light of the important and complex function of hormones, in tandem with the nervous system, to regulate, balance, and integrate complicated bodily processes, the Taoist practices that increase salivary flow and change its consistency and hormonal composition should be investigated. These historic methods can provide a simple, non-invasive means to improve health by influencing immune function and endocrine system efficiency.

Benefits of Combining Chi and Oxygen with Saliva

When we consume heavy rich food it tends to sit stagnant and deteriorating in the stomach. Oxygen is necessary for complete metabolism, just as air must be mixed with fuel in a car so that it will burn completely. Otherwise there is no vitality and ulcers, cancer, and other conditions are likely to develop.

When we gather, beat, and chew saliva before swallowing it, we mix in both the cosmic forces and oxygen. Saliva then becomes the vehicle through which oxygen is transported into the body through the digestive system. The tissues of the body need oxygen for vitality in much the same way that fish depend on oxygen-enriched water. In turn, this dissolved oxygen will help release trapped intestinal gas, much of which comes from swallowing air, particularly when we talk and eat at the same time. So mixing the saliva properly with air is very different from simply swallowing air, which creates gas and causes a distended stomach.

The different types of elixir include:

1. Salivary Fluid. Saliva is a fluid excreted directly by the salivary glands, with slight variation in composition depending on gland of origin, flow rate, stimulus, time of day, and other variables.

2. Elixir of Saliva Mixed with Pituitary and Other Hormones. Elixir of saliva mixes with hormones. Stimulation of the glands, like the pituitary, hypothalamus, and pineal glands, will help to proportionally increase hormone secretion, which is the essence of life. When hormones are mixed with the saliva, it becomes a different elixir. This elixir, when swallowed down in the proscribed manner, will help stimulate the thyroid, parathyroid, and thymus glands, which, in turn, further stimulate hormone secretion.

This action is enhanced by completing the Microcosmic Orbit. When the Chi-electromagnetic life-force-flows like electricity through the palate and the tongue, the vibration goes deep into the brain and down into the chest and will help activate the glands, exercising and strengthening them, rather than leaving them drained, which is what happens when they are artificially stimulated with chemicals.

3. Elixir of Saliva Mixed with Sexual Hormones. Elixir of saliva mixed with sexual hormones. When we are sexually aroused during the act of intercourse, or through massage of the sexual organs, this helps increase the amount of sexual hormones contained in the saliva. If we swallow the saliva down to the navel area in the manner outlined, the body can make use of this highly charged energy.

4. Natural Essence Elixir. The natural essence elixir absorbs the essence of the nature of mountains, lakes, forests, oceans, and earth to mix with the saliva. This is done by focusing on these elements, and absorb them through the third eye (mid-eyebrow), and skin and mixing with the saliva.

5. Cosmic Essence Elixir. Cosmic Essence Elixir results from mixing the essence of clouds, cosmic particles floating in the sky, the sun, moon, planets, and stars with the saliva.

6. Universal Essence Elixir.

Universal Essence Elixir absorbs the light from the universe, the primordial force, and the holy spirit to mix in the saliva.

Practice:

Prepare by doing some warm-up exercises like Spinal Cord Breathing, the Crane and the Turtle, to make sure that the spinal cord is loose and that you feel comfortable and relaxed. (See Awakening Healing Light, Appendix.)

1. Sit in a comfortable position on the sitting bones, with the back straight. Men, sit on the edge of the chair so the sexual organ can hang freely.

2. Start with the Inner Smile. To practice the true, happy smile lightly lift up the corners of the mouth, raise your cheeks, and feel the muscles around the eyes engage. (See Figure 1.) Crow's feet wrinkles should

appear around the eyes and there should be a subtle drop in the eye cover fold so that the skin above the eye moves down slightly toward the eyeball. This kind of smile activates the brain centers for enjoyment which researchers found to be near the left anterior region of the cortex.

Picture your loved one or a place that you like and smile to him/her or the place, until you feel him/her or the place smile back to you. Bring that smiling energy down to the organs and the whole body.

3. Bring your attention back to your face. Smile, and lightly lift up the corners of your mouth. Place the tip of your tongue behind your teeth, resting on the palate. Press and move it around to find a sensitive point, a depression or a hole, where the tongue rests naturally.

4. Smile to the palate, smile until you feel the palate open, like a hole opening into the heavens. Feel nectar flowing down from the heavens. The palate point is also known as Hsuan Ying, the Heavenly Pool.

5. Become aware of your mouth, nose, and eyes. Gently close the mouth. Inhale very slowly and lightly press the tip of the tongue to the palate. Feel that you are drawing in the smiling energy, the essence of the air around you, into your eyes, nose, and mouth. When you exhale, feel that you are condensing this essence in your mouth. Do this 9 to 18 times, until you feel a connection between the tongue and the palate.

6. Feel an electric vibration on the tongue and palate and in the salivary glands and the glands of the brain. This is the natural way to stimulate and strengthen the glands. Become aware of and picture the pituitary gland. Feel the vibration reach this gland. Become aware of and picture the hypothalamus and the pineal gland, and feel the electric vibration stimulate these areas of the brain.

7. Feel saliva starting to flow out more copiously, and the vibration going deeper and deeper into the brain. The palate feels very porous. The hormonal secretion will start to drip down from the palate. Use the tongue to sweep around the mouth, gathering the nectar. It tastes different from regular saliva, thicker, sweeter, and more fragrant.

8. When you have gathered a mouthful of saliva, move your tongue in your mouth, as if you are chewing and eating delicious food, mixing them together. Move the saliva back and forth, left and right, up and down to mix all the essence, hormones, saliva, and air together.

9. Become aware of the Tan Tien in the navel area. Divide the saliva into three parts. Swallow the first part to the navel, the second to the left side of the navel, and the third to the right side of the navel.

The Proper Way to Swallow Saliva

When the elixir is ready, lightly press your chin to the back, so the top of your head is pointed upward. Lightly tighten the neck near the throat muscle. This will make it hard to swallow. Lightly use force to press the saliva down. You can hear the gablow sound and feel the throat muscles and Adam's apple move. This will help activate the thyroid, parathyroid, and thymus glands.

10. Cover your navel. Feel it grow warm. Split the warm energy in two. Let it flow down the front of the legs to the big toes, back to the soles of the feet, and up the inside of the legs. Bring the energy up to the perineum. Lightly pull up the anus and sexual organ toward the coccyx and the sacrum. Guide the Chi flow up the spine to the neck. Divide it again into two parts and let it flow down the outside of the arms, to the middle fingers, and back up to the palms. Draw the energy up to the armpits and bring it together at the back of the neck. Bring the Chi up to the crown, mid-eyebrow, and down to the mouth again.

Circulate the energy this way 3 to 6 times. Rest. Feel that you have been recharged and are filled with energy. We will continue this topic in the next issue with more on the Sexual Elixir.

One Hundred Day Home Practice

Awaken Healing Light

Begin with the Inner Smile and the Six Healing Sounds, and continue with the Microcosmic Orbit Meditation found in the Awaken Healing Light book.

Warm-Up

Start with the Chi Kung warm-ups: Spinal Cord Breathing, shaking, Crane Neck, and Turtle Neck. Feel your body relax; all the joints are open.

Do all movements 18, 36, or 72 times. If you concentrate on counting the repetitions, it will help you attain better results.

A. Stage One. Activate your Original Energy: Warming the Stove

(Do Stage One for 2 weeks.)

1. There are four steps for all energy work:

a. Activate the Chi: Do abdominal breathing 36 or 72 times (or laugh to vibrate the abdomen) to activate the energy with movement.

b. Gather the energy: Rest, feel the energy, and use the mind's eye power to gather the Chi in the navel.

c. Condense it into a dot upon exhalation.

d. Retain or store the energy internally.

2. Open the Door of Life and activate kidney energy. Spiral the waist area to massage the kidneys and intestines.

3. Activate the Sexual Center (Ovarian or Sperm Palace).

Women: Transform blood into Chi; massage the breasts. (See Figure 1.) Gather Chi from the breasts, vaginal area, and glands in the brain into the Heart Center. Massage the kidneys, groin, liver, and gall bladder.

Men: Transform Ching (Sperm Energy) into Chi. Massage the kidneys and gather the energy. Massage the testicles and gather the energy. (See Figure 2.) Hold the testicles and massage the navel.

4. Bring all the energy into the Original Force behind the navel, in front of the kidneys, and in the . Fix your mind there for a while to feel the Chi build up.

5. Awaken your tongue. Place your tongue behind the teeth. Breathe the essence into the mideyebrow and the mouth; exhale and condense Chi into the mouth and the tongue until you feel electricity flow through the tongue. This will activate the elixir (saliva mixing with glands and sexual energy). Swallow the elixir three times down to the navel. Do at least 3 to 6 swallows.

6. The Cosmic Inner Smile: Feel the virtue inside you expanding to connect with cosmic love, kindness, and joy. Bring this energy into the organs.

a. Bring your hands in front of your heart and feel the golden light or smile in front of you and let it flow into the mid-eyebrow and down to your heart. Open your heart; make the heart sound and feel a little flame inside your heart burning away all negative emotions. Feel your heart opening more and smiling back to you. Start spreading this positive feeling of light, love, joy, and happiness into your:

b. Thymus gland;

c. Lungs (picture a white color and feel courage);

d. Liver (picture a green color and kindness);

e. Spleen, pancreas (yellow color and fairness, openness);

f. Kidneys (picture a blue color and gentleness);

g. Sexual organs (connect sexual energy with love from the heart and bring this energy into the navel.)

h. Bring your attention back into your heart where you feel love. Imagine a person you love in front of you and send this person all your love. (See Figure 3.) If you feel you still have more love to give after this, imagine a person you don't like that you have problems with. Extend your love toward this person, too.

