

## *Concepts & Thoughts on the Tao*

**The Tao:** The monkey mind is not equipped to think. It thinks like we read in a straight line, which linear thinking-two dimensional but the Universe is in three dimensions and more. So we need to think with the heart (total consciousness) because it thinks in all dimensions. All you are all doing in the Tao is becoming aware of everything that is moving around you and in us all of the time. You are only rediscovering what you already know, but you forgot you knew. You have to learn when to be hard and when to be soft, that is the way of the Tao. By changing your perspective something bad turns into something good. The best way to teach anything is through example. The monkey mind says it has a shortcut, but the shortcut always takes longer twisting and turning than the normal distance, which is a straight line-the shortest distance from two points, and only winds up in the same place. You call something magic or mystical that you do not understand how it works. So understand how the energy works and how to make it work for you then it is no longer a mystery. By projecting negative and positive thinking on people and things, it makes you overlook the reason why you and they are there. The only way to understand the Tao is to feel it, but the Tao is for those who are ready for it. Things will happen by themselves, you should just do nothing, but the monkey mind says "No, we got to do something or nothing will happen". But you should just put your feet up and enjoy the ride. The Tao is the feeling you get from the Taoist practices. The organs are the essences of the body. By practicing the Tao you will look better, live longer, and feel younger. Some hot and cold winds get trapped in the body, and we eliminate them with acupressure. The hands are the most sensitive parts of the body, besides the genitals. The ego, which is the monkey mind, does not like to lose face. We must learn how to think with the heart and feel with the mind. By making three minds into one mind we can expand our awareness from the navel. Cosmic dust particles are what keep us all alive. The rock and the drop mean spaced repetition that achieves anything in time. The light we see within is a reflection of our spirit. Once you feel it; it is real to you and no one can tell you any different because you felt it. True breathing is bone breathing. The key to the Tao is aligning the mind and the body a certain way. Passive energy is the energy that just comes to you, like sunlight. But if you put a magnifying glass under the ray of light, the heat enhances. The magnifying glass is the correct tool, the grass is the correct substance to create fire, and the fire is the result. We are becoming internal alchemy engineers. Caffeine and nicotine, legalized drugs, prescription drugs, illegal drugs all exhaust the adrenals. It's not the becoming it's the process of becoming. You are exactly where you should be. If you are still, the energy will come. If there is too much activity, the energy will not come. It is like a lake. If the water is not still, you can't see your reflection, but if it is still you can see your future in it. Correct action means very little action, but very correct. Being nowhere means being now here. When looking at a person's hand, the monkey mind will only see one side of the hand, but the heart sees two. When you commit to something you become responsible. Don't neglect your responsibilities, just be careful and observe so as not to make them. The Tao is the flow of the river inside you. With clarity and simplicity life becomes easier. The light is a reflection of your self. The mind is a compulsive thinking machine. Discover who you are, what makes you happy, what you are supposed to do, and this will connect you with your God. The only thing that is permanent is your consciousness, what is inside, and that depends on the quality of the organs. When you see the light, you see your spirit. The mental body (what you want, and it must make sense in order to connect with the mental body), controls the emotional body (your desire to make it happen), which controls the physical body (manifestation). And this is spontaneous joy. The hardest thing about the practice is to bypass your thinking limitations. Be self-sufficient. Humans do not destroy, but the virus inside the human destroys. Proper alimentation destroys the virus, by changing the internal environment into one that doesn't support the virus. If you hear something you don't like, just witness it, or put it on the shelf and take a look at it later. You are here to enjoy the ride, to find out how the energy flows and connect with it, but the monkey mind tries to draw you away from your premise of why you are doing the practice and why you are here. All the practices support themselves in the Universal Tao System. Where the mind goes, the energy goes. A meridian line is an energy river in the body. When it gets blocked, another organism start to form, like a swamp.

**Grazing Principle:** In the Tao you get the monkey mind to chew grass, rather than trying to find a way to cross the field. When dealing with a person, go directly to the light body, their higher self. We do the formulas and become aware of what's already going on inside the body. Witness yourself, the monkey mind sees you are watching what it is doing, and it stops because it's embarrassed. The formulas activate the energy that you feel. With 5-10 minutes a day you give your tree a little sunshine and a little water, with 8 hours a day you dig up the tree. The key is to enjoy the ride. Don't get too serious about what you are, because things are always changing. The only constant we have is inside ourselves. You think 10 minutes passed in meditation, but 30 minutes passed. In the cave seal the body with wax, breath with skin; slow the body rhythms down to near death, like hibernation. You become like a tree, and when you come back you activate it. To understand something, see how it works inside. Everything you are fighting for will disappear in 100 years, so just put your feet up and enjoy the ride. The Tao says, "Your actions speak so loud I can hardly hear a word you say." Look at the root, not the stem. The blue race will operate the information age, with telepathy and clairvoyance. When the energy of the planet shifts, we just put our feet up and enjoy the ride. The monkey mind cannot experience anything, it just gives it names. Revelation is a bit of enlightenment. It is revolution because you never thought of it before. Give the monkey mid something to do. It's amazing what a little a little will do. Your world doesn't end, because your world is inside. The only way to understand the Tao is to practice it. The microcosmic orbit was the first river in the body. The only one who can heal you is you. The life cycle begins with birth and ends with decomposing. Negative energy and illness has to have an environment to grow in. Every element in our body has a counterbalancing one in nature. We perceive things as good or bad. You are the only one who can feel what is inside you. We must balance the ph in the body, everything we take in is acid, but we need alkaline. We are really breathaterians and we can take in more oxygen through Chi Kung. Inside the blood a virus starts out as a

bacteria, yeast, fungus, mold and then becomes a cancer. The body has 7 acid buffers (like fat), so we do not ferment completely from the acid. Cancer is in the bloodstream, and it can form in any weak part of the body. We need to purify the blood. When you feel the urge to eat something, it's the bacteria inside saying "We want the cheese! We want the cheese!" Each race has a different smell. Practice gets you in touch with the natural state of things. We are not making this up; the Tao has been going on for thousands of years.

