

# The Taoist Soul Body

**Harnessing the Power of Kan and Li**



**Mantak Chia**

# The Taoist Soul Body Harnessing The Power Of Kan And Li

**Taylor Ellwood**



## **The Taoist Soul Body Harnessing The Power Of Kan And Li:**

**The Taoist Soul Body** Mantak Chia, 2007-11-15 A guide to the practice of the Lesser Kan and Li that gives birth to the soul body and the immortal spirit body Shows how to awaken higher consciousness through practices in total darkness that stimulate the release of DMT by the pineal gland Shows how to transform sexual energy into life force energy to feed the soul body The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies yang fire with sexual energies originating in the kidneys yin water to form and feed the soul or energy body Practice of the Chinese formula Siaow Kan Li yin and yang mixed uses darkness technology to literally steam the sexual energy jing into life force energy chi by reversing the location of yin and yang power This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water of the sexual energy of the perineum thereby activating the liberation of transformed sexual energy Darkness technology has been a key element of Taoist practice and of all Inner Alchemy traditions throughout the ages A total darkness environment stimulates the pineal gland to release DMT into the brain The darkness actualizes successively higher states of consciousness correlating with the accumulation of psychedelic chemicals in the brain In the darkness mind and soul begin to wander freely in the vast realms of psychic and spiritual experience Death is no longer to be feared because life beyond the physical body is known through direct experience The birth of the soul is not a metaphor It is an actual process of converting energy into a subtle body Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li

**The Practice of Greater Kan and Li** Mantak Chia, Andrew Jan, 2014-02-01 A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body Includes illustrated instructions to connect astral energy with the energies of animals children and plants to grow the immortal fetus or spirit body Provides warm up exercises and a complete daily Kan and Li routine Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state Building on the Lesser Kan and Li formulas for the development of the soul body this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body Used by Taoist masters for thousands of years these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun Moon Earth North Star and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body They explain how to reverse yin and yang power through energetic work at the solar plexus thereby activating the liberation of transformed sexual energy They explore how to open the heart center and how to connect astral energy with the energies of animals children and plants to grow the immortal fetus or spirit body The authors provide warm up exercises including the Inner Smile and Fusion practices and outline a complete daily Kan and Li routine for mental and physical health longevity astral flight and realization of the Wu Wei state

Sealing of the Five Senses Mantak Chia, William U. Wei, 2014-12-15 An illustrated guide to follow the path to the Immortal

Tao Reveals the 9 inner alchemy formulas for the Sealing of the Five Senses practice including strengthening the senses and activating the Thrusting Channels Explores how abuse of the senses leads to energy loss and degradation for example listening too much hurts the mind Explains how to transmute warm chi into energy for the immortal spirit body created through mastery of the three Kan and Li practices In ancient times the Sealing of the Five Senses involved both Taoist Inner Alchemy and physical sealing of the sensory organs to prepare the master for extended periods of astral travel and meditation during which he would remain completely motionless for years at a time In modern times physical sealing of the senses with wax is no longer required however in order to accumulate profound energy and gather cosmic light for the immortal spirit body one must stop the energy losses that occur through the senses In this guide to energetic sealing of the senses Master Mantak Chia and William Wei reveal the 9 inner alchemy formulas for the Sealing of the Five Senses practice including strengthening the senses connecting the senses to the organs activating the Thrusting Channels and harnessing the energies of the Big Dipper and the North Star They explain how to stop energy losses through the five senses and transmute warm chi into energy for the immortal spirit body The authors explore the importance of proper diet and eating habits in this practice providing striking examples of World War II concentration camp survivors who were able to obtain energy from chewing water Revealing the benefits of Sealing the Five Senses for non Immortals the authors explain how abuse of the senses leads to energy loss and degradation for example listening too much hurts the mind and crying too much harms your blood They show how sealing the senses allows one to create the Crystal Room cauldron where fire and water energy can couple to generate a superior essence used to achieve greater awareness and steam all the body s major organ systems An advanced practice for those who have mastered the three Kan and Li practices the Sealing of the Five Senses is the final step on the Taoist path to Immortality