7. Healing Love Practice

The feeling of love will help you activate and transform your sexual energy, making it very easy to do the sexual practice. The Healing Love section details the sexual practice.

a. Testicle and Ovarian Breathing;

b. Power Lock and Orgasmic Upward Draw.

8. Gather this force into the Original Force. Concentrate on the navel and use the word Chi or count from 1 to 9 and 9 to 1 for 10 to 20 minutes.

9. Swallow the Saliva to Guide the Microcosmic Orbit

a. Once you feel the Tan Tien (navel area) warm and full of Chi pressure, activate more saliva with the tongue and mix it with other forces to become the elixir.

b. Swallow the elixir three times to the Tan Tien and concentrate until it warms. Split the elixir Chi into two to flow (1) down the front of the feet to the big toes and back to the soles, and (2) up the back of the legs to the perineum (vagina/testicles, anus). Pause for a while.

c. Very lightly pull up the perineum and anus to the coccyx and feel the Chi flow up to the spine and up to opposite the Heart Center. Here it splits into two: toward both arms and down the outsides of the arms to the middle fingers and up the palms. Pause for a while.

d. Guide the Chi up the insides of the arms to the armpits and join it at the C-7, then bring it up to the base of the skull and the crown. Pause for a while.

e. Let the Chi flow down to the mid-eyebrow and then to the tongue and mouth. Rest the mouth and the tongue for a while to gather the elixir again. Repeat this 6 to 9 times.

10. Mind and Breath Circulation of the Microcosmic Orbit

a. Be aware of the mid-eyebrow. Inhale into the mid-eyebrow, and the mouth very slowly, exhale down the front channel to the perineum. Pause for a while and continue down to the soles of both feet. Rest and feel the earth force.

b. Inhale and feel suction at the soles of the feet and the perineum at the same time and lightly pull the perineum up bringing the energy to the coccyx and up the spine to C-7. Then exhale down the outside of the arms to the middle fingers. Rest at the palms for a while and feel the palms breathing.

c. Inhale from the palms up the insides of the arms, up to C-7, and up to the crown. Hold your breath for awhile. Exhale out the mid-eyebrow and the crown. Repeat this 3 to 6 times.

11. Gather the force at the navel area and feel it warm for a while.

12. When you want to finish, collect the energy at the navel to finish the meditation. Finish by moving 36 times in one direction and 24 times in reverse, back to the navel. Women start moving the energy counterclockwise; men move energy clockwise.

13. Do Chi Self-Massage. At night do the Six Healing Sounds before sleep.

B. Stage Two: Activating Earth Force Energy to Strengthen Kidney Yin

After completing Stage One, move on to Stage Two for 2 weeks and then connect to Mother Earth Energy.

1. With the palms face down, do the heart Hawwww sound down to the fingers and the toes. This will sedate the heart. Feel cloudy gray energy go out. Do 3 to 6 times and feel the sick and negative energy vent down to Mother Earth.

2. Feel the palms pulsing. Feel the soles of your feet pulsing, too. Inhale the cool, gentle, friendly, blue force of the earth; lightly dim your eyes and feel the suction in your hands and feet.

3. Rest and pause before taking a breath to feel the yin, cool, blue, gentle, and kind energy from Mother Earth rise up to the kidneys. Feel the heart and kidneys alight together. Picture the heart moving back to the spine and connecting through the spine with the kidneys as they harmonize and balance each other.

4. Feel free to belch and yawn to activate the saliva and swallow as much as you can.

5. Spend 10 to 15 minutes on the Original Force until you feel Chi force build up and go to heal any illness and strengthen your body.

6. Circulate the Microcosmic Orbit with the saliva, mind, and breath.

7. Collect the Chi at the navel area.

8. Do the Six Healing Sounds before sleep.

C. Stage Three. Activate the Mid-eyebrow and Draw in Higher Self (Cosmic) Energy

Each stage will help you get more proficient and feel better. Do Stage Three for two weeks. Do Stages One and Two and continue to Stage Three.

1. Cosmic Chi

a. Raise your hands with the palms facing outward near your mid-eyebrow. Smile toward the golden light and the natural forces. (If possible, look out of the window into nature-trees, mountains, lakes, the ocean, etc., to connect with this force.) Knock your teeth together 36 times very gently to activate the mid-eyebrow and head.

b. Inhale through the mideyebrow point, lightly dim your eyes, and feel the suction in your palms, feet, and sexual organs. Slowly bring the energy through your mideyebrow into your mouth and to your tongue. Expand your awareness of natural forces as a golden light in front of you.

c. Breathe the essence into the mid-eyebrow and mouth; exhale and condense into the mouth until you feel electricity flow through the tongue and activate the elixir. (Golden elixir is a mixture of the golden light, the glands' secretions, sexual energy, and saliva.)

d. Open the heart: let the golden elixir flow down or swallow it down to the heart and feel more love from the universe flow into you and all the organs. Combine loving energy with sexual desire. Draw all these energies into the Original Force behind the navel.

e. Repeat 9-18 times, or as long as it takes, to feel a vibration in the tongue, which indicates that the energy is connecting. Feel your palms, feet, sexual organs, and the mid-eyebrow breathing.

2. The Golden Chi-Egg (or Ball)

a. Feel the golden light in front of your mid-eyebrow, Inhale it down to the coccyx/sacrum and then up the spine, cleaning the bone marrow and exhaling through the mideyebrow everything gray, negative, and sick.

b. Feel with each inhalation the light grow inside your spine from a small pipe to a pillar of light: a column filling the body and finally reaching the outside of the body and covering it like a golden egg or ball. (See Figure 7.) This covering serves as a protection for the body as it simultaneously gives energy.

c. Bring your attention back into your Original Force and condense the energy there for 10-20 minutes. Be aware that 3 to 6 inches above your crown is a ball of light representing your higher self. This exercise cleanses the aura, strengthens the spirit and mind power, and gives a lot of healing power.

d. Circulate the Microcosmic Orbit with the saliva, then circulate with the mind and breath.

e. Collect the Chi.

D. Stage Four: Opening the Functional Channel by Connecting the Three Tan Tiens:

Do Stages One through Three and follow with Stage Four.

Connecting the Three Tan Tiens:

1. Be aware of the Mid-eyebrow and Heart Centers. Inhale to the mideyebrow, and exhale to the heart. Feel these two points as if connected through a pipe.

2. Inhale to the mid-eyebrow, spiral with the mind and eye. Inhale to the heart. spiral, exhale back to the mid-eyebrow, and connect the points in your mind. Feel them aline in one pipe. Repeat several times.

3. Be aware of the mid-eyebrow, heart, and navel. Feel them aline. Inhale to the mid-eyebrow, inhale to the heart, and exhale to the navel.

4. Inhale to the mid-eyebrow, inhale to the heart and the navel, and exhale to the mid-eyebrow. (See Figure 8.) Again repeat this sequence until you feel a connection.

Connect the Functional Channel:

5. Inhale to the Mid-eyebrow, Heart, and Navel Centers, and exhale to the Sexual Center.

6. Inhale to the mid-eyebrow, throat, heart, solar plexus, navel, and to the Sexual Center; exhale to the mid-eyebrow. Rest and feel them connect into one pipe. Repeat a few times.

7. When reaching the perineum, you will always start inhaling there. Slightly contract and create a suction, inhale to the Mid-eyebrow, Heart, Navel, and Sexual Centers, and exhale to the perineum, down and out through your feet, and out through the mid-eyebrow. Repeat 9 times. Take time to feel each point open and connect to each other.

8. Fix your mind's eye and heart at the Original Force for 10 to 15 minutes. Feel the mid-eyebrow, palms, soles, and perineum pulsing and breathing.

9. Circulate the Microcosmic Orbit with the saliva, mind, and breath.

10. Circulate the Microcosmic Orbit again with the saliva, then with the mind and breath.

11. Collect the energy at the navel area.

12. Do the Six Healing Sounds before going to sleep.

E. Stage Five. Open and Connect the Governor Channel from the Coccyx to the Crown

Do Stage One through Four and follow with Stage Five for 2 weeks. Picture your spine as a hollow tube extended from the base up to the top.

1. **Coccyx/Sacrum:** Lightly contract the perineum, anus, and sexual organs. Pull your anus toward the forward, hold your breath a little bit and then exhale through your feet and toes. Let go of everything dark, cloudy, heavy, and tense. Feel them connect into one pipe. Repeat 3-9 times.

2. **Door of Life:** Again slightly contract the perineum and sexual organs; pull the anus toward the coccyx and sacrum, tilt the sacrum, inhale another sip of air to your Door of Life; hold your breath there and

then exhale to your feet and toes discharging everything dark and cloudy. Feel these points connected. Repeat these steps 3-9 times.

3. T-11: As above, inhale one more sip of air toward your T-11, hold it there; activate this point by pushing out the spine a little bit, and then again exhale out to your feet and toes.

4. C-7: Repeat as above, adding the C-7 point, and activate it by sinking your chest. Exhale to the feet and feel the connection between the points.

5. Base of the Skull: Sip the air to go up to your Door of Life, T-11, C-7, and reach the base of the skull. Hold your breath there a little bit and activate this point by pushing your chin back lightly. Exhale to your feet. Feel a golden pipe connect all these points.

