

Wisdom Chi Kung

Opening the Brain to Wisdom



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The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Wisdom Chi Kung Theory

Western science has discovered that when people are heavy thinkers, when they worry a lot, are full of anger, jealousy, hatred or other negative emotions, their brain activity can consume 80 percent of all their total body energy. The brain is a heavy user of energy and when it begins to use it's energy, it doesn't stop if it is not told to. The rest of the body has only 20 percent of it's energy to use for all other intricate functions needed for daily activity. You can imagine why at the end of the day, most people go home and 'vege out' in front of the television. There is no energy in the body left to do anything.

One of the things that many religions have tried to do through meditation is to discover how to stop people from thinking. How do you stop the monkey mind from spinning constantly? All this activity does not stop at the end of the day but continues on during dreaming. In this chapter, we will introduce you to the monkey mind concept, how to recognize it when it begins, and how to respond correctly to it's perpetual activity.

Basis of Theory

So, the whole secret of the practice is; just smile down, relax, picture the eyes like a 'sun shining on the water,' suddenly you will start to feel something like a steam starting to rise up from your sacrum. You will feel this energy move up and begin to charge the brain. Now, if you expand the mind out and connect with the Universe, bring the energy back and store it in the organs, when that energy is transformed and charged back up to the brain, that will bring the brain functioning to a new level. This energy has been transformed and digested so that the brain can use it effectivley. This is very different then storing Universal energy it in the brain itself. The process of storing undigested universal energy in the

brain can actually have something like an allergic reaction which can cause an 'energy indigestion'. The brain can have a very strong reaction to this unprocessed energy.

In the Taoist practices we are always concerned about the lower Tan Tien. The energy there is the basis of all the higher practices. Wherever your mind goes, the Chi will go, that is where the fire will be burning. So you must always keep your mind on the lower Tan Tien, or else this fire will burn out. When the fire burns out, the body will lose an immense amount of life force. The mind then needs to be turned in, and then it can expand out. We will further expand on this topic in later chapters.



Fig. 1 Smile down and Fill the Tan Tien with Chi.

Introduction of Monkey Mind

In the West they believe that the brain, the vital organs, the sexual organs and energy are all separate. The sexual function is seen by religions as sinful, but it is obvious that it is not possible to suppress the natural instinct to have sex. The problem is that sex has become a very basic drain on everyone because it is approached in the wrong way. So how does one manage this energy and maintain it? The sexual energy and the brain energy are the same energy and their communication with each other is vital for their healthy functioning. The problem is that our mind is patterned to function continuously with out receiving messages of impulses from the rest of the body. Our mind will voluntarily spin with no direction, for the purpose of maintaining itself. With no structure, or discipline, this monkey mind will run loose and rampant. In the upcoming chapters, we will describe in detail, how to begin to manage this monkey mind, and connect it down to our sexual organs, turning this generated energy into fuel for the body.



Fig. 2 Connect the mind

Inner Smile

The most essential point is to connect all the organs and the brain. So you say, how am I going to make this connection? And I say it is nothing more than a “Smile”. Nothing more. It took me thirty years to understand this. Even then, after we did all the testing was when it all became clear.

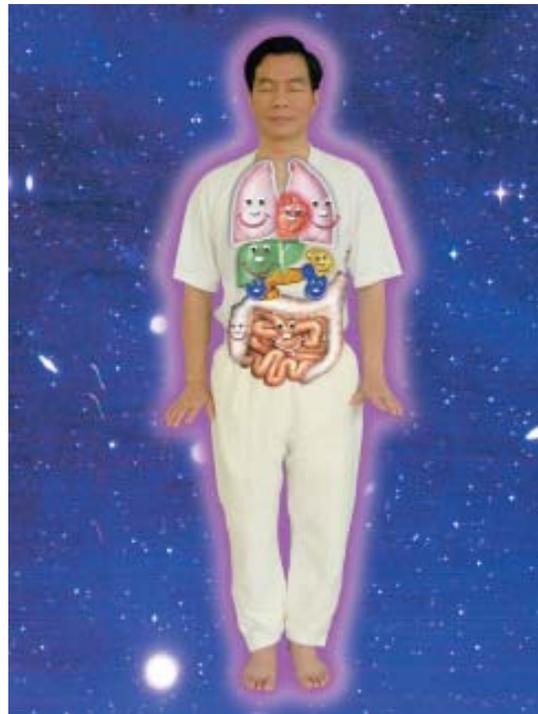


Fig. 3 Inner Smile into Organs

The whole goal is to increase the capacity of the brain to hold energy because the brain is really not very capable of ‘holding energy’. The brain can easily overheat actually “cooking” the brain. When the brain gets too cooked, there can be detrimental experiences, like psychological damage. Many people have experienced too much heat in the brain and end up in the hospital because their heightened

experiences have brought too much undigested brain food, turning it into sickness rather than nutrition. Smiling into the organs will allow us to filter energy, giving just enough to charge the brain and revitalize the organs.



Fig. 4 Connect the brain and the organs.

Second Brain

In 1996 New York Times published the article, “Complex and Hidden Brain in the Gut makes Stomachaches and Butterflies” the entire article is dedicated to explaining to the public on how “the gut has a mind of it’s own, known as the enteric nervous system located in sheaths of tissue lining the esophagus, stomach, small intestine and colon.” Because of it’s direct relevance to the information in this book, much of this section will be quoted from this article. The

authors explain that the gut brain,” is a network of neurons, neurotransmitters and proteins that zap messages between neurons, support cells like those found in the brain and a complex circuitry enables it to act independently send and receive impulses.” record experiences and respond to emotions. Nearly every substance that helps run and control the brain has turned up in the gut.

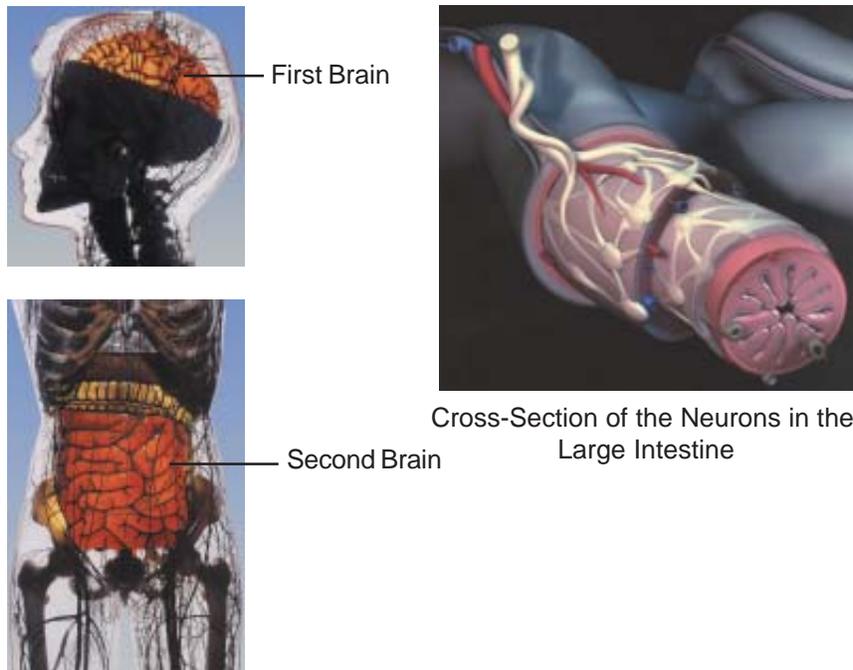


Fig. 5 *Energetic nervous system feeds the second brain*

“Since offspring need to eat and digest food at birth, nature seems to have preserved the enteric nervous system as an independent circuit only loosely connected to the central nervous system. A clump of tissue called the neural crest forms early in embryogenesis; one section turns into the central nervous system, another piece migrates to become the enteric nervous system. Only later are the two nervous systems connected via a cable called the vagus nerve.”

