

TAOIST PRACTICES FOR WOMEN

HOW TO DEVELOP  
INNER BEAUTY  
AND  
OUTER RADIANCE

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# HOW TO DEVELOP INNER BEAUTY AND OUTER RADIANCE

**Energy practices for self-healing and  
self-empowerment**

**Jutta Kellenberger-Reichert**



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## INTRODUCTION

It took me quite a while to sit down and write this book. I contemplated for a long time on how to write in a way that really reaches out and touches that part in you that makes you feel truly inspired to give this ancient practice a try.

Are you looking for clarity, meaning and purpose in life?

Would you like to cultivate self-healing, learn how to maintain health and happiness and develop your higher self, your soul and spirits?

Do you want to transform the frustrations of stress and fear into vitality for a full life so that you can realize your dreams and wishes? The practices explained in this book provide a complete set of personalized tools to enable you to achieve your goals. Whether you are a complete newcomer to energy cultivation and spirituality or an intermediate truth-seeker, you already have the resources within yourself to reach your goals.

We perceive the world through our five senses and experience it through our sensory organs: the eyes, nose, mouth, ears, and tongue. These five sensory inputs connect us with the world outside and create feelings and emotions which have a very big impact on our lives in both positive and negative ways.

For example, when we have dinner in a new restaurant, we experience the interior design with our eyes and evaluate it. If we like the design, we feel comfortable and pleasantly surprised. We might also notice a pleasant smell from the kitchen that activates the feeling of hunger in our stomach. When our meal is nicely decorated and smells and tastes delicious, we feel very content. We will recommend this good experience on to our friends or co-workers.



When we watch TV, spoken words and pictures activate our emotions, depending on what we watch. Every interaction with the outside creates feelings and emotions.

There is another sense we can use to live our life, we call it the sixth sense. The sixth sense is the knowing without knowing feeling. We become aware of a situation by using this special instinct for example when we “know” that we will find a parking space right in front of the shop.

In our society we gain knowledge in school and through this education, we learn how to improve our overall standard of living. With all this knowledge, we have developed our life to have high standards, and have become more efficient in whatever task we are trained at. If we are emotionally not balanced, life becomes quite stressed and in order to calm down, we cling to all kinds of bad habits like smoking, drinking, drugs and many other vices.

Apart from some very basic behavior patterns and social norms taught at school, our emotional pattern depends on how emotions were expressed or suppressed by our families and the people we grew up with. Maybe your parents never kissed or tenderly snuggled with you; how can you share this later on in life? Maybe some of you grew up with very limiting moral beliefs that it is dirty and sinful to look at, touch or feel your vagina or your breasts.

We overextend ourselves, and often worship false gods, or expect too much from others. This causes our emotional distress, which is a result of too many bad memories, too many hurt feelings.

Do you feel at times stressed and exhausted, alone with no self-esteem, nobody loving you?

You realize that you are always trying to get somewhere other than where you are? Are your endeavors just a means to an end? Is fulfillment always just around the corner or confined to short-lived pleasures, such as sex, food, drink, drugs, or thrills and excitement? Are you always focused on becoming, achieving and attaining, or alternatively chasing some new thrill or pleasure? Do you believe that if you acquire more things you will become

more fulfilled, good enough, or psychologically complete? Are you waiting for a man to give meaning to your life? Is this really what you want and does this make you happy?

Maybe you become aware that this lifestyle is carrying you further and further away from yourself and taking away your life force energy and you feel drained and exhausted.

Life becomes awful and makes you sick. It causes you pain and suffering. Many people live in fear and feel like a loose cannon, waiting for cancer to burst into their lives, like it burst into the lives of their mothers, sisters or aunts. They don't see that their weak constitutions result from a combination of mental, physical, emotional and spiritual reasons.

I'd like to reach women of all ages interested in developing Inner Beauty and Outer Radiance. Inner Beauty and Outer Radiance is the pre-requisite to health and inner happiness, and it's not a given lifelong guarantee from the universe. Nevertheless, it can be achieved through developing consciousness and awareness in your body and mind. Inner Beauty allows us to transform and balance our emotions. Outer Radiance is the external manifestation of this Inner Beauty through our interactions with our surroundings.

A balanced life is a good life. Life is all about finding the right balance in everything we do. Our life should have a Yin/Yang balance to live healthy. When we live life too emotionally, we shorten our lifespan.

I was drawn to the practice for many of the above mentioned reasons. I grew up having no self-esteem and feeling insecure. These deep feelings of not being "right" or "good enough" stayed with me for a long time, and only through the practices of the Six Healing Sounds and the Inner Smile, was I able to become aware of them and transform them.

I became introverted in my family dynamic. My parents fought a lot and I grew up with fear, that manifested as a lump in my stomach. I became isolated, with no one to share my deep fear and insecurity. As a result, I felt drawn to mysticism and all that could not to be explained with words. At that time I didn't understand anything about

emotions I just felt very uneasy with my family.

Years later I read the book by Master Mantak Chia about opening the Microcosmic Orbit. I was very inspired to try and feel the energy moving in an orbit in my body. I had to force myself to sit down and do the practice according to the book and I really felt an energy moving inside of me! It was a transformative experience. I remember I was so very happy for the first time in a long time. Later when I attended my first course with Master Mantak Chia, the way he taught the Taoist energy cultivation transformed my life in every aspect, physically, mentally and spiritually.

It took many years of sacrifice and dedicated practice to heal myself not only physically but also emotionally and spiritually, and then I could tap into my female energy and increase my original force.

As a result, my inner struggles have dissolved and transformed. Life is fun. I enjoy assisting others in their own way of transformation and self-healing. I love teaching the Taoist energy cultivation and exchanging my thoughts with like-minded people. I understand that without the hardships I experienced I would not be the person I am now, and I am thankful for every part of my life. I aspire to continue to better myself through continued practice and learning.

## **SUMMARY OF THE PRACTICE**

In the Taoist energy cultivation practice we look at life in this way: the life of every human being here on our planet Earth began with a sperm meeting an egg, and your soul felt attracted by this energy created by your father and mother when they made love. From this intercourse, the first cell was born and the first cell split into two cells, then four, eight, sixteen and so on. In nine months, our cells had split so many times that we had a complete body, with all organs and senses, and we were born into this life. We came from “nothing” and manifested into a physical form. Our body consists of trillions of cells, and there is no organ function that is not recapitulated in an individual cell. Every eukaryotic (cell with nucleus) possesses a functional equivalent of our nervous system, digestive system, breathing system, excretory system, gland system, muscle- and skeleton structure, circulation system and reproduction system. Each cell is an intelligent being that could survive on its own. Scientists discovered that single cells, extracted from a body can multiply in cultures. Like humans, cells also register thousands of stimuli from its environment. Body cells are also in a position to learn from their environment, store cellular memories and pass them on to their issue.

These scientific discoveries support the thousands of years of knowledge of the Taoist masters. Already during pregnancy the fetus and later the newborn receives stimuli from its environment and all the happenings around it, especially the feelings of the mother. This eventually becomes our emotional make up and informs our reaction to our environment. This becomes our emotional pattern. We grow up and study many things but experience life with our emotional imprint. Furthermore, we constantly receive new stimuli from our environment including our family, friends, teachers, TV, cinema, all the media and networks and the people around. People who live their lives unconsciously, without any inquiry or investigation, become like a channel; they are an open invitation for the

pattern of the collective mind to act through them. That is how the predominant structures of society – traditions, religions and the sexual roles of women — get passed on through the womb, unfiltered, from generation to generation.

In the timeless and uncomplicated clarity of the ancient spiritual masters, I impart a simple yet profound message: there is a way out of suffering and into peace and happiness in this lifetime.

The Taoist energy practices teach you how to develop Inner Beauty and Outer Radiance to connect you with yourself on a cellular level and transform your physical, emotional and spiritual bodies. In the Tao we say that our physical body is the core of all our calamities and it reflects into all the other bodies, like the emotional body and spiritual body. We believe that in the moment of birth our soul divides into 9 main aspects, five of which dwell in our major organs (heart, spleen, lungs, kidney and liver).

When we are born we are empty or like a white sheet of paper and our soul/spirit is like an infant. When we come into this world we have to learn everything. Our soul holds the experiences of our lineage, and is attracted to our parents. We, as adults are the end product of past experiences of our lineage plus the past experiences in the environment we live in.

When we feel the urge to step into a “spiritual practice” it comes from the longing of our soul to make something better out of this life. It is something beyond general education, beyond our cultural belief system. Often we cannot name this longing as it is abstract. We may become aware of this longing during a personal crisis, after an accident, a life threatening disease or after a period of unhealthy lifestyle. But we can also be born with the wish to develop spiritually, to become enlightened.

**The first** enlightenment is when we know that we have a soul and that it never dies. Our soul is energy in our

physical body and energy cannot be destroyed, it can only be transformed.

**The second** enlightenment is when we understand that our soul needs to be trained.

**The third** enlightenment is when we want to take care and educate our soul through developing more consciousness.

**The fourth** enlightenment is when we want to find a system that can provide us with enough energy to feed and train our soul.

**The fifth** enlightenment is when we understand that nobody can control our soul.

Through consciousness we become aware that negative emotions make us sick.



Weak Aura



Healthy Aura



Stressed

Each one of us is like a universe, in the Tao we say that we are micro-cosmos in the macro-cosmos. The Tao is the most unified system existing on this planet. The five elements in Tao energy cultivation are also to be found in Traditional Chinese Medicine, Feng Shui, Geomancy, Astrology and Taoist Nutrition. It is a very unified system that would take more than an entire lifetime to master completely.

One aspect in the Taoist energy cultivation is the transformation of emotional energy (Chi) from negative into positive to find a balance. Another equally important aspect is the cultivation of Chi. To cultivate and to increase our present energy level (Chi) is the most healing and building creative power for any task we want to accomplish.

Don't worry about your present situation and begin to focus on transformation. Sometimes we have to fall deep before we can climb up to the light. If you haven't fallen anywhere so far, but just think you could improve yourself, you can still learn to cultivate your female energy for self-healing and manifesting your dreams.

Because we may have questions like:

- Why are we not really happy?
- What prevents us from having Inner Beauty and Outer Radiance?
- Our emotions!
- Emotions are the biggest obstacle in our life!
- We are very emotional beings!
- Our emotions cause our behavior and this is all that matters.
- If we want to be loved we have to be lovable!
- How do we become lovable?
- We become lovable when we love ourselves!

The answer is that we are too emotional. Emotions are the biggest obstacle in our life. We are very emotional beings. Our emotions cause our behavior and this is all that matters. Often we may think that if the world around us would be more positive we could feel love and happiness. We all want to be loved and appreciated, however, if we want to be loved we have to be lovable. And how exactly do we become lovable? We become lovable when we love ourselves!

Maybe you think that it is very selfish to practice self-love. Many people don't mind exhausting themselves by giving all their time and energy to others. They do this to feel loved and appreciated but it can turn out that they end up being negative, sick and tired... and maybe even alone after all that they have done to please others.

To understand the Tao, there is a nice comparison that can be translated into cultivating Chi: A farmer plants a fruit tree. The following winter is very cold and the villagers visit the farmer and ask if they can chop the little tree and make a fire to warm the villagers. However, the farmer does not allow them to chop the tree. After some years the tree has grown and is in full blossom. Again the villagers come and ask if they can pick the nice flowers. Again the farmer does not allow them to harvest the tree. At the end of the season, the flowers turn into sweet fruit and now the farmer invites the villagers to pick and eat the fruit.



Once we can cultivate Chi and learn how to recharge our battery in the lower Tan Tien (Tan Tien is located behind the navel in front of the kidneys) when we are feeling drained, then we can reap the fruit from our trees.

We become lovable when we love ourselves!

What is the most precious in us that is to be loved and cared for? The most precious things in us are our major organs, simply because without them we cannot live. We can live with one arm or one leg but we cannot live without a heart, the lungs, the kidneys, the liver and the spleen/stomach/ pancreas.

Our energy is much bigger than our physical body, and in order to transform we need to connect with our emotional energy. To become aware of our emotions we follow a structured pattern and practice this every day. I want to encourage you to sit down and practice the simple yet life transforming practices of the Inner Smile Meditation and the Six Healing Sounds, which I will explain about later.

When we love ourselves we also care for ourselves. This involves all aspects of life.

- Enjoy eating fresh and healthy, unpolluted food.
- Decide to go to bed before midnight because the best regeneration takes place before midnight.
- Use natural products for your skin and hair.
- Exercise your body.
- Breathe fresh air.
- Drink enough clean and natural water.
- Enjoy being in good company with like-minded people that motivate, encourage, inspire and enhance you.

## **RELATIONSHIPS**

We humans are social beings and relationships are a very important aspect of our life. How would life be if we couldn't communicate, share and enjoy being with others?

To relate with others is just as important as the food that we eat and the air that we breathe. As we select food, we also select the people we want to spend time with. Since we are not only physical matter but also energy beings, we attract other beings into our space. How we interact with others through body language and communication is our most important learning process.

For instance, you find a job in a company. And at the beginning you are excited, everything is new and the job description is what you have been looking for. With time, however, you feel that one of the employees is constantly going against you and you feel unaccepted and mistreated. This makes you vulnerable and nervous. Or perhaps you realize that your actual work is not what you had anticipated. So we have to learn to transform our emotions and find the positive aspects. Because when we transform our emotions our environment also transforms.

Another important relationship we have is with our family. While it may seem that we do not choose our relations with those in our family, according to energy attraction, our souls choose our parents at the moment of conception. Their energy attracted us. The sperm came through orgasm and ejaculation and this energy attracted our soul.

In former times we had strictly structured families and societies with little room for personal freedom of choice. We were born into our family and our fates were tied to them until the end of our lives. We were married into families, with little or no say, no matter how much we suffered. Religious belief played an important part in this model. All you could do was pray and ask god for a better life in the hereafter. There was no tolerance for

individuality, freedom of choice or free thinking. After all this suffering here on Earth you are promised an eternal life in heaven. Nobody has come back from heaven and assured us that after suffering in this physical form we are rewarded with paradise in heaven.

Now we have entered a new era, the era of Aquarius. We are exposed to a new and different energy from the universe.

