

Universal Healing Tao Workshops

1. Pick a date that will be unlikely to conflict with holidays, graduations, Super Bowls, Final Exams, or other events.
2. Consider a facility that includes chairs, restrooms, parking, location, public transportation, a separate room for registrations and for instructors to eat or relax during breaks, a platform for very large groups.
3. A workshop needs participants and it's your job to generate interest. Posters are a must. Press releases are free, but check with your local paper on policies, sometimes public interest stories with a theme (stress management can be very helpful). There's nothing like word of mouth from past participants, or your own mouth for that matter; arrange to give talks before church groups, nurses, health food groups, singles groups, local civic organizations, PTO's campus groups, etc. Posters should include the following: who, what, where when, cost, cancellation policy, and a photo, and a reliable PH.# Spend the money for a good, professional poster and proof read it before it goes to print! Beyond a certain number of pieces per year bulk mail becomes feasible. Build a mailing list from martial arts, mental health, singles, record all inquiries, tap into the HT mail list for your area, health food. Mailer should be sent 4-6 wks in advance of workshop.
4. Develop good telephone skills for immediate credibility. Enter all callers onto the mail list. Be prepared to assess the caller's needs and have a degree of comfort with the call; immediately make them feel that you are safe and reliable and professional and experienced. Be prepared to answer questions that are not asked.
5. Put together a concession (book stand) for extra income and as a service to your students. Factor in visual appeal, change, and selection of products, books and audio tapes move best. Secure help in advance to man a concession table (barter may work well here). Also check laws re sales tax, napkins, pot rental, donation jar, etc. are usually good.
6. Misc. thoughts occur as follows: have copies of maps available to mail out, type up an orientation sheet with any simple list of necessary guidelines including perhaps a list of local eateries, arrange for someone to sit near lights to dim them and/or near the entrance to ease in any late arrivals, have registration forms and pencils readily available, put the phone on low ring answer, prepare in advance any charts and/or visual aids.
7. Possible problem areas: weather is always a variable particularly in the north...nothing can be done to prevent inclement weather just don't get caught off guard; inappropriate participants must be dealt with firmly but objectively...workshops are a privilege not a right and your enforcing behavioral limits sets a good example. Try to defer and sequester any problem persons in a Taoist manner. As for bad check follow up as best you can.
8. Follow up with review sessions to keep interest and benefits highly. Private students always appreciate the benefits of private attention. Announce future events to a captive audience.
9. Always keep careful records around money. Record any & all expenses incurred, deposits recorded. Make a separate roster for each workshop being taught. Adhere to cancellation policies & offer credits for future workshops instead of money refunds. Emphasize reviewer's discounts in future workshops (20%).
10. Always have a written contract with your Organizer for your protection.
11. Review Sessions-6 mo Sessions & 14 wk Tai Chi Chi Kung Sessions using Tai Chi to promote the Healing Tao by learn Tai Chi from inside out (Susan 4yrs Sunday afternoon) also good for Announcements & Private Sessions.

Instructor Intensive Workshop-Sufi John Loupos & Sue Mc Mackins (11/17/90)