**The Tao of Immortality** Mantak Chia, William U. Wei, 2018-02-20 A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy Explains each of the nine levels of Inner Alchemy and their more than 240 formulas Explores the Four Healing Arts for transformation of the emotional body physical body energy body and spiritual body Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system Master Mantak Chia and William U Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master Yi Eng more than 60 years ago Beginning with the basic principles called the Five Enlightenments the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas including simplified versions of the Microcosmic Orbit the Inner Smile Sexual Alchemy exercises for men and women Fusion of the Five Elements practices Kan and Li Alchemy the Sealing of the Five Senses and Star and Galaxy Alchemy They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy Living Tao practices for

transformation of your emotional body Chi Nei Tsang practices for transformation of the physical body Cosmic Healing practices for transformation of the energy body and Immortal Tao practices for transformation of the spiritual body all aimed toward the survival of consciousness in a self aware vessel They also offer simplified versions of the other core practices such as Iron Shirt Chi Kung Bone Marrow Nei Kung and Wisdom Chi Kung to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy Master Chia and William U Wei show how these exercises were designed to increase longevity providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death **Living in the Tao** Mantak Chia, William U. Wei, 2009-10-13 Taoist techniques that can quiet your mind so you can discover your true self in the wisdom of the heart Teaches that the Tao is the flow of nature the effortless middle path of self discovery Shows how to quiet the monkey mind the ego and listen within for your inner voice Fosters a connection to the Tao through diet exercise livelihood and sexuality Taoists say that we must learn to observe with the mind and think with the heart In the West we get caught up in the monkey mind of our ego We think we can control our individual destinies by swimming upstream against the current but we are mistaken When we learn to quiet the monkey mind with meditation practices we are able to go beyond the linear thinking of the upper brain and connect to the multidimensional thinking of supreme consciousness in the heart center In Living in the Tao Master Mantak Chia and William Wei present techniques to help us learn to move beyond the limits of time and space to connect with the universal truth within without striving Living in the Tao is effortless Just as a small seed grows into a mighty tree with a little water and a little sunshine every day a few minutes of Taoist practice each day can transform your life into one of peace and joy Greatest Kan and Li Mantak Chia, Andrew Jan, 2014-07-21 A fully illustrated guide to the most advanced Kan and Li practice to birth the immortal spirit body and unite with the Tao Explains how to establish the cauldron at the Heart Center to collect cosmic light activate the Cranial and Sacral Pumps and align the Three Triangle Forces Details how to merge energy at the Heart Center to birth the immortal spirit body allowing you to draw limitless energy from the Cosmos Discusses the proper Pi Gu diet and herbs to use with Kan and Li practice Reveals how to expel the three Worms or Death Bringers that can imbalance the three Tan Tiens leading to misdirection in your sexual material and spiritual goals After mastering the Inner Alchemy practices of Lesser Kan and Li and Greater Kan and Li the advanced student is now ready for the refinement of the soul and spirit made possible through the practice of the Greatest Kan and Li With full color illustrated instructions Master Mantak Chia and Andrew Jan explain how to establish the cauldron at the Heart Center to collect cosmic light activate the Cranial and Sacral Pumps and align the Three Triangle Forces They detail how merging energy at the Heart Center then leads to the birth of the immortal spirit body uniting you with the Tao and allowing you to draw limitless energy and power from the Cosmos The authors explain the proper Pi Gu diet and herbs to use in conjunction

