

Amplifying Qi ~The Alchemy of Heart Wave & Sound Wave
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Introduction & Intent:
Amplifying Heart-Mind of Our True Nature Through
Sound Acupressure

This paper will focus on the Chinese Medicine and the concepts of Qi in relationship to the unified field. Also, through the teachings of specific Qi Gong masters and a brilliant Dowser healer, we will explore their cultivation methods for developing innate intelligence. What they all have in common is that “**Mind is Qi**”, where brain wave and sound wave are combined to navigate in the flow of Dao.

Through these transformational shifts in consciousness and tumultuous times of global trauma, the methods of these masters are strategically shared as a catalyst for exploring Sound Healing ways that relate to a specific Acupuncture treatment. In collaboration with Acupuncturist Dru Whelan and myself, we have chosen this treatment as a model that can be applied in Sound Healing for a specific reason. In part, because it relates to the alignment of Oneness that relates to Prenatal Qi in our cycles of development through the paths of the Eight Extraordinary meridians known as vessels.

This particular treatment was chosen as an exploratory remedy for those who may develop health issues related to the pandemic of 2020, 2021 to assist with healthy ways of transformation from the stress of these times

Also this paper is an invitation for Practitioners to join in a collaborative effort to explore methods of vibrational therapies that assist in well-being to those whom may be affected relating to the concerns mentioned above. For months I have been exploring and contemplating how to serve in this way. As a collective, we are a continuum of the universe expressing itself. May we listen in relationship to the whole, whereby exponentially, the wise ways of nature’s song reveal their remedies. As the power and strength in numbers grows, may humanity continue to rise with the brilliance of the Universe. Collectively, we are a symphony of vibration in song. May the wisdom shine through greatly.

Amplifying Qi ~The Alchemy of Heart Wave & Sound Wave



炁

Amplifying Heart Mind of Qi

The ancient Chinese see us as a channel between heaven and earth, standing with our feet on the ground and our heads in sky. Beyond the physical elements of skin, fascia, muscle, tendons, nerves, lymph and bone, we are much more. We are amazing beings of creative potential moving in wave forms of Qi.

Qi can be described in various ways in relationship to states of being or consciousness, as it is the vital life force behind all life in the universe. There are endless states of Qi. To place Qi into a definition is difficult, as once we give a name to something, we limit the exploration of its evolving potentials of unfolding creativity. Synonymous to describing Qi, as the basis of all life and its many manifestations, one can see it has no cultural bounds except by name. In India it is described as Prana. In Japan it is called Ki. In Greece it is called Pneuma translated as breath. In Hebrew Qi is called Ruach. In Western cultures it is called Energy. Although Qi is commonly translated as energy, I agree with Ken Rose's description in his book, (A Brief History of Qi); *"that the term (energy) is a poor choice to be nominated as an equivalent for Qi. The core meanings of Qi can be conveyed by these four English words: **connectivity, communication, change, and movement**, thus suggesting that qi is not primary a concrete thing but an abstract quality of concrete things."* Ken continues to share that added to these four concepts are: rhythm and flow. Qi can also be sensed as pulse and patterns of flow throughout the nature of all things.

Qi 氣

Chinese Characters for Qi & the Qi of a Character

Beyond a Character, how does one describe this life force which flows in the rhythm and harmony of nature? Or perhaps sometimes, does not flow so well? Exploring the ways of Qi flow is synonymous to classical Chinese culture, ancient Daoist philosophy and Chinese medicine. Whether it be the design of a building, the layout of a room, or the placement of objects in a room, from the round table where the food is shared on the rotating circular tray, to the recipient's bowl of steaming rice which is scooped in an arch by the dance of two chopsticks shaped in the form of a birds beak, this is all one continuing dance of the circle. Even the choice of the food, and how it is prepared relates to the wisdom ways of the seasons and their complementary elements that arise from the life cycles of the circle in continuum.

The Ancients observed nature and developed systems of how to live in harmony that maintain one's connection to source. Chinese medicine and Daoist philosophy derive from nature's cycles of movement. Throughout time, as we live in the ebb and flow of connect and disconnect, these ancient methods are treasured maps of cultivated wisdom that help us find our way back to center.

From the Tai Ji practitioner, to the silk landscape painting, to the brush strokes of calligraphy, this sense of Qi flow reveals itself in the essence of form and formlessness, empty and full, flowing its course as the way of nature. Walking in a culture of people who from antiquity have mimicked systems based on the nature of Qi, one can witness how the concept of Qi flow in daily life is inseparable.

This became more evident to me when attempting to cross the street for the first time in Beijing China. What at first looked like complete chaotic masses of people, cars, and bicycles of disorderly traffic appearing from many directions, in this field, was actually a collective sensitivity of Qi. Within this multidimensional field of chaos was a cohesive movement of flow. Becoming aware of these fields of Qi currents allowed crossing the street to be more like navigating a river of meandering eddies of streams. This was in a sense, the same. Yet there were currents of people moving in resonance as a meandering dance of chaos in a culture that derives from the contemplation of the flow of Qi.

Across the globe, cultures for centuries have contemplated this life force cosmic energy. In Daoist philosophy and Chinese medicine, one could spend a lifetime uncovering the various meanings and states of Qi as it is depicted in the Cosmos, the Earth and the Body. When one looks at Chinese culture and its history of revealing concepts of Qi, there are different characters for the meaning of Qi as well as different types of Qi.

This Chinese character for Qi 氣 is often referred to as life force or vital energy and is considered the unseen fabric of the universe. As a word or concept, Qi, has unlimited

meanings when revealing descriptions of energy. 氣 Qi, Qi 炁, Yuan Qi 元气 and Qi Gong 氣功 to name a few.

The Chinese way of expressing a word or a concept is revealed in the structure of a character. Each character is a pictograph arranged by a number of individual strokes to form a single radical whereby each part reveals a story or expression. Added to this can be a ratio of radicals or single characters that can reveal layers of other meanings. Beyond a word, a Chinese character is a symbolic vibrational art form of expression. In essence each character creates an energy field that is multidimensional through its shape as well as its various meanings.



The very nature of Qi can be expressed in a Chinese character as it arrives from the artist's transmission of Qi in the art of calligraphy. When a master calligrapher paints a character, the vibration of Qi translates as a code of information revealing the wisdom of the universe. The relationship between the artist's hand, and brush aligns to allow the Qi to flow. At its optimum, each stroke is mastered in the rhythmic waves, transitioning between form and formlessness through the emptying and filling with the ink and the brush. This pulse of the emptying and filling, is the dance of the Cosmos revealing itself as it is in Tai Ji as well as other forms of Qi Gong.



The vibration of Qi in a character is revealed as a message of essence. The calligrapher as the translator, transfers the vibration into a shape, as a field of Qi. The essence of a character portrays an energy as a form of poetry. Our flat linear language of one dimension is distinctly different from the vibrational message that arises from the art of the Chinese character. Perhaps the linear language of Western cultures adds to a less direct connection in the sense of separation of the vibrational flow from the whole. And this can be another topic of discussion that may be an interesting contemplation for a different paper.

Qi 氣

When one looks at Chinese culture's history of revealing concepts of Qi, one can go deeper into the spiritual meanings of a character. The common sinology for the character Qi, is written this way 氣. Here, Qi is composed of two radicals revealing the bioenergy of the universe in relationship, of alternating Yin and Yang vibrations that create life. In one sense, this character is a pictographic, matrix, that reveals the Daoist alchemical process of rice transforming into vapor as a refined, essence of Qi.

The bottom character Mi-米 signifies rice or grain, relating to the earth energy that carries the Yin energies of Qi. The top part of the character 气 reveals the movements of heaven as vapor that distributes the Yang energy from the cosmos, the heavens. "When Yang energy above harmonizes with the Yin energy below, the "Ten Thousand Things"— the entire universe— is created" Master Liu He

Shared below is another definition of this particular character for Qi in relating to Chinese medicine from the Article: **Qi in Traditional Chinese Medicine** by Marty Eisen, Ph.D

“Qi is to describe vital energy. This is better understood from the Chinese character for Qi (氣) which is composed of two radicals: "vapor, steam or gas" and (uncooked) "rice" or grain. This implies that Qi can be as immaterial as vapor, or as dense and material as rice. It also implies that Qi could be just a subtle substance (vapor) produced from a coarse one (rice), just as cooking rice produces steam. Thus, sinologists generally agree that Qi is the energetic foundation of the universe, analogous to the matter-energy theoretical constructs of modern physics.”

Ancient Qi 炁

The ancient Daoist alchemists share a deeper, less revealed way of depicting the character for Qi 炁. The sinology for this character Qi has to do with the level of one's innate potentials and the spirit of connecting to all things through the heart. This was explained to me in a treasured moment by my Qi Gong teacher, Professor Chen Hui-Xian who forever more would state that **“Mind is Qi”**.

“Through the Qi Gong state of mind, a tranquil heart is a way the mind can experience being in the flow of Qi.” To reveal the path of this particular character, Professor Chen explained the meaning of this character step by step as she painted each stroke on the concrete sidewalk with an elongated calligraphy brush. After she dipped the sponge brush into a bowl of water, she demonstrated that the ancient way of describing Qi is written this way 炁. She drew the top part of the character as **Wu 无**. **“Wu, she stated, stands for Nothingness, the Void.”** I asked if she could explain the meaning of this character Wu, Nothingness. She then expressed that “the ancient way of writing this character is too complicated to explain its deeper meaning, “The Daoist reveal this “Nothingness” as the un-nameable, undifferentiated potential of the unfolding nature of the Universe. In the nothingness, is the all encompassing of the un-seen, un-manifested relating to “Matter being from nothing stands for nothingness, and nothingness being from matter.” Professor Chen continued to explain the character as she painted the bottom part with the brush. Under the Wu 无 (Nothingness) character, she drew four strokes that appeared to look like, four horizontal dots of water droplets. She then explained **“These four dots represent the Heart. Xin, This ancient way of writing Qi, means: Use your heart to contemplate the nothingness of the Universe.”**

In this radical, one can see that the four strokes represent the four dots on the bottom of the character is modified from the radical **Xin 心**. Hou = fire = **Xin 心**. When we resonate through our heart mind with attention of presence, we listen in resonance as our innate natural knowing. When we resonate in the field of the heart, we operate from our spiritual mind rather than our intellectual mind of compartmentalism and separateness. These two radicals in this character depicting Qi 炁, (Xin 心= heart and Wu 无=nothingness) are paired together in relationship. My creative interpretation of this character is that their ratio of nothingness and heart is one resonance, as the Universe. Through our hearts, we are the nothingness. The void and heart are in the field of receptivity resonating in the state of “being” as Oneness.

More about these two aspects of Qi is shared by Master Zhong Xian Wu in an excerpt from his book [Chinese Shamanic Cosmic Orbit Qigong](#), pg. 79. Singing Dragon, 2011. Through Qi Journals ON-Line Qi Encyclopedia. [The Meaning of Qi](#) by [Master Zhongxian Wu](#).

“Qi 氣 is the basic element of the Universe. It is the same character found in the term Qigong 氣功. Most Chinese do not recognize the other written character (Qi 炁) that I am using as it only appears in old Chinese Wu 巫 (shamanic) or Daoist documents. The ancient character Qi 炁 is made with the upper radical Wu 无 and the bottom radical Huo 火. Wu means no, nothing, without, empty, emptiness, and the primordial state of nature or the Universe. Huo means fire. It is a symbol for mind, heart, spirit, desire or anger in Chinese traditional spiritual cultivation. “ - “The distinction between the two characters can help us understand that the Qi 炁 referred to in ancient shamanic and Daoist texts is the refined or spiritualized Qi 氣 that is connected with the origin of your life and of the Dao. The lesser known Qi (炁) also means the vital breath of the Dao or of nature. Once you can transform your vital energy Qi 氣 to spiritually refined Qi 炁, you reach a higher level in your Qigong practice and will feel your whole physical and spiritual body merging into a state of emptiness. In this purified state, your basic Qi 氣 is completely refined. You may feel as though your whole physical body is melting into warm sunlight. Your mind will be calm and relaxed without desire, anger, sadness, longing, worry or excitement. Your consciousness, now fully awakened, will enable you to sense things that are happening within and outside your body.” Master Zhonfxian Wu

Ken Rose discusses this character 炁 in a different way as depicted in an excerpt from his book, [A Brief History of Qi The Daoist Character for Qi](#) By [Ken Rose](#)

“Based upon oral teachings I received in China from Daoist monks on Qing Cheng Mountain outside of Chengdu, I believe that in this character what we're seeing is an encoded instruction about the tongue and breathing. The tongue, in qi cultivation practices, is often placed on the roof of the mouth. In this position, pressing gently upwards and forwards into the back of the top teeth, it pulls the throat open a slight bit...just enough to ensure the free passage of any saliva that might fill the mouth during practice. This saliva is a treasure. When the character is read in this way we can see it as a mnemonic for the notion of the union of fire and water, such as is sought in alchemical techniques and methods in order to obtain the ephemeralization of essence, i.e., refining jing into qi, which is the second step of an ancient alchemical formula still taught and practiced by Daoist novitiates.”



Yin ~ Yang ~ Qi

Qi in its many formations is the basis of all Life. As it animates life, movement and growth, it is the governing relationship between Yin & Yang

Before we can go into discussing the scales of Qi, it is essential to explore its nature through the interchanging states of Yin and Yang. The perpetual message from the many Qi Gong masters is that **“Mind is Qi”** It was also often stated that to understand Qi, is to explore the relationships between the nature of Yin and Yang in all life. ***“If we want to understand how our body’s Qi works, we have to have a deep understanding of the philosophy of Yin and Yang. The core message of Yin- Yang, theory is that everything is moving towards balance, and nothing is absolute.”***

Master Liu He



Qi’s very essence as vibration is the relationship of the rhythmic exchange of Yin and Yang. The nature of these states of being is what gives rise to life itself. This dance of Yin and Yang is where life’s evolution reveals itself continually, as parts of the whole mutually supporting the expressions of expansion and contraction of the micro and macrocosms. They are expressed not solely as opposites, but contrasting parts of the whole revealing movement and transformation from one to the other.

The Yin energies emerge from the earth, as the mother, the womb, the mysterious inner world of the unseen. The essence from the earth is to rise upward through the Yin channels of the body. Its nature is moist and cooling and in part is represented as the interior part of the body. The Yang energies transcend from the heavens (the cosmos), the sun and the sky emulate invigorating warming energies. In the body, in part, Yang is portrayed as the exterior and cycle downwards as it runs through the Yang channels.

