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Dear Darkroom Participant

Important Dietary Information for the Darkroom Retreat

During the darkness retreat we will be use **Pi Gu** Healing, Spiritual dietary conditions.

What is Pi Gu? It is an ancient Taoist/Chinese way of fasting that is used during higher spiritual retreats. It literally means 'to stop eating grains'. The need for food decreases but the body's energy increases. It is more than fasting, though, as it involves chi kung and enables the practices used in the darkroom.

The **Tao Gardens Darkroom Retreat** will have the following dietary schedule:

Breakfast – 1 or 2 elixir pills which are especially made for the Pi gu diet, plus herb juice which is also especially concocted. There will also be some fruit.

Lunch – There will be sesame and small quantities of other foods.

Evening – 1 or 2 elixir pills (depending on your energy level) plus tea and fruit.

Important Dietary Preparations for the Darkroom Retreat

Start to tell the body to reduce food and stick only to the essentials. (no grains). We need to do chi kung to help swallow and compress chi.

The stomach flattens down but you must swallow your saliva to help it reduce its size and therefore its need of food.

During the retreat, Grand Master Chia will help pass energy and information to you which will help reduce the stomach capacity and induce the pi gu state. This will stop the craving for certain foods, which is like a memory that can be deleted. If you swallow saliva and air, you will not have the same sensation of hunger. This pi gu state gives tremendous healing power.

If you feel that you want to go back to 'normal food', and then please ask and it will be organised for you, but you must continue to take the elixir pills during the retreat.

Please arrive at Tao Gardens early enough to do some colon cleansing before the retreat starts. This can be in the form of taking laxatives and fibres or even colonic hydrotherapy. If you do this, the cleansing process will continue during the retreat.

During the retreat you should experience weight loss, but this is not just as a result of fasting, you will be filling up your stomach with chi and will not be condensing food.

We are looking forward to darkroom experience with you

Grandmaster Mantak Chia and the darkness retreat staff.

What is Pi Gu?

Ingredients :-

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Huang Jing (Solomon seal)



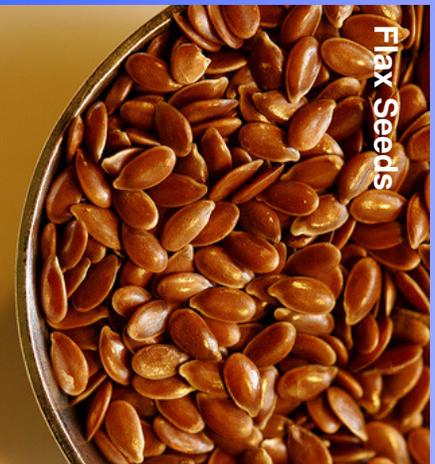
Chinese yam



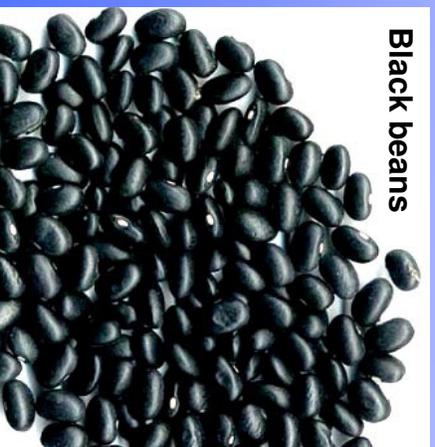
Chinese yam



Black Sesame



Flax Seeds



Black beans



Chinese dates (Da Zao)