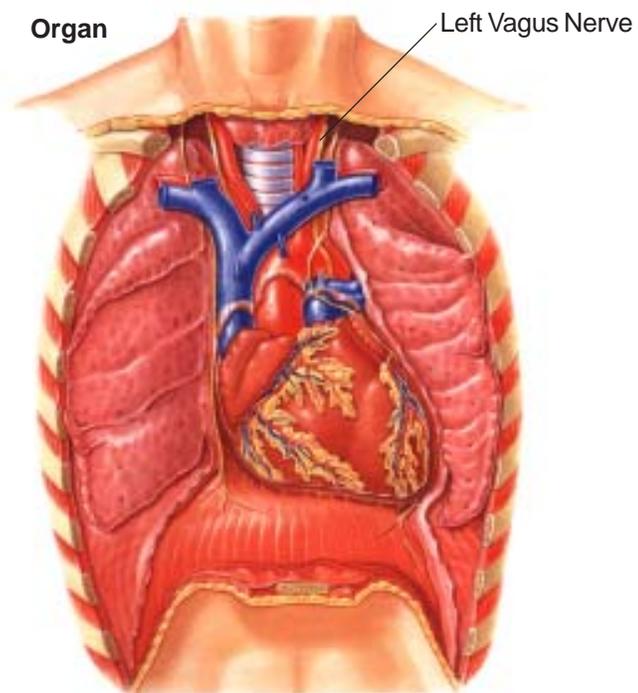
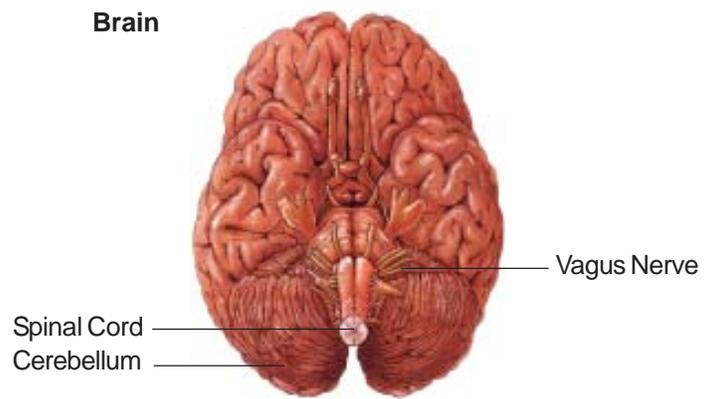


Fig. 6 *Energetic and Central Nervous System connected by Vagus Nerve*

“The gut contains 100 million neurons – more than the spinal cord has. Yet the vagus nerve only sends a couple of thousand nerve fibers to the gut. The brain sends signals to the gut by talking to a small number of “command neurons,” which in turn send signals to gut interneurons that carry messages up and down the pipe. Both kinds of neurons are spread throughout two layers of gut tissue called the myenteric plexus and the submucosal plexus.”

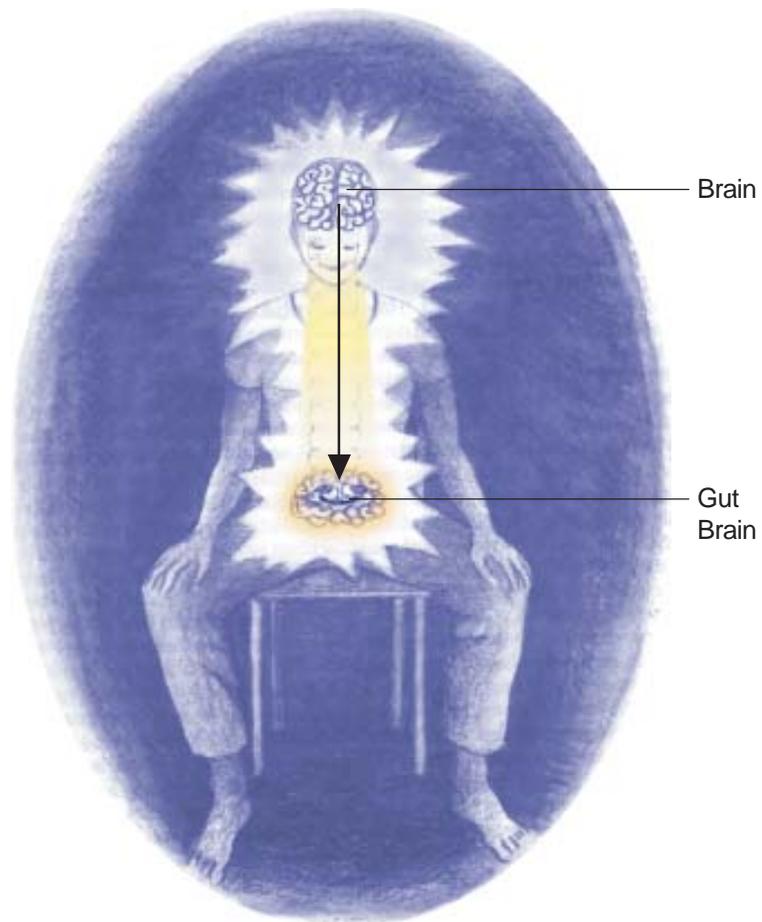


Fig. 7 Vagus Nerve send corresponding messages to gut brain.

“The gut’s brain and the head’s brain act the same way when they are deprived of input from the outside world. During sleep, the head’s brain produces 90- minute cycles of slow wave sleep punctuated by periods of rapid eye movement sleep in which dreams occur. During the night, when it has no food, the gut’s brain produces 90-minute cycles of slow wave muscle contractions punctuated by short bursts of rapid muscle movements. Such cross talk also explains many drug interactions; psychic drugs that affect the brain are very likely to have an effect on the gut as well.” The gut can think.