Connect to the Higher Self

6. Crown: Now reach your crownpoint. Repeat the same steps as before, but this time look up and exhale out of the crown toward the North Star and the Big Dipper. Feel the universal force above you: the violet light of the North Star and the red light of the Big Dipper. (See Figure 9(a) and 9(b).) Hold your hands with palms facing out above your crown, moving them and the body in a circular motion, supporting the energy flow. Look toward the crown (with your eyes closed) and vocally make the Heeeee sound to help open the crown. Feel a frequency extend above the crown about 6 inches and a star or light above you. This is your higher self. (See Figure 10.) From the star above you have a tiny frequency extending up to the North Star and Big Dipper. Picture your hand reaching out to hold the Big Dipper and pour the cup which is filled with amethyst (a violet/red color) over your crown. Turn your palms toward the crown and beam energy down. Bring your hands slowly down to your lap, resting them there, palm to palm.

7. Now move your attention back to your Original Force. Feel the energy flowing into your crown and mideyebrow when you inhale. Condense the red and violet light from the stars into your Original Force when you exhale.

8. Circulate the Microcosmic Orbit with the saliva. Circulate the Orbit with mind and breath.

9. Collect the Chi.

F. Stage Six. Complete the Microcosmic Orbit

1. Inhale to the mid-eyebrow and into your mouth. Condense the energy in the palate toward your tongue. Do this 6-9 times or as long as it takes to feel the connection between the tongue and the palate.

2. Throat Center: Let the energy flow to the Throat Center and spiral there with your attention and your eyes. Go on to the Heart Center.

3. Heart: Spiral there and go further to the Solar Plexus.

4. Solar Plexus: Here you want to feel a sun radiating a white light that connects you to the big sun and surrounds you. Finally you return back to the navel. Concentrate the energy in your Original Force and feel connected with your higher self.

5. Fix your mind on the Original Force; activate the five pulses: mideyebrow, crown (include the back part), palms, soles, and the perineum. Do this for 10 to 15 minutes.

6. Collect the Chi.

Do the Six Healing Sounds before going to sleep.

G. Fast Microcosmic Orbit Practice

After 100 days of this practice, you can do the fast Orbit practice: (1) Chi Kung Warm-up; (2) Activate the Original Force; and (3) Activate the Five Pulses.

1. Fix your mind, eye, and heart power at the Original Force, and activate the five pulses:

a. The crown pulse, feel your breath drawing in the universe: violet/red unconditional love;

b. The mid-eyebrow pulse draws in the cosmic golden light and determination power of the mind;

c. The palms pulse and draw in the earth and cosmic energies. Face the palms down and feel them breathing and pulsing.

d. The soles' pulse draws in the earth's blue, gentle, kindness force.

e. Perineum breathing and pulse.

2. Sometimes you can be aware of the light in one or two forces: Fix your mind 95% in the Original Force; 5% at the five pulses. When you inhale feel yourself draw in the Chi from the five pulses. Exhale condensing to the Original Force. Feel the loving energy in the heart and sexual compassion in the Sexual Center as they mix in the Original Force.

3. Do for 5, 10 or 20 minutes.

4. Move energy in the Microcosmic Orbit with the mind and breath for 9 to 36 repetitions. Rest; feel that the whole body has love and an orgasmic feeling inside.

5. Collect the energy.

Healing Love Through the Tao

Sexual practice is part of our prenatal force and is the most important energy system in the whole body. Many traditions practice celibacy in order to conserve sexual energy. The Healing Love practice is one of the best ways to conserve and transform sexual energy. The arousal of the sexual energy mixes with love, sometimes known as bliss or ecstasy, and is the same vibration of the higher spiritual energy. This sexual energy can help us to make connection to the higher force (God). In Taoist sexual practice we know it as marriage to God or oneness with God.

A. Levels of Practice

1. Activate sexual energy with Ovarian and Testicle Breathing. Learn to cultivate, circulate, and redirect it for healing, rejuvenation, and spiritual energy.
2. When you learn to control the physical, sexual energy and have harmony between the male and female energy within you, you experience harmony and balance in your mind and your spirit as well.
3. Perform self-intercourse. Develop the male (fire, love in the heart) and female (sexual compassion and sexual desire) energy in you. Let these two forces have intercourse. Feel the orgasm last longer and longer in you and connect to the cosmic orgasm outside of you. Enjoy more fulfilling and longer lasting sexual intercourse. This process will give birth to the immortal fetus. We need to raise this self up to adulthood.
4. Reunite with, or marry, the light (Holy Spirit, the One that comes from above, God) and give birth to the true immortal self. Raise the immortal self to adulthood. Then you are free to travel in the universe.

B. Basic Techniques:

1. Testicle and Ovarian Breathing
 - a. Activate the energy of love and the sexual energy; draw more love and sexual energy from above and exhale into the testicles and vagina. When inhaling, lightly pull up the testicles or lightly squeeze the vagina and feel yourself draw the energy from the ovaries into the cervix.
 - b. Do this until you feel the sexual energy change to orgasm, blissfulness, and light and has started to flow up to the crown. Picture a silver pipe extended from the base to the crown.
 - c. Gently pull up on the sexual organs, spiraling at each station of the Microcosmic Orbit up to the crown. Rest and spiral at the crown with your eyes and mind to distribute the sexual energy and increase brain power and memory. When the crown fills with the energy, let it flow down to rejuvenate the glands and the organs. Men can gather energy at the navel. Women need to bring the energy down to the heart or the navel and gather it there.
2. Big Draw Power Lock
 - a. Activate the energy of love and sexual energy. Imagine you and your loved one having sex above your crown. The union creates the Golden Elixir. Feel the sexual fluid flowing down to the crown and whole body. Bring more orgasmic feeling into the sexual organs until you feel the sexual energy change to light and flowing energy. The orgasm starts to flow through the silver pipe of the spine into the crown.
 - b. Activate the cranial pump, tongue, teeth, chin, anus, eyes, muscular pumps, hands, legs, feet, sacral pump, buttocks, and perineum.
 - c. Continue to pump the energy up the spinal cord to the crown, repeating the process 9 times.
Exhale.
 - d. Rest and feel the sexual orgasmic loving energy flow up to the crown and above the crown and then the sexual fluid flow down. Spiral the energy in the brain. When it is fully in the brain, it will flow down to the glands and the organs.
If men feel too much energy, they need to bring it down to the navel. Women can do the same as a precaution.
3. Orgasmic Upward Draw
 - a. You can follow with the Big Draw or activate the sexual feeling to feel the orgasm and love. Sit back or lie down; relax the whole body and be aware of your sexual organs; feel the love and sexual orgasm slowly raising up the silver pipe to the brain. Feel the sensation of orgasm in the brain, the senses, and the organs.
 - b. Feel the orgasm in the Sexual Center and the heart; let it flow up to the kidneys. In the kidneys, notice the energy of gentleness multiply.
 - c. Let the orgasm flow into the liver and feel kindness.
 - d. Let it flow to the spleen and feel fairness and openness.
 - e. Let the orgasm flow into the lungs and feel courage.
 - f. Feel it in the heart and experience love, joy, and happiness.
 - g. Feel the whole body vibrating and pulsing inside with cosmic love and cosmic orgasm. Do this for 10 to 20 minutes. It has a lot of healing and rejuvenating power.

4. Valley Orgasm

a. The valley orgasm applies when making love. The purpose of a valley orgasm is to create the best energy of love and orgasm; i.e., the best essence of the brain, glands, senses, organs, and sexual energy combined. You need to spend at least 20 minutes in lovemaking until the love and sexual orgasm combines as one energy with your partner. At this time both yin and yang sexual energy combines to the best harmony. There is no man and woman, the perfect harmony is one. This is known as the truth union.

b. For males, if you use the 9, 6, 3 shallow and 1 deep method to properly stimulate your female partner, intercourse can last longer. Keep the buttocks tight. When you are near ejaculation, stop before it happens. Focus your eyes up and move them in a circle. Use the mind to guide the orgasm feeling up the silver pipe to the brain. Exhale. Relax down to the testicles and the penis, until you have control. Feel the orgasm pull up to the brain and feel it in the brain. When you are in control, use the simple Big Draw. Pull and contract the urogenital muscle, the sexual organs, and the anus up to the crown. Rest and exchange the energy with your partner.

Women follow the same procedure to bring the orgasm into the brain after the man gets his ejaculation in control.

c. Continue into a second round of sexual intercourse and bring the orgasmic energy up to the senses, organs, and the whole body including every cell. Feel all the cells filling with the orgasmic energy.

d. After you finish, sit and meditate together for a while to gather the excess energy that still remains; swallow the saliva many times. Saliva contains the essence of the sexual energy.

5. Three Ways to have Excellent Sex

a. Draw up the orgasm energy as many times as you can control it, and, finally, ejaculate out. This will draw up much of the life-force that is generated by the sperm. You may lose only 30-40% of your energy.

b. Draw up the orgasm energy as many times as you can control; on the final time when you can't control it anymore, right before your ejaculation use the three finger method to block the million dollar point. Wait until you feel the ejaculation stop, then release the fingers. Massage the perineum, coccyx, and abdominal area. Gather the force and swallow the saliva. In this way you feel the ejaculation, but lose only about 20-30% of your sexual energy.

c. Draw up the orgasmic energy as many times as you can control it. When you decide to stop, just let the erection down and withdraw. In this way you keep all the orgasm energy that you generate.

