

**Reports of the national
clearinghouse for meditation
relaxation and related
therapies**

**Chief editor
Lawrence young M.D.**

Volume 1

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Persons putting the data into practical use should do so under the guidance and
supervision of the appropriate professionals.

How to study this book

This book contains a wealth of information, and in certain sections, the information is very condensed. For light and easy reading, readers might try to pick a few case reports that interest them and go through them first. Then, the reader can study the chapter: What the Doctors Say, to get a comprehensive look at the usefulness of meditation and relaxation. Then, he/she is in a position to look at the bad side of meditation and relaxation: the Side Effects. Now, the reader is ready to ask: How do I go about putting it into actual practice? That's when the reader should read subsection 5 of the appendix, the most practical steps ever written for the patient, the doctor and the nurse in the clinical application of meditation and relaxation. That subsection 5 should be read in conjunction with the chapter entitled: The Relaxation Clinic, which tells you clearly and in simple terms, what is the place of meditation in medical and health care. The reader can now take a break, and go back to the book when he/she has time. The next time he/she goes back to read the book, the reader will discover a few more interesting chapters that he/she could not understand before. After actually practising meditation, or counselling patients about it, or teaching it, or researching on it, the reader will find the Index of Clinical Data a most helpful feature of this book. All in all, this book is for the layman, the patients, the beginners ----- but it is also a permanent reference book for the professionals and researchers.

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FORWARD

Meditation and relaxation as means for improving human mind and body have been practised by Chinese, Indians, Jews, Arabs and Christians for centuries. This was especially true of Tao-ists in China, who called it, "Chi Kung" (Cultivation of Energy in humans). Indians have what is known as "Yoga". In Western Europe, and the Americas, many Christians, both in the Catholic and the Protestant churches have for a long time practised "meditation and relaxation" mainly for religious and spiritual purposes, with or without a conscious intention of improving the mind and body.

In the Republic of China and Mainland China, various forms of "meditation and relaxation" including "Tai Chi," sometimes in the Western world known as "Shadow Boxing," or a special kind of "Kung Fu" (martial arts), have been increasingly popular during the past three decades. Today, with the rapid improvement of communications, peoples of the world have daily grown closer. The arts of "Tai Chi", "Kung Fu" and "Chi Kung"(meditation and relaxation), gradually are attracting the attention of Europeans and Americans. In recent years, doctors, such as Herbert Benson, Wallace, Elmer and Alyce Green, and other scientific as well as clinical researchers have pointed out the beneficial effects of medication and relaxation, and biofeedback, with researched documentary support. One particular instance, James May, the first known non-Chinese student ever written up, gave his personal testimony in 1978, on how he had learned "Chi Kung" (Chinese meditation energy). In 1973 he began to learn Taoist meditation. In 1976 he took mere lessons on meditation and relaxation from a Taoist, Wang Liam from Taiwan and experienced improvement of his physical health. James later wrote to Wang Liam expressing his gratitude for his teaching, which greatly improved his health. Wang has published a book on Taoism in which he cited the case of James May.

Chief Editor Lawrence Young, M.D. has been engaged in active clinical practice in New York City for many years. In his book, he cited various "methods of meditations", and quoted from interviews he had conducted with various noted and credible persons. These interviews have been verified by reliable sources, before inclusion in this publication. He is mainly concerned with the involvement of meditation in relation to its mental and physical effect, and tries to leave out any religious connotation they may have.

Dr. Lawrence Young mentions the fact that Master Man-Tak Chia has learned and mastered the esoteric art of Taoist Meditation, which means the enrichment of the Microcosmic Circulation of the human body. Indeed, Master Chia is one of the very few living heirs to this secret Taoist Meditation practice, which may still be taught and learned in Taiwan and Hongkong, Mainland China, and South-East Asia. Master Chia, though still a young man, has mastered "Paoi Chi Kung", and "Kundalini Yoga", and selected the gist of both methods for the improvement of health and to help several kinds of illness, such as (1) Arthritis and rheumatism in various joints, (2) Asthma and chronic bronchitis, (3) Hypertension, (4) General de-conditioning, (5) Insomnia, (6) Liver cirrhosis, (7) Pulmonary tuberculosis in an early stage, (8) Recurrent headaches, (9) Reducing frequency of common colds and other episodic illnesses, (10) Regression of tumors.

Master Chia can teach his method of meditation in simple terms and conducts his lessons in either English or Chinese, Mandarin & Cantonese. Besides, it is not difficult for anyone, young or old, man or woman to learn this valuable help to one's own health in three months. The essential techniques of this Taoist esoteric art will enable the learner to enjoy life more peacefully and fully.

Stephen Pan, Ph. D.
Director of East Asian
Research Institute,
86 Riverside Drive,
New York, N.Y. 10024
July 1, 1980.

PREFACE

The mission of the National Clearinghouse for Meditation, Relaxation & Related Therapies is to inform the general public and lay public the important role of meditation and related therapies in physical and mental health. The management intends to accomplish its goal through investigative reporting. Our staff will communicate with all sources, & travel far and wide to collect all pertinent cases. Our director, Lawrence Young M.F. an internist in active clinical practice, will weigh the accuracy and credibility of each and every report and its potential for clinical research before putting the report in print. All reports in this magazine are based on true experiences of real persons. We do not publish any reports that are not based on interviews by our staff members, unless they are submitted by persons with recognized credentials, we always have the books on file. It is also our goal to bring them together. We are most happy to introduce our sources to interested professionals for further studies. Although the management takes every step to ensure the accuracy of these reports, we are not responsible for inaccuracies, omissions or mistakes. **ALL PUBLISHED MATERIAL SHOULD BE CONSIDERED AS INVESTIGATIVE REPORTS AND ONLY AS INVESTIGATIVE REPORTS.** Our involvement with meditation is only in relation to physical and mental health; we are not into the spiritual aspects of meditation, nor are we into the paranormal phenomena, except for those aspects that have a bearing on medical care.

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FEATURE

ARTICLES

WHAT THE DOCTORS

SAY ABOUT

MEDITATION & RELAXATION

***** A COMPREHENSIVE REVIEW**

Numerous reports on the beneficial effects of practising meditation and relaxation had been circulated among the lay public in the form of books written by M.D. and ph.D.. The authors of those books and been very cautious and conventional. In general, they included only beneficial effects that had been observed repeatedly and therefore considered as fully documented. The less frequently seen effects had not been addressed to in those books as yet.

In his book "90 DAYS to SELF-HEALTH-----BIOGENICS", published by Bantam Books, Dr. C.Norman Shealy M.D. brought to the various form that are aimed at the treatment of diseases and the improment of one's health. Dr. Shealy is a neurosurgeon in active practice. He is the immediate past President of the American Holistic Medical Association, President of Biogenics Institutes, abd Director of Pain Rehabilitation Center in La Crosse, Wisconsin. He has also taught at Harvard, Case Western Reserve, the Uninesota Medical Schools. He is also author of Occult Medicine Can save Your Life; A Modern Doctor Looks at Unconventional Healing; The Pain Game and Biogenics Health Maintenance.

THE BENEFICIAL EFFECTS OF BIOGENICS

In the book "90 DAYS TO SELF-HEALTH-----BIOGENICS", Dr. Shealy discussed Transcendental Meditation, Biofeedback, Autogenic Training, Hypnosis and Progressive Muscular Relaxation. Progressive Muscular Relaxation advocated by Edmond Jacobson M.D. had achieved excellent clinical results in treating cardiac neurosis, sleep disorders, hypochondria, chronic tiredness and anxiety neurosis etc. . Autogenic Therapy introduced by the German Physician J.H. Schultz had great successes with common psychosomatic disturbances like insomnia, neuraesthesia, constipation, stomach ulver, headache, nuscular tension and irritable bowel syndrome; on the other hand psychosis, depression, schizophrenia and epilepsy had responded well only when there is concurrent tight psychiatric supervision. Biofeedback has helped many people to loosen up, to reduce their worries, anxiety or frustration, and has provided them an alternative to alcohol or tranquilizers. Biofeedback has no known adverse side effects while all drugs potentially have some.

Finally, Dr. Shealy introduced his own program of meditation and relaxation---Biogenics. Biogenics embraces the best of two disciplines---BIOFEEDBACK and AUTOGENIC TRAINING, but with out the complicated and expensive machines. With Biogenics training, your body becomes relaxed and physiologically balanced; yet your mind is poised, ALERT and at peace.

In this book, Dr. Shealy said that with proper and thorough application, BIOGENICS can relieve most symptoms. However, Dr. Shealy cautioned that Biogenics is not an alternative to conventional medicine, and definitely not a papacea. It should be practised in conjunction with conventional medicine, making the best from each of "the two wrold" (conventional and unconventional medical worldss). Also, Dr. Shealy recommended that once conventional medicine has failed to cure a disease, almost any discease, and once you know that there is no specific medical treatment available, then you can afford to use almost any kind of safe mental technique-----i.e. all forms of meditation and relaxation programs and espwcially-----Biogenics.

BENEFICIAL EFFECTS OF THE RELAXATION RESPONSE

In his impeccably researched book "THE RELAXATION RESPONSE" published by Morrow Books, Herbert Benson M.D. shows you how a simple meditative technique can evoke the Relaxation Response and bring you inner peace and calm. The Doctor said that one can easily learn this technique, which kone need practise only a few mintes a day, either at home, in the office, or even on the way to work. And no matter whether you are profoundly religuous or a non-believer, the Relaxation Response is congenial with your principles and way of life, the Doctor said.

Dr. Herbert Benson M.D. is Associate Professor of Medicine at the Harvard Medical School, Director of the Hypertension Section, and Director of Behavioral Medicine at Boston's Beth Israel Hospital. He is also the author of *The Mind/Body Effect* published by Simon and Schuster.

Dr. Herbert Benson is a pioneer in the clinical research into the medical application of practical meditation. In the Harvard's Thorndike Memorial Laboratory, Benson and Wallace produced the first scientific study on Transcendental Meditation. They found that the meditation training lowers the body metabolism; decreases the oxygen use significantly; reduces blood lactic acid (the stress-related blood chemical); increases the G.S.R. by as much as five times indicating a rapid reduction in nervous tension and state of very deep relaxation. Benson and Wallace concluded that the Relaxation Response short, Dr. Benson proved that the Relaxation Response in a simple technique that will unlock your hidden assets and help you to reap the following benefits:-

- Relieve nervous tension
- Deal effectively with stress
- Lower hypertension
- Improve physical & mental health

In addition, the Relaxation Response has helped people give up smoking, decreased their drinking and turned them off pills and narcotics.

In addition, the Relaxation Response has helped people give up smoking, decreased their drinking and turned them off pills and narcotics.

In his book "THE MIND/BODY EFFECT" published by Simon and Schuster, Dr. Benson reconfirmed that Relaxation Response is useful in the management of hypertension, tension headache and irregular heart beats (P.V.C.) Through 48 hours of continuous monitoring of patients' heartbeat, Dr. Benson, Dr. Sidney Alexander of Boston's Lahey Clinic and Dr. Feldman showed that the regular elicitation of the Relaxing Response decreased the frequency of irregular heart beats (P.V.C.) not responding to all medications confirmed the same findings using Transcendental Meditation. Dr. Voukydis & Dr. Forward reported similar conclusion on 7 patients with dangerous heart rhythms. Lastly, Dr. Benson also presented the research findings of Dr. Peters from Harvard that the regular elicitation of the Relaxation Response was beneficial in alleviating anxiety.

Sidney Alexander M.D., Chief of Cardiology, at the Lahey Clinic in Boston, said in an introduction to Dr. Herbert Benson's book ----- *The Relaxation Response*, that he and his colleague have found that regular elicitation of the Relaxation in their patients is often a most useful adjunct to more traditional treatment. It helps them to relax, allow them to sleep without medication, and in some cases has even helped to normalize their high blood pressure easily learned, costs nothing and has no side effects."

BENEFICIAL EFFECTS OF TRANSCENDENTAL MEDITATION

In his book "T-M—DISCOVERING INNER ENERGY and OVERCOMING STRESS" published by Dell Books, Harold Bloomfield M.D. searched extensively into all available scientific studies for the physiological and clinical effects of meditation, especially Transcendental Meditation (T-M) and presented the evidence to the general reader in an interesting and easy-to-read format.

Dr. Bloomfield is Director of Psychiatry at Institute of Psychophysiology Medicine at Del Mar, California. He is also author of "The Holistic Way to Health and Happiness" published by Simon and Schuster.

Here's a summary of what Dr. Bloomfield discovered by going over all available scientific evidence:

1. Meditation represents an exceptional state of deep rest, deeper than sleep, yet accompanied by mental alertness. Like the "rest" recommended by doctors to aid recovery from an illness, the TM technique gives the body an opportunity to restore energy and heal itself.

2. Meditation lowers the body metabolism, reduces oxygen usage by 20% yet produces no breathing abnormality. During meditation, subjects show a five-fold increase in G.S.R. indicating a rapid reduction in nervous tension and a state of very deep relaxation. There is also a very significant decrease in blood lactic acid, the stress-related chemical. These are quotes from the work of Drs. Benson & Wallace.

3. Drs. Paul Corey, Wilson and Honsberger found that the bronchial airways open up by 20% more during the practice of TM, airway resistance improved and clinical improvements were confirmed by their own physicians in the asthmatics studied. This suggests that TM technique may have therapeutic application for asthmatics, emphysema and chronic bronchitis patients.

4. TM was found to be very useful in relieving insomnia, helping the patient to regain and improve sleep pattern. TM can also help those who sleep excessively but awaken unrefreshed.

5. Other conditions reportedly improved by TM include duodenal ulcer, epileptic seizures, rheumatoid arthritis, severe tension headaches, angina pectoris and allergic conditions.

THE HEALING SILENCE

In his book "THE HOLISTIC WAY TO HEALTH AND HAPPINESS". Dr. Bloomfield goes one step further than the TM Book and integrates the TM technique into a COMPLETE HOLISTIC TREATMENT PROGRAM for hypertension, heart disease, insomnia, chronic fatigue, tension & anxiety, smoking & alcohol abuse and many other conditions, citing concrete case-histories to support his recommendations.

The conditions that this PROGRAM can help to overcome go far beyond the short list given by other authors. Dr. Bloomfield further demystifies Transcendental Meditation by calling it--- THE HEALING SILENCE. This book of Dr. Bloomfield is really a big step forward in the application of meditation in health and diseases; and together with Dr. Benson's book---the MIND/BODYEFFECT, force today in bringing meditation and relaxation to the lay public American.

MEDITATION AS SELF-REGULATION THERAPY

American Holistic Medical Association, an organization of physicians devoted to the medical care of the whole person, has put meditation and relaxation among one of the seven core curriculums that a "conventional" medical doctor must study before he or she can become a Fellow in Holistic Medicine. The seven core curriculums are: Nutrition, Physical Exercise, Self-Regulation, Spiritual Attunement, Acupuncture, Environmental Medicine and Neuromuscular Integration. In this scheme, meditation and relaxation is classified under Self-Regulation----- a good term that describes meditation and relaxation fairly accurately i.e.a. method of treatment that allows the body/mind to normalize itself and to correct itself.

PRACTICAL MEDITATION

Dr. Patricia Carrington Ph.D. is a clinical psychologist in active practice, a lecturer at the Department of Psychology of Princeton University, co-author with her psychiatrist husband Dr. Harmon C. Ephron in numerous scientific articles on new experimental studies of sleep and dreaming, and has been involved with meditation both personally as a regular meditator and professionally, using meditation with her patients and conducting research in this area.

In her book "FREEDOM IN MEDITATION" published by Doubleday Anchor Books, Dr. Carrington introduced the important concepts of "Practical Meditation" & "Clinically Standardized Meditation" is called "practical" because of the limited, earthly and secular goal of the meditators involved. The limited goal is that of improved mental and physical health and the treatment of diseases, as compared to the unlimited goal of self-realization" requires less devotion of time, effort & loyalty and therefore more palatable, more acceptable and within reach of the general lay public. Dr. Carrington also discussed at length the side effects of meditation. "Practical Meditation", because of the limited amount of practice time, appears to be pretty much free of the potential side effects of meditation. It is important for the lay public to know that there is a "PRACTICAL VERSION" of meditation available – so they don't have to shy away from meditation altogether. Dr. Carrington has also developed her own method of meditation, CLINICALLY STANDARDIZED MEDITATION, which is being used successfully in a number of organizations. Her method is called "Clinically Sstandardized" because contains certain elements of secrecy which makes scientifically controlled studies impossible.

There are yet other methods of meditation that contains no element of secrecy, but the methodology is loose and too variable, making scientifically controlled studies also impossible. Dr. Carrington's method is therefore an important scientific tool in meditation research, as well as a practical method for everyone.

Through her wealth of personal and professional experience in "Practical Meditation", Dr. Carrington acquired the following convictions about the application of meditation in the medical field, as expressed in her book, "FREEDOM IN MEDITATION":-

THE VISION OF CLINICAL MEDITATION

She believes that in the future, meditation and relaxation will be used extensively will be used extensively along with conventional medical treatments for many of the stress-related disorders. Teaching patients before surgery, she believes that meditation and relaxation might be an excellent preparation for surgery, because a less stressed patient is know to be a better surgical risk.

She also advocated the medical use of meditation as an analgesic or pain reducer. Meditating upon one's pain can be very effective in reducing its severity.

She also cited a number of informal research reports suggesting that meditation can speed up the healing process. She mentioned a pilot study at the University of Pennsylvania Hospital suggesting that gum infections may heal more rapidly in patients practising meditation.

She brought to our attention the work of Dr. O. Carl Simonton, former Chief of radiation therapy at the Travis Air Force Base in California who had successfully used a form of meditation to treat cancer.....

When a hypertensive or "Type A" behavior person is advised by his physician to "slow down" or "stop worrying" and to change his whole life-style, Dr. Carrington recommends a regular meditation schedule, as well as meditation exercises during walking, cooking, tennis, swimming and working. Meditation in action could serve to lessen the stress of life in an effective manner. Interweaving of the meditative mood with everyday living will result in one's life to be permeated with a natural calm.

THE POWER WITHIN

In their book BEYOND BIOFEEDBACK published by Dell Books, Doctors Elmer & Alyce Green of the Menger Foundation, discussed one or two representative examples of research and clinical work in each of the major areas of biofeedback with enough depth so that the reader could get a good idea of the procedures followed and results obtained. These

areas included Heart Behavior, Blood Pressure, Migraine Headache, Gastrointestinal Disorders, Asthma, Neuromuscular Disorders, Tension Headache, Anxiety tension States, Epilepsy and Cerebral palsy. Concluding their discussions on the applications of biofeedback, the Doctor Greens reported that their colleagues made half-joking remarks that researchers in biofeedback sound like snake-oil salesmen, using biofeedback as a panacea. The Doctor Greens then suddenly realized that it isn't biofeedback that is the "Panacea" ---- it is the power within the human being to self-regulate, self-heel, and re-balance. The Doctor Greens concluded that biofeedback does nothing to the person; it is simply a tool for releasing that potential to regulate and to heal.

MEDITATION, RELAXATION AND THE HEART PATIENT

The following excerpts, from two American Heart Association pamphlets will help to show you that meditation and relaxation is accepted by conventional establishments too.

From the AMERICAN HEART ASSOCIATION pamphlet ---- LIVING WITH ANGINA **

HOW TO LIVE WITH ANGINA

----- The following suggestions have helped people live comfortably with angina -----

1. Control your physical activity -----

2. Avoid emotional upsets-----

Whatever causes you to feel pressure in an unpleasant way is likely to bring on angina. Identify everyday situations which make you angry. Practice of a relaxation exercise may help you control these situations. Modern ways of calming down include meditation & relaxation exercises. Some doctors suggest that you take two twenty minute periods per day to practice total relaxation of all your muscles. Others recommend that you try deep breathing, concentration on one thing, or relaxing all of your muscles, whenever you feel pressure building up from stress. -----

From the AMERICAN HEART ASSOCIATION pamphlet ----- AFTER A HEART ATTACK **

"Try to relax more and enjoy your leisure which is easy to say, but may be difficult to do. First, you should ask yourself what stresses in your life are the most unpleasant and make you feel the most tense and frustrated. If these stresses cannot be eliminated, perhaps they can be minimized, either by better planning or by using specific physical ways of calming down under stress like relaxation exercises of "meditation". Some doctors suggest that you take two 20 minute periods per day to practice total relaxation. Others recommend that you try exercise, such as deep breathing, concentrating on one thing, or relaxing all your muscles, whenever you feel pressure building up.

MEDITATION AND THE DIABETIC

Lyn Walsh O.T.R., M.Ed., is an occupational therapist at the City of Hope Medical Center in Duarte, CA:. In the July/August 1980 issue of Diabetes Forecast, a publication of the American Diabetes Association for the professionals as well as the lay public diabetic patients and family, Lyn wrote about the relationship between diabetes control and relaxation: ¶¶

** © American Heart Association

¶¶ © American Diabetes Association

“Learning how to relax is important for people who have diabetes, because daily stress can cause a rise in the hormones that work against insulin and so, cause a rise in blood sugar. In some cases, extreme stress can lead to poor diabetes control and even, though rarely, to diabetic coma.

“How does one learn to relax? There are various ways ---- biofeedback, Zen, Yoga, Transcendental Meditation,” and then the author described a simple technique that works for any.

“Reducing stress through relaxation can also help to lower blood-sugar levels and reduce the author said. “RELAXATION IS A HEALTH NECESSITY FOR ANYONE’S MIND AND BODY, but people who have diabetes live in excessive stress, which means that taking time to relax each day is especially important. Whether you set aside five minutes or 50 minutes each day, doing relaxation exercises may be just what you need to give your day a lift. You might even improve your control.”

THE SCIENTIFIC MONOGRAPHS

Biofeedback and Self-Control (Aldine Publishing Company), an annual on the regulation of bodily processes and consciousness also has numerous reports on the beneficial effects of biofeedback, relaxation and meditation in hypertension, abnormal heart rate, headaches, chronic pain, asthma, insomnia, epileptic seizures, stroke patients, eating disorders and peripheral blood circulation. This annual is of a highly technical nature, consisting entirely of scientific papers. The Reports will bring you excerpts in layman language in future volumes.

Finally, the Transcendental Meditation organisation has published a monograph called ---- Scientific Research on the Transcendental Meditation Program, Collected Papers, Volume I, edited by David Orme-Johnson Ph.D. and John Farrow Ph.D.. This book contains the most comprehensive collection of scientific papers on meditation you can find today. However, it is compiled for the scientific community and kind of difficult to read for the lay public. The papers are classified under 3 big headings ----- the PHYSIOLOGICAL, PSYCHOLOGICAL and SOCIOLOGICAL effects of Transcendental Meditation. The papers under Physiology practically confirms all the aspects quoted above. In short, patients with hypertension, angina pectoris, bronchial asthma, inflammation, insomnia, and overweight problems were helped by T-M as borne by scientific studies.

As future scientific studies and clinical reports are published in the “Conventional” scientific and medical journals, The Reports will bring them to your attention in easy-to-understand layman language in future issues of The reports. We shall keep you well-informed!

THE PLACE OF MEDITATION IN MEDICAL CARE

Going over all the scientific papers and books written by the medical doctors and Ph.D.s on meditation, relaxation, biofeedback, stress management and related therapies, one can safely conclude that meditation and relaxation has a place in maintaining the physical and mental health of selected patients. Meditation and relaxation does not work on specific diseases. It works by enhancing the general health of the patient. When the general health is improved, conventional medications and surgery works better and heals the disease faster and more effectively. The quality of life of many chronically sick patients can be improved also.

MEDITATION IS A HEALTH ADJUNCT

Readers are reminded that meditation and relaxation is only a health adjunct (or more correctly, a health necessity). It is not a therapy as yet. DO NOT TREAT YOURSELF. Your symptom is often only the tip of an iceberg. You should work closely with your private physician to unravel the mystery of the whole iceberg while treating the symptoms. For example, a couple of aspirin can stop the chest pain of a heart attack, but while the pain is

gone, the underlying heart attack can kill the patient if he is not hospitalised immediately and monitored in a coronary care unit.

MEDITATION IS NO SUBTITUTE FOR CONVENTIONAL MEDICAL CARE

Readers should understand that meditation will never replace orthodox medical care. The best guru or master in meditation, if and when he becomes acutely ill, still needs expert medical attention. Meditation cannot substitute for medications & surgery in acute appendicitis, angina pectoris, cancers, pneumonia, diabetes etc and practically all the medical illnesses. However, meditation can be a valuable and much needed adjunct when ordered by the physician for the appropriate situations.

MEDITATION IS NOT PSYCHOTHERAPY

On the other hand, readers are urged to dispell the popular misconception that meditation and relaxation is for the nervous nut, the emotionally unbalanced, in other words, somebody with psychological problems with or without affecting the physical body. Some readers might have the fears that if you have anything to do with meditation and relaxation, your friends will label you ---- this guy or gal must be sick in the head. Oh on! Relaxation and meditation and meditation can certainly help those with psychological and emotional problems, but that only constitutes a small percentage of those being helped. The majority who are helped are those with physical health problems ----- problems that doctors know, cannot be helped by psychotherapy.

MEDITATION IS NOT MIND-CONTROL

Readers should also recognise another common misconception that meditation, relaxation and biofeedback works by mind control....meditation, relaxation and biofeedback is self-hypnosis.....that you use your mind-power to manipulate and control your body organs & body functions.....it is mind over body. The above concept is only correct in self-hypnosis,..imagery therapy and meditation programs** that incorporate self-hypnosis and imagery as part of the activities. From his own personal experience and from numerous interviews with meditation teachers and from numerous interviews with meditation teachers and students, THE CHIEF EDITOR FINDS LITTLE OR NO "MIND CONTROL" IN MEDITATION PROGRAMS---ON THE CONTRARY, IT'S "MIND DE-CONTROL" ----- LET GO, TAKE IT EASY, AND LET IT FLOW NATURALLY ARE THE MOST CRUCIAL INSTRUCTIONS IN MEDITATION PRACTICE. The term "homeostasis and balancing of the body/mind continuum" better describes the psychophysiological status during meditation and relaxation. Any attempt to or any belief in manipulation and control of the mind and body will result in failure to attain the meditative state, and might open up oneself to exploitation by selfish teachers and organisational leaders who want to control your mind and body. The names "The Relaxation Response" and "The Healing silence" created by Doctors Herbert Benson M.D. and Harold Bloomfield M.D. respectively, correlates best with the true nature of meditation. Meditation is not "mind control", is not "mind over body", is not "mind control", is not "mind over body", is not "mind over matter" and such terms should never be applied to meditation.

MEDITATION AND NATIONAL HEALTH CARE COST

Meditation and relaxation can produce wonderful benefits when used at the right time and in the right way. The national health care cost is so high nowadays; if meditation and relaxation were utilized nationwide in a practical manner, with proper supervision and monitoring, then, by enhancing the general physical and mental health national health care cost in addition to improving the quality of life.

DO YOU WANT TO BENEFIT FROM MEDITATION AND RELAXATION? CONSULT YOUR PERSONAL PHYSICIAN TODAY!

