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Putting Golden Elixir Chi Kung into Practice

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake these practices without receiving personal instruction from a certified instructor of the Universal Tao, because some of these practices, if done improperly, may cause injury or result in
health problems. This book is intended to supplement individual training by a Universal Tao instructor and to serve as a reference guide for Universal Tao practices. Anyone who undertakes these practices on the basis of this book alone does so entirely at his or her own risk. Universal Tao instructors can be located at our websites:

www.universal-tao.com

or

www.taoinstructors.org.

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 a reader is
suffering from a mental or emotional disorder, he or she should consult with an appropriate professional health care practitioner or therapist. Such problems should be corrected before one starts training.

This book 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.

Chinese medicine and Chi Kung emphasize balancing and strengthening the body so that it can heal itself. The meditations, internal exercises, and martial arts of the Universal Tao are
basic approaches to this end. Follow the instructions for each exercise carefully. Also pay special attention to the warnings and suggestions. People who have high blood pressure, heart disease, or a generally weak condition should proceed cautiously, having received prior consent from a qualified medical practitioner. People with venereal disease should not attempt any practices involving sexual energy until they are free of the condition.

The Universal Tao and its staff and instructors cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without
strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.
Introduction

The Universal Tao is a practical system of self-development that enables individuals to complete the harmonious evolution of their physical, mental, and spiritual bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioner learns to increase physical energy, release tension, improve health, practice self-defense, and gain the ability to heal oneself and others. In the process of
creating a solid foundation of health and well-being in the physical body, one also creates the basis for developing one’s spiritual potential.

The practices of Chi Kung are central to the Universal Tao System. *Chi* means “energy” or “life force”; *kung* means “work.” Traditionally, Chi Kung is the cultivation of the ability to conduct Chi for the purposes of healing.

According to the Taoist view, there are three sources of Chi: cosmic Chi, universal Chi, and earth Chi. Cosmic Chi is born out of the original Chi of the Tao and literally carries the intelligence and essence of life. Guided by this intelligence, it spreads out into the
universe and manifests in different densities and forms defined by the cosmic laws. This is how stars, planets, human cells, subatomic particles, and all other forms of life take form and are nourished.

Universal and earth Chi also have their genesis in the original energy of the Tao. The universal Chi is the radiating force of all galaxies, stars, and planets throughout the whole universe. It is the all-pervasive force that nourishes the life energy in all the forms of nature. The earth Chi is the third force of nature, which includes all the energies of mother earth. This force is activated by the electromagnetic field originating in
the rotation of the earth. It is also integrated into all aspects of nature on our planet. The earth energy is accessed through the soles of the feet, the perineum, and the sexual organs. Earth energy nourishes the physical body. It supplies our daily life force and is one of the principal forces used to heal ourselves.

For the past five thousand years, practitioners of Chi Kung have used time-tested methods to tap into these unlimited reservoirs of Chi, greatly expanding the amount of energy available to them.

The Universal Tao system also speaks of two types of Chi operating in
the human being: prenatal Chi and postnatal Chi. Prenatal Chi, which is a combination of universal Chi and Jing (generative energy/sexual essence), is inherited from the parents, and is visible as innate vitality. Postnatal Chi, which is the life force an individual cultivates in his or her lifetime, is visible as the light shining behind personality and self-awareness. To build their postnatal Chi, humans normally access Chi through food and air. Plants take the universal energies of the sun and the magnetic energies of the earth and digest and transform them, thereby making these energies available to all living beings.

Rather than connecting to this
universal Chi only after it is processed through plants, however, Taoist practitioners of Chi Kung learn to go directly to the source of this primordial energy. The Taoist recognizes that human beings have a limited capacity for Chi. However, if we are able to connect with the sources of Chi within the universe, we gain an infinite capacity for Chi, and we constantly fill ourselves, within the limitations of our human nature, with the unlimited abundance of energy around us.

WATER OF LIFE
Golden Elixir Chi Kung is a special system of Chi Kung practices that focus
on building Chi power in the saliva and hair to strengthen the physical body. Golden Elixir is saliva fortified with hormones and Chi, and can be used in healing practices. Body hair plays an important role in Golden Elixir Chi Kung because Taoists regard the hair as antennae extending out into nature and the universe. The hair absorbs Chi, filters out negative energies, and stores surplus Chi that can be drawn into the Golden Elixir. This book presents numerous practices for fortifying saliva with hormones and Chi, producing the Golden Elixir that is known as the “water of life.”
In the Universal Tao System, we teach Golden Elixir Chi Kung within a comprehensive framework of exercises and meditation. As a part of this system, Golden Elixir Chi Kung focuses on building Chi power through working with the saliva, hair, and hormones. One can easily learn the simple exercises of Golden Elixir Chi Kung without doing any other Universal Tao practices, but if one truly wishes to master the art of Golden Elixir Chi Kung, it is important to have a firm foundation in the basic Universal Tao practices. Therefore we suggest that you become familiar with
the basic practices and exercises outlined in the first three chapters of Mantak Chia’s *Taoist Cosmic Healing*. Throughout this book, we will refer periodically to these preparatory practices and will direct you to *Taoist Cosmic Healing*. 
Golden Elixir: From the Body’s Own Fluids

THE HEALING POTENCY OF SALIVA AND HORMONES

Taoists believe that Golden Elixir, which is a potent combination of saliva,
hormonal fluids, and Chi, is the nectar or water of life. Golden Elixir is viewed as central to the transformative processes of higher spiritual work, and has the power to heal many diseases. Some Taoist texts recommend swallowing the saliva up to a thousand times a day for spiritual work and healing.

Thousands of years ago the Taoists became aware of changes in the taste and consistency of saliva that accompanied meditative practices. They were specifically aware that relaxation increases the flow of saliva and mixes it with hormones. Taoist practitioners believed that when the saliva tastes sweet, it contains the “longevity
hormone.” The resulting Golden Elixir was thought to moisturize the intestinal tract and lubricate and energize all the organs, tissues, and joints in the entire body. Golden Elixir is especially strong when it is fortified with sexual hormones and energies through practices such as ovarian and testicle breathing, and massaging the breasts and testicles. Throughout this book, we will present a number of practices for empowering Golden Elixir with various hormonal energies and Chi so that it can be used to strengthen and heal the body.

The Healing Power of Jesus’ Saliva
The healing power of saliva is illustrated by the New Testament stories in which Jesus uses saliva to restore sight to a blind man and hearing and speech to a deaf man.

As He passed by, He saw a man blind from birth. And His disciples asked Him, “Rabbi, who sinned, this man or his parents, that he would be born blind?” Jesus answered, “It was neither that this man sinned, nor his parents; but it was so that the works of God might be displayed in him....” When He had said this, He spat on the ground, and made clay of the spittle, and applied the clay to [the
man’s] eyes, and said to him, “Go, wash in the pool of Siloam” (which is translated, Sent). So he went away and washed, and came back seeing.