Notice for men: When you do this practice, you suddenly will have too much energy. You will need to convert it to love, kindness, and gentleness. Otherwise this powerful energy can be changed to extreme anger and negative energy. Do good to others without letting them know. Be constantly aware of the sexual orgasm energy which will rise up to the heart and change to love.

6. Making Sperm Shortens Worms' Lives

Scientists discovered, as reported in the New York Times and the San Francisco Chronicle newspapers of December 3, 1992, that the simple act of making sperm substantially shortens a male worm's life span (research by Natalie Angier).

Normally worms live 8 to 9 days. When the scientists manipulated the males so they lost their capacity to make sperm while retaining their taste for intercourse, the altered nematodes lived at least 50% longer than the normal, fertile males. These worms lived up to 14 days. They also realized that making sperm is far more difficult than scientists had imagined, demanding a diversion of resources that might otherwise go into ensuring the males long-term health. They discovered that those males that were prevented from mating (celibacy) lived shorter lives than the worms that had sex but did not lose the sperm. Those not having intercourse lived only 11.1 days.

This discovery fits into the Healing Love practice which was discovered more than three thousand years ago: making love without losing sperm or seminal fluid. The Healing Love method goes beyond just holding the sperm inside. The energy of the sperm that is retained can be multiplied many times. This increases the healing, creative, and generative forces. It nourishes the whole body and provides the energy for spiritual work.

Iron Shirt: Internal Organs Exercise

With the practice of Iron Shirt, you no longer depend on just the nose to bring Chi into the body. You will breathe through the skin and the bones to draw more Chi directly through the whole body. This exercise consists of gently packing Chi into the organs, increasing Chi pressure, and circulating Chi in the Microcosmic Orbit.

A. Embracing the Tree

Trees have very powerful healing power, especially the oak tree and the pine tree.

1. Start with the palms face down to activate the earth healing energy while doing Bellows Breathing 36 times. Use the mind's eye power to draw in the force through the palms. Feel the palms breathing.
2. Raise your hands to the mideyebrow to activate the golden light and the forces of nature. Feel the mid-eyebrow and palms breathing.
3. Raise your hands above your head with palms face up to help activate the violet light from the heavenly North Star and the red light from the Big Dipper. Feel the crown breathing.
4. Hold your hands in front of you at waist level and do Skin and Bone Breathing. Collect the energy.

B. Iron Bridge

1. Start with Bellows Breathing. Keep the knees and hips straight; bend backward keeping the neck close to the chin and feel the fasciae pull from the groin to the neck.
2. Bend forward. Pull the abdomen to the back and let it shake up and down to open the back. Stand up and lightly tap from the kidneys to the sacrum. This is a very good exercise to strengthen the back for those with back pain.

C. The Turtle and the Buffalo

1. Repeat Bellows Breathing 36 times. Inhale lightly to pack and pull up the sexual organs. Make fists and bend down level with the knees. Breathe into the kidneys and activate the sacrum.
2. Drop your hands down to the back or use them to cover the sexual organs. Raise your head up to do Buffalo Breathing. Slowly stand up and gather the energy.

D. Tiger Sound

1. Pretend you are a tiger. Form tiger claws with your fingers, and lift your arms in front of you so that your hands are at ear level.
2. Slowly bend your knees, keeping your back straight as you breathe the Haaaaa sound out your mouth. Keep your eyes and mouth open.
3. Repeat 9 times. Then, with your knees still bent, cross your hands in front of you. As you pull them apart, do the last Haaaaa sound by contracting the lower Tan Tien.

Healing Tao: Basic Training

The Healing Tao makes available many books, tapes, videos, posters, formula Chi cards, and other materials to help you learn the practice. There are nine basic training titles in the Healing Tao book series. The newcomer might not know where to begin. Below is a short outline describing each component of the practice in a suggested sequence. There are many Certified Instructors, some of which may be in your area, who will be happy to assist you.

1. Learn to Transform Negative into Positive

This practice will teach you how to transform negative energy into good life-force, instead of merely dumping it out and wasting it. As you clear out the negative feelings you have accumulated in the world and conserve your positive energy, you will find yourself with increased energy. Each person is responsible for transforming his or her own negative emotions into positive ones.

Start with the Inner Smile and Six Healing Sounds practices found in the book entitled, Taoist Way to Transform Stress into Vitality.

There are also other helpful tools:

Audio cassettes

- C09 Inner Smile (Guided Practice)
- C10 Six healing Sounds (Guided Practice)

Videotapes

Professionally made and animated to show the energy flow.

- V42-G Inner Smile Meditation
- V43-G Six Healing Sounds
- V62-TP Six Healing Sounds/theory and Practice

Follow with the book entitled, Chi Self-Massage: The Taoist Way of Rejuvenation.

Weak senses, glands, and organs are easily influenced by negative emotions. Negative emotions are known to drain your life-force and weaken your immune system, which can cause disease. Strengthening your senses, glands, and organs will help transform your stress into vitality. A simple way to do this is to massage, strengthen, and rejuvenate them as described in Chi Self-Massage. Practice for four to eight weeks. Feel the effects on your healing organs as you change your negative emotions into good feelings.

Videotape

- V52 TP Chi Self Massage Theory and Practice

2. Learn to Conserve and Recycle

Your Life-force It is important for you to become more familiar with "smiling down". (See Figure 1.) This practice will relax and charge the organs with smiling energy enabling you to progress to the Awaken Healing Light book where you learn how to conserve what you already have. As you recycle and transform your energy, you can expend less energy and yet have more. Through this practice you activate the Original Force inhabiting the navel area and connect to unlimited sources of life-force: the earth force through your feet, and cosmic and heavenly forces through your mid-eyebrow and crown, respectively.

Learn to connect your Functional and Governor Channels. Train the mind to recycle the energy in the Microcosmic Orbit. (See Figure 2.) This will enable you to tap upon more healing power and help you improve your life overall by giving you more energy and creative power.

Audio Cassettes

- C11 Microcosmic Orbit (Guided Practice)
- C19 Microcosmic Orbit (set of six Workshop tapes)

Videotapes

- V61-T Microcosmic Orbit/Theory (Workshop)
- V61-M Microcosmic Orbit Meditation (Workshop)

3. Conserve and Transform the Sexual Energy

The next step is to learn how to conserve, control, and transform the creative force of sexual energy. The books, *Healing Love Through the Tao: Cultivating Female Sexual Energy* and *Taoist Secrets of Love: Cultivating Male Sexual Energy*, give practical advice. Men learn how to control ejaculation, transforming the sexual energy back into life-force. Women learn how menstruation can be controlled and how to transform this energy back to life-force. Both books teach how to capture aroused and unaroused sexual energy. Circulating the energy of sexual orgasm in the Microcosmic Orbit helps it flow into the organs and glands and rejuvenate the brain. Learn the new experience of multiorgasm; this process will multiply many times the most powerful life-force. Learn to rechannel this force to improve relationships, heal, create goals, and perform spiritual work.

Audio Cassettes

- C11a Healing Love Through the Tao (Guided Practice)
- C27 Healing Love (set of four Workshop tapes)

Combined Guided Practice

- C 14 Sitting Meditation for Home Instruction (This cassette combines the practice of the Inner Smile, Microcosmic Orbit, and Healing Love in one single sitting session.)

Videotapes

- V63-T Healing Love Through the Tao/Theory (Workshop)
- V63-P Healing Love Through the Tao/Practice. (Workshop)
- V40-G Home Basic Sitting Meditation (Combined Guided Practice in Animation)

4. Managing Your Life-force

Once you are able to feel Chi and sexual energy flowing in the Microcosmic Orbit, you are ready to begin the series of standing postures described in the book entitled, *Iron Shirt Chi Kung I: Internal Organs Exercise*. This practice is designed to absorb, store, and dis tribute natural forces directly into the body through the skin and bone structures: the earth force through the feet (see Figure 3), the heavenly force through the crown, and the forces of nature (wind, lake, mountain, ocean) through the mideyebrow. You will also learn to gently breathe and pack Chi into the bone marrow and to massage and exercise internal organs and glands.

Audio Cassettes

- C13 Iron Shirt Chi Kung I (Guided Practice)
- C21 Iron Shirt Chi Kung I (set of four Workshop tapes)

Combined Guided Practice

- C15 Standing Meditation for Home Instruction
(This cassette combines the practice of the Inner Smile, Iron Shirt, Microcosmic Orbit, and Healing Love in one single standing session.)

Videotapes

- V57-TP Iron Shirt Chi Kung I Theory and Practice (Workshop)
- V63-P Healing Love Through the Tao/Practice (Workshop)
- V41-G Home Basic Standing Meditation (Combined Guided Practice in Animation)

5. Internal Power, Growing the Bone Marrow

Once you feel, absorb, and circulate Chi energy through the Microcosmic Orbit it will be easier for you to get more involved with developing internal power. The book, *Bone Marrow Nei Kung: Iron Shirt Chi*

Kung III, will guide you as you learn to absorb cosmic energy into the skin and bone marrow, thereby revitalizing your red and white blood cells and increasing your life-force energy. This will make the body impervious to and help the immune system fight illness and disease.