- 1) Iron Shirt Chi Kung Series-Heels slightly out(less stress on knees)-builds up the CHI like starting a car.
- 2) Tai Chi Chi Kung Series-5x at different pace-Press feet into ground bringing sacrum down & under-Key-Screw knees out like Iron Shirt & into the earth opening the groin. Ward Off-Draw Lt elbow back-knee & foot should pt in the same direction - remember when screwing the knee keep the groin open for no stress. Roll Back-turn Rt hand over & Lt hand screwing elbow in coming back to Press than sink back screw in elbows & Press.
- 3) Inner Smile Series-5 senses connection than warm healing smile.
- 4) Teaching Interview Format-Learn how the students learn: 1)Audio-hearing, 2)Visual-seeing, 3) Kinesthetic-touch.
- 5) Iron Shirt Pushing Series-adjust your body to the push & pusher: Front push-straighten arms & hands reaching out to adjust to pusher; Turtle-Key is structure-the higher the structure the longer you can stay in the posture & take the push-Front push: readjust your structure & weight depending on the push-learn to feel your partner & go on the offense from underneath & push upward redirecting the energy. Key to pushing is to stretch the tendons & loosen the toxins & blockages in the body besides connecting with the earth.
- 6) Perineum-the earth connection & floor of the organs & muscles to send energy up the spine. Fell the perineum breathing by placing the hands on the navel & belly breathe then to the sexual center-take 3 sips in front of perineum then middle 7 back perineum (same muscle as urinating muscle).
KEY-take breathing sips to the ft, md, bk, rt, & lt of perineum (9 sips).
- 7) Leg Stretch-stretch leg by touching it to wall & squatting on other leg bracing yourself with a chair.
- 8) Arm & Scapula Stretch-place hands on the wall & push wall moving the scapulas.
- 9) 3 areas of Learning-Speaking (audio),(visual), Touching body parts(kinetically).
- 10) Three areas of Meditation-Sounds, Lights, Feeling (warm & cool).
- 11) Standing Bone Breathing-Iron Shirt Stance than relax by letting down hands & absorb energy then Turtle Bone Breathing then Phoenix Bone Breathing then Iron Bridge Bone Breathing & collect the energy by placing the palms on thymus gland & sliding hands down to the navel. Continue with the Bone Breathing series again of Iron Shirt-Tree, Turtle, Buffalo, & Bridge always belly breathing then inhaling to the four points of perineum & sacrum especially for the Bridge.

Master Chia Workshop (2/24-25/90) 2 DAY

Greetings from the Healing Tao - make jokes - working with energy-mind power-use your mind to channel your energy with microcosmic orbit-healing love-iron shirt.

First part of microcosmic orbit book dumping garbage-you don't have to dump

It-you can transform it-build inside first and then transcend outside

Then he has someone read the journal-the Taoist theory of the universe

Draws microcosmic orbit digraph explaining each point -point by point

Practice feeling points (close eyes) feeling energy-standing everyone locates points. Navel, sperm palace, perineum & sacrum inhaling at each point.

15 minute break

Questions And Answers:

Earth energy(kindness & gentleness energy)

Review orbit with sacrum movement(tile the sacrum using partner inhale in navel, perineum, squeeze anus, sit down, inhale in sacrum(tilt)-feel heavy earth energy in legs and draw up to sacrum - importance of the organs-the software of the body and the hard drive is the brain(computer)

Meditation: Inner Smile(Front Line)-Outline The Channel Organ By Organ Stating The Importance Of Each Organ Like A Rock Hitting water with wave movement of the vibration-bring energy to navel then spiral warm energy in navel expanding it.

Microcosmic Orbit-Meditation:

Bring energy into mid eyebrow spiral

Spiral down in heart center

Spiral down in navel

Spiral down in sexual center

Pull up perineum-spiral perineum

Push feet to ground-feel earth energy

Spiral perineum

Spiral sacrum-tilt

Feel mid eyebrow, navel, sexual center, perineum, sacrum & earth energy

Bring energy back to navel point by point.

Collect energy at navel.

Six healing sounds. Lung sound – white, sadness, depression, fall-courage.

Lunch

Questions and answers:

Sexual energy-key draw energy up to brain.

Man loses sexual energy thru ejaculation

Woman loses sexual energy thru menstruation.

Story of priests & nuns working with their spiritual energy drawing on their sexual energy in prayer to the brain.

Taoist Systems Of Sexuality

1. Celibacy

2. Non-celibacy-married but control sexual energy with mind power and bring it up to the brain connecting to the universal force (higher centers). Theory of controlling sexuality by controlling ejaculation & taming your emotions.

Lady learns to control the menstrual period by diet and internal exercises.

Nun's story-nun prays to Jesus (yin yang) she feels sexually arousal and prays for devil to leave her and then the sexual energy goes to the head and god connection. Then her menstrual period decreased to four times, two times, once per year after 20 years then she read the Healing Tao book on sexuality and couldn't believe it because what has happened to her was explained completely to her in the book.

