

The Taoist Soul Body

Harnessing the Power of Kan and Li



Mantak Chia

The Taoist Soul Body Harnessing The Power Of Kan And Li

Zhi Gang Sha



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

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

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

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

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 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

Journal of Asian Martial Arts, 2007 **The Writers Directory**, 2013

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 Taoist Astral Healing Mantak Chia, Dirk Oellibrandt, 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 *Taoist*

Cosmic Healing Mantak Chia, 2003-10-20 Includes practices for cleansing the blood of toxins relieving pain using sexual energy for healing and other tools for the treatment and prevention of disease Explains the unique healing potential of chi kung color therapy and how to harness universal and earthly elemental energies in healing By Mantak Chia coauthor of *The Multi Orgasmic Man* Taoists believe in an underlying unity that permeates the universe and intimately binds all things Taoist Cosmic Healing presents chi kung techniques that develop and strengthen awareness of the forces and energetic principles of the universe and the earthly six directions allowing the reader to draw upon these forces for healing themselves and others Taoist Cosmic Healing teaches the reader how to use the major acupuncture points in the hands to activate open and balance the chi meridians throughout the body This practice allows the student to detoxify and rejuvenate the major organ systems and when combined with specific body positions and the chi kung stance to heal others Through Mantak Chia's profound understanding of the ancient esoteric science of guiding chi energy students can learn how to harness the astral energies of specific stars Master Chia also explains the important role that compassion and positive energy play in enhancing one's ability to heal He presents for the first time in the West the details of chi kung color therapy and how it can activate and strengthen the immune system

Tao I Zhi Gang Sha, 2010-07-06 Tao is The Way Tao is the source of all universes Tao is the principles and laws of all universes In the sixth book of the Soul Power Series New York Times bestselling author Master Zhi Gang Sha shares the essence of ancient teachings of Tao and reveals a new Tao text for the twenty first century that he received directly from the Divine These new divine teachings reveal how Tao exists in every aspect of life from waking to sleeping to eating and more Master Sha explains how Tao uses the processes of normal creation and reverse creation for all life He also shares advanced soul wisdom and practical approaches for reaching Tao In this process healing rejuvenation and life transformation occur In contrast to the ancient Taoist wisdom knowledge and practices the new sacred teaching in this book is extremely simple practical and profound Studying and practicing Tao has many great benefits including the ability to heal yourself and others as well as humanity Mother Earth and all universes return from old age to the health and purity of a baby prolong life Enter the realm of Tao with Master Sha Your life will be transformed

Tao II Zhi Gang Sha, 2010-11-02 Millions of people are searching for secrets wisdom knowledge and practical techniques to heal rejuvenate prolong life and move toward immortality The way to accomplish all of these is to reach and meld with Tao This book the successor to *Tao I The Way of All Life* reveals the highest secrets and most powerful practical techniques for the Tao journey which includes one's physical healing and rejuvenation journey and one's entire spiritual journey Its essence can be summarized in one sentence Jin Dan Da Tao Xiu Lian is the way to heal rejuvenate prolong life and move in the direction of immortality Shou Yi Yan Jin Ye is the most important daily practice for reaching Tao Shou yi means focus on the Jin Dan area below the navel Yan jin ye means swallow Heaven's sacred liquid and Mother Earth's sacred liquid *Tao II The Way of Healing Rejuvenation Longevity and Immortality* explains the significance of this highest secret and exactly how to do it It

gives you the sacred key for your whole life's practice and shares two hundred and twenty sacred phrases that include not only profound sacred wisdom but also additional simple and practical techniques Practice Practice Practice Reach fan lao huan tong which is to transform old age to the health and purity of the baby state Prolong life The final goal is to reach immortality to be a better servant for humanity Mother Earth and all universes