Videotapes

- V58-TP Iron Shirt Chi Kung III/Theory and Practice (Vol. I)
- V58-TP Iron Shirt Chi Kung III/Theory and Practice (Vo1.2)

6. Fusion of the Five Elements

This is the second level of meditation after mastering the Microcosmic Orbit Meditation. In the book, Fusion of the Five Elements I, the Taoist Inner Alchemy Series begins by teaching how to take negative energy and transform it into positive energy. With this practice, you will also learn to get in touch with the five major forces in nature and the universe. You then fuse these energies into your body to increase your vitality and create a true Inner Child (the Immortal Child, born again).

Audio Cassettes

- C16 Fusion of Five Elements I (Guided Practice)
- C24 Fusion of Five Elements I (set of four Workshop tapes)

Videotapes

- V64-T Fusion of Five Elements I/Theory (Workshop)
- V64-M Fusion of Five Elements I/Meditation (Workshop)

7. Chi Nei Tsang-Internal Organs Chi Massage

In the book entitled, Chi Nei Tsang: Internal Organs Chi Massage, you will learn Chi Nei Tsang, an ancient, timetested method of hands on healing involving massaging the navel and abdominal area of yourself and/or others. (See Figure 5.) The method works directly on the stress, tension, negative emotions, and sickness that tend to accumulate and cause congestion in the organs.

Videotapes

- V67-TPI Chi Nei Tsang Theory and Practice (Vol. 1) (Workshop)
- V67-TP2 Chi Nei Tsang/Theory and Practice (Vo1.2) (Workshop)
- V68-P Chi Nei Tsang's Healing Power Practice

SUMMARY OF THE PRACTICE

I. Transform Stress Into Vitality

You should start with the books, Taoist Ways to Transform Stress into Vitality and Chi Self-Massage: The Taoist Way of Rejuvenation. In the first book, the Inner Smile practice divides the body into three lines.

A. Front Line: Vital Organs and Glands

1. Be aware of the energy of a smile in front of you and bring it into the thymus gland and the heart. Feel and grow love, joy, and happiness. The color red will strengthen and heal the heart.

2. For the lungs, feel courage. The color is white.

3. For the liver and gall bladder, tap into the energy of kindness. The associated color is green.

4. The spleen and pancreas contribute centeredness and balance. They resonate to the color yellow.

5. The kidneys and bladder radiate gentleness and a bright blue color.

6. Smile into the sexual organs and feel the love and sexual energy combine together and remain within you.

B. Middle Line: Digestive Tract

1. Gather some saliva by moving the tongue around and working the sides of the mouth, or drink a few sips of room temperature water.

2. Smile down and relax. Follow the feeling of the saliva or water flowing down the digestive tract all the way to the large intestine and anus.

C. Back Line: Brain, Glands, Nervous System, and Spinal Cord

1. Breathe in the golden color. Move the eyes and smile from the left to the right side of the brain.

2. Smile to the pituitary, hypothalamus, and pineal glands in the center of the brain.

3. Smile into the small brain at the base of the skull, and down to the spinal cord. Relax and feel it receive the smiling energy. Feel the energy flow all the way down to the coccyx.
4. Feel the whole body become extremely relaxed.
5. Gather the energy into the navel.

II. Six Healing Sounds

The sounds affect the organs, promoting healing and releasing negative energy so positive energy can grow and be balanced. Do the sounds in the evening before bed to transform your negative emotions and cool the excess heat that has built up during your hectic day. If you don't, bad dreams or nightmares can occur and can lead to sickness. You can do the exercise when you are feeling tired. You can also just do the sounds subvocally without the hand movements when you are outside. Do each sound three to six times. You may belch or yawn; this will activate your saliva. Swallow the saliva as much as you can. Saliva is also known as the elixir and is very important to healing the organs. Swallowing will create more belching or yawning which will help release trapped negative energy.

1. Lung Sound: with a long slow exhalation, create the Sssssss sound. Feel the cloudy, dark color of sadness leave the lungs. Take a rest; smile to the lungs, breathe a white color, and feel the virtue of courage grow.

2. Kidney Sound: Wooooo; bright blue; gentleness.

3. Liver Sound: Shhhhh; bright green; kindness.

4. Heart Sound: Hawwww; bright red; love, joy, and happiness.

5. Spleen Sound: Whoooo; bright yellow; fairness, and openness.

6. Triple Warmer Sound: Heeeee; feel negative and excess energy leave the body from the toes.

Feel good, healing energy in the organs.

Pushing Bently To Develop Your Root

I find myself inspired to write the following article by an experience I had as a participant at Summer Camp '91.

In watching several new instructors (or perhaps candidates) practicing one morning their Iron Shirt rooting skills, I observed them to be sinking overly low in stance, with the consequent over-reliance on muscle vs. structure. I offered them an alternate view, and, since they were lacking only technique and not enthusiasm, they readily agreed to experiment.

After realigning the posture of one volunteer, I placed my hand on her shoulder and hip in preparation for a push. She immediately sank down and tensed her muscles. Gently I coaxed her to relax and began to push very slowly in a manner designed not to uproot her but to help her redirect my force down to the earth. Her posture held accordingly, and she expressed pleasant surprise that it had apparently not been my intent at all to push her over.

Her response caused me to reflect on the contributions of a pusher beyond simply being one who pushes. That is, the pusher can be instrumental as a support system, not only for advising a pushee how to align structurally, but how to align energetically as well. The varied nature of the push itself can be a very useful learning tool in accomplishing rooting skills. If a pusher always tries to uproot the pushee, than what usually ensues for the pushee is either a feeling of tension or a sense of competition, either with the pusher or with himself. But by not pushing, the source of tension/competition is removed. It becomes much easier for a pushee to trust his energy/structure when there is no impending opportunity at which to fail.

Following are some tips for a push from the side in any of the first three postures.

One training method, as described above, is to push someone without pushing him. Try this: once your partner signals that he is ready to be pushed, place your hands as though to push, but rather than issuing a push, simply maintain a gentle contact. As you continue, assure your partner that you will hold this touch but not push with it. Encourage him to establish internally a visualized line of energy from one of your contact points first, and then the other, down through his structure to the opposite foot and into the earth. Without the distraction of an anticipated push, your partner will be much better able to relax and trust that his structure will function as a conduit for your energy. Over time, as the pushee begins to feel more confident in his ability to connect an incoming force down to the earth, you, as pusher, can gradually increase the force of your push.

Another area where this can be helpful is in the front pushes for the first and third postures (as depicted in the Iron Shirt Chi Kung textbook). These are, for most people, the most difficult to master. Experiment with the following to see if it helps you.

First, as you prepare to push your partner from the front in the first posture, help her through the following structural articulations. For an incoming force to be properly redirected through the skeletal frame, your partner's arms should be slightly less round. This can be accomplished by sinking the elbows just a bit, which engages the scapulae more fully against the ribs and spine. Next, encourage your pushee to pull (stretch) her little finger down and in, toward her own knees, and to reach (extend) the thumbs as though to curl them forward, up, under, and around your own ears. This will activate the little finger and thumb tendon lines, minimizing the need for muscle in redirecting the incoming force of a front push.

Be sure also that your partner is able to root your push into her heels by shifting her weight somewhat forward onto the balls of the feet as your initial contact is made, but before the push itself begins. At first try pushing without pushing, coaxing your partner to relax and trust her structure and to use her mind in redirecting the energy of your touch down to the earth. Soon you can begin to push slowly and gently. Eventually, once the skill has improved, you can push slowly and more firmly.

The forward push in the third posture is even more challenging. The following premise and practice technique may prove helpful for you.

The exact manner in which this push is executed tends to vary more (and so be less predictable) than other pushes due to the slightly different, yet acceptable, hand positioning employed by different pushers at different times. For example, a pushee may receive a straight push back from the front vs. from the top, or a slightly rolling push from the front vs. from the top, or a push wide on the shoulders vs. a narrower hand placement, none of which are wrong. Simply put, the pushee must develop assessment skills to decipher immediately on contact, before the push even begins, which of the above described pushes is about to be employed. The pushee must then arrange his posture to best neutralize and redirect the force of the push. It is a given, as with the first posture, that the weight must be shifted forward from the heels in order for the heels to root in response to a push. Otherwise the pushee will just topple backward, or worse, incur back strain due to muscular excess in resisting the push.

Begin your push once again by notpushing. Experiment with simply placing your hands on your partner's shoulders in some of the different push positions described above. (This will enable your partner to begin to develop assessment skills; that is, the ability to recognize and adapt quickly to the full range of

different pushing techniques commonly employed.) As a variant to this, you can try moving just one hand at a time to different pushing positions so your partner can develop an individual rooting skill with each shoulder.

Again, as you introduce your partner to this new practice skill, go slowly. Start by not pushing, which will enable your partner to develop his skills more quickly through a "process oriented" vs. a "goal oriented" approach. Setting goals is fine, but being overly invested in them to the point where the process cannot be appreciated is too limiting, like tensing and sinking into your stance with muscles.

I've come to recognize Iron Shirt as a metaphor for life. Bones themselves are individually rigid, like the individual techniques of the practice, but somehow, through the magic of the Tao, they all form an intelligent whole which allows us the flexibility to move through and experience life as a world of wonders.

For Women Only The Ovarian Kung Fu Research And Study Group Talks About Healing Sexual Wounds

Introduction

This is the third in a series of articles on Sexual Cultivation for Women. The first, "In the Heat of the Night," explored the effects of Ovarian Breathing on hot flashes and other menopause symptoms. The second summarized discussions by the Ovarian Kung Fu Research and Study Group

What do we Mean by Sexual Wounds?