with Kan and Li practice and provide warm up exercises such as meditations to expel the three Worms or Death Bringers that can imbalance the three Tan Tiens leading to misdirection in your sexual material and spiritual goals Revealing the ancient path of Inner Alchemy used for millennia by Taoist masters to create the Pill of Immortality the authors show that the unitive state of oneness with the Tao made possible through Kan and Li practice represents true immortality by allowing past and future Heaven and Earth to become one     Healing Light of the Tao Mantak Chia,2008-05-27 The guide to engaging and directing the three primordial forces of Earth Heaven and Higher Self to achieve enlightenment and immortality Explains how to circulate the life force or chi by balancing yang male and yin female currents of bioenergy Includes an overview of the complete Taoist body mind spirit system along with newly refined methods of activating the life force The sequel to the classic Awaken Healing Energy Through the Tao In 1983 Mantak Chia introduced the Microcosmic Orbit to the West Prior to that time most of the Eastern energy practices transmitted to the West were incomplete dealing only with the ascending yang masculine channel which shoots life force energy up the spine The Microcosmic Orbit showed practitioners how to establish the descending yin feminine channel of the life force energy loop Within Taoist systems cultivating feminine energy has always been seen as the key to gaining balance and wholeness Healing Light of the Tao presents the more advanced methods of chi cultivation in the Microcosmic Orbit offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body mind spirit system The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force Cosmic Force and Universal Force Heavenly chi into the basic orbit It establishes a spiritual science that not only emphasizes practical benefits to health sexual vitality and emotional balance but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality

*Tendon Nei Kung* Mantak Chia,2009-08-11 A guide to strengthening and repairing the tendons to reverse the effects of aging Shows how strengthening the tendons can lead to more energy healthier organs and prevention of arthritis Explains how to practice the postures alone or with a partner Includes the Mung Beans hitting practice which repairs damaged tendons and joints relieves constipation stomach cramps and headaches and aids in detoxification Healthy tendons are the foundation of true strength in the body Strong and supple tendons and open joints allow more space to store raw energy which can then be transformed into higher creative and spiritual energy The eight postures of Tendon Nei Kung are specifically designed to open the joints and fortify and grow all the tendons in the body strengthening them as a unit Like the practice of Iron Shirt Chi Kung Tendon Nei Kung cultivates the ability to move the earth force up from the ground through the feet and into the body in this case raising it to nourish the tendons In Tendon Nei Kung Mantak Chia explains how to perform the eight postures individually as well as with a partner He reveals how regular practice of Tendon Nei Kung can help prevent and relieve arthritis by forcing poisoning acid out of the body to make room for healing chi energy He provides ten supplementary exercises to help heal damaged tendons and joints without strenuous movement and also includes

information on the Mung Beans hitting practice an ancient practice that in addition to repairing damaged tendons and joints also aids in detoxification and relieves constipation stomach cramps and headaches      **Taoist Shaman** Mantak Chia,Kris Deva North,2011-01-25 The shamanic roots of Taoist practice Explains the principles of the Taoist Medicine Wheel including the Five Elements the animals of the Chinese zodiac and the trigrams of the I Ching Includes exercises from the Wheel of Love to access the Tao of Ecstasy Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast Passing their shamanic practices such as ecstatic flight and how to find power animals and spirit guides on to the indigenous people they also taught them the wisdom of the Medicine Wheel From the Taoist Medicine Wheel came the principles of Yin and Yang the Five Elements the Eight Forces the Chinese zodiac and the I Ching The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy In the Taoist Shaman Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel how it is oriented on the Five Elements rather than the Four Directions how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching and how it aligns with the Eight Forces of the Pakua Through illustrated teaching stories the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals Revealing the wheel s application to sacred sexuality they offer exercises from the Wheel of Love to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy      **Theology and Protest Music** Heidi M. Altman,Jonathan H. Harwell,2023-03-20 Songs of protest have been inspiring activists for millennia and continue to be created shared and reworked across musical genres From the prophet Habakkuk as proto protest singer through a broad spectrum of twentieth and twenty first century artists and diverse faith traditions Theology and Protest Music gathers compelling contributions that examine Brazilian eschatology Black liberation and womanism esoteric Islam in Five Percenter rap heavy metal as anti theology Howard Thurman s relevance to jazz Cuban Santer a priest Pedrito Martinez sacred Bat drumming as well as theological reflections on Jay Z Funkadelic Marvin Gaye Sweet Honey in the Rock and the social justice chorale movement Those interested in theology and popular culture as well as scholars of music social justice racial identity LGBTQ studies and gender studies will find new aspects of the broad spectrum of protest music and its diverse spiritual connections Theology and Protest Music also features invited contributions by pioneering choral activist Catherine Roma and world renowned performer composer and educator Dr Ysaye Maria Barnwell