In Taoism, this era is explained through the Earth's axis shifting to another star. In the past 5,000 years the Earth's axis was pulled by the North Star on one side and by the Southern cross on the other side. The Sun is pulling the Earth in. With these 2 forces (North Star and Southern cross pulling the Earth's axis out and the Sun pulling the Earth in) the Earth maintains its orbit around the Sun. The energetic influence of the North Star exerted a Yang energy on our planet. Now the Earth's axis is moving towards Vega, which emanates more Yin energy on our planet and its inhabitants. During this period of transition the Earth's axis wobbles between the North Star and Vega. The ice on the North Pole is melting and the magnetic north is shifting as result of this transition. This causes increased movements on the Earth's crusts, leading to tsunamis, earthquakes and increased volcanic emission.

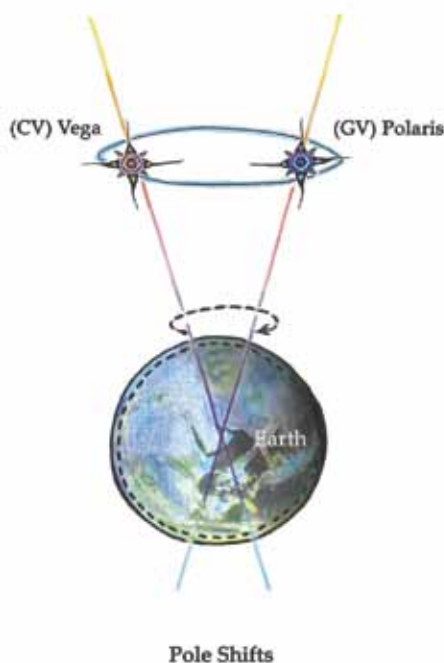
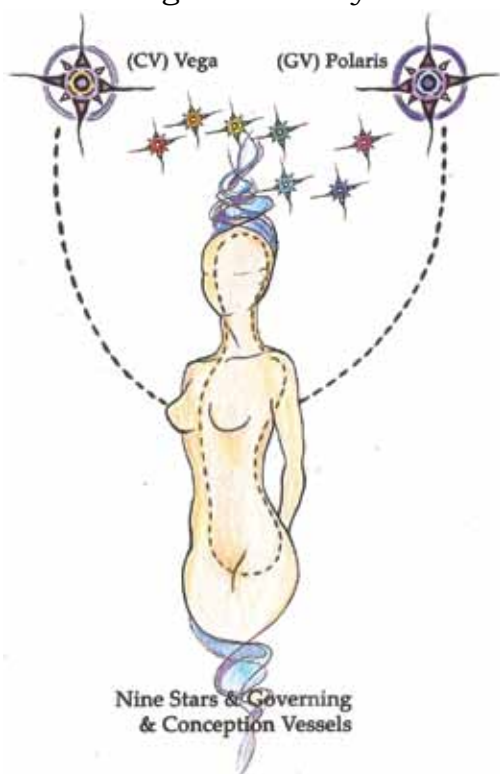
The different energy in the universe has a strong influence on the way we think and experience life.

Transforming our negative emotions into positive emotions daily is a crucial practice in this special time, as the strong energy from the universe can also have a negative impact on us. All experiences on Earth are to teach us the meaning of love.

All relationships on Earth are to teach us the meaning of love.

So many books have been released in the past years about spirituality, self-development, living your true self and so

on, and maybe you wonder how you can live a balanced and spiritual life in the middle of all the emotional challenges around you?



The answer to how to live a balanced life among all the different relationships is in the transformation of our being and our thinking. We need to learn to forgive, forget and let go. When we get right down to it, there is nothing more important than increasing our capacity to love unconditionally. Only when we can transform our negative emotions can we live in peace — ridding ourselves from the negative emotions that make us sick.

We cannot expect other people to change their behaviors. The only control we have is on our emotions and the act of transforming our emotions takes practice.

Without a special practice and dedication to it, nothing can be transformed and we live our lives according to our destiny. Only through consciously transforming our

negativity into positive energy we find a balance and transformation happens. Transform your thoughts and you change your world. In surrendering your smaller self, you attain realization of your greater self.

This emotional wisdom comes through the meditative practice of the Six Healing Sounds. You learn to connect with your organs and transform anger into kindness, fear into gentleness, worrying into trust, arrogance into love, and sadness into courage on a cellular level.

This does not mean that we have to endure relationships that harm us or where we don't feel connected or in families where there is no harmony.

Now we have become more individualized in the west, not only because the universal energy has changed, but also women are generally better educated than in past generations and earn their own income, which makes us more independent.

We realize that we have a choice and that we can live our life according to our desires. The question now is: Are we happy with our choices? When we go deeper inside what do we feel?

However, before you make a decision you should consider the positive sides of any relationship as well. Look at all the good things you receive through the job, the partner, the friendship, before you make a final decision. Think about all the positive aspects.

Sometimes we also need the right timing for the next move and if we act too quickly or too slowly we might end up in regret.

The most important goal in any situation is that we learn to forgive, forget and let go and that we find an inner peace within ourselves. We are the creators of our lives and our thoughts have much more impact than we think. Some women create the experience that they are always

rejected in a relationship. The partner shows less and less interest and finally doesn't want to connect anymore. Or we end up having ongoing fights over small things and just don't know how to change the relationship until the other doesn't even try to connect with us anymore and we feel alone.

Maybe you think, "I have given all my love and my time to this guy and now he just doesn't call anymore or he has moved away."

If we linger too long in the negative feeling of abandonment, we multiply this feeling of sadness or being alone, every time we think of it. It is like we make a copy of the negative feeling every day and copy it into every cell in our body. We have no more self-esteem and very little chance to find another suitable man because we make our former love the ideal person in our life and no other man comes close to that lost love. It is impossible for anyone to live up to an ideal.

It's not only that we have lost our self-worth but we can get sick from all the negativity that we feel day-in, day-out.

The first important message is that there is no person that cannot be replaced. All you need is to concentrate on what you want from deep within. Remember you are the creator of your life.

Another big impact on our inner balance is when we find out that our loved one, our best friend, a co-worker or the superior in our company has been cheating or lying to us. Maybe he has been telling us a story and we believed it and now we have proof that it was a lie. This is very hard to swallow, however, you have to accept it because you didn't know that this was a lie at the time.

The one lying to you actually has a much bigger problem because he is lying to himself. He knows that he is telling a lie and this is a real problem for that person on a spiritual level as this is self-deceit.

You have to learn to forgive, forget and let go and the Six Healing Sounds and the Inner Smile meditation explained below are the best ways to transform this emotional stress. Nobody is perfect and often people lie, out of habit to avoid confrontation or they do it because they think when they change reality for you they can benefit from you. Sometimes a person lies just so you see him/her in a better light. That means that this person feels inferior and tries to hide something out of fear to avoid your reaction or from fear that you would disconnect from him/her.

## **FEARS AND WORRIES**

Let's spend time talking about emotions. In the Tao there is no good or bad emotion. We only see emotions as positive or negative. Emotions are just an energy and you can't say negative is bad and positive is good. For instance, you are in a relationship and you are very attached to your partner. Maybe your partner doesn't feel the same towards you and the relationship ends and you feel very sad, frustrated and depressed. If the ending hits you suddenly, of course it takes time to overcome this tragedy. However, most often women are consumed by negative thoughts like: "I liked him so much and now he has left me. I don't understand why; we were so happy together." By thinking about this over and over again, you may lose all your self-esteem. Maybe you experience feelings like: "Nobody loves me, everybody around me is happily in a relationship but I cannot find a good match for me."

You are emotionally stuck and this can apply to any other cause or disruption in your life. For example, maybe you want a baby and you cannot have a baby.

Since you felt drawn to read this book and have read up to here, I assume you are looking for a way to transform

your destructive emotional pattern(s) for good. The best technique for me is to learn to forgive, forget and let go. To forgive yourself for your shortcomings, your low self-esteem or your overly high expectations. Then tune into the positive emotions within you and make yourself feel good within your five major organs.

Once you can feel that this transformation has taken place, it will be easier for you to forgive, forget and let go of those who you think have caused your unhappiness.

Most of our deep-seated unhappiness results from past emotional injuries and the fear and insecurity that they could be repeated.

We are born with two hands and a brain to solve problems in our life. When we solve a problem, we become more knowledgeable, and when we have solved many problems, we become wise. The Tao system gives us tools that we can work with to solve our problems. We don't have to retreat into the mountains or become a hermit once we experience the transformation of energy taking place within ourselves — this is life transforming. This is an alchemical process, when we transform anger into kindness, worry into trust, sadness into courage, fear into gentleness and hate into love.

We are born through the umbilical cord and in the Tao we believe all our organs are related energetically to the center, the navel. It is our energetic center, where we store Chi. Tan Tien means a "field of Chi" and we call the lower center in our body, lower Tan Tien. The lower Tan Tien is located behind the navel in front of the kidneys. This lower Tan Tien is like a battery and we can charge this battery. Actually, the lower Tan Tien is a big space, once you learn to sink deeper into it... it never ends. It is a dark empty space and the longer you can do this sinking and charging, the more healing takes place.



<b>Element</b> <b>Quality</b>	<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
Yin Organ	Liver	Heart	Spleen /Pancreas	Lungs	Kidneys
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Positive Emotions	Kindness	Love,Joy, Respect	Fairness, Openness	Uprightness, Righteousness, Courage	Gentleness
Negative Emotions	Anger	Hate, Impatience	Worry, Anxiety	Sadness, Depression	Fear
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Direction	East	South	Center	West	North
Quality of Energy	Growing, Developing,	Expanding, Radiating Generating	Stabilizing	Contracting	Conserving, Gathering
Growing Cycle	Seed Sprouting, Leaves Growing	Bloom, Fruit Growing	Fruit,Ripening, Harvest	Seed Falling	Dormant
Season	Spring	Summer	Indian Summer	Fall	Winter
Passage on Earth	Infancy	Youth	Adult	Old Age	Death
Body's Sound	Shouting	Laughing	Singing	Weeping	Groaning
Taste	Sour	Bitter	Sweet	Spicy,Pungent	Salty
Nourishes the	Nerves, Tendons	Blood Vessels, Vascular System	Muscles, Flesh,Fasciae	Skin	Bones, Teeth
Opens into and Commands the	Eyes	Tongue	Lips,Mouth	Nose	Ears
Temperature	Warm & Damp	Hot	Mild	Cool & Dry	Cold
Produces	Tears	Sweat	Saliva	Mucous	Urine
Body Scent	Rancid, Goatish	Burned, Scorched	Fragrant	Rank,Fleshy	Rotten,Putrid
Expands into	Nails	Facial Color	Lips	Body Hair	Hair on Head
Color	Green	Red	Yellow,Brown	White	Black,Dark,Blue
Sound	Shhhhhhh	Hawwwwww	Whooooooo (Guttural)	Ssssssss	Chooooooo

Look at the chart with the emotions connected to the respective organs and practice the Six Healing Sounds.

You may use the sound for the liver when you feel anger, frustration, envy or jealousy. Focus on your right side under the rib cage and practice the sound. Then you feel and breathe into your liver. If you still feel the same anger, then repeat the sound with the hand movement until the negative emotion you are experiencing lessens. Now tune into the feeling of kindness and generosity and repeat these virtues in your liver until you can only feel kind and generous.

When it comes to relationships, our actions and reactions often do not come from a great place of consciousness, but more often than not, they come from a place of not knowing, a place of fear and insecurity.

At the end of the day, practice the Six Healing Sounds. Recall your day and the conversations you had with everyone you encountered. You will begin to realize many things when you recall your conversations and transform your emotional pattern. Next time you will be prepared and respond differently. You will be able to change your choice of words so as not to cause an explosive reply from your partner. Practice this evening practice on a regular basis, as the pattern can be so deep in us that it doesn't transform the first time. At times, a voice inside warns you when you are in an emotional conversation to not speak about a certain subject that hurts your partner, as he/she will either stop talking to you for days or kick back with another accusation that will hurt you. You have to learn to listen to this warning and hold your tongue and do not speak in a way which hurts your partner's feelings. You need to practice and develop a new pattern that makes you a better listener.

Once you master your emotions, even when other people hurt you, you can observe the hurt feeling inside of you and let it roll off. You don't mind anymore and sometimes you can even learn from it. Maybe the person was correct,

and maybe you shouldn't have done or said what you did. When you master your emotions through the practice of the Six Healing Sounds, you become mature and kind, and accept the different thoughtless and hurtful things that people do.

It is important to change your perspective in a situation, especially in relationships, and come to the understanding that there is no good and no bad — it is all about how we deal with the present energy and balance it within ourselves.

When you can feel your emotions and learn to transform it, then you can adjust yourself and reach your goal knowing what you want. The more you cling to the negative energy, the deeper it penetrates into your system. Even if you don't speak it out, clinging to negative emotions makes you sick. It is not enough when you try not to think of the negative or run away from it, we need to transform the emotions through the practice of the Six Healing Sounds within our organs.

We are too much outside the body with our senses and try to find the solution to our problems externally. However, all the answers to our problems are to be found inside when we learn to turn our senses inwardly.

Not only does it take our life force energy away when we feel negative or stressed for a long period of time, but it also has a physical impact on our body. We develop pain, headaches, tension or numbness and this disconnects us from the forces around us, from heaven, earth and nature.

The more we can let go the better we can connect to Mother Earth and receive health, wealth and longevity from our Mother Earth.

All the healing comes from the Mother Earth, and the universal energy gives us the blessing.

In the Tao, we believe that at the beginning of our life we are righteous and through the course of life we accumulate many misconceptions that block our whole system. The Tao teaches us to untangle these belief systems that we have acquired. We want to go back to the original setting and start again.

Basically, many of our disasters in life are caused by our emotions. There are only three ways that we can prematurely die. First by accident, secondly by toxicity meaning an overdose of a toxic substance, drugs or alcohol, and the third cause is by negative emotions. We live according to a certain pattern of thinking and behavior and are not aware of this.

Start with any emotion, like anger, jealousy, envy or frustration. Every organ passes energy to the next organ. In the Tao there is a creation and a controlling cycle. For example, the liver gives energy to the heart. When we feel anger or frustration and jealousy, this creates a wind in the liver. This wind is not created by a one-time situation; it is the buildup of the emotions of anger, frustration, envy and jealousy that linger day after day. It activates the heart energy and we will react more impatiently or in haste. The physical symptoms manifest in the heart with palpitations, high blood pressure and/or chest pains. When the energy attacks the stomach, spleen and pancreas we add worry, anxiety and mistrust. We start to worry about our heart palpitations and it feeds a chain reaction that leads to indigestion and difficulty eliminating waste products. From there the energy goes up to the lungs and it adds sadness and depression in the lungs. This causes breathing problems, decreased oxygen in the blood and constipation. From the lungs, the next energetically connected organs are the kidneys, and with the kidneys, we add fear and trauma. We may recognize being constipated and can't remember the last time we cleared our bowels. Maybe we have a breathing problem and feel tightness in our chest or suffer from pain in the lower back or in the legs. That adds more anxiety and fear as we have already tried all kinds of medicine and

exercises and don't know how to solve these problems. With time more symptoms can build up and we don't feel sexual desire and our nervous system is blocked.