JOHN 9:1–3, 6–7, NEW AMERICAN STANDARD BIBLE

They brought to Him one who was deaf and spoke with difficulty, and they implored Him to lay His hand on him. Jesus took [the man] aside from the crowd, by himself, and put His fingers into his ears, and after spitting, He touched his tongue with the saliva; and looking up to heaven with a deep sigh, He said to
him, “Ephphatha!” that is, “Be opened!” And his ears were opened, and the impediment of his tongue was removed, and he began speaking plainly.

MARK 7:32–25, NEW AMERICAN STANDARD BIBLE

SALIVA: GLANDS AND COMPOSITION

Western scientists understand saliva to be an extremely complex fluid. Dr. Carleton Phillips, who has studied the role of the salivary glands in mammalian adaptation, writes that saliva contains “a huge array of substances that have the potential of affecting many aspects of the
life of an individual mammal.” Saliva has a role in digestion, electrolyte balance, control of oral microflora, tissue maintenance, enamel maturation, acid neutralization, and behavior. Its functions include moistening of oral tissues, protecting teeth from cavities, aiding speech, acting as a solvent necessary for taste, and as a wetting agent to facilitate swallowing.

There are three major pairs of salivary glands. The parotid glands, located at the base of each ear, are responsible for 25–35 percent of the daily saliva production (about five hundred milliliters). The submandibular glands, located on either side of and
below the lower jawbone, produce 60–70 percent of the daily saliva output. The sublingual glands, found under the tongue, produce up to 5 percent of the daily output. There are a number of minor salivary glands, which together produce the remaining 5–8 percent of normal daily salivary flow. The minor salivary glands include the anterior and posterior lingual glands (at the front and back of the tongue), the labial glands (top and bottom lips), the buccal glands (in the cheeks), the molar and incisor glands (corresponding to the teeth by those names), and the palatine gland, found in the soft palate.
There is a wide variation from one person to another in the unstimulated flow of saliva, which averages 0.3 milliliters per minute. However, a healthy person can produce up to one milliliter per minute, which adds up to 1.5 liters per day. In a seventy-year lifespan, this can total 38,225 liters (1.5 liters \times 365 \text{ days} \times 70 \text{ years}). This
volume of saliva is sufficient to fill a small swimming pool. Flow rate is influenced by body hydration and posture. Unstimulated flow is highest when standing and lowest when lying down. It peaks in the afternoon and drops to zero during sleep. The parotid gland produces more saliva in winter.

Stimulated saliva flow is influenced primarily by the mechanical act of chewing and by taste, especially acid, followed by salty, bitter, and then sweet. When salivary glands are stimulated, there are changes in saliva composition. When flow rate increases, the concentrations of protein, sodium, chloride, and bicarbonate increase,
while the phosphate and magnesium concentrations decrease. Saliva composition is affected by whichever gland is secreting, by rate of flow, duration of stimulation, hormones, drugs, previous stimulation, sexual arousal, exercise, biorhythm, pregnancy, and the nature of the stimulus. When saliva flow rate is high, the parotid glands contribute 50 percent. Since they produce saliva with a lower concentration of calcium ions than the submandibular glands, high flow rate results in reduced calcium content.

Saliva contains a variety of electrolytes: sodium, potassium, calcium, bicarbonate, and chloride ions.
While the type of taste does not affect electrolytes, a salty taste produces saliva with higher protein content.

Salivary proteins have antibacterial, digestive, and mineral-binding functions. The latter are important in maintaining supersaturation to prevent calculus formation and enamel demineralization on the teeth. These proteins modulate adhesion of microorganisms to oral surfaces and control bacteria and fungal colonization of the mouth. The following is a partial listing of proteins found in saliva and their functions, drawn from Kenneth Etzel’s “Role of Salivary Glands in Nutrition” and Svante Twetman’s “Antibacterial Effects of
Amylase: An enzyme, produced mostly by the parotid glands, which initiates digestion of carbohydrates (starches and sugars).

Vitamin B₁₂ binding compounds.

Copper complexing substances.

Gustin: A zinc-binding protein that may be an integral component of taste perception.

Lingual lipase: An enzyme that initiates fat digestion and remains stable in the pH environment of the stomach.

Lysozyme: An enzyme with the
capacity to dissolve bacteria. Lysozyme concentrations are higher in saliva than in blood serum, indicating the important role of saliva as part of the immune system. Lysozyme may be a modulator of the inflammatory response, and also has a role in mineralization of bone, in the action of white blood cells (lymphocyte and neutrophil phagocytosis), and the inhibition of chemotaxis (oriented movement of a living cell toward or away from a chemical substance). Low concentrations of lysozyme are more effective in promoting the destruction of
bacteria. High concentrations of lysozyme are observed in a number of diseases, including monocytic leukemia, tuberculosis, Crohn’s Disease, Sjogren’s Syndrome, and rheumatoid arthritis.

**Mucin glycoproteins** keep oral tissue moist and lubricated.

**Tannin-binding proline-rich proteins** are crystal growth inhibitors that may reduce the toxicity of tannin, a substance found in such common foods as barley, legumes, fruits, berries, red wine, coffee, tea, cider, cocoa, and beer, which in excess can damage the liver.
The Benefits of Combining Chi and Oxygen with the Saliva

When we consume heavy, rich food, it tends to stagnate and deteriorate in the stomach. Oxygen is necessary for complete metabolism, just as air must be mixed with fuel in a car so that it will burn completely. Otherwise there is no vitality, and ulcers, cancer, and other conditions may develop.

When we collect, and chew, and beat saliva in our mouth before swallowing it, we mix in both oxygen and cosmic Chi forces. Saliva then becomes a vehicle through which oxygen is transported into the body and into the digestive system. The tissues of the body
need oxygen for vitality in much the same way that fish depend on oxygen-enriched water. The dissolved oxygen helps release trapped intestinal gas, much of which comes from swallowing air, particularly when we feel relaxed, joyful, and happy and are having a nice talk while eating.

HORMONES AND THE ENDOCRINE SYSTEM

Golden Elixir is saliva that is imbued with hormonal fluids and Chi, thus Golden Elixir Chi Kung involves stimulating various endocrine glands so that these hormonal essences can be drawn into the Golden Elixir.
Western knowledge of the endocrine system is relatively recent, discovered mostly after 1920. The endocrine system, along with the nervous system, regulates, controls, and integrates the neurochemical activity of the body. The glands of the endocrine system include the pineal, pituitary, thyroid, parathyroid, thymus, adrenal, pancreatic islets of Langerhans, testes, and ovaries. In addition, the gastrointestinal mucosa, hypothalamus, placenta, skin, and kidneys also produce hormones. These regulatory chemicals have specific excitatory or inhibitory effects on tissues remote from the site where they are produced.
The fundamental processes of the body regulated by hormones include growth, development, maturation, and reproduction. The rates of various physiologic processes, their rhythmic variations, and their rates of energy expenditure—in short, all basic life processes—are regulated by hormones. These substances also have a profound effect on the functioning of the nervous system. In fact, much of a person’s behavior and most of the traits that collectively constitute personality depend on the normal functioning of the endocrine glands.