Sexual energy is the essence of the universe (man- sperm / woman-egg)

Taoist do not want to control the people-Taoist want to take control of their own lives & over thousands of years have developed healing arts, exercises, massage, acupuncture and herbs.

Taoist technique-ovarian breathing & testicle breathing-take the essence of the egg/sperm and draw up to the brain and then to the source of the universe: Example-chicken soup-you cook the chicken in the water for chicken soup-

You take the essence of the chicken out and put it into the soup.

Which do you want? The chicken or the soup? The soup!

Lady theory-menstruation determined by emotions and toxins in the body. To lessen menstrual period-eat light vegetarian diet before period or fast one or two days and practice balancing the emotions with the inner smile. Show-all parts of the female anatomy with organ mannequin-becoming aware of area with mind power-inhaling and squeezing the vagina drawing energy up the spine to the brain.

Woman feels sexual freedom as they take control of their energy and their life. The energy will feel very strong when menstruation does come after two-four-six months or once a year.

Man's Theory-Show All Parts Of Male Anatomy Mannequin.

Testicle Breathing-Feel Testicles Expand Like Urination Feeling-Bring Energy To Sperm Palace Then To Sacrum, T-11,C7, And Jade Pillow.

If you want take control of others, you must first control yourself and

When you take control of yourself you do not want to control anyone else.

Start by first taking control of your life force.

It Took Jesus 18 Years Of Training-Buddha Five Life Times Of Training.

Breakdown of Points:

Door of life (2-3 lumbar) opposite navel-bend and you will feel it-kidney pt.

T-11: bend to find this point

Adrenal glands-slow abuse because of coffee, smoking & alcohol which

Actually wears down adrenal glands which shoot adrenal to fight for your

Life. The spirit and soul run out of body and wait until it is safe to come

Back into the body and when they come back a part of them is still out of

The body and you can't focus normally. Be at peace within the body first and the Tao doesn't care about the world

because if everyone in peace internally the world will take of itself. Everyone locates the next points on their body-c7-jade pillow-crown-crystal room-structure of skull like crystal.

(Taoist inner alchemy series: basic teaching manual)

In men the heart & kidneys supply the essences that stimulate & maintain an erection. When these organs are weak full erection cannot be achieved, & the others organs are depleted as they must supply energy for the sexual act.

In women the liver supplies the necessary essence, which creates the lubricating fluid. The essences of the heart & kidneys stimulate & maintain the erection of a woman's breasts, vagina, & clitoris.

An orgasm, then, is comprised of major inner alchemy changes in the body.

For men "genital (outward flowing) orgasms (pulsation of the genitals) are short in duration & cannot be repeated once the seminal fluid is gone. Although a woman's experience lasts longer, there is little benefit to her body if her sexual energy is allowed to drain out during menstruation.

The "internal" orgasm-a foundation for total body orgasms-occurs throughout the entire body as well as in the genitals. It is extended in duration & can easily be repeated for hours. By moving the pulsation of the orgasm up to the higher centers of the body, ching chi can be retained, & the orgasmic sensation can be increased ten-fold (retains seminal fluids).if one knows how to maintain orgasms for long periods of time, the universal & earthly forces can be activated & combined into a "higher bliss", which is a powerful healing energy. The only reason one should allow ching chi to pass out the body thru ejaculation or excessive menstruation is to prepare for having children. (Taboos against sex) some religions attack sex, creating a lot of & reaffirming ancient taboos because sexual energy can be a very powerful tool for those who make use of it. Like fire, it can be controlled if it is used in the proper way. Fire can cook your food, warm your house, & help to provide a comfortable life if it is misused, however, it can burn down your house & kill you. Another example is water, which can quench your thirst or drown you-the same with sexual which can benefit ones health. Thru their practice of celibacy masters, monks, nuns, & priests learn how to use sexual energy to enhance their virtues & connect to the higher force (god) by focusing upon god as a means of raising sexual energy up to the higher centers of their bodies, they transform it into virtuous energy (reunion with god-higher bliss-higher consciousness). Sexual energy is neither good nor bad, but neutral. It multiplies whatever emotions or energies already exists within each person. This same energy that can be used to create another human being, or to increase one's life force, can also be used to increase negative or evil energies. Understandably, most people are afraid to learn its proper use. They find celibacy to be impractical, & misconceptions about such practices deter them from learning how improve their lives with sexual energy.