Most people do not realize that their illnesses are caused by negative emotions. They are only aware of the physical symptoms and wonder why. They rarely go inside to listen or take time out to connect with themselves. When we learn more about the elements and how the organ energy functions then we often find the answer within ourselves. No thought is lost inside your body. All the drama, pain and cries we had, just needed to be calmed down and transformed by looking and listening inside. Without the mastering of our emotions we cannot develop inner beauty.

As long as our days pass like this, we smile at the customer, the guest, the neighbor, the patient, the student and we wish him all the best and listen to his problems but inside we think: "Oh, for God's sake just stop talking, I cannot listen to your story again. Just get out of my way, you take all my energy; you exhaust me."

As long as our inner and outer being is not aligned, life drains us because we are not really true with ourselves and with others. We try but it is not coming from the heart. Once we have love and happiness cultivated within ourselves we hardly ever feel drained by other peoples' emotions.

To strengthen our kidney energy we tune into gentleness, stillness and peace. Feeling fear depletes our kidney energy. Often our fears result from past traumas which can create a fearful emotion into the future. The fear to lose a job, fear that our loved ones could become sick, fear of having an accident. Having fear to being intimate with a man, fear of being pregnant. All of these past and future fears block our system and yes, have a strong impact on our hormone producing glands.

Let the fear be transformed with stillness, gentleness; forgive yourself and feel peace. Smile and practice the healing sound for your kidneys. You may use a technique called Eye Desensitization Technique. Scientists discovered

that we transform our emotional input through dreaming by moving the closed eyes left and right when sleeping to transform an emotional experience.

This technique is very powerful because the eyes are connected to the entire nervous system in the body. The pain of our emotions is sitting in the nervous system and we can experience it as physical discomfort. With Chi Nei Tsang abdominal massage, you can release tension and pain in your second brain, the lower Tan Tien. This massage releases the knots and tangles manifested in the intestine and the major organs. Chi Nei Tsang I is a special technique used to detoxify the organs. By releasing knots and tangles, chi and blood circulation increases and the information in our second brain is freed from our nervous system. This relaxes and detoxifies the organs. Chi Nei Tsang has 5 levels extending into every part of the body.

## **WHAT IS CHI?**

Above I mention words like “energy,” “feelings,” “emotions” and “Chi”. The entire Tao practice is about feeling-feeling our emotions, feeling energy or Chi. Chi is an important aspect in the cultivation of Inner Beauty and Outer Radiance. Chi is also the basis of all traditional Chinese healing arts, from acupuncture to herbal medicine.

It is the spiral dance of the planets, the magnetism between the electron and proton, and the attraction between male and female. Energy (Chi) is the air we breathe, the food we eat and the emotions we feel.

Energy is that elusive substance we are all seeking. It is that vital force that makes life exciting, fun, creative and joyful. You may call it Chi (Chinese), Prana (Sanskrit), Ruach (Hebrew), Spirit, youthfulness or vibrant health. Energy is what we crave.

Instinctively, we know that the more energy we have,

the better we feel. By cultivating energy from within, you can enjoy the material world without attachment. When we approach the material world from a place of internal balance and strength, we can appreciate all of our possessions without being controlled by them.

As our internal energy increases, so does our ability to handle stress; it's when we are depleted that stress seeps into our body and mind. The choices we make every day, from what we eat to how we move, change the way we feel and work from the inside out.

Original Chi is the inherited life-force energy derived from the egg of our mother and sperm of our father and from the Universe. This energy is our prenatal Chi also known as the Original Force. About 50 percent of our original force is stored in the abdomen around the navel, 25 percent in the kidneys, and 25 percent in the sexual organs; this area is called lower Tan Tien. Our Original Force is like a battery; it is the basis of our constitutional strength. If our battery has a strong charge and can easily recharge after a drain, then we can preserve our Original Force and enjoy good health.

However, often we empty our battery through deteriorating lifestyles and we lose our Original Force. Nevertheless the good news is that we can build up original force by practicing Chi Kung.

Our soul/spirits are connected through our Original Force (Chi) with the physical body. Original Force is the energy in our body, the spirit in our body, it is the connection between the physical and the soul/spirits. Our soul/spirits come from the supreme creator, the Original Force comes from the Primordial Force of the universe. When alive, we have Original Force, and when dead, there is no more Original Force left. In order to increase our Original Force we learn the practices of Healing Love that I explain later. The air we breathe, the healthy and fresh food we eat gives us a normal Chi — this is a low octane Chi. However, for increasing Original Force we need a high

octane Chi, which comes from cultivating sexual energy.

Chi is everywhere, not in our body alone. Chi is around us, the universe is full of Chi. When we're in a beautiful area, we often perceive good Chi, like in a beautiful garden.

Once we can calm our mind we can feel Chi. Normally, Chi is scattered in our body and in order to feel Chi we need to focus on it. When we try to calm down and an inner voice drifts us away from the center of focus, Chi is scattered. First, we want to condense and feel Chi in our body. The feeling of Chi and the transformation of negative to positive emotions goes hand in hand.

The best practice to become aware of Chi is when it circles in the Microcosmic Orbit. Once we can feel Chi like an electric current circle in an orbit, it is clear that this is something real.

## **THE MEANING OF CHI KUNG**

In the Taoist energy cultivation, Chi Kung practice is an important aspect. Chi (also spelled Qi) means “energy” or “life force” Kung (also spelled Gong) is a Chinese term meaning “work” or “skill.” Hence, the term Chi Kung may be translated as breathing exercises as well as energy work. Becoming an expert at working with our own internal energy gives us the resources to have choices and to manifest the kind of life we want to have.

Based on the principles of classical Taoist philosophy, Chi Kung is a simple and practical approach to becoming skilled in matters of health, happiness and spiritual attainment. As a practitioner develops her skills, she grows more healthy, emotionally balanced, spiritually connected and full of vitality.

People watching Chi Kung see only slow and graceful



movements or simple stretches. They wonder, “How can that get you in shape or train you to be a better martial artist?” However there is a lot more to Chi Kung than what meets the eye. Like an iceberg, what you can see of a Chi Kung practice is only the surface of a much deeper and potent internal power.

Chi Kung is simple: it requires no equipment, little space and can be practiced in a short amount of time. Yet it gives an incredible amount of healing power to the practitioner, so much that some of the cures and other effects it achieves have been called “miracles” even by direct observers. Chi Kung enhances your body’s natural healing potential, allowing you to tap into your inner resources to bring forth whatever is necessary for you.

## **IRON SHIRT CHI KUNG I**

The practice of Iron Shirt Chi Kung develops a highly refined moral and spiritual awareness. One goal of the practice is to keep our physical body in good condition in the physical plane in order to store more Chi energy for further use in the higher level of the spiritual plane.

Iron Shirt is one of the most important exercises because through its practice one learns rootedness to Mother Earth energy, a phenomenon intrinsic to the spiritual plane.

During the Bolin Period approximately 1,000 BC, Iron Shirt Chi Kung, a method of Kung Fu, was learned as a protective training, providing internal power by the practice of simple external techniques.

The Iron Shirt Chi Kung practice uses the practice of breathing to increase the Chi pressure in the body. In practicing Iron Shirt Chi Kung, we use our breath to maximum advantage. We can actually increase our vital

energy, strengthen our organs and promote self-healing by increasing the Chi pressure (pounds per square inch) in the organs and cavities of the body. The circulatory system, the lymphatic system, the nervous system and the endocrine glands will be activated, and blood, spinal fluid and hormones will flow more easily so that the heart will not have to work hard.

With Iron Shirt Chi Kung, one is able to strengthen the immune system giving a general sense of well-being.

The sexual (creative) energy produced as a result is another source of Chi energy that may later be transformed into spiritual energy.

Iron Shirt Chi Kung I consists of six static postures that, when practiced correctly, also result in the development of Inner Beauty and Outer Radiance.

Eastern medicine has always described how each of these aspects of our being – the body, mind, and spirit – influence each other. For example, negative emotional energy and stress have a negative influence on the health of the body. Poor health, on the other hand, will have negative influence on emotions and the mind. The relationship is reciprocal; the energy of the body, mind, and spirit are part of one continuous cycle. Real healing solutions lie in our ability to prevent problems before they arise and to attain long- term transformation of existing problems in a holistic manner.

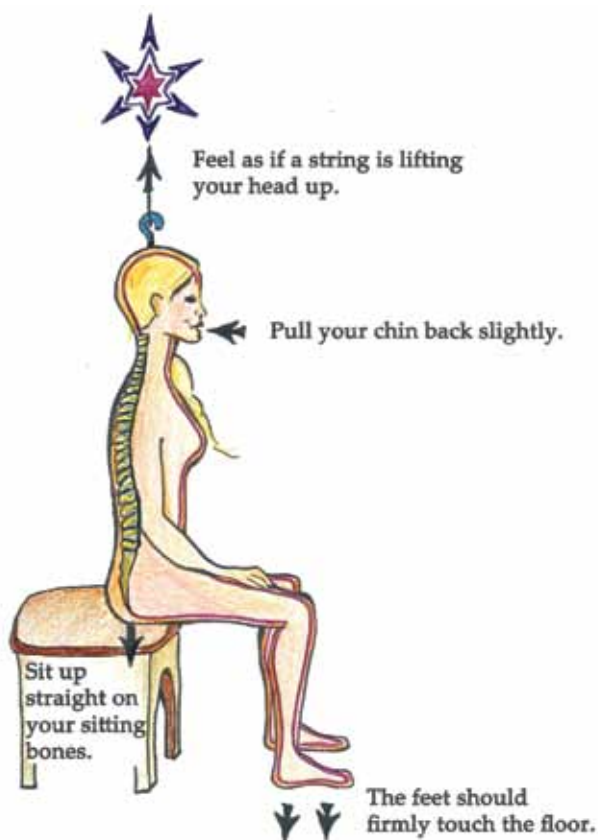
There is a saying in Chinese medicine that trying to get healthy after you've become sick is like digging a well when you are dying of thirst. The idea here is to focus on your health while you are healthy. That is not to say that if you are sick or in pain there is nothing that you can do. It just means that wherever you are on your path to health and vitality, now is the best time to begin.

## **CHI KUNG FOR SPIRITUAL ATTAINMENT**

Spiritual Chi Kung enhances compassionate, virtuous energy to support a life of love and kindness. The practitioner is normally sitting still in meditation and using the mind to move and circulate internal energy. We call this Internal Alchemy whereby energy is transformed into higher and more refined vibrations. In this practice energy is drawn from the universe into the body. The Microcosmic Orbit is a spiritual Chi Kung practice that opens the body and meridian pathways by moving Chi in the Governor and Functional channels. Moving this orbit draws more Chi from the Universe into these particular channels. The Microcosmic Orbit could be used for medical and health purposes as well as for spiritual purposes. As energy opens in the body it is natural for physical vitality to increase along with spiritual insight.

### **PREPARE YOUR BODY FOR THE INNER SMILE MEDITATION OR THE SIX HEALING SOUNDS**

In the Tao we prefer to sit on a chair for meditation. Sit at the edge of the chair on the sitting bones, legs about shoulder width apart, spine erect, feet touching the ground and chin slightly in, this way the lumbar is open and the energy can circulate from the legs up. Some people prefer to sit cross legged when they meditate.

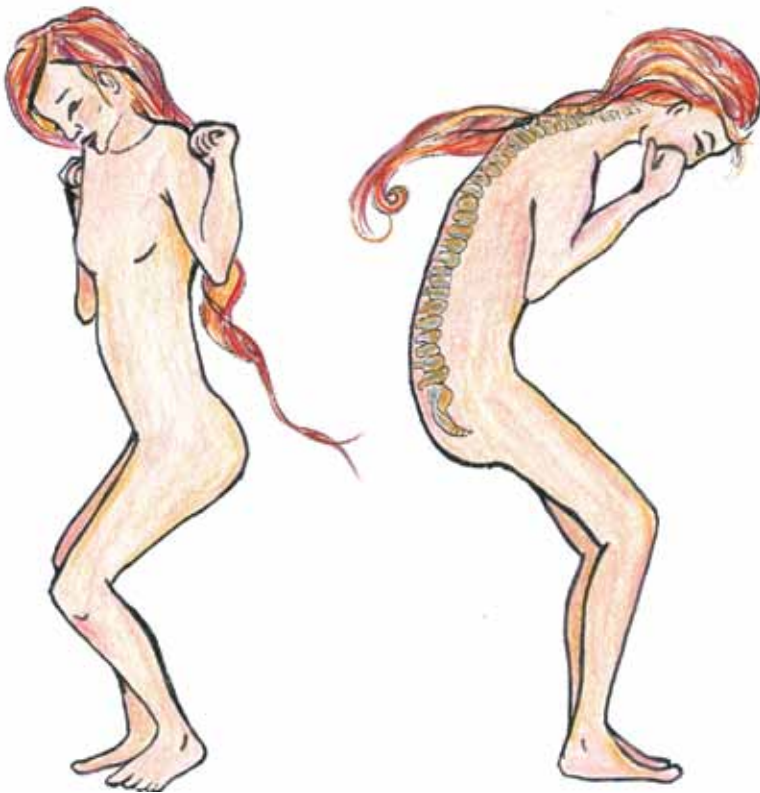


Correct Sitting Position

This is good too, but if you feel pain and tension you can sit with your feet touching the floor. Asian people are more accustomed to sitting cross legged as most of the population still sit this way at the table when they eat.

