



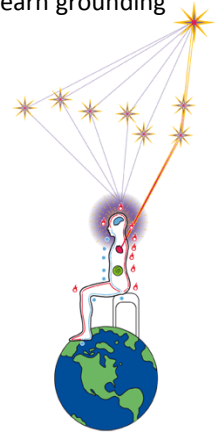
9 CORE FORMULAS

FORMULA I (PRIMORDIAL FORCE ACTIVATION)

Basic Practices I

All of the Inner Alchemy practices are involved with activating and restoring the Primordial Force back to sufficient quality and quantities of energy for our health and spiritual development. First, we need to purify the organs and learn grounding to the Earth.

1. **Inner Smile:** This technique uses the power of smiling to activate the response in the parasympathetic nervous system and stimulate a deep relaxation in the organs (and the whole body). The Inner Smile is one of the most simple and powerful tools for healing.
2. **Six Healing Sounds:** Each organ stores positive and negative emotions. The six sounds help to transform these negative emotions to vital energy and reprogram the cells so that when they split, the old negative information will not be copied to the next cells.
3. **Microcosmic Orbit:** Opening the flow of chi (body's life force energy) in the two main energy pathways (up the spine down the front) will help to activate the orbiting of forces of the solar system and the universe and draw in more primordial force.
5. **Chi Self-Massage:** Simple massage techniques are used to remove blockages and to enhance the chi flow



Basic Practices II - Chi Kung for Healing

1. **Deep Abdominal Breathing, Energizer and Empty Force Breath:** These are breathing methods to open and energize the Tan Tien, the main chi (life force energy) storage area of the body.
2. **Laughing Chi Kung:** Laughing activates the thymus gland, the immune system and defense system.
3. **Activate the Stem Cells Chi Kung:** With the use of a bamboo hitter and a wire hitter, vibrate parts of the body so the stem cells get the message on where to go for healing and regeneration.
4. **Elixir Chi Kung:** All of our body hair, including the armpits and pubic hair are like antennas extended to the universe to absorb primordial force. Charge the saliva, the Water of Life, and turn it into instant chi.
5. **Tan Tien Chi Kung:** Cultivates and condense chi in the lower Tan Tien. Pack chi power in all 9 areas of the Tan Tien and the associated organs, kuas, tendons and ligaments using the Dragon and Tiger Breath and 11 animal exercise postures.
6. **Iron Shirt Chi Kung I:** Do Chi Breathing and Rooting to Ground while unifying and strengthening bone structure alignment. Circulate forces of Earth and the Universe.
7. **Iron Shirt Chi Kung II:** Activate and grow the tendons.
8. **Bone Marrow Nei Kung:** Regenerate the bone marrow and activate the stem cells for regeneration and healing.
9. **Tai Chi Chi Kung I:** Develop the inner structure and chi flow of Tai Chi. Meditation in movement, movement in meditation.
10. **Tao Yin:** A Taoist yoga that stimulates chi flow in meridians. It coordinates deep breathing, chi, mind and body for deep sensing. Conditions the spine and the psoas muscles, the muscles of the Soul.
11. **Tai Chi Chi Kung II:** Use the discharge technique to absorb and transmit the Universal and Earth Forces in this higher level of moving meditation.

Medical Chi Kung

1. **Chi Nei Tsang I:** Most powerful massage therapy for deep organ detoxification. When physical and emotional blockages are removed, the organ can more effectively draw in the primordial force and regenerate itself.
2. **Chi Nei Tsang II:** More techniques and powerful applications are applied to release deep tension in blocked tissues. The magic of the elbow is learned to aid healing.
3. **Cosmic Healing Chi Kung I:** Basic practices for general healing sessions. Light energies of primordial force are introduced.
4. **Cosmic Healing Chi Kung II:** More advanced methods and specific healing applications are taught for specific ailments in specific areas of the body. The practitioner learns meditations focused on connecting parts of the body to the structure of the universe.
5. **Karsai Nei Tsang:** This massage breaks up and dissolves sedimentation in the circulatory system, release toxicity and remove physical and emotional blockages in the pelvic area, enabling the primordial force and the stem cells to refresh, heal and regenerate.

FORMULA II (BASIC SEXUAL ALCHEMY PRACTICE)

Inner Sexual Alchemy I (Compassion & Sexual Energy)

Sexual organs and the kidneys store part of the Jing, the essence of the primordial force. Learn how to conserve and store it. More sexual energy will help to attract and multiply the primordial chi. Men learn how to control ejaculation and to transform the sexual energy into chi (life force) and then transform it up to spirit force. Women learn how to control menstruation and transform the blood into chi and likewise transform it up to spirit force. Eventually, there will be less blood lost and more will be converted into chi.