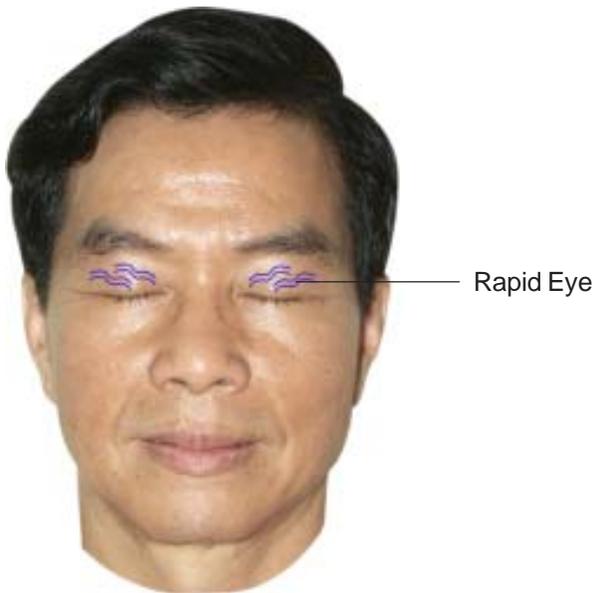


Fig. 8 *Rapid Eye Movement during Sleep*

For centuries, Taoists have been working with this complex and hidden brain in the gut. They have realized and worked with the specific alchemy of the body and used it's simplicity for healing purposes.

For example, water and it's properties can be reflected to the cycles of human life. The human body is about 90% water. Starting

with ice, ice changes to water, and then water changes to steam or gas. This transformation is going on every day. The sun shining on the water. Without the sun shining on the water, very quickly everything that we know of on the world would vanish. Without the steam, there would be no rain. We've had the same water going around in this recycled manner for 100 million years. The ancient Taoists said that the secret of immortality is to transform all liquids into life force.

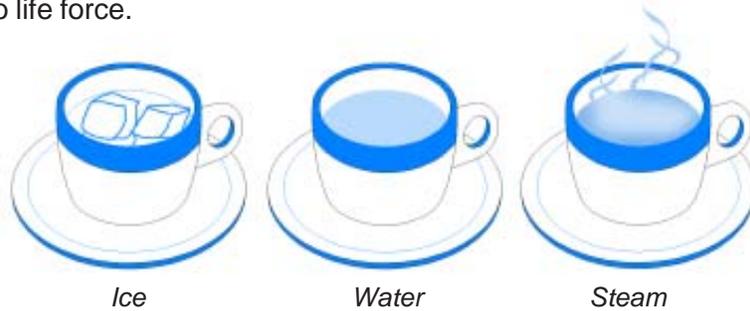


Fig. 9 Transformation Cycle: Ice, Water and Steam

Reconnect to yourself

Taoism believes that the mind, body and spirit must work together.

1. Sexual organs: The Taoists discovered that although the sexual organs are responsible for *generating* life force energy, they cannot store the energy efficiently. Once a certain amount of energy has been generated, some energy has to be dumped out.
2. The brain can access and generate the higher forces, but it is not easy to store this energy in the brain. We need to train the brain to increase its ability and its capacity to store energy. The brain energy, when increased to a certain level can enable more synapses to grow, and can help convert protein into material the brain cells can use. Taoists believe that with training and practice, one can learn to grow more brain and nerve cells, as well as increase the number of synapses or connections between the nerve cells in the central nervous system.

3. The organs of the body can also generate energy, but much less than the sexual organs and the brain. They do however have a much greater capacity to store and transform energy.
4. The three Tan Tien also can store energy as well as transform and supply it to the brain, spinal cord, sexual organs, and other organs.

The aim of Taoist basic training is to integrate the brain, sexual organs and internal organs into one system. If the brain generates an excess of energy, this energy can be stored in the organs. Excess sexual energy can also be stored in the organs and three Tan Tien. If the brain generates a surplus of the higher force energy and we are unable to store this energy, we end up having to throw it away. It is like preparing food for one hundred people, and only one person eating. The rest is wasted. When too much sexual energy is produced and there is no practice in how to store it, it will be wasted.

Wisdom Chi Kung Practice

Preliminary Practices Breath Activation

Here we have the bulk of the practice, with an introductory breathing activation, the Wisdom Chi Kung and finally a practice which will tie the two together. The first part of the practice is standing up, “spinal cord breathing.” Spinal cord breathing is about activating the “three pumps.” The first pump is the sacral or sacrum pump. Separating the sacrum movement from the hip movement is important because they are very different movements.

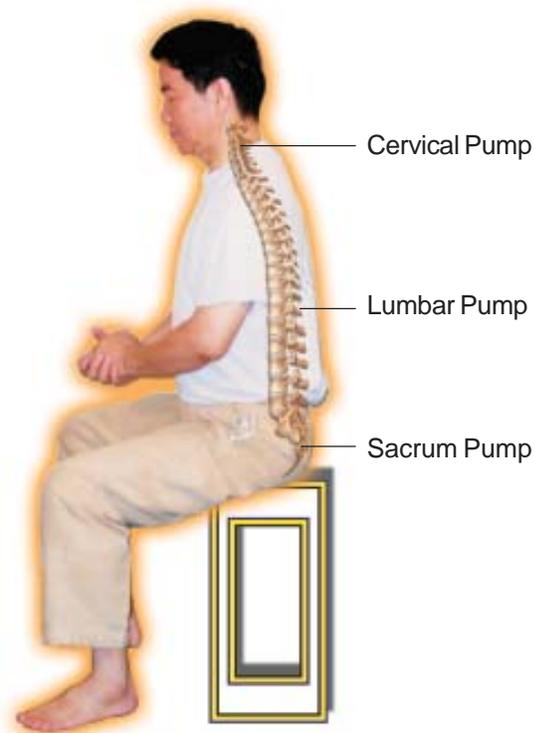


Fig. 10 Activating three pumps in the body.

The sacrum needs to pump the fluid to flow up the spinal cord and to the brain. When you are sitting all the time, you are sitting on the sacrum, on your pump, the fluid does not flow. To activate this pump begins the perenial and sacral flow of energy, sustaining this flow throughout the body, regulating the distribution of energy to all the different points along the meridians.

In order to activate this you must inhale and expand the chest, arms bent at the elbows and extended to the sides of the body. Exhale, tuck the tailbone under you and round the back, bringing the elbows toward one another in the front of the chest. Smile, Inhale, expand the chest, tuck the chin in toward the throat, push the chin back and raise the crown, bring the arms out toward the sides.

Repeat this movement 36 times. This movement activates the crainial and sacral pumps, and loosens all the joints in the spine. When you get old, the brain is no longer fed by this fluid and large parts of its capacity are lost. That's why many older people begin to shrink, their bones actually start to shrivel, and condense. There is no fluid for elasticity of the muscles or bones, creating a loss of mass of these parts. The brain "dries out" and often this is the reason for decreased mental capacity.

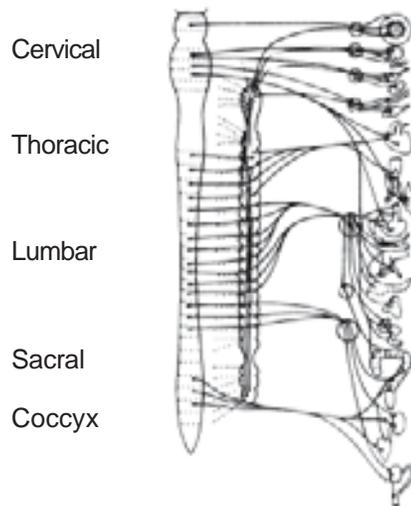


Fig. 11 Activate sacral pump with spinal cord breathing.