It is good to always meditate in the same place and on the same chair as you build up your personal energy there. You feel more connected and you can calm your mind easier once you have practiced there for some time. It is very beneficial to practice every day. When I started with the Universal Healing Tao practices, I bought a booklet and wrote every exercise and all practices that I had

learned in it. Every morning, I religiously practiced a few of the exercises. After some weeks, I noticed that I had neglected some of the practices. I didn't feel like practicing certain exercises and had all kinds of excuses. At times I had to re-read the books to recall my practice. I realized in the past years of teaching that most women like to take a more floating approach to the practice. They start their day with thoughts like: "How do I feel today? What do I want to do today?" That works too as everyone's approach to developing a routine in the practice is different. The point is that you practice otherwise you will forget it. Another way is to get a friend to practice with you. In the morning it's always good to activate your spinal cord with the spinal cord breathing because this activates your nervous system after hours of sleep and stillness.



Spinal Cord Breathing

Another simple but beneficial exercise is spiraling your hips. Stand tall, put your hands on your hips, feet shoulder width apart and then spiral the hips especially if you have a sitting job. Spiral in one direction and then change the direction.

Shaking activates all the lymphatic systems in the body. Add any additional exercises you remember. You can practice the Inner Smile in your bed and tune into joy and happiness first thing in the morning.

## **THEORY OF THE INNER SMILE**

With the Inner Smile we start to develop a healthy, loving relationship with ourselves and with others. This will help us to form a more authentic and healthier self-image, one that can stay in close contact with reality. It becomes easier and more natural for us to extend this love outward and to love and accept other people as well once we learn to love and accept ourselves the way we are.

I remember the first thing I did after learning the Inner Smile meditation was buying an anatomy book to locate and visualize the major organs in my body.

In the Tao it is believed that our body is the house for our soul and spirits and each organ has its own soul and spirit energy. When we hold too many negative emotions in our organs, the soul/spirit of the respective organ will leave the body and then we have a big problem. Maybe we end up in a mental hospital for the rest of our life.

We have the power to transform our life. Practicing to cultivate the virtues in our organs is the key practice to health, success and happiness.

It was a great help to visualize the shape of the organs with the pictures in the anatomy book. I turned my senses

inward and began to breathe into my body and focused to see, feel, smell and listen into each organ. This practice is quite easy but very profound when we smile and tune into the virtuous energy of the organ as a noticeable relaxation takes place. It's especially effective when we smile along the spinal cord because it relaxes the spine and the nervous system. When the spine is tense and stiff, there is no way to calm down.

I smile into my organs whenever I have time. When I wait in line at the cashier or when I find myself in a traffic jam, I send a smiling energy combined with the virtues and the colors into my organs. Every time I practice I want to feel more love, more gentleness, more kindness, more courage and more trust in my organs and want to brighten and intensify the respective color.

At the end of the Inner Smile, we collect the positive energy in the lower Tan Tien, which is located behind the navel in front of our kidneys.

When all our organ energy is balanced we feel love, self-love. While learning self-love, we should remember that even the loving energy within us derives from the original force of the Wu Chi, the supreme Creator or God. This means that the heart's energy, where the loving energy resides, provides a connection to our divine source: Universal Love. The connection between inner and outer sources requires constant attention and alignment. First, we cultivate love within ourselves to have the power to draw in unconditional love or Universal Love from the Universe.

While our personal supply of energy is limited, the loving energy of the universe is inexhaustible. When we know how to connect to this wellspring, we will always have enough love for ourselves and for others. If we don't know how to tap into the higher force to enhance and replenish our supply, we often end up giving away more than we can afford. Eventually, this can cause us to drain our sexual energy and burn out the love in our hearts.

Most of the time we look outside ourselves to fulfill our needs without realizing that others seek fulfillment in the same way. Out of habit, we all seek love externally without nurturing our own source of that energy within us. The stress of giving away what we don't have enough of, can create blockages in the Microcosmic Orbit and can also block the unconditional love from Heaven.

A good time to practice the Inner Smile meditation is in the morning before you start your day. You simply place your hands on your organs and smile into them, tuning into the virtues of every organ and letting the virtue grow by repeating the name of the virtue and feeling the virtue in your organ. Then you visualize the respective colors and fill the organs with the colors and see them shining and radiating.

I think it is quite interesting that Jesus, Buddha and many other great masters and teachers never built a temple or a church. Jesus said, "Your body is your temple." Jesus and Buddha spent so many years to build their own internal temple. Often people think the Universal Healing Tao system is a very physical practice. Many teachings focus on forgetting our bodies and focusing on the universe only, or smiling to a statue, or praising an ascended heavenly being. But the ancient masters proclaimed that your body is the Temple of God so why focus on anything else? Where our mind is, Chi follows, and when we praise an object away from us, our energy also follows. This often leads to the wish to disconnect from society and live in isolation because Chi, life force has left us due to spending many hours of meditating on an object outside of ourselves.

To begin building your own temple, hold an image of the heart, visualize the heart and smile into the heart. Now you make a connection with the heart. By just making this connection you are starting to build up a temple within yourself. Holding an image of the organs is a very important part.

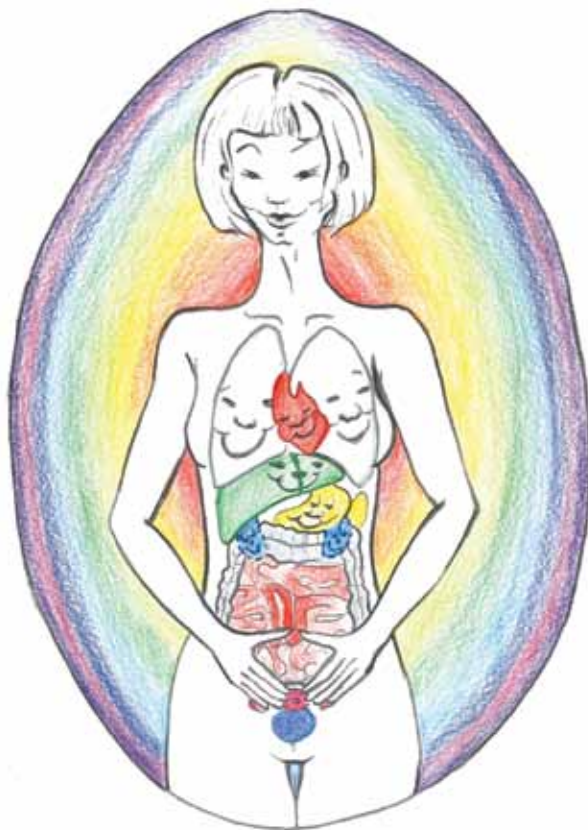


Of course, you can smile into every part of your body, you send a smiling energy along your spinal cord from the first cervical vertebra to the coccyx.

In the Universal Healing Tao system we develop our “Yi” power. Yi is actually a Chinese character and means bringing our eyes, mind and heart together. Through concentration we bring these three powers together into one. This is a strong focus once they are together and with this we move the Chi.

Sometimes I use the words “awareness mind” or just “move or spiral Chi” or “move Jing Chi.” All this means moving Chi with the Yi power.

## SIMPLE INNER SMILE PRACTICE



Inner Smile

The Inner Smile is the basic practice you need in the world because this world is very emotional. You need to create a good feeling in your own universe every day.

Sit at the edge of a chair with your feet about shoulder width on the floor.

Always start with the crane neck. Inhale and bend forward from your lumbar vertebra and stretch your chin to the front. Now slowly exhale and roll up from your lumbar vertebra, from your lower thoracic, middle thoracic, upper

thoracic, press your chin to the back. Inhale and exhale and repeat the crane neck exercise.

Smile into your coccyx and visualize a long green tail from your little tailbone connecting down to the earth. Smile into your sacrum and rock from your sitting bones. Rock from the left sitting bone to the right sitting bone, left sitting bone, right sitting bone, feel the long green tail shaking and focus on each of your lumbar vertebrates. Feel the rocking motion between every vertebra in your spinal cord. Then feel the rocking in your lower thoracic vertebrae, your middle thoracic vertebrae, your upper thoracic vertebrae and smile and rock your seven cervical vertebrates.

Cease the movement and smile down into the lower Tan Tien.

Empty your mind downwards, empty all your thinking downwards to the lower Tan Tien. Now empty your heart, your conscious mind down into your lower Tan Tien and breathe from your lower Tan Tien. Bring the three minds into one mind at the lower Tan Tien.

Now we smile from the heart into all organs. Lift the corner of your mouth and corner of your eyes and smile.

Connect with your heart.

Picture the heart, smile into the heart and tune into the feeling of love, joy, happiness and gratefulness.

Recall when you felt love, joy and happiness, and recall these feelings and multiply them.

When you feel around 10 percent of love, joy and happiness now, then increase it to 100 percent of love, joy and happiness in your heart.

Feel more love, joy and happiness in your heart, and feel gratefulness.

And then see your heart filled with red light, shining and radiating.

And from the heart, smile into your spleen on the left side. Place your hands on the left side and connect to the stomach, the spleen and the pancreas. Send your smiling energy into your organs. Breathe into them.

Tune into the emotions of openness, fairness and trust. Think about being open, being fair and having trust. You need these virtues in your life.

Let them grow. Multiply them. Repeat them.

Just repeat the words: I am open, I am fair and I have trust.

See your spleen filled and shining with yellow light.

Go back to your heart with a smile and from your heart, smile into your lungs.

Picture the lungs, breathe into your lungs and tune into the emotions of courage and righteousness. Think about the quality of being courageous and righteous. Multiply them and say to yourself: I am courageous and I am righteous. See your lungs filled with white light. Visualize with your inner eye a clean white color in your lungs. Connect again with your heart.

From the heart, smile into your kidneys. Picture your kidneys and smile into them. Breathe into your kidneys and tune into the emotions of gentleness, stillness and peace. These are the virtues in your kidneys. Focus on your kidneys and repeat sub-vocally: I feel gentle, I feel still and I feel peaceful.

We need to spend time with ourselves, with our major organs and focus on the virtues.

And see your kidneys filled with blue light. Now connect with your heart again by smiling into your heart.

Feel abundant love, joy and happiness in your heart like a loving fire and send this fire into your uterus and the ovaries. Smile down to your organs.

Picture your ovaries and your uterus and breathe into them.

Now gently contract and pull up your perineum, which is located between the vagina and the anus, and contract into the uterus and the ovaries, hold for a moment and release.



Ovaries Breathing

Very gently pull up again, now look downwards, visualize your ovaries and uterus and spiral with your eyes in your uterus and your ovaries (refer to picture) and release. You can spiral from your perineum up towards the coccyx, sacrum to the uterus. Move your eyes down along the vagina and along the perineum up into the coccyx and so on.

Spiral and gently contract, release and feel the life force and vitality in these organs.

See your ovaries and uterus filled with a light pink color.

Now connect again with your heart by smiling into your heart and feeling love, joy and happiness in your heart.

And then, from the heart, connect to your liver.

Send your sunshine smile into your liver. Feel the loving energy from your heart in your liver and breathe into it. Tune into kindness and generosity. These are the virtues of your liver.

Recall being kind and generous.

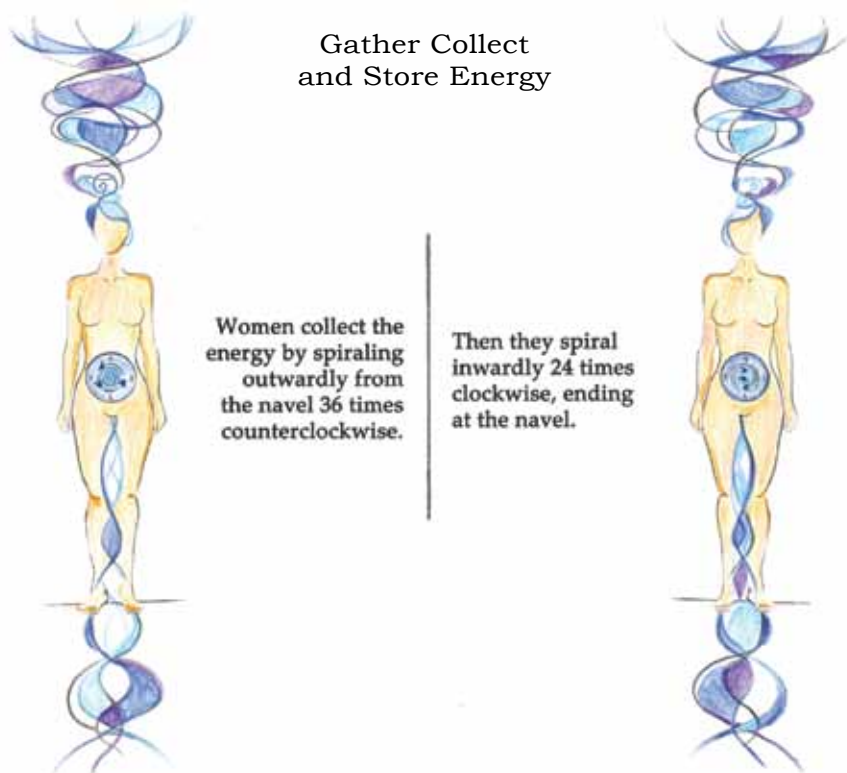
Repeat sub-vocally in your liver: I am kind and I am generous.

And see your liver filled with green light.

Now connect again with a smiling energy into your heart. Feel so much love, joy and happiness in your heart. Feel the good feeling, breathe it into your heart — love, joy, happiness and gratefulness. Gratefulness is a very strong virtue. It is necessary in our spiritual path.

There are innumerable reasons why we can feel grateful in our life.

And now lower your mind down to the lower Tan Tien and collect the Chi in your lower Tan Tien.



Spiral counter-clockwise, from above the navel to the right to the bottom to the left. You can move your hand and your eyes spiraling around the navel from small to bigger not exceeding the boundaries of the pubic bone and the diaphragm. Then reverse the spiraling from big to small and condense the Chi, into a warm or condensed feeling behind the navel in front of the kidneys.

Sit back on your chair and hold your hands on your navel and rest for a while.

The difference between the Inner Smile and the Six Healing Sounds is basically that we contemplate on the negative emotions in the Six Healing Sounds, whereas in the Inner Smile, we just focus on the virtues. However at times we might start with the Inner Smile but feel negative emotions coming up that we cannot “smile away”. Then

we use the Eye Desensitization practice followed by the respective Healing Sound and arm movement. Practicing and feeling the transformation from negative to positive emotions develops our inner beauty when our organ energy resonates in the virtues. If we want to be lovable, we have to love. However, we often depend on other people to love us. We like to think “I want to find the perfect lid for my cup.” This is when we are not in tune with ourselves. In general, we often think a bit negative about ourselves. We wish we were better, better than we are. Often we hold on to an ideal belief that if I could just look a bit more like a famous superstar I would find my ideal partner. All men would admire me.