SIDE EFFECTS

OF

MEDITATION & RELAXATION

Numerous medical doctors, Ph.D.S, meditation teachers and new age writers have contributed recently to our increasingly extensive knowledge about the side effects of meditation and relaxation. In her book "FREEDOM IN MEDITATION", Dr. Patricia Carrington Ph.D. dealt extensively and thoroughly with such side effects.

Dr. Carrington warns that when persons meditate several hours without a rest, powerful emotions and previously repressed thoughts may be released too quickly from the subconscious "storage warehouse" into the conscious mind, so rapidly and so unexpectedly that the meditation is not prepared and doesn't know how to deal with them. If he has a weak ego or history of emotional and mental instability, fragile defenses in the psyche might breakdown, and he might get into an acute episode of psychiatric illness.

THE SAFE LIMIT

Dr. Carrington recommended that the average person do not meditate more than one hour a day for the first year, and after the first year, do not meditate more than one hour at a single sitting, nor more than two hours on the same day. The Doctor noted that for certain individuals, the "safe limit" may be considerably lower than this.

The Transcendental Meditation organisation also insists that the practice of TM be limited to no more than two twenty minute sessions daily.

Dr. Benson in his book "THE RELAXATION RESPONSE" also warned that the Relaxation Response is not a panacea. From his own personal observations, many people who meditate for several hours every few weeks at a time tend to hallucinate, as a result of sensory deprivation. DOCTOR BENSON REPORTED THAT HE HAD NOT NOTED ANY OF THE SIDE EFFECTS IN PEOPLE WHO BRING FORTH THE RELAXATION RESPONSE ONCE OR TWICE DAILY FOR TEN TO TWENTY MINUTES A DAY.

Dr. C. Norman Shealy M.D. in his book ----- "90 DAYS to SELF-HEALTH --- BIOGENICS" said that the elaborate mental and physical exercise program he had presented in his book is safe, simple and effective. Dr. Shealy's program contains a very large proportion of mental visualization (imagery) exercises, and that might account for the absence of side effects. That is because the active mental visualization fully occupies the mind at all times, leaving no room for hallucinations and delusions to arise.

KUNDALINI CASUALTIES

In its "Perils of the Path" special issue (March 1978), New Age magazine had several feature articles on Kundalini practices. The only side effects really related to these practices. The only side effects really arising from meditation, relaxation, and certain body therapies and human potential techniques are those mentioned in the feature article: Kundalini Casualties – numbness, pain, heat, light and various other bodily sensations, illusions and hallucinations. People who are emotionally run into trouble. Itzhak Bentov concluded in the interview that it all boils down to: You should choose a rate that you can safely release stress without harming yourself.

THE DANGER OF EXPLOITATION

The other feature articles dealt with the authoritarian threat, surrender and total submission to a guru (teacher), and total loyalty and total commitment to a spiritual organisation, about mediums, psychics, cheating and nonsense from the other side (spirit world). All these hazards are very real and readers would benefit a lot by reading those feature articles. HOWEVER, TAKE NOTE THAT THESE ARE NOT THE HAZARDS OF MEDITATION AND RELAXATION PER SE. THEY ARE THE HAZARDS OF THE POTENTIAL TOWARDS CORRUPTION IN ANY HUMAN ORGANISATION -----THE SELFISH MOTIVES OF TEACHERS AND THE WAY THEY CONTROL THE ORGANISATION AND STUDENTS IS THE HAZARD. Readers should note that this external manipulation and exploitation can only succeed in the case of weak ego & the lack of self-reliance, confidence and independence

on the part of the case of a weak ego & the lack of self-reliance, confidence and independence on the part of the students.

THE DANGER OF HYPNOTIC PROGRAMMING

In their book *BENYOND BIOFEEDBACK* published by Dell Book, Doctors Elmer & Alyce Green cautioned against the popular commercial mindtraining programs. The Doctor Greens specifically cautioned against those who use hypnosis but advertise to the contrary, thereby denying and ignoring the risks associated with hypnotic programming. The Doctor Greens also cautioned against the premature development of Extra Sensory Powers giving rise to psychic hazards. "Independence in the field of mind" was stressed. The Doctors stressed that when psychic submission overshadows self-volition, the result is disastrous --- the power of psychic self-determination is needed for safety. The Doctors approve of psychosomatic self-regulation achieved by any volitional method --- self-mastery is a slower process, but much safer than submitting oneself to hypnotic instruction and turning the control of one's mind over to another person. The message here is again the same ----- a strong ego, self-confidence, self-reliance and independence is needed for safety.

THE CHINESE SOLUTION

The Chinese Taoist and Buddhist literature has reported extensively on the side effects of meditation and how to counteract them. For "PRACTICAL PURPOSES" or for "METAPHYSICAL GOALS", the Chinese Taoist and Buddhist meditation practitioners invariably go beyond the safe time-limits recommended by Drs. Benson, Carrington and the T-M organisation. Going over the available literature carefully, it appears that the desired "PRACTICAL GOALS" cannot be achieved by meditating for the short time limits set by the American colleagues. Therefore a solution recommended by the Chinese masters is to familiarize oneself with a listing of all the side effects and be aware of their occurrence --- so that when you meditate, you can sail through the sea of side effects safely and without fears.

The Chinese literature reports that the practice of meditation can give rise to numerous bodily sensations, visual and auditory hallucinations, forceful emotional outbursts, and various delusions and convictions that are erroneous. Even righteous and compassionate thoughts and convictions, pleasant hallucinations and sensations, if occurring too frequently and out of voluntary control is considered by the Masters as harmful side effects. When they occur, ignore them. Watch them from aloft as if you are watching a movie screen; or like watching a street scene from a helicopter. If they are of such an intensity that they cannot be ignored one should get out of the meditative mood and return to daily "secular activities". One should then ask the advice of a competent teacher who would teach him mental devices to counteract the hallucinations. If that fails, one should refrain from going back into meditation until the same teacher or another teacher has found a mental technique for him to dissolve that particular hallucination or emotional upsurge. Some students had to stop the meditation practice for years before returning because of insoluble side effects.

A GENERAL RULE

In general, if you have a problem with your meditation, you should ask our teacher for assistance. If you prefer, you can also write to the Clearinghouse and we shall find teachers to advise you on your problem. In subsequent volumes of *The Reports*, we shall publish many articles devoted to the side effects of meditations and how to overcome them --- drawing on the experience of present and past masters in meditation.

A CLASSIFICATION OF SIDE EFFECTS

Going over all the currently available information on the side effects of meditation and relaxation, one can look at them via a simple classification:-

----- Side effects arising from meditation and relaxation per se

----- Side effects due to the selfish teachers and selfish organisers of the programs

A SIMPLE METHOD TO PREVENT SIDE EFFECTS

A simple but effective method to prevent and counteract both groups of side effects is to cultivate an attribute called : Self Independence. Through a strong belief and conviction in self independence, one learns to have full confidence in oneself and the real world surrounding him. He is independent, self-reliant and confident enough to watch from aloft the unusual body sensations, illusions, hallucinations and all mental activities and deal with them calmly. He is also self-reliant and deal with them calmly. He is also self-reliant, independent & self-confident enough not to be affected by the subtle and often unspoken demands, threats and hypnotic programming by selfish teachers and program organisers. He respects his teachers, but he tries diligently to understand and master the techniques of meditation and relaxation by himself ----- he does not turn over his mind and body to be relaxed, to be purified and to be healed by another human being. He does not surrender himself to a guru, to a doctrine, to the authority, to a precept, NOT EVEN to the LIGHT, not to the TRUTH not to the SOURCE. He does not put all of his hope in one guru, one teacher, one method, one organisation --- and get a nervous breakdown when that only "friend" doesn't come through with the high expectations. He uses his logical mind and reasoning to understand the technique, practices, rituals, traditions & theories and carry out only those he can digest and weave nicely into his real world. He stands firm on the grounds of the real world as he assimilates esoteric experiences.

That is the attribute which will prevent and counteract most if not all of the side effects of meditation and relaxation. That is the attribute that all potential users of meditation and relaxation should cultivate and reinforce.

Footnote :-

The term Self Independence is coined by the Chief Editor to describe an attribute as discussed above. This term can be easily understood by studying the term: financial independence and political independence. Used in a similar manner, Self Independence is employed to mean a state of the SELF, the EGO, being free from outside control, being free from external interference.

THE RELAXATION CLINIC

The relaxation clinic is not a medical facility. It is not a diagnostic or treatment facility. It is a facility for the promotion of wellness, for the promotion of health. It is the invreased level of welness, the invreased level of health that assists the currently available therapeutiv modalities to soothe and to heal.

INTRODUCTION

Relaxation and Meditation is beneficial to many patients ---- this is a fact proven by scientific and clinical studies. But in what way is it useful? What are the side effects? How can the side effects be avoided? How can the beneficial effects be utilized properly?

WHAT IS RELAXATION? HOW IS IT CLASSIFIED?

Relaxation and meditation is a life-style. It is a healthy way of living. It is an efficient way to take a good rest. It is a method to invigorate your body and your mind. It is a health adjunct. It is a health necessity. It is classified with sunshine, fresh air, a good night sleep, nutritious food and gentle exercise. To practise relaxation and meditation is like going to a health spa.

Relaxation and meditation is not classified as a mode of therapy at this time (one day it might). It is not psychotherapy. It is not hypnosis. It is not a drug. It should not be viewed as a method of diagnosing illnesses. It should not be employed to treat specific diseases.

Relaxation and meditation should be utilized to enhance general physical and mental health, like sunshine, fresh air and a good night sleep can enhance your general health ---- and that is the only indication and application for meditation and relaxation at this point in time.

TO IGNORE MEDITATION AND RELAXATION IS TO DENY PATIENTS A PROVEN BENEFICIAL MEASURE TO ENHANCE THEIR GENERAL HEALTH.

It is a known fact that patients with good general health survives acute emergencies better, recovers from acute illnesses much faster, have less surgical complications, and have a shorter convalescent period. In short, medications and surgery work better in a healthy patient. We should take every adjunctive measure to enhance patients' general health before they ever get sick ---- but more importantly, after they develop a sickness, and while they are receiving medications and surgery, we should continue in our unrelenting effort to enhance their general health in every possible way.

WHEN TO RECOMMEND A PATIENT FOR MEDITATION AND RELAXATION

The medical indications for meditation and relaxation are of a non-specific nature at this point in time. In the near future, the number of indications will increase and will also become more specific.

As of now, there are five broad categories of indications:-

- (1) Mild anxiety states requiring no psychiatric consultation.
- (2) Psychosomatic diseases.
- (3) General ill health concurrent with fully diagnosed medical conditions under adequate treatment.
- (4) Residual symptoms from fully diagnosed medical conditions under adequate treatment.
- (5) Non-psychosomatic diseases not responding to currently available methods of treatment.

(1) Mild Anxiety States Requiring No Psychiatric Consultation.

Patients with mild anxiety with or without concurrent physical illness can benefit from meditation and relaxation when the private doctor has determined that formal psychiatric care or psychological evaluation & psychotherapy is not necessary at that point in time for that particular patient. Anxiety states associated with everyday stress, concurrent physical illnesses and pre-operative & post-operative situations fall under this category. The practice of meditations and relaxation might reduce the need for mind tranquilizers. If and when the

anxiety state warrants psychiatric care, the practice of meditation and relaxation and relaxation should be supervised by a psychiatrist.

(2) Psychosomatic Diseases

Patients with somatic symptoms with or without organic pathology, when judged by the currently prevailing medical standards to have a component due to anxiety, and when it is customary medical standard to consider that the relief of the anxiety component will contribute in part to the relief of such anxiety state can be accomplished by the cautious use of mild tranquilizers ---- then, under such circumstances, meditation & relaxation can be added as an adjunctive measure. Please note that when the anxiety component is of such depth and complexity that psychological evaluation and psychiatric care becomes necessary, then the use of meditation and relaxation should be done under the supervision of a psychiatrist.

(3) General Ill Health Concurrent with Fully Diagnosed Medical Conditions and Under Adequate Treatment

General ill health is frequently associated with many major and minor medical conditions. It can occur status post major surgery, and during the course of treatment and convalescence. It sometimes persists to after the completion of adequate medical treatment. In some instances, general ill health can occur even without associated organic disease. This condition of general ill health has been called by many different names --- neurasthenia, deconditioning, general run-down, nervous exhaustion, physical exhaustion etc etc. The proper management is a comprehensive program including adequate rest, gentle exercise, sunshine, fresh air, adequate nutrition, supplementary vitamins and minerals. Meditation, supplementary vitamins and minerals. Meditation and relaxation can be a useful adjunct under such circumstances, not only because it can help alleviate the mild anxiety of chronic ill health and increase the sense of general well-being, but more importantly, like sunshine and fresh air, meditation can activate the natural potentials of the physical body to normalize itself and relieve some, if not all of the symptoms of general ill health.

(4) Residual Symptoms from Fully Diagnosed Medical Conditions that are Under Adequate Treatment

It is not uncommon that even when certain medical conditions have been fully diagnosed by currently available methods and adequately treated medically and/or surgically, yet minor residual symptoms linger on. Such residual symptoms do not affect the life-span of the patient, but they are very annoying, reducing the happiness and enjoyment of life in the affected individual and the immediate family. Sometimes, it can even interfere with the working capacity of the individual. When all available adjunctive measures have been tried without success, it is reasonable that one tries without success, it is reasonable that one tries meditation and relaxation. Meditation and relaxation not only reduce the mild anxiety associated with the chronic residual symptoms, it actually works to activate the natural potentials of the physical body to normalize itself. Patients should be reminded that meditation and relaxation does not relieve any specific symptoms nor any specific disease. It is the activated natural potentials of the physical body that might relieve the symptoms or the disease. However, patients should be told the whole truth ----- that there isn't enough evidence at present to prove that enhancement of the general level of health will relieve such the general level of health will relieve such residual symptoms. We can only hope it will. However, it certainly doesn't hurt to enhance one's health or improve one's level of wellness.

(5) Non-Psychosomatic Diseases, Not Responding to Currently Available Methods of Treatment

Unresectable cancer & cancer with metastases, end-stage kidney disease (with or without dialysis) and many forms of arthritis are just three of the many examples of non-psychosomatic diseases not responding to currently available methods of treatment. While all the available adjunctive measures together can improve the quality of life in such patients or even prolong their lives, one of those measures can actually reverse the disease process. Under such circumstances, patients can be recommended to practice the mild anxiety associated with the protracted illness and increase the sense of general well-being, but to stimulate and enhance the natural healing potential of one's own body. Again, the doctor should tell the patient the whole truth ----- that there isn't enough evidence at present to prove that enhancement of one's level of general health can reverse the pathological processes in such diseases. However, it certainly doesn't hurt to enhance one's general health and improve one's level of wellness, as long as one continues to remain under a doctor's care.

WHEN NOT TO RECOMMEND A PATIENT FOR MEDITATION AND RELAXATION

Patients falling under the following categories should not be or cannot be recommended for meditation and relaxation:-

- (1) Patients with present or past psychiatric illness should not be recommended for meditation and relaxation, except when ordered and supervised by a psychiatrist.
- (2) Patients who are emotionally disturbed, having an unstable personality, a weak ego, schizoid personality, anti-social behavior, religious craze or practically anyone requiring psychological evaluation and psychotherapy (supportive or analytical) should not be recommended for meditation and relaxation, except when ordered and supervised by a psychiatrist.
- (3) Patients below the age of legal responsibility or above the legal age, but judged by the doctor to be psychologically too immature to understand the techniques or to handle the side effects of meditation and relaxation, should not be recommended under the supervision of a team consisting of the parents or legal guardian, medical social worker and psychologist or psychiatrist.
- (4) Patients with clouded consciousness (because of senile dementia & other metabolic or anatomical pathology) should not be recommended for meditation and relaxation because it is a waste of time and effort.
- (5) Patients with impaired ability to learn, to comprehend, to focus attention, to persevere, as well as patients with poor compliance, lacking will-power or lacking a clearly-focused goal to improve his/her own health, should not be recommended for meditation and relaxation except when referred to a special team of professionals skilful in dealing with such patients. The reasoning is that once a patient attempts to practise meditation and relaxation but fails to achieve a reasonable result, he/she will reject meditation for life, not knowing that the fault lies in him/her, and not meditation or relaxation.

DOCTOR-PATIENT RELATIONSHIP IN MEDITATION

The doctor-patient relationship related to the use of meditation and relaxation is no different from the usual doctor-patient relationship. A doctor always fully discloses the reasoning behind the use of a certain drug, procedure or surgery, the expected benefits and the possible side effects. The doctor does not guarantee cure of disease or relief of symptoms except that he will do everything possible according to the currently prevailing medical standard. The doctor arranges followup visits to monitor the progress of the patient. Likewise, in the use of meditation and relaxation, a doctor fully discloses the reasoning behind the use of meditation, and he follows up the patient for the patient for progress in the use of meditation. Furthermore, he explains to the patient that meditation and relaxation is not a form of

treatment for specific diseases or specific symptoms ---- it only enhances the general health, and improves the level of wellness of the patient.

A doctor can do the above counselling himself or train his nurse to do it. A busy doctor might prefer to refer this counselling and monitoring responsibility to A RELAXATION CLINIC.

LEGAL ASPECTS OF MEDITATION

There is nothing illegal or unethical for licensed physician to refer a patient for meditation and relaxation.

In a letter to H. Reid Shaw Esq., legal counsel for the Chief Editor, dated Sept.3, 1980. the State Education Department of New York State said, "Relaxation training, youga or meditation therapy are terms which are not defined in New York State statute or regulations. A physician may, of course, refer a patient to unlicensed personsl for purposes which are not restricted by any licensing stature. Referrals to a clergyman would be one example.

The state Education Department went one to say, "Any representation by the physician that the person to whom the referral was made was qualified to engage in the practice of medicine or any other licensed profession, could be mis-leading and could lead to charge of professional misconduct. If the person to whom the referral was made participated in any way in the physician's fees or engaged in acts which constituted the practice of medicine, the physician could be subject to charge of professional misconduct based upon fee splitting. Or upon aiding and abetting an unlicensed person in the practice of medicine. The definition of the practice of medicine is set forth in Education Law Section 6521." (For the text of Education Law Section 6521, see subsection 4 of Appendix.)

Since Providing instructions in meditation and relaxation is not delivery of medical care----- i.e. diagnosis and treatment of pathological states is not the purpose of meditation and remediation and relaxation teacher is qite legal. Such referral is as legal as referring a patient to practise swimming every morning for half an hour in a Y.M.C.A. swimming pol. If the physician explains to the patient according to the section in this chapter: "What is Meditation and Relaxation? How is it classified?", he has fulfilled his duty already.

Concerning the ethical aspects of a licensed physician referring patients for meditation and relaxation and judging form the above opinion of the State Education Department and other facts of which we are cognisant, one can safely say that it is quite ethical to do so provided that the physician has arranged for the patient to receive the best possible medical care currently available and has disclosed fully to the patient the rationale, the possible benefits and side effects associated with the practice of meditation and relaxation. The interested physician can satisfy the above requirements by delegating the above responsibility to a Relaxation Clinic where a licensed physician and his staff registered nurses fulfill that responsibility for the busy family doctors.

THE BUSY DOCTOR AND OUR CLINIC

The Relaxation Clinic does not give in struction in relaxation, meditation and biofeedback. It functions as a bridge between the busy medical practitioners and the relaxation meditation programs.

(Our Clinic)	Relaxation	
M.D. -----	Meditation	teachers
	Biofeedback	

HOW WE ASSIST THE BUSY DOCTOR

HERE'S HOW WE HELP THE BUSY DOCTORS TO TAKE CARE OF THEIR PATIENTS:-

- (1) We explain to the patients what is relaxation and meditation, what can they expect from relaxation & meditation and what they shouldn't expect from meditation, relaxation & biofeedback.
- (2) We try to ensure that the patients understand and master the essential techniques of practical meditation. We try to make patients understand which techniques are needed for health, which techniques are for spiritual advancement but not needed for health, which are rituals and traditions only and therefore not essential for health goals. We counsel patients that they might be able to master the most crucial techniques of meditation with the first teacher within a short period of time; or it might take them going to several teachers, and spending a great deal of time, money and effort before they can grasp the essentials of meditation and benefit from it. Some patients might never succeed in mastering the techniques. We try our best to help everyone along. The success rate will be much higher with our encouragement and counselling, but we can never guarantee success.
- (3) We warn patients of the dangers of meditation & relaxation, before they take up the training. The dangers are divided broadly into three groups:-
 - a. Dangers arising from the practice of meditation and relaxation per se.
 - b. Dangers arising from selfish intents of the teachers and the organisation hierarchy.
 - c. Dangers arising from some of the rituals, traditions and philosophy peculiar to a special school of meditation or human growth potential group.

We warn them about these dangers, guide them away from them and spot the dangers before they had gone too far.
- (4) We counsel patients not to ignore conventional medical diagnosis and treatment, nor to delay seeking conventional medical advice. We try to ensure that the patients follow up with their personal physicians regularly as the medical circumstances demand. We advise patients that their illness is often much deeper than the symptoms alone would indicate. We therefore strongly urge our patients to remain under conventional medical care all the time, and follow the advice of their regular physicians and the specialists & allied health professionals referred to by the regular physician ---- e.g. nurses, home health aides, medical social worker, physical therapist, respiratory therapist, dietitian, and clinical psychologists.
- (5) We give them a list of meditation, relaxation & biofeedback programs available, help them pick a teacher and continue to monitor their progress regularly. We help them and protect them continuously while they voluntarily remain under our care.

IS COUNSELLING AND MONITORING REALLY NECESSARY?

RELAXATION & MEDITATION IS NOT A DRUG,
IT IS NOT A METHOD OF DIAGNOSIS,
IT IS NOT A FORM OF TREATMENT,
IT IS NOT PSYCHOTHERAPY,
IT IS NOT SELF-HYPNOSIS,
IT IS NOT HYPNOSIS,

Relaxation & Meditation

is like sunshine
is like fresh air
is like a good night sleep
is like gentle exercise
is like nutritious food
is like going to a health spa
is like efficient way to take a good rest
is a wonderful method to invigorate your body and mind.

Yes, Relaxation & Meditation is so simple that a doctor can easily tell a patient to go home and relax. Professional counselling and monitoring may not be necessary,
.....except that there are a few catches,

- (1) Relaxation & Meditation is best learned from a good instructor, not through books alone.
- (2) There are so many relaxation and meditation programs that a patient can get lost easily in the myraid of techniques, theories, rituals and religious and semi-religious traditions & philosophies.
- (3) Meditation and relaxation has side effects from the practice per se and from the selfish teachers and organisers.
- (4) Meditation & relaxation can be mistaken as the panacea and the patients would unwisely skip or delay medical care.

So, meditation and relaxation is not as simple as it sounds.

PROFESSIONAL COUNSELLING AND MONITORING IS NECESSARY!

THAT'S WHERE WE COME IN! WE MAKE MEDITATION AND RELAXATION SIMPLE AGAIN, FOR THE DOCTORS AND THEIR PATIENTS!!

WE TAKE THE RESPONSIBILITY FROM THE DOCTORS, AND PROVIDE PROFESSIONAL COUNSELLING AND MONITORING FOR THEIR BELOVED PATIENTS IN THE FIELD OF MEDITATION AND RELAXATION.

A BUSY MEDICAL PRACTITIONER CAN NOW REFER THEIR PATIENTS TO A RELAXATION CLINIC FOR CLINICAL RELAXATION/ AND FEEL REASSURED THAT THE CLINIC WILL TAKE GOOD CARE OF THEM PROFESSIONALLY.

At a Relaxation Clinic, counselling and monitoring is performed only by physicians and registered nurses. Physicians and nurses have the broad training in the diagnosis and treatment of diseases to make such counselling and monitoring useful and meaningful.

The Relaxation Clinic is not a legal entity by itself. It can be a department, a subdivision or a subsection within an institution, like the eye clinic within the outpatient department of hospitals. It can also be a segment of the services provided by a private doctor in his medical office, just like the nursing function, the small laboratory, the x-ray facility, and the patient education service being some of the segments of services provided by a private doctor in his own office. One of such set-up is :

The Clinical Relaxation Counselling Project
c/o Laurence Young M.D.
19 Bowery
New York, N.y. 10002

THE FUTURE

THE CLINICAL RELAXATION COUNSELLING PROJECT IS THE PROTOTYPE FOR A NEW GENERATION OF CLINICS --- RELAXATION CLINICS --- CLINICS THAT WILL BECOME AN ESSENTIAL PART OF ANY HOSPITAL, ANY AMBULATORY CARE DEPARTMENT, ANY HEALTH MAINTENANCE ORGANISATION 5 ANY MEDICAL GROUP, AND PROVIDE THE MUCH NEEDED SERVICE OF RELAXATION AND MEDITATION IN A PROFESSIONAL MANNER.

MEDITATION AND HEALTH

IN

CHINA

While the interest in meditation as a healing tool is rapidly spreading in the West, the actual application of meditation in the treatment of diseases and health maintenance in China, Hong Kong & South East Asia has been flourishing for many years. Many cures had been reported within a religious or metaphysical setting—Buddhism, Zen and Tao.

Many have attempted to do it in a reasonably scientific manner, and have done a good job considering their lack of scientific training and the absence of research funding and support services. The hallmark of a scientific attitude is to make careful and detailed observations, report them honestly and make reasonable deductions from those observations. Many of them have done just that.

MEDITATION IN TAI WAN

In Tai Wan, Republic of China, there is no known government effort, involved in promoting such studies, but numerous adepts and initiates have taken it on their own to observe and report the application of meditation in health maintenance and the treatment of diseases. Many books have been published in Chinese and widely circulated; a few centers are known, but there are innumerable small classes and private tuition settings engaged in the healing of diseases with meditation practice. Professor Nan, a late middle age Chinese Professor in Buddhist and Tao philosophy is one of the best known adept in Tai Wan, unceasingly teaching numerous students who are now in Tai Wan, Hong Kong and many in the United States. According to a reliable source, Professor Nan can transmit the Life - Force (Chi Energy) to help students advance in their practice or to heal certain diseases. An article by one of his best students will appear in Volume II, describing the student's own experience in meditation and the physiological and clinical observations experienced. Interested parties can write to one of the Professor's student in the United States.

Professor Kai-Jin Nan
c/o Joan Lee CAeu, Ph.D.
3 Balston Drive
Verona, New Jersey 07044

Master Man-Chee Wong is another adept with numerous students in Tai Wan, Hong Kong & United States, including Movie King Run-Run Shaw, a neurosurgeon, a financial executive and a medical laboratory president --- I have limited but accurate data on all four students mentioned. Master Wong is a more mysterious person. It is almost impossible to find him --- he seeks you out and teaches you without reservation and without submission and without compensation, when the "Karmic link between you & him ripens." If there is no Karmic link, either you can never locate him, or he would refuse to teach you even if you give him a million dollars. When he came to United States to teach the three students mentioned above, he refused to let the students pay for the plane ticket, lodging, not even a single meal. Instead, he treated the students to dinner. Master Wong transmitted Life-energy (Chi Energy) into his students to activate the Governor and Conception channels (the two main acupuncture meridians) producing a hot fiery energy flow that the student can never forget. Thereafter, the student keep the energy flow going by the proper practice.