Because the human being stands erect, it takes a powerful pump to pump the fluid all the way up to the brain. The pump has to work against the force of gravity to push the fluid all the way up to the brain. So the sitting position, especially sitting on the sacrum makes this very difficult.

Study the diagram carefully and make sure you understand the exact movement. Look into a mirror to see that you are doing the movement correctly

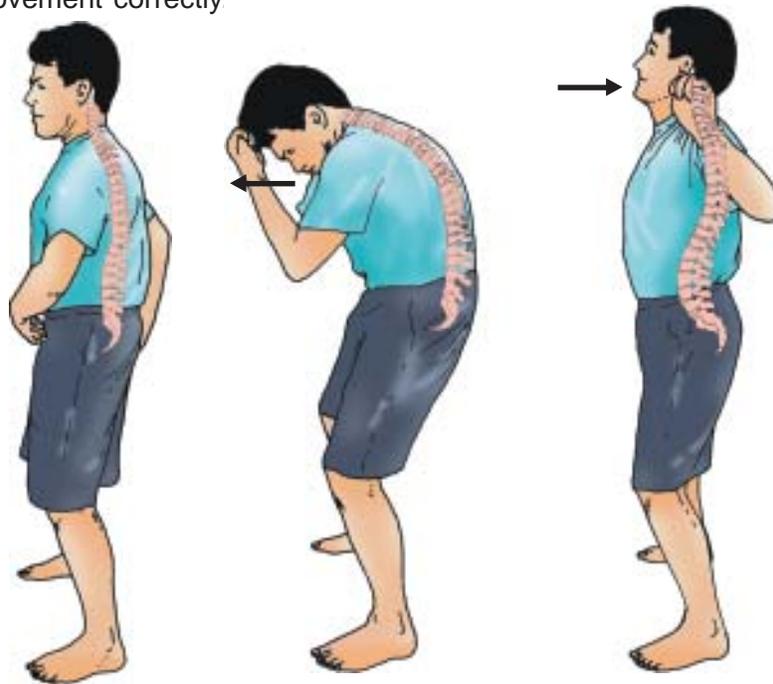


Fig. 12 Rock the sacrum back and forth

We really only see this movement in the pop stars in our society. That is how they make millions of dollars. When people see the rock singers moving like this, they feel sexually aroused, they feel so excited and free in the body that they begin to circulate this sexual energy. The sacrum bone is considered the secret bone or sacred bone.

Centuries ago, this movement for 'ordinary' people was forbidden to see. The young virgin girls were taught by priests to dance for God, calling it a sacred dance, in which only the priests themselves could watch. Not surprised are you?

In these ceremonies, when the sound of a drum is made, the heart activates, the sexual energy rises up but often jams in the brain. When the energy does not move people go crazy or become obsessed because this energy is constantly creating pressure on the brain. Much sexual frustration happens with this jamming also because of the fantasy and dreaming created in the brain, and this energy not being expelled through the body.

So we need to move the sacrum back and forth like this.

When you move like this you activate the sacrum pump and pump the fluid up the spinal cord.



Fig. 13 Fluid pumping up the Spine by rocking the sacrum.

The next pump is the Door of Life, above the sacrum, including the lumbar spine. When you start to rock the sacrum and the Door of Life Center, both move and the fluid starts to circulate. When the fluid circulates to these areas, the posture becomes more erect, your stance will improve and height will increase. By rocking and walking, these pumps will activate, and the oxygen from your breath will induce appropriate movement of the blood in this area.



Fig. 14 *Activate the Door of Life*

The next pump we call the cranial pump. The first opening part of the movement is to lower the chin down and pull the chin back so the sacrum pump also moves as well. This opens up the neck, cranial sutures, muscles, parathyroid and thyroid glands and opens up the lungs for increased oxygen. Rock the neck back and forth 36 times, including the breath, inhale and exhale each time.



Fig. 15 *Activate the Cranial Pump*

Because the neck and cranium are so intrinsically connected, by activating one, you automatically activate the other. The cranial-sacral movement has been studied for a long time now, and there are even specific forms of bodywork and healing methods that focus only on this flow between the two pumps. This flow is actually fluid called dural matter, encased in a sac, that lubricates the cranium, the entire spine and vertebrae, and around the sacrum and pelvis.

It's like having a pulley at the head and sacrum, with a rope connecting the two. When one side of the rope is pulled, the other is activated, but pulled in the opposite direction. By feeling the pulls of this movement, one can increase the healthy flow of the dural matter and improve the alignment of the corresponding bones and muscles. Many times as children, we fall on the tailbone, this impact creates movement of the sacrum, often inhibiting the connection to the cranium. This then affects the way the cranium and sacrum connect with each other, and it takes much awareness and attention to appropriately make this connection again.

When this connection happens and all three pumps are activated, there is a natural flow of the energy through these pumps to activate Chi and enliven the body.



Fig. 16 *Combination of all three pumps Activated.*

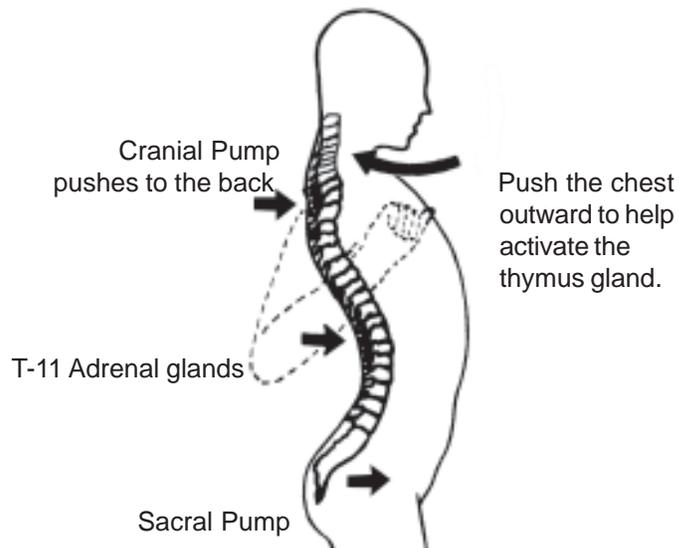


Fig. 17 The sacrum tucks, the door of life pushes to the front, the sternum also pushes to the front, and the cranial pushes to the back.

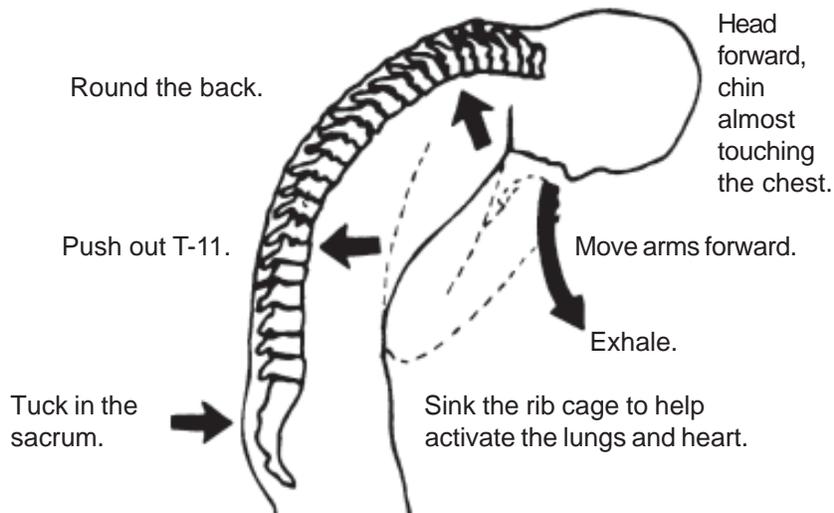


Fig. 18 The sacral tilts, the door of life pushes to the back, the sternum tucks in and the chin tucks as the cranial opens.