In the Tao, if you want to be loved, you have to love yourself first. And again how do we do this? We achieve this when developing the virtues in our organs. However, by trying to find the perfect lid for our cup we long for someone to love us the way we are. We don’t want to improve ourselves, the other has to just accept us as we are. This is more a worldly approach. In the Tao, we say, love is like a soup. If you want to eat a delicious soup you need many good ingredients. For example, you want to cook a chicken soup you need water, chicken, salt, maybe a carrot and parsley. Each ingredient by itself is not as tasty as when we combine them all together into a soup. You have to cultivate patience trust, courage, gentleness and kindness and then you will have love.

To feel love is when we feel open, fair and having trust (virtues of the spleen), courageous and righteous (virtues of the lungs), gentle, still and peaceful (virtues of the kidneys) and kindness and generosity (virtues of the liver). We spiral and blend all these virtues in the heart and then we feel abundant love, joy and happiness within our heart. Once we can live the virtues, then we can forgive, forget and let go our own wrong doing and that of other people. We create compassion, which we regard as the highest virtue.



I think this is the first step towards living a spiritual life. Otherwise, all our happiness depends on other people, or another form of entertainment or distraction. Nowadays we have so many choices of entertainment, literally running away from connecting with ourselves. We can spend hours surfing the internet for enlightenment, health and happiness, but the most important realization is that we have it inside of ourselves. The whole practice is about tuning into the virtues and allowing this virtuous energy to grow. The growing takes place when you spend enough time feeling the virtues in your organs. Our cells split every second in our body creating new cells. When we spend time with ourselves and tune into the virtuous energy of our organs, the new cells have a higher vibration.

This is the secret about the Inner Smile. You can do it anywhere. You don't have to be sitting, you can practice standing, waiting in a line, in your car, on an airplane, on the train. Whenever you have a moment you can send a loving smile into your organs.

## **SIX HEALING SOUNDS**

Above all the practices I have learned in the Universal Healing Tao system, I regard the Six Healing Sounds as the most healing.

When I first began practicing, I thought that these sounds are just practiced “at the beginner level” and I eagerly wanted to move on to learn the next level, the Fusion of the Five Elements Meditation which is the first supreme inner Alchemy practice. I was introduced to the Six Healing Sounds as a way to improve sleep if I practiced each sound three times at the end of the day. I had sleeping problems because I was working as a flight attendant on long overnight flights and didn't want to become dependent on sleeping pills, so I thought I would give it a try. Every

evening before going to bed, I sat at the edge of my bed and practiced these sounds. In the beginning, I had to look at the book for each sound, the sequence, the hand posture and the color. Oh yes, and now I remember that when turning my eyes into an organ, all I could “see” was black. I started to breathe into the organ and send a smiling energy into it. Some days strange visions came up and other days I just saw black and had no feeling. Sometimes I noticed that I fell into a dreamlike state and memories came up. When I woke up, it was much later and I quickly laid back down to sleep.

After a short while of regular practice, I noticed that my sleeping pattern had improved. It was pure magic!

I had the habit of drinking one or two glasses of wine for dinner and noticed that the practice and the wine did not go well together. When I tried to look and feel into my organs I felt rather tipsy and could not concentrate. So, I decided to do a test — one evening I drank one glass of wine and the second evening I would not drink wine but instead practice the Six Healing Sounds. I realized that the wine didn’t serve me at all. This feeling came from my body, from my organs. and I reduced to half a glass of wine. Finally, I stopped this habit completely.

When my teacher came again to my country the next year, I learned more of the benefits of the Six Healing Sounds. I learned that we have positive and negative emotions stored in the body especially in our major organs. At the beginning of this practice, I didn’t feel any negative emotions in my organ. Sometimes I felt overall unwell but couldn’t define what kind of emotion this was. It was a mixed up feeling of low energy or nervousness. Then, I would just do every sound three times for all the organs and felt much better afterwards. It was like a miracle how my energy could shift in such a short time. With continued practice, I had the feeling that I could go deeper into my organs and discover negative feelings that literally blocked my organ energy. For instance when looking and feeling into the liver I would think “Do I feel any anger,

frustration, envy or jealousy in this organ?” and yes, memories came up, negative emotions I felt towards my family or friends came up. Then, I tuned into the positive emotions of kindness, generosity and acceptance and was breathing the positive feelings together with a smile into my liver and pictured my liver filled with bright green light.

I became aware that our negative emotions are actually our negative karma. Because of our negative emotions, we have killed, tortured, and punished others and we punish ourselves by doing all the bad things that hurt and finally kill us on a physical, emotional and spiritual level. Because of our own negativity we cannot cope with our job, our family, our partner or our society, and in order to cope with the stressful feeling, we get drunk or take drugs that numb our nervous system or we overeat and abuse ourselves in other addictive manners in order to avoid emotional pain.

It also became clear to me that I had to do the practice on a regular basis and not only at a certain time of the month to overcome my negativity.

I believe there are different spiritual practices, depending on our lifestyle. If we live a monastic lifestyle, we are not frequently exposed to emotions, not to the extent as when you work in a company where you have duties and where a lot of very different people have to work together. This can be quite stressful at times.

Perhaps this is why people choose a monastic life or want to become a monk or a nun. Maybe they endeavor to have a more peaceful life and more time to practice.

For sure there are beneficial and less beneficial times for the practice. Every day the emotional energy within ourselves and the energy outside, nature and the universe, changes.

If you lead a normal life, I recommend practicing the Six Healing Sounds every day to clear the emotions of the

day. Review your day and your feelings throughout the day, how you felt in the morning, at the lunch time, and in the evening in relation to all the people you talked to.

Later I learned that we could even delete deeper issues of negative feelings by moving our eyes in the organ left and right, in a sequence of 21 times, deleting or erasing negative memories in the cells of the organs and in the brain through the Eye Desensitization practice. I included the technique to delete negative emotional charge through the eye movement in the organs in the chapter 'Practice of the Six Healing Sounds'.

The eyes are connected to all aspects of the system and when you move your eyes left and right in an organ, and afterwards in the brain, it is similar to the transformation that happens through dreaming. When dreaming you also move the eyes in order to delete the emotional information in the body, which is the main reason why we dream, to transform our emotional input. You release the negative emotional charge through a certain sound and then tune into the positive emotions of the organ. Then visualize the respective color of the organ with your inner eye.

Therefore, practicing the Six Healing Sounds in the evening before going to bed has a positive effect on your dreaming. Often people suffer from nightmares or strange dreams and in the morning wake up not feeling refreshed. If you hold strong negative emotions this can be draining your life force energy as your sleeping pattern becomes shallow and you wake up several times at night. Sometimes negative dreams can even take your breath and you breathe irregularly, or even cease to breathe for a while. This makes you feel unrested in the morning even when you slept 8 or 9 hours. By practicing the Six Healing Sounds you notice that you dream less and your sleep becomes more sound and deep.

Sometimes, I was overwhelmed by the negative feelings that came up when I practiced the Six Healing Sounds and had to repeat the sound and the posture many, many

more times before I could really feel a dark, gray energy leave through my arms and legs. I practiced the sound and the posture so many times until I felt that the negative feeling had diminished. And then I could tune into the positive emotions of the organ.

Connecting on a cellular level into another emotional reality that I discovered in my organs, I realized that I did release and transform the negative memories of the cells in the organs. I could let go of pain, mourning and traumatic experiences through the practice of the Six Healing Sounds and by building up the healing light in the form of the respective color of the organs.

The next strong memory I had is that I became more aware of the feelings and emotions of the people around me. Suddenly, I felt that some of the co-workers, friends or people that I had known for a long time were constantly spewing negativity and this pulled me down to the point that I didn't want to be in their space anymore. That was a sudden awakening because I had not felt that before. I became more sensitive to energy in my environment without even talking or listening to people. Ufff... that was at times quite hard and I wanted to step out of society and my employment, and just escape into the mountains!

I talked to my teacher and he recommended practicing the Fusion of the Five Elements to seal my body energetically. Then I would not feel drained by the energy around me. This practice helped me and I even forgot about my previous sensitivity to energy around me. I noticed the negative energy but it didn't affect me, it didn't drain me anymore. It is also interesting that when we have a problem we experience it all the time, but once this problem is gone from our nervous system, it takes us a while to actually realise that it has transformed.

Every time I practice the Six Healing Sounds I feel very relaxed afterwards and ready for a good night sleep.

When you are not aware of the process you may think “I have practiced the Six Healing Sounds for six months but I am still so emotional. Maybe these sounds don’t work for me.” At times you might feel some doubts. Think how you felt before you started with the practice and you’ll notice that some emotional patterns have changed. The Six Healing Sounds is about developing mindfulness.

You may also practice one specific sound any time of the day when you feel a negative emotion. For example, when you feel sad you practice the Lungs Sound (Ssss...) as many times until the sadness has vanished, and then you fill your lungs with courage and righteousness.

When I became certified as a Universal Healing Tao instructor, I would teach the Six Healing Sounds in every class and this benefited my own practice as well. From my own experience, I know that the benefit of the Six Healing Sounds deepens with years of practice. Our body is like a universe with millions of cells and each cell holds emotional information. The more time we spend on our organs, smiling and sending positive energy into it, the cells that split in this moment will have a brighter emotion than the cells living our normal emotional pattern.

# **THEORY OF THE SIX HEALING SOUNDS**

Thousands of years ago, Taoist Masters discovered the Six Healing Sounds during their meditations and defined these sounds as the correct frequencies to keep the organs in optimal condition by preventing and alleviating illness. They discovered that a healthy organ vibrates at a particular frequency. To accompany the Six Healing Sounds, six accompanying postures were developed to activate the acupuncture meridians, or energy channels, of the organs.

## **What causes an organ to malfunction?**

There are many causes: living in our society creates a life full of physical and emotional stresses such as overcrowding, pollution, radiation, junk food, chemical additives, anxiety, loneliness, bad posture and sudden or overly vigorous exercise. Living with all of these stressors produces tension and blocks the free passage of energy flow in the body, and thus, the organs overheat. In addition, the concrete jungle that we often live in lacks the safety valves provided by nature: trees, open spaces and running water, which give us cooling, purifying energy. Continued overheating causes an organ to contract and harden. This impairs its ability to function and results in illness.

Chinese medicine teaches that each organ is surrounded by a sac or membrane, called fascia, which regulates its temperature. Ideally, the membrane releases excess heat out through the skin, where it is exchanged for cool life force energy from nature. An overload of physical or emotional tension causes the membrane, or fascia, to stick to the organ so that it cannot properly release heat to the skin or absorb cool energy from the skin. The skin becomes clogged with toxins and the organ overheats. The Six Healing Sounds speed up the heat exchange

through the digestive system and the mouth. In the middle of the body in between all the organs, the digestive system is more than 20 feet long and runs from the mouth to the anus as one pipe. It helps release excess heat from the fascia, therefore cooling and cleansing the organs and skin.

Toxic deposits on tissues and muscles block the free passage of the heat generated by the organs. The heat is reflected back into the organs causing pressure, overheating and eventual malfunction of the organs.

When all the sounds and postures are done in the proper order, body heat is evenly distributed by the intestinal tract throughout the whole body, and each of the organs is at its correct temperature. As the sound is made, the heat given off by the organs is transferred out of the body by the esophagus.

## **PRACTICE OF SIX HEALING SOUNDS**

Sit at the edge of a chair, your feet about shoulder width apart, your spinal cord upright and your chin slightly in. Your shoulders are relaxed with your hands on your knees. Calm your mind down by breathing into your lower Tan Tien.



## The Lung Sound



Ssssss... lung sound

Then, connect with your lungs by smiling into your lungs and holding your hands above your lungs, palms facing them. Breathe into your lungs.

Turn your eyes down into your lungs and look into your lungs. Move your eyes from the right side to the left side, and again from the right side of your lungs to the left side of your lungs, 21 times. Look deep into your lungs. See or feel any sadness or depressed feelings in your lungs. Open your eyes, practice the arm posture and exhale the lung sound, the “Sssss” sound. Bring your arms down, and feel and look into your lungs.

Repeat the sound a second time, rest and look into your lungs. Move your eyes to the left and to the right side of your lungs. Practice the sound with the respective posture a third time.

Now tune into the virtues of your lungs, courage and righteousness. You can sub-vocally enforce the virtues by saying, “I am courageous and I am righteous,” and repeat it in your lungs.

## The Kidney Sound



Chooooo... kidney sound

Then, hands resting on the kidneys, connect with your kidneys by smiling into your kidneys.

Turn your eyes into your kidneys and look left and right in your kidneys. Repeat 21 times. Delete any fear, trauma or phobia in your kidneys.

Practice the arm posture, open your eyes and exhale the kidney “Choooooo” sound.

Repeat the sound a second time, rest and look into your kidneys. Move your eyes to the left and to the right side of your kidneys. Then make the sound with the respective posture a third time. Feel the sound expelling the excess hot, toxic, and fear energy.

Now tune into and transform to the good virtues of your kidneys, gentleness, stillness and peace. You can enforce this by saying sub-vocally, “I am gentle, I am still and I am peaceful.”

## The Liver Sound



Shhhhh... liver sound

Sit comfortably with back straight, hands resting on your liver, eyes closed, connect with your liver by smiling into your liver. Turn your eyes into your liver and look left and right in your liver. Repeat 21 times. See any anger, frustration, envy or jealousy in your liver.

Practice the arm posture, open your eyes wide and make the liver “Shhhhhh” sound.

Repeat the sound a second time. Look again into your liver by moving your eyes to the left and to the right side of your liver. Then practice the sound with the respective posture a third time.

Now tune into the virtues of your liver, kindness and generosity. You can enforce this by repeating sub-vocally, “I am kind, I am generous.”

## The Heart Sound



Hawwww... heart sound

Connect with your heart by smiling into your heart.

Turn your eyes into your heart and look left and right in your heart. Repeat this 21 times. See any impatience, arrogance, cruelty or hate.

Practice the arm posture, open your eyes and exhale the heart “Haaaaaww” sound.

Repeat the sound a second time, rest and look into your heart. Move your eyes to the left and to the right side of your heart. Sink deeper into your heart. Then practice the sound with the respective posture a third time. Feel the sound move and expel the bad emotions.

Now tune into the virtues of — love, joy and happiness. Every time you connect with your heart you want to feel more love, joy and happiness.

