

Manaus, on 12 Jul 2015 - 11:31, said:



In my opinion, Mantak's teaching is often paradoxical:

- follow the flow of energy, but bring it down
- a sincere smile has value, but picture it in front of you at command (even fake is ok)
- concentrate like a lenses with sun rays, but maintain 90% attention at LDT
- MCO should always start from LDT, but you can start from mid eye brow
- LDT is at the navel, but it is at the center of navel/sexual center/ming men
- complete the MCO before macrocosmic (legs, hands), but if qi is stuck at the head concentrate on the feet
- inner smile focuses on heart, MCO don't concentrate too much on heart

How much frustration this brings, maybe it's part of the training, who knows?

Yes it is part of the training. All these eastern teachings are paradoxical, a bit like a japanese koan, but when you 'get' it that means you have understood it and 'passed' so to speak. In the west we teach a different way, give all the information and do a test at the end. You seem to be having trouble, frustration is never going to help you 'pass' only getting over that frustration on your own will help.

I will give you an answer (my answer) to this koan, because i too was frustrated with how it all went together and it probably set me back due to how western learning style was ingrained as i grew up. If you feel this will 'spoil' the surprise for you in 10 years time, don't read any further. The deeper you go the more you will understand. Here are some answers with some analogies, the best way i find to transfer meaning;

Quote

- follow the flow of energy, but bring it down

To begin with the energy goes up the spine easily, but doesn't come down the front channel easily. So guide, but don't force the energy through the **orbit**. More guiding will be needed down the front channel. As soon as it starts to run by it's self more, use less guiding and more following. The following is where you want to be at, but you need to 'train' the energy so to speak on where to go. Physically i believe you need to rejuvenate the fascia (extension of the nerves) to get rid of any trauma or any sticking together of the fascia that prevents smooth chi flow. Iron shirt 1 exercises help with this. Do the backbend to help frontal fascia. Beat your chest like Tarzan. It can help.

Quote

- a sincere smile has value, but picture it in front of you at command (even fake is ok)

You can fake laugh. Loud, quiet, different ways, copy other peoples laughs you have heard of. At times in your laughing you actually will REALLY be laughing, perhaps laughing at yourself, or how others laugh. You watch those real laughs and see what is happening. Replicate that more and you will be doing more real laughs than fake laughs. Eventually you can real laugh any time you want because you have practiced it.

Quote

- concentrate like a lenses with sun rays, but maintain 90% attention at LDT

You would also have read in the book awareness out, concentration in. They are two different things, the yin and the yang. Controlling the two is the final step before non-dualism. So concentration, focus can be concentrated, focused, directed, while you are reading this your eyes are focused on the words. Meanwhile you will be less aware off the desk your PC is on. This is awareness. You will probably be even less aware of your toes. They are 2 seperate practices.

Some meditations expand on and develop awareness, others develop focus. Healing Tao develops both, thats why i choose it as my meditation style all these years, it encompasses everything (more on this later). So you expand your awareness out, searching and being aware, while you turn your focus inwards performing the alchemical transformations within (the formulas). This way you can search for ingredients for your formulas without with your awareness and bring them in to power up your alchemy within. Awareness is expanded in higher levels, especially fusion.

Another important point is attention at LDT. If you use your brain to do the formulas, you feed the monkey mind. Use your brain first, until you can do the MCO, then transfer control to your LDT. Your LDT becomes the brain directing the chi in the **orbit**, and later in the other fusion **orbits**, organs, and even inner smile. But your LDT needs to be trained how to do it, your brain can teach it. It's like how you don't need to think how to

write each letter with a pen, it just flows out your hand. Your brain already taught your LDT that one when you were in primary school.

Quote

- MCO should always start from LDT, but you can start from mid eye brow

This is only part of the paradox 😊 And this is why i like Healing Tao, because it incorporates all levels, the only way to true enlightenment.

It can also start from your perineum, or outside your body, from your spirit. This is a bit like the training thing i spoke about earlier. In physical qigong, you use your perineum to direct the power, the physical flexion of the muscles in that area. This develops the physical demi-god within. Your physical ability to feel and push becomes god like - like the amazing feats of tai chi experts. The earth is god. In this style PHYSICAL FEELING is developed.

In emotional qigong, it starts from mid eye brow, control is centered in the heart, inside the brain and in the LDT. It is a balance middle point. This is the heart dantien development, and developing the chi within the organs. Practice at this level awakens the emotional demi-god within. You can feel other's emotions, direct healing energy to others, connect to other planets. You can use your chi to push and pull, or move things. I've used my chi in Aikido to hold somebody to the ground without touching them. (Bullshit you say? Yes, to some extent, but to some extent no. They have no desire to get up, my chi was strong and effected their energy body, and they remained pinned to the ground with my intent) This is the world of chi. Chi energy is god. In this style CHI FEELING is developed.

In spiritual qigong, it starts from outside the body, above from your spirit, the source of all your spontaneous thoughts and actions - not habits. Here you develop spiritual energy (my weakest point yet it is slowly improving). This awakens the spiritual god within, where you develop wisdom, can predict the future, can direct your life in the way that is most spiritually fullfilling. You can see far away, and develop clairvoyance.

To me at this time in my life those sort of things have little purpose for me, so i don't do that kind of thing much, and therefore my spiritual development is reduced to what i feel useful. What i do find useful from spiritual development is feeling and knowing my spirit so that i can more

easily fulfill my spirit's desires (or destiny as you may), using my developed physical and emotional bodies. This is the spirit world. Spirits cannot push and pull things, they can't move stuff (themselves), but it is linked to knowledge and understanding. The power comes from changing a course of action so that the people (or things) change how you want rather than using the physical or using chi. I find this type of practice most easily feeds my monkey mind. Spirit energy is god. In this style WISDOM and CONNECTEDNESS is developed.