Breath and Laughter

During the course of my study, in sitting with different masters, every one has given me at least one breathing technique. Then after many years, practicing all these different techniques I came to realize something. The Tao texts always talks about a 'drum' beating in the Tan Tien, like a vibration there. I realized we naturally have a very effective and powerful breathing technique. This comes from when we laugh. When this is a real, deep, honest laugh, that is the abdominal laugh.

You will see that when you learn how to laugh, the diaphragm activates up and down and this causes a pumping. Taoism refers to this as the second heart. It has the same kind of pumping action as the heart. When people are sitting, and sitting for a long time, thinking and thinking, nearly two thirds of the blood is stagnant in the organs. It does not move at all. This is a major cause of all sickness. The other being when the heart is pumping but the blood is stagnant and it does not move. So when you learn how to laugh, and the vibration in the Tan Tien is very strong, just like a heartbeat, this pump helps to move the blood, moving the Chi. With this, the heart can pump so much more easily. So if you can activate the vibration in the Tan Tien, Taoism says it is like a second heart. Many good things are associated with this second heart.



Fig. 19 Activate the Second Heart by abdominal laughing

So we are going to learn this laughing three different ways.
One way laughing loud, so when you laugh loud, you feel the vibrations.

The second way like you are in church and suddenly something is very funny but you cannot laugh loudly and you feel a higher vibration in the throat.

The third way you laugh is with the cranial, something right in front of you is so funny you have a feeling very big in side of you.

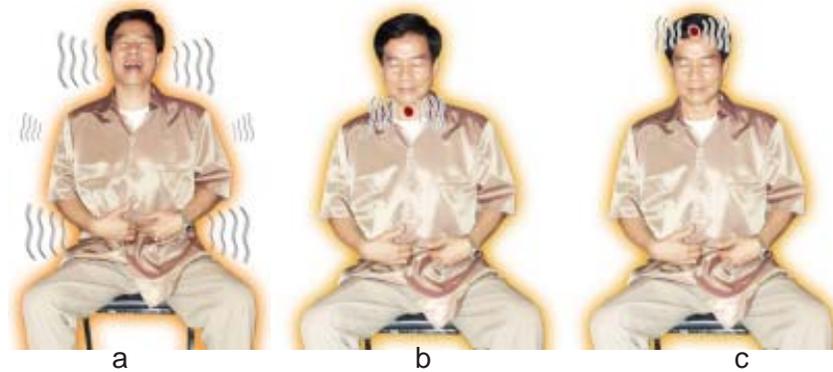


Fig. 20 a. Laugh out loud b. Laugh a little
c. Laugh with the cranium

Feel it like a drum beating and vibrating deep inside you.

When you learn to laugh deep inside, feel that the laughter is vibrating tremendously inside you. When you do this, the blood, the Chi, the energy is all moving. So the stagnant Chi is gone, and the most important part, the heart, can work less.

Fig. 21 First Fire activated:
the Tan Tien Fire.





Fig. 22 Feel the Vibration of love filling your spine.

Introduction to Three Fires

With the natural connection of the laughter activating the second heart, and establishing the vibration in the Tan Tien, we start smiling down to introduce the activation of the three fires: Inhale the smiling energy and exhale it down to the Tan Tien.

- 1) Feel the smiling energy in front of you.
- 2) Lift up the corners of the mouth, and empty your mind.
- 3) Keep on smiling, empty your mind down to the Tan Tien.
- 4) Fix a point in the abdominal area, and just keep smiling down.
- 5) When you get to a certain level the Tan Tien starts to get warm.
Once you get it warm, the fire the first fire has started, the fire burning under the sea.

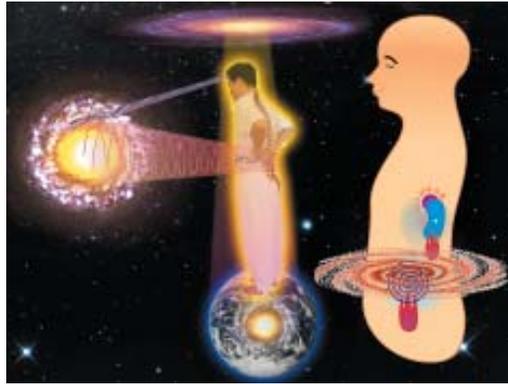


Fig. 23 *Second Fire activated: Kidney Fire (Door of Life)*

You can touch the naval, focus on this area, the door of life, and feel the door of life warm, there is a fire burning here.

This is the kidney fire activating, the kidney fire is so important because it is the original force. We are born with this force and are continuously using it throughout our lifetime. The Taoists believe that when this force is drained out, your life force is finished. This force is actually involved with the sexual energy. Everyday this fire is burning, and when it goes out, you die.

After that you move the hands, and keep smiling down, feel the heart fire activate, the loving energy, the compassion energy, and when you feel the heart fire burning, make it soft, very very soft.



Fig. 24 *Third Fire activated: Heart Fire*

Keep emptying the mind down, emptying the mind down, the energy activates



Fig. 25 Activation of Three Fires: Tan Tien, Kidney, Heart

You will begin to feel that something actually begins to charge up to the brain. In the beginning you might feel something like a numbness in the brain. And then the energy begins to rebuild, begins to repair, starts to develop new brain power.



Fig. 26 Brain Activation as a result of the Fire Activation.



Fig. 27 Taoist Practices Charge the Entire Being with Energy.

In all the meditative practices in the world, the first step is to get the energy flowing. Whether it's chanting, praying, singing, mantras, focus on a statue or whatever, there is always instruction like this. They all have a starting pattern to focus and move the energy.

But the goal is energy. So in Taoism, we do not have all these other patterns in front, we go directly into the real practices and techniques to induce the spiritual flow. There has to be an understanding and explanation of how to get this moving, so this next section is dedicated to doing just this.

Now that you are aware of your breath and the essential focuses of the practice, we can now begin the heart of the Wisdom Chi Kung Practice.

Wisdom Chi Kung Practice

Continue to bring your focus and Awareness to the Tan Tien and the activated fires in the body. This will allow you to increase your energy more and more. The continued focus is the key to this practice.