## The Spleen Sound



Whhoooo... spleen sound

Now connect with your spleen by smiling into your spleen, stomach and pancreas.

Turn your eyes into your spleen, stomach and pancreas and look left and right in your organs.

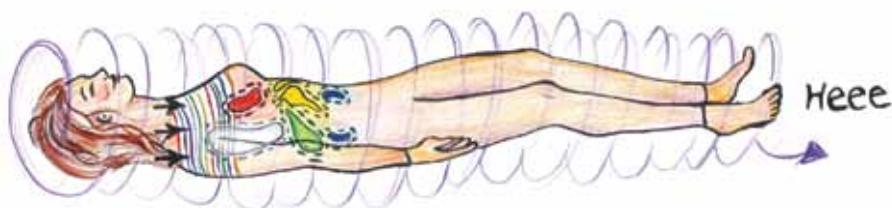
Repeat 21 times. Delete any worrying, anxiety or mistrust.

Practice the arm posture, open your eyes and exhale the spleen sound “Whhooo”.

Repeat the sound a second time, rest and look into your spleen, stomach and pancreas. Move your eyes to the left and to the right side of your organs and sink deeper into your organs. Then practice the sound with the respective posture a third time.

Now tune into the virtues of your spleen — openness, fairness, balance and trust. You can enforce this by repeating sub-vocally, “I am open, I am fair, and I have trust.”

Finally we make the Triple Warmer sound “Heeeee”. Lean back or lie down in the respective posture, smile, and move your arms up, and then slowly move arms down bringing the energy from the upper part of the body down to the feet and into the mother earth. Repeat exercise three times.



Heeeee... triple warmer sound

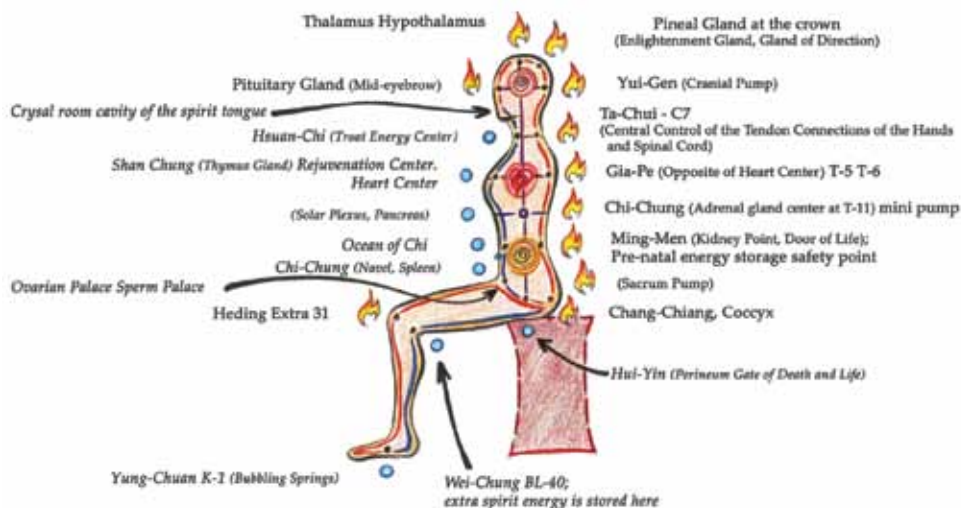
We rest for a moment and enjoy the calm and balanced feeling in our body and mind.

# THEORY ON MICROCOSMIC ORBIT

The Microcosmic Orbit Meditation is the core practice of the Universal Healing Tao system. It is composed of two channels, referred to as the Governor and Functional Channels, which are like two large rivers with many streams. Through their meditative practices, the Taoist masters in ancient times discovered a flowing current of energy in the human body.

*The Functional Channel*

*The Governing Channel*



*The Cosmic Orbit*

When Chi is flowing properly in our body it replenishes our life force. This Chi flow was found to follow fixed patterns through 60 major channels and approximately 365 points or energy centers where Chi gathers and condenses. These energy points have both positive and negative poles that spiral like subtle wheels of energy. External forces are drawn into these energy points; they serve as focal centers through which these forces are absorbed and transformed into life force. Higher centers, such as the

crown, spiral at a higher rate than lower centers. Modern science understands now that this flow of human energy is actually an electromagnetic current. The acupuncture channels serve as its wiring, which guides the life force to nourish the organs and glands. Chi is the link between the physical body and the soul/spirit body.

The knowledge of this energy flow is key to understanding why the Microcosmic Orbit must be kept actively open to accommodate and enhance the movement of Chi in our body. When we do not know how to conserve, recycle and transform our internal force through this pathway, our energy consumption is inefficient. Through the practice of the Microcosmic Orbit Meditation, we can get in touch with our Chi flow and locate blockages or weak areas in its path and then we can balance it.

## **MICROCOSMIC ORBIT**

Opening my Microcosmic Orbit was a slow experience, but I felt extremely happy once I could feel the energy flow from the navel center down to the perineum, to the coccyx, along the spinal cord up to the crown and the front line from the middle of the forehead to the throat, to the chest, then to the solar plexus and back to the navel center. All I had for reference was the book with the theoretical guidance on how to do it.

Being new to energy practice, I was curious on how this Chi, or life force energy, mentioned in the book would feel like. It took me some time to calm down, relax and focus and, yes indeed, I could feel energy or light moving along this orbit. However, I couldn't focus for long before I lost my concentration. Some days my concentration was better and other days I just couldn't concentrate at all.

Either I didn't have a good night's rest or had many things on my mind that I wanted to do or had forgotten to do.



Sometimes I just felt restlessness inside and couldn't concentrate. But I didn't give up and tried again the next morning and the next morning and so on.

At times, I could keep my focus from the navel center down to the perineum, to the coccyx, up from the sacrum into the spinal cord to the crown point and the front line from forehead to the throat, chest, solar plexus back to the navel center without losing my concentration. That made me feel so happy — it made my day! I felt centered and well and I could accomplish what I needed to.

On these days, I often received compliments like “you look so happy today, are you in love?” or “you look so serene, what did you do?”

I really felt the stark difference between when I was nervous inside and when I felt calm and at peace. And it was also clearly noticeable to the people around me.

When I felt peaceful and happy inside after I had done my warm-up exercises and did the Microcosmic Orbit successfully in the morning, people around assisted me in anything I asked for during the day. Or I would find a parking place for my car in rush hour right in front of the shop I wanted to go.

When I started with the Microcosmic Orbit meditation I had already learned the Six Healing Sounds and Inner Smile Meditation and practiced them on a regular basis.

These practices made me more aware of my emotions and I could feel the impact on my body and mind after the Six Healing Sounds. Some days I had strong negative emotions and I had to repeat the respective sounds more than three times to transform them. When my teacher came again to teach in my country, one of the assisting instructors recommended attending a Chi Nei Tsang abdominal therapy training.

I didn't know anything about massage and had never

received a massage. Actually, I was not very keen on learning massage. But I felt that my teacher knew a lot more than I did about energy and health. When the assisting instructor mentioned that I could use this therapy on my own belly, just to help myself relax and feel more at ease, I was convinced and signed up. I've used Chi Nei Tsang on myself and others ever since, and I have had very positive experiences with it.

When your energy centers are not balanced it creates an imbalance in your body that affects your emotions. By moving the Microcosmic Orbit, it balances your energy centers and you create a more balanced mind. In the Tao, we speak of energy centers and they are like points or areas along the Microcosmic Orbit where you can exchange energy. You can also lose energy through these openings or gather more energy from the outside.

Spirits and ghosts can enter into the body through these energy centers when they are weak and too open. This is how ghosts or spirits possess the body and mind.

The advantage of western medicine is that people live a longer life because of the medical care. However, when they finally die there is often no energy (Chi) left for the soul to follow the light. The goal of western medicine is to keep people alive as long as possible. According to the ancient Taoists, at the moment of death the kidneys and adrenals release a hormonal energy to help the soul to follow the light. This extra energy can deplete when experiencing long-term sickness prior to death or when taking drugs. When people take drugs to experience a kind of enlightenment or for feeling energized, this extra energy is actually triggered by the drug to have the experience. Every time a person takes drugs, this energy is released from the kidneys and it is depleted.

When people have an out-of-body experience, they report a strong yearning to follow a beautiful light. When a person's life is extended by modern medicine and machines, the body is so weak and blocked that when the soul finally

leaves the body, there is no energy left to follow the light. The soul cannot follow its way back to the source and is stuck in the gravitation of the earth. To be trapped here is excessively Yang for the soul, as it needs a physical body. When people have very low energy, they are susceptible to having a hungry ghost enter their body. Often these entities have a strong impact on the person's psyche as they may influence their thoughts. Learning to move the Microcosmic Orbit is very important, as there are more and more of these hungry ghosts due to the rise of western medicine, and they are looking for bodies to enter.

What the Indian system calls Chakras, in the Tao, we call Energy Centers. All the Chakras arise from the spinal cord. In the Tao, we have Energy Centers in the front and in the back (along the spinal cord) of the body and we activate and balance all Energy Centers. There are eight psychic channels in the body. These are the Microcosmic Orbit, the Governor Channel and Functional Channel. In the Supreme Inner Alchemy meditation of Fusion I, we learn to activate the Eight Forces. The eight forces are water, fire, thunder and lightning, rain and lake, earth, mountain and all heavenly bodies. In the next level of Supreme Inner Alchemy we open the Thrusting Channels in the Fusion II meditation. We have three Thrusting Channels, a left Thrusting Channel, a center Thrusting Channel and a right Thrusting Channel. Then, we open the Belt Channels and finally the Bridge and Regulator Channels, which count as two Channels. This is part of the Fusion III meditation. The Tao system is the most comprehensive system existing on this planet. For example, traditional Chinese Medicine, Geomancy, Feng Shui, Astrology, Five Element Cooking and the Taoist energy cultivation taught in the Universal Healing Tao system are all based on five elements and eight forces.

## WHAT IS CHI NEI TSANG?



Chi Nei Tsang is a Chinese term for internal organ Chi Massage which helps release stress and promotes healing by using techniques of massage directly over the navel and surrounding abdominal area where stress, tension and negative emotions accumulate and congest. In the West, this area is known as the second brain and the Taoist regard it as the Tan Tien. If this abdominal area is knotted up, the entire energy of the body is blocked. When this occurs, all the vital energy functions become strained which slowly weakens the internal organs and decreases available energy.

Chi Nei Tsang massage quickly releases negative emotions, tensions and sicknesses, bringing comfort and relief to the abdomen and vital energy to the internal organs. Chi Nei Tsang is also effective in the treatment of numerous common ailments and eliminates toxins in the gastrointestinal tract. It is particularly useful in relieving intestinal blockages, cramps, knots, lumps, scar tissue, headaches, menstrual cramps, poor blood circulation, back pain, infertility, impotence and many other problems.



Chi Nei Tsang is also effective in the treatment of numerous common ailments including digestive problems, such as irritable bowel syndrome, bloating or constipation, and it also promotes lymphatic drainage.

The Taoist sages of ancient China observed that humans often develop energy blockages in their internal organs that result in knots and tangles in their abdomens. These obstructions occur at the center of the body's vital functions and constrict the flow of Chi (energy), our life force. The negative emotions of fear, anger, anxiety, depression and worry cause the most damage. Problems can also be caused by overwork, stress, accidents, surgery, drugs, toxins, poor diet and bad posture.

Through meditative practices the sages learned to look within themselves. They discovered the internal organs connect with the Five Forces of the Universe and provide a link between the human microcosm and the universal macrocosm. The organs contain the spiritual force of a human being. They also provide the physical lines of force that hold the body together and give it structure.

When obstructed, the internal organs store unhealthy energies that can overflow into other bodily systems and surface as negative emotions and sickness. Always in search of an outlet, these negative emotions and toxic energies create a perpetual cycle of negativity and stress.

If the negative emotions can't find an outlet, they fester in the organs or move into the abdomen, the body's "garbage dump." The abdomen can process some emotional garbage, but it often can't keep up with the flow. The energetic center of the body located at the navel becomes congested and cut off from the rest of the body.

## **BENEFITS OF OVARIAN BREATHING**

Nowadays, many women suffer during their menstrual cycle and in the transition to menopause. It seems like "normal" when a woman complains of having cramps, feeling bloated or experiencing a migraine before or during menstruation.

Many women have tremendous symptoms and side effects when going through menopause. They are emotionally imbalanced, feel low energy, gain weight and/or have hot flashes. So many women are affected by these symptoms, it seems like "normal".

However, menstruation and menopause are not illnesses and actually a woman should not have any side effects before or after menstruation or menopause.

I believe that one of the main causes of the growing number of women experiencing these imbalances is the hormonal pill. In order to prevent pregnancy the easy way is to take "the pill" and a woman doesn't have to worry about getting pregnant when having intercourse. When taking the pill every day or having a hormonal device implanted into our body, we inevitably create a hormonal imbalance in our system. Our own hormone producing glands become confused because some hormones are already in the body because of the pill or hormonal device. When a woman stops taking the pill or when going through menopause, the body's hormone producing glands are out of balance, causing all the above mentioned, or more unpleasant side effects.

Another strong impact on our hormone producing glands are emotions. When a woman experiences strong emotions, like separation from a loved one, or feeling constantly under stress, the hormone producing glands become out of balance and sometimes may even stop functioning. Some women may cease their menstruation, or experience unpredictable monthly cycles. Other women lose a lot of menstrual blood every month, whereas others lose almost no blood at all.

A growing number of women in the west are infertile because their hormones are not in balance and other women are getting pregnant even while taking the pill.

Hormonal imbalances can be healed through practicing Ovarian Breathing, as this practice balances all hormone producing glands in the body.

Further benefits when practicing Ovarian Breathing regularly are:

- Preventing breast, uterus, ovarian cancer, myoma or cysts.
- Preventing the uterus or bladder to drop or prolapse.
- No more pre-menstrual symptoms, like cramps, swelling of the breasts, moodiness, constipation etc.
- Improving fertility.
- Preventing negative side effects during menopause.
- Increasing sexual pleasure during lovemaking.
- Maintaining sexual interest and lubrication in the vagina after menopause.
- Transforming deep-rooted negative patterns (fear, phobia etc.) on a cellular level in our sexual organs.
- Becoming multi orgasmic.
- Curing frigidity.

All of the above benefits increase when practicing with an Energy Egg, and through the meditation of the Inner Smile and the Six Healing Sounds.