The purpose of celibacy is simply to maintain sexual energy so that it can be drawn up to the higher centers & transformed in the reunion with the higher force. The Taoist masters found ways to control & use ching chi without celibacy thru practice of testicle or ovarian breathing, the power lock, & the orgasmic upward draw. These sexual practices redirect ching chi upward into the body, rather than out of it. In the Taoist approach, you have sex as often as you like, provided that you & your partner use it to build up your internal energy. When people learn to maintain their sexual energy, they begin to love, conserve, & protect nature. When they lose too much ching chi through common sexual practices, or through smoking, humans can become progressively destructive. In their constant search for sensorial excitement thru fast sex & addictive substances, some people become violent without reason. When too much sexual energy is lost, the brain & sensory organs become empty, then people unconsciously seek other sources to fulfill their desires for stimulation. Unfortunate, drugs & alcohol offer the kinds of stimulation that deplete the body of energy(like fast orgasm).these substances therefore become addictive as they weaken the body & the will-power because the more energy that is lost, the more the body must replace to achieve high levels of stimulation. When people smoke, drink, or take drugs, their desires for stimulation possess them more as their energies decrease. This causes "little death", an over-stimulation of the senses & pouring out of the vital life-force. This is often the cause of violence, rape, & murder as the search for sexual energy becomes obsessive. Once the body is in this state, the unconscious mind carries the destruction further. Its tendency is to destroy everything around it along with itself. Besides the problems of lust, anger & violence are other attitudes which are related to greed & obsession. The Taoist's says, "You can own anything, but don't let anything own you". Even money can stimulate you thru the power it offers, but if you allow money to take up all your time & energy, it will also begin to take over your life. Such problems occur because we lose so much sexual energy in our daily lives that we have little or no control over our bodies & minds. For this reason many religions fear sex & warn their followers to beware of its potential destructives. The problem is that they do not give their followers any practical means of controlling sexual power. Many suggest celibacy or some form of suppression without realizing that they are only promoting confusion about the negative effects of sex. Unfortunately, such suppression can also cause a reverse effect in many people. If you withhold emotions for too long, they eventually explode outward at some unexpected moment. Its like trying to hold many pig-pong balls under water at the same time; eventually some will escape you & come to the surface. Most religious taboos cannot protect society from misuses of sexual energy,

but proper education about sexual maintenance can help society to protect itself. Taoism educates people about true sexual health & how it can enhance the most pleasurable sensations without draining the body's vital energies. A man's sexual energy is stored in his sperm, just as a woman's sexual energy is stored in her eggs. Together these have the potential to create a human being, but common loss thru ejaculation or menstruation drains internal organs.

Men & women can redirect sexual energy thru specific bodily channels into higher regions to be transformed into life force & spiritual energies. These transformations occur as sexual energy travels up the spine to the higher centers, combines with the higher force, & then returns to the organs & glands in a refined form to enhance them; compounds energy regularly for storage.

Once the sexual energy has been drawn into the orbit, the meditation balances the male & female poles, which exists internally within each person. The practice of orgasmic redirection employs a form of non-ejaculatory sex, which results in the highest form of sexual stimulation that can be achieved. The energy that is normally lost during an ejaculation is instead channeled into the body. When it reaches organs & glands, this energy causes bodily orgasms- last longer-feels better without exhaustion that is felt after sex. The problem women face is the loss of enormous quantities of sexual energy during their menstrual periods, which can be limited or prevented by the healing love practice. Further, the exchange of energies during sex becomes far more valuable to a woman when the yang chi imparted by her lover is absorbed into her microcosmic orbit. Otherwise, the energy received, as well as her own, will be expelled at the end of her cycle & wasted.