The first record that I can find concerning a non-Chinese activating the Chi Energy flow through Taoist Meditation is Mr. James May from Utah. He learned Taoist Meditation in 1973, but it wasn't until 1976, after he got a few "tips" from a Mr. Wang that he progressed amazingly and improved his physical health. He wrote a testimony for Mr. Wang. Wang had written several books in Chinese on Taoist Meditation. He has reportedly advanced quite significantly on the meditative path himself. To say the least, he is a knowledgeable and systematic teacher, having read widely on Taoist meditation, traditional Chinese and modern Western ideas on health and sickness. To contact Mr. Wang, please write to :-

Mr. Wang Liam
22, Alley 1, Lane 315
Vienan St., Taipei,
Tai Wan, Republic of China.

In Tai Wan, most adepts teach meditation for health quietly. Few want to form a Center. However, there is a health center devoted to the use of CHI KUNG (Chinese Meditation) in the treatment of illnesses, and for health maintenance. This is the :-

TIN-CHARN CHI KUNG HEALTH CENTER
60 Nan-King Road East, Section 2,
Taipei, Taiwan, Republic of China

There are so many adepts in Tai Wan that I can never finish describing all of them. So, instead of going on and on listing them, I shall publish in-depth interviews with the more accessible adepts in subsequent volumes of The Reports.

MEDITATION IN MAINLAND CHINA

In Mainland China (People's Republic of China), research and clinical application of Chinese meditation had been encouraged by governmental agencies for many years. Due to the lack of communications with the outside world, detail reports had never been available. From data available in Hong Kong (books published in mainland China, and available for sale in Hong Kong), meditation enjoys the same attention as a modality of therapy, equal to the use of herbs (Chinese medicine), acupuncture and Western medicine. The doctors in Mainland China prescribe a combination of pharmaceuticals, herbs, acupuncture and meditation to every patient. The surgical patients often practise meditation before and after surgery to speed up recovery. Many of my patients who left Mainland China in recent years to come to United States know something about meditation. From data that is available in Hong Kong, the conclusions concerning the usefulness of meditation in clinical medicine, as drawn by the Mainland China doctors, are very close to the conclusions drawn by Drs. Benson, Bloomfield etc. in earlier sections of this Volume I.

THE CHI ENERGY

Whether it is a true fact, or it is merely due to the lack of communications, the description of the Life-Force "Chi Energy" was completely absent in meditation literature coming out of Mainland China, until the recent months. Politically and philosophically, the existence of "Chi Energy" is "anti-materialistic dogma" because it can be developed into the "mental realm" and "survival of the soul after death" theories ---- and the main dogma of Communism is "Materialism." On the other hand, all meditation literature coming out of Tai Wan has always been involved with "Chi Energy", "Mental energy" and the "Soul". However, all this has been rapidly changing since Nixon's visit to China and the multiple changes of leadership in China. Therefore it is no longer a cultural shock when the "Chi Energy" is the news item from Peking. On 2-7-1980 China Daily News (30 Market St., N.Y. N.Y. 10002) reported from Peking that there is a resurgence of interest in Chi Kung in China. There is a doctor in Shanghai who had been practising Chi Kung (Chinese Meditation) since he was very young, he can now project "Chi Energy" from the center of his palm (From Acupuncture point #EH8 Lao Kung). He can treat diseases with this "Chi Energy", curing many diseases that failed to improve with currently available therapies. He worked with a physicist who using a microwave amplifier, showed that this "Chi Energy" is a form of infra-red radiation (micro-wave). They further studied several other "Chi Kung" practitioners and have found that "Chi Energy" has the physical properties of "static electricity", "electromagnetic wave" and "micro-particle flow". The "Chi Kung" practitioners can produce an effect on a patient as remote as six inches away from the body surface, projecting the "Chi Energy" from the center of the palm.

CHI ENERGY AHO AND HYPERTENSION

A "Chi Kung" doctor in Peking, treats a hypertensive patient by putting the center of his palm on the top of patient's head (Acupuncture point: Pai-Hui, SGO-20). As soon as he projected the "Chi Energy" from his palm, the patient felt a "hot current" flowing slowly from head to toes, and then the heat permeated the whole body. An electronic blood pressure machine showed that the blood pressure of the patient came down rapidly. Further clinical

research showed that the "Chi Energy" can correct many disturbed bodily functions rapidly, especially the psychosomatic diseases ----- hypertension, peptic ulcer, heart disease and neurasthenia.

CHI IS IHFRA - RED ENERGY

According to Peking's Third Co-operative study on "Chi-Kung" ,the "Chi Energy" is an infra red radiation signal- When the doctor puts his palm six inches from the thermography detector, the fluorescent screen showed only one bright spot corresponding to the palm of his hand. After fifteen minutes of meditation practice, and projecting the "Chi Energy" through his palm, the number of bright spots on the palmar image increases. After eighteen minutes, four finger tips also showed bright spots. The bright spots registered corresponds to the infra-red signals picked up by a microwave amplifier.

CHI IS PRAHA

The Editor believes that the Chi Energy reported from China is the same as the Prana described in Yoga, the Life-Force described in Western mystic schools, as well as the numerous loosely used terms: ethereal energy, life-energies, life-currents, cosmic energy and the energies in the subtle body.

MEDITATION AND BILE PRODUCTION

More recently, an exciting clinical experiment that no one ever tried in United States was reportedly done in China. Reuter News reported from Peking on July 2, 1980 that a physiologist did an experiment on his own body to show that Chi Kung (Chinese Meditation) can stimulate the human body to secrete more bile. The China News Agency said that the thirty-eight years old Mr.Kar-Lun Wong had practised Chi Kung for 17 years, After an abdominal surgery, he purposely left a drainage tube in his bile duct. When he was resting, the bile production was 20 c.c. per hour, but when he practised Chi Kung, the bile production increased to 54 c.c. per hour. He therefore concluded that Chi Kung can help improve digestion, and also explains why Chinese Meditation can give its practitioners vibrant health and longevity.

MEDITATION AMD CANCER

According to The China Tribune (210 Canal Street,New York, M.Y. 10013), the Agence France-presse reported from Hong Kong on 7-25-1980 that a Peking medical specialist highly recommends Chi Kung(Chinese Meditation) for cancer patients to improve their health. The China News Agency was quoted to have said that Doctor Kar, the assistant surgical director of Peking Cancer Institute,has three hundred lung cancer patients currently receiving Chi Kung therapy in Meditat-, ion Rooms in various public gardens in Peking.

A head nurse of the main teaching hospital of Peking Medical College, Mrs. Sheung who has breast. cancer, is now practising Chi Kung and feels much better from it. Besides the cancer patients, there are three thousand persons regularly practising Chi Kung in thirty-three Meditation Rooms in Peking. These Meditation Rooms are run by the Pelting Chi Kung Research Institute.

THE STAFF OF THE NATIONAL CLEARINGHOUSE WILL BE VISITING MAINLAND CHINA AND TAIWAN AND WILL BRING YOU FIRST HAND REPORTS IN FUTURE VOLUMES.

**HONG KONG MOVIE KING
RUN-RUN SHAW**

& MEDITATION

Run-Run Shaw is the King of the movie industry in Hong Kong. He is the Chairman of the Board of the Shaw Studio in Hong Kong ----- the biggest and most famous movie studio in South-East Asia. He is also Chairman of the Board of the Hong Kong Broadcasting Corporation, one of the biggest radio and television station in Hong Kong. Mr. Shaw is very enterprising, he is involved in many other business concerns. He is constantly on the go.

Ming Pao Weekly of 651 King's Road, 8th fl. Hong Kong is the most popular pictorial weekly magazine in Hong Kong. In issue 588, published on Feb. 17, 1980, Ming Pao Weekly printed an exclusive interview by Mr. Jim Wong with Rim-Run Shaw on his practice of Chinese Meditation.

Mr. Shaw sleeps only five hours a day, from 12:30 to 5:30 in the morning. From 5:30 to 9:00 he practises Chi Kung (Chinese Meditation). He' has been practising Chi Kung for three years, and now, heat permeates his whole body in just three minutes soon after he sit down to meditate.

DARN - TIN ---- THE POWER HOUSE

"Darn-Tin is a very mysterious spot in the body----it is a powerful heat generator, radiating the heat in all directions throughout the body," Mr. Shaw said, "Darn-Tin is a spot four finger breadth below the navel, about an inch inside the skin surface. Take a deep breath and the Chi-Energy gathers at the Darn-Tin. During meditation, practise deep breathing comfortably, taking it easy." (Darn-Tin is Acupuncture Point#C06 Chi Hai)

Mr. Shaw is now seventy-three years old, yet he bounced up and kicked six times in front of Mr. Jim Wong, without the slightest sign of shortness of breath, nor face flushing. The kicks were into the thin air, yet produced a loud cracking sound. Jim Wong could not even produce one kick as powerful, yet Jim is much younger.

THE ENERGY CIRCULATION

"When I practise Chi Kung, heat accumulates in the tip of my spine (coccyx) and then rise up the spine like the mercury rising up in a thermometer, going up the waist, the back, the neck, the top of my head, and then down to the root of my nose, and then back to the Darn-Tin. Thereafter, the heat circulates in the route like an unbroken thread. Nowadays, it only takes three mi-mtes of practice to permeate my whole body with heat. It took me six months of practice before I started to have heat accumulation in my coccyx. Some students took only one week to achieve that level." A famous Chinese neurosur-geon friend in United States recommended that Mr. Shaw learn Chi Kung because it is good for health maintenance. The teacher is a Master Wong from Taiwan, Republic of China.

THE SECRET OF MEDITATION

"When you meditate, you should think of nothing. I know it is hard to do that, and it took me six months before I could do that. It's really amazing, as soon as a thought arises in my mind, as soon as the empty mind is disturbed, the heat in the spine immediately ceases to rise up, and even falls back down. To keep the heat rising and circulating, I must think of nothing!"

MEDITATION REPLACES GINSENG

"I used to eat a lot of Ginseng ----- the famous Chinese tonic, always getting the best, \$10,000 an ounce. ----- I eat Ginseng like people chew chewing-gum. After I started to do meditation, I don't have to touch any tonic, not even Ginseng."

THE MICROCOSMIC CORCULATION

---AN AVIATION ELECTRONICS TECHNOLOGIST

Mr. Ouznn Lee is an Aviation Electronics Technologist In his mid-twenties. He Is a graduate of the Academy of Aeronautics at New York La Guardia Airport.

The Microcosmic Circulation was described four thousand years ago In Chinese Medicinal Literature as a circulation of "energy" in the acupuncture meridians of the human body and the balanced unobstructed flow of the Circulation is conducive to good health. Throughout the history of Chinese literature, numerous reports had been known to the lay public, claiming cures of various illnesses and attainment of good health to ripe old age following the enhancement of the Microcosmic Circulation. Around 1920, the first detailed report of this Microcosmic Circulation was published In modern Chinese language by a well-educated Chinese scholar who cured his own advanced pulmonary tuberculosis and several other co-existing medical problems by enhancing his own Microcosmic Circulation. An initial portion of his experience is published in an article in this Volume, entitled: Meditation and-My Pulmonary Tuberculosis by Master Yun.

While Master Yun has passed on at ripe old age, Mr. Lee is a living example of the Microcosmic Circulation. He has felt practically every single acupuncture meridian in his own body as the Chi Energy travels through them. The interview presented below will center on the general aspects of Mr. Lee's experience rather than the details of every single meridian felt. by Mr. Lee. Such detailed description of the meridians will be presented in Volume II in an article entitled: Acupuncture Without Needles. Please read the preview on that article in this

Volume I, under the same title.

D: Doctor

Li: Lee

D: What got you into meditation?

L: I had problem going to sleep, I worried a lot. My digestive power was weak and I got upset stomach easily. Then, I heard that Master Chai can help one to open up the Governor and Conception Channels. I read about that in Kung Fu fictions before but never believed that it could be true. Nevertheless, I decided to give it a try. Even if it were a fake, it wouldn't take long to find out.

D: How long have you practised now?

L: Eight months.

D: How long it took you to open the two major channels?

L: I opened up the Governor and Conception Channels (Level I) in twelve days. I completed "The Fusion of the Five Elements" (Level II) in another three weeks. At-that time,I practised three hours in the morning, two hours in the afternoon and two more hours at night --- a total of seven hours a day. I am pretty healthy and young, therefore I opened the Channels Mithin a short period of time.

TWE MANY SENSATIONS OF CHI ENERGY

D: Did the Chi Energy feel like heat,like warmth or like vibrations?

L: The Chi Energy felt like a water current under the sea. It felt like a suction force The current felt warm. It originated from the navel (Acupuncture point; Chi-Chung #C08). When I was practising Level I --- Opening Up the Governor and Conception Channels, the Chi Energy felt warm. When I was practising Level II ---- the Fusion of the Five Elements, the Chi Energy felt hot. When I was opening up the Positive Leg Route, Negative Leg Route & Negative and Positive Arm Routes, the Chi Energy felt cool. When I was practising The Lesser Enlightenment of the Kan & Li the Chi Energy felt warm, very soothing and well-balanced. When I practised Redirecting the Sperm Power to Invigorate

the Brain, the Chi Energy felt like a cool breeze and had a fragrance to it. when I practised The Greater Enlightenment of the Kan & Li, the Chi Energy was warm and had a powerful surge.

THE MOST IMPORTANT TECHNIQUE

D: When I was twelve, I practised Master Yun's method and concentrated my attention on the navel and between the eyebrows for a couple of weeks. I did not feel any heat, warmth, coolness or vibrations. Are you sure those are true feelings or just imaginations.

L: These acupuncture points or energy centers are real. The most important technique in meditation is to be relaxed, to take it easy. The mind and body has to calm down, the brain has to quiet down. The whole body has to be relaxed, including the internal organs, the eyes and the eyebrows. When I grasped this essential point -----I started to meditate well. The essential point is to ignore everything around me, discard everything in my mind, allowing my consciousness and only my consciousness to dwell. I feel like having fallen asleep. When I get up from meditation, I am really refreshed. My eyes are bright. My mind is clear. When I meditate well, warmth accumulates in the acupuncture point where I concentrated. To be successful, I have to concentrate real well on one spot till the warmth accumulates before I move on to concentrate on another point.

ACUPUNCTURE POINTS AS ENERGY CENTERS

D: Are the acupuncture points like train-stations and truck-stops, and the Chi Energy stops at each point before it goes on to the next?.

L: Yes, when I tried to open up the channels, I have to stop and concentrate at each acupuncture point to allow the Chi Energy to accumulate, before leading the Chi Energy to move on to the next acupuncture point. After I opened up the Governor and Conception Channels, the Chi Energy would go straight up the spine to the top of my head (Acupuncture point Pai-Hui #GO 20) as Chi Energy accumulates in my navel (Acupuncture point: Chi-Chung #C08). Whenever I concentrate on the perineum (Acupuncture point: Hui-Yin #C01), between the kidneys (Acupuncture point: Ming-Men #G04; or in the back of my head (Acupuncture point: Feng-Fu #G16), Chi Energy would accumulate in those points. Also, if there is a pain or discomfort in the body, the Chi Energy also automatically converges toward the sick area. After the channels are open, the Chi Energy travels very fast, and doesn't always stop at acupuncture points it used to stop before.

THE ENERGY SUPER HIGHWAY

D: Can you tell how narrow or how wide are the channels between two acupuncture points?

L: Most people can only feel the warmth at the acupuncture points and a current-like energy moving up or down but no further detail. I practise diligently and I make very careful observations. When I am very calm and fully relaxed, I can feel three channels going up my spine ---- in the middle is the Governor Channel, a wide super highway. and on the two sides are the Bladder meridians. The Chi Energy goes up the spine in a sheet. Only through careful observation was I able to make out the three channels.

THE 32 ENERGY CHANNELS

D: I have interviewed several other students-Some only felt energy at the acupuncture points, and not the meridians. Some felt the energy current only, not the acupuncture points. A few felt the acupuncture points and the current. A few felt the energy going up the spine in a sheet (a wide stream). You are the only one (besides Master Chia) who can make out three channels in the spine.

L: That depends on the individual constitution, and the level of practice they have gone through. After Level I, Opening up the Governor and Conception Channels, I felt only two channels. After Level II, the Fusion of the Elements, I opened up another six channels. Only after Level III, The Lesser Enlightenment of the Kan and Li, and Level IV The Greater Enlightenment of the Kan & Li, did I have enough accumulation of Chi Energy to open up another twelve channels on each side, a total of twenty-four. The grand total then was thirty-two channels, and it took me eight months. To take another example, when the Chi Energy comes down in the front from the head back to the navel, the energy comes down in a sheet (a wide stream). Only when I am really quiet & deep in meditation, can I make out a total of seven channels in that wide stream of energy---in the middle is the wide superhighway Conception Channel; on the two sides are the kidney meridian, stomach meridian and spleen meridian on the outermost. I have practically opened up all the meridians. When one has enough Chi Energy, all the meridians are bound to open up. Everyone can do it. Most of the meridians have a definite location, and agree pretty well with the acupuncture charts.

D: Did the Chi Energy feel like any sensation other than warmth, heat and coolness?

L: When I was practising Lesser Enlightenment of the Kan and Li, when the Yin and Yang Chi Energy was mixing real well, I saw a beam of white light between the two eyes. The white light turned to a golden beam and seemed to shoot out from between the eyebrows (Acupuncture point: # "Extra 1", Ying-Tang).

SEMINAL KWO FU

D: I heard that you have studied transformation of sperm power also.

L: Yes, I do. During Level I (Opening up the Governor and Conception Channels) and Level II (The Fusion of the Five Elements), Chi Energy turns into sperm power. At those two stages, sexual desire is very strong. I had increased morning erection, and I had nocturnal ejaculation twice a week. When I told Master Chia about it, he was concerned because the sperm lost is Chi Energy lost. What's the use trying to accumulate more Chi Energy by meditation when I lose the sperm energy every three nights! So, he taught me "RETAINING THE GENERATIVE FORCE FROM DRAINING AWAY" (i.e. SEMINAL KUNG FU), and after a short practice, I didn't have nocturnal ejaculation anymore. Occasionally, as soon as I began to ejaculate in my dream, the sperm was automatically transformed into energy and pulled up into the head — in the dream.

D: Aside from transforming sperm power in your dream, can you transform it consciously?

L: Yes, I can. Level III, The Lesser Enlightenment of the Kan and Li has three formulae ---- -- namely 1. Mixing of the water (Yin) and fire (Yang) 2. Transforming sperm power into vital energy. 3. Redirecting the sperm power to invigorate the brain. When I practise the third formula, I transform the sperm in the testicles into Chi Energy, bring it to the perineum (Acupuncture point: Hui-Yin #C01) , and up the spine to the brain. Nowadays, I practise the third formula everyday. As soon as I concentrate at the testicles, the sperm transforms into Chi Energy and the Chi automatically goes up to my head. The Chi Energy (from transforming the sperm) felt cool in the beginning, later on it tasted like honey, and now it has a fragrance to it --- so pure, so sweet and fragrant like coconut water (coconut milk) ---- it even has a taste of wine. The taste comes from inside the brain and runs down the nose.

TRANSFORMATION OF SPERM POWER

D: What does transforming the sperm power do to you in everyday term?

L: It fills roe up with energy. We eat, we breathe and we sleep to produce energy and consume it in our physical and mental activities. In addition, sexual intercourse results in a tremendous leakage of energy. The same is true about masturbation and nocturnal ejaculation. When I first started to meditate, I felt sleepy and slept a lot and a lot, but always refreshed when I woke up. Later on, I noticed the Chi Energy converge towards the sick parts of my body to repair it. Now, I have tremendous amount of excessive energy. Every-time I transform the sperm power, I feel that I am charged with more energy.

D: Are your health problems all gone now?

L: Yes.

D: Have you reached the ceiling of meditation practice?

L: No, I am now practising "Changing the Tendons and Cleansing the Marrow" and The Iron Shirt. Each level of practice helps the other levels. There is a lot more to learn and a lot more advancement to make.

MY ESOTERIC EXPERIENCE

--- AN ATTORNEY

Interview by Dr. Lawrence Young with an
Attorney at Research Centre For Holistic
Health ---- 33 Bowery, Suite B201,
New York, N.Y. on 3-16-1980.

D: Dr. YOUNG**A: AN AMERICAN ATTORNEY**

D: You have learned meditation from Master Chia for over a year now. First I would like to ask you about your education background, your work and your basic philosophy in regard to metaphysical things, religion, etc.

A: My education is that of a practicing attorney. I've also done some reading in literature and ancient history. I've traveled extensively and lived abroad for several years in Europe and elsewhere. Travel has not been the least instructive of my experiences. With regard to, my metaphysical philosophy...the most important things can't be put into words because the very nature of these experiences transcends verbal expression. However, I can tell you that I believe health and well-being, physical or otherwise, comes from maintaining a certain harmony of the diverse element) within oneself and by being in accord with the Order of the Universe, with the Powers that regulate and reign in the World.

That's what simple people call being Good. Evil is to put oneself in some way at odds with the order of things as constituted by the Intelligence which conceived the World. I, believe that a person will be healthy insofar as he is in accord with the Divine Will. One is ill, or evil, illness and evil being to some degree synonymous, to the extent that he swerves from the Divine Plan and the universal harmony which I believe to in here every thing, whether considered alive or dead.

D: I would like to ask you how you came to study with Master Chia. Was it to discuss certain philosophical questions with him?

A: I met him with regard to a legal matter. I noticed a card in his file. On the card was written "Internal Needleless Acupuncture". What is this all about? I thought to myself. I started questioning him and was immediately struck by one thing. His conversation had what one might call the accent of experience. I could tell soon after we began talking that he was not parroting from books, but was talking about his own experience. I realized that he had initiatory experience. He was talking to me about things he knew intimately.

MY KHEE PROBLEM

D: Do you have any health problems?

A: Over the course of many years, and worsening about four years ago, I had problems with my left knee. I went to a distinguished doctor specializing in these matters. He told me that I had torn cartilage on the outer quarter of my left knee. He felt that it might be necessary to operate, but that I should try to rehabilitate. I tried unsuccessfully to rehabilitate for a couple of years. This was the fourth time I had traumatically injured this part of my body. The first injury was at the age of twelve when I severely tore the outer ligament of the left ankle. Apparently the injury ramified up to the cartilage of the knee. I injured it a couple of times running. Then I injured it a third time running and despaired of getting my knee in proper shape. My left thigh had atrophied so that the diameter was more than 3/4 inch less than the right thigh. This doctor gave me some weight-lifting exercises which were not! effective. My knee continued giving me a lot of trouble. Although I could walk around most of the time without difficulty, my life was restricted. I told Master Chia about this problem when I began to practice. He showed me how he would perform certain manipulations of the nerves on the rear outside of his knee if he had a similar condition. That very painful treatment seemed to cause some sort of change in the knee. Since I began to practise and I did that special manipulation, I haven't had any problem with my knee. I have done some very strenuous things, and I attribute the improvement to several causes, mostly associated with his practice. Most importantly I attribute it to the swif-tening of the life current, the chi force, in all quarters of my body, purifying my body so as to allow the energy of the air to more fully

suffuse the extremities. Retention of the seminal fluid also helped, since tissues such as cartilage are very slightly vascularized. They are particularly susceptible to weakening through a constant seepage of the energy and nutritional factors of the semen. It's very hard to repair cartilage, as you know, there is not much blood to do it. When there is a constant attrition of all of the chemical and biochemical factors, there is a much greater likelihood of weakening.

MY DIGESTIVE POWER & MY MEMORY

D: Any other changes in health since you've been practicing?

A: Ten years ago I had hepatitis, and my digestive system has been very weak since then. Particularly at certain stages of Master Chia's practice, I felt a noticeable strengthening of my digestive capacity. I noticed this improvement when directing energy to the solar plexus. Another change I've noticed is a striking improvement in memory. My memory has always been pretty good, but once I started doing this practice it improved considerably.

D: Any particular stage in the practice, any particular landmark you can remember when your memory started to improve?

A: It's hard to say. I only know that my memory increased and that it seemed sharper.

D: The knee, was it diagnosed by an arthrogram that you have a cartilage problem or was it just a conjecture or speculation?

A: An X-Ray was taken. This doctor is one of the world's leading specialists in this realm. He did several diagnostic tests, all of which indicated torn cartilage. There was a "click" in the knee when it was rotated in a certain maneuver. He said that this characterizes torn cartilage. I'm sure that he was right. I am usually highly skeptical about medical diagnosis, but in this case I'm convinced he knew what he was talking about. Atrophy in the thigh is also characteristic of torn knee cartilage. Everything pointed to the same thing. There's no reason for doubt the diagnosis.

D: Did you go back to him afterwards?

A: No, I didn't go back to him because he told me he couldn't help short of an operation.

D: If you didn't go back to him all you can say is that symptomatically you have improved. There is no proof that the torn cartilage has been repaired.

A: The cartilage doesn't repair altogether. He told me that it won't be fully repaired, but that it can be strengthened. The tear will remain.

D: Maybe you did repair it?

A: Possibly I did, but there's no way of telling except to open it up, and I'm not the man to make that kind of sacrifice for the love of Western medical science.

D: How about the click? Do you still feel it or no longer?

A: I have never felt the "click". The doctor did a certain rotation of the knee to produce the click. It is simply clear that the knee has been strengthened so that, if I take care of myself, it should not be reinsured in the normal course of things.

D: How about the atrophy in the thigh?

A: I don't know for sure. I think the atrophy has subsided somewhat, but not altogether.

D: How about the hepatitis? Did it show any enzyme changes that persisted after the illness?

A: This vein in my eye, which is directly on the mark for the liver, has shrunk to a degree. This indicates improvement in the liver. The main proof is that I can eat most foods now without any discomfort or distress, such as I often had before.

D: So from what you told me it appears that from the medical point of view there is some significant improvement in your skeletal muscular system as well as your digestive system. These are very subjective, but useful. Otherwise, there is no objective evidence, for example, by X-ray studies or blood tests. Often one must depend on subjective evidence, especially in retrospective studies. If we want to find out if the liver improved, we'd have to do a liver biopsy, in addition to liver enzymes.

A: We wouldn't be able to tell very much, since I wasn't measured with scientific precision before.

TRANSMITTING THE POWER

D: Let me go into specific areas of your practice. Did Master Chia give you the vital current?

A: Yes.

D: How did he give it to you?

A: He transmitted it to me through his hand.

D: Palm or fingertip?

A: The index finger of the right hand.

D: Any particular part of your body?

A: He did it in the navel. I think he also gave me power in the Chang-Chiang, between the anus and coccyx tip. Perhaps also in the Pai-Hui, crown of the skull.

D: What did you actually feel when the energy went into your body at those points?

A: At first I didn't feel anything. But after two or three times it felt like a small needle coming into the body.

D: Was it real or imaginary?

A: Are you real or imaginary? There is little question in my mind that something was happening. Even science has managed to measure these kinds of energies with Kirlian photography and other means.