## **THEORY OF OVARIAN BREATHING**

Ovarian Breathing is one of the major practices for women and you normally begin to practice it after you have opened the Microcosmic Orbit.

In general women can feel the Microcosmic Orbit before they experience the ovarian energy through the practice of the ovarian breathing. In the Microcosmic Orbit our original energy is bundled through the focus of our eyes, mind and heart.

During the course of life, we lose our original energy (original force), we drain our energy. In order to function in our busy lives we use substitutes, as I mentioned earlier. In the Tao, we believe that the only way to increase original force is through cultivating love, compassion and sexual energy. Sexual Chi Kung provides you with an unlimited amount of energy as it is the most healing and the most effective at creating energy. You learn to increase your life force energy by cultivating love, joy and happiness and by activating your original energy in your ovaries. The practice of Ovarian Breathing is the beginning of sexual Chi Kung.

The first part of the practice is enhancing the emotions of love, joy and happiness through the practice of the Inner Smile Meditation and then transforming negative emotions into positive life giving energy (virtues). At this point, you activate your ovarian energy by focusing on your ovaries and sending a loving fire into your ovaries. This practice is all about feeling a warm or tingling sensation in the ovaries and guiding this feeling down to the perineum up to the sacrum and along the spinal cord into the brain. When you master this step, you feel a pressure under your skull. At the beginning, it may be



imperceptible but the Chi pressure increases with practice and balances the left and right hemisphere. You spiral the Chi horizontally in your brain about nine rounds clockwise and nine rounds counterclockwise.

Then guide the Chi down the front line of the Microcosmic Orbit and collect the Chi in the lower Tan Tien. Spend some time collecting the Chi in your lower Tan Tien, as the longer you can focus, the more Chi is condensed and you can charge your battery.

Once you feel the ovarian energy (Jing Chi) and guide it with your mind along the spinal cord up into your higher center, a transformation takes place. It is the first refinement of Jing Chi. Sexual energy contained in our sexual organs is too raw. You have to refine it to become spiritual energy. In the Tao, we refine this energy nine times through practicing alchemical formulas, which is called Supreme Inner Alchemy practices or Immortal practices.

Talking about sexual energy is a touchy subject, and in many traditions, you have to be dedicated and follow your teacher for years until he/she reveals this secret. The word “sexual” alone may make people confused when mentioned in connection with a spiritual practice. However, in the Tao, we look at sexual energy like we look at fire. You can use a fire to warm your food or your house, but you can also use fire to burn the house.

Often sexual energy is completely ignored or it is expressed in an unhealthy, excessive manner. In general, we do not have a healthy connection with this energy. Nevertheless, we all come through sexual energy into this world and we all have sexual organs in our bodies.

It is scientifically proven that women who do not have sexual relationships or those who dedicate their life to celibacy experience the most breast and uterus cancer.

What causes this? It happens because these parts of our

body are ignored. There is not enough blood circulation, not enough Chi, so bacteria choose it as their haven. They live in peace and comfort and can flourish and spread to develop into all kinds of problems for the body. Remember, where the mind is, Chi follows and blood follows Chi. By collecting the Chi in your lower Tan Tien, you build up your Original Force. The more original force you accumulate the more aware and conscious you become. On a deeper level, it taps into your sixth sense where all knowledge and wisdom is stored. The lower Tan Tien is your home; it is the center of your proper universe. In a way it means that wherever you are, you are always at home because you carry that energy with you everywhere.

When practicing spiritual Chi Kung you need to collect the Chi that you have activated. Otherwise, we activate energy but when we do not collect and store Chi, it dissipates again into the body. We might feel energized but it doesn't serve a purpose.

We have a lower, middle and upper Tan Tien. Cultivating Chi through the practice of Ovarian/Uterus Breathing and collecting it in the lower Tan Tien is the most healing practice that we can do. Healing ourselves on a physical, emotional and spiritual level happens by cultivating Original Force and collecting Chi in the lower Tan Tien. The middle Tan Tien is connected to our heart, and the upper Tan Tien is connected to our upper center; our brain and our glands (pineal gland, pituitary gland, thalamus, hypothalamus and olfactory nerve). Once the lower Tan Tien is filled, it overflows into the heart center, opening the heart, and from there it overflows into the upper center, connecting our glands to the Universal Energy.

When we are strong and healthy, we can deal with any issue that may occur. But when we are weak and fragile, we have difficulty surviving in this emotional world. That is why we focus on building up our power within. This power is not in the mind — it is an internal power in the body. When we build up our lower Tan Tien, we tap into our intuition (sixth sense) and allow it to protect us. Our

intuition can warn us because we have learned to listen to it. When our upper mind is busy, we can get into trouble because we are disconnected from our intuition. By calming the mind and operating more from the lower Tan Tien (our gut feeling), we can make better decisions.

In general, animals have a better connection to their intuition. When the earth is about to shake or a tsunami about to happen they “feel” it and protect themselves.

One rainy morning I was late for work. I jumped in the car and without thinking realized I found myself on the wrong road. I questioned why I chose to drive the long way to the highway on a badly paved road? However, it was already too late to turn around and go back. When I came back from the city after work I turned into the road I normally would take, but to my surprise, it was blocked. Because it had rained heavily all night, the canal had overflowed and the first part of the road was under water. I realized my intuition guided me to take the other road and saved me from arriving at work late. Remember three minds are better than one (please see preparation for Inner Smile Meditation). And having the different energies of the five elements collected together in the lower Tan Tien is better than having them scattered operating independently.

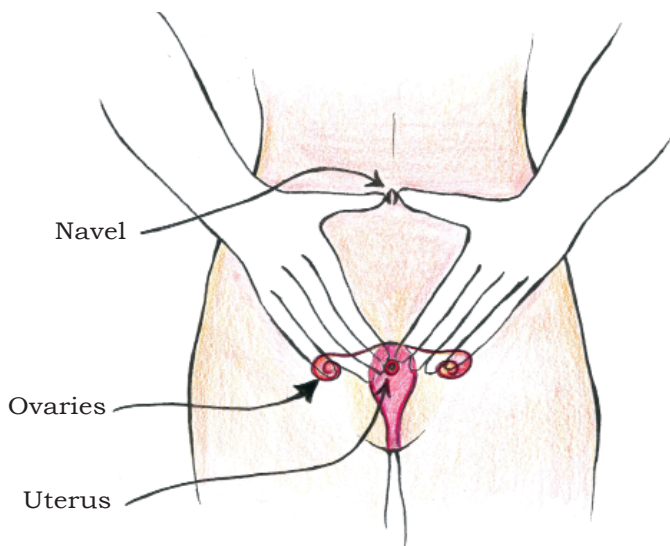
## OVARIAN BREATHING PRACTICE – TURNING THE WHEEL



Turning the Wheel

Find a quiet, comfortable spot where you won't be disturbed for about 30 minutes. After the Inner Smile Meditation, rub your hands vigorously until they are warm and then touch your breasts. Begin with the breast massage as explained below. Then continue to lovingly massage your whole body. Let your body know with your touch that you accept and love yourself. Massage your belly and massage the area where your ovaries are. With a loving smile on your face, massage your thighs and rub your sacrum until it feels warm. Now rub the area where your kidneys are until it feels warm and energized. Use a silk cloth and gently rub the mound of venus, the outer lips of your vulva and your perineum.

Place your fingers over your ovaries and send a loving, smiling energy into your ovaries. Gently rub your ovaries until you feel a warm or tingling sensation in your ovaries.



Focus on your ovaries and with your breath and your Yi power, guide the warm, tingling feeling (Jing Chi) into the uterus. Contract your uterus and feel your uterus warm and tingling. Circle with your eyes in your uterus until you can feel a warm feeling spreading throughout your uterus. Now create a bigger wheel, circle from the uterus down to the perineum, up the sacrum and the lumbar vertebrae. From there move with your Yi (mind, eye, heart power) to your navel and guide the Chi down to the perineum. Always keep one part of your awareness focused on your ovaries. With a slight contraction of the perineum and by tucking your sacrum in, guide the Chi again along the sacrum to the lumbar vertebrae, through your body to the navel and down to the perineum.

Repeat this several rounds until you can feel Chi moving in this circle.

Now you create the second wheel by moving the Chi with your mind power from the lumbar vertebrae up to the T11, to the solar plexus and down to the navel. From the navel to the Door of Life (See Door of Life or Ming Meng in the illustration of the Microcosmic Orbit page 68) and up to the T11. Repeat the second wheel until you can feel the Chi following your Yi power.

Then you create a third wheel by moving the Chi from T11 up to the neck, to the throat and down to the solar plexus and back to the T11. Repeat the third wheel until you can feel the Chi following your Yi power.

Finally, you activate the fourth wheel by moving the Chi from the neck up to the crown, down the front line of your face to the throat and back to the neck.

Feel Jing Chi in your upper center, feel a Chi pressure under your skull and move your eyes horizontally in your brain nine rounds — from the right side to the left side and then from the left side to the right side.

Extend your awareness mind out to the North Star, and feel the Chi under your skull following your mind.

Slowly bring your mind back to your crown and move with your Yi (mind, eye, heart power) down along the front line of the Microcosmic Orbit (Functional channel), and collect the Chi in your lower Tan Tien by spiraling with your Yi power around the navel from small to big and then reverse the spiraling from big to small. Stay for a while in your center...



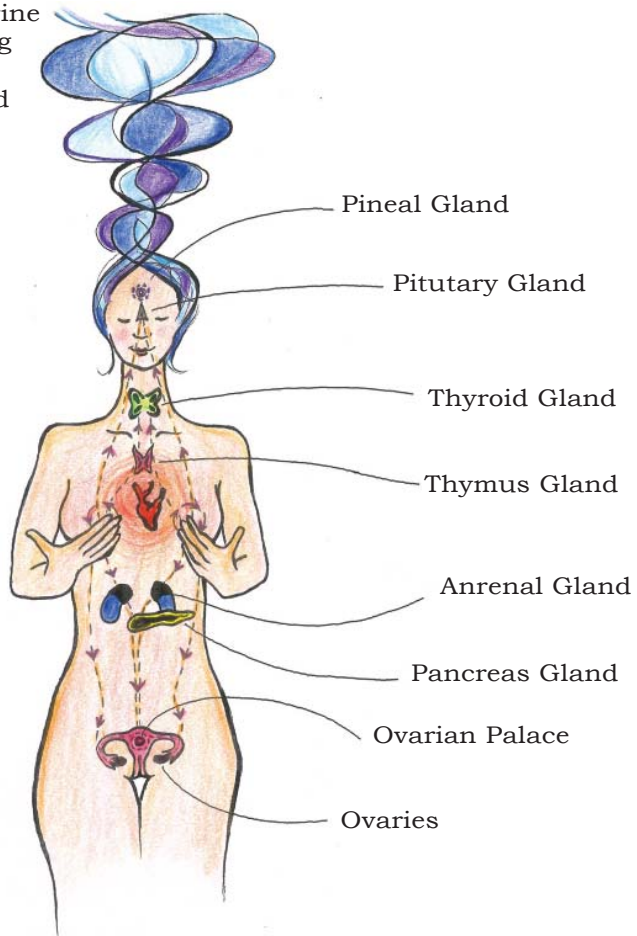
...now stretch your body. Congratulations! Well done! It takes an effort to focus that long but it is a worthwhile practice considering all the health benefits.

## BREAST MASSAGE

You should practice massaging your breasts every day. The best is when you massage your breasts in the morning and make it a habit, like brushing your teeth. Breast massage increases the flow of Chi in your breasts, clears stagnant Chi and ensures that Chi, blood and lymph keep flowing.

You will soon notice that by massaging your breasts they become more alive, more sensitive and more receptive. You may also notice that the nipples are connected with your clitoris, ovaries and uterus.

Activate the endocrine glands by massaging the area one and a half inches around the nipples





Begin the breast massage by rubbing your hands together until they are warm and energized. It feels very good when you use a good oil (jojoba oil for example) and add geranium and ylang ylang essential oils. Or you can massage your breasts with a silk cloth.

Hold your warm hands over your breasts and tune into the feeling of love, joy and happiness. Then massage slowly and gently from the inside of your breasts upwards and around the nipples to the outside. You can repeat this nine, eighteen or thirty-six times. Then reverse the direction and massage slowly and gently from the outside of your breasts to the inside nine, eighteen or thirty-six times. You may vary the pressure of your strokes, and you may also gently squeeze your breasts and feel the structure inside.

Once you feel the connection from your breasts and nipples to your sexual organs, you can combine the breast massage with the ovarian/uterus breathing practice.

## **BENEFITS OF THE PRACTICE WITH AN EGG**

There are many health benefits to strengthening your PC (Pubococcygeal) and pelvic floor muscles.

The main muscle is the PC muscle. It spans from the pubic bone to the tailbone, like a hammock, and supports all of your pelvic organs: your bladder, uterus and rectum. The PC muscle controls the opening and closing of the urethra, vagina and anus.

Inside the vagina are reflexology points of all your major organs. Sexuality and physical health are deeply connected. With the mastering of the egg practice, you strengthen all your major organs to improve overall

wellness. The vagina is divided into 3 parts. In sexual reflexology, the entrance of the vagina is connected with the bladder and kidneys, the middle part of the vagina is connected to the liver, spleen and pancreas and the most inner part of the vagina is connected to the lungs and heart. You can also use the egg exercise for the following health conditions:

**It can prevent or resolve urinary incontinence,** and it strengthens the bladder and prevents bladder infections. When the pelvic floor is weakened, especially for women after giving birth, urine can leak when laughing, coughing or even exercising.

**It can prevent a vaginal prolapse or prolapsed uterus**  
Women who have had children or as they get older have a risk of experiencing a prolapsed vagina or uterus. For some doctors, the solution is to remove the uterus, but then new problems arise as the other organs, like bladder and intestine, may sink as well as a result of the removed uterus.

### **It improves blood circulation**

Exercising the muscle increases blood circulation in the entire genital area. When the blood circulates, the tissue is receiving more nutrients, waste material is being removed and the natural flow of hormones is improved.

### **It tightens the vagina**

Many women have no muscle tone in the vagina and this makes the vagina less sensitive and less tight. This often reduces pleasure for her as well as for her partner.

### **It relaxes the vagina**

The practice with an egg releases chronic tension in the vagina. We all have a tendency to hold tension in certain areas of the body when feeling stress. It helps to relax the muscle by bringing awareness to this unconscious tension.