It was first assumed that circulation of endocrine hormones took place solely
in the blood and lymph system. But, with the improved immune assay techniques of the last two decades, Western scientists have been able to measure the hormonal content of saliva. They have found, for example, that steroid concentrations in saliva reflect levels in blood plasma. This finding has important implications, for saliva testing can now be used as a noninvasive technique for assessing endocrine function.
THYROID GLANDS

trachea

several thyroid follicles

thyroid gland

anterior view of thyroid gland

parathyroid glands (behind thyroid gland)

posterior view

THYROID GLANDS
PARATHYROID GLANDS

Taoist practices that increase salivary flow and change its consistency and hormonal composition play an important role in working with the complex function of hormones, in tandem with the nervous system, to regulate, balance, and integrate complex bodily processes. Traditional Taoist methods can provide a simple, noninvasive means of improving health by influencing immune function and endocrine system efficiency.

THE DIFFERENT TYPES OF ELIXIR
There are many different types of Elixir:
1. Saliva fluid from the salivary glands.

2. The Elixir of saliva mixed with hormones. The stimulation of the glands, such as the pituitary gland, hypothalamus gland, and pineal gland, will help to proportionately increase hormonal secretions, which are the essence of life. When these secretions mix with the saliva, we have an enhanced Elixir. This Elixir, when swallowed properly, will help stimulate the thyroid, parathyroid, and thymus glands, which will then secrete even more hormones.

3. The Elixir of saliva mixed with the
sexual hormones. When we are sexually aroused or when we massage the sexual organs, the sexual hormone levels in the saliva increase. If we swallow properly down to the navel area, the body can make use of this highly charged energy and eventually turn it into Chi.

4. The essence of nature Elixir. We can absorb the essence of nature from mountains, lakes, forests, oceans, and earth to mix with the saliva.

5. Cosmic essence Elixir. We can absorb the essences of clouds, cosmic particles, the moon, sun,
planets, and stars to mix with the saliva.

6. Universal essence Elixir. We can absorb the light from the universe, the primordial force, and the sacred spirit and mix it with the saliva.
SWALLOW DOWN TO THE NAVAL AREA
NATURE, COSMIC, AND UNIVERSAL ESSENCE
As we have discussed, the practices of Golden Elixir Chi Kung use the energies of the saliva, hormonal fluids, and Chi to create the potent Golden Elixir for
health, healing, and spiritual transformation. Taoists also use the hair and sense organs to collect Chi for this alchemical process.

We use the senses to perceive the physical world. The Taoists discovered that if we could collect the energies that power the senses, instead of just using these energies for physical perception, these energies could be used to heal and strengthen the body’s whole energetic system. By strengthening your energetic systems, you can facilitate the self-healing process in yourself and others.

In a number of the practices of Golden Elixir Chi Kung, we cultivate and collect energies in the saliva, which
we then swallow. Swallowing the saliva after we have collected the energies in the proper way causes the energy to descend to the navel and the lower Tan Tien. The lower Tan Tien is the primary energy center of the body. There are two other Tan Tiens, or energy centers, in the body: the middle Tan Tien and the upper Tan Tien. The three Tan Tiens each have specific energetic functions.

The lower Tan Tien is the center of the physical body and of physical strength. It is located behind and below the navel—in the triangle between the navel, the “kidney center point” (in the spine between the second and third lumbar, also called the “gate of life”),
and the sexual center. For men, the sexual center is the prostate gland and for women it lies in the top of the cervix between the ovaries. The lower Tan Tien is the body’s main energy generator and storehouse. Feeding the Chi to the lower Tan Tien will increase your energy level and thereby increase your healing power.

You may wonder how saliva energy swallowed down the throat into the stomach can then travel into the lower Tan Tien. Chi energy, which exists in the air, food, and, in this case, the saliva, does not need to respect the physical boundaries of the body. It can pass through tissues and cells.
For instance, in the teachings of the Universal Tao, we have many “deep breathing” meditations. We teach how to fill the intestine and lungs to a capacity that exceeds normal breathing. This is desirable because air and oxygen also contain the energy of Chi. The air fills the lungs and intestines and does its appointed job of providing oxygen. However, the Chi that is in the same breath of air is not contained by the lungs, but passes through the cells of the lungs and intestines directly into the lower Tan Tien and other energy centers in the body where it is needed. This is what we mean when we say, “breathe into the lower abdomen.”
Similarly, the saliva we swallow does not go past the stomach, although it will eventually pass through the small and large intestines like all other contents of the stomach. But the energy we are able to collect in the saliva passes through all membranes and goes directly into the lower Tan Tien.

Moreover, the Chi energy of the saliva is much more powerful than the normal Chi energies gathered through breathing and eating, for the saliva carries an energy that is whole. It is a perfect balance of yin and yang and the five elements or phases of energy.
CHI IS CONDUCTED FROM THE SALIVA TO THE LOWER TAN TIEN VIA THE STOMACH, SMALL INTESTINES, AND VILLI, WHICH ARE THE CELLS IN THE SMALL INTESTINE THAT ABSORB DIGESTED FOOD. THE VILLI ALSO ACT AS “BATTERY CELLS” IN ABSORBING AND STORING CHI.

Taoist masters understood that it is possible to replenish the body’s prenatal Chi, which is considered the most precious and powerful form of Chi. If preserved and nurtured, prenatal Chi can keep you young and healthy.

Prenatal Chi is stored in the kidneys and powers the entire body. Women can lose part of this Chi, which is actually a gift from the parents, during ovulation and childbirth; men lose theirs as a result of excessive ejaculation of sperm. When one loses too much, it means death
is near. But there is a way to replenish this shrinking reservoir.

The ancient male and female Taoist masters knew that anyone could replenish the prenatal Chi by swallowing lots of saliva. The saliva, when fortified with hormonal fluids and aroused orgasm energy and yin and yang energies drawn from the earth and heavens, is identical to the prenatal Chi.
It is important to understand that saliva is an important “medium” for collecting and unifying the various
important energies. Saliva works in the same manner when you are eating food. It helps you collect, swallow, and predigest food. We also use the saliva to help digest ethereal energies. The more you practice the Golden Elixir Chi Kung exercises, the more you can turn your saliva into an elixir and greatly extend your life. You will also become a more powerful healer.

**BASIC ELIXIR PRACTICE**

We will start by learning a simple variation of the Inner Smile practice (discussed in detail in *Taoist Cosmic Healing*) to help activate the saliva. We will mix the saliva with nature essence,
universe essence, the aroused sexual energy, and the hormonal essence of all the glands. We will “knock the teeth” to activate the bones and bone marrow. Finally, we will swallow the saliva and its accumulated Chi down to the lower Tan Tien. The many steps of this practice, outlined below, will be used in all of the practices of Golden Elixir Chi Kung.
SIT IN A COMFORTABLE POSITION

1. Stand, or sit in a comfortable position.
position on your “sitting bones,” with the back straight. Sit on the edge of the chair, so the sexual organs hang free and can breathe. If standing, stand with the feet shoulder-width apart, placing all nine points of the feet on the ground and gently rocking between the soles and the heels.