FORMULA III (FUSION: 5 ELEMENTS & 8 PAKUA FORCES)

In the practices of Fusion I, II and III, by blending—fusing— elemental forces of nature, the planets and the eight primordial forces, any negative emotional qualities or imbalances from the organs are neutralized. The transformed energy of the organs is more refined, balanced and stronger. It is used to attract more primordial force—like coming into 'oneness with God.'

Fusion I Establish the vibrating essence of the trigrams of the eight primordial forces in pakuas. Neutralize negative energies from the organs with primordial forces of the pakuas. Form a pearl of condensed energy to circulate in the Microcosmic Orbit.

Fusion II Fuse positive energies and create powerful positively charged pearls of life force, chi. Use them to open the inner thrusting channels and the outer protective belt channels. Work with energy circles to broaden the scope of primordial force access and protection.

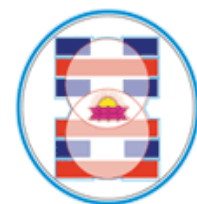
Fusion III Use the chi pearls to open and connect the Bridge and Regulator Channels, and then open more protective channels for the spine, head and body. Use all of these to further refine and protect the energy body.



FORMULA IV (LESSER ENLIGHTENMENT OF KAN AND LI)

Inner Sexual Alchemy II (Fire & Water)

Reunite with the Primordial Force. The heart stores part of the primordial force (yuan shen). The sexual organ also stores part of the primordial force. When these two combine together, they will form a more complete force. This process establishes a powerful 'steaming' effect in the Tan Tien cauldron at the level of the navel center. This is used to cleanse, purify and strengthen the organs and brain to better attract the primordial force. Our spiritual fetus is established in the Tan Tien.



FORMULA V (GREATER ENLIGHTENMENT OF KAN AND LI)

Sun, Moon and Planets Alchemy (Fire & Water)

Further Reunite with the Primordial Force. Another cauldron is established in the solar plexus center to draw on the yin and yang forces of the sun, moon and planets to further amplify the processes begun in the lower cauldron.



FORMULA VI (GREATEST ENLIGHTENMENT OF KAN AND LI)

Planets, Star and Soul Alchemy (Fire & Water)

Reunite with the Primordial Force Still More. Establish another cauldron in the heart center and expand the body to become a Cosmic Being, billions of light years from head to toe. By manifesting the intention to connect the relevant heavenly bodies to the appropriate parts of one's body, we attract the cosmic primordial forces needed for our inner alchemy to further develop our energy (soul) body and spirit body. This more refined alchemy in the heart cauldron enhances and furthers the steaming processes of water and fire, yin and yang, energies begun in the lower cauldrons.



FORMULA VII (SEALING OF THE FIVE SENSES)

Star and Galaxy Alchemy

Finally, we add another cauldron to the head, the upper Tan Tien. This cauldron is located at the mid-eyebrow point. It unifies the five shen, the five streams of personal consciousness that operate through our senses, with the five forces of the collective Stellar Self.. The pure open space connecting the three Tan Tien cauldrons (at the navel, heart and mid-eyebrow) is integrated.

This stabilizes the celestial axis. We hear the current of inner sound. Our soul pattern expands its conscious destiny to include dimensions of life beyond the physical plane.



FORMULA VIII (CONGRESS OF HEAVEN AND EARTH)

Heaven and Earth Alchemy

This practice integrates the Early Heaven or formless Self with the Later Heaven (Earth) physical Self. The Self here identifies itself here with two dimensions that co-exist and co-create: the “formless form” of our being and the “substantial form” of our becoming. These two polar dimensions of our greater Self engage in cosmic sex. They couple in order to re-open the portal to their Original state, or “Pre-Self”. This pre-state or Primordial Heaven is called hundun, the primal chaos-unity that preceded the “big bang” of the cosmic egg cracking open.



FORMULA IX (UNION OF HUMAN AND TAO)

This stage is the integration of the eight previous levels of consciousness into the experience of living simultaneously in the present moment in all dimensions, from physical linear time to spirit's eternal time. This state cannot be fully known or defined conceptually for others. Perhaps it might be conceptualized as the experience of living fully in the Wu Chi, the Supreme Unknown. This is the true achievement of the authentic or Immortal Self, a permanent state of grace known as wu wei, effortless action, or spontaneous action without acting. Creation (of the manifest) and Return to Formless Origin seamlessly complete each other. Attainment of this ninth level is spontaneous, and happens when the inner will of our immortal sage within has reached complete alignment with the Tao. It may occur only by direct transmission from the Tao to the mature and receptive adept.