### **It increases your sensitivity and your awareness**

An increased blood circulation makes both the clitoris and the vagina more sensitive.

### **It is the key tool for cultivating sexual energy**

The practice with an egg is the key tool for developing Inner Beauty and Outer Radiance as the exercises and meditations focus on the area that contain sexual energy. Jing Chi, sexual energy, is part of our Original Force, Chi. With Jing Chi, you can cultivate more Original Force. When you have more Original Force, healing and transformation takes place. Sexual energy is the most healing and the most creative energy that we have because we can multiply it.

Chi is energy. Chi is that invisible vital force that is behind all life and movement. As you begin to give more attention to your sexual energy and your sensuality, your sexual energy will increase. You increase sensation in your vagina when you practice with the egg awakening areas that have been unnoticed. By connecting with your ovaries and uterus through ovarian/uterus breathing, it will make it easier for you to get sexually stimulated as you give more attention to your sexual energy. When your love muscle (PC muscle) is in good shape, you will be able to have orgasms more easily and more frequently. The pelvic floor muscles contract when you have an orgasm, and the stronger the muscles are, the more powerful orgasms you can experience.

If you want to change your life, you have to start with yourself first. Women long for heart connections in their relationships as this helps a woman to open sexually. Cultivate love in your heart and when practicing with an egg, do it with love. It changes the relationship you have with yourself and your sexuality.

## **HISTORY OF THE ENERGY EGG EXERCISE**

The practice of using an egg was originally started by the concubines in the Imperial Palace of China. The Emperor was the Son of Heaven with more than 1,000 concubines. As the Son of Heaven and ruler of the country, he learned to not ejaculate and had intercourse every night with another beautiful concubine. The concubines were trained with the egg to help the Emperor not to ejaculate. When a woman has a strong vagina she can move every section of her vagina and help a man not to ejaculate but draw Jing Chi up into his higher center. A man can go into a very high state of arousal and orgasm and the woman can help him not to go over the point of no return. This is how the Emperor could build up more and more original force which gave him more consciousness. As Son of Heaven, he downloaded the knowledge and wisdom from the universe (heaven) to govern his country in a wise way. When a concubine was really good in this practice, the Emperor was very pleased and he favored her.

Later, one of the Emperor's concubines killed the Emperor and became Empress. She did not pass this knowledge of not ejaculating down to her son, and the knowledge was lost at the Imperial Palace in China. The new Emperor also had concubines but he climaxed every night exhausting himself and didn't last long as Emperor and the dynasty fell apart.

Times have changed. Many women in the west do not want to be a servant to a man but have advanced to have the same education and rights as a man. This can create a more balanced partnership when Yin (female) and Yang (male) live with equal forces. Like in the Tai Chi symbol where Yang pushes Yin and Yin pushes the Yang. Today we live in a time where we can practice dual cultivation. Dual cultivation is an exchange of our innate energy with that of your partner and this is the most fulfilling — physically, mentally and spiritually. By training your

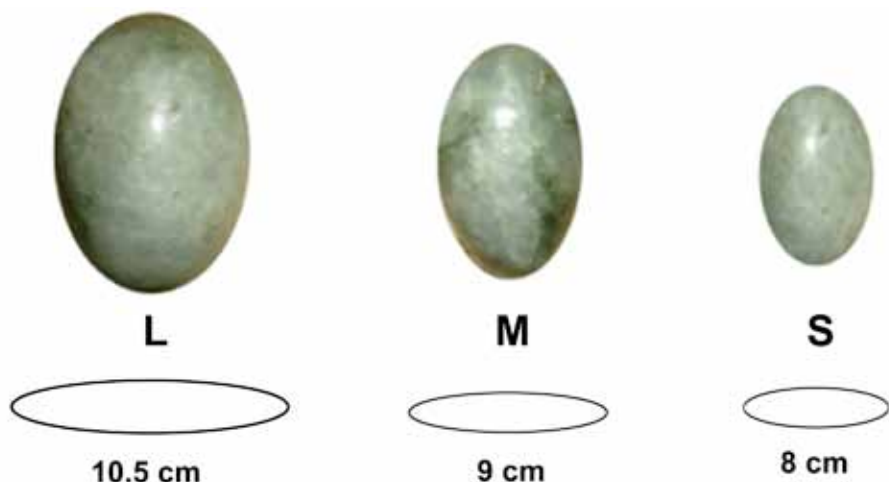
vagina with an egg, you increase the pleasure for yourself and your partner. When your man does not ejaculate and reaches a higher state of arousal, he has more Yang energy and this increases your Yin power thus opening your heart and the heart of your partner.

Nevertheless, you must practice each of the practices I explained earlier on in order to reach oneness with your partner in dual cultivation. The better you are in each of the individual practices, the more energy you feel in your single and dual cultivation.

I mention this part of dual cultivation for your consideration as an addition to your more advanced practice.

## **PREPARATION FOR THE ENERGY EGG PRACTICE**

In general, we can purchase three sizes of eggs to use for the Jade Egg Exercise: small, medium and large. Each egg has a hole either horizontally or vertically to thread a non- flavored dental floss through.



There are also other types of stones that you can use for this exercise, like obsidian or quartz, but no matter the stone you choose, it's most important that you practice.

If you have given birth you can begin with a medium or large size egg. Otherwise, it's best to begin with a small or medium size egg. A medium size egg is always a good choice and later you can try another size.

Before you practice you need to clean the egg. Depending on the stone, you can use different cleaning methods. For example, if you have purchased a Jade Egg, boil water and add a few drops of tea tree oil or grapefruit seed oil (both oils are antibacterial) then remove the pot from the heat and let your egg slide into the hot water. Leave it for a minute and take it out with a spoon. Another option is to attach the string beforehand and slide your egg into the water holding the egg on the thread.

This is just to clean the surface and the hole. There's no need to keep the egg in the water and you don't need to boil it as the egg is already hard. If you have a quartz egg, you cannot use boiling water as it will break. Clean your quartz egg with tea tree oil or grapefruit seed oil and rinse it well with water.

To attach the thread to the hole, you take a long piece of unflavored dental floss and place the two ends together to thread it through the hole of the egg. Now glide the two ends of the thread through the loop on the other side of the egg and tighten it.

After the practice with the egg, rinse it in water and remove the thread from the hole so that any mucus in the hole can be washed out.

Then clean your egg as explained above, and when you use hot water, make sure to let the egg cool down before re-use.

Although the egg exercise is extremely beneficial, it's not for everyone all the time. Don't practice with an egg:

- When you are pregnant.
- When you are menstruating.
- When you have an infection or inflammation in your vagina or bladder.
- If you have a prolapsed vagina.
- If you have had pelvic surgery in the past three months.
- If you use an IUD (intra-uterine device)/coil.
- If you have just given birth. Wait 3-4 weeks after giving birth to do the egg exercise. However, gentle pelvic floor exercises can be practiced as soon as possible after birth. Please ask your doctor or midwife for their approval.

## HOW TO PRACTICE ENERGY EGG EXERCISE



Create a space for yourself. The best time to practice with the Energy Egg is in the morning. If you cannot practice in the morning, any time of the day is suitable. However, if you practice before going to bed you might experience nightmares or have difficulties falling asleep as this practice energizes you.

Prepare yourself by lovingly massaging your body as explained in the Ovarian Breathing practice. Lay on a yoga mat and bend your knees with your feet placed down on the mat.

Connect the loving feeling from your heart with your vagina. Let it radiate into your vagina, ovaries, uterus and



perineum and listen into your organs. Take a natural gel or saliva and massage the vulva gently with your warm and energized fingers.

When you feel good and well-prepared, place the egg between your breasts and activate your vagina and perineum muscles.

Contract your vagina, perineum and your buttocks as much as possible, then release it and relax it completely. Repeat this several times.

Now lift your sacrum from the mat and repeat the previous exercise several times.

Smile into your organs and relax.

Take your egg, warm and ready to be introduced to your vagina. Place the larger end of the egg between your inner labia. Hold the smaller end of the Energy Egg with your hand. Move the egg around in slow circles until you are at the right angle to insert the egg easily.

If your inner labia and vagina is too dry, lubricate it either with saliva or a natural gel.

Once the egg is inside your vagina, slightly pull on the thread just to feel where your jade egg is. Pull the thread lightly so that it is always tight. When you feel the egg, contract your love muscle and suck in the Energy Egg by contracting around the egg. Then relax your love muscle and smile into it.

Repeat the above practice until you can feel the egg moving deeper inside.

When the Energy Egg is moving deeper inside, you will notice a pull on the thread.

Once you have succeeded with this part, you can repeat the exercise in a standing position. Now you have to pull the Energy Egg up in the vagina against the gravitation.

Once your egg is close to your uterus, gently press and squeeze the egg out. Or if your vagina is more flexible, relax your love muscle, and feel the egg sliding down and out by itself.

When you have practiced for a long time and you have control over your love muscle, you can squeeze the Energy Egg up, relax and let it come down. Just before it slides out of your vagina, close your lower gate and squeeze it up towards your uterus, and again relax and with very little pressure let the egg slide down.

Congratulations! Now you have mastered this practice and your love muscle is trained.

You can go on and use another size and repeat the above practices with a different size.

You can also keep your egg in during the day. But be careful not to forget about it! Especially when you have to laugh or sneeze or pee. Play with it and have fun!

## **FINDING A TEACHER**

One of my spiritual friends once said: “More importance and effort should be put on finding a good teacher than a good method.” Methods are numerous, but good teachers are rare. When you come across a good teacher, stay with that person and learn as much as you can; this will take you much further than just seeking out a method you are drawn to.

The Tao is a lifetime practice; it is a lifestyle of energy cultivation that can only be mastered when reconnecting to your master or teacher and improving energetically while building your knowledge over time. It does take persistence, dedication and self-motivation as a student to stick with a practice and a good teacher for a long period of time, but if you put in this effort, then the benefits to you for your personal and spiritual growth are endless.

When I was first starting out with the Tao practice I had many questions but I could only talk with my teacher once a year when he came to teach in my country. During this time I often felt discouraged and stagnation, which made me doubt the practice and think that I should look for another teacher or practice.

This is a difficult challenge as a student but it is important to move forward with the practice. Nowadays, we are fortunate to have access to more ways to connect with a teacher through email, YouTube and other networks as well as by following practices on DVD's.

In the system I am certified in, instructors are evaluated after a certain time of practicing the exercises and meditations. But, this doesn't mean that the instructor is now ready to teach without reconnecting to his/her master or teacher and improving skills.

A student should stay with a teacher at least five years, provided he/she is knowledgeable and well-versed, and learn everything from that teacher. But the best students stay for ten years or more.

## **A FEW WORDS OF CAUTION**

The practices taught in this book can profoundly improve your health as well as your sexuality. If you have a medical condition, however, a medical doctor should be consulted. Women who have high blood pressure, heart disease or a generally weak constitution should proceed slowly with the practices in this book.

If you have a question or encounter difficulties with the practice, you should contact a Universal Healing Tao Instructor in your area or contact me. It is always beneficial to learn the practice by attending retreats and courses from experienced UHT Instructors who can help you train yourself to feel Chi.

## **FOR YOUR INSPIRATION...**

The Taoist energy cultivation practice is an intensive spiritual journey. It's like climbing a very high mountain.

In the beginning, the tip of the mountain is so high that it is covered in clouds and you cannot see it. You set the goal to climb the mountain step by step even though you cannot see the top. But your teacher has shown you a path to walk that you can see.

It can be challenging to follow the path. At times, you're on the same step for a long time and you start wondering

why you are going this way or if you are even really moving forward at all. You feel fear, self-doubt, frustration and mistrust. It's a mental struggle.

You must keep on going, slowly advancing and walking, walking, walking. You must have resolve for this.

And then, finally, you see the peak and you're so eager to reach it. You stand on top of that mountain and look back at the long, long way you've walked, and take in the spiritual and personal development that you've achieved. Only from this point you can see higher mountains. You can always go higher in your practice. After you reach the first peak of the first mountain, you learn the endurance, motivation and foresight to go even further. The possibilities are endless in our lifetime.

After many years of practicing, I can say that this is truly how it is.

Sending you love and light and happy practicing. You can always reach out to me if at some point you lose the path and need help to see the way.

## **Resources**

- Mantak Chia (2008) Cosmic Orbit Connect to the Universe from Within. Published by Universal Tao Publications.
- Mantak Chia (2007) Awaken Healing Light of the Tao. Published by Universal Tao Publications.
- Mantak Chia (2005) Healing Love Through Tao Cultivating Female Sexual Energy. Published by Universal Tao Publications.
- Mantak Chia (1989) The Taoist Way to Transform Stress into Vitality: The Inner Smile \* Six Healing Sounds. Published by Universal Tao Publications.
- Bruce Lipton (2006) The Wisdom of Your Cells: How Your Beliefs Control Your Biology (Audiobook). Published by Sounds True.

These are the foundation practices for women on a spiritual path. Jutta explains in her book the practices that lead to self healing on a emotional and physical level. There are two main practices which jutta teaches women to cultivate and enhance their sexual energy. One is Ovarian/Uterus Breathing, which can shorten menstruation, reduce cramps, transform infertility and build up more energy (Chi) in the ovaries for more sexual power. The other is training with the energy egg which is used to strengthen the urogenital and pelvic diaphragms, the glands the tendons and nervous system.

Jutta has been assisting me for many years, she is one of my main female teachers who can share this practice and knowledge.



### **TAOIST MASTER MANTAK CHIA**



I became a student of Taoist Master Mantak Chia's in 1987 and I've been committed to advancing myself in the Taoist energy practices since then.

In 1990, I became an instructor to begin teaching the Universal Healing Tao system in Europe, and I later moved to Thailand to live, work and teach at Master Chia's center, the Tao Garden Health Spa & Resort.

By 2001, I was a Senior Instructor teaching many levels and forms of the energy practices, including much of what I teach today - Tai Chi, Chi Kung, Healing Love, Fusion, Cosmic Healing and Chi Nei Tsang. Since 2010, I've served as the Global Branch Leader for Chi Nei Tsang, guiding and managing how the abdominal massage is taught and practiced around the world.

Teaching is truly my passion and inspiring others to try these ancient practices and live a Tao lifestyle is my calling.

I feel so inspired and compelled to teach these practices all over the world because the Tao has also completely transformed my life, who I am and my spirituality.

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