2. Begin by relaxing the upper, analytical mind and dropping your center of awareness down to the lower abdomen. Allow your sensing and conscious awareness to sink from the head to the navel area. This is called “sinking the upper mind down to the lower
mind.”
RELAX AND SINK THE UPPER MIND DOWN INTO THE LOWER MIND
3. Close your eyes and imagine that you are in one of your favorite places in the world, a place where you feel safe, relaxed, and happy. Imagine that one of your favorite people is standing in front of you, smiling to you with loving, happy, radiant, shining eyes. Feel yourself responding to that special person’s smile with a smile of your own. Feel your eyes smiling and relaxing.

4. Touch the mid-eyebrow and gently rub in a circle. Smile to it, feel it relax and open, and feel light enter
this point. Use the index and middle finger to very gently rub the eyebrows from the middle outward. Visualize them growing very long out to the sides. Your forehead will feel very relaxed.

5. Gently rub your eyeballs with the eyes closed. Smile and relax the eyeballs and feel them sink down and down to the navel area. When the eyes relax, the monkey mind will start to calm down and the eyeball energy will easily sink to the navel.
RELAX THE EYES AND DRAW EYE ENERGY INTO THE NAVAL

6. Smile and lightly turn up the corners of the mouth. Feel the chin bones on both sides rise up and reach to the
ears, and feel the ears getting longer and longer, growing up and down and reaching the kidneys.

FEEL THE EARS GROW LONG AND REACH DOWN TO THE KIDNEYS

7. Smile to the jaw. Massage both
sides of the jaws, to release tension and anger. Lightly open the mouth, drop the jaw, continuing to smile to the jaw. Feel it relax and the saliva start to flow out.

8. Once you feel a lot of saliva flowing out, gently close the mouth. Bring
the smiling energy down into the organs and throughout the whole body.
SEND THE INNER SMILE TO ALL THE ORGANS

9. Bring your attention back to your
face; smile and lightly lift up the corners of your mouth. Place the tip of your tongue behind the upper teeth. Now press your tongue against the palate, moving it about to find a sensitive spot, the "heavenly pool," which is a depression or hole behind the teeth where the tongue likes to be.
PLACE THE TIP OF TONGUE ON THE PALATE

10. Smile to the palate; smile until you feel the palate open, like a hole opening into heaven. Feel nectar
flowing down from heaven.

11. Be aware of the mouth, the nose, and the eyes. Close the mouth slightly, inhale very slowly, and continue to lightly press the tip of the tongue to the palate. Feel that you are drawing in the smiling energy and the essence of the air into the eyes, nose, and mouth. When you exhale feel that you are condensing the essence of these energies in the mouth. Do this nine to eighteen times until you feel the tongue and the palate connected.

12. Sense a subtle electric vibration in the tongue, palate, salivary glands, and the glands of the brain. This
will be the natural way of stimulating and strengthening the glands. Be aware of and picture the pituitary gland. Feel the vibration reach to all the glands of the brain. Be aware of and picture the thalamus, hypothalamus, and pineal glands, and feel the electric vibration stimulate the glands.
13. Feel the saliva flowing out even more and the vibration going deeper and deeper into the brain. The palate seems to become very porous, and the hormonal secretion will drip down into the mouth. Sweep the tongue around to gather the nectar. It tastes differently from the saliva; it is thicker, sweet, and fragrant.

14. You know that you have gathered enough saliva when the mouth is full. Now, chew the saliva loudly, like you are eating delicious food, thirty-six times. This will mix the saliva with air and Chi. Move the
saliva back and forth with the tongue, left and right, up and down, mixing it with all the essences and hormones. This oxygenates the mixture, blending air into the nectar. Do this thirty-six times. Move your tongue to massage the gums on the outside of the teeth. This helps strengthen the gums and will produce more saliva. Do this thirty times. Do not swallow yet; hold the saliva in your mouth.
15. Now, bring your attention to the nature force. Visualize a beautiful mountain, a river, an ocean, and a beautiful flower garden. Extend your hands out to the universe. Open your palms and feel your arms and the palms grow very large and long as they reach to nature and the universe.

16. Next, practice the dragon breath. The dragon breath is a special way to inhale, drawing or sucking Chi energy into your body. To do the dragon breath, lightly contract and pull up on the anus, perineum, and sexual organs. (See Mantak Chia’s
*Tan Tien Chi Kung* for a detailed discussion of perineum power exercises that work with contraction of the anus, perineum, and sexual organs.) Inhale using the dragon sound. The dragon sound is a highpitched *Hummmmmm*. Feel a pressure, like that of a vacuum cleaner, in the abdominal area and the throat. This vacuum/sucking sensation is a sucking in of nature and universal Chi.
WITH THE DRAGON BREATH, INHALE AND DRAW IN NATURE AND UNIVERSAL CHI
17. Eventually the suction will manifest in the mid-eyebrow, the crown, the palms, the soles of the feet, and the eight holes of the sacrum.
SUCTIONS IN MID-EYEBROW, CROWN, PALMS, SACRUM, AND SOLES OF THE FEET

18. Now, exhale with the tiger breath,
a special way of exhaling that builds Chi pressure in the lower abdomen. To do the tiger breath, exhale with the tiger sound, which is a low-pitched, growling sound, *Hummmmm*. Push the energy that you have drawn in through the dragon breath down to the lower abdominal area. Practice the dragon and tiger breaths nine to thirty-six times.
WITH THE TIGER BREATH, EXHALE AND COMPRESS THE CHI DOWN TO THE LOWER ABDOMEN
19. Expand your awareness to nature and the universe. Once again, draw the Chi into the mouth and chew and mix the saliva a few times.

20. When the Elixir is ready, prepare to swallow. First, lightly press your chin to the back, so the crown of the head is lifted upward. When the chin is tucked back you will feel the neck lightly tighten around the throat muscle; this will make it hard to swallow. Use your tongue curled like a bridge to press up to the palate, creating a force to help push the saliva down.

21. Now, swallow the saliva. Be aware of the lower Tan Tien and
the navel area. Divide the saliva into three parts. Swallow the first part, directing it to the center of navel; swallow the second part, directing it to the left side of the navel; and swallow the third part, directing it to the right side of the navel. You may hear the gulping sound, and the throat or the Adam’s apple will move. This will also help activate the thyroid, parathyroid, and thymus glands.
NECK TIGHTENS AROUND THE THROAT MUSCLE
PRESS ON THE PALATE WITH THE TONGUE TO HELP ACTIVATE CROWN
SWALLOWING THE SALIVA WILL HELP ACTIVATE THYMUS, PARATHYROID, AND THYROID GLANDS

22. Next, practice “turning the wheel.” See a ball of Chi turning counterclockwise in your palms,
and see and feel the saliva and Chi turning in a counterclockwise direction in the lower Tan Tien. Feel the saliva turn into Chi. Taoist sages with long years of practice discovered that the saliva has ten times more power to absorb Chi than water.
23. This Elixir can transform immediately into Chi and be used by the body to increase moisture, lubricate the organs and the joints, boost the immune and defense systems, and increase Chi flow so that the blood will flow more easily. Taoists say that when the Chi flows, the blood will circulate faster throughout the entire body and health will be improved. So we do not need to depend only on the heart to pump blood to increase circulation. Using the mind to circulate the Chi will also increase circulation, and reduce stress on the heart.
24. Cover your navel and feel it warm; divide this warm energy into two and let it flow down the front of the legs to the big toes, and down the back of the legs to the soles of the feet. Then let the Chi rise, up the inside of the legs. Lightly pull up
the anus and the perineum. Draw the sexual organs back towards the coccyx and the sacrum, and guide the Chi flow up the spine to the neck. Here the Chi divides, flowing down the outside of the arms to the middle fingers. Then it continues into the palms, up to the armpits, joining in the neck to flow to the crown, mid-eyebrow, and down to the mouth. Visualize this three to six cycles of this energy circulation. During the Elixir practice, Chi flows like electricity through the palate and the tongue, this vibration goes deep into the brain and down into the chest, and this activates and
strengthens the glands. After completing the cycles of energy circulation, rest and feel you have been recharged and filled with energy.