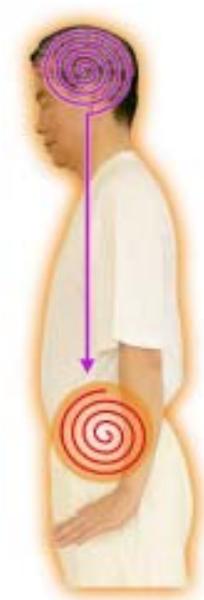


Fig. 28 Smile down & empty the mind to the Tan Tein, Abdominal brain



Fig. 29 *Wisdom arises from the awareness and senses of appropriateness created when the head brain and the abdominal brain connect. Fill the Tan tien with Chi.*



Fig. 30 *Tan Tien Fire: Activate the Tan Tien Fire to transform the Chi.*



Fig. 31 True Fire: a. Fire under the Sea
b. Activate the Kidney Fire c. Always retain awareness at the Tan Tien



Fig. 32 Imperial Fire: Activate the Heart Fire
Keep the Heart Soft. Feel Love, Joy and Happiness.

Energy transformed into the organs can charge back up to the brain when the mind is empty.



Fig. 33 Smile to the Kidneys. Continue to empty the mind to the Tan Tien and the Kidneys.

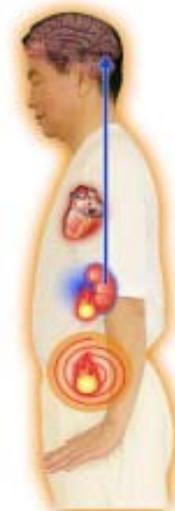


Fig. 34 When the Kidneys are filled, transformed Chi will arise up and fill the back part of the brain. Keep 95% of the attention at the Tan Tien.

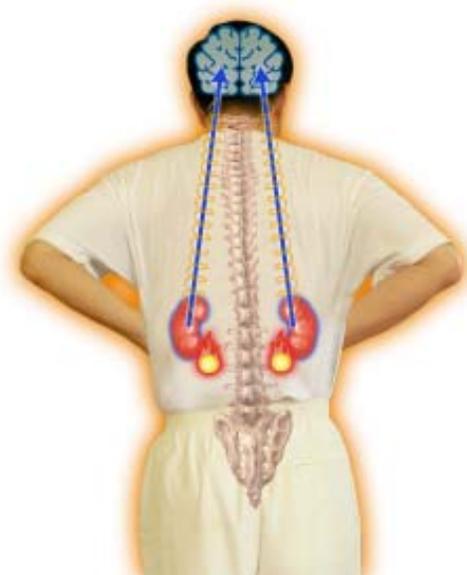


Fig. 35 Left & Right sides of the back of brain both fillwith Kidney Chi.

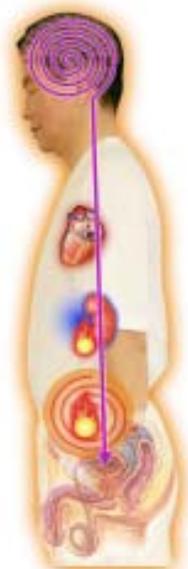


Fig. 36 Smile, relax, empty the mind down to bladder & sexual organs.

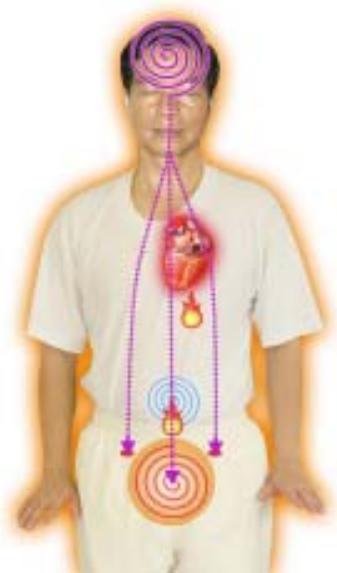


Fig. 37 The bladder and sexual organs can store and transform Chi.

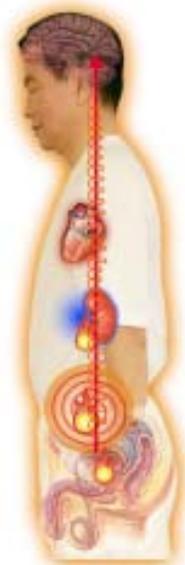


Fig. 38 The transformed Chi will rise up to fill the center of the brain.

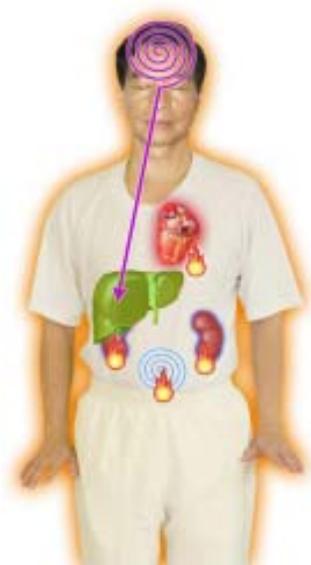


Fig. 39 Smile. relax and empty the mind down to the liver and gall bladder. Let them transform with Chi.

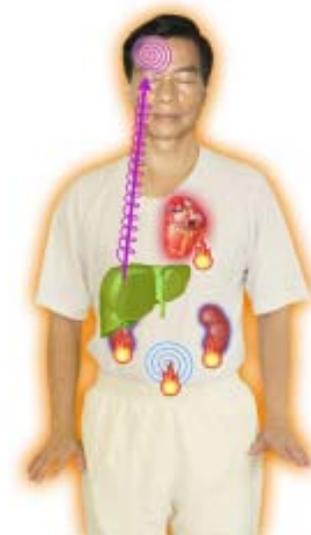


Fig. 40 Chi transformed in liver will rise up to fill center of right brain.

When we empty our mind into our organs, we will have extra energy to repair and heal the body.

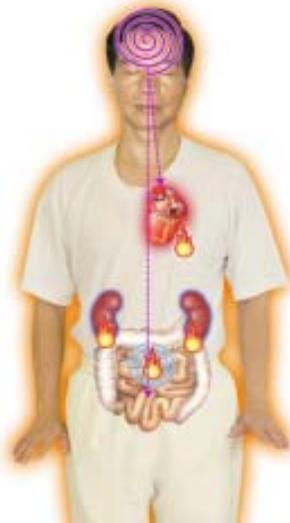


Fig. 41 Smile, relax, empty the mind into the heart and small intestine.

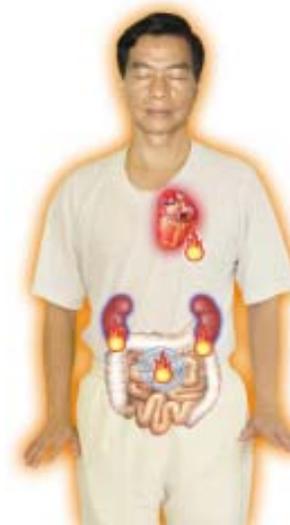


Fig. 42 The heart and small intestine can store and transform Chi.

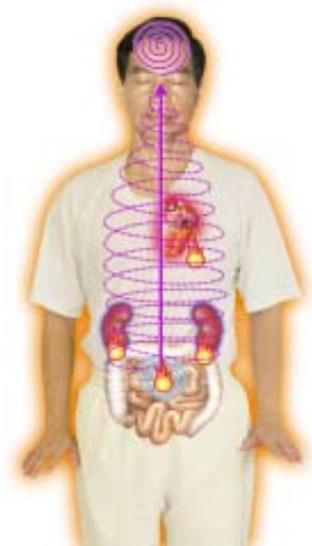


Fig. 43 Chi transformed in the heart and smalltestine will charge up and fill the front part of the center of the brain.