D: There is a M.D. in mainland China who has worked much in the chi and vital current, and he was able to project, through the center of the palm energy onto an infrared counter.

A: That's easy.

D: After the energy went into the body you practised by concentrating the energy on certain points?

A: Yes, that's right.

THE ENERGY CURRENT

D: So after you concentrate on various points of the body, you were directed to imagine a certain current that flows from point to point. After a period of practice do you feel anything different?

A: I felt the energy pooling in the navel. Then as the current went around the route, or so-called microcosmic orbit, I felt it at the place where it was blocked at the moment. Then after a while I didn't feel anything because the route was open. After that there is a generally enhanced feeling. Of course, when you've just opened the route you don't have much power. But you can feel it as a general fullness of energy. As you advance in the practice you get more fullness and it becomes a constant thing.

D: So he already gave you an idea where those so-called meridians and points are, and he also told you about the microcosmic orbit before you went to practice it?

A: The first stage he explained very briefly and simply. He said just concentrate here. I did. After a while he said direct the energy here, and so on and so forth.

D: Were you able to feel any heat before he explained that you would feel it? Or did it come after you knew about it?

A: I can't really answer since it was so long ago. I don't remember exactly what I felt at first.

ENERGY AS HEAT SENSATION

D: So the heat that you felt at the navel point was very strong?

A: At the beginning it wasn't strong. Later when I graduated to more advanced formulae the energy increased considerably.

D: Were you able to describe it at any point like a flame or fire?

A: Yes, when preparing the hot element, I reached a certain point when it is a burning thing. It is the sun and the moon, the heat of the sun and the coolness of the moon.

D: The other students I have interviewed so far described it, as no more than warmth or fullness.

A: No. I've gotten much more than warmth.

D: So this energy, do you have to direct it with your will to the points, or did it go by itself through the channels?

A: I pointed the energy, I turned it toward those points, but it goes spontaneously towards those points. One can't describe these things very well. You nudge it toward a certain place and then it goes and stops at a certain point.

D: So this energy goes all the way up the spine, into the head, down the nose, into the navel. And all this intense heat, do you think it can damage the brain?

A: I didn't get the heat when I had just opened the Microcosmic Circulation. I got it in higher formulae. As to whether it can cause damage, there are real dangers involved in

releasing these potencies in the body. Some of the dangers are physical, if you want: to call them such, and can actually damage your tissues if the power is not correctly directed. Also those people who are of some attainment often have difficulty with pains in the head because of such concentration of power surging into the head, terrible racking pains in the head. There are ways of remedying that. There are other dangers as well. I won't go into them in great detail. It should be done, I believe, under the supervision of a qualified master.

TONING DOWN WE HEAT

D: So you say that you turn heat into a different kind of higher level energy, so that it is much toned down and under control?

A: I'm saying several things. One, the more advanced you get the more dangerous things become because of the more potent materials you work with. You can burn yourself with a match, but with a flamethrower it's another story. You'll get more than a blister.

D: Do you find that as the energy circulates more and more you feel it not so much as heat anymore? But feel it in a more subtle manner?

A: It changes. In the Taoist alchemical practice there are ways of mixing and alloying the heat with cool energy, so that the heat is not in its pure, raging fiery form. But that requires purification of the vehicle, in order to withstand it. These are not the elementary stages. It becomes quite apparent in the third formula.

IT'S NO IMAGINATION

D: Forgive me for returning to certain questions. This energy, was it experienced by you as described by Master Chia?

A: No, it wasn't. To a certain extent he told me how it would move and so on. But he didn't tell me what its quality would be. This is a very personal experience.

D: So, it was there, not due to his influence, but you really experienced these things, and your experiences coincided with what people said before in the Chinese Taoist, medical & acupuncture literatures.

A: Yes, unless he is a master hypnotist.

THE ETHERIC BODY

D: How about those acupuncture points, are they real?

A: You must remember one thing. These points are not points on the physical body. They are points on another body, the etheric body. That level of energy which is next most dense to the flesh. We point to them on the physical body to give an indication, but they don't exist on the anatomical body.

D: But experientially, you yourself felt those points and felt them as crossroads of the current. Would you like to add any other things?

A: I feel that this practice can prove of great benefit to physical well-being. It is a purifying practice and it can introduce into many a greater harmony of the various energies. It appears to me a valid, ancient esoteric practice.

THE CHINESE TAO METHOD

---A SUBWAY CLERK'S EXPERINECE

Mr. Glenn Stevens is a thirty year old subway clerk selling tokens for the Metropolitan Transit Authority of New York City. He was born and raised in the Bronx of New York City. After he finished public school, he was drafted into military service. After he came out of the Service in 1971, he started to study meditation. His main concern is, "What happens to me after death, when I lose my body?" He read the Bhagavad Gita, the Vedas and the Chinese Chi Kung books (the English Version). He is constantly exploring, trying to find THE SOURCE. The following is an interview by Doctor Lawrence Young in March of Nineteen Eighty.

D : Doctor

G : Glenn

D: What got you into meditation, Glenn? Did you have a health problem? Did you have nervousness, anxiety or insomnia?

G: No, none of those. The only illness I ever had was a shoulder dislocation corrected by an operation. It had not bothered me since. The main reason for getting into meditation being that I was always wondering what happens after death, when you lose the body.

D: So, you have a spiritual inclination?

G: I guess so.

D: Are you a Christian?

G: I was raised in the Lutheran Church.

MY EARLY EXPERIENCE

D: Whom did you study with, in terms of meditation?

G: After the military, I attended the Bronx Community College studying psychology. I began trying to analyse myself by studying Freudian psychoanalysis. This led me to begin reading Confucius and others to improve my life. I studied Lao-Tse as well as the Buddhist scriptures. Then I began studying Transcendental Meditation with a mantra under an American teacher. I then began reading and corresponding with the Kriya Yoga Temple in California under Swami Yogananda. From this stage, I went to Bhakti Yoga which was situated in a temple in Brooklyn, New York. At the Hare Krishna Center, I began to chant the mantra daily for a couple of hours.

D: You are a real explorer on the spiritual path, Glenn!

G: Yes, and that's not all. After the military, I joined a Karate school in the Bronx which was taught by Americans. All exercise there was physical and strenuous. Subsequently, I went to study Karate in Manhattan under Shihan Nakamura. This Japanese teacher taught me to combine physical and mental strength, He taught Zen meditation with particular attention on the Third Eye while looking at a candle flame. Next, I began to study Pa-Kua-Chun under Master Chang. Practice of this form began to change me, to slow me down and teach me to relax. Then Master Chang began to teach me sitting meditation with concentration on the navel. Master Chang also taught me to practise meditation in the lying, sitting and moving positions. I used to sit and tremble and vibrate. Sometimes, I used to vibrate quite a lot.

COMPLETING THE MICROCOSMIC ORBIT

D: I can see that you are now studying with Master Chia, yet another teacher in your unceasing spiritual pursuit. When did you start to practise with Master Chia and any new experiences you did not have before?

G: I began with Master Chia a little over a year ago. I met him in New York Chinatown, in his Research Centre for Holistic Health. He gave me the Chi Energy from the navel to the head. This influx of energy helped me to open the Governor and Conception Channels of energy. Within two months, I completed the Microcosmic Orbit which enabled me to feel the Chi Energy flowing from my palate to my tongue tip like an electric current. I began to feel better than I ever had before. While sitting, I began to feel so good that I couldn't stop laughing. Now, I feel better than a million dollars. I'm going for a billion dollars worth of good health and spirits. I'll be thirty this fall but I really feel as if I'm sixteen.

POURING CHI ENERGY INTO ME

D: I have seen a lot of patients of your ethnic group. I think you look twenty to me. Did the other teachers talk about this Chi Energy? Did the other teachers possess this Chi Energy and did the other teachers transfer the Chi Energy to you?

G: I can see that all Yoga schools and Chinese Chi Kung work on the sperm and the sperm must be transformed to Chi Energy or Pranic Energy. The only way for a human being to get much much power is that he knows how to transform the sperm power. The Chinese say the Chi goes through the acupuncture meridians and the Yogi say that the prana goes through the nadis. I see that they are actually talking about the same thing. However, the Yoga teachers might have the Pranic Energy in their own body, but no maharajis had the power to give the Chi from his body into my body. One teacher raised his palm over my arm and I could feel the heat from his hand but he never gave me energy. When I practised Yoga, or when I practised the Pa-Kua-Chun, I never felt the energy go to different parts of my body until I met Master Chia. When I met Master Chia, I saw that he is unlike the other masters. He would put his finger on certain points of my body and I actually felt something inside my body. I actually feel the energy go to different points of my body if I'm in a certain posture. I can now feel the Chi Energy flow where the posture directs it. Master Chang told me that wherever the mind is the Chi Energy is. I didn't understand that too well at the time. But after I met Master Chia and he poured Chi Energy into my body, opened up my energy Channels, and made me feel like a new life. I told him I feel like I owe him my life- I really never felt this good in my life.

TRANSFORMING THE SPERM POWER

D: I am amazed when you talk about transforming the sperm power into Chi Energy. Is this a theory, or you can actually do it?

G: It's not just a theory, I can actually do it. When I concentrate between the testicles, I can actually bring the cool energy right up to the brain and feel completely refreshed and energized. Master Chia and several of his students can do it too.

D: I am very interested in your description about transforming sperm power into Chi Energy (Prana) because an Indian college graduate who practised Yoga on his own without a teacher accidentally awakened his Kundalini power and aside from a tremendous wealth of personal experience on Kundalini, he also described that he can actually see his sperms going up the spine into the brain, being transformed into golden nectar which flow back down and nourish the whole body. His name is Gopi Krishna. The two most important books written by him are:-

Kundalini --- the Evolutionary Energy in Man by Shambala Books.

The Awakening of Kundalini by Dutton Paperback.

Did you ever read these two books, Glenn?

G: No, but I believe what Gopi Krishna experienced is real.

D: Where did Master Chia first passed his Life Current to you?

G: Master Chia first put his finger to my navel.

THE SENSATIONS OF ENERGY

D: What did it feel like? Did it feel like heat?

G: It didn't feel like heat. It felt like there was a lake of running water, and then it looked like him touching that particular point in my body, he made some more water mix with that lake (Glenn's body); and it felt as if there was a lake, and there was another river running into that lake; I should say more like I have a lake inside and Master Chia was like the ocean and a current ran from his ocean into my lake.

D: Are you just theorizing, or you are trying to describe an actual experience, an actual feeling?

G: No, it's not a theory, it's an actual feeling, before I came to Master Chia, I was with Master Chang. He asked me to sit down and concentrate at the navel. He never points his finger at me. He never gave me Chi Energy. However, I already felt a certain amount of energy myself through practising Chang's method, so that when I came to Master Chia, my body was ready. I came to Chia at the right time.

D: How many times he gave you Chi Energy?

G: About fifteen times, at the navel, the knees, the feet, the back and my head.

D: Any vibrations, any heat?

G: There was a lot of vibrations, there was even a taste. I could taste it in my tongue. I could taste it in my teeth. I never knew that teeth have feeling, that teeth have taste. When I close my teeth now, I can feel no separation from bottom to top. The upper and lower teeth feel like one piece. It is not just the teeth though. My body feels more one piece. Rather than an arm, a leg, an upper torso, a lower torso, my body feels like a complete whole. My body feels more balanced, more rounded, more full like. At the same time, I feel lighter, ----- it's hard to describe, but it's a true feeling.

ENERGY THAVEI-S THROUGH SPACE

D: How does the energy travel?

G: After Master Chia gave me the Chi Energy, everytime when I practise the postures (the form) of Tai Chi or Pa-Kua-Chun, for example, when I practise "Embrace the moon to the Breast", with the arms and hands out like a circle, embracing an imaginary moon in front of the chest, I feel the energy go right into my hands. The energy even go from one hand to another, completing the circle --- and my hands were not touching.

D: You mean you felt the energy jumped across empty space out of your physical body from one hand to the other, completing a circle?

G: Yes, that's kind of strange to me too, because as you said, the energy goes beyond the physical body. I never experienced anything like that before. I feel like my hands are open, like there are holes in my palm and fingers and energy travels out of those holes. I feel like I have holes in my feet sometimes. Those are not real holes in my physical body --- but that is a definite feeling.

D: Do you actually feel the Chi Energy travel through the acupuncture meridians?

G: I feel the energy go up the spine all the time.

D: How long does it take for the energy flow to go around in a circle?

G: There is no set time — the number of cycles' in a day, the length of each cycle, I cannot tell. The energy feels like always there always flowing in the body. The body always feels open. I feel the energy in the spine, in the head, in the chest, in my arms, in my legs.

THE ENERGY CENTERS

D: Can you feel the meridians and acupuncture points clearly?

G: No, I feel the whole body wide open and energy flows freely in my body, rather than definite routes. I do feel that the energy is stronger at certain points --- for example, I can feel the navel is the main place of energy storage, Even the navel is not one spot, but a large diffuse area of energy concentration. There is another area of energy store in the chest area. I feel the belt route more, the belt route feels more-open. Sometimes I catch my hands going around my waist without me consciously doing that. Nowadays, I open so many routes, the meridians don't feel like single lines, but energy flows like a sheet, like a river. Everything inside the body is wide open, my whole body feels like pushing out.

D: Can you transmit the power to another person?

G: Not yet, but I guess I will, when my body open up more. I feel like I can help other people open up their routes.

D: Can you direct the energy with your mind?

G: Yes, when I do the Pa-Kua, I can feel the energy go right into my finger. When I feel tired, I can pull the energy from the testicles right up the spine to the brain and I would feel refreshed and energized right-a-way. That is the sperro energy.

ENERGY TRAVELS IN SPIRALS

D: Does energy travel in straight lines like a bullet?

G: When I practise Pa-Kua, I can feel the energy move in spirals up the spine to the head; and also depending on the posture, for example when I kick my leg and my foot, the energy travels like a spiral down the leg to the foot and toes, when I move my hand and fingers the energy spirals and travels to the palm and-finger tips. Energy travels like a spiral around my waist. When I practise standing meditation, I feel the whole body coming out--- my body feel like more rounded. I can feel the inside energy moving the outer physical body without the need to tell it to do so. I think I am feeling the "energy body". Yes, I definitely feel that I have an "energy body" in addition to my physical body. I believe what the mystics & Yogi call "Subtle Body" is what I feel as "Energy Body".

BENEFITS OF MEDITATION

D: Glenn, you had no health problem when you started out with meditation. Yet, you say you feel calmer, more relaxed, stronger and more energetic than before. What do you mean by that, and would you recommend meditation to friends who have no spiritual inclination but who only want to improve their health?

G: I would recommend this to any person, even they are not looking at the spiritual side of life, but more into the physical activities, If they play football, basketball or any other kind of sport, when they practise meditation, anything they do in life will be improved, Even sleeping will be better. Getting to open their channels will be one of the best things in their lives. I have always been healthy, yet I still feel so much better from meditation. The only time I could recall feeling this way was when I was nine or ten years old ----- I had so much more energy at that time. Now, I feel like a child once more. I guess there are many different levels of health and a seemingly healthy person can benefit from meditation and become even, healthier and more energetic.

D: Some say by doing meditation the feelings become hardened. You become like a log of wood, like a slab of concrete. Is that how you feel now?

G: It's true that things don't upset me as they used to before. When something from the outside world affects me, I still feel a touch of bliss inside me. I have become more considerate and kind. My feelings and emotions are more open. My mind is more clear and, filtered, I am far from being a log of wood or stone.

FUTURE GOALS

D: What do you plan to do next? To continue Chi Kung or find another master?

G: By my coming here (with Master Chia) for one year, I accomplished what it might have taken me five, six, or seven years of work. Chi Kung is the number one spiritual practice. This Chi Kung leads to the highest level of immortality. I am going to continue practising what Master Chia taught me. He has many more formulae and levels that I can continue to advance on. I feel that my body alchemy is changing to a more spiritual body. When death arrives if I am fortunate enough, I might not have to accept another physical body. My Yoga teacher explained that there are 8,400,000 Species on this planet and the human form of life is very rare. The human form is the only form in which you can find out that you are not actually this physical body ----- but you are the eternal soul. The soul never die. So I always couldn't figure out how people can work nine to five for twenty years and then retire to sit in the rocking chair & wait for death. I could never accept that; but most American are like that. I'll continue to work hard to transform my body to a spiritual one.

A LIVING TEACHER

IN

CHINESE TAOIST ESOTERIC SYNTHESIS

---AN INTERVIEW WITH MASTER CHIA

Many teachers can talk about the esoteric and write many discourses on the esoteric, but only a rare student can help you enhance the Hicicomic Circulation and thirty-two meridians in your body. Master Chia is one of the few living heir to the secret Taoist practices that many still talk about in Mainland China, in Taiwan and in Hong Kong, but few know what they are talking about- I have met several other practitioners or Tao meditation, but they refuse to teach. The reason for refusal varies from the lack of time (they are too busy making a living themselves) to the lack of interest, on the part of the students (if you teach one hundred students, less than one will practise it to the opening of the two major channels). Other teachers believe in hand-picking students of their choice ----- the teacher will seek you out, there is no use for you to find the teacher. On the other hand, Master Chia, a young man in his mid-thirties, with a family to feed and to raise, is brave enough to devote all of his time teaching Chinese Tao Esoteric Synthesis. He came over from Thailand in recent years and started a class in New York City three years ago. Later on, through the generosity of Dr. Joan Lee Cheu, Master Chia began to teach in the Research Center for Holistic Health at Confucius Plaza/ 33 Bowery, Suite B201, Chinatown, New York, N.Y. 10002. The telephones are: 435-7467 (to 10 PM) and 226-9446 at the Center. Master Chia has helped numerous students complete their Governor and Conception Channels many of them have been interviewed by me already. Master Chia teaches the students everything they can digest and advance on, without reservation. In co-operation with an American adept in esoteric practice, he recently completed the Taoist Esoteric Synthesis Encyclopedia. He gave the world everything via the Encyclopedia, holding back naught. He is the most generous Taoist I have ever read about. Master Chia teaches in fluent English and all Chinese dialects. Here's an interview with Doctor Lawrence I Young in July of Nineteen Eighty.

D: Doctor

C: Chia

D: How old were you when you started to study meditation?

C: I started to study meditation when I was six to seven years old. In Thailand where I grew up, there are so many Buddhist temples around my house. In holidays and weekends, I visited the temples frequently. In summer vacation, I stayed with the monks for weeks. I learned the meditation of sitting and stilling the mind.

D: Did you have any health problems then?

C: I have always been healthy. I have never had any health problem. I was number one in running and jumping in track and field events my grammar school days in Hong Kong.

THE TAO METHOD

D: Who was your first Master?

C: I studied Tai Chi with Master Lee, and Ta. Chi, Yoga & Akido with Master Luke when I was small, but they did not initiate me into esoteric practice. When I was in grammar school in Hong Kong, a senior classmate Mr. Cheng Sue Sue introduced me to Master Yi-Eng (One Cloud). Maybe I wasn't ready at the time ----- I did not have much experience then. I was sixteen when I met Master Yi-Eng.

A couple of years later, when I was back in Thailand, the senior classmate Mr. Cheng Sue Sue came over to help me open the Governor and Conception Meridians- That's when my real experience in esoteric practice began.

Mr. Cheng taught me the nine levels of Tao Esoteric Practice, namely,

- Opening the Governor & Conception Meridians
- Fusion of the Five Elements

- Lesser Enlightenment of the Kan S Li
- Greater Enlightenment of the Kan & Li
- Greatest Enlightenment of the Kan & Li
- Opening the Six Special Channels
- Opening the Thirty-two Meridians
- Gathering the Power to Restore Energy
- Passing the Power from the Hand.

D: Did Master Yi-Eng show you any supernatural power?

C: No, he didn't. However, he was ninety then and he had no white hair. He looked sixty. He is not in his physical body now.

THE KUNDALINI METHOD

D: Who was your second master?

C: When I was in my twenties, I heard about Master Meugi (Wonderful Fortune) in Singapore. I quit my job and flew over to Singapore to study with him. He taught me a form of Kunda-lini Yoga. He also taught me the Buddhist Palm which can be used to shake out blockages to the flow of life-force in the internal organs. He also taught me how to drive away the wet, sick, and cold "energy" from the patient's body system. He passed his life-force from his finger to my crown and my forehead and asked me to concentrate on my crown and my forehead. It felt very hot. Master Meugi's method produced extreme heat. I had to drink a lot of water and fruit juices, otherwise I would be constipated and unable to sleep well. I felt the power (life-force) all concentrated in my head. I feel that Master Meugi's method is very powerful, so powerful that it could be dangerous- Later on, I combined the Kundalini, method with the Tao method to cool the body system better, making the intense heat less harmful.

Master Meugi is still living in Singapore. He is now in his fifties.

HEALING WITH LIFE-FORCE

D: Did you study with any other Masters?

C: Yes, subsequently I studied with Master Pan Yu (Half-Day) and Master Cheng Yao-Lun. That's when I was in my twenties. Master Pan Yu was in his late sixties when I studied with him. In China, he was diagnosed to have liver cirrhosis when he was in his twenties. So, he sought the Tao, Buddhist and Zen methods to save his own life. He traveled to the Long White Mountains in Mainland China many times to study with several great masters in the mountains. In so doing, he cured his own liver hardening completely. He is now in his seventies and living in Hong Kong.

Master Pan Yu synthesized Tao, Buddhism and Zen to develop a unique system. He established the Sing Lon Pai Institute. His system is unique in that he doesn't care about opening up the Governor and the Conception Channels. He teaches his students to open up three channels in the front part of the body that run up to the head. There is some similarity to Kundalini Yoga in that the three channels he opens up might correspond to the sushumna, ida and pingala of the Yoga system. Nevertheless, when these three routes are open, the power is so great that all the other meridians are eventually forced open.

I spent many long hours with Master Pan Yu. When I first visited him, he asked me to lie there for twenty days and taught me nothing. Then he taught me all the secrets in ten minutes ----- just a brief ten minutes, yet the methods were so powerful. It took Master Pan well over thirty years to gather and organise that secret method ----- but he gave it to me all, after just a short 20 days of waiting, Master Pan is still living in Hong Kong. He

treats many patients everyday with his palm, transmitting his life-force to them and healing their sicknesses with the Chi-Energy.

He taught me a lot of Tao philosophy. He also taught me the steel body, through which the body is made impervious to decay.

D: How about Master Cheng Yao-Lun?

C: Master Cheng is the first Chinese to create the union of Chinese Kung Fu and Thai Boxing. He taught me the Snao-Lin Secret Method of Internal Power, which is regarded as a high secret and has never before been published. He also taught me the even more secret method of "Cleansing the Marrow and Renewal of the Tendons" (Iron Shirt) . The Kun9 Fu of the Thumb" is also his specialty.

MY FIRST ESOTERIC EXPERIENCE

D: How old were you when you first experienced the Chi-Energy and opened up the Governor and Conception Meridians?

C: When I was twelve, I practised Master Yun's method of concentrating at my navel. I tried very hard but felt nothing except that I slept better.

Master Yi-Eng initiate me when I was sixteen but never helped me to experience the Chi-Energy.

When I was nineteen, my senior classmate Mr. Cheng Sue Sue came to Thailand to help me open the Governor & Conception Channels and complete the Microcosmic Orbit. I felt the Chi-Energy as heat flowing in the orbit like an electric circuit. That experience changed my life and made me much stronger, healthier & more energetic than before.

THE ENERGY CHANNELS

D: What's the sensation of the other meridians (Energy Channels) like?

C: In the beginning, when the obstructions in the channels were still there, I felt the life current distinctly as warmth, as heat, as vibration, as electricity and as distending fullness in various points and channels.

With practice, the energy moves faster and faster in the meridians. After Levels II and III, the energy completes a cycle per second. Nowadays, the energy makes ten to twenty cycles per second in my Micro cosmic Orbit. The energy moves so fast that I can hardly feel it, except when I consciously accumulate more energy in my navel and send the energy up my spine and place my tongue against my palate---- then I feel the electric spark in my tongue indicating that the energy circulation is there.

THE ACUPUNCTURE POINTS

D: How about the acupuncture points? What's the sensation like?

C: There are nine hundred points in the body. Most of the points are very small, and only very little energy pass through them and pass through them very fast. There is no time and no space for the Chi-Energy to stay at those points.

As for the bigger points, the crown (#G020, Pai-Hui), between the eyebrows (#Extra I, Yin-Tang), Ming-Men (#G04) navel (#C08, Chi-Chung) and the sole of the feet (#Ki-1, Yung-Chun) one can feel the Chi-Energy there more easily. If you want to feel the

energy in a certain point, you have to concentrate at the point & let the energy accumulate there. The energy feels like warmth and heat at the bigger energy stations.

THE ACUPUNCTURE MERIDIANS

D: Does the Chi Energy run in whatever channels it happens to drill through or is there a definite network of highways, roads and streets for the Chi to travel through?

C: The Chi Energy only run in the natural routes pretty close to the meridians of the acupuncture charts. I can feel the Governor & Conception Meridians distinctly. So can I feel the Belt Meridian, the six special meridians and another twenty four important meridians fairly clearly, especially in the beginning when the obstruction just opened up. As time goes by, the Chi moves faster and faster, and now the circulation is so fast, like lightning, like electronic flash, it is hard to keep track of them. As for the minor meridians, since there are so many of them, I can only feel the origin of those meridians as it begins to let energy pass through. The origin felt like ants biting me, but there was no ants there and the sensation persisted and persisted.

THE MERIDIANS ARE REAL

D: Some investigators of acupuncture say that the acupuncture needle opens or closes a gate in the brain, and in so doing controls pain in a distant part of the body controlled by that gate. The meridians are only hypothetical lines and has no material existence. What do you think of this theory?

C: The meridians have actual existence. Once I had a toothache. When I direct my mind and concentrate on the acupuncture point in the middle of the thumb on the same side, that acupuncture point felt very warm after a little while, and then I could feel the Chi Energy run up a meridian to the face and into the toothache area. I could actually feel the Chi working on the sick tooth, relieving the pain in fifteen minutes. I think in acupuncture, we are dealing with Chi Energy and the channels through which they travel- There is no need to hypothesize a gate in the brain.

CLAIRVOYANCE

D: Do you have the power of clairvoyance?

C: Twenty years ago, I experienced clairvoyance for sometime. I could see through walls and doors. My Master told me that clairvoyance is a sensory power of the soul. To develop this sensory power well and keep it functioning, one has to channel a lot of time and energy to that end. It's not worth it. The time and energy could be better spent to change the alchemy of the body, to attain perfect health, enlightenment and immortality.

THE HEALING HAND

D: Can you heal with your hand?

C: Yes, in Thailand, I healed many many people with my hand, passing my life current through the palm to heal the sickness of others. To be able to heal with your palm, you have to learn to transform the sperm power into Chi Energy. You can gather Chi Energy by concentrating on the acupuncture points, but there is only so much energy you can generate this way. If you need a lot of Chi Energy, you have to generate it from sperm power. In addition, after practising Level IV, The Greater Enlightenment of the Kan and Li, you can draw the Chi Energy directly from the heaven and earth. In fact, Chi can be drawn from any energy source, such as the sun, the moon and lightning etc. Only with a vast energy source to draw from can you share the healing energy with others. Going back to the practical aspect of it, one has to pull the Chi Energy (from whatever available source) up to the crown, and when one feels the energy accumulating in the crown, he can then transmit the energy to his palm and pass it on to the patient through the centre

of the palm (#EH8, Lao Kung). Some healer transmits the energy through his thumb or index finger.