25. This process can be enhanced immensely by practicing the complete Microcosmic Orbit (see Mantak Chia’s *Taoist Cosmic Healing* for detailed instruction on the Microcosmic Orbit practice). The practice of Microcosmic Orbit practice awakens, circulates, and directs Chi through two important energy routes in the body: the Governor Channel, which ascends from the base of the spine up to the
head, and the Functional Channel, which runs from the tip of the tongue down the middle of the torso to the perineum. The Microcosmic Orbit practice allows the palms, the soles of the feet, the mid-eyebrow point, and the crown to open. These specific locations are the major points where energy can be absorbed, condensed, and transformed into fresh new life force.
DIRECTING SEXUAL ENERGY AND CIRCULATING CHI

Lightly pull up the anus, perineum, and male sexual organ, and guide the Chi upward.

Lightly contract the anus, perineum, vagina, and uterus, and guide the Chi upward.

soles of feet
NINE FLOWER GLANDS MASSAGE

The following practices activate the endocrine glands by massaging the area around the nipples, the adrenals, kidneys, ovaries, and testicles. As you practice this massage, feel the glands being activated, and an arousal and gentle sensation of orgasm.

Massaging the area one and a half inches around the nipples will activate all of the glands. The nine flower massage starts from the nipples and moves downward, circling like a flower all the way down to the sexual organs. Gently massage in a circle, as indicated in the next two illustrations, and feel the arousal of the glands along the path.
When the nipples, adrenal glands, kidneys, ovaries, and testes are activated, the sexual energy will be activated and will rise to the crown to activate the glands in the brain. The hormones will then flow down to mix with the saliva. This is a good exercise to practice in conjunction with the basic elixir practice, outlined in this chapter.
ENDOCRINE GLANDS
MASSAGE THE NIPPLES
3

Drawing in Surplus Energy

The postures and exercises of *Golden Elixir Chi Kung* are designed to draw Chi into the vital organs from the bodily structures associated with them. All the
organs are deep inside the body but are connected to the outside through the sense organs, limbs, and hair. The Taoists believed that surplus energy from the inner organs, muscles, tendons, blood, and Chi could be stored in external parts of the body such as the hair and sense organs. These inner and outer connections were mapped out by the ancient Taoists and have been handed down to Taoist practitioners through the centuries. In this chapter, we will discuss a number of initial practices for drawing in the surplus energy from the hair and sense organs so that this energy can be used to fortify the Golden Elixir.
SENSING THE HAIR AND ITS SURPLUS ENERGY

In the practice of “hair breathing,” you draw universal Chi and surplus energy back into the body. The basic premise here is that the hair is the external storehouse of surplus energy generated inside the body. Normally this surplus energy is lost because we are unaware that it is stored in the hair and do not know how to access or use it. It is interesting to note that in a biblical story, Samson was instructed by God not to cut his hair because it was the secret of his tremendous strength.
HAIR CAN ABSORB UNIVERSAL CHI AND STORE SURPLUS ENERGY FROM THE BODY

If a sensing connection can be established, the surplus energy can be pulled back into the body through the
hair and transformed into usable Chi. If you can feel the hair, you can sense the energy there. It radiates out like an antenna, receiving energy from nature and the universe. When you collect surplus energy and mix it with nature and universal Chi in the mouth, this energy becomes usable to the body, thus providing additional energy resources.
In this chapter, you will learn to work with various body hairs. As previously noted, ancient Taoist masters observed the relationship that exists
between various bodily structures. These observations became the basis for diagnosing imbalances in the body and a way of evaluating the effectiveness of treatment. The internal organs lie deep in the body, but they are manifested on the outside of the body in corresponding orifices such as the sense organs and other external features such as the hair, toenails, and fingernails. The hair and nails grow in correspondence to the internal organs, and the condition of the hair reflects the condition of the blood. In contemporary Western medicine, hair analysis can tell whether there is a lack of minerals in the body or whether excess toxins are stored in the body.
THE BIOLOGY OF HAIR

Hairs are the most copious appendages on the human body, numbering in the millions. At first glance, we would say that most hairs are located on the head, the underarms, and the pubic region. However, fine hairs cover the entire body, as well as the passages entering the body. In the inner ear, over fifteen thousand hairs are part of the sensory mechanisms for hearing and balance. Hairs line the nasal tracts and the outer passages of the ears. In short, hairs are ubiquitous features of the human body.
EAR HAIR
NASAL HAIRS
Human hairs serve many functions. Eyebrows and eyelashes help protect the eyes by sweeping away dust and debris. Nasal and ear hairs protect the body’s
inner passages. Head hairs protect the scalp from abrasion and from damaging UV radiation. Head hairs are also important for attracting potential mates, as are facial and body hairs (usually on men). Hair styling and baldness prevention are multimillion-dollar industries.

Hairs are exquisitely sensitive to touch. Nerve endings surrounding each hair follicle generate nerve impulses if the hair shaft is moved. Hairs can detect even the slightest motion, for example a faint breeze or a small insect. Hairs, which normally emerge from the skin at an angle, may be lifted perpendicular to the skin via contraction of small muscles.
(erector pili muscles) embedded in the skin. The erector pili muscles contract in response to physiologic or emotional stress, giving rise to “goose bumps,” slight elevations of the skin around each hair shaft.
Some of the most important functions of body hair are connected to sweat glands located nearby in the skin. In the armpit and pubic regions, apocrine glands secrete pheromones (scent communication chemicals) that attract potential mates. The glands empty into the hair follicles at the base of each hair and the pheromones travel up the hair shaft where they are more readily dispersed into the air. Oil secreting, sebaceous glands empty into the hair follicles of the scalp, lubricating and conditioning the hair.

Different hair types are the result of differences in the shape of the hair follicles and the chemistry of the hair
proteins. Thick, straight hair is produced by large, round hair follicles. Flat hair follicles, with an elliptical cross-section, make curly hair.

Each hair has a growth cycle consisting of a growth stage and a resting stage. During the growth stage, scalp hairs grow about 0.35 mm per day. Scalp hairs survive from two to six years, after which they are replaced by new hair. Eyebrow hairs lasts three to five months. Baldness results when replacement hair fails to keep up with hair loss. Normally, about fifty to one hundred hairs are shed from the human scalp each day. There are roughly a hundred thousand hairs on the human
scalp, and five million hairs on the human body, plus or minus.