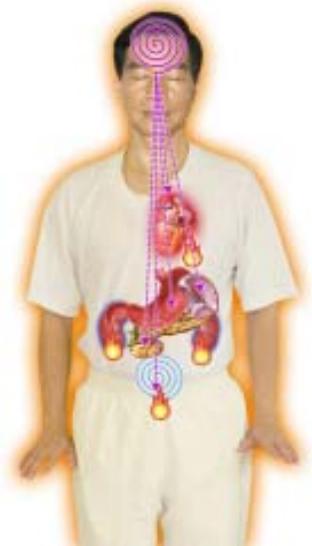


Fig. 44 Smile, relax, empty the mind down to the Stomach, Spleen and Pancrease. 95% of the attention on the Tan Tien.

Use the Inner Smile to charge the energy back up to the brain to repair, increase memory and to expand the capacity of the brain.

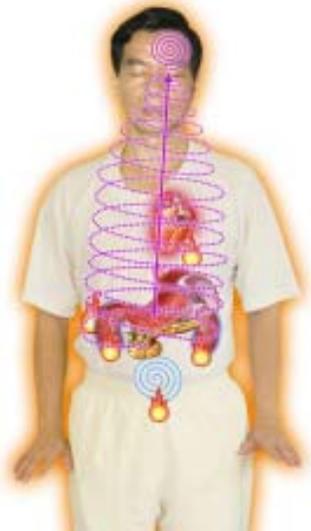


Fig. 45 Chi transformed in the Stomach, Spleen and Pancrease will charge the left Brain with Energy.

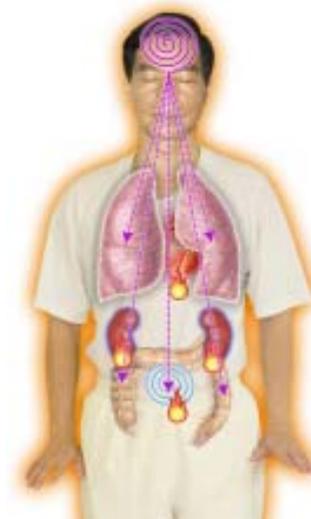


Fig. 46 Relax, smile, empty mind down to the Lungs & Large Intestine.

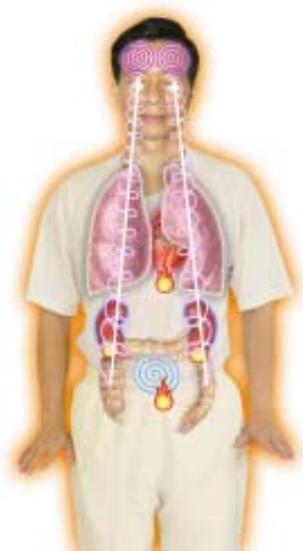


Fig. 47 *Transformed Chi from the Lungs and Large Intestine rises up to fill the front part of the left and right Brain.*



Fig. 48 *Continue to empty the mind down to the Tan Tien and Organs.*

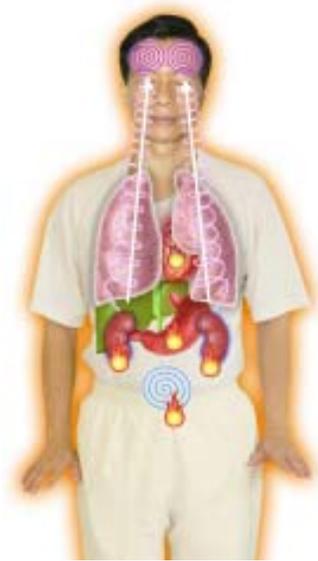


Fig. 49 When the mind is empty, transformed energy from the Organs can charge the Brain with Chi.

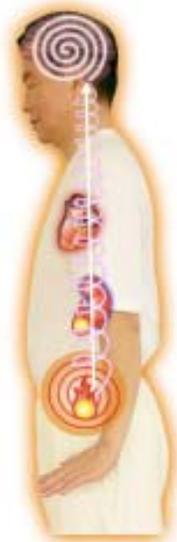


Fig. 50 Once the mind has become empty, then it can be filled with transformed Energy.

Combine Chi and intention with the universal energy and it will be returned to you, multiplied many times, to fill you with enhanced Life Force.



Fig. 51 With the brain filled with Chi, be aware of a star or light above you. Always maintain awareness of the Tan Tien.



Fig. 52 Be aware of the universe, the stars, and the galaxies in it. Smile and empty the mind to the universe. Relax and let go and be completely empty.

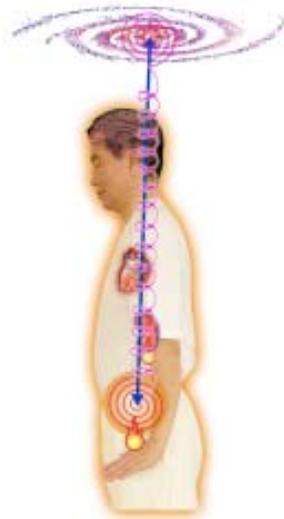


Fig. 53 Touch and be aware of the universe, the stars and galaxies in it. Continue to be aware of the Tan Tien so you do not lose yourself.

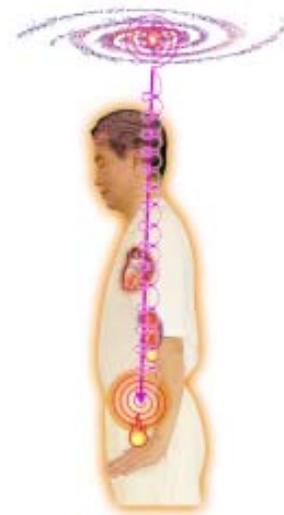


Fig. 54 Open yourself to contain the universe. Combine the universal energy with the transformed Chi at the Tan Tien. This is the secret of all the great masters.



Fig. 55 Combine your Chi and good intention with the high universal energy and let this multiply while retaining a majority of your awareness at the Tan Tien.

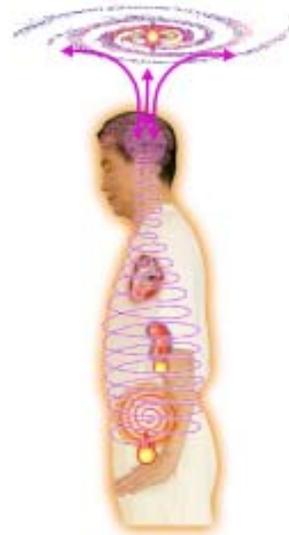


Fig. 56 The energy will be returned to you multiplied many times to fill the brain and the whole body.



Fig. 57 Hold the enhanced Chi in the brain for as long as it is comfortable. As your practice deepens, you will be able to hold it longer.