I may be wrong but in my framework of thinking, this is where Spotless excels, and our points of view are like the coming together of yin and yang 🍌 To me i feel the level one practices at depends on one's personality and stage of life. I am typically a thinker type person, so increasing my wisdom just feeds my monkey mind. By doing physical and chi level practices, my naturally thinking mind develops wisdom from my lower level practices without having to purposely develop wisdom. I confer then that perhaps people who are more physically orientated would benefit by doing more spiritual practices. This is important for the newcomer to healing tao. Trying to race to 'high' level practices because they want to win the race may be counter productive. The level of practice you concentrate on should depend on your personality. High level practice doesn't mean advanced, low level practice doesn't mean basic, it only refers to how high above the earth the control comes from.

Now i kind of lied earlier in this answer. None of these powers are really god, they are demi-gods. GOD is incorporation of all 3 demi-gods so that you become GOD. At this level physical, emotional and spiritual insight all reinforce each other so that you KNOW you are right, you are in the NOW and KNOWING becomes the way. A simple example. I'm walking down the street and see a lady walking down the street in the opposite direction. I see her facial expression with absolute clarity (amazing clarity), i can see she is upset yet hiding it, (physical demi-god), i can feel/see with my third eye fear in her kidneys and urgency in her heart (emotional demi-god), i can sense that she wants to get away from her husband and to her mothers (spiritual demi-god). I can now confer (if i was a real god i would KNOW) she has had an arguement with her husband, she is scared, and is going to her mothers. GOD level =) We get closer and closer to this god level the more we practice and become more advanced in each of, while also balancing the 3 levels.

Until you reach higher levels, use the LDT as i described while

answering your previous question, as the 2nd brain.

Quote

- LDT is at the navel, but it is at the center of navel/sexual center/ming men

Where do you feel it? These are only guides. It probably depends on your body shape and how big your belly is 🤪 It will reveal its self to you very quickly don't worry.

Quote

- complete the MCO before macrocosmic (legs, hands), but if qi is stuck at the head concentrate on the feet

Yes, start inside the body so you can feel the chi and open the **orbit**. Then expand out to the arms and legs, chi pressure will drop and you will have reduced sensation, but now you know what you are looking for it won't matter so much. You can now boost your chi using whatever means you have learnt so far (fusion is a nuclear power plant) and increase chi pressure however much you want evenly throughout the body. I took too long to expand my practice to my arms and my legs, it's now easy to develop blockages in my shoulders because of this (iron shirt kept my leg/hip channels wide). Iron shirt 2, expanding the shoulders fixes this.

Qi stuck in the head.... well chi must want to go there if it's getting stuck there. Which part of the body is furthest from the head? The feet. Get that energy far away from the head, but don't lose it (a major problem with healing tao). Don't be afraid to give your chi away, or let it 'leak out'. At the start of the book it says stop leakages. It should read, learn how to control leakages, but don't hoard energy. There is plenty of energy that you can easily get to replace any leakages, it couldn't possibly leak out fast enough once you progress. You only stop leakage, or hoard the energy when opening the initial **orbit**. Later share it around and give it away or you will overheat.

Quote

- inner smile focuses on heart, MCO don't concentrate too much on heart

This took me a VERY long time of dedicated daily practice to really get.

It depends on the heat of the energy (from an emotional perspective). In the book it says don't put too much hot energy in the heart or brain, cold energy is fine. You might understand it better from a physical perspective (all 3 paths up the mountain align). Heat is tension, cool energy is relaxedness. When you use hot chi you make the muscles around your heart tense. A tense heart is hard to pump and the ventricles within the heart reduce their volume making each pump less efficient. Don't put pressure on your heart for long periods of time is what it means.

However hot and cold is subjective in the individual. I feel hot chi as not hot at all, it's more an intensity, speed and frequency of the vibration that is hot for me. After using hot chi a while it actually makes me feel more physically cold, probably because of the constriction of the blood vessels and arteries, reducing blood supply, but amping up the metabolic rate. TCM would say i burnt up my yin leaving me depleted and cold. Cold chi feels physically hot for me, but the vibration is slow, the metabolic rate is slow, muscles relax and blood vessels dilate increasing the blood flow and therefore the heat.

The inner smile and cosmic inner smile are opposites. Inner smile is cooling and cosmic version is hot. This is a very important aspect of the whole healing tao practice. If i had of attended a course i probably would have got this a lot earlier on and saved lots of time. This distinction is just as important as the awareness / focus distinction. It needs to be mastered to be able to become GOD, the real GOD as described above. You need to clearly understand yin and yang before they can be fused and you can experience enlightenment at some level. Sorry, understanding is no use, you have to be able to do (I can still hear Mantak Chia's voice on the tape).

I feel what i have written is a real gift for you if you chose to read it. It took me over 10 years of countless hours to practice and realise and understand these things. It's taken me another 2 hours to write it out for you. However, as Mantak Chia says, knowing is of no use, we must do it. And as i have written already in this thread, i think it is less important what you practice, but more important the time you put into practice.

Share what you learn with others, healing tao is very rewarding, and knowing the answers from these koans will not really deter from the joy of first hand experience of these answers, you may even find your own

answers different to mine. However knowing my version of these answers will hopefully help you progress using a western learning style :-)

If it helps at all, i never attended a single workshop in my life, except that of becoming a Bowen Therapist, and learnt everything i know from practice from books. 90% Healing Tao books. I've gone down the wrong path plenty of times, make stacks of mistakes, but i feel i've mastered myself, and you can too. The most important lesson i could tell you is listen to yourself. Take advice, but try it out before taking it as gospel. You are the decider, you must understand, it's all about YOU.