Venting Exercise: For any excess energy pressure accumulated during practice. Bring energy to Ming Men (opposite navel) by pressing both hands on this point. When you feel the power flow to the Ming Men, direct it down the spine & legs to the K-1 points (soles of the feet). Press down on the balls of the feet. Unbalanced energies will flow down into the earth.

Big Draw: draw the energy from the genitals up to the crown, & spiral it there (9-36x & reverse direction).as you spiral, be aware of the stars, particularly the north star & big dipper. Feel the higher force above you descend into your body thru the crown, combining with the sexual energy to create the state of "little bliss".

Three Fingers Technique (Million Dollar Point): release the fingertips as you sip in more air, & then re-apply them as each breath is held. Press the point only for as long as you hold each breath & muscular contraction, then release. Do not apply the fingers as you inhale because you will block the energy from rising. Remember that the fingers help to push the energy upward.

Four Levels Of Mastery Of The Big Draw:

- 1) **Beginners:** contract the fists, jaws, neck, feet, perineum, buttocks, & abdomen.
- 2) **Intermediate Stage:** use less muscle & more mental power combined with the pelvic diaphragm, & sacral & cranial pumps to move sexual energy upward.
- 3) **Advanced Stage:** use still less muscle & more mental power combined with sacral & cranial pumps. use mind to move energy up by concentrating on crown.
- 4) **Mastery Stage:** use pure mind control only without any muscular contraction (or very little contraction).

Precautions For All Exercises:

- 1) Never lie flat or on the left side for any of the exercises because energy may get stuck in the crest, causing irritability & pressure on the heart.
- 2) Practice on an empty stomach, or wait at least one hour after meals. Wear clothing if necessary, to prevent chills & energy loss.
- 3) Always breathe thru the nose.
- 4) If you suffer from high blood pressure, practice venting exercise.

The "valley orgasm" in women is more intense than in men. They can achieve almost as high an orgasm as they imagine. Because women do not lose much energy during sex, but rather during menstruation, their sexual energy output is more easily maintained than a man's. Even though women can have an "ejaculation" during sex, they lose only fluid (no an egg), whereas men can lose the energy of up to 200 million sperm. Women can reach almost 99% of their orgasmic sensations before performing the orgasmic draw to bring the ching chi higher into the microcosmic orbit. Then they exchange energy with the organs, rest, & begin again to achieve a higher orgasm. Each time a woman draws up her sexual energy, it doubles, triples, & keeps on multiplying for as long as she desires.

"Out Of Body" Orgasm: As Both Partners Develop Their "Soul Bodies," The Orgasmic Energy Can Eventually Be Transferred Into Them & Circulated. Upon transferring this energy, both soul bodies should be projected out & merged. Both partners project the orgasm to each other thru these bodies & exchange their energies in space above them (one feels an entirely different orgasm lasting a long time).

Spiritual Orgasm: partners project their spirit bodies & the orgasmic energy out & merge them together as they did with their soul bodies. The orgasmic spiritual energy has the power to absorb the universal force increasing the life-force.

Immortal Tao: the aim is to learn to heal oneself, to love oneself & to learn to love others as a result of self-love.

Loosing Exercises: Tiger Sound-Sound Comes From Lower Abdomen (3x).

Spinal cord breathing-activates cranial & sacrum pumps-adrenal & thymus glands

Swinging hips & bouncing arms & bending knees with whooo sound.

Today's loss of sexual energy is being replaced with drugs. The Taoist return the sperm to the brain(chicken soup-sperm essence energy to brain) standing with spine in alignment is the key-squeeze genitals, perineum,