INITIAL EXERCISES FOR DRAWING IN SURPLUS ENERGY

This chapter presents a simple saliva-swallowing exercise as well as a series of specific exercises for drawing in surplus Chi that is stored in various types of body hair.

Simple Saliva-Swallowing Exercise

1. Breathe in and draw in the Chi from the universal and nature energy. Sense the Chi in the mouth and the
saliva until you feel that enough Chi has been gathered.

2. Stand on the toes and suck in the cheeks as you pull the energy into the mouth. Gather saliva by moving the tongue. As you breathe in, pull up on the right and left parts of the anus; imagine that you are pulling up through the kidneys and into the mouth and tongue. Do this two to three times, gathering the saliva each time.

3. Next, pull up strongly on the right and left parts of the anus and press the tongue into the palate. To properly position the tongue, place the tongue lightly behind the teeth,
exerting just a slight amount of pressure on the palate. Smile until you feel as if the palate is opening slightly. This subtle adjustment allows the saliva to flow freely.

4. Swallow hard and feel the energy squeeze down into your stomach and to the navel and abdomen. Feel the whole abdomen warm up. Rest, brush the chest with your hands, and walk around a little between each exercise.
PRESS TONGUE TO PALATE
These practices demonstrate how to draw in the hair energy from different parts of the body. When you practice each posture you do not need to use all the hair to help you in the beginning.
When you are proficient at all these procedures you can add more hair and eventually can use all the hair in the whole body. Each different hair part will help draw different energy from Nature and the Universe.

**Tongue Connection to the Heart**

As noted previously, each internal organ is linked to an orifice, limbs, and/or hair on the outer part of the body. The tongue is the extension of the heart. The extension of the heart (tongue) is interrelated with the extensions/orifices of the kidney, the ears. The hair and skin are the outer extension of the blood. Blood belongs to the heart.
EXTENSIONS AND ORIFICES OF THE HEART

The following outlines the practice for drawing in Chi via the heart connection.

- Hair is the extension of blood
- The ears are the orifices of the kidneys
- The tongue is the extension of the heart
- Skin is also an extension of blood
- The blood vessels are the extension of Chi
1. Become aware of your hair. Lightly touch your hair to increase awareness.

BECOME AWARE OF THE HAIR

2. Become aware of the heart and the tongue. Feel love and joy in your heart. Be aware of the small intestine and feel it connect to the heart.
BECOME AWARE OF THE HEART AND THE TONGUE
BECOME AWARE OF THE SMALL INTESTINE AND FEEL IT CONNECT TO THE HEART

3. Feel the heart meridian activate and the Chi move up to the mouth. The meridians can be likened to our blood vessels, but instead of transporting blood, the meridian
system transports Chi. There are two systems of channels or meridians, the primary meridians and the secondary meridians. Primary meridians pass through internal organs but secondary do not. There are twelve pairs of primary meridians with Chi flowing in continuous circulation through the following organs: lungs, colon, stomach, spleen, heart, intestines, urinary bladder, kidneys, pericardium, triple warmer, gall bladder, and liver. The primary meridians are named by the organ they are connected to (lung meridian, heart meridian, etc.).
Almost all points used in acupuncture and acupressure are situated along the primary meridians. Meridians named for the organs they pass through do not correspond only to these organs and their functions; the meridians also consist of complex interrelated systems for the circulation of Chi.
FEEL THE HEART MERIDIAN ACTIVATE AND THE CHI MOVE UP INTO THE MOUTH

4. Feel your hair like antennae
extended into space, making connections to universal and nature Chi.

FEEL YOUR HAIR LIKE ANTENNAE EXTENDED INTO THE UNIVERSE
5. Inhale and exhale through the hair six to nine times. Feel that you are drawing in the energy of the universe.

6. Rest and gradually feel energy begin to filter through the hair and mix and transform from the raw nature and universal Chi into more usable energy for the organs and body. This energy can be used to strengthen the heart and tongue.
INHALE AND EXHALE THROUGH THE HAIR

Mouth Connection to the Spleen
The mouth is the extension and orifice of
the spleen. Armpit hair stores the surplus energy of the muscles. It is energetically connected to the spleen and mouth.

The following outlines the practice for drawing in Chi via the spleen connection.
The mouth is the orifice of the spleen

Armpit hair stores the surplus energy of the muscles and is connected to the spleen

SPLEEN CONNECTIONS
1. Bring your concentration to both your armpits. Become aware of the hair under the armpits. Lightly touch the armpit hair to increase awareness. If you shave your armpit hair, you still have hair follicles, so bring your attention to this area.

2. Become aware of the spleen and the pancreas. Feel these areas filled with love.
BECOME AWARE OF THE ARMPIT HAIR
BECOME AWARE OF THE SPLEEN AND THE PANCREAS
FEEL THE SPLEEN–MOUTH CONNECTION AND THE HAIR EXTENDING OUT INTO THE UNIVERSE

3. Feel the connection between the spleen and the mouth. Feel the spleen meridian activate and the
Chi move up into the mouth.

4. Feel the hair like antennae extended into space, making connections to universal and nature Chi. Feel the armpit hair like antennae extended down into the ground and the universe below you.

5. Inhale and exhale through the hair six to nine times. Feel that you are drawing in the energy of the universe.

6. Rest and gradually feel energy begin to filter through the hair and mix and transform from the raw nature and universal Chi into more usable energy for the organs and body. This energy can be used to
strengthen the spleen.

FEEL THE ARMPIT HAIR BREATHING AS YOU INHALE AND EXHALE
Nose Connection to the Lungs

The nose is the extension and orifice of the lungs. Pubic hair, follicles, and the pulse store surplus Chi and are connected to the lungs.
LUNG CONNECTIONS

The following outlines the practice for drawing in Chi via the lung connection.
1. Bring your attention to the pubic hair. Lightly touch the pubic hair to increase awareness.

2. Become aware of the lungs. Feel this area filled with love.

3. Feel the connection between the lungs and the nose. Feel the lung meridian activate and the Chi move up into the mouth.
4. Feel the hair like antennae extended into space, making connections to universal and nature Chi. Feel the
pubic hair like antennae extended down into the ground and the universe below you.

5. Inhale and exhale through the hair six to nine times. Feel that you are drawing in the energy of the universe.

6. Rest and gradually feel energy begin to filter through the hair and mix and transform from the raw nature and universal Chi into more usable energy for the organs and body. This energy can be used to strengthen the lungs.
FEEL THE LUNGS-NOSE CONNECTION AND THE HAIR EXTENDING OUT INTO THE UNIVERSE

Ear Connection to the Kidneys
The ears are the extension and orifice of
the kidneys. Facial hair stores surplus sexual energy (Jing) from the testes and ovaries, and is energetically connected to the kidneys and ears.
The following outlines the practice for drawing in Chi via the kidneys connection.