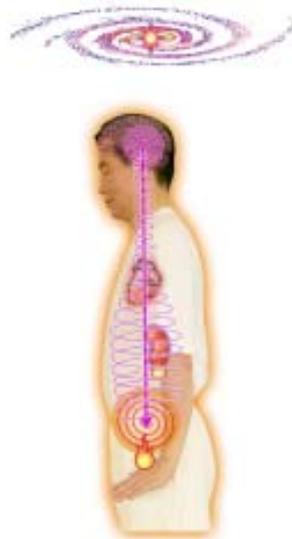


Fig. 58 Empty the mind down to the Tan Tien once again. Feel this enhanced energy fill the Tan Tien with a higher frequency of Chi which will be refined and enhanced and available to fill the brain again.

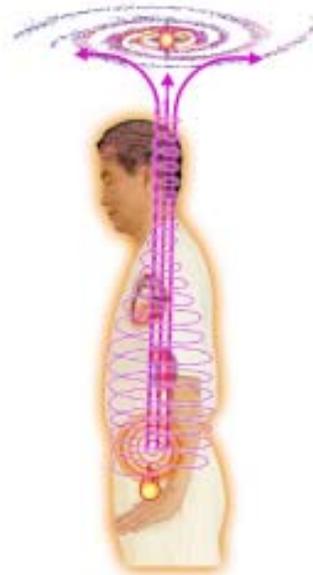


Fig. 59 Once the brain has been filled again, empty the mind again to the universe. Once it is empty, the mind can be filled with a higher force which will open the capacity for increased understanding and wisdom.

Integration

Allow yourself a moment to feel the practice. Notice any differences in your, body, mind, heart, from when you began the practice, and now. It may be subtle to begin with, but just notice and bring your attention to what has altered. As you consistently expand the practice the subtleties will increase and your awareness of the Chi that is flowing through your body will enhance dramatically.

As you 'check in' with yourself at this moment, reflect on any other thought processes that occurred during your practice. Notice the activity of the "Monkey mind" and quietly thank and tell that part of your consciousness that it is no longer needed during this time of meditation. Be gentle with yourself, and allow yourself ample time to familiarize and grasp the Wisdom Chi Kung practice as "every Oak starts as a seed."

Combination of Practices

Now that you have been introduced to the system, it is important to make a connection with the different aspects of these practices, to combine and integrate, for a more complete understanding.

In practice a, we felt the breath increase by internally activating the three pumps, the three fires and finally feeling the sensations and affects of laughter in the body.

So again, put your hands on the naval. Everyone knows laughing lightens the spirit, but do we always have to have a reason to laugh? You still can laugh without a reason, it is actually very important. Hearing yourself laugh will also make you laugh more. Especially when your by yourself! Sometimes I think how hilarious it is that I am alone and laughing at nothing. But I am actually laughing at myself laughing at nothing, and that's quite funny. So I end up laughing even more!

So let's try laughing with no reason. If you are feeling too serious or too emotional, loud laughing on tape actually makes you laugh.



Fig. 60 *Feel the laughing, giggling, smiling energy deep inside.*

Again, experience the sensations of laughter in your entire being. Laugh loud, then softer, and finally give yourself a little giggle as if you just remembered one of the most embarrassing times of your life.

Put your hands down over the naval,

Now very subtly, feel the smiling energy around you.

Keep a slight smile on your face

Inhale, exhale, feel the breath sinking down.

Smiling, relaxing, breathing and sinking down to the Tan Tien

Keep reminding yourself, empty the mind down, fill the Tan Tien with Chi.

If the mind is wondering around, fix the mind on the lower Tan Tien, breathing the mind down, continuing to smile.



Fig. 61 Bring the wondering mind back with the breath & into the Tan Tien.

One hand touch the naval invite your awareness to feel the all three fires activated Door of Life, Imperial fire and Tan Tien.

Keep smiling down to the Tan Tien, the eyes like the sun shining on the water.

Now move the hands down and cover the pelvic area and smile down to the sexual organ picture the sexual organ, exhale, relax, empty the mind down down to the lower abdominal, feel the sun shining on the water.



Fig. 62 Sun shining on water: onto Three Fires and Sexual organs

Now move the hands to the naval, and just start spiraling don't worry about the direction down and begin to feel the energy being stored in the naval area. Feel the naval begin to grow warmed energy when you feel the energy begin to charge up to the brain.



Fig. 63 Feel the relaxed, charged energy fill the brain with Chi.

The next thing you are going to get is a lot of saliva, very sweet saliva or nectar coming down. We can swallow this nectar down to the Tan Tien. This is a special form of nourishment from the brain.



Fig. 64 Swallow nectar from the brain (sweet saliva) into Tan Tien

Rest and feel the naval and lower Tan Tien increase the warmth. Feel the nourishment of the smile and lugther, the relaxing breath, and the rejuvenation of Chi vibrate your being.



Fig. 65 Rest and be rejuvenated.

Integrating Wisdom Chi Kung; Ending the Meditations

This very basic practice is the most important thing you can do in your life. Even when you learn the Universal Tao practice to the highest level, this is the most important foundation. Every time you must do this same practice; Empty the mind, stop the brain, fill the Tan Tien With Chi. Simple and effective, this practice is the most crucial.

Ending the meditations is perhaps the most important time of the meditations. This is the time when the body has to completely relax and assimilate everything that has occurred before and during the practice. This is the time when the body, mind and spirit begin to intergrate, fuse together, and unify the external with the internal. This is the goal of the practice. This is why we do the practice, to be finished with it. When we are finished, we live our life and the practice becomes a part of who we are. What we live for, what we learn and teach, how we talk and breathe. How we relate to others and how we interrelate with ourself.

Take time at this time to feel yourself, notice any changes, or anything that has not changed. Just to notice, and be gentle with yourself at this crucial stage of integration. When at this stage, our inner being begins to strengthen, and the spirt becomes stronger with awareness.

Awareness of our being allows our counsiouness to expand, we become wiser. This is Wisdom Chi Kung. Empty the mind, raising the Chi. The more we can do this, the more our wisdom increases to higher capacities. Generate energy, and at the same time be empty, this is Wisdom Chi Kung.

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Master Mantak Chia is the creator of Universal Tao System, Healing Tao, Tao Yoga and is the director of the Universal Tao Master School at Tao Garden Wellness Retreat in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

Wisdom Chi Kung

Lower the mind, fill the Tan Tien with Chi. This practice teaches the art of meditation and physical rejuvenation. Opening the brain to be filled with the knowledge of the Universe, by increasing our own mental capacity. Wisdom Chi Kung is a simple and highly effective method which prepares the mind for higher levels of Universal Tao knowledge.

A New Approach to Healing

In combination with Universal Tao healing systems such as the Inner Smile, Laughing Chi Kung and Chi Nei Tsang, Wisdom Chi Kung prepares the practitioner for increased understanding of how to heal the body with an empty mind. Techniques taught in this booklet are for increasing Mental Alertness, Memory, Clarity and to have the ability to maintain this for a lifetime

Meditation that will connect with the Universe

Unlike other meditations Wisdom Chi Kung in this booklet teaches to connect with the universal energies, expand our awareness out, but charge the body with this energy, not to lose sight of the physical realm. It is essential to maintain a healthy connection with our bodies, and Wisdom Chi Kung is one way of doing this.

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