anus, sacrum, t-11-stand and rock and shake genitals. Smile to genitals closing eyes, inhale to genitals and squeeze genitals become aware of energy and draw it to sexual palaces-sink down and tilt. Sacrum, exhale to the earth. Inhale forming the bridge from genitals to perineum and closing the bridge over anus to sacrum-sit-rock & spiral spine-inhaling to each point-point by point-exhale-relax. Massage with hand touching and feeling c7, smile to genitals(rock the spine-crane exercise).inhale-pull up testicles -squeeze ovaries-spiral 18 times to jade pillow- inhaling to all points-felling like a silver pipe going all the way up to brain-massage base of the skull rocking spine(crane exercise) and smile. Spiral to the crown (little bliss orgasm)-crown-tap head feeling points. Rock the spine (crane exercise) spinal cord breathing-loose spine important- feel cool and comfortable opening the spine. Smile to genitals, inhale slightly, pull up testicles or squeeze and pull up ovaries, inhale pull up sexual palace, perineum, sacrum, door of life, t-11 c7, jade pillow, crown & spiral with eyes(20x)exhale but continue to spiral and feeling energy to brain-rest and sit back. Ladies store in energy in navel-men store in head.

15 Minute Break

Meditation review-meditation sitting(training your mind power)

Inner smile-love, joy

Front channel-warm navel-inhale-spiral into mid eyebrow feeling golden cosmic force, heart -warm navel spiral(mind power) into sexual palace, perineum(slightly

Contracting it and the anus) release and relax-bring energy to sacrum (spiral), door of life (feeling the smiling energy). Guide with your mind power to C7 (base of skull), inhale to crown and spiral into crown and draw down to mid eyebrow, heart and back to your navel. Completion of microcosmic orbit tomorrow – you have books, chi cards and tapes to do it in 3 minutes.

Smile up to genitals-ladies squeeze the ovaries-men pull up the testicle and down feeling the sexual energy, inhale to perineum, cross over Anus to Sacrum, T-11, C7, Jade Pillow, Crown and ladies collect energies at navel - men collect energy in brain. Taoist grow inside helping people without being noticed.

Six Healing Sounds

Second Healing Sound-kidney-winter, blue, fear, gentleness-round back press stomach in-kidneys in feeling fear-smile and grow gentleness feeling six healing sounds is instant relief and stimulation-better than coffee, alcohol, smoking and drugs and you can stimulate them one-by-one. You have some idea what we are doing? We are becoming aware of our energy and moving our energy, crystallizing it and storing it.

Iron Shirt Chi Kung-Another Exercise

A way to manage your life force-when you know how to manage your life force you can manage your life. You become grounded and rooted - the key to this is structure. Standing position-spine in alignment by touching the wall. When you get your structure correct you become grounded with the earth. Demonstration with student pushing when you come in contact with other people use your structure in your body to ground their emotions. Stand and begin bellows breathing - exhale three times-reverse breathing, inhale, draw stomach in and diaphragm down. Demonstration-all people stand and bellows breathing, exhale 3 times and inhale without having the arms up and inhale to kidneys, pull up perineum and contact down with the abdomen- three sets of inhalations.

Demonstration-grounding having people pushing one another.

Turtle-turtle position-expand back with chi.

Demonstration with turtle and buffalo using partners.

Phoenix washing it's golden feathers-step by step- demo with everyone.

Second Day

Tiger sound-lower abdomen

Swinging arms-rocking kidneys

Spinal cord breathing

Six healing sounds

Liver-heart-spleen-triple heater

Summary of six healing sounds-questions and answers.

Review of practice so far there are books, tapes and chi cards to assist you along with a 100 certified instructors in USA and around the world. Summer retreat and workshops around the country in the healing tao journal along with up to date information on all activities.

Iron shirt demonstration-eight movements

Turtle and buffalo demonstration

Phoenix demo

Concept of the Tao-read from the Journal II, pg 6, section 8,9, 10 - north

Star and big dipper in connection with the article on Christ with the north Gate and star constellation.(Star of Christ).

Tao System step-by-step four gates of heaven and the universe as a whole.

Questions and answers

Meditation guiding whole group to all the points of the microcosmic orbit,

Circulating the energe to the universal force.

Master chia opens mideye & completes orbit, moving energy in everyone's body.

Questions and answers on how people feel-heat-color-image.

Complete with Six Healing Sounds

Lunch

2:30 to 6 pm-female big draw with egg exercise

Sexual energy is just energy.