As day yields to night and back to day, the moon cycles from dark to bright, while the tides ebb and flow. The un-seen of the inner land scape of the body reveals the cosmos of the Universe. “Yin and Yang arise from the One, The Wu Ji, the infinite, boundless original Yuan.” Their essence is manifested from the the everything of creation as: it is and, as it is not, as it is nothing, and everything at the same time. Yin and Yang arise from the state of pure potential of creation, ~ of Dao.

Dao 道 ~ The Way



Dao” 道~ The Way ~ represents nature’s unfolding ways of being-ness as the oneness of the Universe. ”Dao cannot be named “ nor can it be explained. For, to do so is to limit its infinite creative nature of expressing itself in all things. Thus the unexplainable, which I am attempting to write about in this paper, is an irony and a paradox in itself. The ancient teachings of China arrived from the Daoist sages living in alignment with nature, whereby they developed many maps and systems of scales relating to the nature of the universe. These practices and insights of Alchemy are the foundation of Chinese Medicine and Qi Gong practice. A successful Chinese medicine doctor was also an established Qi Gong practitioner.

These practices of Alchemy began as shamanistic dance that mimicked the cycles of nature and the wise ways of the animal beings. This branched into numerous methods of Qi Gong. Within the Chinese Medicine system as a whole, there are various practices of Acupuncture, Herbalism, Acupressure, (Tunia) and Qi Gong. Of the many treasures derived from these ancient practices are the wisdom ways of Daoist philosophy. In essence, the philosophy and all aspects of Chinese medicine are inseparable from each other.

There are many ancient philosophical texts derived from the Daoists that contribute to the evolution of consciousness. One in particular is the treasured text, “The Dao De Jing”. Next to the Bible, The Dao De Jing is one of the oldest and most contemplated, translated texts. It is presumed to be written by the Daoist sage Lao Zi around the time of 604-531 BC. For centuries and still today, scholars have contemplated this text. Some scholars believe that this text is a collaboration of wisdom shared from a number of unknown Daoist sages. We now have many English translations of this ancient treasure where by its philosophy and wisdom from these ancient times is relevant to our present day.

More than a philosophy, this text is a life practice, as a way to walk one’s life, aligning with natures way. Now during these times where there is much discord, many across the globe look to these ancient methods and philosophy as a way to return back to center. Three of the 81 chapters of The Dao De Jing Text translations, are shared below. Each chapter in this sacred text is written more like an individual poem. The exploration of a few minimal words, describes the greatness of the nature of Oneness. The wisdom revealed in each chapter can be contemplated, time and time again, in honoring the ways of the nature of the universe.

Chapter One

*"The Tao that can be spoken of is not the constant Tao.
The name that can be named is not the constant name.*

*The nameless is the beginning of life.
It is the mother of the ten thousand things.
Remove your desires and you will see the mystery.*

*Be filled with desire
And you will see only the manifestation.*

*These two are the same
yet, they diverge in nature
as they issue forth.*

*Being the same, they are the source
but the source remains a mystery.*

*Mystery upon mystery,
The gateway of Tao's manifold secrets."*

Translated by [Kari Hohne](https://mpgtaijiquan.blogspot.com/search?q=Tao+Te+Ching+Chapter+), 2009, Chapter 1 <https://mpgtaijiquan.blogspot.com/search?q=Tao+Te+Ching+Chapter+>

Chapter Twenty Five

*Born before Heaven and earth.
In the silence and the old,
Standing alone and unchanging,
Ever present and in motion.
Perhaps it is the mother of ten thousand things.
I do not know its name.
Call it Tao.
For lack of a better word, I call it great.
Being great it flows.
It flows far away,
Having gone far, it returns,
Therefore, " Tao is great;
Heaven is great;
The human being is also great"
These are the four great powers of the universe,
And the human being is one of them.
The human being follows the earth.
Earth follows heaven.
Heaven follows Tao,
Tao follows what is natural.*

(ch.25) Tao Te Ching Lao Tsu, Translated by Gia-Fu Feng and Jane English

~The Name that cannot be named ~I do not know its name ... call it Dao ~

The Way of Dao, "Although we cannot see or describe the Dao, the fabric of the void, Wu, 无 can be revealed as it is manifested through us and every thing. From the Dao is the light of the Guang, the light. The original light, as light, is the manifestation of the ordinal Dao. Pre-birth, we call this Genuine Qi of the Universe or Yuan Qi. The varying scales of Guang manifest from Dao. Guang as light, includes consciousness. Through the light, you align with the Dao. Light is connecting between Dao and You." These are the concepts of trying to explain the un-explainable of the manifested states of Dao through conversation with Professor Chen Hui-Xian.

Chapter Fourteen

*Look, it cannot be seen - it is beyond form.
Listen, it cannot be heard - it is beyond sound.
Grasp, it cannot be held - it is intangible.
These three are indefinable;
Therefore they are joined in one.
From above it is not bright;
From below it is not dark:
An unbroken thread beyond description.
It returns to nothingness.
The form of the formless,
The image of the imageless,
It is called indefinable and beyond imagination.*

*Stand before it and there is no beginning.
Follow it and there is no end.
Stay with the ancient Tao,
Move with the present.
Knowing the ancient beginning is the essence of Tao.*
(translation by [Gia-fu Feng and Jane English](#))

The state of Yuan Qi is in part what this paper is leading up to for the protocol that relates to the Eight Extraordinary Vessels and Pre-natal Qi. Chapter Fourteen reveals the nature of this state of Yuan Qi. "Knowing the ancient beginning is the essence of Tao" Going back to the nature of being, before conception, in part is how the role of the Eight Extraordinary vessels can help us realign our Jing, our DNA.

Our Relationship with Qi

When Qi is considered the basis of everything as vibration, how are we in relationship with this endless flowing field of life force? Or perhaps in some aspects of ourselves, why does this Qi not flow so well? How do we think of our selves as Qi in relationship with the whole? Is Qi an it, something outside ourselves? Somewhere over the rainbow, way up high, somewhere out there, thinking we have to access it, when...We are it? When we are mindful of the way we think and speak about Qi, a question to consider is, how do we navigate in relationship with the flow of Qi as a infinite being in,"Being"?

If mind is Qi, what if every thought is considered a prayer. What might you think?

Do the words we express reveal a connected relationship with Qi, or do they perpetuate a disconnect of separateness as, Us versus Them? When we throw something away, where is this "away"? When we use a vowel and sound with our voice, it is clear that we are vibrating Qi where we live inside the sound, and the sound lives inside us. A whole lot of Qi.....The field of Qi is every where.

When you share a meal with Qi, what gifts of food might you choose to honor the life force that supports you? What is your awareness of the sacred matrix of this divine design of You? Through the "You", is a being of infinite intelligence of Qi. This Qi that is breathed through you sings its song through our inner rivers. In its harmonic resonance, is the symphony of each organ's ocean of vibrational spirit. When we step inside, how may we honor the presence of this flowing Qi of We?

When you hold a hand full of berries gathered from a wild blueberry bush, can you pause for a moment and sense its Qi? Can we exchange in conversation with these little round beings of concentrated vibration of liveliness of life? As it sinks into your hand, what sort of resonance might you feel? Can you listen in reverence to sense its song, or perhaps be in gratitude in honoring its presence. Beyond its rounded, five pointed star of blue, is a rhythm of time emulating cyclic ways of brilliance, living as a story of continuum.

In a moment of pause, can you connect with its journey from seed to sprout, to branch, to leaf, to bud, to flower, to fruit, whose lineage or morphology of adaptation may go back as far as 10,000 years? In its relationship of heaven and earthly flow, is revealed the dance of Yin and Yang. Within its roots, runs the the path of the Yin that draws each meandering root to sink its way through the mystery of the unseen world. The dark moist womb of soils containment of embrace, anchors its earthly growth of deepening stability for the stems to reach the Yang world above. Yang ways of each stem, expand to reach the world of light. Rising from the roots of the mineral wold, they weave their way across the terrain toward the path of the Sun. In the mist of the dappling granite rock terrain, is the weft of adaptation of the seasons change in community.

When we delight in the flavor of this berry, again, there lives the continued path of Qi, in the matrix of the water. From the sinking rains absorbed in the roots to the rising of the glistening morning dew, again, upon each leaf, reveals the cycles of Yin and Yang ways

of continuum. With the rays of the sun, each dew drop shines like a diamond prism of reflected colored rainbow light. Absorbed across these landscaped fields of Qi, are the medicines of the moment containing the everything of the nothingness of unfolding mystery. Within the water, flowing from root to fruit, there too lives a matrix of songs from the winged ones. Here too in this berry, is the the hum of the Bee, and the call of the Loon, in the rhythm of the wind, the sun and moon. Together they are composed in a symphony of the overtones of vibration and sound.

The Many Scales of Qi & The Three Treasures of Jing, Qi & Shen

Because Qi is the basic element of the nature of the Universe, it reveals itself in different dimensions as it transforms from states of being-ness in relationship to the whole. Again as one continues to read this paper, there are multiple explanations that lead to understanding the states of Qi as they are revealed in different scales of existence. These scales of existence are really the essence of “One”, that are patterning as different creations mirrored in the universe. Here they are described as “The Three Treasures.” The ancient Daoist revealed The Three Treasures” to be reflected in the cosmos, the earth and in the human body. **The Three Treasures manifested in the Cosmos (Heavens) are: the Sun, Moon and Stars. The Three Treasures of the Earth are: the Soil, Wind and Water. The Three Treasures in the Body are: Jing, Qi and Shen.**

In the body **Jing** 精 is the foundation of life and is passed to the individual at conception. Before conception, is the Jing from the spirit of each Being as well as the essence of their relationship. Jing relates to **essence** in varied dimensions, it is our ancient nature, our DNA, our ancestry. **Qi** 氣 relates to **Vibrational Energy**. Qi creates movement and assists in communication between Jing and Shen. **Shen** 神, relates to **Spirit**, the mind of the heart. The Shen allows us to connect with each other and the universe. Another explanation of Jing, Qi, & Shen and how it manifest in life is written here:

“Traditional Chinese Medicine is primarily based on understanding the transformations of Qi. The ancient Chinese believed that all transformations happened under the influence of Qi, and that within the human body, the Breath (Qi) gathered together to become Essence (Jing). The Essence is then set into motion through heat and vibration and becomes Spirit (Shen). In Daoist Alchemy, disciples are traditionally taught that when the Original Energy (Yuan Qi) is radiant and still, it is called Spirit (Shen); as it flows into movement it is called Breath (Qi); as it coagulates and condenses itself, it is called Essence (Jing). According to the Dao de jing, within the entire universe, there is but one Primordial Breath (Yuan Qi). It is from this inexhaustible reservoir, that all things derive their existence.”

To describe the many ways Qi transforms in the scales and cycles in the cosmos of all living beings, one can go into much more detail with each of these scales, and this would be a Chinese Medicine program in itself. Here is a brief explanation of how Qi is described as it is revealed in different stages of transformation, as well as describing the Three Treasures of Jing, Qi and Shen. For the sake of efficiency of this paper to explain

some of these complexities. I will refer to an article from Chinese Medicine practitioner Marty Eisen, Ph.D By [Marty Eisen, Ph.D](#)

Qi in Traditional Chinese Medicine

Qi is the physical and spiritual substratum of all human life. In Chinese medicine, the terminology employed depends on the state of the energy-matter. Energetic material, ranging from less dense to denser, is termed: Spirit (Shen 神), Energy (Qi 氣), Essence (Jing 精), Blood (Xue 血), Body Fluids (Jin Ye 津液), Marrow (Sui 髓), and Bone (Gu 骨). Article: Qi in Traditional Chinese Medicine: Marty Eisen, Ph.D

The Three Treasures By [Marty Eisen, Ph.D](#) “ The three most important energetic substances for the function of the body are **Jing, Qi and Shen**, representing different stages or phases of life phenomenon. These are known as the "Three Treasures" or "San Bao" (三宝). Jing and Qi are the material foundation for Shen (Mind) — This postulate is used in Chinese medicine because Jing, Qi and Shen represent three different states of the condensation of "Qi", from coarse, to rarified, to subtle and immaterial, respectively. If Jing and Qi are healthy and plentiful, the Mind will be happy. If both Jing and Qi are deficient, the Mind will suffer.

Jing (精) The simplest definition of the "Jing" is "essence." Its Chinese character (精) implies that it is a refined substance derived from a coarser one. In many senses, Jing could be the internal sources or structure base of Qi. Jing itself can be divided into different types or be looked from different angles. If Qi is used in the sense of function, Jing would be understood as the physiological structure. If Qi is considered as vital energy, then Jing would be the physiological systems that support the energy. For example, endocrine system is frequently referred as "jing" in Traditional Chinese Medicine (TCM). Keep it in mind that there are disagreements on what can and cannot be called "Jing."

There are three different types of Jing:

1. **Prenatal Jing** (Pre-Heaven Essence). At conception, Prenatal Jing passes from the parents to the embryo. This essence, together with nourishment derived from the Kidneys of the mother, nourishes the embryo and fetus during pregnancy.

Prenatal Jing determines basic constitution, strength, vitality, and so individual uniqueness. Some say once inherited from the parents, Prenatal Jing cannot be altered. Prenatal Jing is conserved by balance in all life activities – moderation in diet, work/rest, and sexual activity. Irregularity or excess in these areas wastes Prenatal Jing. Certain exercises help conserve Prenatal Jing, such as Tai Chi and Qigong. Tortoise breathing may also positively influence it.

2. **Postnatal Jing** (Post-Heaven Essence). Postnatal Jing is the complex of essences extracted and refined from food and drink by the Spleen and Stomach. The Lung gets Qi from the air. These essences form the material basis for the functional activity of the internal organs and metabolism of the body. The Kidneys store any surplus Jing to be released when required.

Postnatal Jing is continually being used by the body and replenished by food and drink. The Prenatal Jing is enriched and functions optimally only through the action of the Postnatal Jing. Without the function of the Prenatal Jing, the Postnatal Jing cannot be transformed into Qi.