The current statistics show that 1 out of 3 women are sexually abused through incest or rape. And doubtless 3 out of 3 women have encountered some version of gropers, flashers, and voyeurs. Women who work in the sex industry are particularly vulnerable to sexual abuse and have little protection or compassion from society. Growing up female in America means we are virtually always on alert for possible violence from men.

It remains a tribute to a woman's integrity that she can face the hatred and objectification of women that permeates our society and still provide the ambience for intimacy in relationships with men. Women pay the price in low self-esteem or even self-hatred (believing that what men say about women is true).

Most women grow up with great shame surrounding their sexual organs: our breasts cannot be bared on a hot day; we have been persuaded that our genitals are ugly and smell bad; our sexual urges remain a source of wonderment and guilt; our menstrual blood remains secret and a great source of embarrassment and shame.

Shame prevents us from loving ourselves. In sexual abuse, the body becomes foreign or separate. Ovarian Kung Fu can help reclaim this forgotten part of ourselves-as we cultivate the sexual energy we are cultivating self-acceptance.

Ovarian Kung Fu puts YOU in the Driver's Seat

In Healing Love Through the Tao, Cultivating Female Sexual Energy, Master Chia outlined two major exercises: Ovarian Breathing and the Orgasmic Upward Draw. These two exercises reflect the two different sexual energies in the body: reproductive, biological energy (Ovarian Breathing) and aroused sexual energy (Orgasmic Upward Draw).

Ovarian Breathing is a solo practice that strengthens and nourishes the ovaries and brings the ovarian energy to other parts of the body.

The Orgasmic Upward Draw brings the aroused sexual energy up from the genitals to the brain, and distributes it to the sense organs, vital internal organs, and glands. Once learned this technique can be practiced alone (single cultivation) or with a partner (dual cultivation).

Many women practice the Orgasmic Upward Draw as single cultivation because they do not have a partner to do the practice with, or do not have a partner who is interested in learning the technique. Even for those with a willing partner, Orgasmic Upward Draw requires an initial period of solo practice to learn it.

One compelling reason for practicing single cultivation is that the woman is totally in control of her arousal and vulnerable only to herself and her own energy.

Sexual cultivation, single or dual, has a direct role in spiritual development. It is the sexual energy that ultimately transforms into spiritual energy-so Ovarian Kung Fu also has a spiritual dimension and is a stepping stone to the more esoteric spiritual practices.

Women and Orgasm-Recent History

It wasn't until the "sexual revolution" of the 70's that attention was focussed on women's orgasms. This was a revelation to many women. In the decade that followed, pre-orgasmic groups sprang up across the country. Women were realizing how they had been systematically denied their biological heritage in orgasm. In contrast, they wondered, how many men went to their graves never having had an orgasm.

The so-called sexual revolution had its advantages and disadvantages for women: increased options in sexual behavior and birth control on the one hand; increased expectations of sexual availability, on the other. This was also the time of increased public exploitation in the pages of Playboy and Hustler magazines.

The 70's were a period of social ferment, with many movements going on at the same time: women's liberation, lesbian and gay rights, abortion rights, doctors' promotion of "the pill" and IUD, and women's self-help and grass-roots distribution of cervical caps.

Yet with all this "liberation" we were still socialized to please our partners. Even today, in a roomful of women, how many hands would go up if someone asked the question: "How many women here have never faked an orgasm?"

Orgasmic Upward Draw Bypasses Genital Orgasm

Now, after a decade of proselytizing for women's orgasms, I find myself downplaying genital orgasm in favor of a more internal, bodywide and mind-expanding experience.

This practice allows a woman struggling to achieve orgasm to relax-when she becomes aroused she can take that aroused energy and draw it up to the brain, and feel wonderful-physically satisfied, energized, and in control of her own body. And the amount of arousal is completely in the woman's control. She can continually pump up small amounts of aroused energy, or she can build up the aroused sexual energy to the explosive point and then direct it up.

The aroused energy can be directed to nourish the various glands and organs of the body. This is a true, total body orgasm. The experience of total body orgasm has occurred spontaneously to a number of women: Orgasmic Upward Draw makes it more likely to happen.

The Ovarian Research and Study Group Discusses Incest

After a couple of meetings, the Ovarian Kung Fu Research and Study Group went through a powerful bonding. This occurred because of the bravery of the women who discussed being sexually abused. Of the eight women in the group, five had been incested as children and two were raped as adults. There is no doubt that Ovarian Kung Fu was sought out as a healing tool.

It's only in the past ten years or so that women have started to speak out about incest. In what was thought to happen only among perverts, it is now apparent that a significant number of "normal" men regularly abuse their daughters, grand-daughters, nieces, and other girls around them. It is estimated that over 90% of incest is perpetrated by men. [For women with sexual abuse issues, most communities today have resources such as women's centers that offer survivor groups.]

How can a woman wholeheartedly participate in sexual love if her first experience of adult sex was as a young child? How does a woman heal herself who only knew sex as secretive, shameful, guilt-laden, passive, perhaps painful and disgusting, and a total betrayal of her trust?

By doing single cultivation, a woman's internal sexual energy will nourish her whole body, integrating her sexual energy on the cellular and glandular level. If you agree that our consciousness exists on a cellular level, then you can see how the healing can take place at this level.

One woman described her experiences as a child and as an adult. She told us how, as a child, she learned to dissociate herself from the sexual abuse-as if it wasn't happening, or was happening in a dream. Now as an adult, she told us, it is hard for her to be fully present during sex.

Another woman who had been incested as a child and raped as an adult said: "When I do Ovarian Kung Fu I don't feel like a victim. By increasing the control over my own energy I'm stronger in myself. Before, I had lots of strong sexual urges and felt they had to be released. Now, doing Ovarian Kung Fu, especially the Draw, I'm the master."

The Importance of Fusion Meditation

The Fusion of the Five Elements level I, has been an important ally in the process of healing sexual wounds. Because Taoism sees the emotions as a function of the five major organs and not an activity of the brain, the Fusion I formula helps you transform negative emotions into virtues that also have their birthright in the organs. As a woman practices the Fusion I formula, she begins to transform the years of anger, guilt, and enforced silence into healthy positive energy. This can be done without having to re-experience or release these emotions.

An empowerment that takes place in the solo practice of sexual cultivation and Fusion 1. The process begins to transform the feelings of shame, helplessness or "victim" feeling through selfknowledge.

Healing Beyond The Catholic Church

Or How I Navigated from the Vatican Triangle to the Tao Globe

Once you have been raised in the Catholic Church, you come to believe that no other true church exists. When I was a priest, it was difficult to perceive that one could exist without being a Catholic.

Well, in the Healing Tao I not only escaped this belief system of Western religion, but I formally abandoned it as a crutch no longer needed.

What is this Vatican or Christian triangle? There are two: precept, guilt, and conscience, responding to the holy sacrament of confession and the one above, which is of Father, Son, and Spirit!

The Church establishes itself as a middleman, or the only pathway to reach heaven! You are taught to constantly and consistently pray to that triad, though you may never seem to understand or experience its purpose.

In the Healing Tao I am taught that there exists only movement of Spirit in patterns consistent with universal law. I push the walls of moral perception and guilt-feelings aside and feel comfortable in the Yin and Yang balance within my physical body. For the first time in my life, I experience the phenomenon derived from the Greek *phainein* (to appear or imagine) of the Tao, which inexplicably manifests itself as energy or force. It's a paradoxical fact that a Tao you explain does not exist!

Much like the difference between a verb and a noun, Taoists experience the Tao as continuously transforming movement of energy, while Catholics tend to view the Vatican triangle in a static way as an immovable, stable object. The brilliant psychiatrist Wilhelm Reich explained the radical difference. He described it in terms of the difference between a person whose physical energy has become rigid, armored, and held back—perhaps due to guilt, repressed shame, or fear—and another person who permits a natural flow of energy and sensation in his physical body. This inhibition of energy in one's own body is part of the price a person must pay for letting the Vatican Triangle define how he is supposed to feel. He then tries to force the body to conform rather than simply experiencing his actual bodily sensations without judgment.

What is this Christian energy, and how does it conduct itself? In reference to J. Strong's Exhaustive Concordance of the Catholic Bible (Thomas Neison Publishers), the word "energy" does not exist anywhere. Instead, it expresses itself as force that has been translated nineteen times in Holy Scripture in the meaning of Matthew 11:12, "and the violent take it by force." That is not energy in its true and pure sense.

In the Healing Tao I learn that energy is that incredible Yin and Yang balance that as a phenomenon, like the Bodhisattva of Intimacy, is everywhere and indescribable. It expresses itself as a vibration which is thought. Ultimately that thought is the Word itself, or Spirit.

In my years of theological studies, the Church never demonstrated to me what it means that an energy begins in the flesh as well as in spirit. The Church teaches celibacy, but never demonstrates how to attain it or to live in internal peace with it. When sex became more powerful than the spiritual experience of religion, I became a tiny impact upon the decline of religion in the West. Who is to blame? My life was simply and powerfully affected by lack of sexual self-knowledge. I venture to say that my knowledge had been fragmented and distorted by the institutionalized Catholic religion that with regard to sex had little to offer.

Spirituality in that organization has no sexual foundation or subsequent reference.

Now, in all perspectives, I learn the opposite to be true in a new frame of reference. The Healing Tao states that sex is the basis of all energy and spirit in the body. Even though it is not teaching celibacy outright, it heralds such as a direct route to the ultimate Cosmos or Heaven. And finally, it teaches me how to draw the energy up the spine. Thus, I learn to clean my internal channels of tension, stress, and illusion, as well as to transmute Tao's Chi (life-force energy) into Spirit (Shien or Shen).