*Fusion of the Eight Psychic Channels* Mantak Chia,2009-01-15 Advanced Inner Alchemy exercises that promote the free flow of energy throughout the body in preparation for the Practice of the Immortal Tao Explains how to open the Great Bridge Channel and the Great Regulator Channel Includes exercises to strengthen and wrap the spinal cord with energy Reveals how to create a thicker aura to protect the body and receive the higher frequencies of the Universal Force The Fusion of the Eight Psychic Channels practice builds upon the Fusion of the Five Elements and Cosmic Fusion practices and

is the final step in preparation for the Practice of the Immortal Tao Master Mantak Chia shows how to open the Great Bridge Channel and the Great Regulator Channel the last of the eight psychic channels that connect the twelve organ meridians and enable energy to flow from one meridian to another By opening these psychic channels in conjunction with the Microcosmic Orbit practitioners can balance and regulate the energy flow throughout the body to protect all the body's centers Master Chia also illustrates the Spinal Cord Microcosmic Orbit practice which strengthens and wraps the spinal cord with energy and the practice of Sealing the Aura which creates a thicker aura to protect the body and facilitate the reception of higher frequencies of the Universal Force Mastery of the practices in this book enables the creation of the energy body needed to receive the larger Universal Force vibrations accessible through the Practice of the Immortal Tao *Tan Tien Chi Kung* Mantak Chia, 2004-09 Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen the tan tien Known as the Ocean of Chi this lower abdominal area holds the key to opening the body to the free and continuous movement of chi Included are exercises to develop chi for increased vitality and the mind body balance essential for spiritual growth and well being

**Intuitive Instructional Speech in Sufism** Martin A. M. Gansinger, 2022-08-17 The Sufi tradition remains one of the most mysterious and least understood systems of self realization This book demystifies the practice of the sohbet an ad hoc discourse as the central instructional tool in the globally influential Naqshbandi Haqqani Order It approaches the practice using categories of improvised music to establish a framework for analyzation Its ritualized formal structure illustrated via selected talks of Shaykh Nazim Adil al Haqqani discloses the underlying and assumingly primary function to provoke prolonged states of raised awareness in listeners and condition their sympathetic nervous system In an extensive discussion based on several years of field research in Cyprus the book relates this intention to similar practices in other traditional knowledge systems by proposing psychophysical interpretations based on psychology biochemistry neuroscience or quantum physics It will appeal to scholars and students of Sufism Islamic studies and comparative religion as well as those interested in performance studies and improvised music interpersonal communication and education **Life Pulse Massage** Mantak Chia, Aisha Sieburth, 2015-08-15 A fully illustrated guide to abdominal massage for improved cardiovascular health organ detoxification and enhanced vital energy Includes fully illustrated massage instructions to open restricted blood vessels direct blood flow for healing balancing blood pressure and detoxifying organs Details specific massage treatments for many common ailments such as lower back pain sciatica asthma headaches and reproductive issues Explains the ancient art of reading pulses to diagnose organ health Reveals how blood acts as the vehicle for our vital energy Blood and chi often flow side by side throughout the body the blood acting as the vehicle for our vital energy Areas of slow or congested circulation lead to blockages in the flow of vital energy and toxin accumulation in the body The practice of Life Pulse Massage allows these blockages to be cleared revitalizing cardiovascular function detoxifying the organs and restoring the flow of blood and chi throughout the body In this fully illustrated guide to Life Pulse Massage Master Mantak Chia details abdominal massage



practices to open restricted blood vessels direct blood flow to specific areas for healing release arterial tension to rebalance high or low blood pressure and detoxify individual organs and body systems such as the liver lungs lymph nodes and colon He shows how to clear and activate the master pulses of the navel and aorta and synchronize these master pulses with the 52 pulses of the whole body for optimum circulation and energy balance He explains the ancient art of reading pulses to diagnose organ health as well as how to recognize internal health states through the unique positions and shapes of the navel Detailing specific Life Pulse Massage treatments for many common ailments such as lower back pain sciatica asthma headaches and reproductive issues Master Chia shows how liberating the flow of blood and chi can prevent illness before it takes hold revitalize the organs and set the stage for optimum health