3. **Kidney Jing** arises from both Prenatal and Postnatal Jing. It is hereditary, like Prenatal Jing and determines one's constitution. However, it is partly replenished by the Postnatal Jing. Kidney essence is stored in the Kidneys, but has fluid-like nature and circulates all over the body. Kidney Essence is said to have the following functions:

- It is the basis for growth, development, sexual maturation, and reproduction. It moves in long, slow developmental cycles (men's Essence flows in 8-year cycles; women's in 7-years) and presides over the major phases of development in life. Kidney Jing declines naturally, producing the signs of aging, such as loss of hair and teeth, and impairment of memory.
- Kidney Jing because it is fluid-like may be considered as an aspect of Kidney Yin. Kidney Yin when warmed by Kidney Yang and the heat from the Ming Men produces Kidney Qi.
- Kidney Jing produces what is called "Marrow" in TCM — (there is no exact equivalent of this concept in western medicine). This "Marrow" produces bone marrow, as well as the brain, and fills the spinal cord. If Kidney Jing is weak, the brain may be undernourished, leading to poor memory or concentration, dizziness, a feeling of emptiness in the head, etc.
- Jing and Qi are the material foundation for Shen (Mind) — This postulate is used in Chinese medicine because Jing, Qi and Shen represent three different states of the condensation of "Qi", from coarse, to rarified, to subtle and immaterial, respectively. If Jing and Qi are healthy and plentiful, the Mind will be happy. If both Jing and Qi are deficient, the Mind will suffer.
- Different Types of Qi. Qi is more of a multi-meaning or multi-component concept than a specific matter, energy or function.
- Prenatal Qi (Yuan Qi 元气)
- Yuan Qi is said to be Jing (Essence) in the form of Qi. Yuan Qi has its root in the Kidneys and spread throughout the body by the San Jiao (Triple Burner). It is the foundation of all the Yin and Yang energies of the body. Yuan Qi, like Prenatal Jing, is hereditary, fixed in quantity, but nourished by Postnatal Jing.

Prenatal Qi (Yuan Qi 元气)

Yuan Qi is the dynamic force that motivates the functional activity of internal organs, and is the foundation of vitality. It circulates through the body in the channels, relying on the transporting system of the San Jiao (Triple Burner). It is the basis of Kidney Qi, and dwells between the two

Kidneys, at the Gate of Vitality (the Ming Men, GV-4). It facilitates transformation of Qi described below, and participates in producing Blood.

Center Qi (Zhong Qi 中气)

Energy generated from the Spleen and Stomach, whose function is to transport the Qi from food into the chest where it is combined with the Qi of the Heart and Lungs.

Food Qi (Gu Qi 谷气)

Food entering the Stomach is first "rotted and ripened"; then transformed into a usable form by the Spleen. The energy derived from this food essence is divided into Pure Yang Qi and Impure Yin Qi by the Spleen. The Pure Yang Qi is sent upward to the chest by the Center Qi via the Middle Burner. First, it goes to the Lungs where it combines with the Heavenly Qi to form Gathering (Zong) Qi. Then, it is transported to the Heart, where it unites with the Yuan Qi from the Kidneys to produce Blood. The turbid Yin Qi of Gu Qi is sent down by the Spleen via the Middle Burner to the Lower Burner to be further refined and excreted.

Clear Qi (Qing Qi 清气)

This is the pure energy from the Gu Qi sent by the Spleen to the Upper Burner and chest via the Middle Burner, also known as Yang Qi.

Turbid Qi (Zhuo Qi 浊气)

This is the impure energetic essence of Gu Qi transported by the Spleen via the Middle Burner to the Lower Burner to be further refined and excreted.

Gathering Qi (Zong Qi 宗气)

The Spleen sends Gu Qi to the Lungs, where with the assistance of Yuan Qi and Kidney Qi it combines with air and transforms into Zong Qi.

Zong Qi nourishes the Heart and Lungs, where it forms the basis of the pulse and respiration. If weak, the extremities, especially the hands, will be weak or cold. Zong Qi gathers in the throat and influences speech (which is under control of the Heart) and the strength of voice (under control of Lungs). It is affected by emotional problems, such as grief and sadness, which disperse the energy in the chest and weaken the Lungs. The Lungs and Kidney mutually assist each other via Zong Qi and Yuan Qi. Zong Qi flows downward to aid the Kidneys while Yuan Qi flows upward to aid in respiration (and the formation of Zong Qi). The chest area where Zong Qi collects is called the "Sea of Qi." Zong Qi and the Sea of Qi are controlled by the acupuncture point Shanzhong Ren-17.

True Qi (Zhen Qi 真气)

Zong Qi originates in the Lungs. It is transformed into Zhen Qi with the catalytic action of Yuan Qi. Zhen Qi is the last stage in the transformation and refinement of Qi. It is the Qi that circulates

in the channels and also outside the body and nourishes the organs. Zhen Qi has two different forms, Ying Qi and Wei Qi.

Ying Qi (Nutritive Qi 营气)

Ying Qi nourishes the internal organs and the whole body. It spends two hours in each channel, moving through all twelve channels in a twenty four hour period (termed the Horary Cycle). During these periods, the corresponding organs are nourished and maintained by the Ying Qi. It is closely related to Blood, and flows with Blood in the vessels as well in the channels. Ying Qi is the Qi that is activated by insertion of an acupuncture needle. It is closely related to the emotions, since it can be directed by thought.

Wei Qi (Protective Qi 卫气)

Wei Qi is fast moving, "slippery" and more Yang than Nutritive Qi. It flows primarily under the skin and in between the muscles, especially in the Tendino-Muscular meridians. Wei Qi protects the body from attack by exogenous pathogenic factors such as harsh weather conditions, microorganisms, harmful emotions, and evil spiritual forces. For example, a deficiency of Wei Qi can make someone prone to frequent colds.

There are three Wei Qi fields extending several feet from the body. All energetic forms of the body, including organs, blood vessels, nervous system, etc., can be accessed and treated through these fields.

- Wei Qi warms, moistens, and aids in nourishing skin and muscles. For example, a person with a deficiency of Defensive Qi will tend to feel easily cold. Wei Qi Also adjusts the opening and closing of pores; thus, regulating sweating and the body temperature. It is controlled by the Lungs, which regulates its circulation.
- Wei Qi adjusts the opening and closing of pores; thus, regulating sweating and the body temperature. It is controlled by the Lungs, which regulates its circulation.
- Deficient Wei Qi can lead to spontaneous sweating. When an exogenous pathogen (e.g., Wind-Cold) invades the exterior, the pathogen can block the pores, inhibiting the function of the Wei Qi, and blocking sweating.
- Defensive Qi has its root in the Lower Burner (Kidneys). It is nourished by the Middle Burner (Stomach and Spleen) and is spread outwards by the Upper Burner (Lungs).
- Wei Qi in the daytime circulates in the Exterior, but at night it goes into the Interior to protect the Yin Organs.
- It is said that sleeping under an open window at night gives exogenous pathogens a better chance for attack than during the daytime, since the Exterior of the body is less well

protected. Hence, it is easier to catch a cold at night than in the daytime.

- Wei Qi can become thicker and extends farther out during Qigong practice. Therefore, it may take longer to move inward at night, causing some Qigong practitioners to have difficulty falling asleep after evening practice.

Upright Qi (Zheng Qi 正气)

Also is known as Righteous Qi. This is not another type of Qi but a general term to indicate the various Qi protecting the body from invasion by Xie [pathogenic] Qi.

Postnatal Qi (Hou Tian Zhi Qi 后天之气)

The energy from food, drink and air cultivated after birth. Postnatal Qi depends on Prenatal Qi for development. Both form the foundation for the body's vital energy.

Organ Qi (Zang and Fu Qi 脏腑之气)

The above entry was adapted from "[Qi in Chinese Medicine, Part 1](#)" and "[Qi in Chinese Medicine, Part 2](#)", by Marty Eisen, PhD and Kevin W Chen, PhD published in *Yang Sheng*

Qi Gong 氣功 Dancing In Wave Forms of Qi

In essence the practice of Qi Gong is the living philosophy of Dao. The wisdom is practiced through us, reminding us that we are the Dao. Through our minds & bodies, we experience states of being-ness as undefined & aligned, interconnected as the Sacredness of Being.

Qi Gong is an ancient form of moving, sitting and standing meditation that has been practiced in China for over 5000 years. It is considered the mental alchemy of Chinese medicine, where one cultivates the mind to guide Qi to create tranquility that can help transform one's state of consciousness and well-being. It is the study of our relationship of human beings and the universe on the physical, mental and spiritual levels. Through the discipline of focused mind and daily practice, practitioners are able to cultivate qi, cleanse the channels, regenerate well-being and expand one's innate potentials. When we practice Qi Gong we access combinations of acu-points to open the meridians, amplify the Qi, and communicate with the universe.

Qi Gong evolved from the ancient Daoists and Shamans through their observations of nature. They developed ways to cultivate Qi as alchemy aligning with the cycles and rhythms of nature's wisdom. Now in these times of disconnect and stress, Qi Gong is a way that can help us navigate tranquility and return to center guided by the ways of nature.

Ways of Cultivating Qi

When we practice Qi Gong we are like a directional compass aligning with the elements in multidimensional time and space. We are moving in a creation dance of Yin and Yang as a figure eight, in its cycles of circles within circles. In a spherical dimension, like a compass, we align to connect with the elements in their directions of east, west, north, south and points in-between. As we stand with our feet on the earth and our heads extended in the sky, our body is shaped like a drafting compass, that moves in concentric formations. As the compass draws the circles to create geometric shapes, we too, with our arms, hands, fingers, legs, acu-points and mind, are in a dance of sacred geometry. Within us lives circles within circles of light barring spheres of Qi. Together, within and all around us, we are creations of cyclic motion mingling with the Universe.

This inner and outer creation of art form continues through the tones of our mind and voice. As we amplify the sound of the mantra, the spaces within continue the creation of the matrix of sacred shapes. <https://www.cymascope.com>

Amplifying Qi

When we practice Qi Gong we also practice the art of attention and intention through visualization. Through our curious inquiry, we allow our mind's eye to access and reveal the nature of our inner world. When we step inside, how present are we to meet our internal existence? Can we look within beyond a preconceived one dimensional flat text book perception of our inner world. When we shine the light we amplify the amazing design of life within.

What does this intricate internal landscape look like? Each time we connect can we awaken to a new discovery of awareness of this amazing design of creation? Within each organ lives a season a element and a spirit as a web of Qi revealing its meandering patterns of flow. Within the deepest containment of form, here too lives the spiraling streams of Qi that flow through the grain of our bones. When we are present with our attention, we are life recognizing, life amplifying Qi. Even the most dense containment of contraction can soften into a wider field of existence.

What kind of resonance can we paint within our internal landscape when we amplify our Qi with our thoughts and sound? Can we sound our sacred notes to create space for vibrance to transform the matrix of each cell ?

With our Mind's eye, we amplify the Qi, illuminating the expansion of life. As we do so, we practice presence. Can we expand with the great Qi of the Universe that is all around us, and within us? With our intent of positive visualization, we raise our

frequency. When we do so, can we soften in kindness to warm our internal relations that carry our stories of contracted trauma? The noise of static patterns that restrict flow can be transformed through the amplification of positive Qi. Through the alchemy of intentional focus, visualization and amplification of sound, we can transform the nature of space and form. When we focus our presence within, we allow the Qi to amplify and expand. We then can change the stories of our cycles in time. When one honors a moment to experience this, perhaps we remember, more and more, the sacredness of our being. This is the nature of Qi Gong Practice.



Qi in the Field of Wu Wei

When you walk along the shore of the ocean, with the rhythm of each wave's pulse of ebb and flow, can you tap into the song of nature's ever changing way? Within each wave's spiraling crest, lies a moment of seemingly undetectable motion of effortless pause... In this moment of pause, is the yielding of ease. Within this ease, is the state of non-doing. Being in non-doing creates allowing. Living as allowing leads to following the way for the power of creation to unfold.

As the inertia of the wave gathers into its spiraled contraction, the pause allows for the yielding of ease. The transformation of falling into ease makes way for softening to flow into expansion. The unfoldment of the softening gives way to the effortless state of, being in non-doing.

When we practice Qi Gong, we are mimicking this dance of the rolling wave. From contraction to expansion, in its rhythm, here again reveals the expression of the Tai Ji symbol where the flow of Qi transitions from Yin to Yang, as the continuum of the unfolding circle. In this state, can we let our held sense of containment soften into a wider field of expansiveness like a wake of rippling, rolling water? Can we move as effortless flow from the center point of our being? It is here where we can let the infinite intelligence of Qi be a sustaining support that guides us. When we let the Qi move us and follow the flow as a non-doing state of being, one might say we are in the field of Wu Wei. This too is the nature of Qi Gong Practice.

Discussing the nature of Qi Gong practice leads to the honoring of the different Qi Gong masters and their methods of cultivating Qi. Their methods are discussed to lay a foundation for working with the protocol of the Eight Extraordinary Vessels and Sound Acupressure treatments.



Professor Chen Hui-Xian Beloved Teacher, Qi Gong Master & Translator
Qi Gong Masters Professor Chen, Master Wang & Master Ma

The Nurturing of Heart Mind

For centuries Qi Gong has been a method to access our greater Qi through mind, movement and sound. Through sound wave and brain wave methods of focused mind, the ancients and present day masters have gifted us with ways of navigating being in the flow with the universe. In David Gibson's book, "The Complete Guide To Sound Healing, Chapter 12, The Hierarchy of Sound, Music and Energy in Living Systems", David reveals that the hierarchy of sound, is when we add energy and intention, the healing effectiveness of the sound is greater. I will also add that when we add sound to energy, here too, is an exponential leap in ways we affect transformation of well-being.

Exploring this revelation led to the reflection of my foundational trainings in China with Qi Gong Masters which relates to their cultivation of focused Qi with the fulcrums of sound and mantras. Their explanation in brief has to do with the combination of: brain wave connecting to the sound wave that connect us as Source. This energy translated as (Super Energy) is everywhere. Once we align the brain wave state with the sound, combined together, our channels can flow. This allows for what we call "Miracles" to manifest. More of this formula is shared with Master Ma Chenkai in his Super Energy Qi Gong Method.

The Qi Gong Masters we were graced to work with in China and the US, all express as I mentioned earlier and can not say it enough times is that: "**MIND IS QI**". These masters also emphasized the great importance of cultivating the **Heart-Mind**. Through focused **Mind as Qi**, the intellectual mind can rest to allow the **Spiritual Mind** of the heart to

govern. Also emphasized, is the cultivation of ones' innate potentials through using the focused mind of **Imagination and Visualization**. When we focus on our inner landscape, we practice presence and bring more life. **Imagination is a portal that Amplifies life.**

These masters acquired their wisdom from either inherited lineage of generations and disciplined practice, or practice and cultivation, due to pivotal life changing events. Their disciplined practices led them to experience higher states of consciousness in understanding the nature of the universe. Masters such as Liu He, and Master Wang Zhe Zhong, all acquired their innate potentials through their family lineage of many generations and cultivated disciplined practice. Professor Chen Hui-Xian, a beloved Qigong Teacher of many, has served as a translator and a bridge to many Qi Gong Masters in China. Her devoted and diligent Qi Gong practice is an example of someone who developed her innate potentials due to a life threatening illness.