Master Chia states in *Taoist Secrets of Love*: "When the level of Chi and Ching-Chi cultivation reaches a very high level and is integrated with Shien or Spirit, the awareness extends to an even wider field ... universal love ... and compassion."

In esoteric "Taosophy" we are taught that all acts of human love are the direct, spontaneous transmutation of our seed-essence. Our soulessence is physically dependent upon and stored in our body as spermal or ovarian energy. In love, our own physical and soulessence unite themselves with Chi, the essence of our soul. In Taoism, sexuality becomes a primary source of power behind love on the human level.

By continuously cultivating my energy, I sense my spontaneous growth as I move toward higher sexual levels that reinforce my spiritual evolution. Applying myself with single-minded dedication to my spiritual evolution, my goal will be realized most swiftly. In essence, through this inner guidance, as one ceases to struggle against nature, one becomes one with the Tao. One advances from "Taology" to "Taosophy." Taology is the rational study and the logical analysis of the Tao. Taosophy is the transrational

experience and the logistic understanding of the Tao. For the first time in my life, I am permitted to experience and employ my own wholesome body in total openness and fairness.

Through the practice of "Iron Shirt," one learns rottenness to mother earth energy. The physical body is the earth control tower, its booster rocket its Soul that finally boosts the space shuttle, our spiritbody, into the Cosmos.

After years of theological studies and research, I amazingly discover that the Soul is the phenomenal dot of the Chi of the Primordial Force. In my physical body I perceive the circulating or orbiting of my soul body as the living water of grace. My electromagnetic breath-as that of the living fetus-finally shines within me as living light. When a child has been conceived, it is said to breathe electromagnetically. It's a miracle that scientists cannot fully explain, as no oxygen is involved. Likewise, such living light cannot adequately be described.

No longer a "sinner," I cease to live for the promise of redemption. No longer do I expectantly live on hope. All illusion, dependency, and maliciousness pass away as nonrealities. Previously in the Church I ascended to a high plateau of no escape and no return. In the Healing Tao I walk in a circle and safely wander back to my homeland!

We have discussed these comparisons that portray my passage from search to healing. Beyond these let us explore some ideas that develop an image of this immortal process.

There exist three artificial constructs that help us describe life: Time, Space, and Energy. Drawings may be used for clarification of a linear dimension of this process of our voyage to immortality.

Energy is a point. If drawn up the spine, it becomes a line that hypothetically may constitute the second construct, namely time.

(Alpha is used for beginning, the first letter of the alphabet. Omega is used for end, the last letter of the alphabet.)

A line directionally employed by a sea captain (using a compass to chart his course) forms a triangle. In the Immortal Tao, many triangles exist, such as the Three Pure Ones; BodyMind-Spirit; Ching-Chi Shen. All of them become relevant to human life if they have fullness of Ching (emotion), Chi (breath of life), or Shen (Spirit).

If the triangular sides are unilateral, and there are many triangles, its outer vertices, centrifugally balanced, then will constitute a circle. The triads of Western thought about man form a circle, but fail to enter the fullness of the third dimension of that construct, namely, space. The Catholic Church does not know, or has suppressed, a meditation that physically fills one with Spirit.

How do these circles ultimately construe a Tao Globe, thereby constituting the third construct, namely space, created by evolution? As with the circle, so space can be demonstrated by a triangular pyramid. As the many outer points of triangles evolve into a circle, so the many four outer points of centrifugally balanced triangular pyramids ultimately constitute a sphere. Dennis Adams views the highest level, God, as most easily conceptualized as Space. Since space is everywhere, I wish to add that I perceive this space as a sphere, electromagnetically filled with vibration, the energy or thought itself, or Word, identified as our Logo "Christ in You."

It is the ability to take all three factors of Energy, Time, and Space that give the Healing Tao the power and dynamics of a completed sphere.

How can we further demonstrate sphere in the Healing Tao? It has been said that the map is not the territory! Our perceptions of words describing the path are not the experience of the journey. So we are faced with a fundamental crisis in our thinking mind in trying to perceive something that can only be apprehended in the realm of experience.

In the Healing Tao one encounters space in collection points and pakuas (an octagon formed from eight trigrams) of the "Fusion of the Five Elements."

With my mind I like to build multidimensional pakuas. Once I built a Hindenburg Zeppelin consisting of sixteen octagons, compartments, filled with Chi.

In the mystery of the Healing Tao and the depth of its experience, the esoteric fusion practices balance emotional energy and channel earth and universal. They ultimately form an harmonious and cosmic globe. In the globe, a true form of oneness, completeness, fullness, and purity exists. Not subjected to external influence to hinder its true globular aspect, one forms a pure and completely perfect bubble of Spirit or Life itself.

The "Lesser Enlightenment of Kan and Li" channels the universal forces down to our sexual energies to further fill that globe with Chi energy, thus feeding our soul body. In the "Greater Enlightenment," one absorbs Yin and Yang power from outside sources, including the sun, moon, and earth. Then these energies are alchemically transformed by a kind of steaming process within our physical body, refining them to a higher level of our soul body.

Finally, one ought to ask "is this Spirit or Life itself a higher level of conscious awareness, or the actual Spirit leaving the body?"

Spirit is somewhat like methane. A light cannot burn without methylated spirit. Methane is an odorless, explosive mixture containing air and oxygen. It occurs naturally as a product of decomposition of organic matter and is used in the manufacture of chemical synthesis. Likewise, our Spirit is the product of our own decomposed garbage transmuted into highest Shen energy.

The Kundalini yoga perception of ida, pingala, and sushumna gives us further insight into this process. The incoming cosmic energies must be perfectly mixed with the electromagnetic male and female energies. They are then transmuted by the body energy to rise up the central Kundalini channel, the sushumna, directly up the center of the spine (which is also the Governor vessel of acupuncture). Only the proper mixture of fresh, new energy and eliminative energies, proper in terms of Yin and Yang, permits an experience of higher consciousness.

This Spirit I have begun to experience as a dimly lit atmospheric glow allows me, at times, to tap the higher realms of the Living Kosmos. Thus I allow myself to attain to selfrealization! This permits an individual with that understanding to concentrate and manipulate that cosmic energy at will. With this ability energy can be formed into anything one so desires.

The extraordinary teachings of Master Mantak Chia give us specific guidelines for experiencing the Tao Globe as discussed in this article. This includes the role of our imagination and thought in the alchemical transformation of Energy, Time, and Space into the fullness of LIFE that human beings are capable of experiencing!

Ecological Development For The Healing Tao Center In Thailand

Rainer Berchtold is a Mechanical Engineer who has taken himself a step further by adding and implementing a holistic way of life. Following is a summary of his understanding of procedures to follow to achieve a more natural and efficient way of life. Using his acquired knowledge, he offers his abilities and knowledge to help plan the Healing Tao Resort, located on a parcel of virgin land in Thailand.

Our Society of Take - Consume Throw Away Cycles

In our modern lifestyles, we have become increasingly dependent on throw-away consumerism. We bend our environment to suit us, disregarding the damage we may be causing to Nature. This has created a lot of problems resulting in a lower quality of natural life and increased pre-disposition to problems in our physical, mental, and spiritual ways. We can reverse this process with a sensible taking-using-returning cycle or ecological system. This is how we would like to operate the Healing Tao Resort in Thailand.

To succeed we have a few requirements: virgin (unspoiled) land and a vast supply of water (out of rivers, lakes, and dam or seawater sources). Water is an essential part of this scheme; without it, it would be impossible to implement.

Recycling is Nature's way of renewal, and water is its most commonly recycled item. Water comes to us as a pure and clean liquid falling from the sky. All living organisms, including humans and animals, consume water for their vital functions and to carry away waste materials from their bodies. Water flows to gathering places such as ponds, lakes, and oceans. The sun's heat evaporates the water into gaseous form, allowing it to drop the waste or toxic materials it may have picked up on its way to a gathering place. Pure water, in its gas form, ascends to the sky and becomes a cloud from where it will fall to the ground as rainwater. It has gone full circle.

Another good example of recycling in Nature is the cycle of trees. A tree can take our exhaled breath and other organic functions byproducts, such as carbon dioxide, and turn it into oxygen, supplying us with an endless supply of oxygen. When we consume oxygen while cutting down the trees that replenish it, we run into serious trouble.

The same thing happens when we don't know how to recycle and recharge our life-force. It shows in the way we handle our emotions by dumping them out as garbage without understanding how to sort them out and transform our emotions into good energy. If we carry on in this way, we will soon run out of many valuable resources.

This kind of system is externally known as an ecological system, while internally it is known as the Internal Alchemy of the Tao. As soon as we are able to implement these systems, we can be taking using-returning again and again to reach a much needed balance both in Nature and in our bodies. This is the goal and the first priority of the Healing Tao Resort in Thailand: a self-sufficient, simple, and low cost ecological system that will allow its inhabitants to concentrate on the studies of self-improvement.

I. The Water Purification Process

Pure air and a low cost water supply are very important aspects of our lives. The land in Thailand which we have purchased for the Healing Tao Resort has four streams running through it proceeding from a nearby dam and passing through an underground aquifer of pure water. The water has been tested for us by an expert. Water will be plentiful from all sources located on the property.