Food & sex are our greatest appetites but they are our greatest medicines.

Practice meditation: 1 hour and review.

The International Healing Tao pitch-activities-workshops and future plans.

Daily practice: how to practically apply the meditation in your daily life.

Healing love-egg exercise and chi weight lifting for buildup of hormones.

Today man (manhood)-man as a man and woman (womanhood-role) fulfill themselves like a flower blooms for them to have complete happiness. Practicing the healing love 3-6-9-shallows to one deep and drawing sexual energy to the brain creating brain orgasm. Man- hot fire- has become less fire and woman has become cooler with less warmth from man so the energies are out of balance and a man can build more fire to heat the woman by stimulating her thru thrusting and deep penetration series. Egg exercise tightens the P-C muscle, which makes the woman feel like 15 years old just like the day she was married. Valley orgasm will assist you in felling your own energy and how it moves in your partner's energy. Women may have physiological problems with men retaining their seed; it will save on condoms (5 billion condom industry).

Healing Dual Cultivation:

1) Rub the pubic area-right, top, left & down (shallow) - 3 shallow & 1 deep.

2) Come in slow & pull out fast then reverse (key) like cooking soup at low temperature for hours.

3) Do not get too close to ejaculation but rest & draw energy to your crown & circulate the energy exchanging it with each breathe.

4) Start again & again (500x). You balance yin arousal with yang.

5) Eye orgasm.

6) Organ orgasm like kidneys multiplying positive emotions of kindness, gentleness love, courage & fairness.

Healing Light Meditation Points (9/9/90):

1) Mideyebrow

2) Heart

3) Navel

4) Perineum

5) Sacrum

6) Ming men

7) T-11

8) C-7

9) Jade pillow

10) Crown (swallow 6x upward-cover crown)

11) Pituitary & pineal glands (inhale 6x into them)

12) Mideye (inhale 6x thru mideye back to crown to north star)

13) Pallet (press hard tongue to pallet 6x)

14) Throat (float down energy)

15) Heart (feel joy & love floating down)

16) Solar Plexus

17) Navel (Warm Mideye, Perineum & Crown)

Taoist secrets of love cultivating male sexual energy-Mantak Chia

Conservation of sexual energy is the first principle of cultivation. Ejaculation of the male seed for purposes other than having children is a wasteful loss of an extremely precious treasure.

Awaken healing light of the Tao - Mantak Chia (1993)

Master Mantak Chia: Basic Workshop (Munich) 10/16/1996

Outline: Taoist Theory - Soul & Spirit without Religion creating Spiritual Independence in Nature & The Universe.

Posters:

1. Explain water flows out works like sexual energy-flows out we get sick & die so key is get the return energy back to us-sperm 1 million/day. Holy men do that & know that, so no sex & they transform themselves into spiritual energy creating warmth in navel area (2 Pts. Navel & Meng Men – Water Yin Right Kidney - Heart Yang Left Kidney). In nature sun on the water creates steam by going through all the points in the Microcosmic Orbit having the students touch each point & their opposites (Solar Plexus & the Sun (outside & inside)) showing them on the slide pictures pointing out the crown point (area) with chin point, the sole of the feet with the palm points (areas) and the tongue with top of pallet.

2. Nature & Animals

3. 8 Immortals

4. *Cosmic (connection) Channeling drawing on board explaining heaven & earth with the universal force into the empty space (Wu Chi- the Void) which is called in religions God or the Creative Force and. Mother's breast milk with the Uterus.*
5. *Inner Smile*
6. *Six Healing Sounds*
7. *Female Healing Love*
8. *Male-Sperm (Monk)*
9. *Sex Picture*
10. *Sickness*
11. *Cosmic Picture*
12. *Orgasmic Energy (Primordial Force)*
13. *Questions*

No sex for nuns and monks because then it is easier to attract this Primordial Force with pure orgasmic force; but the world sells orgasmic force drawing it out from our eyes, nose taste, and ears with advertising products, so we lose the orgasmic force living the world, because love & sex are never used correctly with the feeling of love and the arousal energy for themselves.