“The Highest Form of Qi Gong Practice is Love.”

Professor Chen-Xian

Professor Chen Hui- Xian, nearly forty years ago, was diagnosed with late stage breast cancer. During that point in time, she was given only two months to live. After she had exhausted all western medicine therapies of extensive surgery, radiation and chemo, she was nearing the end of her days until she was introduced to Soaring Crane Qi Gong. Within two months of complete disciplined daily practice, she became healthy. Her potentials were revealed exponentially and she no longer had cancer. Professor Chen then was a highly respected Professor of English at University of International Business and Economics in Beijing China. From her miraculous recovery, she devoted her life to Qi Gong through practice and training teachers.

In China, she served for many years as practitioner, teacher and translator. She was also a key participant in the Qi Gong Renaissance in the early 1980's in Beijing. Later in the US, she founded the Qi Gong Teacher Training Program at Oregon College of Oriental Medicine. She has served as a bridge for many Qi Gong Masters in China. Her treasured gift as a Translator of English and Chinese, is the wisdom from her own life transformation through Qi Gong. She has been able to not only articulate the correct English translations, also she is able to reveal the deep spiritual meanings of the Masters transmissions.

Of the many virtuous teachings of wisdom Professor Chen continually expressed is that: *“The universe reflects the same as your thinking. The most powerful tool we can realize, is that **Mind is Qi**, Where your mind goes, the Qi follows, so it is important to maintain positive thinking. And one must have confidence in Qi Gong ”* Professor Chen is also a great example of integrity, where she often demonstrated the teaching that: *“The Highest Form of Qi Gong is Love”.*

Professor Chen's healing journey was an inspiration to many as she transformed her near death destiny into vibrancy of life. One of the many inspiring stories that is an example of transformation through the power of Mind as Qi, was her ability to repair her impaired arm of severed nerves. After her butchered surgery from the removal of all her lymph nodes and right breast, along with massive radiation burns, she had extensive debilitating damage. Followed by much pain, immobility, and expansive scar tissue, her arm was nearly paralyzed from severed nerves. Through Qi Gong, she was able to transform this arm to re-grow new nerve pathways again. She did this through the power of mind, by imagining the Qi moving through her arm.

Her daily, disciplined practice of Soaring Crane Qi Gong involved elaborate, extensive, fluid movements of engaging the shoulders and the arms to move like wings of a flying Crane. As she practiced the form and enabled the movements with her left arm, she would visualize the same movements happening with her immobile right arm. Within a years time, she had complete use of her right arm, to where she could move fluidly, as a beautiful, flying crane full of flowing Qi, in both arms. From this transformation, she would often refer to her confidence in Qi Gong practice and believing in the power of mind as positive Qi.

Professor Chen's devotion to serve well being in helping to raise the consciousness of humanity continues. She is now in her eighty-eighth year of life living well. You can learn more about Professor Chen through her website and stories in her book, "My Life is Always Smiling". www.wisdomandpeace.com

"Positive Mind Brings Positive Qi"

When we are truly quiet & relaxed, our intellectual mind is gives way to our spiritual mind. It is in this quiet space that true healing happens"

Master Wang Zher Zhong

Master Wang Zhe Zhong. Master Wang, was a 19th generation lineage holder of the Wang Family Turtle Longevity Qigong. This Qi Gong system has been practiced by the Wang family for over four hundred years. At the age of four he began training with his grandfather. Finding Master Wang to be diligent and gifted, his grandfather passed on to him all the secrets and techniques unique to their family form. As the form was considered a family heirloom, the successive lineage holders were not permitted to teach the form to the general public. Moved by the condition of the general public in the years following the Cultural Revolution, Master Wang broke with the family tradition after careful consideration and began to teach the form publicly in China. Student response was very enthusiastic, as the form was found to be tremendously effective. Turtle Longevity Qigong quickly gained an excellent reputation and came to be regarded as one of the best qigong forms in China.

Master Wang's many years of personal practice of his family's methods have developed in him a unique gift: the power to heal patients through talking to them. This therapeutic treatment has proven effective in person, via telephone, and via videotape. He was

invited to demonstrate this unusual healing method in France, Malaysia, Singapore and Hong Kong. Master Wang taught that with practice and cultivation of focused Qi and mingling with the Universe, one can heal with the power of voice.

Through his years of cultivated practice, Master Wang helped hundreds of people transform into well-being from difficult diseases. He revealed how healing can be spontaneous, and more than once, we were witness to a tumor disappearing in front of us. **In his teachings, often, he would state how important it is for one to be aware of what and how we think.** His techniques were powerful and at times instantaneous, yet peoples belief systems and expectations could inhibit their ability to receive the healing frequencies. He often gave examples of how we think has great influence as to if a person is constantly wondering if an illness is gone or better! To do so, reveals that the person is focused on their problem, and they are still holding the frequency of the disease in place.

He revealed that disease of the body is simply an equation of being a different spin that is not compatible. And that illness is a lower vibration due to our thinking that creates a lower frequency. Master Wang described how the importance of developing our innate intelligence is in part, due to how we think and connect with the Universe.. When we practice Qi Gong it is important to not only focus on health and Qi when practicing Qi Gong, yet to focus on the "Guang," The "Guang" refers to being the light of the innate intelligence of the universe, the light of "Dao" When we align with the light of the Guang, we let this be our focus. In doing so we align to a higher frequency where illness cannot exist.

Through his many years of disciplined practice and the wisdom of his family lineage, Mater Wang is a great example of someone who could heal with both his mind and his voice. The Forms comprised of Turtle Longevity Qi Gong were passed on to his family as gifts from the Universe. In part, the effectiveness of his healing power was his ability to mingle with the "light of Guang" through his voice as focus Qi. In developing one's sound healing practice here again is an example of how sound wave and brain wave of focused Qi is a powerful fulcrum to align with the Super Energy.

"Turtle Longevity Qi Gong of the Wang Family is a wonderful outstanding Qi Gong Form that is an advanced type of Qi Gong with tremendous healing power that has helped countless patients with difficult diseases. By practicing this form, the practitioner will benefit in many ways. It not only helps with diseases, but also can be a regular part of health maintenance to prolong life. It also helps cultivate innate potentials to increase wisdom. As my Grandfather Wang, Shao Shan told me: The life span of the golden turtle is many times longer that that of human beings. the secret is that turtles connect with the heavens and the earth? It actually does this through exchanging qi with the universe. The more it does this, the stronger it becomes. By practicing Turtle Longevity Qi Gong, we can imitate the turtle in exchanging qi with the universe. In this this way our health can be improved and life prolonged." **Master Wang Zhe Zhong**

“It is not difficult to find out the “secret” behind the miracles. You can find it in your own body, in your hand, inner mouth, and in your mind.”

Master Ma Chengkai

Master Ma, Chengkai. has made great contributions to the world through his study of the nature of the Universe. Through his studied scientific theories he developed a powerful transformative type of Qi Gong.

In his earlier years he was a journalist. He became very ill in his late thirties as a result of overwork, he became bed-ridden with terminal illness. Depressed, he began to question why people had to comply with their fate, rather than finding a way to help survive diseases. In search of a cure, he visited many psychic healers for treatment and experienced many psychic healing methods. He discovered that the secret of psychic healing power lies in the way the healers think. Based on this idea, he studied Traditional Chinese Medicine, ancient Chinese philosophy and Qi Gong theories. Fifteen years of research resulted in Master Ma's basic concept: the key to health, wisdom and enlightenment is in our own hands.

Master Ma's method, the Super Energy Clapping Hands Method, has proven remarkably effective in stimulating self-healing. Upon introduction to the public, this method became one of the most popular Qi Gong methods in China. The Method of Super Energy Clapping Hands is a simple and easy to learn form of Qi Gong as well as it is a powerful and direct way to align with the super intelligence of the Universe.

Ma Chenkai witnessed his father being completely healed instantaneously by another Qi Gong master from channeling Qi into a glass of water. His father's amazing experience inspired Ma to pursue research behind what seemed like a phenomena or a miracle. After years of mentoring and inquiry as to what is it in the hands of a Qi Gong Master or the sacred healing waters of Lourdes, he devoted his life to studying and sharing the results of the formula for this “miracle phenomenon”. Through his research, he revealed that it is: the ***“Brain Wave with the Sound Wave Mingling With the Super Intelligence of the Universe”***, which combined together can explain the formula for “miracles”. From this he created a simple powerful form of Qi Gong that works with sounding into the organs and clapping hands to connect with the brain wave that clears the channels and heals.

Master Ma emphasized that: *“everyone has two teachers: One is around us; the other inside us. The first teacher is the Super Energy in the universe. The other teacher is our own brain. The Super Energy brain and sound waves we produce can connect with Super Energy in the universe. The two teachers need to meet. If you do this you will be able to both adjust others and be adjusted by others for better health and more stable emotions. Everyone can become a master”* He also equates the Super Energy to the teachings from the wisdom from the text *“The Dao De Jing “* Through his research he concluded that *“perhaps the “Dao,” the “One”, the unnamable that this invisible and untouchable is, Super Energy.”*

The Chinese term for Super energy is called Chao Chang. **Chao**, refers to the meanings of, **repress or exceed**. **Chang**, refers to the law of movement and visible matter. In the three-dimensional space, matter and physicality are manifested as a single direction and irreversible, whereby time and space are limited from birth to death. In the mystery of a miracle or the “*Qi Gong Phenomena*,” the term Chao meaning “repress or exceed” reveals the possibilities of energy and matter being multi-directional, that is reversible and changeable at any time.

“Super Energy is the energy that can turn time and space-limited energy, (movements of visible matter, which are going in an irreversible and one-way direction), into an energy movement that can make a sudden change at random. Super Energy can change from, form to emptiness and from emptiness to form, as well as from something physical and visible, to something mental and spiritual. Super Energy can change in a two-way, reversible direction.”

Master Ma, in his many ways of explaining Super Energy, states: *“The so called “something is nothing; nothing is something; something is identical to nothing; nothing is identical to something”, means that matter and nothingness will no longer oppose and differ from each-other. Matter is from nothingness, nothingness is from matter. They change and transform at once and at will of the Super Energy. This is omnipotent, random energy without limit of time and space. This is a kind of integrated, unique identical and absolute energy.”*

*“Super Energy finally is expressed only with the symbol: **○**. It is infinitely great and infinitely small, boundless inside and outside, round and harmonious, vast and free in a holographic zero state, with no beginning and no end, no bounds of time or space, and is infinite and eternal.” “It is enough to know that Super Energy is two way and reversible. It can regenerate people, improve health and prevent disease.”*

“After having made a conscientious observation, review, and practice, I have come to know that the palms have the closest relations with the Super Energy, other than the brain.”

“Many psychic healers, extraordinary super energy masters and qigong teachers use their mental or psychic power to heal diseases. In many cases they still have to use their hands in combinations with their brains. At the same time, they will make a loud and sudden shout to reinforce the energy to heal diseases. Therefore, in order to initially spread Super Energy Clapping Method, we must focus our attention on the key points. ie. the hands, which are linked to the whole body. If the hands are cleansed, then the whole body is cleansed. So, life lies in the hands and good health depends on clapping hands. Clapping hands, forcefully with strong internal strength, with strong stimulus and with strong reflection, will help to “get double the result with half the effort” in order to cleanse the channels and open up the accupoints over the body.” The hands are closely related to Super Energy. If the accupoints in the hands are completely open, that will help enhance the hands holographic field of energy as well connect the holographic

field around us, with the Super Energy in the universe, and so they play an important role in achieving magic results health care and healing diseases.”

“In fact, it is not difficult to find out the “secret” behind the miracles. You can find it in your own body, in your hand, inner mouth, and in your mind. Our slogan is “ Ask for health from your hands. Ask for health from your mouth. Ask for health from your mind, because the health lies in the movements of your hands, your mouth, your mind.”

“Our body is a small universe, so our hand, mouth, and mind are linked to each other along with the internal organs and inner systems in the small universe. Our hands, mouth, and mind are also closely linked to the big, boundless universe. They can channel and exchange matter, energy, and information with each other. Our hand, mouth and mind are connected inside with the somatic small universe. (our physical body) while channeling outside with the celestial bodies, the heavens, the big boundless universe Our integral argument is Health, Wisdom, and Energy all lie in your hand, in your mouth, in your mind”

Master Ma Chengkai

Super Energy Method Mantra: "The sixteen character mantra below here is the guideline to use the Super brain and sound wave to connect with Super Energy of the universe. With this guideline, practitioners benefit much more from methods that cleanse the channels move limbs and improve the flow of blood and energy."



Super Energy Method Mantra

by Master Ma, Cheng-Kai

translated by Li, Ping-Ping

chāo <i>chow</i>	cháng <i>chahng</i>	néng <i>nung</i>	liàng <i>lee-ang</i>
jiù <i>jee-oh</i>	zài <i>ts-eye</i>	shēn <i>shun</i>	páng <i>pahng</i>
sī <i>suh</i>	wéi <i>way</i>	gōu <i>go</i>	tōng <i>toe-ng</i>
quán <i>chwan</i>	shēn <i>shun</i>	tōng <i>toe-ng</i>	chàng <i>chahng</i>

Super energy (chao chang neng liang) is all around us (jiu zai shen pang).
Mentally connected with it (si wei gou tong), whole body cleansed (quan shen tong chang).

超 chāo to exceed; to surpass; to transcend	常 cháng always; ever	能 néng capability; talent; skill	量 liàng capacity; quantity
就 jiù nearby	在 zài to exist; to be present; to be alive	身 shēn the body	旁 páng by the side of
思 sī think	维 wéi connect; join; hold together	沟 gōu a creek; a canal	通 tōng through; passable; to go through
全 quán fully; wholly; entire	身 shēn the body	通 tōng through; passable; to go through	畅 chàng smooth; joyful; contented

To learn about these forms or to become a practitioner, it is emphasized by the Masters to learn from a qualified teacher who is trained in these Forms. For Turtle Longevity Qi Gong of the Wang Family, Super Energy Clapping Hands Qi Gong & Other Forms, visit Resources at the papers end.