A. Electrically Recharging the Water

The method of purifying our water supply resembles the natural way. Water will be collected in a reservoir (tank) and pumped through a magnet. Running over the magnet it will receive a magnetic resonance field to restore the structure of water (electrically charged) which is very important in the natural way of water.

B. Pumping the Water through a Solar Panel

Subsequently, the water will run through a solar panel. The solar panel is a simple and easy way to simulate the natural process by which evaporation occurs. Solar energy is plentiful in Thailand. Evaporation and condensation takes place in Mother Nature through the cloud cycle, and this same process will be implemented here. As soon as the water has been heated up inside the chamber, the water starts to evaporate.

C. Heating the Water to Cause Evaporation

In a box behind the solar panel, a heat exchanger will be located that helps the water to condensate right away. When evaporation occurs, all the particles contained in the water remain behind and flow out as waste water through a pipe.

D. Eliminating the Impurities

The clean and pure water goes into the heat exchange condensation chamber, and the impure water flows through an outlet pipe.

E. Returning Natural Energy to the Distilled Water

To return life to distilled water, we lead the water flow through the hyperboloid funnel. The hyperboloid funnel will simulate the normal flow of water in Nature. It provides the kind of flowing energy that you can see in normal water, as in a river spiraling in a vortex at a specific place, in which Chi, Prana energy, has been sucked, mixed, absorbed, and integrated into the water and makes the water alive again.

F. Storing the Water

The water, as it goes through the funnel creating a vortex, finally flows into a special non-toxic drinking water tank. From there it will be distributed to the pipes that will carry water to all the houses.

G. No Electricity Required

With the pump operating on the heat and cold exchange engine, similar to the sterling engine, we don't require electricity. Operating out of a water reservoir and its storage capabilities, it allows us to run the entire unit without daily solar energy. Even on cloudy or rainy days, we are able to guarantee the operation of the unit.

H. Allowing for Growth

The water purification unit includes plans to allow for growth. It will be built in modules to allow for growth and/or changes. As larger amounts of water are required, other modules can be added easily.

II. Recycling and Composting the Waste

On a project of this scale, we can expect a certain amount of kitchen and other organic wastes. Generally people don't take time to sort their waste, so it gets all mixed up and can't be recycled and turned into compost. Our plan for dealing with this excess organic waste consists of the careful sorting of all organic waste.

A. Conveyor Belt Carries Waste Away to a Bill Drum

Waste will be fed onto a conveyor belt and deposited in a rotating bill drum which, with the help of low heat, will produce humus and gas. This process copies Mother Nature's way of dealing with organic waste by composting.

B. Rotation and Heat Speed the Composting Cycle

The organic waste will go through the bill drum which is heated and turns very slowly. This process will speed up the composting cycle to be completed in approximately 32 hours.

C. Solid By-Product is Separated as Fertilizer

After the process is completed, the humus is separated from the remaining gas and falls out as lifegiving fertilizer.

D. Gas By-Product is Removed and Stored

The gas will be sucked away, into a different chamber. At this point of the process, the gases produced include nitrogen and methane.

E. Water By-Product is Pumped through with Stored Gas to Produce Liquid Fertilizer

We have brine water leftover from the water purification process; this brine water contains large amounts of organic minerals and other nutrients. This waste water will be fed into a chamber from which it would flow in the form of a curtain, and the gas will be pumped through it. At that moment the nitrogen comes into contact with and is assimilated into the water, so we can produce a healthy and homogenous liquid fertilizer. This can be directly applied to any plants; the plants will absorb it without danger and will be able to use it immediately.

F. Residual Gas is Pressurized to a Liquid Gas Form to be Used as Fuel

The remaining gas will be pumped through to a dryer, which will condense the remaining moisture and lead it into a compressor; the compressor will be driven by solar energy, and will pressurize the gas and change it to a liquid gas form. This liquid gas can be stored and used for different uses from cooking gas to running engines of different sizes, allowing us to produce a fuel that will burn free of any pollution.

III. Human Waste Recycle

The human body needs to dispose of its waste in both solid and liquid forms. If we don't recycle these wastes properly, they can become a source of infection and pollution which can be very harmful to us and the environment. In most cases, sewer water that carries human waste is disposed of in septic tanks, without proper treatment. It passes to the underground water supply through the different layers of soil. In other instances, the water waste is released into the ocean with a minimum amount of treatment, thus causing pollution. Our plans to recycle waste insure us of the sensible treatment and detoxification of these wastes, as well as creation of a by-product useable as fuel.

A. A Large Septic Tank Will Collect Waste

The first step is to produce a large septic tank that will collect all solid and liquid material. The solid waste is allowed to settle as sediment at the bottom of the tank. In the meantime the liquid waste will be allowed to spill over into an overflow that will run through a series of small existing lakes (that require little modification).

B. Lakes to be Planted with Sedge Grasses

These small lakes will be planted with a certain type of sedge grass called C2, C3, and C4. The differences between the grasses resides on the densities of the plants; they become thicker as the number goes higher. The sedge grasses will utilize the waste water as a source of nutrients leaving behind a cleaner product. This process further purifies it as it passes through each level.

C. Final Water By-Product can be Recycled Through the Water Purification Plant

By the time the waste water passes through all levels, all unwanted ingredients have been taken out of the water. The final product of this water can be sent through the water purification plant for use as drinking water or as field water, as needed.

D. Sedge Grass By-Product can be Harvested

The other by-product will be the sedge grass. When it reaches a certain size, it can be harvested and processed for different uses. One use will be to press it into brick shapes for use as fuel for cooking fires. The bricks can be stored easily and safely or sold for additional income. They can also be recycled as organic waste to produce compost and gas.

IV. Self-Generating Electrical Supply

Our next concern is for an electrical supply. There will be a lot of requirements for electricity to run computers, radios, and other electrical appliances.

A. Water Resources Can Generate Electricity.

We can generate electrical energy utilizing our vast water resources. Using a large water tank or reservoir (such as our drinking water supply tank), we would run the water into a series of tanks at a lower level in each step creating a waterfall effect.

B. The Creation and Use of Dynamic Energy

We can run the water from the reservoir down a one meter drop through a turbine and generator to the first tank and continue to the next tank through a second turbine and generator located an additional one meter below. The connection between them will require very little effort. This small difference of height is possible because it does not use the static energy of the water but instead uses the dynamic energy.

The differences between the properties of static and dynamic energies can be simply explained as follows. Water flows out of a normal pipe at a steady pace. As you reduce the diameter of the pipe, the pressure increases, forcing the water to flow rapidly and farther. Static energy is a slow flow of water flowing from a big pipe and dynamic energy is a fast flow from a narrower pipe.

If we utilize dynamic energy, with the same amount of water we could produce 70-100 times the amount of energy than if we used static energy. For example in the static energy way, to produce 1 kw of electricity the requirement is 10 liters of water per second falling from 10 meters high; if we use the dynamic system we can produce 70 to 100 kw of energy on 10 liters of water per second from 1 meter high.

C. A Solar Pump Returns the Water to the Reservoir Tank

Utilizing this system enables us to use two turbines at the height of one meter behind each other. The water will run out of the last turbine into a spare or buffer tank. From there we can run it down to either a river or a solar pump. The solar pump will be used to return the water back to the reservoir tank. This is possible due to small height differences of only 2 to 5 meters between the holding tank and the turbines. It will be no problem to use the solar pump to send back the water in a perfect recycle method. This is how we will solve our water requirement, our waste requirement, and our energy requirement.

V. The Perma culture

As far as landscaping is concerned, we will introduce a system known as Perma culture Perma culture is a development where each plant assists the other plants. This will enable us to get away from the use of insecticides, pesticides, and chemical fertilizers.

These and many other methods are what we would like to introduce into the virgin land to be used for the Healing Tao Resort. It is a unique chance that will allow us to put into practice innovative and ancient methods of land management and protection, and a chance to see how the living Tao is put into practice in all areas of everyday life.

Through the Healing Tao Resort, together with the Internal Alchemy practice of the Tao system and the practical methods exposed here, people will be able to put these teachings into practice bringing balance not only to Nature but to themselves.

VI. The Building Material is Adobe

Adobe is also known as rammed earth, straw clay, and sun-dried earth bricks. This unbake earth construction dates back to the first ages of the civilization of the Nile, the Tigris, and the Euphrates Rivers when straw and clay were used to make living shelters.

A. The Earth Building Technology

With modern technology we can make unbaked earth brick, which is three times stronger than the burned brick. The worldwide compressive strength of adobe block is 190 PSI. In California the minimal code is 300 PSI. With the new hydraulic system from the Pacific Adobe, the compressive strength of these pure earth brick without any stabilizing is 1200 PSI. With 5 to 10% of cement added, the strength is increased to 2000 to 3000 PSI.

B. The Good Health, Technical, and Psychological Environment

1. Using the local land, which for millions of years has been there, has had the same kind energy, and is closely connected with the earth, will not result in shutting off the earth force, pulsing, and vibration of the earth which is very important to living cells.

2. It will help reduce transportation and energy costs.

3. The earth has thermophysical and hydric breathing properties. This will help to regulate the thermal comfort and exploitation of the mechanisms of the bioclimatic functioning of the shelter with good conductivity. It will also help energy retention capacity, thermal differential, and delayed temperature difference.

4. Unbaked bricks will save energy. By using earth to build, we will save the forest by reducing wood consumption.

5. We will be sure that we are using non-polluting building material.

We are purchasing this new technology, hydraulic adobe system, to produce the construction material to build the Healing Tao Resort.