- D: Would everyone who practise your method felt the acupuncture points and meridians as you did?
- C: The individual experience varies with the body constitution, the mental state, any coexisting sickness, the cultural background, the food they eat, the life style, the sex life, the season of the year, the effect of the moon and the sun, etc, etc.. However, the experience of the Governor and Conception Channels are quite commonly seen. Details of the energy flow varies from person to person although it generally conforms to the acupuncture charts.
- D: From my research into available literature, it happens frequently that improvement in physical and mental health precedes the sensation of energy flow in the acupuncture meridians. There are also those who somehow never managed to "feel" the energy circuits yet achieved physical and mental health benefits as well as spiritual advancement.
- C: The experience of energy flow and the opening up of the energy channels also depends on the methodology. Students who practise under my method can usually feel the energy flow and the major energy channels.

TAO IN EVERYDAY LIVING

- D: Aside from being a Taoist adept, do you engage in the usual secular activities of making a living, raising a family, like most of us do here in the United States.
- C: Yes, I was the manager of the Gestetner Company in Thailand. I was in charge of sales, but I was very familiar with the mechanics of its copying and printing machines also. I am married to a medical laboratory technician and we have a boy almost two year old now. Tao is everywhere. One can experience Tao as a hermit, but you can experience Tao in everyday living too.

TAOIST ESOTERIC ENCYCLOPEDIA

- D: I heard that you have written a book on Taoist Esoteric Meditation.
- C: Yes, in co-operation with an American adept, I have written a series of twenty volumes, called, TAOIST ESOTERIC SYNTHESIS ENCYCLOPEDIA ----- Taoist Kung Fu Made Simple. The first volume named, "Have you completed the Micro-cosmic Orbit?" will soon be available in your local bookstore, especially the esoteric bookstores. Interested persons can write to me, so that I can remind them when the book becomes available in the local bookstores.

Addendum:

Teachers of Taoist Meditation besides Master Chia and currently known in the United States:-

*Kenneth s. Cohen
Academy of Taoist Healing Arts
2750 Dwight Way, #29
Berkeley CA 94704
(415) 843-7580*

Taoist teachers not listed please write to the national Clearinghouse to be included in future volumes of The Report.

EDITORIAL:

Master Chia's experience is not unique.

KUNDALINI RISES IN THE WEST

The experience and achievement of Master Chia, while amazing and impressive, is by no means unique. W. Thomas Wolfe, an I. B.M. Computer Programming Planner in Poughkeepsie, New York, experienced the Life Energy in 1975. Part of the experience was very much like Master Chia's experience. He wrote a book named: AND THE SUN IS UP, KUNDALINI RISES IN THE WEST. The book is available by writing to:

*Academy Hill Press,
292 Academy Hill Road,
Red Hook, N.y. 12571*

Itzhak Bentov in his book STALKING THE WIIfl PENDULUM by Dutton Paperback had a whole chapter on the Physio-Kundalini Syndrome. He reported 3 case-histories in great detail, many aspects of which are similar to Master Chia's experience. The March 1978 issue of New Age magazine featured an interview with Itzhak Bentov on "Kundalini Casualties". New Age magazine conducted a project on spiritual casualties and many questions related to experiences with the Life Energy in different parts of the body was included in the questionnaire. Due to the untimely death of Ben Bentov in May 1979's DC-10 crash, the project was abruptly halted. Reportedly several hundred readers responded.

Lee Sannella M.D. in KUNDALINI-PSYCHOSIS OR TRANSCENDENCE cited numerous authenticated accounts of activation of the Life-Energy in recent years in the West and as well as in the East. Many of the experiences are not unlike that of Master Chia and his students. Dr. Sannella'S book is available by writing to:

*Lee Sannella M.D.
3101 Washington Street
San Francisco, Ca-lifornia 94115*

KUNDALNI AND SPERM POWER TRANSFORMATION

Gopi Krishna, in his book KUNDRLINI — THE EVOLUTIONARY ENERGY 1M MAM (Sharnbhala Books) described his own personal Kundalini experience in minute detail. In many ways, his experience paralleled the higher level experiences of Master Chia and his students. Of special interest is Gopi Krishna's description of a hidden organ in the base of the spine, converting the reproductive fluid into a radiant vital essence of high potency, which races along the spinal canal to nourish the brain. This personal experience paralleled Master Chia's Sperm Power Transformation into Chi Energy and bringing it up from the testicles to the brain in perceptible Chi Energy.

The Kundalini Research Foundation in Mew York was set up to study the experience of Gopi Krishna. There is a growing number of new cases in their files in regent years.

ENERGY EXPERIENCE IN T M

Many students who practise TM are also reported to have the Life Energy experience, although there is no formal tabulation of that.

PRANOTTHANA & KUNDALINI

The July-August 1980 issue of Yoga Journal featured an interview with Yogi Amrit Desai on Kripalu Yoga.

Yogi Amrit Desai and his guru Swami Kripal-vanandji (Bapuji) had experienced spontaneous Yoga postures and dance-like mudras during meditation. All movements were carried out by the Life Force --- and in addition to the movements, the practitioner and those immediately present were pervaded by very deep ecstasy, a shower of bliss, and an overwhelming flow of energy. From that experience of Life Energy Yogi Amrit Desai developed Kripalu Yoga which is the middle path between Kundalini Yoga and Hatha Yoga. The Yogi made an important designation concerning the Energy Flow --- the Energy Flow is

"Life Force", is prana, the basic energy in both Kundalini and Kripalu Yoga; the awakening of this energy is called pranotthana, a preparatory stage of Kundalini; pranotthana is often mistakenly referred to as Kundalini awakening; Kundalini comes later.

Readers are urged to read this article in the July-August 1980 issue of Yoga Journal so they may understand more about the Life Energy in one's body. And the interviewer, Virginia Lee, assistant editor of Yoga Journal reportedly experienced Kundalini also about seven years ago.

NON - PHYSICAL ENERGIES

Robert A. Monroe, Executive Director of the Monroe Institute of Applied Sciences (P.O.Box 57 Afton, Virginia 22920) and author of Journey Out of the Body reported in the Gateway Program brochure that in Focus 10 (Level I of the Gateway Program: Deep Relaxation), strong energy can flow — energies similar to electrical or vibratory sensations. He called them "non-Physical energies." He designed a series of exercises concentrated on building, and using very simple "image-inary" tools for the gathering, focusing, and distributing of these non-physical energies. It is the experience of Mr. R. Monroe and the participants of the program that these energies do affect the physical reality. This particular non-physical energy appears to be connected with the channels between the mind and "body and it is especially useful in healing.

PRANIC HEALING

In his numerous communications to "a group of Yoga practitioners, scientists and doctors, a Master who identified himself as one with the Source, demonstrated repeatedly to that group the pranic energy flow in the human body, and its application and control with the mind, the hands and crystals. Several episodes of energy demonstrations were witnessed by several objective observers. Although the practical experience of the group is still very preliminary, the Master mentioned repeatedly that the time for pranic healing is rapidly approaching. Prana as a basic building-block and the underlying life-force of human beings and the universe will be greatly understood and greatly utilized in short short time.

BIO ELECTROMAGNETIC FIELD AND HEALING

Fritz Abert Popp, editor of ELECTROMAGNETIC Bio-INFORMATION (Urban & Schwarzenberg, Baltimore 1979) said in the preface of the treatise, that since Presman published his pioneer work Bioelectromagnetic Fields and Life in 1970 (Plenum Press), it has become more and more evident that biological systems can emit electromagnetic waves and also show sensitive responses throughout the whole spectral range. It seems that nature utilizes such waves for regulatory processes, or more generally, for communications within living systems. Walter Kroy reported in the treatise that laser (a pure electromagnetic signal, red 11 color) had been used on 2000 patients to treat various illnesses by stimulating the acupuncture points and they have found the "Chi" phenomenon; and fast response to treatment. Ulrich Warnke and Fritz Abert Popp reported that the healing of damaged or diseased tissue can be accelerated by the application of suitable magnetic field, particularly in fractures and arthritic diseases. An increasing number of publications point to a connection between the healing of cancerous growths and certain magnetic fields. Interested readers please refer to the treatise --- Electromagnetic Bio-INFORMATION (Urban & Schwarzenberg Baltimore).

CONCLUSION

In conclusion, the experiences of Master Chia and his educational endeavors in the Hirschman Center for Holistic Health is a valuable contribution to our knowledge about meditation, relaxation and the Life Energy of the human mind/body continuum --- but it is by no means unique. "Life Energy" had been reported thousands of years ago in the Indian, Egyptian and Chinese esoteric literatures and experienced by innumerable sages at different times and in different parts of the world. More and more are experiencing it everyday in this Aquarian Age of Spiritual Awakening. Some have fled from the uncontrollable disastrous

effects it has on those who awakened this "Energy" accidentally and prematurely ---- and their concern is well founded. Master Chia, Yogi Ami-it Desai and Robert A. Monroe appear to have found a way to harness this "Life Energy" in a more predictable, more controllable and more practical manner. That's a great step forward in the evolution of the Life Energy in Man. I am sure there are many other Masters, Swaroi, Yogi, meditation teachers and even a few "ordinary layman and woman" who already know how to harness this Life Energy and who already are benefiting many students with their expertise, but the new age media has not spotted them as yet. I would like all these brilliant people to write to me at the National Clearinghouse and let's transform the World together with Life Energy.

THE-TIME HAS COME !!!

CASE REPORTS

MEDITATION AND MY PUMONARY TUBERCULOSIS

*Chinese Meditation
Accourding to Master Yun
Part I*

Master Fun's secular name was Wal-Kiu Chiang. Yun Shi-Chi was his Buddhist appellation. He was born in 1872 in China, and he was just an ordinary citizen before he published his first personal account on Chinese Taoist Meditation in 1914 when he was forty-two. He added some Buddhist methodology and published his second book pn 1918, without adding any new personal and first-hand experiential data. In 1954, when he was eighty-two, he published a third book containing a tremendous wealth of personal and first-hand experiential data like the first, one. He passed away in his nineties, without illness. Master fun's books are probably the most important works on Chinese meditation on two counts. Firstly, all the personal experiences recounted in his first book, that is, up to age thirty-one, were spontaneous experiences, fie did not have a teacher, not to say a Master who could transmit energy to him. All he had was a book of Chinese herbal medicine ----- that book gave him some yimple instructions that he already practised since age seventeen, but didn't really give amazing results until he practised it diligently when he was twenty-eight. This spontaneous rise of Chi Energy identical to the pathways of puncture parallels the spontaneous rise of Hundalini in Gopi Krishna who did not have a fomal teacher either. (For Gopi Krishna's experience see Editorial) Master Yun did not start to stud) philosophy, physiology, psychology and AYGIA until after age thirty-one. So, his experieif was pure and unadulterated. The second reason why his work is important is that he described his most intimate personal experiences in numitt detail, quite distinct and separate from are theorizing or quoting the past Taoist sages, what it means is that he had a very scientifit attitude. He separated the pebbles from the pearls. Thousands, of Chinese had healed theselves with Taoist meditation and close to a hundred books had been written on Taoist nieditation. Yet, It wasn't until 1914 that some reported it in a scientific manner ----- that person was Master Yun. He was the first Taoist scientist.

I had been sick frequently since I was little. When I was seventeen, I had afternoon fever everyday. I had a Chinese medicine book at home called, "The Annotated Medicinal Formulae", the last chapter of which said, "There is no medicine for tuberculosis, the only treatment is rest. Chinese Tao Meditation is a good method of proper rest." That's how I started to practise Tao Meditation. I had no teacher. That book was my teacher, it really helped. When I fell better, I stopped practising. When I felt worse, I started again.

When I was twenty-seven, my brother died of pulmonary tuberculosis, and I was infected too. When I was twenty-eight, I started to cough a lot, and blood clots appeared in my sputum. After three months, my sickness got much worse. At that point,I decided to stop all medications, stay away from my wife and children, isolated myself in a quiet room, and practise Tao Meditation four times a day, one to two hours each time.

After three months, everytime when I practised Tao meditation, a heat sensation accumulated in my lower abdomen, increasing in intensity everytime, gradually becoming like boiling water. On the eighty-fifth night of my practice, a sudden vibration in the lower abdomen caused the heat to rush backwards to the tip of the spine, and rushed up the spine to the back of my skull. The same vibration repeated itself on six nights, Thereafter, the same heat traveled up to the top of my head via the spine, everytime I practised meditation, but

there was no further vibrations. After this series of vibrations, I seemed to have a new body. All my symptoms disappeared overnight. I could now walk ten miles without feeling the least tiredness- I felt so light and so bright, like never before.

I abstained from sex during the first year of my meditation practice, and I followed three principles ----- abstain from sex to conserve sperm energy, refrain from unnecessary speaking to conserve Chi Energy, and avoid looking and reading to conserve mental energy. The first three months (March—May 1900) was the most difficult period. I wasn't able to get the hang of it. In May and June, I started to experience the beneficial effects of meditation. After July 1900, I was able to meditate at ease for three hours at each sitting.

After the first year, because I had to make a living, I reduced my meditation sessions to only twice a day, once in the morning & once at night. I practised diligently everyday without skipping a session. One morning, after two years, when I was meditating, I again felt strong vibrations and intense heat in my Darn-Tin area (Acupuncture point # CO-6 Chi-Hai), the same vibration that occurred one and a half years ago that quiet down after six nights. This time, the heat and vibrations rushed up the spine and struck the back of the head at the occipital area (Acupuncture point #GO-16, Feng-Fu or Yui-Gen). The vibration repeated itself for three days, causing soreness and pain in the occiput. Suddenly, my skull bone felt like cracked open and the heat energy began to swirl round and round in the top of my head. Thereafter, the same heat energy swirled round and round in the top of my head at every meditation sitting, but the vibration did not occur again. That was my second vibration.

After another six months, a vibration again started suddenly in my Darn-Tin. The heat energy rushed up to the top of my head, swirled around in my vertex, and then came down the face, straight down to my chest, to my navel and into the Darn-Tin & then the vibration stopped. That was my third vibration. Thereafter, during every meditation sitting, the heat energy went up my spine to the top of my head, and then came down my face, to my chest and back to my navel. The heat energy circulated round and round without a stop. If and when I caught a cold, and I wasn't feeling well, all I had to do was to lead this heat energy to circulate to every inch of my body, so much so that I could even feel the energy in my fingertips and my hairs. As soon as I did that, I sweated profusely, and the symptoms of common cold vanished immediately. From then on, the multiple and varied symptoms of general ill health, pulmonary tuberculosis and stomach trouble never recurred in my life. I was able to walk forty to fifty miles of mountain road on foot without feeling the least tiredness.

I started to practice meditation when I was seventeen. I only practised it when I wasn't feeling well, and stopped doing it as soon as I felt better. I practised meditation hoping to improve my sense of well-being. I really didn't believe in all those theories about the energy center in the Darn Tin, the energy circuit in the body and the three obstacles along the energy circuit. After the vibrations, I realized that there is boundless wisdom and beauty in the universe. There is much to be learned in the universe. I realized that my body, my mind and life is so beautiful, so miraculous, and so wonderful that I can now see my place, my value and my significance in the universe. I am not a nobody in the material world.

Because of this understanding and realization, I never lost interest or perseverance in practising meditation twice a day, without skipping a single day. From then on, I remained healthy three hundred and sixty five days a year, without even catching a cold.

Note:

This detailed and personal account of Master run's meditation experience is being published as a three part series under the title:- Chinese Meditation According to Master run. Please look forward to Part II in Volume II or The Reports.

MEDITATION HELPED MY NASAL ALLERGY

----- *an engineer*

Mr. Richard Wu is a thirty-five year old structural engineer working for an oil refinery in New Jersey. He had a master degree in structural engineering from Bucknell University in Pennsylvania. He is married and has two children.

Two years ago, I started to suffer from nasal allergy. My nose was always congested. I had headache all the time and I couldn't sleep well. It was not just hay fever or pollen allergy, but I had it all year round. My doctor gave me a series of allergy tests and told me that I am allergic to pollen, dust, rice, pork, soya sauce 5 soya beans and several other foods. I received injections at regular intervals for one year without significant relief. I had already spent more than five hundred dollars with the allergists by the time I decided to try some other method. During the hay fever season, when the pollen count was high, I couldn't breathe at night. I woke up in the middle of night from nasal blockage and couldn't go back to sleep. The next day, I have to work eight to ten hours. My body couldn't stand that. This was like a vicious cycle. Because I couldn't sleep well, I couldn't perform my work well, resulting in pressure and stress. Because of pressure and stress, my sleep became even worse. This went on and on. My health really deteriorated. Some of my co-workers had been receiving allergy shots for ten years, and they still have the nasal allergy. I was really depressed.

I had studied Kung Fu, Judo and Karate when I was younger. So, I said to myself, "if I improve my general health by proper breathing and exercise, the allergy will go away." I heard of a teacher teaching Tao Yoga-Chinese Meditation in Chinatown, so I made an appointment with him.

When I first met, my teacher, my allergy was very serious. When I sat down to meditate, my nose was running like a river. The teacher recognised my trouble. He transferred me some of his energy and taught me how to rub my nose. The running nose and congestion stopped very rapidly, giving me a quiet moment to sit down comfortably and practise meditation. After practising for one month, I completed my micro cosmic circulation. From that time on, I have no more problem with my nose. I passed through winter, spring, summer and fall without any allergy trouble. Many people start to have running nose and watery eyes when the pollen count is ten. I only have minimal symptoms when the pollen count is two hundred, and even then, the symptoms are not bad enough for me to take an allergy pill.

During intensive practice, I do it four times a day, thirty minutes each. For maintenance purpose, I do it two times a day, fifteen minutes each.

After practising for eleven months, I feel like a new person. Eleven months ago, my forehead & eyebrow was always tense, looking sad, and became angry easily. I was a nervous wreck and I got into many fights with people. If my co-workers said something unpleasant to me, I lashed back at them. Now, I am so calm. I can relax the whole body all the time. My level of health now is so much different from eleven months ago ----- like between heaven and earth.

In conclusion, based on my personal experience, Tao Yoga-Chinese Meditation has the following benefits:-

- (1) improves my sleep; I have no more headache and dizziness.
- (2) gives me optimistic outlook in life, nurtures in me the attributes of love affection and

patience.

- (3) I have less acne; my face is more relaxed and looks bright with rosy cheek.
- (4) cured my nasal allergy
- (5) it gives me more energy, more perseverance, more physical strength, more self-confidence and re-established my self-esteem.

Interview conducted in May 1980

MEDITATION AND MY INSOMNIA

--- a musician

MR. R.Y. is a pianist and composer in his early thirties. He had travelled and studied music in Jta-ly, Spain and several other European countries for the past fourteen years. He had known Chi Kung as a part of Chinese culture for many years. He had wanted to study Chinese meditation a long way back but he couldn't find a competent teacher. He was introduced to one in New York Chinatown and here is his report.

As an artist, my mind keeps on working twenty-four hours a day. Because of that, I had sleep problem frequently. When there were several engagements or parties that day, and the excitement carried me late into the night, I must take a sleeping pill. I could easily toss in rey bed for one, two, or five hours, unable to fall asleep.

I was nervous all the time too. The modern world is so busy, everything is moving so fast, everyone is so demanding ---- it drives everyone crazy, including myself. Because of the rushing and confusion, one's mind becomes clouded too.

I studied Chinese meditation because it is part of the invaluable Chinese heritage. But in so doing, I improved my health as well.

When I started to practise meditation, my teacher instructed me to concentrate my attention on my navel. After a while, I noticed energy like gas, turning in circles in my abdomen. My teacher subsequently taught roe to concentrate ii my Ming-Men, the top of the head, between the eyebrows and in my heart area. I felt the energy in each acupuncture point but I couldn't feel the channels in-between. When the energy passed through my tongue,I felt a numbness in my tongue like an electric current.

I have practised meditation for almost five months now. I fall asleep much easier and sleep much better, waking up more refreshed. I am less nervous now. When I get out of meditation every session, I feel so calm & so bright and my mind is so clear & so lucid that I am really amazed. I am convinced that meditation is very beneficial to my health. To concentrate your attention to your navel is an excellent method to give your brain a good resting period. My mind feels much lighter and my fingers play more freely after these few months of meditation practice.

Interview conducted, in May 1980

MEDITATION IMPROVED MY LOW BACK PAIN

--- a copier technician

Mr. Wei-Yi Young is a technician in his thirties, working for a copier machine company. He is a graduate in electronics technology from the R.C.A. Institute of Electronics Technology. He has a happy family with two girls and one boy. He's been bothered by low back pain for many years. The lack of adequate relief from conventional treatments drove him to seek alternative methods to improve his health.

I had heard of Taoist meditation long before I thought of the need to study it. Taoist meditation is part of Chinese culture and I had heard a lot of good things about it for some years. However, I never had a chance to find a qualified teacher.

For several year's, I have been having low back pain. The pain starts from the tip of my spine and affects my low back and my waist also. When I am driving a car or bend over to work on a machine or squat down to do something, or sit down to do some desk work, and I hold my posture in the same manner for five to ten minutes, I can no longer change my posture or straighten my spine. My spine appears locked-in, my back muscles stiffens up. I have to release this locked-in posture very gently and slowly, otherwise I would be in extreme pain. Even my neck and shoulders are affected at times. I had all kinds of X-rays at Gouveneur Hospital and was given all kinds of pills. There was no relief. I saw several other medical doctors and Chinese herbalist. They all told me that I have sciatica, and there is not much they can do for me except advising me to rest on a firm bed, take analgesics & hope for the best.

Some friends suggested that I should improve my health by practising Tao meditation and recommended me to a teacher in Chinatown. The teacher passed his Chi Energy to me through my navel, Ming-Men, top of my head and between my eyebrows, altogether five times. I felt warm energy entering my body. After practising as instructed for two and a half months, I felt warm energy rolling down my face like warm ocean waves, and then a heat sensation went through the tip of my tongue and down. Thereafter, I frequently felt the energy in my navel, my chest and my head between the eye brows. When I was practising Fusion of the Five elements, I felt a beam of cool energy shoot right up from my perineum to my navel. That's the Thrust Meridian, my teacher said afterwards.

I have studied this Tao Meditation for several months now. I sleep better. My hot tempera vanished. And most important of all, my sciatica problem has improved eighty per cent. I have no more back pain, neck pain or shoulder pain. The only time when I run into trouble is when I hold my back in an awkward posture for a really long period of time, then, I would have trouble straightening the spine. Most of the time, I am alright and I am taking any medicine. It is my conviction that meditation has almost cured my low back pain.

Interview conducted in June 1980

MEDITATION RELIEVED MY CONSTIPATION, ANXIETY & HEART PROBLEM

--- a professor

Dr. Stephen Pan as a sixty-six year old professor and writer. He was a member of the People's Political Council of China, a member to the National Assembly drafting the present Constitution of the Republic of China and a member of the Legislative Yuan of China. He was Director and Editor-in-Chief of the Social Welfare Daily, a leading Chinese newspaper. He has published eight books in English, (two of them have been translated into Vietnamese and Pakistan-Bengali languages) and three in Chinese. He has written extensively for both Chinese and English newspapers and periodicals.

Dr. Pan taught International Law, and Diplomacy at the School of Foreign Service In Georgetown University, taught American Constitution, and American Government at the Catholic University of America in Washington, D. C. in World War II times. Subsequently, he was Director on Institute of Far Eastern Studies at Seton Hall University, N.J. and Dean of Human Affairs and Director of Area Studies at the University of Seven Seas travelling all over the major seaports of the world. He is now Director of East Asian Research Institute at 86 Riverside Drive, New York, N.Y. 10024.

(The following account is based on an interview with Lawrence Young M.D.)

Chinese medicine and Chi Kung (Chinese Tao Esoteric Synthesis) are true and valid disciplines as old as Chinese history itself. When I was in Mainland China, Taiwan and Hong Kong, I had met numerous Masters proficient in Chi Kung, and I was convinced that Chi Kung is real and useful although it had not yet been subjected to scientific studies. Recently, psychologists and doctors have been studying Yoga and Meditation and have found it useful in treating hypertension, anxiety and heart problems. My contention is that Chi Kung will do just that and even more.

I started to study Chi Kung with Master Chia about a year ago because of my longstanding interest in this subject. I had previously practised Tai Chi Chun for twenty years. When I first learned from Master Chia, he transferred his energy to my navel. The energy felt like warm water. At first, the sensation was localized at the navel. When the heat gathered in intensity, it travelled down the perineum, up the coccyx and the spine to the head, and came down the face, the tongue, the throat, the chest and back into the navel. This is the microcosmic circulation. When I completed this circulation, my body felt very warm. This warm current is real, not imaginery. Master Chia gave me some of his energy in the beginning. Now I have my own power and I don't need his boost anymore.

Before I practise Chi Kung, I had difficulty with my constipation. My stool was very hard and bowel movement was irregular & difficult. Now, I can move my bowels regularly.

Ten years ago, I was so busy, I found it very hard to sleep. So, I practised Tai Chi Chun and I could sleep better. Now that I practise Chi Kung, I have no sleeping problem at all. After two months of Chi Kung, I don't need to take sleeping pills any more. When I lay my head on the pillow, I fall asleep. When you have a busy schedule giving lectures, appearing on television and radio shows and having to debate in public frequently, many surprises occur, and naturally one gets nervous sometimes. How, with the practice of Chi Kung, I can calm down very quickly in matter of minutes instead of letting the nervous anxiety run wild for hours.

Also, a few months back, I was injured in a car accident in TaiWan, and was hospitalized in a well-known general hospital. The doctors said I had irregular heart beat. They gave me some pills to take regularly. After I practised the "wann current circulation", the irregular heart beat disappeared, and I don't need heart pills anymore. I was subsequently checked by heart specialists in New York, TaiWap, and Hong Kong, and they confirmed my impression.

Interview conducted in June 1980

MEDITATION HELPED MY HEMORRHOIDS. NEURASTHENIA 4 OVERWEIGHT

---- a United Nations worker

Mr. Chu-Fan Boon is a young man in his thirties. He is a graduate in civil engineering and later on studied textile industry as well. After he came to the United States, he has been working at the U.N.I.C.E.F. Here's his experience with the practice of meditation.

I have always been interested in Kung Fu fictions. Opening up the Governor and Conception Channels is a feature often mentioned in those fictions. However, I was not able to find a competent teacher and I left it at that.

In recent years, I had to study and work hard at the same time. I felt very much run-down. I couldn't sleep well. I couldn't concentrate on my work. I had poor memory. I lost interest in my work. I was nervous, and had frequent headache. I got sore throat several-times a year. I had painful bleeding hemorrhoids also, and the hemorrhoids really bothered me and weakened my health.