Our Inner Alchemy~The Cosmos With-in ~The Inner Maps of Qi



The Inner Landscape Nei-jing Tu

Louis Komjathy www.goldenelixir.com/jindan/neijing_tu.html

When we refer to the ancient wisdom of the Daoists, we can see the wisdom revealed in their charting of the flow of Qi through their practice of inner alchemy. Below are various links to the Daoist Nei-Jing Tu. Through this inner map of alchemy of cultivation of Qi, we can see that the nature of the universes is a hologram revealing itself within each cell of a human being. The interconnected relationship between our outer nature of the cosmos is revealed as the map of the universe within.

[內經圖](#), *Neijing tu* color image

Youtube watch of Nei Jing Tu (內經圖) Explanation - Damo Mitchell:<https://www.youtube.com/watch?v=acX1nCrZ2AA>

Yu Tse Zhang: <https://the-yin-yang-shop.com/blogs/taoist-religion/neijing-tu>

Our Inner Alchemy Reflecting the Milky Way

Through our inner landscape we experience the universe. By being present with the mind and imagination of focused Qi, we access the meridian systems of our inner rivers and reservoirs of Qi. As we do this, we navigate with the whole of the universe like cogs on wheels inside a heavenly clock rotating with the nature of the cosmos. We sing as the small heavenly orbit in song with the large heavenly universe, whereby each individual's fundamental note is in flow as a choir of harmonic resonance. We are exchanging Qi with the Universe and the Universe is in us.

When one looks in awe at the constellations and the stars, so too is this brilliance, reflected as the octave within. One can also see this awe of brilliance continuing through our inner pathways of Qi, whereby our meridians are the constellations and the stars are the acu-points. Can you connect like the ancients did with their maps that reveal the stars within? Can we remember our alignment with the North Star Pole Polaris as its song is sung through us along the Central channel. From the top of our head, (the Bai Hui acu-point), the most yang gate way of our portals, to the field of our lower Dan-Tian, on either side of the navel, are the points that relate to the Big Dipper.

These portals of acu-points and their names have changed in time as to our relations with the varied pole stars. In looking at the point names, one can see there are a number of references that reveal the stars of the Big Dipper and the Little Dipper. One in particular is called (Tian Shu, Heavens Axis,) Stomach(25) that is on either side of the navel by the point Kidney(16), in the field of the lower Dan-Tian



Daoist Immortals and the Big Dipper

Sou Shen Ji informs us, that the Zi Gong, The Purple Palace, is the area around the pole star, and is the place where the Shen Xien dwell. The Shen Xien are the Immortals of Daoist mythology.

“Another name commonly associated with the pole star, is the Tai Yi. The Tai Yi was also the former pole star. The name is of particular interest since Tai Yi is associated with the other Chinese character Tai Yi meaning the Great One and Tai Yi is also synonymous with Tai Ji.” “As the heavens turn around the pole star, the creation of Yin and Yang was seen to occur, for the pole star is the very center and thus the origin of all movement and process in the universe. It is the only place in the heavens whose “position is always the same.” The One, Yi is often synonymous with the Tai Yi: the Huan Nan Zi says of the one: The Dao begins at the one, The one itself does not create, The one divides and then becomes yin and yang. Yin and Yang unite harmoniously, subsequently every thing is created.” Pg 70 & 71 Hara Diagnosis: Reflections on the Sea by Kiiko Matsumoto & Stephen Birch

The three points on the abdomen: (Tian Shu, Stomach-25), (Zhong Ji, Conception Vessel-3), and (Tai Yi Stomach-23) are all named after various times of the Pole Stars. Zi Gong, the purple palace area around the pole star is also the name of the acu-point, Conception Vessel-19. *“Tian Shu, Tai Yi and Zhong Ji are all important philosophical concepts as they represent the original movement of the “One”- The One from which spring Yin and Yang and all else. This indicates the importance the Daoist gave to the abdominal area of the Lower Dan Tian, to the polar region of the heavens, the cosmos. This area they considered to be the microcosmic reflection of the center of the heavens. Also as a pivotal role in the body: Stomach 25 is described as being guided by the heavens: Below Tian Shu, Stomach 25 is guided by the earth Qi.” Pg 72 Kiiko Matsumoto & Stephen Birch*



Accupoints..... Ways of Communication as Portals & Bridges Meridians & Accupoints & Super Energy in the Universe

These ancient alchemy practices of Daoist medicine shared in this paper revealed again and again, are to illuminate the mirroring of the Cosmos within. The more we inquisitively reflect upon this, the more we access the brilliance of the paths of Qi within. By thinking of our meridians and acu-points, we are in conversation as the light of Qi resonating in communication with the flow of the universe.

Beyond the Cosmos, here within this grand Earth, the great meandering paths of flowing Qi, are the meridians of our streams, rivers and estuaries. When one floats along on a river following the currents of meandering swirling streams, one can understand how meridians flow as inner rivers in the body. When floating along the course of a stream of shallow and deep pools of spiraling eddies, one can connect with the nature of the acu-points.

Each point is a portal, a tonal note, vibrating along the currents of flowing streams that create a meridian's song. Each point has its ratio as an interval played out through the golden mean of our structure. In this cycle of figure eights, is the dance of the interior to the exterior of Yin and Yang returning again, from the outer to the inner. From the shallow ting well points on the fingertips and toes, the stream of currents flow along through the meridians path. As they continue, they deepen where they reach the he-sea points in the elbows and knees, and more. Essentially, the patterns of how water flows in a river, in part, is what is happening inside our Twelve Main Meridians.

When one is casting a fishing line across the flowing stream seeking to connect to a fish, in the moments before the fish strikes, one can sense the energy of the fish as it nears its grasp. This sense of connection is similar to when the Qi grabs the needle or the various fulcrum tools used to connect with a meridian through an acu-point.

There are various ways a practitioner is able to connect with the acu-points to access the Qi. Beyond an acupuncture needle, this can be done through other fulcrums such as acupressure, sound wave as well a **Mind Wave as Qi**. This same mental focus of accessing Qi can be applied with a singing bowl, a tuning fork, or the harmonics of one's brilliant voice

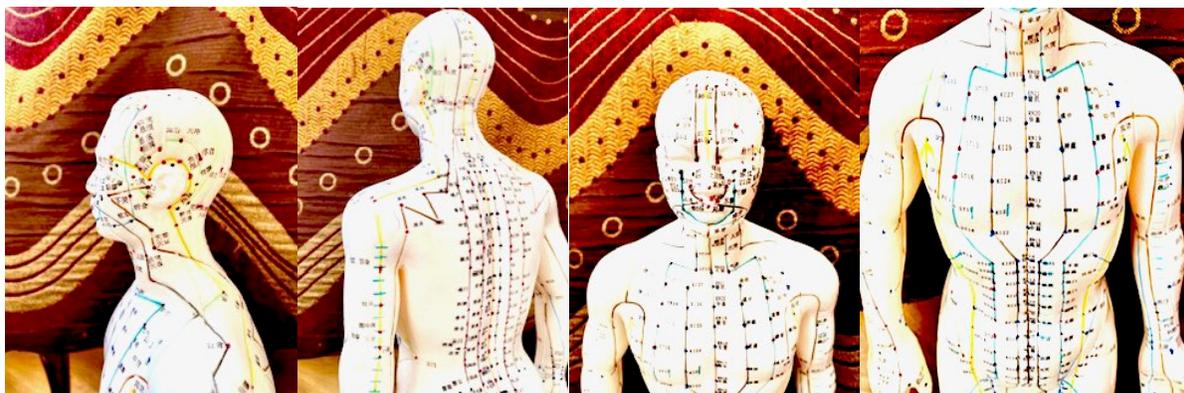
The teachings derived from the Masters exemplify that beyond each tool applied is that, when we focus on an acu-point, we align as the Super Energy connecting to the Super Energy of another. Through connection, we are the mirror helping the client remember. Through sound wave and brain wave, we amplify the illumination of the expansion of life. The examples I have been illustrating all along in this paper lead up to this strategic point, of how to connect with the points. This in part has been the reason for the many pages of explanation to lay a foundation for one to be able to access Qi as a fulcrum to connect to the flow of Qi. The other is to be forever reminded of how powerful it is to practice life in remembering that Mind is Qi.



The Twelve Main Meridians & the Eight Extraordinary Vessels

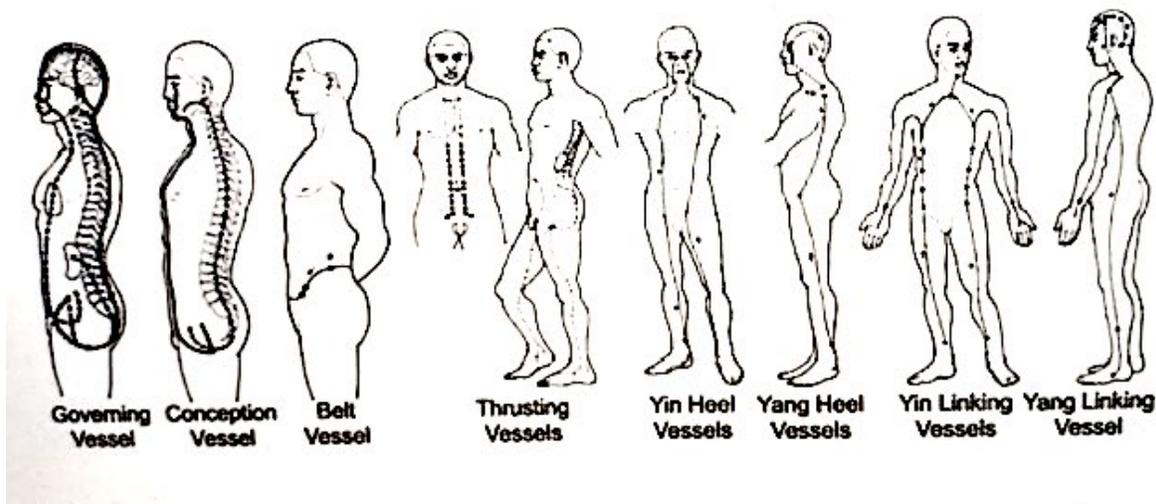
“Acupuncture began as an attempt to understand the invisible currents of energy that gave life to the world and vitality to the human body...the acupuncture points themselves were merely the vehicles for adjusting the meridian, functioning like the holes of a flute that could be opened or closed to alter the “tone” of the

meridian flow.“ Understanding Channel Theory by Celeste Human MS, Mac, Lac in the Journal of Acupuncture and Oriental Medicine Fall 2016, based on Reaves Whitfield. The acupuncture hand book of sports injuries. Boulder, CO, USA: Hidden Needle Press; 2011 :34



The network of our inner river systems of Qi flow is our way of connecting with the whole of the universe. As the seasons cycle in rhythm with the cosmos, so too, does the Qi that flows within us. Just as the sun has a 24 hour cycle, so too, does the Qi flow through the internal organs and meridian systems. Each has a peak time and a rest time of day and night. We have Twelve main meridians that connect with the internal organs and the cosmological cycles of nature that run within us. Within the cycles of the season, so too are the Five Phases of the elements that mirror the cycles of movement within.

Also we have the Extraordinary Channels that are called Vessels that relate to the 12 Main Meridians. These Eight Extraordinary Vessels are different from the Main Meridians. To describe the nature of the meridian system is in-itself a whole text book and course in Chinese medicine. You can see ahead are listed some charts and pdf files that will reveal their path ways and explain a basic introduction of the meridian systems. For the intent of this paper we will mainly discuss the brilliance of **The Eight Extraordinary Vessels.**



Eight Extraordinary Vessels

The Eight Extraordinary Vessels are sometimes referred to as the Curious Channels, or the Mysterious Channels. They are conduits of our Yuan Qi, our original Qi that contain our ancestral genes of our nature. They act as reservoirs of surplus resources of Qi, and excess blood. And they derive their Qi from the essence of the Kidneys. They are different than the Main Meridians as they contain the sacred blueprint of our Jing, our DNA.

As I stated in the introduction to this paper, my main intent is to research the brilliance of these Eight Extraordinary Meridians as possible remedies that may bring balance within ones psyche and biology during these tumultuous times of chaos and transformation of 2020 and 2021. The paragraphs below from Anne Serman, in her *Advanced Acupuncture Manual*, reveal why there is emphasis on exploring the intelligence of how these Eight Extraordinary Meridians may be of great service to our wellbeing during these times.

“Since the Eight Extra Channels are responsible for the replication of RNA and DNA, they are responsible for the management of latency of factors that affect the DNA and RNA reproduction. these factors include all carcinogens, xenobiotics, all plastics, heavy metals, vaccines, saccharine, aspartame, petroleum derivatives, and anything else that can effect the DNA. the Eight Extras either hold the pathogenic factor in the Jing-Essence, or they produce changes in the DNA to enable the body to tolerate the pathogen. These Changes can take generations to complete.”.....”The Eight Extras also govern the cycles of birth, maturity and death and the rate at which maturity occurs. This includes pathological growth at the level of Yuan-Source Qi which in common terms would be considered cancer.