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

Inner Alchemy Pedram Shojai, 2019-01-01 Bestselling author Pedram Shojai The Urban Monk presents a comprehensive guide on how Taoist alchemical practices can help you release stress harness life force energy and awaken your true self We have fallen asleep to the knowledge of our true nature and now it is time to wake up Pedram Shojai There is a way to break free from trance of modern life and awaken to your true limitless nature The path lies in an ancient system of Taoist alchemy and with Inner Alchemy qi gong master physician and former monk Pedram Shojai presents an in depth guide for harnessing the transformational power of this wisdom in your own life Part 1 lays out Taoist principles and philosophy for understanding the body's energy matrix and the nature of our current challenges all in down to earth language Part 2 covers specific exercises and techniques for mastering your energy and awakening your true power including diet meditation exercise sleep lifestyle tips and traditional qi gong sets Part 3 provides an advanced exploration of traditional Taoism for modern times along with a 100 day practice formula to help you regulate your energy wake up from the hypnotic daze of daily life and make the world we live in a better place The process of turning the material lead of our human experience into the gold of awakening is the essence of this ancient science of spirituality writes Shojai My promise is that if you practice what you learn in this book your life will change in ways that you have never imagined

Tao Song and Tao Dance Zhi Gang Sha, 2011-11-29 New York Times bestselling author Master Zhi

Gang Sha reveals the significance and power of Tao Song the highest and most profound Soul Song that can transform every aspect of life and Tao Dance movement guided by the Source Tao is the Source and Creator Tao is The Way of all life Tao is the universal principles and laws Tao Song is sound from the Source Tao Dance is movement from the Source Tao Song and Tao Dance carry Tao power and ability from the Source In the ninth book of his revolutionary Soul Power Series and his third book on Tao Master Sha reveals new sacred Tao Song mantras that carry Tao frequency and vibration which can transform the frequency and vibration of all life Sacred Tao Song mantras and Tao Dance carry Tao love which melts all blockages Tao forgiveness which brings inner joy and inner peace Tao compassion which boosts energy stamina vitality and immunity and Tao light which heals prevents sickness purifies and rejuvenates soul heart mind and body and transforms relationships finances and every aspect of life Tao Oneness Practice is created and released Step into the Tao with Master Sha

The Secret Teachings of the Tao Te Ching Mantak Chia, Tao Huang, 2005-01-31 Reveals techniques for achieving spiritual immortality through an in depth exploration of Lao tzu s Tao Te Ching Includes practices and meditations for living in harmony with the Tao universal essence and Te kind action Reveals the integration of heavenly and human power in the mystic field within us Presents Tao Huang s English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2 500 years the words of the Tao Te Ching the primary scripture of Laoism and Taoism have been regarded as among the greatest treasures of the world Lao tzu whose name means the ancient child wrote these brief but essential verses that have both confounded and conferred blessings on humankind Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins of this philosophy the meaning behind its 5 000 pictographs and the way of living that generations have followed While the text of the Tao Te Ching has been passed down in literary form for generations the essence of the text can be understood only through heart awakening a true integration of body and mind made possible with the insights and exercises in this book The authors analyze Lao tzu s teachings line by line and offer meditations interpretations and practical illustrations that clarify the true meaning and purpose of this classic text

Living Tao Ilchi Lee, 2015-12-15 Tao has been built into the foundation of East Asian culture for millennia and many books have been written to explain it But Tao cannot fully be explained in words it can only be felt and experienced Tao is something you live day by day moment by moment It s the omnipresent oneness beyond ephemeral phenomena that expresses itself in everything New York Times bestselling author Ilchi Lee an enlightened Tao master from South Korea has laid out a path to living Tao every day Along this path he guides you to an understanding of the meaning of birth death and everything in between building a foundation for living a complete and whole life The universal principles contained in Living Tao Timeless Principles for Everyday Enlightenment stem from the Korean practice of Sundo an ancient tradition of mind body training as well as Lee s own life experience With these tangible principles Ilchi Lee makes this profound topic simple and accessible Living Tao has an unparalleled depth in its simplicity that anyone can absorb and immediately apply 2015 INDIEFAB Book of the Year

Award Winner Bronze Body Mind Spirit

Reviewing **The Taoist Soul Body Harnessing The Power Of Kan And Li**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**The Taoist Soul Body Harnessing The Power Of Kan And Li**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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

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