I was recommended by a friend to a meditation teacher in New York Chinatown. The teacher gave me Chi Energy in my navel. I felt nothing the first time, because I couldn't even concentrate as instructed. At the second transfer of Chi Energy, I felt a distending pressure in my navel, fit the third and fourth transfer of Chi, I felt a body of warm energy in my navel. One night, after two weeks, I opened the Governor and Conception Channels. I felt the energy very full and tight in my navel, pushing its way up the spine, producing a numbness in my tongue as it came down the front channels back to the navel.

After I opened the two major energy channels, my hemorrhoids subsided by at least half. When I reached level III, the Lesser Enlightenment of the Kan and Li, my hemorrhoids completely vanished. The problems with poor concentration, anxiety, impaired memory etc, improved slowly but steadily, all the problems are gone now. I can't even remember when they are gone. My general health has been greatly enhanced since I started to practise meditation two years ago.

When I was practising the Lesser Enlightenment of the Kan and Li, I felt a cool energy sensation running up to the navel from my perineum. When I was practising "Redirecting the Sperm Energy to Invigorate the Brain", I felt a cool energy starting from the perineum, moving back to the tip of the spine and up the spine to the top of the head --- all very cool energy. Nowadays, I can activate this circulation simply by pushing my tongue against the palate.

When I practised the Greater Enlightenment of the Kan and Li, I absorbed Chi Energy from many sources, including the sun and the moon. During the actual practice, I felt the body permeated with heat, a stream of energy erupting from the top of my head (like a volcano; I felt my body surrounded by a ball of energy, pulsating).

Nowadays, I get the experience of "Internal Breathing" also. While I was meditating, I suddenly felt that the air flow through my nostrils ceased completely. There was no breathing at all. However, I felt perfectly comfortable, perfectly at ease. There was no suffocating sensation. I could feel energy pulsating in the navel area. I could feel a furnace in my navel area. The furnace was breathing nice warm energy in 6 out ----- not too hot, not too warm just a very very comfortable sensation.

Some said to me that; if you sit there and meditate frequently, you're going to gain weight. Not at all! I was overweight and I had a big tummy before I started to Tieditate. I sweat a lot when I meditate. It feels like more strenuous than running a mile, yet I am refreshed ever time meditate. When I practised the Belt Meridian. I could feel the Chi Energy circulating in my waist like a ribbon. As I kept on doing it, the Chi ran so East around the waist that the waist actually felt narrowed down. Now, my big tummy has disappeared and my weight has become normal like anyone else.

Interview conducted in June 1980

MEDITATION IMPROVED MY HYPERTENSION

--- a businessman

Mr. X is in his sixties, a well known businessman in New York Chinatown. He has contributed a lot to the prosperity of New York Chinatown. He has a very busy schedule yet still finds time to meditate.

I have a mild blood pressure problem. My diastolic blood pressure is frequently 95 and over. My doctor said it should be 90 or below, My doctor gave me one water pill a day; it didn't help. The diastolic figure remained over 95. My doctor then wanted to recommend me other medications. At that point, I got scared. I know that all medications have side effects. Some side effect are acute, some are insidious, causing damage slowly over a period of years.

After I read Dr. Herbert Benson's book ----- the Relaxation Response, I was convinced that meditation and relaxation is the answer, A friend of mine have learned a form of Chinese" meditation, and he recommended me to his teacher.

I started to practise Chinese Meditation in mid-November 1979. My diastolic pressure was 95. It dropped progressively to 90 by the end of January. On February 6, I complete the Microcosmic Circulation. By February 10, the reading was B2, and it remained that way since. Subjectively, I felt much better.

It used to be that whenever my wife catch a cold, I get infected too. Recently, my wife got the flu & it lingered for two weeks. I was not affected at all.

Everyday. I practise twenty minutes in the morning. Occasionally, I practise once more in the evening also.

When I completed the Microcosmic Circulation, I felt the life energy like a small stream flowing in my body. Some friends ask me, "Are you sure it is not imagination?" No, it is not imagination. The life energy feels like heat, like warmth ----- very comfortable and soothing. I have felt this life current many times ----- I could not have been mistaken.

The life energy starts in the navel (Darn-Tin), descends to the tip of my spine, up the coccyx, up the spine to the back of my head, and then the top, the forehead and down through my palate, the tip of the tongue and back down into the navel. I have to guide the flow mentally in the beginning. Sometimes it flows by itself. Some people asks me if I feel the "acupuncture points" distinctly. I don't. I know the acupuncture points along the path only as a station ----- like a train-station, like a truck-stop. Mainly, I feel the flow of life-energy clearly and distinctly.

Interview conducted in June 1980

MEDITATION AND MY STOMACH ULCER

Mr. Wat-Man Leung is a Chinese cook in his forties, married and has two girls. He has studied meditation for a year s a half and greatly improved his stomach problem. Here's his cwi account.

I was a bus driver in Hong Kong. I ate my meals at irregular intervals between bus runs and I was allowed only a few minutes for each meal-break. That's when I started to have ulcer pain. After I came to the United States, because of heavy work-load, stress S strain and nervous anxiety, and my mother was sick with lung cancer, my stomach ulcer acted up again and the ulcer pain continued for at least two years before I heard about meditation. A doctor gave me maalox, an analgesic, and the newest drug for peptic ulcer ----- Taqamet four times a day. There was slight improvement, but the pain continued. Pain persists for hours at a time. An X-ray of the stomach showed nothing. A gastroenterologist did an endoscopy S showed the ulceration. I weighted one hundred & thirty pounds at the time and I am five foot nine; so I was underweight. My appetite was poor. A friend recommended my mother to do meditation but she was too ill to practise anything. After my mother passed away, I said to myself, "maybe meditation will help my ulcer pain. I have already done everything my doctor instructed, but without relief."

Just after four weeks of meditation practice, the duration of pain shortened, appetite improved and my weight increased. That's around the time of opening up the Governor and Conception Channels. At the same time, I didn't feel tired so easily anymore. I felt more energetic and I slept better. My job requires me to 90 home two o'clock in the morning. I used to toss in bed, unable to fall asleep. I woke up unre-freshed. Nowadays, I would fall asleep after twenty minutes of meditation practice and wake up refreshed and energetic.

I used to be very nervous. Working as a cook, I have to remember every dish ordered and prepare them one by one in proper order. The customers are frequently in a hurry and rush me all the time. This rushing and pushing goes on day in and day out, building tremendous pressure and nervous anxiety in me. After I practised meditation, I don't get nervous anymore. I feel light and happy all the time in spite of the same work pressure.

X used to blow my top off on my wife and my kids when I was tired after a hard day's work or when I was beset with unhappy incidents and situations. After I practised meditation, I felt much closer to my family, and I had not blown up with temper since. Because of that, my wife and kids talk to roe and play with me much more than before. My family is once again filled with peace and happiness.

My teacher helped me to open up the Governor and Conception Meridians by applying his palm to the major acupuncture points, for example the Ming-Men and the Pai-Hui (top of my head). I felt the Chi Energy entering my body. After I opened up the two major channels, I can bring the Chi from the navel down to the perineum, the tip of the spine and up the spine to the top of the head, down the forehead, the nose, the tongue, the throat arid back down to the navel. When I concentrate at the navel, I would feel energy diffusing in all directions from the navel. It is a real sensation, definitely not my imagination.

When I practised the Greater Enlightenment of the Kan and Li, when I let the fire and water mix between the heart and the navel, I could feel the Chi Energy spread out 'from that energy centre like ripples on a calm lake. The ripples felt like radio wave. The ripples also felt like concentric rings of heat spreading out. It's hard to describe, but the sensations were real.

When I practised Fusion of the Five Elements, I felt a lot of Chi Energy- Although m' stomach problem was improved, I would still get stomach upset when I ate the wrong stuff.

When get stomach upssfc, I would sit down and practise Fusion of the Five Elements. When I concentrated real well, I could feel the Chi Energy converge on the stomach and I could feel the Chi relieving the stomach of its discomfort within a short period of time.

When I practise the Belt Meridian, I felt the Chi Energy circulate around my waist from left to right (clockwise) like a ribbon.

When I practise the 'Thrust Meridian, I felt the Chi Energy go straight up from perineum to the inner corners of the two eyes.

After practising meditation, I have better control over my sex life.

Altogether, I have studied meditation for a year and a half now. My stomach trouble, my insomnia, my nervous anxiety, and my hot tempers have completely disappeared. I am much healthier and happier than ever. I am very grateful to my teacher and to all those who made meditation available to the public.

Interview conducted in May 1980

MEDITATION IMPROVED MY RUN – DOWNPHYSIOUE

--- a factory worker

Mr. Kin-Chun Chu is a worker in a sewing factory. He is in his mid-twenties. Mr. Chu studied meditation hoping to improve his health. Sere is his report.

I work long hours in a factory and have little time left for sleep. I felt chronically tired and chronically nervous. At night, the mind was filled with uncontrolled thoughts. I tossed in bed for hours and was unable to fall asleep- I woke up unrefreshed, like I had not slept at all. I have had hay fever for many years. I had running nose, sneezing and other cold, symptoms frequently.

I have practised meditation for several months now. I would feel very calm, very relaxed and completely refreshed after a meditation session. I would sweat profusely during meditation, but the sweat is different from that due to intense sun and strenuous labor. After I sweat, I feel very comfortable.

I didn't feel the heat in the beginning. After a while, the heat energy became obvious. As soon as I sit down to meditate and concentrate on my navel, I can feel the heat permeate my whole body. I can feel the energy centres ----- navel, Ming-Men, top of my head, between the eyebrows and the perineum ----- clearly and distinctly. I can feel the Governor, Conception, Belt and Thrust Channels clearly and distinctly. It's no imagination.

I have become more optimistic. I have become more self-confident. I can see my important role in society now, whereas in the past. I felt like a nobody. Unhappy circumstances don't bother me as much now. I feel contented all the time.

I sleep much better now. I don't have uncontrolled thoughts. I am no longer tired. I am no longer nervous. I am seldom bothered by hay fever or common cold anymore. I feel that my health has gone a long way towards total improvement .

Interview conducted in June 1980

MEDITATION RELIEVED MY CHRONIC FATIGUE

--- A M. D. A.

Mr. J. Huang is a manager of a large firm in New York. He is in his late thirties. He is a graduate in economics and business administration. He had been interested in Chi Kung since he was small. He tried out Master Yun's method in his teens, but without success. He studied with several other teachers also but without any benefit. This time, he has more luck. He is impressed with the experience with his current teacher. Here's a personal account from Mi, Huang.

I am the manager of a large firm. There is no set time to my working hours. I have to solve the problems in the firm no matter how late I have to work. The work pressure creates tremendous stress and strain. When a rush of work was completed, I would be half dead.

Because of the unending stress and strain, I would feel chronically tired. I couldn't sleep well and I would wake up unrefreshed. I suffered from chronic lack of energy.

It is my impression that Chinese Chi Kung is probably different from the meditation that is currently in vogue in the United States.

Chinese Chi Kung is more than just stilling your mind. That's what happened when I practised meditation according to Master Yun's method in my teens. I concentrated at my navel, but nothing happened. It was so boring that I soon abandoned the practice.

A teacher in New York Chinatown gave me the Chi Energy in my navel, my Ming-Men & the top of my head. I did not feel heat sensations like others did. I felt the energy like lukewarm water. The body felt like floating in the warm Chi ocean. It was a unique and very comfortable feeling. The teacher passed me the Chi Energy many times and I felt the Chi every time.

I felt most of the acupuncture points distinctly, but I didn't feel the channels except for a few of the bigger channels. For example, when I experienced the Thrust Channel, I felt the energy go up to the throat from my perineum. I also felt the Belt Channel very clearly around my waist.

Now, I sleep much better. No longer do I feel tired easily. I can work very hard, yet feel very calm and relaxed. I can feel great improvement in my health. I am sacrificing much of my time that I used to spend in entertainment, and apply it to the practice of meditation. Yet, I feel that this is worth it.

Interview conducted in May 1980

MEDITATION HELPED MY COMMON COLDS, ASTHMA, & LOW BACK PAIN

----a laundry worker

Mr. Shak-Ngoe Hee works in a Chinese laundry in Upstate New York. He is in his sixties. He was born in Mainland China, finished primary school there, and then moved with his family to South-East Asia. During the Second World War, he worked as a driver transporting people and merchandise in the South-East provinces of China, Kwangtung & Kwang-Sei. During the Communist takeover, he fled to Hong Kong where he worked as a bus-driver. After he immigrated to the United States, he became involved in a hand laundry and has been working there since. Mr. Hee became interested in meditation because of failing health. He practised Master Yun's method on his own with some improvement of his health. Three years ago, he joined a meditation centre in New York Chinatown and here's his personal account.

After I turned sixty, I started to have a lot of health problems. I was bothered by headache, low back pain, and asthma. I had seen many medical doctors and Chinese herbalists, and acupuncturist without relief. I would wake up every night after mid-night, choking with phlegm and extremely short of breath. The shortness of breath would improve when I sat up and rest sitting for an hour. When I was much younger, I had recurrent asthma attacks. My doctor instructed me to avoid a wide variety of foods ----- I was practically allowed nothing to eat.

I am an active person. I was really scared by the multiple health problems I was faced with all of a sudden when I turned sixty. I had heard about meditation when I was smaller. So I turned to it and practised the method mentioned in Master Yun's autobiography. After several years of concentrating on my navel, my asthma unproved, but my headache & low back pain persisted. I felt no chi Energy either, quite contrary to what Master Yun described.

Three years ago, I was introduced to a meditation teacher in Chinatown. The teacher passed his Chi Energy to me four or more times. At the fourth time, I felt warmth in my navel. The warm energy went up the spine to the top of my head. When the energy passed through my tongue, it felt like an electric current.

I don't feel the energy current very clearly, except when the Chi Energy moves slowly. Most of the time the energy moves so fast that I can feel the energy in the acupuncture points only but not in between. It's like an electric circuit consisting of light bulbs along a wire. As soon as you turn on the switch, the bulbs light up ----- but nothing apparent happens to the wiring in between, nevertheless, the Chi Energy is really there. Nowadays, as soon as I sit down quietly, clear away the thoughts in my mind, take a few deep breaths as instructed and concentrate on my navel ---- I can feel Chi accumulating in my navel. I can direct my Chi Energy to the area of sickness. I can direct the chi Energy to my palm. That's how I healed my low back pain which my doctors said to be sciatica. My low back pain did not go away after I opened the Governor and the Conception meridians. So, after I practised the Fusion of the Five Elements» when I could gather a lot of Chi Energy easily, my teacher taught me how to direct the Chi Energy to wherever I wanted it to go. So, I directed my Chi Energy to my sacrum, and after many such maneuvers, the low back pain was fifty percent better. Since I did not get all better my teacher taught me how to transmit the Chi Energy to my own palm and then pat my low back with my own palm and transmit the life force from the palm to the low back. Subsequent to repeated application of that maneuver, the low back pain completely disappeared. Even the frequent headache since my teens went away also. I think that my headache is part of the problem in the low back.

Nowadays, when I catch a cold, with running nosci sneezing and headache, all I have to do is to take a few deep breaths, generate heat in my navel and bring it up the Governor Channel and down the Conception Channel in front. As soon as the Chi Energy passes through the nose, the running nose stops right-a-way. If I would let the Chi Energy circulate for a few minutes, the cold symptoms wouldn't come back. In this way, I haven't had a cold for some time already.

In addition to opening up the Governor and Conception Channels, I have opened the Belt Meridian around the waist, & the Thrust Meridian originating from the sole of the feet up to the perineum, up the chest, then splitting: into two and up to the two corners of the moutAi and ending at the inner corners of the two eyes.

Meditation not only helped my low back pain, my common cold, headache and asthma, it improved my sleep and gave me a lot of vitality also. I am now in my late sixties and I work ten to fourteen hours a day. The wrinkles on my face and forehead had stayed the way it was since I was sixty. If I started to meditate earlier in life. I would not have wrinkles at all. I met one student of meditation who grew back all his hair after he went bald. I am looking forward to turning my white hair back to black hair. That is said to be a distinct possibility when one conserves his sperm power and practise the secret formula of transforming the sperm power into Chi Energy and bringing it up into the head. I am working on it now.

Interview conducted in May 1980

MEDITATION RELIEVED MY GENERAL DECONDITIONING

--- a sewing factory worker

Mr. Kai-Ming Chau is a sewing factory worker in his mid-thirties. He was a Chinese coolie before. He is married and has a happy family. Here's his experience in meditation practice.

Because of heavy work-load, long working hours and strenuous work, I had been very rundown in recent years. I had frequent pain and tightness in my neck. I saw a rheumatologist who gave me a needle in my neck. The pain and stiffness was relieved for a week and came right back. "Pills, needles and physical therapy gave no lasting relief. A year ago, I was found to have diabetes also. My doctor said that all I need was diet restriction. There is no need to take pills or get insulin shots. However, I do notice that after I developed diabetes, I lost some weight and felt weaker. My neck and back pain seemed to have worsened too.

When I first learned meditation, my teacher taught me to stretch my tendons & joints, percuss the teeth together, exercise the tongue and do gentle calisthenics.

Later on, he instructed me to concentrate on my navel. I got a distending sensation in my navel. I was instructed to concentrate on subsequent acupuncture points on the energy path. I felt the energy as distending sensation in my back, my head, my forehead, my chest, and as extreme numbness in the tip of my tongue. At that point, my teacher said that I had completed the microcosmic orbit. That was three months after I started.

Subsequent to that stage of meditation practice, I was able to fall asleep much easier, and have a good night sleep. Also, there had been no pain or stiffness in my neck since. My diabetes remained under good control. I feel calm and peaceful after each meditation session, like removed far away from this world of turmoil and rat race.

Interview conducted in May 1980

MEDITATION IMPROVED MY EEP PROBLEM & HELPED MY COMMON COLDS

--- an aviation mechanic

Mr. Richard Chin is a sixty-one year old aviation mechanic. He was born in China and finished primary school there. Subsequently, he came to the United States to study mechanical technology. During the Second World War, he served in the United States Air Force and was sent to the battlefield in China as an aviation mechanic. After the War, he's been working in an airplane factory since.

In the last few years, I had been feeling very much run-down. I caught cold easily and frequently. My hands and feet were always cold. My doctor said that I had poor circulation. I had terrible ringing in the ears, especially in the quietness at night, and more so after sexual intercourse. At night, I had difficulty passing urine, my prostate was enlarged, and I could not fall asleep. I also had frequent abdominal pain and my doctor couldn't determine the cause for it nor help me with it. I had a lot of gas, causing abdominal distension and I had frequent pain in the stomach area and the appendix area. I was always worried that I have a hole in the stomach or acute appendicitis. I was not a nervous person, but I had to take Valium 5 mg every night to quiet the ringing in the ears and the associated anxiety derived from the ear ringing. Sometimes I took Dalmane to help me sleep. Even then, I could not sleep well and I didn't wake up refreshed. I felt tired and lifeless day in and day out.

My doctor recommended that I practise Yoga. The difficult postures were too much for my stiff body. I felt very tired and sore all over after the Yoga exercises. I couldn't tolerate the Yoga exercises.

Recently, a friend recommended me to study Chinese meditation. My teacher transmitted his energy to me through my navel ----- the heat penetrated deep inside and my whole body became permeated with heat. I was amazed in the beginning & thought it was not real. This was not an illusion or hallucination, however, because I felt the heat every time. After a few times receiving life energy from my teacher, I gathered enough energy myself, and was able to generate heat in my navel area all by myself. As I mentioned earlier, my hands and feet were always cold. After I received the life energy a few times, my body became warm all the time, especially when I was meditating.

Now that I have enough life-energy myself, I generate heat when I concentrate on my navel. I would bring the heat directly back to the spine and then the heat would go up the spine by itself. Sometimes, the energy feels like "rings of cigarette smoke", rising from the tip of my spine up; sometimes, it rises up from the front of the body. Everytime I meditate, and the energy becomes manifest, my body starts to go into automatic movements (calisthenics). The automatic calisthenics are great. When I used to have a cold, it always drags on for days. Last week I had a cold, and when I meditated, the body started to exercise automatically ----- the cold went away immediately. At other times, running nose and stuffy nose gets relieved right-a-way as soon as I meditate.

After just over one month of meditation practice, my insomnia went away. I don't take Valium or Dalmane anymore. The ringing in the ears is still there, but it doesn't bother me anymore. It seems to have been pushed to the background. Nowadays, not only that I fall asleep much easier, I can go right back to sleep if I happen to wake up in the middle of the night.

And furthermore, my prostate problem seems to have improved. I can now pass urine freely. My stomach problem is improved too ---- I no longer has vague abdominal pain.

Nevertheless, there are two areas in my goals that I fail to accomplish so far. Firstly, the ear-ringing persists despite diligent practice. Secondly, I still fail to complete the Microcosmic Orbit --- the route of energy running up the spine and back down to the navel in front. Although I feel the energy as heat every-time I meditate, the heat spreads throughout the body so that it cannot concentrate in the micro-cosmic route. My teacher says that due to the many weaknesses in my bcdy, all life energy generated by meditation is consumed right-a-way to correct the bodily weakness ---- leaving none to circulate in the Microcosmic Orbit. One day, when most of the bodily weakness are corrected, I would have excess life energy to circulate in my channels.

Interview conducted in June 1980

MEDITATION HELPED MY ANXIETY, INSOMNIA & ARTHRITIS

---- a teacher & computer programmer

Mrs. Winnie Ma is a Chinese teacher in her late twenties. She graduated from University of Taiwan. In the United States, she taught Chinese language at Columbia University in New York City. Recently she started to work at Blue Cross as a computer programmer.

In my university years, I had to take sleeping pill frequently. If I couldn't fall asleep, I would feel very tense all night and nervous all day next day. I have always been nervous. I was born like that. When I was nineteen, I started to take sleeping pill. The doctor in the School Health Service gave me different pills at different times and warned me of the addiction potential. I stop taking sleeping pill abruptly when I was twenty-two, having been convinced that sleep-pill is poison. However, I still couldn't sleep well. Tossing in bed all night, I would feel chronically tired and nervous. I couldn't concentrate in school or at work.

Six years ago, I suffered from arthritis, giving me knee pain, back pain and neck pain. Somedays, the pain was very bad. I saw a doctor at the Hospital for Special Surgery in Manhattan, New York. The doctor took several X-rays and told me that it was nothing serious. He prescribed aspirin for me every visit, without too much benefit. In the beginning, aspirin really helped. After a while, my stomach started to get upset. The arthritis pain got progressively worse everyday. The joints of my fingers started to swell up. The fingers felt like pins and needles at times. I felt worse in the morning---- my joints aching all over. It was a drag to try to get up in the morning.

A few years back, I started to hear about meditation. I went through all the available books in the university library and started to practise it myself. After three months, my insomnia and nervous condition improved. I continued on my own for two years until I met SiFo Kwong who taught me Tai Chi and some basics of Chinese Tao Meditation.

Soon after that, I met CH'AN Master SHENG-YEN at the CH'AN MEDITATION CENTRE. After six months of CH'AN meditation, I felt much calmer, sleep much better and the knees and fingers hurt no more. However, my back and neck still hurt off and on.

Then, I heard about Master Chia who teaches Chinese Tao Esoteric Meditation. I practised with him for another four months, and even my back pain and neck pain went away. Nowadays, I practise meditation two hours a day and sleep six hours. I have a full working day and very busy, yet I feel great ---- very calm, relaxed, easy to concentrate and full of energy.

Occasionally, I still get a nervous episode ---- You can't avoid it in this busy world. However, as soon as the anxiety arose, I could calm it down immediately by concentrating at my navel (the acupuncture point: Darn Tin). The anxiety just melts away.

I have been studying with CH'AN Master Sheng-Yen for three years now, and with Master Chia for nine months. I am continuing with both teachers. The teachers know that I am practising both methods at the same time and they approve of it.

When I first studied Ch'an meditation, it was for my physical health----my arthritis. Now, it becomes my religion. With Master Sheng, I aim for spiritual advancement. With Master Chia, I aim for physical improvement. My body was weak, and I had to practise one

hour Chi Kung to improve my health followed by one hour of Ch'an for spiritual advancement. Last time I went for a seven day retreat, I felt drained out. This time, after seven days of retreat, I feel stronger and more energised than ever before. I had just completed a seven day retreat with Master Sheng, The first two days, I felt very tired and achin: all over. On the third day, I had diarrhea four to five times, belched and passed a lot of gas. On the fifth day, I felt energized and strong.

In Ch'an meditation, I was instructed, to practise non-attachment. I was instructed not to talk about Chi Energy. I was instructed to ignore all bodily sensations, all visions, all sounds all voices and all thoughts. I was supposed to dwell on complete emptiness ----- the Void, Because of that, although I practised Tao Esoteric Meditation with Master Chia, I had never felt the acupuncture points clearly. I had never felt the Chi Energy clearly. At the most, I felt some numbness, like insect crawling.

However, on Day 5 of this recent retreat, I felt that my back became very cool and in fact quite cold. Master Sheng suggested I add a heavy towel on my shoulders. The coolness continued all night and in fact permeated the whole body. Then, later on at night, a cool ray shot up the spine to the head. The cool ray was a very clear and definite experience, even though I am trained to ignore all sensations. As the cool beam of energy reached my head, the head became numb ----- very numb & distended. Then suddenly, the numbness melted away, the mind opened up, clear, calm, refreshed and totally relaxed. All drowsiness & mental mist were swept away. My eyes were brightened up. My mind was lit up. My subconscious mind seemed to have been pushed away ---- and only pure consciousness remained. I was ecstatic. I told Master Chia about it. He said that was the manifestation of Level III, the Lesser Enlightenment of the Kan & Li, because in Siao Kan Li the Chi Energy feels cool.

There is another interesting experience. When I practised the Fusion of the Five Elements, I noticed a whole row of "my duplication" in front of me, behind me and on my sides. I was surrounded by duplications of myself. I did not see them with my eyes but I felt them distinctly. I was amused but not attached, nor was I scared, because Master Sheng-Yen had repeatedly instructed me to ignore all hallucinations and illusions.

I also had frequent precognitions of what Master Chia was going to teach me the next day. For example, I dreamt of two suns one night and tried to stare at them very hard and tried to merge them into one. The next day, Master Chia taught me to bring the energy from two energy centers and merge them into ---- he expressly taught me to merge two circles of energy together. Then I told him my dream and he was surprised too.

The practice of Tao meditation and Ch' an meditation is very rewarding and interesting and I am determined to explore deep deep into it.

Interview conducted in May 1980

MEDITATION GAVE ME VITALITY

---- a fashion designer

Mr. Hung-Wai LIU was a fashion designer in Taiwan, Republic of China. After he came to the United States, he worked as a Chinese cook. Here's a personal account of his experience with meditation.

When I was small, I had poor physique. I caught cold easily, felt dizzy all the time and my appetite was poor. Fifteen years ago, when I was twenty-one I joined a Taoist religious group in Taiwan named: The Holy Church of Heavenly Grace. After I became a member, I was asked to choose two precepts "out of twenty and I was expected to follow the two precepts all my life. Then, the teacher transmitted his life-force to me and from then on I had "energy" in my palm & my fingers, and I felt heat in my palm. Whenever my body was sick, all I had to do was to touch the area of sickness with my palm. After practising that method for a year, all my sicknesses went away. Thereafter, I stopped to practise this method, because I had to work hard to make a living.