Advanced Acupuncture by Anne Serman Ms, L.AC.pg 220

As the Eight Extraordinary Channels are vessels of evolution, they allow for the perpetuation of the species through procreation and adaptation. “ *The accent sages (the kidneys) constructed ditches and reservoirs for the waterways (the primary Channels) in the event of something extraordinary (the overflow of resources overflow of pathology) When the rains poured down from Heaven, and the ditches are reservoirs (the Eight Extra Channels) become full. The ditches are beyond reach of the Primary Channels. This means that the surplus resources are stored in the Eight Extras but we can’t access that richness (in good health) or the pathology (in compromised health) with the 12 Primary Channels.*” *Advanced Acupuncture by Anne Sterman Ms,LAc.pg.218*

*“The Eight Extras are conduits of constitutional Qi (Yuan Qi). Yuan Qi contains our ancestral inheritance, our nature. **The Eight Extras therefore govern the creation of form.** The first Eight Extra, The Chong, is the blueprint; it’s like a set of construction drawings. The Ren Channel is like the warehouse that stores or provides the materials (Yin) for the building. The Du is like the construction crew that provides the energy (Yang)to build the building, according to the blueprint stored in the Chong. The building performs its function in space, aging and changing through time. The Wei Channels govern the assimilation of these changes, The Qiao Channels reflect the present.....) The Dai Mai would function as storage, sanitation, and a clearing house for trash.” *Advanced Acupuncture by Anne Sterman MS, L.AC. pg 219-220**

The Eight Channels go by many names and are described as:

The **Chong Mai**, the Penetrating Channel,

The **Ren Mai**, the Conception Channel, the Sea of all Yin Channel, the Bonding Channels

The **Du Mai**, the Governing Channels, the Sea of all Yang Channels

The **Yin Qiao Mai**, the Yin Heel stance Channel

The **Yang Qiao Mai**, the Yang Heel stance Channel

The **Yin Wei Mai**, the Yin Linking Channel

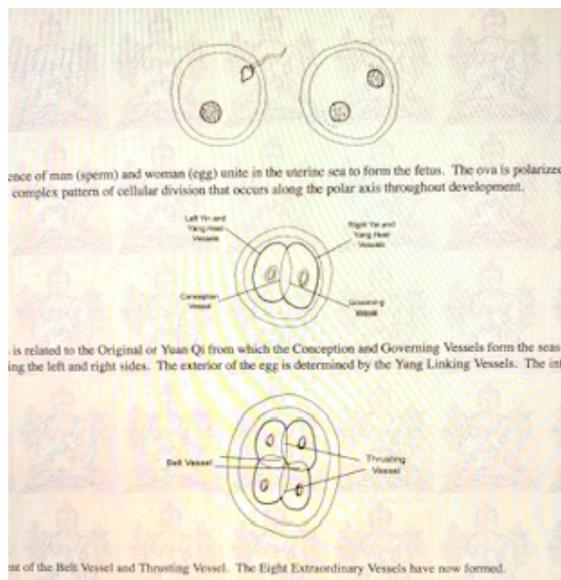
The **Yang Wei Mai**, the Yang Linking Channel

The **Dai Mai**, the Belt Channel

The Eight Extraordinary Channels are divided into three groups of Ancestries: The first Ancestry: consists of the: (Chong Mai, the Rend Mai and the Du Mai.)The second Ancestry is the: (Yin Wei Mai and the Yang Wei Mai). The third Ancestry: is the (Yin Qiao Mai, the Yang Qiao Mai, and the Dai Mai).

These Eight Extraordinary Vessels share points with the 12 Main Meridians. They do not have there own interconnected pathways of accupoints except for the Ren Mai, (the Conception Vessel, The Sea of all Yin meridians) and the Du Mai,(the Governing vessel, the Sea of all Yang meridians.) The Eight Extraordinary Vessels are considered more like lakes or reservoirs rather than inner rivers of the Twelve Main Meridians. They are formed at conception and are the basis of many Daoist Alchemist ways of cultivation as well as present methods of Qi Gong practices. We can see here in the diagram below,

the nature of the Tai Ji symbol at conception, the Oneness of Dao dividing into the two, the Yin and the Yang. They relate to the Micro Cosmic Orbit as they are formed at conception.



[Eight Extraordinary Vessels - lieske.com](http://lieske.com)

<https://lieske.com/8ev.htm>

<https://lieske.com/channels.htm>

8-extraordinary-vessels-maciocia-online.pdf

The Eight Extraordinary Vessels & Forming of the Micro Cosmic Orbit

The brilliance of nature repeats itself in the development of these Vessels when the sperm and the egg unite. The Yin, the egg, chooses the sperm, the Yang. When they unite, the Yin and the Yang create a fertilized egg forming the "One". The fertilized egg then starts to divide. The first eight divisions of the fertilized egg, become, The Eight Extraordinary Vessels.

When one pauses for a moment to contemplate the Awe of this continuum of a single spark of life, we can see nature's intelligence repeating itself at its utmost brilliance and simplicity.

With this conjunction of Yin and Yang, is the overlapping two cells that form a new center from merging of the two. In this center overlap, one can see in the matrix of sacred geometry, the Vesica Piscis. "(the **Vesica** Piscis consists of two equally sized circles, where the center of each circle connects to the circumference of the other. The space between

the two circles, at the point where they overlap, represents the cosmic womb and the mother of creation) “

The center of the conjunction, the (vescia piscis) forms the **Chong Channel**. This is the first formation of the Eight Extraordinary Vessels. The Chong channel mirrors the energetic properties of the unfolding of the Dao. This is where the nature of non polarity lies. This is also revealed in the center line of the Tai Ji symbol. Which is also extraordinarily amazing !!!

From this center line of the Tai Ji symbol, (the center of the Vesica Piscis, being the Chong Channel), begins the division of the creation of Yin and Yang. From this division the Ren Mai and the Du Mai, channels are formed. These two Channels of the Ren Mai and the Du Mai are the sea of all Yin and the sea of all Yang channels. It is here with these two channels that create the Small Heavenly Orbit. This, is also amazing !!!

The emergence of the Chong, the Ren and the Du, channels create the three. And in Daoism formation of the three is the creation of ten thousand things. Then forms the Dai Mai, the Belt channel, (the only horizontal channel) that connects all the channels. The next four divisions are the Yin Wei, the Yang Wei and the Yin Qiao and the Yang Qiao. The Yin Qiao and the Yin Wei channels run along the inner aspects of the legs. The Yang Qiao and the Yang Wei channels are aligned along the outer aspects of the legs. Each one of these four meridians has one point on either arm.

Another interesting aspect is that These Eight Extraordinary Channels also represent the sacred geometry of the I-Jing. Again we have the matrix of sacred geometry where our inner world reveals itself as the octave and the infinity of the figure eight. This is also amazing.!!! More details of this matrix are represented in the previous links above, See Eight Extraordinary Vessels.- lieske.

“Prior to the 11th century, the Eight Extras were discussed theoretically only; they were revered as the channels of transformation.....Philosopher Zhu Xi said that since (Ming-Destiny) is in one’s own hands, we must be able to tap into destiny and its carrier, Jing”
pg 218 Advanced Acupuncture

From this time the Eight Extras were seen as channels of intervention. *“Zhu Xi developed and promoted the idea that pre-determined destiny-which can elicit passive acceptance of one’s limiting facets-was equally balanced by the notion of free will. That notion allows for the taking of responsibility for one’s actions and being able to change one’s nature through ones’ will. **We can change our destiny by needling into the Eight Extras and altering the genetic code, altering our nature. This is the essential gravity of these remarkable channels. To enter into that code is an action to be taken with great reverence, by invitation, and with extreme care”***.pg 219 Advanced Acupuncture

The Power of Focused Mind with Sound Acupressure & Sound Meditation as a Protocol to connect with the Jing, the DNA through Amplifying Heart Mind of Qi

Out of respect for the powerful nature of these Eight Extraordinary Vessels that relate to the Jing and the DNA, I will share a protocol that works with the Chong Mai and the Dai Mai.

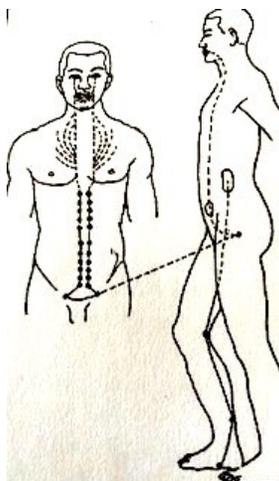
The original catalyst for this paper was to explore a set of combined points for a specific treatment that relates to the division of the eight paths of the Eight Extraordinary Vessels (the Jing treatment). Since this protocol is an extremely powerful treatment, it should only be given by an advanced practitioner. After great consideration and collaboration of other Practitioners, and many weeks into this paper, I have chosen not to describe the Jing protocol in this paper. And because it is used as a powerful reset, I am referring it here as a recommendation for one to receive this from an experienced practitioner that may help one during these times of 2021.

“If a patient is not ready for such treatments, they will feel violated to his or her very core. It is important to tread lightly first, to test the waters, to make sure the patient is on board with the treatment. It’s a good idea to begin with either a Chong or a Dai Mai treatment.” Advanced Acupuncture by Anne Sterman MS, LAc. pg 223

The Chong Mai & Dai Mai of the Eight Extraordinary Vessels

Working with the two channels the Dai Mai and the Chong Mai is another powerful way to align with the essence of Oneness connecting to the Jing and the DNA. Also as well, at the same time they can clear a path for more Qi flow by expelling the pathogens through the Dai Mai. Combining both these channels the Chong Mai and the Dai Mai, is to clear, nurture and to build and re-nurture. Before sharing this protocol, I will first share a bit about the nature of each channel, its path and its intelligence.

In many cases, accessing the Eight Extraordinary Vessels is way of deepening within the nature of returning to oneness. Accessing these channels allows for a reset in one’s life cycles and stages of stored emotions and trauma. When one can access the Prenatal Qi, we can align with our original source of One. We can resonate with the multi-directions of time to bring forth a new reset and clear the old patterns. One can see how this is also discussed in the research of Master Ma’s work with Super Energy as to being able to reverse time and space. Working with these Eight Extraordinary Vessels is another way to realign the cycles of time.



The Chong Mai

The names that reflect the Chong are: The Penetrating Channel, The Thrusting Channel, The Sea of Blood, The Sea of the 12 Primary Channels, The Sea of Post Natal Qi, The Sea of the Five Zhang and Six Fu, The Central Axis, The Union of Yin and Yang.

The Chong Mai is the foundation of Yin and Yang and is a profound matrix of the nature of our being. Below here are more excerpts from Anne Cecil-Sterman's Acupuncture Manual that reveal the in-depth reflections of the Chong Channel that is within us as the alignment of the Dao.

“Working with the Chong is like inviting the patient/client to look right into the deep ocean of who they really are.” ... “The Chong Mai contains the Jing we need to carry out our destiny. The role of the Chong Channel is to bring the Yuan Qi (Original Qi) in the form of Yin and Yang, to the Ren and the Du Channels to support postnatal Qi and the Blood. Chong Mai’s development is complete at the end of the first cycle of seven or eight years and deeply affects the entire life. The Chong contains the formula for one’s nature, the way in which Yin and Yang interplay to create life. It contains the genetic material for the unfolding of an individual life.” The Chong’s role is to express one’s nature through the heart. Working with the Chong is like inviting the patient/client to look right into the deep ocean of who they really are “

Within each vessel and meridian there are varied trajectories. The paths of these trajectories bring greater meaning of their contributions when we look at the broader consideration of all areas that they travel. Focusing on the varied areas where they travel one can honor change in the systems of the entire body mind and spirit.

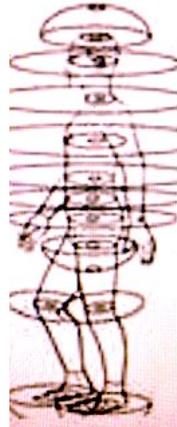
There are many interesting commentaries that refer to the brilliance of how the ancients understood the depth of the Eight Extraordinaries in the book “The Eight Extraordinary Meridians” by Claude Larre and Elisabeth Rochart De La Vallee. Through

their foundation of Classical Acupuncture, they eloquently go deep into the meanings of the characters associated with each vessel. Some of these contemplations of their translations about the Chong Mai and the Dai Mai are shared below.

“When we can see Chong as the power of life made through the harmony the opposites of yin and yang and all the contrast powers in each living being made in the pattern of yin and yang like xue qi, blood and qi. At this conjunction the power is very broad and can invade everything and create everything.” pg 120 When Chong is associated with meanings of other characters it broadens more deeper the understanding of the Chong Mai. “the implied meanings of Chong... “ it is a great power, full of the seed of life and the promise of life, animated with the vigor of the movement proper to life and the living being, but which is so important and serious that it is able to regulate and administer something. Sometimes commentators emphasize” the rapidity, and they explain chong as the way to ensure all circulation is quick and correct.” “so Why is Chong Mai so important? All the texts, especially the Nei jing, stress the fact that the chong mai is able to regulate both blood and qi. Because of that, the chong mai is called the sea of blood and also called the sea of meridians.”Pg 109

Another very important aspect of the Chong Mai is that as the Ren Mai and the Du Mai are the sea of all Yin and Yang, together they create the small heavenly orbit. This aligns us like the wheels in a clock with the large heavenly orbit. The Chong Mai is similar to the beginning of “Source “as it is like the small heavenly orbit is to the large heavenly orbit. It is another Vescis Picies that mirrors the Central Channel, the pole of alignment, the “One” the channel of non-polarity.

The Dai Mai



The Dai Mai: The common names that reflect the Dai Mai Vessel are: The Belt Channel, The holding Channel, Vessel of Latency and The Sea of Ming Men. Their other trajectories are called: the Consolidation Dai Mai, Original Dai Mai and Draining Dai Mai.

The Dai Mai is most commonly called the **Belt Channel** as it is located around the waistline, circling around the lower Dan tien. This is also the area in alignment with the division of ratios from the navel to the rest of the body of the Golden Ratio. If the Dai Mai meridian is restricted, the other channels can not flow as smoothly. Being that the Dai Mai is the only horizontal channel, it affects all the meridians. Because of this, the Dai Mai is an important opening for a session into connecting to the efficiency of accessing flow through the system as a whole.

The vital importance of the Dai Mai is its circular nature connecting to our Center. The center in Chinese medicine of the Five Elements is the Earth Element. The Dai Mai aligns us with the Earth. The path of the Dai Mai is also important as it is in alignment in the areas of: the Lower Dan Tien, the Uterus and the great point on the back Ming Men (Life Gate). Therefore, it has a vital relationship with the Kidneys and our Jing.

Claude Larre and Elisabeth Rochart De La Vallee, translations of the classical interpretations of the Dai Mai: the Belt Channel is *“to be able to lead, to guide or to drive something, and these meanings are derived from the ability to attach something, and to hold it firmly. We have the meaning to conduct. And if you add the character “Dao”, “The Way,” or the route, we have the expression to guide on the route, or in shipping, it is the pilot ship which guides larger ships into port.”* pg 134,135

“Dai Mai is not like a line on the surface, but the entire cross-section of the body at this level. It is an important way to harmonize and regulate all the pathways of animation and all the meridians passing the influential area of the dai mai. It is like a horizontal band, with the function of regulating all the movement, not only to bind together, but also

by a very well balanced pressure, to allow all the meridians to flow up and down with good regularity.” pg 136

“The Dai Mai links the postnatal and prenatal levels. It connects the Spleen (the centerpiece of the postnatal environment) with the prenatal level. This link occurs via the Gallbladder Primary Channel, a post natal channel which has access to the corpus (Yuan Level) organ.” Pg 319 Advanced Acupuncture “The accumulated Damp in the Dai Mai is itself and ideal receptacle for the absorption of deeply held emotions and sentiments, emotions of attachment to the past, memories relating to unprocessed events, and violations of the Jing (trauma). Advanced Acupuncture., Pg 319

“The Dai Mai can also contain toxins the body is unable to deal with. These include heavy metals, xenobiotics, the by-products of foods that are difficult to digest, sticky foods eaten in excess (gluten, sugar, dairy), microwaved food and genetically modified organisms which are often indigestible, vaccines, pesticides and pharmaceutical drugs such as antibiotics and steroids. (Pharmaceutical drugs can create Dampness as the body is directed by them to suppress pathology: Damp is produced to create latency for the pathology and for the drug itself.)