**The Inner Smile** Mantak Chia, 2008-08-12 A guide to the foundational practice of smiling to the organs to promote deep relaxation and internal health Presents exercises that dissolve the physical and mental tensions that can cause energy blockages and unhealthy chi flow Shows how to recognize illness at its inception on the organ level and how to balance the emotions to heal it The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness In Taoism negative emotions anger sadness depression fear and worry are seen as low grade energy that causes chronic disease and steals our major life force by creating energy blockages Master Mantak Chia shows that the internal awareness produced by the simple yet powerful Inner Smile meditation practice flushes the organs of poisonous negative energy that may be blocking chi energy flow in order to nourish the entire body Just as a genuine outer smile transmits positive energy and has the power to warm and heal an inner smile produces a high grade of energy that promotes powerful internal healing deep relaxation happiness and longevity Smiling to the organs and thanking them for the work they do helps to reawaken the intelligence of the body which once activated can dissipate emotional imbalances and inner disharmony before serious illness manifests

*Magical Identity* Taylor Ellwood, 2018-10-13 Unlock the power of your identity In *Magical Identity* Taylor Ellwood explores how you can change your identity and why making changes to your identity is the most effective magical practice you ll ever learn for getting results In this book you will learn Advanced neuro magic techniques for working with your body consciousness and neurotransmitter entities The web of Time and Space a space time magic technique for changing your identity Space time tarot magic techniques or evoking possibilities into results Imagination and memory techniques for manifesting possibilities into results using your identity How to use non linear time to transform possibilities into results And much much more Effective practical magic is magic that includes identity and in this book you ll learn why *Magical Identity* shows you how to transform who you are to get the results you want

*Basic Practices of the Universal Healing Tao* Mantak Chia, William U. Wei, 2013-04-05 A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia Organized by level and chi kung system for quick reference during practice or teaching Includes 220 exercises from more than 20 of Master Chia s practice systems including the Inner Smile the Six Healing

Sounds the Microcosmic Orbit Chi Self Massage Cosmic Detox and Iron Shirt Chi Kung Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction Keyed to the corresponding book for each complete practice such as Healing Light of the Tao and Chi Self Massage this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Iron Shirt Chi Kung Wisdom Chi Kung Tao Yin Chi Nei Tsang Cosmic Detox Bone Marrow Nei Kung Cosmic Healing Tendon Nei Kung and Karsai Nei Kung Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings enabling you to purify transform regenerate and transcend not only your own energy but the energy around you as well **The Writers**

**Directory**, 2013 Journal of Asian Martial Arts, 2007 **Taoist Astral Healing** Mantak Chia, Dirk Oelibrandt, 2004-04-12 Advanced techniques for utilizing the universal healing connections revealed by Taoist astrology and astronomy Provides meditations and healing techniques based on Taoist astrology Allows readers to develop a personal practice based on an understanding of their planetary strengths and weaknesses Includes Taoist star practices for expanding personal awareness into a cosmic field of chi that will support others in their efforts to heal and grow spiritually Taoist Astral Healing provides a step by step program for refining our ability to cultivate circulate and retain chi from the stars and planets While the initial focus of Taoism centers on creating physical health that is deeply rooted in the energies provided by the earth individuals may also draw down energies from the stars and planets to continue to grow in awareness and to develop their full soul potential Harnessing these energies allows us to break through the cycles of attraction and addiction promote longevity and transform the physical and energy body into a light body in order to heal ourselves and others Taoist Astral Healing teaches how to connect the body with the five elemental forces of nature as well as the moon sun planets stars and galaxies Noting the relationships between specific constellations and points on the body such as the Big Dipper's correspondence to the bones of the skull the authors offer planetary and stellar meditations that allow the inner and outer universes to become more connected Following the numerous meditations and techniques provided throughout the book readers develop a personal practice based on an understanding of their planetary strengths and weaknesses and their own spiritual growth

Eventually, you will entirely discover a extra experience and feat by spending more cash. yet when? attain you resign yourself to that you require to get those every needs following having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more something like the globe, experience, some places, next history, amusement, and a lot more?

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## The Taoist Soul Body Harnessing The Power Of Kan And Li Introduction

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