After I came to the United States, I remained fairly healthy. However, working in the restaurant results in my reaching home two o'clock in the morning, going to bed at three and getting up one to two o'clock in the afternoon. I never woke up refreshed. When I opened my eyes, I was still in a dreamy state. Furthermore, I was a fashion designer back in my home country, but now I am a cook. A pessimistic outlook in life and mental depression is a usual feature in many immigrants and I was no exception. A lot of people in my same situation immerse themselves in gambling. Hah Jong, horse-racing and off-track-betting. Many seek sense gratification with prostitutes. After I practise Tao meditation with a teacher here in New York Chinatown, I sleep better and wake up refreshed and full of energy. But most importantly, my outlook in life brightened up, I become optimistic, and life is no longer a bore.

My teacher taught me to concentrate on my navel, and then after a period of time, he decided to transmit life-force to my navel, Ming-Men, top of my head and between my eyebrows. I felt a rush of heat energy rolling into my body projecting from his palm. With the slightest mental effort, the heat-wave rolled up my spine. After a while, I can build up my own heat at the acupuncture points and I can feel the energy flow distinctly.

I have advanced to Level III now and I have full control of my sex life. Whenever I sit down to meditate, my heart is filled with happiness, peace and satisfaction.

Interview conducted In June 1980

MEDITATION HELPED MY ASTHMA

--- a retired worker

Mr. Leung Tong is a seventy-seven year old retiree. He was a Chinese cook before he retired at age sixty.

I have been healthy all my life, seldom even see a doctor or take any medicine. However, since seven years ago, when I turned seventy, I started to have asthma. The asthma attacks usually came in March, and twice it was very severe, the wheezing was very distressing. I did not have asthma when I was a child. I smoked heavily when I was young, but I stopped smoking twenty years ago.

In the last two years, the asthma attacks became more frequent and more severe. Kneeling down and squatting cause severe breathing difficulty. Just walking a few blocks causes choking sensation in the throat. After consulting a cardiologist and internist, I had been taking one tablet of Tedral three times a day since then and feeling better. However, as soon as I began to take the pill less frequently; I became short of breath again.

Recently, I started to practise Chinese Meditation, studying with my teacher three times a week. At home, I practise once in the morning and once at night for half-an-hour each. After two months of training, I am no longer short of breath. I can kneel down, bend over, squat down without difficulty. I have not taken a single pill for several months now. In the last few days, the weather was very bad. I walked in the heavy rain and strong wind, without any ill effects. Before I practise meditation, any change of weather would give me breathing difficulty.

Interview conducted in June 1980

MASTER CHIA RELIEVED MY ENERGY KNOTS

--- A Librarian

Miss Bernadette Chen is A young lady who worked as the assistant librarian at the Institute for Advanced Study of World Religions located at The State University of Sew Vork at Stony-brook. She was a graduate of Tung Hoi University of Taiwan in sociology. In the United States, she studied library science. Since the curriculum of social studies touches on psychology and religion, she had long since been interested in meditation. Miss Chen had no health problem, she pursued the study of meditation purely for spiritual advancement. The following report is presented to illustrate the possible side effects of meditation s the fault of a se-lfish teacher.

I had been interested in meditation since I was studying sociology. When I was working as the librarian for a specialized library located in the State University at Stonybrook, I had access to a wealth of religious treatise, ninety per cent of which are concerned with the Oriental religions. The Buddhist books were donated by a Chinese shipping tycoon. I was influenced by his devotion, as well as by the numerous volumes of Buddhist boote that I had a chance to read.

I had been practising meditation on my own for some time. At one point in time, I could see inside my body. Unfortunately, .when I was practising meditation with a certain Zen teacher, he passed his energy into my body through my navel and controlled my mind and my body. As I remember it now, he did that by passing his energy into my body against the normal direction of flow and created many knots in my energy pathways, I could sense two circles at that time ----- a big circle that was very weak which was myself, and a small circle that was very bright and strong which was he himself. The small circle of energy took control over the big circle. Since then, I felt not like myself anymore. I felt like his amplifier. My emotion and my reactions and my thoughts were not my own ---- just a reflection of his wishes.

I knew what happened, and I wanted to be released. I went "to San Francisco and stayed at the Dhanpa University for some time. I asked around for help, but the professors there couldn't help me. When I came back to New York, I met a different Zen master and told him about my problem. He said that the Taoist method deals with the energy channels of the body more thanB the Zen schools and he recoirimended me to Master Chia.

The first time I met Master Chia, he trieIM to locate the energy knots, sensing my energy channels with his palm. He found a major knot right-away and released the knot by injecting his own energy there through his palm. I felt the liberation of the knot instantly and I was so relieved. My spirit livened up at once and I felt my own self again.

I have practised under Master Chia for four aonths now. I can feel Chi Energy in my navel, my head etc and several other energy centres. However, I do not feel the Governor and Functional Channels circulating with ener9y. I still feel many energy knots in my body, but they are only minor knots. Whenever I produce enough energy, I feel the energy move towards those knots, heat them up and release them ----- giving me a sense o£ relief. However, since so much energy is consumed in that manner, I cannot advance very fast on the Taoist path.

Physically, I sleep better than before. I used to have much low back pain and soreness during my menses, but that has disappeared. I have felt more energetic. Most importantly, I feel that I am my own self and I am not under the control of someone else anymore.

Interview conducted in June 1980

MEDITATION IMPROVED MY NERVOUS TENSION

--- a auto mechanic

Mr. Oswald Pierre is a thirty-nine years old auto mechanic, born and raised in Trinidad.

I got into meditation to attain a better state of mind. I couldn't relax and used to have so many useless thoughts racing through my mind, Frustration and depression stepped into my life since I was twenty, and I was always feeling down. My family life was affected because of my state of mind. I did not have any medical attention until I came to this country five years ago I started to receive psychiatric care and psychotherapy. No tranquilizer was required, I just attended sessions after sessions of psychotherapy. These sessions helped somewhat, but these therapy sessions seemed never to come to an end. And besides, it didn't solve my problems completely.

I first read about meditation in the TM Book by this Indian master Maharishi Mahesh Yogi, He didn't emphasize that everyone must join his method of meditation. He said that it doesn't really matter where you go, as long as it is a competent master. I picked up a copy of the Village Voice and found the Temple of Enlightenment. Master Sheng Yen taught me a Series of methods to develop concentration. It really helped, especially after a retreat. After six months, I felt much healthier physically and my mind was no longer running crazily --- the mind became very quiet and rest in a pure state.

Subsequently, I was introduced to Master Chia. Master Chia's method is unlike the others in that it is more "body-oriented", and you strengthen your body & mind at the same time when you practise Master Chia's method. I have only practised five months under Master Chia. I cannot say that my calmness and relaxation can extend far beyond the period of practice into daily life yet. However, there are times when my mind is quite disturbed, I immediately practise meditation, and I can calm down quite rapidly. I can even hear my breathing and when I come out of it, I feel so calmed down like having taken a tranquilizer ---- yet it is so different from the use of tranquilizer, because after meditation, I am fully aware, not desirous of sleep, but very calm. I can cope with life-stress much better now. Situations that made me angry before, can now be brushed away with a laugh. Sometimes, I work late on the cars in my job, and hardly sleep three hours at night. Master Chia asks me to practise the six-syllable relaxation & breathing exercise, and my energy come back right-away. Due to the long hours I have to work on the cars, I do not practise the methods regularly. I am sure I would do even better if I can find the time to do it regularly.

Interview conducted -in June 1980

INDEX OF CLINICAL DATA

IN

MEDITATION & RELAXATION

Editor's note

This is a pioneering attempt to index clinical data related to meditation and relaxation. This is the first of its kind. This index will evolve in future volumes, towards a more useful more complete and more scientific format. Your comments and suggestions are most welcome and urgently needed.

Compiling an Index of clinical data related to meditation and relaxation will greatly help the teachers and students of meditation, the doctors, nurses and their patients, as well as clinical researchers and scientists investigating meditation and relaxation. It is a necessary step in the development of meditation and relaxation into a clinical science. Your assistance will be much appreciated in helping us improve this index.

*Numbers marked with asterisk denote information taken from published books, scientific papers & monographs.

Numbers not marked with asterisk denote information taken from case reports.

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ANNOUNCEMENTS

THE MEDITATION RELAXATION CASE REPORTS PROJECT

Meditation and relaxation has been Known to benefit the general health and relieve the sicknesses of innumerable number of persons since thousands of years of human history. In recent years, thanks to Doctors Benson, Wallace, Elmer s Alyce Green and numerous other scientific and clinical researchers, the beneficial effects of meditation, relaxation and biofeedback have I been well documented and the side effects delineated. Yet, meditation and relaxation is not as widely utilized as it should.The National Clearinghouse plans to submit to the appropriate authorities (for example, the State Legislature, the A.M.A., and the Congress)an ongoing series of Meditation and Relaxation Case Reports, consisting entirely of articles written by people who have benefited from the practice of meditation and relaxation. We also want to present every possible side effect and complicating circumstances associated with meditation, relaxation, biofeedback, and related therapies. Please help to make meditation and relaxation a formal modality of therapy with properly defined and significant indications and applications.

Reports submitted will not be used commerddally to prepare popular books for sale, unless the writer of the report wants to do so and signs a permission to that effect. Normally, the reports will only be utilized to compile scientific data and for presentation to regulatory agencies.

Even if you do not have time to write a report or not used to writing a whole article, please drop us a line for statistical purposes.

For a copy of the guidelines for writing up your experience for publication,please write to:

Meditation Relaxation Case Reports Project
National Clear inghouse For Meditation
Relaxation & Related Therapies
Post Office Box 3184
New York, N.Y. 10008

-----EVERY REPORT COUNTS-----

ACUPUNCTURE WITHOUT NEEDLES

Since after Nixon's visit to China, it suddenly becomes a fact that acupuncture works. Many M.D.s learned to do acupuncture and apply it in their medical practice. Many non-M.D. acupuncture specialists have been licensed to practise in many states, while there is a world-wide revival in the study and application of acupuncture, the essence of how acupuncture works has been reduced to a mechanistic and materialistic basis, to tally ignoring the esoteric principles in the early acupuncture literature.

The personal experiences of many meditation students in Vol. I of this Report, especially: "Meditation and my Pulmonary Tuberculosis by Master Yun", and "The Microcosmic Circulation by an Aviation Electronics Technologist", " The Chinese Tao Method by A Subway Clerk" and "An Interview with Master Chia" begin to hint at us that the esoteric principles of acupuncture is after all a valid fact, and the mechanistic and materialistic theories are unnecessary.

Lawrence Young H.D., an internist in active practice, have studied the theories and applications of acupuncture and Chinese Meditation for some years and have found amazing correlations between these two disciplines. To the historical masters and to some living masters, meditation and acupuncture are one and the same discipline.

Articles on this fascinating topic will start with Vol. II of the Reports. Don't forget to familiarize yourself with the experiences of Master Yun, the Subway Clerk, the Aviation Technologist, and Master Chia, as an introduction to this subject.

MEDITATION ANALECTS

Selections from the sayings of the Master in meditation ----- present, and past -----will greatly help you to grasp the essential techniques and a correct understanding of meditation. Our main emphasis is on practical meditation ----- health-oriented meditation.

Read the Meditation Analects
Every Morning, Every Night

IT GIVES YOU ENCOURAGEMENT
IT GUIDES YOU ALONG
IT GIVES YOU INSIGHTS

It is a Good Companion on the Meditative Path

Meditation Analects will be a Regular Feature in The Reports, starting with Volume II

QUESTIONS & ANSWERS

Questions & Answers is a special service for readers interested in practical meditation that is health-oriented. If you have a practical problem, send it to the National Clearinghouse. We shall refer the question to a meditation teacher who will give you the proper advice. Practical problems of general interest will be selected for publication in future volumes of The Reports with answers to benefit all readers.

FREE LISTING

The mission of the National Clearinghouse for Meditation Relaxation and Related Therapies is to bring to the attention of the lay public and health professionals the important role of meditation and relaxation in health maintenance and the treatment of diseases. We are therefore most happy to list any and all meditation, relaxation, stress management and biofeedback programs that are health related free of charge. Please send the name, address and telephone number of your organisation to National Clearinghouse, attention: Meditation Program Listing, and attach a letter explaining the reason why your program is health-related; your program will be included in our Teachers and Programs listing in subsequent volumes of The Reports.

SUBSCRIBER INFORMATION FOR VOLUME II

Readers who wish to be notified as soon as Volume II of The Reports is published, please enter your name and address on our mailing list by writing to:-

*National Clearinghouse for Meditation
Relaxation & Related Therapies
Post Office Box 3184
New York, N.Y. 10008*

ARE YOU INTO SCIENTIFIC & CLINICAL RESEARCH

Numerous reports by laymen have indicated that meditation can enhance the self-healing power of the body, thereby overcoming many psychological, psychosomatic and even physical diseases. As you can see in The Reports Volume I, and in subsequent volumes, many improvement in physical and mental health and abatement of disease states are really amazing. Nevertheless, reports by layman can only be considered as highly suggestive ----- but cannot be considered as conclusive evidence. Only case-studies by clinical researchers in a scientific manner will one-day lead to conclusive evidence for the beneficial effects of meditation in health maintenance and the treatment of diseases.

The National Clearinghouse for Meditation Relaxation S Related Therapies has contact with many meditation teachers who are health-oriented and have been "treating diseases"for many years. Some of them are living outside United States. With the proper clinical research set-up, they can be invited to join us in research, and teach patients the practical form of meditation aimed at the treatment of specific diseases. The National Clearinghouse will volunteer to do all the groundwork to bring the "Masters" and the "Clinical Researchers" together provided that the research project is properly designed. Lawrence Young M.D., Director of the National Clearinghouse is most happy to make some stimulating and useful suggestions for the prospective clinical researchers and would be delighted to assist in whatever way he can. Interested parties please write to;

National Clearinghouse For Meditation
Relaxation S Related Therapies
Post Office Box 3184
New York, N.V. 10008

ZEN EXPERIENCE OF A LITTLE SOLDIER

Professor Wai-Jin Man is one of the best known meditation teachers in Taiwan, Republic of China today. He has taught numerous students in Taiwan, Hong Kong, United States and all over the world. Mr. C.J. LING is one of Professor Nan's best students. "Zerī Experience of a Little Soldier" is a detailed account of Mr. Ling's personal experience in zen meditation. Although Mr. Ling's goal was not for health or sickness, his personal experience contained a great wealth of physiological and clinical data. This article 'was originally published in Chinese. The English version will appear in Volume II.

Those who want to contact Professor Nan can write to:

*Professor Wal-Jin San
c/o Joan Cheu Ph.D.
3 Balston Drive
Verona, N.J. 07044*

CERTIFICATION COURSE IN CLINICAL RELAXATION COUNSELLING

The C. R. C. Project is offering a certification course in clinical relaxation counselling. Enrollment is limited to physicians and nurses licensed in their own State, where they carry out their professional activities, in the respective professions. This limitation is necessary because at the present time, only physicians and nurses have the broad educational background, training and experience in the diagnosis and the management of a wide variety of pathological states, making it much easier and much more meaningful for them to master the techniques of Clinical Relaxation Counselling. The counsellor in Clinical Relaxation will not give instructions in meditation and relaxation; he/she will leave the teaching aspect to qualified meditation and relaxation teachers. The counsellor is the bridge between the busy family doctor and the meditation teacher. The counsellor is doing exactly what The Relaxation Clinic is set up to do; that is, the counsellor will set up his/her own relaxation clinic to serve his/her own neighbourhood or community.

Interested persons please refer to the chapter entitled:- The Relaxation Clinic. That chapter tells you everything about the mission of the Relaxation Clinic, the place of the Clinical Relaxation Counsellor in the health care delivery system and all the professional, ethical and legal aspects involved.

Persons wishing to enroll in the certification course can complete the course through a correspondence course or receive face-to-face instructions, depending on where they live. In either case, the course will be conducted in a rather informal basis, but the prospective counsellor will have to do a lot of reading and submit several in-depth case-studies to indicate that he/she has grasped the techniques, before he/she can receive the certification.

If you are interested in the course, and qualified to enroll, please write to the following address and enclose a photocopy of your current state registration as a physician or a nurse:-

(The C.R.C. Project)
The Clinical Relaxation Counselling Project .
c/o Lawrence Young M.D.
19 Bowery
New York, N.Y. 10002

APPENDIX

RECOMMENDED READING

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(32 Station Street, Brookline Village, HS 02146)

Kundalini Casualties 41

Surrender: On Giving Too Much 39

Spiritual Despotism: Lessons in Soul Control 37

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(2054 University Ave. #607 Berkeley, CA 94704)

Kripalu Yoga: Meditation in Motion 40

National Yoga Teachers' Directory 62

American Heart Association

National Center, 7320 Greenville Ave,

Dallas, Texas 75231

Patient Pamphlets

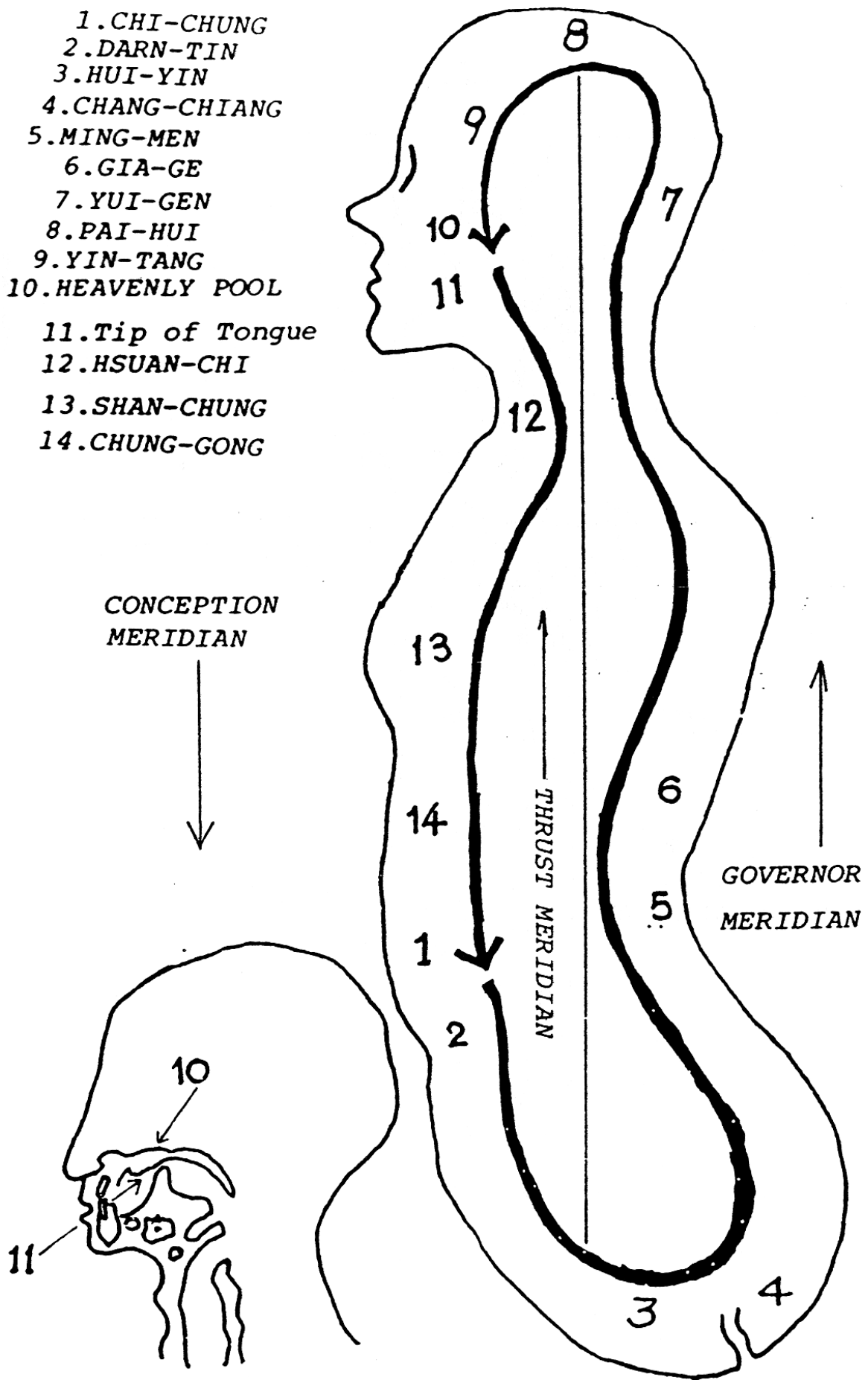
Living With Angina 1979

After a Heart Attack 1979.

ILLUSTRATIONS--- THE MAJOR MERIDIANS & ENERGY CENTERS IN TAOIST MEDITATION & ACUPUNCTURE

LOCATION	ACUPUNCTURE POINT #	NAME	CHINESE NAMES
1. Navel, Umbilicus	# CO-8	CHI-CHUNG	臍中, 神闕
2. 1½ inch below navel	# CO-6	DARN-TIN CHI-HAI	丹田, 氣海
3. Perineum	# CO-1	HUT-YIN	會陰
4. Tip of spine	# GO-1	CHANG-CHIANG	尾閭, 長強
5. Between the Kidneys	# GO-4	MING-MEN	命門
6. Between the tip of the Shoulder blades	# GO-6	GIA-GE CHI-CHUNG	夾脊, 脊中
7. Back of the head	# GO-16	YUI-GEN FENG-FU	玉枕, 風府
8. Top of the head	# GO-20	PAI-HUI	百會, 泥丸宮
9. Between the Eye-brows	EXTRA 1 (#CL-1)	YIN-TANG	印堂, 明堂
10. Center of the Palate		HEAVENLY POOL	天池
11. Tip of tongue			舌尖
12. Midway between the Clavicles	# CO-21	HSUAN-CHI	璇璣
13. Between the nipples	# CO-17	SHAN-CHUNG	膻中
14. Midway etween (1) & (13)	# CO-12	CHUNG-GONG CHUNG-WAN	中宮, 黃庭 中脘
15. Sole of the foot	# Ki-1	YUNG-CHUAN	湧泉

- 1. CHI-CHUNG
- 2. DARN-TIN
- 3. HUI-YIN
- 4. CHANG-CHIANG
- 5. MING-MEN
- 6. GIA-GE
- 7. YUI-GEN
- 8. PAI-HUI
- 9. YIN-TANG
- 10. HEAVENLY POOL
- 11. Tip of Tongue
- 12. HSUAN-CHI
- 13. SHAN-CHUNG
- 14. CHUNG-GONG