*“Normally the liver would act to clear these toxins, but when the body is creating accumulations in the Dai Mai, the Liver is unable to free them. This is because the Yang partner, the Gallbladder which is charged with the movement of the Liver Qi and the mediumship, is in a state of stagnation as it holds on to the Damp. (Gallbladder points comprise much of the Dai Mai, so the stagnation is compounded in the Dai Mai.)
Advanced Acupuncture pg320*

“There are two Dai Mai trajectories: Consolidating Dai Mai (also known as Original, First or Classical Dai Mai), and The Draining Dai Mai. If your treatment principle is to “astringe Dai Mai” which means to hold in fluids, use Consolidating Dai Mai. If your intention is to release or drain Dai Mai, use Draining Dai Mai” Advanced Acupuncture pg 320

“A Warning is warranted as if Draining the Dai Mai is used incorrectly, Jing will be wasted, and that said, it is advised to first support the Spleen as many Damp issues can be successfully strengthened by treating the spleen.”

For this proposed consideration in this paper is to work with toxins. So treatment using the draining the Dai Mai is proposed after supporting the spleen.

Dai Mai & Chong Mai Protocol

Since the Eight Extraordinary Vessels share points on some of the twelve main meridians, in order for the body to distinguish the difference between the 12 Main Meridians and the Eight Extraordinary, the Eight Extras begin with an Opening Point. These vessels also have Trajectory Points, and Closing Points. For treating these

vessels, one always starts with an Opening Point to ignite the Qi and let the body know it is working with the Eight Extraordinary Vessels and not the 12 Main Meridians. Once one connects to the Opening point, then the trajectory points guide the path way of the movement of the treatment that is aligned with the particular eight extraordinary vessel. For this protocol: the Dai Mai & Chong Mai are combined together. After addressing the Spleen Channel it is important first to connect with the Dai Mai to help clear and open a pathway in-order for the Chong Mai to nourish the blood and the Yin.

The Opening Point for the Dai Mai is: Gallbladder-41, Zulinqi.

The Opening Point for the Chong Mai Spleen-4, Gongsun.

The intent for this protocol is to help clear toxins that may have accumulated in the body related to illness developed in 2020 2021 that may have altered one's health. Many people I know personally have expressed experiencing: brain fog, inflammation, exhaustion, nerve damage, reproductive issues, blood flow issues and anxiety from these events. Opening the Dai Mai can help the body release not only recent toxins, but old cycles of toxins where emotional storage can be released as well.

It is important to note that this is not a generalized treatment for all. One may assess with the nature of each client their present and past states of symptoms and mental-emotional states. If there are signs of accumulated dampness, it is important to consider this. Before opening opening the Dai Mai and the Chong Mai, it is first advised to consider the possibility of excess damp heat that may be caused from toxins.

To Clear Dampness First:

To First Clear Dampness from the Spleen Channel:

Spleen-3 Taibai & Liver-13, Completion Gate

To clear the excess damp heat, one can use the Source Point of the Spleen meridian because the Spleen energetic system can contain lots of dampness.

The Source point for the Spleen meridian is **SP-3**.

Combined with **Sp-3 is Lv-13**, the front Mu point of the spleen, and **Gallbladder-34**

These three points can be used for draining damp heat.

Once the damp heat clearing is initiated, one can start the protocol for the Dai Mai and the Chong Mai.

To Open the Dai Ma:,

I) Start with the Dai Mai Opening Point GB-41

II) To Release more possible damp heat use the trajectory point GB-27

III) To Clear the Pathology the Dai Mai, & release memories in the Pathology, Use the trajectory point GB-28

IV) To Continue the Protocol, now work with the Chong Mai as the Nourishing aspect of the treatment.

All these points chosen for the Chong Mai that are on the Kidney Meridian: Nourish Energy, Nourish Blood, Calm the Spirit, and together they nourish the Heart and Kidney connection. This is also another way to reconnect with Yuan Qi, the Original Qi, the Jing Essence as the DNA.

To Open the Chong Mai:

I) Start with Spleen-4, the opening point for the Chong Mai. *For women always start on the left, for men always start on the right.*

After opening the Chong Mai with **Sp-4**, Nourish /Tonify for the Heart & Kidney connection

II) Nourishing Chong Mai Points: KD-23, KD-24, K-25, KD -26, KD-27; These particular points that the Chong Mai uses on the Kidney meridian are all located on the sternum from the collar bone down to the mid chest area.

III) For more Tonifying and Nourishing, in addition add the Conception Vessel points **CV-22 and CV-23**

With Great Gratitude: This protocol of working with the Dai Mai and the Chong Mai is a collaborative effort with an Acupuncturist colleague Dru Whelan LAc. <https://goldendragonacupuncture.net/>

Also, soon to contribute will be a series of frequencies of tuning forks one can apply through the brilliant calculations from Randy Masters. Combined with the teaching of the Masters and the brilliance of the universe, in great gratitude, we are graced with these tools as ways to serve humanity.

Sound Tools for Working with the Protocol

In the Chinese Medicine systems of Acupuncture, Acupressure and Qi Gong, there are many ways one can work with the accupoints in navigating with the flow of Qi. One can approach this Protocol through combinations of: Acupressure as a hands on approach, or Sound Acupressure, through use of sound tools and/ or Mental Acupressure.

Sound Acupressure: can be used to access the meridians and accupoints through tuning folks, singing bowls, and voice toning. Each can be applied separately or combined as a whole as a system intuitively sequenced. Also one can approach this with accessing ones' Home Note.

Sound Acupressure with Overtone Harmonic Series and Ratios of Fifths

There are systems of Sound Acupressure Dynamics that are in the process of calculation with Randy Masters. Based on inspiring discussions with Randy, we both thought working with the Overtone Harmonic Series might be an appropriate sequence of sound formulas as well as the Pythagorean & Chinese system that relates to the ratios of the Fifths. At this moment in time this is still in the calculating stage.

All and all, each approach relates to what frequencies will work with the individual. For now, through zoom sessions, I have been approaching this protocol by testing which frequency cohesively resonates with each individual as well as intuitively applying the combination of: Tibetan bowls, tuning forks and voice, with positive results.

Through the process of thousands of hours of creating this paper, it is becoming evident to me that this information will soon become a workshop that will be centered around working with the protocol and more.

Mental Acupressure: One can selectively work with these meridians and points as a meditation practice as a form of Mental Acupressure (as a loop, repeated) using **Mind and Sound as Qi**. This method of sound vocalization working with accupoints is inspired through the teachings of Master Wang.

I have shared many examples throughout this paper that exemplify working with the power of the focused **Mind as Qi**, that combined with Sound wave is a way to communicate, connect, and access the flow of meridians. These methods are shared through the wisdom of generations of lineage and from years of research of Qi Gong masters who utilize brain wave and sound wave as a successful method of treatment. From these examples, one can cultivate an effective practice following these methods.

At this point in the cycles of human history, many ancient prophecies align to these times as a cycle of rebirth. Old systems of patriarchal behaviors and destructive ways of disconnect from earth and divine life intelligence, are shifting exponentially. As we remember that the power of the Mind is Qi, we can relinquish more of our habits of separation. Beyond the chaos on the three dimensional plane, "*The Great Turning*" (a phrase from Johanna Macy) of shifts in consciousness and alignment with the global galactic community of the universe is emerging. The more of us that remember to live empowered in alignment of who we really are, (as divine super energy) we illuminate this in more of us. In doing so we are like ripples in the great pond, uniting one by one, radiating positive Qi.

Qi Gong master Liu He, (as well as many other Qi Gong masters and teachers) share that the more we raise our vibration, the more people we affect. "A Qi Gong master transmitting positive Qi can affect more than 300 people. In turn each student can then affect the same." Master Liu He

We can walk along the street as positive Qi lighting up life. In connecting and aligning our thoughts, our words and voice, we are lighting up our internal and external world. As we sound our songs to the waterways within, we sing our tones to the oceans, lakes, rivers, and streams, we are affecting the All. When we can shine with our inner meridians, we are talking to the stars. When we stand in line at the grocery store, perhaps we can look beyond the distances of division. Behind the masks of pain and trauma one may carry, can we feed the fires of love by emulating a warming embrace through positive Qi. Miracles are not just for the few, they are endless and they are here and now in every moment.

In honoring this coal of warming embrace, I'd like to share a quote that has become a healing mantra that I share often. This inspirational statement was shared with me after a client received a Sound Acupressure Treatment. I was graced to meet and connect with this client as he is a person who has traveled the globe honoring the light revealed in the sacred sights through his art.

Through his mastery as a professional artist he is revered for images that portray the light of nature through spirals of flow. Later in life his body had become traumatized from a series of events that brought him debilitating pain. Through his transformed state after receiving a treatment, with great reverence he shared this inspirational statement.:

“It has been long time where I have been in this state of being, that, every where I look..... every thing around me..... is just begging me to love it.”

This quote and the state of being that resonated from this artist, was more like a transmission of wisdom. Beyond a statement, this is a great reminder that the resonance of “Super Energy” is always within and all around us. His state of being can be a ripple effect as an example that we can live in conversation as the sacredness of being with the sacredness of being.

Working with the Eight Extraordinary Vessels can be another way to reconnect to the Oneness of the circle and cycles of life before our stories of trauma and disconnect. Once again, we can help each other remember the great power of who we are in aligning as One.

To sum up the design of this paper, it is here at the end, I'd like to share one more example of how we can make a difference in the world though the power of the heart mind. Harold McCoy, Dowser and Healer was an impeccable example of connecting the power of focused Qi through the power of love. Harold is included here at the end of this paper to reveal the scientific research of the brain waves states that relate to power of the mind and healing. Research of Harold's studied brain wave states as a Healer and Dowser shares the same message from the Qi Gong Masters. What they have in common are the brain wave states' ability to evoke the power of miracles in healing.

Harold McCoy Master Healer & Dowser Amplifying Heart Mind of Qi

Harold McCoy was an amazing adventurous soul who was a brilliant healer, researcher and visionary. He taught and helped thousands of people around the globe with his power of mind healing techniques. After his career as an Army Intelligence Officer, Harold became a master Dowser and famous Healer using the power of the mind. He

founded the Ozark Research Institute, (A Research, Education and Healing Foundation that relates the Power of Focused Mind Healing & the Art of Dowsing). Harold taught “Power of Mind” techniques for more than 30 years. During these times, Harold became so successful from his visualization techniques with his ways of healing and dowsing, that various studies of his brain wave states were researched. One of his most famous stories was published in the Smithsonian Magazine about his dowsing techniques that enabled him to find a stolen priceless antique Harp.

As a Dowser, Harold was known to be able to change the location and state of the flow of a water vein, by working remotely with a map using his visualization connecting techniques. I was graced to experience a powerful moment with the art of Dowsing with Harold when he was dowsing for a new well for a friend. In his hand, Harold held a dowsing rod that was shaped like an upside-down elongated Y. As he began to dowse holding the rod from his mid section, he held the two ends of the wand out straight and flat, parallel to the ground. When Harold started to walk in his focused state of intension and connecting to the water, he asked me to join him. I placed my hands on the top of his and held his hands as he followed the guidance of the Rod. Soon within moments, I was astounded by the surging power I felt and witnessed transform. The intense pulling of the dowsing rod was drawn to point and aim downward as it connected to the vein of the water under ground. This surge of power was so strong, one could not help but follow and allow this force to find its path.

This place where the vein of water revealed itself soon became my friend’s new well. Here again, is a great example of the state of “Wu Wei”, as in allowing the way of nature’s force to lead. When we are in a state of mind to allow, we can be guided by the intelligence of the universe and follow the flow of Qi.

There are hundreds of amazing stories to share about Harold’s abilities and kind-hearted ways. A beautiful story that Harold shared when he was teaching in Montana, is about how the power of the mind and visualization as meditative prayer healed a hole in a cleft palate of a young boy. This event happened early on in Harold’s realization of the power of focused Mind as prayer that resulted in a distance healing. To protect the privacy of the person, I will refrain from sharing the details of who this person was.

Harold talked about this 18 month old young child who was scheduled for surgery to repair a hole in his upper palate. Harold with his loving compassionate heart was empathetic. He shared that his way of praying was through a meditative state that connects him with his Guides. When he was thinking about what the young child would have to go through to have a dramatic operation, he had an overwhelming sense of compassion. He was given a picture of the young boy. In addition to looking at a picture of this young boy, Harold connected with him through visualization, with his mind’s eye.

When he did this, Harold found he was connecting with this child to the point of where he had tears of emotion and was sending the child love. As he focused deeper in a meditative state, he connected with this boy as if there was no distance between them. He could see the upper pallet on the roof of his mouth as well as he could see the hole. Harold shared, he was given by his team of “Guides” *instructions as affirmations that*

stated "This child's body will produce the proper cells to fill up this hole." Harold kept revealing the instruction from his guides. He would see that the hole was getting smaller. For a number of days up until the scheduled surgery, Harold would meditate on this pallet being filled. Soon after when the time of scheduled surgery was to happen, the Doctors were puzzled as the Cleft Pallet was completely sealed and there was no longer a hole and no reason for surgery..

From this event we can see that the power of the mind can create positive results. Harold was known for his ability to be in multiple brain wave states. He predominantly was in the Delta brain wave state when he did remote distance treatments. He worked with what he called his, "Angels and Guides" and various states of Meditative, Visualization, Gratitude, Protection and Intent" as ways of connecting.

What I remember most about Harold's way of connecting in with the field of healing was his exquisite ability to visualize. He used his mind and hands to connect with the person remotely as well as in person. Most importantly, was his sense of compassion and love. Harold explained that his Guides give him images of tools to work with. Although the tools he applied were done energetically, he actually moved his hands and visualized as if he was using these tools physically.

Harold's method of using his hands and visualizations are aspects of remote viewing ways to connect within the Quantum Field. Here again, this is parallel with Mater Ma's research with Qi Gong Masters' ability to heal through connecting the hands, visualization and brain wave states that create healing.