**Teaching the Tao:** When the energy is ready, the student will come. You teach the Tao by practicing the Tao with the students when you are teaching it. The learning process is one of concept, desire, and manifestation; because the mental body controls the emotional body, and emotional body controls the physical plane. You should not try to impose your views upon others, it is not professional and not the Tao. Be sincere and honest with your teachers and students. The reason you charge money for your teaching is in our society nothing has any value on it unless it has a monetary value and then people will respect you and your teachings. As a teacher you while teaching open your heart to the universal consciousness and let the words flow. First you are a student of the Tao, then a teacher and then a sage (practitioner only). You will learn more from your students than they will from you.

**Taoist Healing Love:** Negative emotions in the kidney energy are doubt for men and fear for women. Women have to balance their emotions, so they do not misinterpret the inner feels (voice) that they have. Emotion is energy in motion (e-motion). The spirit is our essence and the soul is our memory through emotions. The physical body is vibrating higher than the soul body, so we slow the mind down to feel the soul or remember. To observe means to perceive, to feel. If a relationship takes you away from yourself or the Tao, you will naturally separate and it will end by itself. You should pay attention for spiritual helpmate, to help you understanding and balance the yin and yang energies inside yourself. No one knows how you feel inside but you. Always ask yourself what you are putting into the relationship and what you are getting out, and if it does not add up, it will come to an end. The physical partner helps you strengthen the yin and the yang inside yourself, but you've got water and fire inside yourself, and all you need is the right alignment. At the molecular level, the physical is energy, and the Tao works on the molecular level, transforming the physical body into the spiritual energy. The cells are filled with multi-orgasmic energy, and we are all reproducing right now. The root of all sexual energy is in the kidneys. Women are tested with patience. Men are tested with courage. A woman has to have patience for the man to get enough courage to ask her out. Men have testosterone, the ability to focus. Women open up their heart energy field (consciousness), men do not. Men are not in touch with their feelings. Sexual energy is like pushing a balloon into water; sooner or later it jumps out. To get to the spiritual realm, must get beyond the physical and energy realm. Life is all about sex: we come out of the womb. With the right alignment of fire and water, a baby is born. Every cell in our body is multiplying right now. Sexual energy is the strongest force in the Universe. Women marry men thinking men are going to change but they do not change. They are like mountains. Men marry women thinking they never change, they change every day. Woman is like the water in the ocean polishing and rounding the rock, as she polishes the man. The man gives the water shape. If your partner leads you away from the Tao let them go. Partners should communicate, open up the heart and talk. Divorce is failure to communicate. If your intentions are different when getting together, this will pull you apart and cause pain and suffering. For men the first marriage is out of sexual desire, the 2<sup>nd</sup> is from the heart. Children are appendages of the woman, she is the hub of the wheel, and they are the spokes. Men are nomads, they roam and they do not start wars. Women are territorial; they find men to fight their wars. The reason you are with a partner is to discover that essence inside yourself. Men do what they say, and women do what they feel. From the way they urinate, genders look differently at life. Men generalize, and women personalize. Women develop breasts and get in touch with their crests and feelings. They can help men do that too. Men help women get in touch with their sexual energy. By understanding the other gender we can interact better with them. The purpose of the soul journey is to discover both polarities inside your self. Your gender is not you. We are all light bodies. What people call falling in love is just a bigger awareness, being presence living in the now. If a woman likes a man, she won't say anything, she'll touch him. Men tell women poetry. When women are aroused they are numb, icy-cold. When men are aroused they are jet-hot. To balance things they do the "boiling of the eggs". The woman picks the man out, like a hunter. For a woman to open up sexually, her heart has to open up. If she is angry she cannot be raped because the wood energy of the liver dries up the wet kidney energy of the vagina. The men use the shallow and deep technique to connect with their partner's erogenous zones. Men are helpless in the emotional foreplay, and they need to come down slowly, just like women do when they are numb in sexual arousal. Dual cultivation is like a doubles tennis game, you need to stick to one partner. In the West people marry for all the wrong reasons, kids, car, house, and their spiritual essence isn't even on the list. Sexual energy is like an itch. It feels good when you scratch it, but it would be feel better not to have the itch. When making chicken soup, the essence of the chicken is in the soup; the chicken tastes like a shoe. Sexual energy heals the body. Ordinary male orgasm is external as the genitals are external, and they lose their original energy when they lose their semen. For men a total body orgasm is surprising. Women lose original sexual energy through their menstrual cycle. They also use the menstrual cycle to discharge toxins from bad living habits. Women are physically, emotionally, mentally and spiritually superior to men. We are all light bodies. In order to communicate with others we need to understand ourselves. Battles over control burn the bridges of communication. Women do emotional adultery, and then men shut down emotionally. Men do sexual adultery, and then women shut down sexually. Women need to be more discreet, and men more communicative having a meeting of the hearts. The only way to deal with the yin is to become yin. The dual cultivation creates a bigger energy field to work. Taoists do not deplete the sexual energy, but refine it.