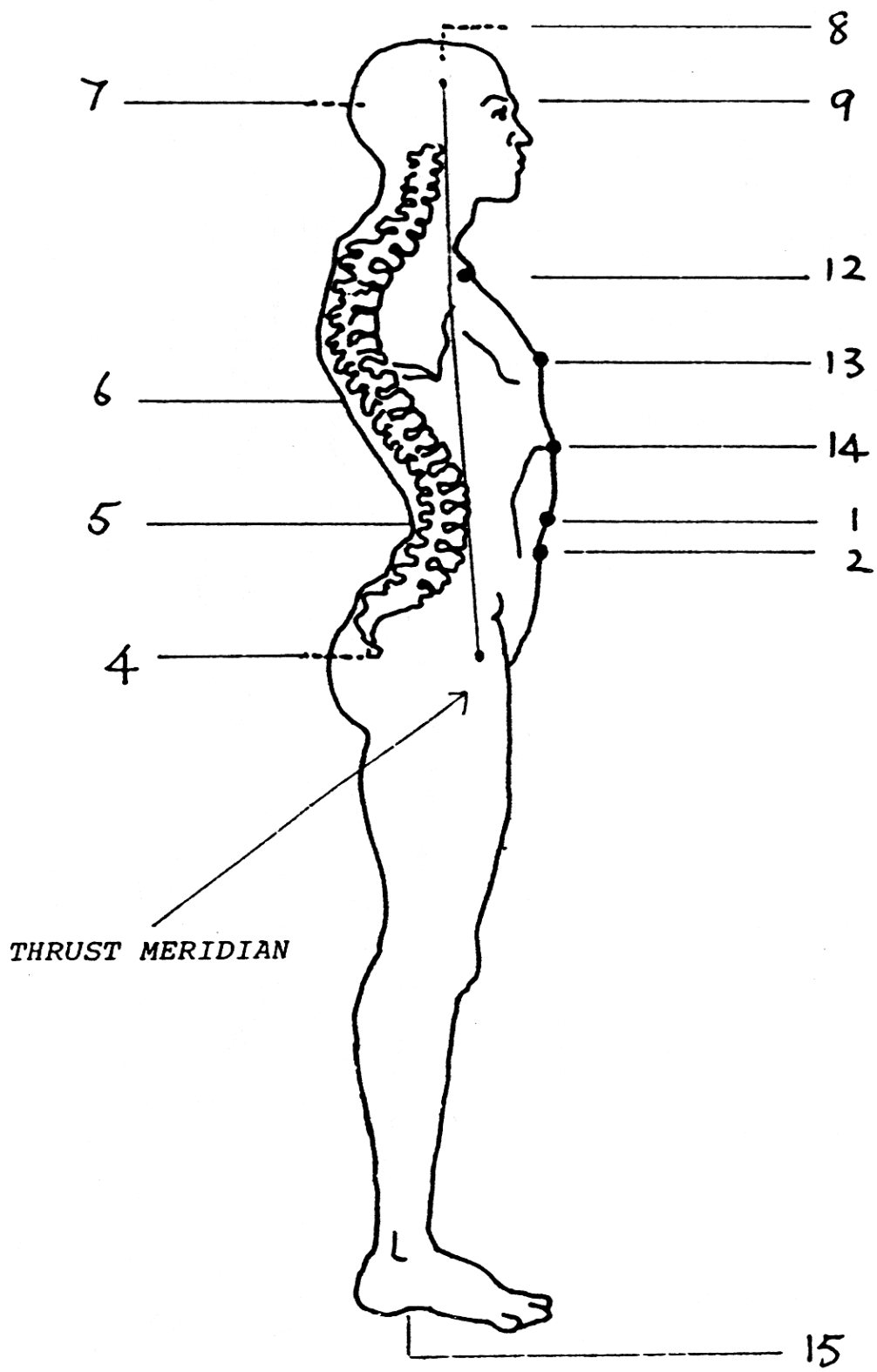
CONCEPTION
MERIDIAN

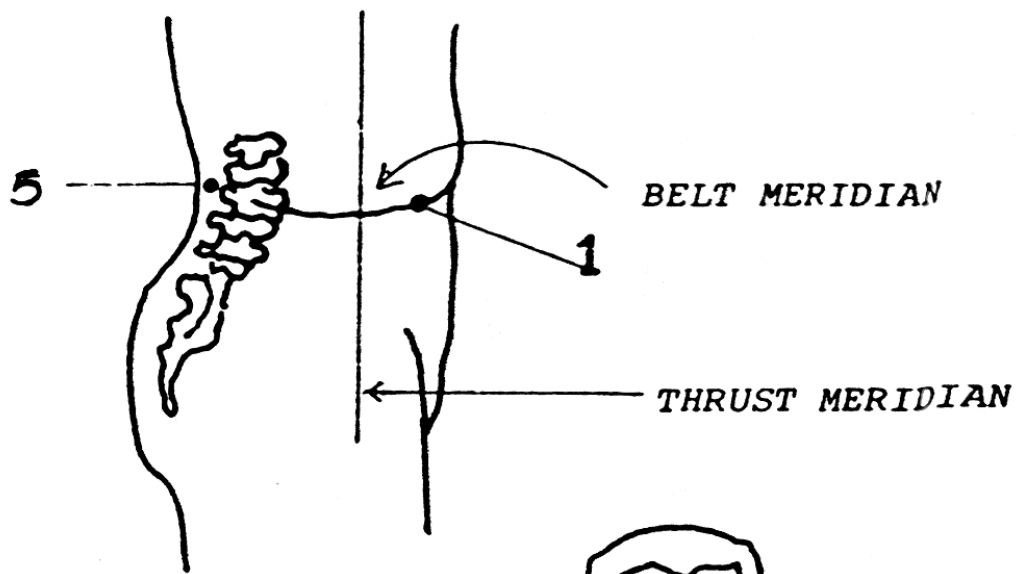


THRUST
MERIDIAN

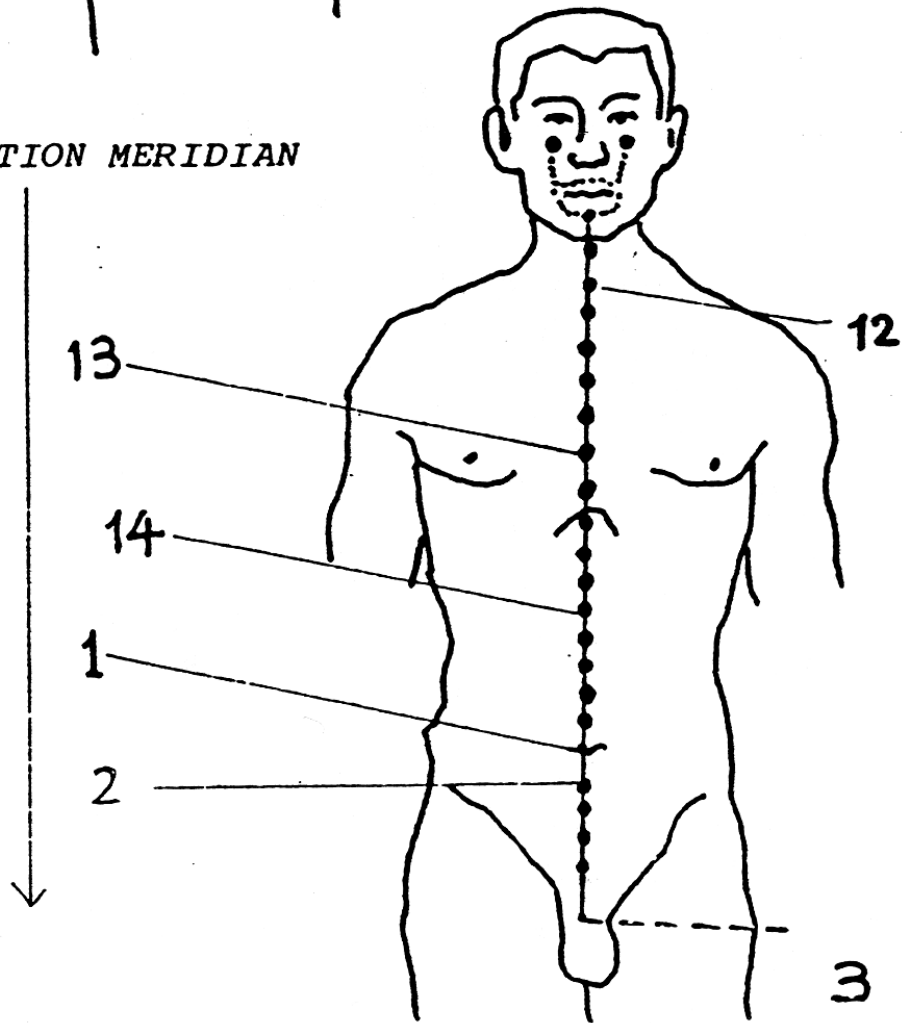
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MERIDIAN

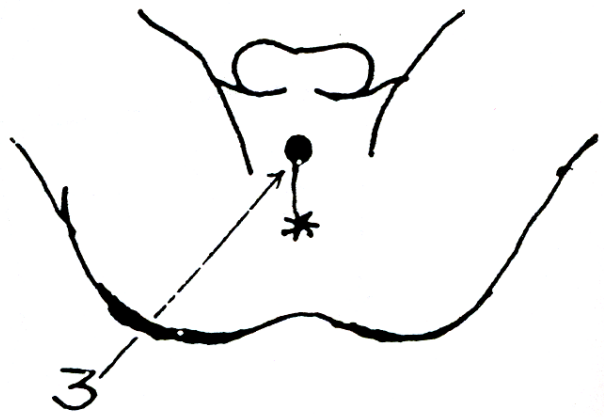
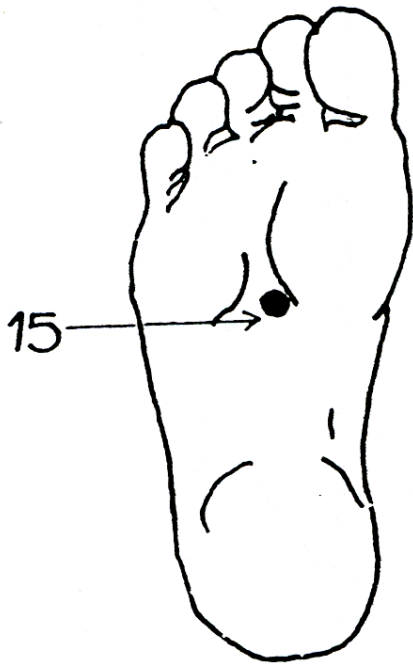
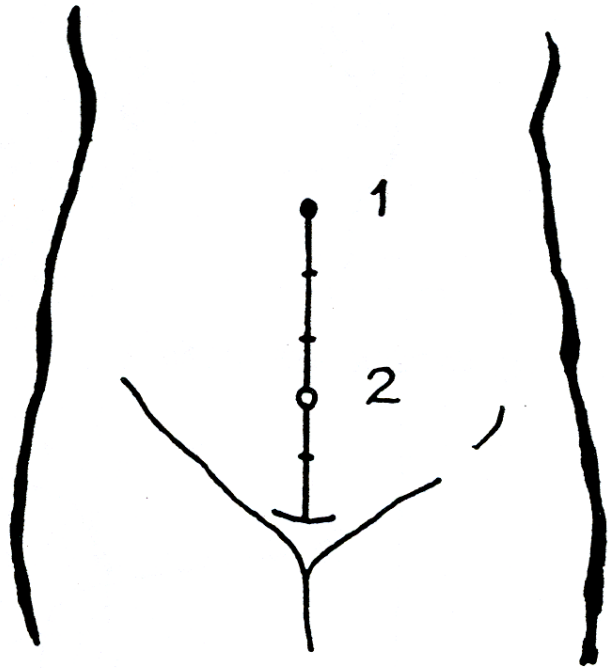
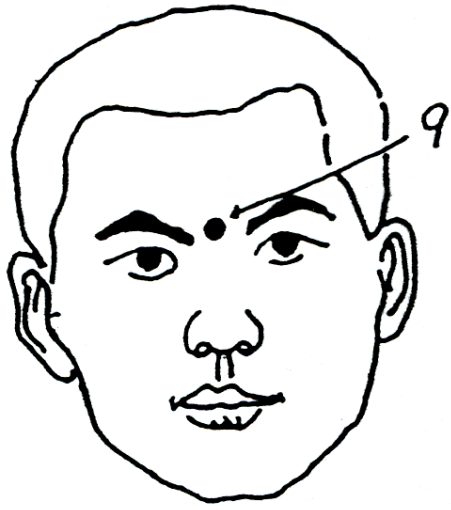






CONCEPTION MERIDIAN





NATIONAL DIRECTORY

OF

**MEDITATION, RELAXATION, STRESS MANAGEMENT.
& BIOFEEDBACK**

TEACHERS S PROGRAMS

Listing of the following programs In this book does not imply endorsement by the editors or the publisher. Selection of teachers and programs is a process involving multiple factors. The same is true of the decision to practise or not to practise meditation & relaxation. The responsibility lies with the individual after consulting with the appropriate professionals.

NATIONAL DIRECTORY OF MEDITATION
RELAXATION, BIOFEEDBACK, STRESS MANAGEMENT

TEACHERS AND PROGRAMS

Teachers and programs not listed below please write to us immediately at the Clearinghouse. Your address and telephone will be listed free in subsequent volumes of The Report. Please indicate how your program is health related.

NATIONWIDE PROGRAMS

The following centers offer nationwide programs:

HIMALAYAN INSTITUTE OF YOGA SCIENCE & PHILOSOPHY

Swami Rama, Justin O' Brien Ph.D.
Rudolph Ballentine M.D. , John Clarke H.D. et al.
Centers all over United States.
Call (212) 243-5994 for information.

TRANSCENDENTAL MEDITATION

Maharishi Mahesh Yogi et al
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Europe and most college campuses.
Look it up in the Yellow Pa9ea.

SRI CHINMOY CENTRE

Sri chinmoy Centers in New York, Boston,
Chicago, Rhode Island, Phoenix, Washington and San Francisco.
Call (212) 523-3471 for information

SIVANANDA YOGA VEDANTA CENTER

Sworni Vishnu Devananda et al
Centers all over United States, Canada & Europe
Call (212) 255-4560 for information

3HO FOUNDATION

Yogi Bhajan (Kundalini Yoga)
Centers all over United States
Call (213) 553-5662 for information

THE SCHOOL OF TAI CHI CHUAN

Centers all over United Statete, Mexico
Call (212) 929-1981 for information

NATIONAL YOGA TEACHERS' DIRECTORY.

Yoga Journal, Issue #33
July-August 1980 At Your Local Bookstore

DIRECTORY OF HOLISTIC PHYSICIANS

American Holistic Medical Association
6932 Little River Turnpike
Annandale, Virginia 22003
Note: Look for Voluntary Self-Regulation in Specialty Codes section

DOCTORS ELMER AND ALYCE GREEN

Director and Co-Director of the Voluntary Control Program
Research Department

The Menninger Foundation
Topeka, Kansas

The Doctor Greens have a referral list covering all the states ----- names of physicians, psycho-therapists and clinical psychologists who have attended the biofeedback seminar and workshop at Menninger Foundation and who are qualified to counsel patients on meditation, relaxation and biofeedback.

LOCAL PROGRAMS

The following centers offer only local programs:

NEW YORK

RESEARCH CENTRE FOR HOLISTIC HEALTH

Master Chia in Tao Esoteric Meditation
Confucius Plaza, Suite B 201
33 Bowery, Chinatown
New York, N.Y. 10002
(212) 435-7467 (To 10 P.M.)
(212) 226-9446 (Center)

EAST/WEST CENTER FOR HOLISTIC HEALTH

Richard Kuhns B.S.Ch.E.
Eliot Ivanhoe M.D.
K. Saraswati Lawrence M.D. et al
141 Fifth Ave at 21 Street
New York, N.Y. 10010
(212) 673-8200

WHOLISTIC HEALTH & NATURAL LIVING CENTER

94 Fulton Street, 4/FI.
New York, N.Y. 10038
(212) 233-3887

HEALTH ASSOCIATES

13 East 71 Street, Suite 2a
New York, N.Y. 10021
(212) 724-8782

HEIGHTS HOLISTIC HEALTH ASSOCIATION

100 Roinsen Street
Brooklyn Heights, N.Y. 11201
(212) 625-4802

HIMALAYAS INSTITUTE HOLISTIC HEALTH CENTER

Swami Raiaa, John Clarke M.D. ,R.Ballentine M.D.
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New York, N.Y- 10011
1212) 243-5994, (212) 243-5995

SIVANANDA YOGA VEDANTA CENTER

Swami Vishnu Devananda et al
243 West 24 Street
New York, N.Y. 10011
(212) 25S-4560

CH'AN MEDITATION CENTER

Ch'an Master Sheng-Yen
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Elmhurst, N.Y. 11373
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New York, N.Y. 10022
(212) 826-6620

SRI CHINMOY CENTERS
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New York, N.Y. 10017
(212) 883-0258

and 86-24 Parsons Blvd.
Jamaica, New York.
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Flushing, N.Y. 11354
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New York, N.Y. 10028
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WU MEI KUNG FU
Sifu Ken Lo
307-309 Canal Street
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(212) 966-5063

THE SCHOOL OF TAI CHI CHUAN
412 Sixth Ave, 5/F1.,
New York, N.Y. 10011
(212) 929-1961

THE ZEN COMMUNITY OF NEW YORK
5720 Mosholu Ave,
Riverdale, N.Y. 10471
(212) 543-5530 .

CHOGYE INTERNATIONAL ZEN CENTER
Zen Master Seung Sahn
39 East 31 Street
New York, N.Y. 10016
(212) 683-5049

DHARMADHATU
Venerable Chogyam Trungpa, Rinpoche
49 East 21 Street

New York, N.Y. 10010
(212) 673-7340

THE 2EN STUDIES SOCIETY
New York Zendo
223 East 67 Street
New York, N.Y. 10021
(212) 861-3333

AMERICAN BUDDHIST ASSOCIATION
3070 Albany Crescent at West 231 Street
Bronx, M.Y. 10463

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400 East 59 Street
New York, N.Y. 10022
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Energy Therapist 20 Fifth Avenue
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New York, M-Y. 10034
(212) 942-1186

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New York, N.Y. 10023
(212) 787-4908

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New York, H.Y. 10011
(212) 691-8523

JETSUN SAKYA CENTER
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623 West 129 Street
New York, N.Y. 10027
(212) 222-8683

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New York, N.Y. 10016
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KUHDALIMI RESEARCH FOUNDATION
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New York, N.Y. 10017
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(914) 297-2500
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New Lebanon, N.Y. 12125
(518) 794-8850

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Box 587
Lebanon Springs, N.Y. 12114
(518) 794-B080

INSTITUTE FOR SELF DEVELOPMENT S WHOLISTIC HEALTH CENTER
50 Maple Place Manhasset,
New York
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ZEN ARTS CENTER
Box 197, Mount Tremper, N.Y. 12457
(914) 688-2228

AHANDA ASHRAM
Tantric Yoga
Road 3, Box 141
Monroe, N.Y. 1095C
(914) 782-5575

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S Y D A Foundation
South Fallsburg, New York
(In the Catskills Mountains)
(914) 434-4850

CALIFORNIA

ACADEMY OF TAOXST HEALING ARTS

Kenneth S. Cohen
2750 Dwight Way #19
Berkeley, CA. 94704
(415) 843-7580

MEDITATION SUPPORT GROUP BY

John Amodeo
1342 B, 11 Ave
San Francisco, CA. 94122
(415) 56S-4509

UNIVERSITY OF ORIENTAL STUDIES

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939 S. New Hampshire Ave.
Los Angeles, CA. 90006
(213) 487-1235
(213) 384-0850

3HO FOUNDATION

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P.O. Box 35006
Los Angeles, CA. 90036
(213) 553-56&2

FOUNDATION OF HUMAN UNDERSTANDING

Roy Masters
8780 Venice Blvd
P.O. Box 34036
Los Angeles, CA. 90034

NATARAJA YOGA ASHRAM

3033 Central Ave
San Diego, CA. 92105
(714) 282-2111

AKANDA YOGA TEACHER TRAINING COURSE

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Nevada City, CA. 95959

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Boulder Creek, CA. 95006

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Yogi Ainrit Desai

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Summit Station, PA. 17979
(717) 754-3051 (Blue Mountains)

THE HOLISTIC CENTER OF PITTSBURGH
304 South Bouquet Street
Pittsburgh, PA. 15213
(412) 682-7745

CENTER FOR THE DEVELOPMENT OF CONSCIOUSNESS AND PERSONAL GROWTH
Ton and Valerie Valle Ph.D.s.
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Wexford, PA. 16090
(412) 935-5466

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RD. 1, Box 88
Honesdale, PA. 18431

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84 East Ridgawood Ave
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(201) 447-2474

CHIDVIAS RAJNEESH MEDITATION CENTER
154 Valley Road
Montclair, N.J. 07042
(201) 746-9660

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THE CENTER OF THE LIGHT
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Great Barrington, MA. 01230
(413) 229-2396

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E W 5 BOX 110
Brookline, MA. 02147
(617) 731-0564

AMERICAN INSTITUTE FOR BUDDHIST STUDIES
86 College Street
Amherst, MA. 01002
(413) 256-0281

TEXAS

THE YOGA INSTITUTE
2168 Portsmouth Street
Houston, Texas 77098
(713) 526-6674

FLORIDA
YOGA RESEARCH FOUNDATION
6111 S. W. 74 Ave.
Miami, Florida. 33143
(301) 595-5580

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Minneapolis, MN. 55413
(612) 379-2386

TENNESSEE

YOGA MEDITATION STUDY GROUP
Swami Shantiananda
Rt #1, Woodbury, TM. 37190

VIRGINIA

MONROE INSTITUTE OF APPLIED SCIENCES
P.O. Box 57
Afton, Virginia 22920

ARIZONA

THE A.R.E. CLINIC
4018 K. 40 Street
Phoenix, AZ 85018
(602) 956-6950

MARYLAND

KDINONIA
1400 Greenspring Valley Road
Stevenson, Maryland 21153
(301) 486-6262

OHIO

THE LIGHT OF YOGA SOCIETY
2134 Lee Road,
Cleveland Heights, Ohio 44118
(216) 371-0078

CANADA

MK. CHUK-SUM CHUI
Taoist Meditation (Chi Kung)
10 Hagerman Street, 3/F1.,
Toronto, Ontario
Canada
(416) 469-2110
(416) 977-3749

YOGA ASSOCIATION OF ALBERTA
P.O. Box 3567, Station B
Calgary, Alberta
Canada T2M 4M2

SIVANANDA YOGA VEDAMTA CENTER
Eighth Avenun
Val Morin, Quebec
Canada JOT 2R0
(819) 322-3276

ZEN LOTUS SOCIETY
Sarou Sunim
46 Gwynne Ave.
Toronto M6K 2C3
Ontario Canada
(416) 533-6911

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Dr. Elmer & Alyce Green
Menninger Foundation
Topeka, Kansas.

ABC BIOFEEDBACK CORP.
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New York, N.Y.
(212) 371-3174

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(212) 787-8270

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115 East B7 Street
New York, N.Y. 10028

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400 East 59 Street
New York, M.Y. 10022
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777 Third Ave.
New York, N.Y.
(212) 486-8926

BIOFEEDBACK INSTRUMENTS
255 West 98 Street
New York, K.Y. 10027
(212) 222-5665

BIOFEEDBACK SOCIETY OF NEW JERSEY
P.O. Box 666
Franklin Park. N.J. 08823

LEGAL ASPECTS OF

USING MEDITATION IN CLINICAL MEDICINE

The legal aspects of using meditation and relaxation in clinical medicine is of interest to the licensed physicians, registered nurses, other licensed professionals who are not licensed to practise medicine, and unlicensed health professionals. Licensed physicians want to know about this legal aspect because they do not want to have their medical licence suspended for professional misconduct. Licensed professionals and unlicensed professionals also want to know about this legal aspect so that they don't get caught for practising medicine without a licence. The licensing of physicians, nurses and other health professionals is under the jurisdiction of individual State Education Departments. While the details may vary from state to state, the basic legal principles governing the practice of medicine should be quite similar. The editorial staff have therefore asked the Chief Editor, Lawrence Young M.D., and his legal counsels to check out the New York, State Education Law regarding the use of meditation and relaxation in medical practice. Readers should start with Section 6521 of the Education Law reprinted below, and then study the opinion of the Education Department in a letter to the legal counsel, on page 54 of this Report. Lastly the reader can study the comments by the Chief Editor regarding this whole matter, in the final section of this article.

New York State Education Law

Article 131

Section 6521

Compiled by the Chief Editor Lawrence Young M.D. in collaboration with his legal counsel, H. Reid Shaw Esq..

The practice of the profession of medicine is defined as diagnosing, treating, operating or prescribing for any human disease, pain, injury, deformity or physical condition. (Section derived from former Section 6501 of Education Law of 1947)

Notes of Decisions

1. Practising medicine within the meaning of the former section 6501 does not consist in merely administering drugs or in the use of surgical instruments, but the term includes broadly the making of diagnosis and other recognised practice of physicians. People v. Allcutt.
2. One who holds himself out as being able and offers to diagnose, treat, operate or prescribe for any human diseases, etc., practices medicine within the meaning of subdivision 4 of former section 6501. To read into that section a requirement that actual therapeutic or surgical treatment be given before the practice be considered completed would frustrate the results sought to be achieved. People v. Mastiomarino.
5. Under subsection 4 of former section 6501, defining the practice of medicine as including diagnosis, the practitioner's conclusion itself rather than the procedures upon which the conclusion is based constitutes " diagnosis " per se, and no particular language need be used and no disease need be mentioned, since the diagnostician may make or draw his conclusions in his own way. People v. Zinke.

12. Where corporation maintained a center "dedicated to the conservation of human health, body, mind and spirit" such purposes did not of themselves constitute the practice of medicine. Schorr v. Bernarr MacFadden Foundation Inc..

Where plaintiff, incorporated "to establish, maintain and operate an institution in which persons may obtain accommodation for rest, physical exercise, bathing, massage and hygienic treatment," advertised to treat by physical exercises, etc., diseases and physical conditions of patients, it was not engaged in the practice of medicine within the meaning of this section. Samuel v. Hams.

Comments by the Chief Editor based on the New York State Education Law and Informations in "The Legal Aspects of Meditation and Relaxation" on Page 54.

Providing instructions in meditation and relaxation is not defined nor regulated by any New York State Law at this present time. So long as the meditation and relaxation instructor does not perform any act constituting the practice of medicine, he is not violating New York State Law. He may give instructions in meditation and relaxation for the conservation of human health, body, mind and spirit because such purpose does not constitute the practice of medicine. A licensed physician can legally refer his patients to a meditation relaxation instructor provided that all three of them, the physician, the instructor and the patient, understand that the purpose of meditation and relaxation, is the conservation of human health ----- and not the diagnosis, treatment, operating or prescribing for any human disease, pain, injury, deformity or physical condition as defined in Education Law Section 6521. The above view-point is quite consistent with existing evidence on the clinical effects of meditation and relaxation --- the clinical effects are quite non-specific and general; it appears to act by enhancement of general physical and mental health; and there is no evidence that its function can be narrowed down to treat a specific disease, pain, injury, deformity or physical condition. Through continued research and monitoring, the proper applications of meditation and relaxation can be widened further and better defined.

PRACTICAL STEPS IN THE UTILIZATION OF MEDITATION FOR YOUR HEALTH

Readers having health problems can follow these practical steps to utilize meditation for their health. (The following suggestions do not apply to readers wishing to study meditation for self-improvement and spiritual advancement.)

1. Discuss with your private doctor that you want to take up meditation and relaxation practice as a health adjunct. Ask your doctor whether he/she can supervise you and monitor you in regard to the practice of meditation. If not, would he/she recommend you to another doctor or nurse who can. Also ask your doctor if he can recommend you to a meditation and relaxation teacher or program.

2. If your doctor cannot recommend you a meditation or relaxation teacher, you can probably find one by looking up the Yellow Pages of your local telephone directory under meditation, yoga or biofeedback. The National Directory in this book, or one of the new age magazines, such as : New Age, Yoga Journal, etc. can probably supply you with some names and addresses. Go and talk to one or more of these teachers and programs, and then report back to your doctor or nurse who has agreed to be your counsellor in clinical meditation or relaxation. Some counsellors might agree to supervise you as you study and practise according to Dr. Herbert Benson's book: Relaxation Response or Dr. Norman Shealy's book: Biogenics, 90 days to self-health, etc., without requiring that you join a formal meditation program.

3. If you cannot find a doctor or nurse in your locality who would supervise and monitor you, you can request The Clinical Relaxation Counselling Project to provide you counselling in clinical meditation or relaxation. Done in this manner, the counselling and monitoring is by correspondence only and is therefore not a very satisfactory set-up. However, in the absence of local counsellors, readers can give this set-up a try until the local professionals can take over the counselling.

4. When counselling is provided by the C.R.C. Project, the reader still needs to find a local meditation teacher. If there is none available locally. The C. R. C. Project can supervise the reader while he/she learns meditation or relaxation by studying a book, such as Dr. Herbert Benson's Relaxation Response. However, please note that studying under a meditation teacher or program is much more desirable than learning from a book.

A Reminder:

Patients are again reminded that they should get the OK of their private physician before starting to practise meditation & relaxation. If it is intended to be part of the management program for their illnesses. Choice of teacher and program has many factors to it and the prospective student should consult with their doctor and other professionals before embarking on the new venture.

ABOUT THE CHIEF EDITOR

Lawrence Young M.D. Is an internist in active clinical practice In New York City. He is an attending physician on the staff of New York Infirmmary-Beekman Downtown Hospital and Cabrini Medical Center. He is a member of the American College of Physicians, the American Medical Association, the New York County Medical Society, the New York State Medical Society, the American Holistic Medical Association and the American Society of Internal Medicine. In his clinical practice, he is a typical conventional doctor, adhering to all the established methods of diagnosis and treatment. Since age twelve, he had been interested in meditation, especially in the health-related aspects of meditation. He has met with numerous teachers in meditation and has seen numerous "health improvements" brought on by doing meditation. Now, with many years of clinical experience behind him and a wealth of first-hand knowledge on meditation. Doctor Young is leading a venture to integrate meditation into clinical medicine, trying to make meditation a simple and practical, and at the same time, a legal and ethical mode of therapy for use by doctors and nurses, at the right time and for the appropriate Indications.

HEALTH

**REPORTS OF THE NATIONAL
CLEARINGHOUSE FOR MEDITATION
RELAXATION AND
RELATED THERAPIES
VOLUME 1**

LAWRENCE YOUNG M.D.

“ Meditation is a health necessity,

“ Meditation is a state of deep rest, like the "rest" recommended by doctors to aid recovery from illnesses,'

“ Meditation lowers hypertension,

“ **Meditation** relieves nervous tension like a tranquilizer, but without drowsiness,

“ Meditation is a useful pain reducer,

“ Meditation releases a natural healing potential inherent in everyone's body,

“ Doctors recommend meditation for patients with angina or after a heart attack,

“ Meditation lowers blood sugar levels and reduces daily insulin requirements in some diabetics,

“ Meditation opens up bronchial airways in asthmatics,

“ Acupuncture points and channels are real, and the flow of energy in our bodies is a definite sensation experienced by many," *from the book.*