"When my mind is operating in the delta frequency range." "The way I get into the delta state is to just relax my mind."

"What makes it Work" he stated, "One really important part of doing this work is, You've got to have love; you have to have emotion. If I want to remove a brain tumor, I've got to get my heart involved. You know that feeling of love you get for that baby. To me, that's the love and emotion that's needed. You can think up all these ways to heal people, but with out love, that idea just sits there. So to me, the emotion and the love is the fuel that sends this healing energy out., and its works"

Harold successfully reversed and healed thousands of complicated cases. There are many fascinating proven stories of ways Harold was able to access the Quantum Field and change what might appear as destiny. He spoke about how everything in the universe is frequency. He explained that when he is in a meditative state, he is able to expand his consciousness. Some of these studies can be viewed in Harold's book "Power of Focused Mind Healing: A Guide Presented by Harold McCoy." An in-depth study of research of Harold's mind and work can be reviewed in the articles listed below as well as his book and the Ozark Research Institute. <https://www.ozarkresearch.org/>.

The Ozark Research Institute has a very dedicated group of Facilitators who regularly work with assisting ways of well being and Dowsing. For years they have been helping

people across the globe. I am truly grateful for Gladys McCoy and Joyce, Harold's wife and daughter, for the many powerful ways they continue serve the wellbeing of humanity and the planet.

Shared below here are known research studies that relate to Harold and others about their brain wave states: By Dr Edith M. Jurka, was done through the Mind Mirror developed by Maxwell Cade. (*Maxwell Cade, British biophysicist and psychobiologist inventor of the Mind Mirror and EEG-led Awakened Mind training*).

"Dr Edith Jurka observed brain wave states through the (Mind Mirror) of Dowser's Brains when they were in engaged using the power of focus to Dowse. This study showed that they were in multiple brain wave states at once. Although Delta state, was dominant, what was unique was, their brain wave states related to their ability to multitask. A Dowser as well as a Healer both connect though the Void. Add to this is intent to connect and nurture. Through their multi brain wave states of focused mind and the intent of service, their innate potentials proved to be equivalent to that of the Yogi Masters minds and more."

Listed below is a short excerpt form the article. At the end of the paper is the Pdf article in the American Society of Dowser's Journal, volume 23 February, 1983; page 5-11. Brain Patterns and Characteristics of Dowser's by Dr Edith M. Jurka, MD Diplomate of the American Board of Psychiatry and Neurology, As Measured on the Mind Mirror. This article reveals the frequencies of the brain waves states of experienced Dowser's. Also shared are referred links to pioneering Brain Wave studies from Maxwell Cade's brilliant work who studied altered states of higher consciousness and brain wave states of exceptional people through the **Institute for the Awakened Mind**.

BRAIN PATTERNS CHARACTERISTIC OF DOWSERS

As Measured on the Mind Mirror by Edith M. Jurka, M.D.

"What is the essence of what a dowser does? He or she obtains highly specific useful information which is not available to the traditional five senses. He does this by asking questions in his mind in the form of mental images or word symbols, and by receiving the answers usually, but not necessarily, via an indicator like a Y or an L rod. In order for this to happen, there has to be a source for this information, and the human being has to tune himself into this source. What this source of information is, and how a human being is equipped to gain access to it at will, are both great mysteries.

Concerning the source of the information dowsers receive, the best we can do at present is give it a name, which describes the effects we observe, but does not elucidate the how or the why. Here we are in the same boat as physicists who bombard atomic nuclei using mile-long accelerators and observe certain effects. Physicists do not know whether it is more correct to consider light to be a particle or a wave, so they use whichever concept fits their thinking best at the time. Certain ideas have been recurring in world literature for centuries-that the basic essence of the universe is thought, or that it is information (which is not so dissimilar a

concept), that exists in more dimensions than our three familiar dimensions plus time, and that there is such a thing as "Universal Intelligence."

Pdf article American Society of Dowsers Brain wave patterns of Dowzers. "This article will concern itself not with the question of the source of the information which dowzers obtain, but with the nature of the human receiving mechanism." Below at the end of this paper are referred links to pioneering Brain Wave studies from Maxwell Cade's brilliant work who studied altered states of higher consciousness and brain wave states of exceptional people through the Institute for the Awakened Mind."

The Awakened Mind

"In order to further our understanding of the bridge between us and Universal Intelligence, the place to look seems to be the human brain," Dr. C. Maxwell Cade

"Max Cade wrote these startling words in his ground-breaking book, The Awakened Mind: Biofeedback and the Development of Higher States of Awareness. Cade was a distinguished British government physicist who revolutionized radar and extended his understanding of light and sound into the field of mind research. Max called the combination of alpha, beta and theta the State 5 pattern (at right) and claimed it was the pattern of the awakened mind. He designed a chart shown in his book, where the traditional Sanskrit name for lucid awareness is Sabikalpa Samahdi (State 5a) when it is a temporary first experience of the road towards enlightenment; and Nirbikalpa Samadhi (State 5b) when it is permanent and unshakeable in everyday life."

*C. Maxwell Cade, British biophysicist and psychobiologist inventor of the Mind Mirror and EEG-led Awakened Mind training <https://www.themindmirror.com/why-train-the-brain/the-awakeed-mind/>
<https://www.institutefortheawakenedmind.com/home/research/>*

"What sets the Mind Mirror apart from other forms of electroencephalography was the interest, on the part of its developer, not in pathological states (as in the case of medical devices),

but in an optimum state called the Awakened Mind.

Instead of measuring subjects with problems, the inventor of the Mind Mirror sought the most highly developed and spiritually conscious people he could find. In the flicker of their brainwaves, he and his colleagues found a common pattern, whether the subject was a yogi, a Zen master or a healer."

"Put as simply as possible, this distinct and visible pattern is produced by adding more relaxed, imaginative alpha waves to the beta of ordinary thinking, and by also awakening the slower theta waves associated with deep meditation, creativity, and access to the subconscious, as well as the delta radar of intuition and empathy. The Awakened Mind pattern describes a symphony of brainwaves, with each frequency playing its own characteristic part. The score of this symphony can be seen as a template against which an individual's brainwave pattern can be measured and assessed.

Extra Bonus: Golden Ratio Protocol

For extra exploration, listed below is the Golden Ratio Acu-point Protocol. The points accessed within the treatment are aligned within the body segments that relate to the golden ratio. They are with: Du(20) (Bai Hui) at the top of the head the most yang point of the body in ratio with Kd(1) (Yong Quan) at the bottom of the foot the most Yin in ratio and with the waist Ren(4), and chest area of Ren(17) This Combination of of points relate to the proportions in the body that relate to the Golden Ratio which in essence relates to the DNA the Jing with is another example of the Golden Ratio

Golden Ratio Protocol

1) (Du 20 or GV 20 Bai-Hui) 100 Channels Meet

Top of head. The vertex on the midline, 5 cun anterior to the frontal hair line

The Golden ratio pattern/ is from forehead to the back of the head of .618 is Bai-Hu (Du 20 or GV 20 / Sea of Marrow point): nourishes the brain and spinal chord which effects the Jing. Calms the Shen, the Spirit, Lifts the Spirits, Tonifies Yang. Strengthens ascending function of the Spleen, & Eliminates Internal Wind

2) Kidney-1) Yong Quan or Bubbling Spring

On sole of the foot, between 2nd & 3rd metatarsals, Aprox 1/3 of the distance between the apex of the second toe and the heel, just below the V in the arch of the foot

The Golden Ratio pattern from heel to toe 0.618 is Yong Quan KD1 point,

Clears deficient heat due to Yin Deficiency, Subdues Internal Wind, Calms the Shen Spirit, Tonify's Yin, and is an Energy Point for Shock

3) Ren-4 Guanyuan, Origin Pass or Gateway to Original Qi, Lower Dan -Tien,

3 cun below the umbilicus, some say 3 to 4 fingers below the navel.

(The Golden ratio pattern from CV4 – 0.618 from feet to the head is Guanyuan, Nourishes Blood and Yin, Tonifys the Kidneys

One of the most powerful points to Tonify Blood, Qi and Yin, Strengthens body & mind, Benefits Original Qi

For chronic diseases or clients with poor constitution and emaciation, strengthens Yang with Moxa (add if client is cold)

For any acute cases of Wind Stroke or any Yang Deficiency, Regulates uterus by nourishing blood and Tonifying Kidneys,

Clams the Shen and Anxiety due to Yin deficiency, Strengthens the lower Jiao, rooting the Qi downwards.

Roots the Ethereal Soul, the Hun (which is stored in the Liver) Used for feeling of fear at night & hot flashes & sweating

Regulates the Small Intestine and water ways(good for resolving dampness especially in the lower Jiao)

Assists Conception by tonifying and Nourishing the Kidneys, (the Jing)

4) Yin Tang - Seal Hall, (Extra Point, not on a Meridian).

Midway between the inner edges of the eyebrow, their eye and Upper Dan-Tian
The Golden ratio pattern from the chin, located in the 0.618 of head is Yin-Tang,

Pacifies Wind and Calms the Shen, Benefits the Nose, (allergies, sinus etc)
Calms the Spirit in the treatment of Insomnia, Anxiety, and Agitation

5) Ren- 17 Shan Zhong Central Alter,

Front Mu Point of the Pericardium Meridian, On the sternum midline between the nipples

Tonifys Zhong Qi,(Up Right Qi), Major Point for Qi Gong, Regulates and moves Qi that is stagnate in the chest

Clears the Lungs, Stimulates the Lungs descending function, Used in chronic cough
Resolves phlegm in the Upper Jiao, Benefits thdiaphragm and the breasts
Calms the Shen, (the Spirit)

All of these points calm the Spirit, (the Shen,) They tonify the Kidneys of both Yin and Yang and the Jing. They dispel internal wind and tonify the Lungs and the Blood. These are powerful accupoints, as all of these points have five stars, meaning they are exceptional and considered some of the most important for health & longevity. They all relate to the foundational proportions of sacred Geometry. They encompass the whole of being relating to Body, Mind and Spirit. Three of which are located at the center point of The Three Dan-Tiens, where they align with the golden ration proportions of the body from head to toe, and two of the three points are the Most Yin and Yang points on the body.

For more information and detailed pictures of points see Article for Golden Ratio Acupressure massage of the Five Points by Kevin W Chen, Ph.D.

<https://jinshinjyutsuheleneiliste.wordpress.com/2015/01/12/the-five-golden-points-in-human-body-with-anti-aging-effects/>

Extra Articles of Interest:

[What is Qi and How To See It—Acupuncture](#) his paper was delivered at the World Congress of Chinese Medicine, Macau, 15th October 2008

[The Implications of the Scientific Theories of New Physics](#) by Professor Man Fong Mei. Scientific knowledge based on the old world view of Newtonian physics has now been replaced by the 'New Physics' developed from Einstein's Relativity Theory and Max Planck's Quantum Mechanics

[Unveiling the "Message"](#) by Professor Jerry Allan Johnson. The Five Levels of Energetic Expression
“At first, he explained that the ancient Daoist concept for Wuji (Infinite Space) transforming into Taiji (i.e., Yin and Yang energies) set the basic foundation for Clinical Diagnosis; in that as Qi (Energy) begins to manifest and take form, it naturally transforms from one energetic state into another, unless it somehow becomes out of harmony (e.g., manifesting as an Excessive or Deficient energetic state). Therefore when energy begins to manifest within the relative universe of Yin and Yang, its "healthy" Yang nature appears as radiant light; which naturally dispels Yin turbid darkness.

Doctor Huh then explained that when this Yang radiant energy manifests in a pure and tangible physical form, it appears as the "Divine Light" that is inherent within each one of us. This is why, when this radiant Yang light is internally cultivated, it manifests within the human body as an "Enlightened Being" (i.e., a "Saint" or "Immortal").

In the clinic, it is noted that both Yang and Yin energetic levels naturally exist within each individual's body; both on a pure level and a pathological level. Therefore when performing Clinical Diagnosis, these various Yin and Yang levels can be detected, read, and interpreted as Bio-Information or "Messages," which can be effectively read and interpreted by a doctor trained in Chinese Energetic Medicine.

In the Medical Qigong College at the Hai Dian T.C.M. University ... I asked my teacher Dr. Li Fu Dong to expound on the teachings of the Message, and I was taught that the Bio-Information of the body's Chemical and Electrical Messages are subdivided into five unique levels of electromagnetic field expression. These five energetic fields are described as follows (Figure 1.124):

Figure 1.124: The Five Levels of Energetic Expression

1. Jing (Form or Tangible Matter): This energetic field is constructed of tightly condensed energetic particles, and has the least amount of encoded information contained within the various levels of its surface structure. Therefore, its energetic range manifests within a relatively short distance; and its energetic flow is easily obstructed. Although it contains the highest energetic density, it has the lowest energetic potential.

2. Qi (Sound and Light): This energetic field contains more encoded information than condensed matter; and has a higher energetic potential than all things that are vibrating at a Jing level. Because Qi acts as a moldable energetic medium that exists in-between the various realms of matter and spirit, it continually reacts to both thoughts and feelings.

3. Shen (Thoughts and Feelings): This energetic field contains even more encoded information than Qi. It is the focused intention of the Heart/Mind that molds Qi into its various energetic formations, both within the human body and without. Because it has the longest energetic range (i.e., Infinite), it manifests as an even higher energetic potential than Qi.

4. Wuji (Infinite Space): Because this is the infinite "space within space" existing within all energetic fields, it contains the potential of receiving even more encoded information than that of the Shen level. It naturally exists as a still, quiescent energetic field (or "net") that simultaneously envelops and embraces all substantial and non-substantial things. Therefore, all of our thoughts and energetic patterns emerge from the energetic potential maintained via the infinite space of the Wuji.

5. Dao (Divine Energy): This energetic field consists of the highest potential of all the energetic ranges. It possesses the most complete encoded information (or Message), and is the most powerful creative or destructive energetic field known to Man. Because the "Divine" is a supernatural influence that is exclusively above and beyond all electromagnetic field classifications, it is considered to be the final unification force of all physical, energetic and spiritual manifestations. *For the rest of the article visit link above*

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For Qi Gong Instruction & Wellness Ways

Wisdom and Peace Wellness Center: www.wisdomandpeace.com

**Sound Acupressure & Qi Gong Instruction ~ Jennifer Daly of Inner Rivers Healing Arts:
<https://innerrivers.net/>**

Ling Gui International Healing Qi Gong School: <https://www.linggui.org/>

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Links:

<https://mymodernmet.com/best-milky-way-photos/>