1. Bring your attention to the facial hair around the mouth. Lightly touch the facial hair to increase awareness.

2. Become aware of the kidneys. Feel this area filled with love.

3. Feel the connection between the kidneys and the ears. Feel the kidneys meridian activate and the Chi move up into the mouth. Then feel the energetic connection between the kidneys, ears, and testicles/ovaries.
BECOME AWARE OF THE FACIAL HAIR
FEEL THE CONNECTION BETWEEN THE KIDNEYS AND EARS
FEEL THE CONNECTION BETWEEN THE KIDNEYS, EARS, AND TESTICLES/OVARIES.
4. Feel the hair like antennae extended into space, making connections to universal and nature Chi. Feel the facial hair like antennae extended out to the left and right, into the universe.
FEEL THE KIDNEYS–EAR CONNECTION AND THE HAIR EXTENDING OUT INTO THE UNIVERSE
5. Inhale and exhale through the hair six to nine times. Feel that you are drawing in the energy of the universe.

6. Rest and gradually feel energy begin to filter through the hair and mix and transform from the raw nature and universal Chi into more usable energy for the organs and body. This energy can be used to strengthen the reservoir of sexual/Jing energy in your kidneys. Taoist Yoga works extensively with the transformative power sexual energy. See Mantak Chia’s *Healing Love* and *Cultivating Male or Female Sexual Energy* for detailed
discussion of these practices.

Eye Connection to the Liver
The eyes are the extension and orifices of the liver. The fingernails and eyebrow hair store surplus Chi from the tendons. The fingernails, eyebrow hair, eyes, and liver are energetically connected.
The following outlines the practice for drawing in Chi via the liver:

- Eyebrow hair stores surplus energy from the tendons.
- The eyes are the orifices of the liver.
- Tendons are the extension of bones; bones are the extension of semen or eggs.
- The fingernails are the extension of the tendons.

LIVER CONNECTIONS
1. Bring your attention to the eyebrow hair. Lightly touch the eyebrow hair to increase awareness.

2. Become aware of the liver. Feel this area filled with love.

3. Feel the connection between the liver and the eyes. Feel the liver meridian activate and the Chi move up into the mouth.
BECOME AWARE OF THE EYEBROW HAIR AND THE LIVER MERIDIAN

4. Feel the eyebrow hair like antennae
extended into space, making connections to universal and nature Chi.

FEEL THE LIVER–EYES CONNECTION AND THE HAIR
5. Inhale and exhale through the eyebrow hair six to nine times. Feel that you are drawing in the energy of the universe.

6. Rest and gradually feel energy begin to filter through the hair and mix and transform from the raw nature and universal Chi into more usable energy for the organs and body. This energy can be used to strengthen the liver.
BREATHE THROUGH THE EYEBROW HAIR

Sense Openings—Mouth Connection
All the openings of the body and senses have a connection in the mouth. Thus, when the tongue, palate, cheeks, gums, and saliva are stimulated, all of the vital organs, through their outer connections, are nurtured. When we suck in through the mouth, the eyes, the ears, and the nose are activated too. Also, when we lightly contract and draw up on the anus and the perineum, we draw in the Chi from the hair on the entire body. We then mix this Chi with the saliva in the mouth to form the Golden Elixir.
ALL SENSE OPENINGS HAVE A CONNECTION IN THE MOUTH

The following is another exercise for drawing in surplus energy. We will mix this energy with the saliva to create the Elixir.

1. As you inhale, imagine or feel that
you are drawing energy into your armpits through the armpit hair (or follicles).

2. Next, pull in gently on your eyes and pull up on your anus and perineum as you inhale. (Try to feel some sense of connection with your mouth and your tongue.)

3. As you exhale, relax your eyes and anus. Also, as you exhale, mentally direct the energy from your armpits up your shoulders and into your mouth.

4. Move your lower jaw slowly forward and back, while sucking gently on your tongue and drawing in your cheeks. This will help you
draw the energy into your mouth.

5. Feel your shoulders relax as you draw the energy in through the armpits, through the shoulders to the mouth. Excess energy from your entire muscular system is stored in the hair. Most of this excess energy comes from tight muscles that are working overtime. Sometimes this tightness becomes so habitual that the muscles virtually lock and never seem to relax. Drawing this surplus energy through the armpit hair and into the mouth will help you to relax your shoulders. Breathe the energy through the armpit hair. Feel that you are
drawing in the energy of the nature and the universe.

6. Become aware of the hair follicles
like antennae extending into the universe in all directions. Breathe through the body hair follicles. Feel that you are drawing the energy from all around, above, below, front, back, left, and right.
SUCK IN THE CHEEKS AND FEEL THAT ALL THE SENSE ORGANS HAVE BEEN SUCKED INTO THE MOUTH

7. When you feel that the energy is ready, inhale, raise yourself onto your toes, and pull up the middle part of the anus and the sexual organs, as if up toward the head. Draw in the hair energy that you have been gathering. Suck your
eyes into their sockets. Inhale; draw your tongue in toward the throat. Draw the ears in toward the ear canals. Draw all the sense organs into the mouth and suck your cheeks in. Hold your breath and keep on pulling tighter, feeling your suction draw all the energy into the mouth.

8. Now exhale, lower your feet down to the ground, relax, and become aware of the senses and all the hair. Breathe in the Chi from nature and the universe. Become aware of the sexual arousal or orgasm, lightly contract the sexual organ, and draw the energy up to the crown and into the mouth.
9. Move your tongue around and suck and mix the surplus energy of the hair, the sense organs, the sexual energy, and the nature and universal chi with the saliva.
Chi with the saliva.

10. Repeat this exercise three times; don’t yet swallow the saliva.

11. At the final round, inhale again, pull up the anus, and press the tongue to the roof of the mouth. Continue to pull the anus up toward the tongue. Feel the kidneys pull up toward the tongue.

12. Now, swallow the saliva down hard into the navel area.

13. Rest. Cover your navel. Feel it grow warm.

14. Now, guide the Chi down the front of the legs to the big toes, down to the soles of the feet, and up the
inside of the legs to the perineum. From there, guide it up the spine to C-7 (the seventh cervical vertebra, at the base of the neck). Split the Chi down the outside of the arms, guiding it to the middle fingers and the palms, up the inside of the arms back to C-7, and up the back of the neck to the crown. Then guide it down the front of the body, returning to the navel again. Rest there for a while. You might become warm, and you might feel the energy transfer to the fingers.

15. Rest and collect the energy in the navel, then walk for a while.
In addition to the foundation and initial exercises presented in Chapter Two and Chapter Three, *Golden Elixir Chi Kung* involves twelve practices utilizing...
different postures, which can be done on successive days. Ten of these involve gathering energy through the hair to mix with saliva to fortify the Golden Elixir. The remaining two exercises, “tiger out of the cave” and “pull the silk and swing the leg,” are tendon stretching and strengthening exercises. All of these practices build on the skills developed in the exercises in the preceding chapters. Familiarize yourself with the foundation and initial practices before beginning to work with the twelve elixir Chi Kung practices presented in this chapter.

DRAGON GAZES AT THE PEARL
1. Stand with your feet about shoulder-width apart. Press the top of the thumb and index finger pads together, creating a small oval hole to look through. Hold your hands in front of you a few inches apart, at eye level, with the thumbnails lined up with the pupils of the eyes. The two ovals are next to each other like a pair of eyeglasses. The other fingers point straight up. The eyes look into the oval holes, the left eye through the left hole, and the right eye through the right hole. Focus in the middle, between the two thumbs. The eyes will be slightly crossed. Eventually the two hands
will appear to merge.

2. Close your eyes, and relax your whole body, and gently practice “reverse breathing.” To practice reverse breathing, pull in the lower
abdomen as you inhale, and expand it as you exhale, keeping the chest relaxed. Relax your mind; breathe in this way for at least a minute.

3. Now, focus your awareness on the hair of your head. (If you are bald, focus your awareness on the hair that you do have or on the follicles of the scalp.) Try to sense or feel your hair. Lightly touch your hair to increase awareness. Feel a tingling on your scalp and let your awareness move randomly over your head, wherever you have hair. Soon you should feel the hair itself. It may feel fuzzy, like a cotton ball or like tiny antennae drawing in air.
You should definitely feel some form of energy coming through your hair as you inhale. As you exhale, you can send the energy back out of the hair, or you can just leave it there. The energy will move where you want it to.
4. Become aware of the heart and the tongue. Feel your hair like antennae extended into space.

5. As you inhale, imagine that you are drawing in universal and nature Chi through your hair and into your head. It should feel as if each hair is an antenna, drawing energy into each strand. Let your awareness move over your entire scalp, from the top of your head to the back of your neck.

6. Exhale, relaxing. Feel energy begin to filter through the hair and transform from the raw nature and universal Chi into more usable energy for the organs and body.
Continue inhaling and exhaling. It will feel as if your hair is breathing, that energy is moving in and out of the strands of hair.

7. Gently pull in on your eyes, and gently pull up on your anus as you inhale. Try to feel a connection with your mouth and tongue.

8. Become aware of the hair under the armpits and feel the connection between the spleen and the mouth. If you shave your armpit hair, just put your concentration on the follicles in the underarm area.
FEEL YOUR HAIR LIKE ANTENNAE EXTENDING INTO SPACE
FEEL THE CONNECTION BETWEEN THE SPLEEN AND THE MOUTH; FEEL THE ARMPIT HAIR LIKE ANTENNAE EXTENDING DOWN TO THE GROUND
9. As you inhale, imagine or feel that you are drawing energy through the armpit hair (or follicles) and into your underarms.

10. Continue to pull in gently on your eyes and pull up on your anus and perineum as you inhale. As you exhale, relax your eyes and anus. At the same time, continue to feel the sensation of the armpit hair breathing in and out.

11. After about thirty seconds to a minute, mentally direct the energy from your armpits up your shoulders and into your mouth. Moving your lower jaw slowly forward and back, while sucking
gently on your tongue and drawing in your cheeks, helps draw the energy into your mouth. Feel that you are drawing in nature and universal Chi.

12. When you feel that the energy is ready, place your hands in the dragon-eyes position described in step one. Inhale; raise yourself onto the toes, gently pull up the middle part of the anus toward the head.

13. Draw in the head hair and armpit hair energy that you have been gathering into the mouth. Suck in your eyes into their sockets. Inhale; draw your tongue in toward the throat. Draw the ears in toward the
ear canals. Draw all the senses into the mouth and suck in your cheeks. Hold your breath and continue pulling in tighter, feeling a suction draw all the energy into the mouth.
RISE UP ONTO THE TOES
SUCK THE EYES, EARS, NOSE, AND ALL COLLECTED ENERGY INTO THE MOUTH

14. Exhale, lower your heels down to the ground, and relax. Become
aware of the senses and all the hair
and breathe in Chi from nature and
the universe. Move your tongue
around and suck and mix the all the
energies with the saliva six to nine
times. Rest without swallowing the
saliva you have collected.

BLEND THE SALIVA WITH THE COLLECTED ENERGIES

15. Repeat the above exercise twice.
You have collected the energies
three times and your mouth is full of
saliva.
16. When you are ready, put the pinky fingers in the middle with all the other fingers pressing on the pinky. This will give the fingers more power.
17. Now, inhale, pull up the middle part of the anus, and press the tongue to the roof of the mouth. On the next inhale, pull up the left and right sides of the anus up toward the left and right kidneys, and continue to pull up toward the tongue. Feel the kidneys push up to the tongue.
TIGHTEN THE NECK AROUND THE THROAT MUSCLE, AND PUSH THE TOP OF THE CROWN UP

18. At the same time, lock your neck (see above), press your tongue hard
against the palate, and squeeze the fingers hard to the pinky fingers. Then squeeze all the muscles of the body, continuing to squeeze the fingers together and continuing to press the tongue against the palate, and swallow the saliva in one gulp down firmly into the abdomen.

19. Swallow fast and hard. Swallow and gulp very forcefully at the same time. Smile to the organs and feel the Chi-saliva Elixir spread to all the organs. The idea is to deliver the Elixir to the stomach while it is freshly oxygenated and not have it dripping slowly down the esophagus. If the saliva is not
swallowed down to the lower Tan Tien, the Chi will be congested in the chest. Swallow and squeeze the fingers three times. All of the external openings of the five major internal organs are joined together in the mouth and tongue, so when we draw in the surplus energy of the hair and external Chi and mix it into the saliva and swallow it, we are strengthening all of the internal organs.
Smile to all the organs and feel the Chi spread out to the organs.

20. Rest and cover your navel. Feel it.
grow warm.

21. Now, guide the Chi down the front of the legs to the big toes, down to the soles of the feet. Gradually sink down, into the ground; feel you are sinking deep into the earth.
SLOWLY SINK DOWN INTO THE EARTH

22. Next, scoop the earth Chi up with
your arms, guide it up to your crown, and pour the Chi down through the crown into the whole body.

23. When Chi moves, some people will belch. This will expel the old Chi, help detoxify the body, and let in the fresh Chi.

24. If you are ending your practice session after completing this exercise, finish with the ending exercise described at the end of this chapter.
SCOOP UP THE CHI FROM THE EARTH
POUR THE CHI DOWN THROUGH THE CROWN INTO THE WHOLE BODY

LOOKING BACK AT THE MOON

1. Stand with feet together. Place both hands in loose fists, with a circular
space between the fingers, as if holding a steel rod. Place your right hand at your forehead, palm out. The back of the hand is at, but not touching, the forehead. The left hand is held with the palm facing the body at waist level, directly under the right.
HOLD THE HANDS IN LOOSE FISTS

PLACE RIGHT FIST AT FOREHEAD, PALM OUT; PLACE LEFT FIST AT WAIST LEVEL, PALM IN
2. Turn to the left by rotating the body at the spine and look over the back of the right shoulder at the left ankle. 

ROTATE TO THE LEFT AND LOOK OVER THE SHOULDER DOWN AT THE LEFT ANKLE.
heel. As you turn, the right hand will move toward the left eyebrow, the left hand moving with it to the left side of the waist. Look at the ankle. This is “looking back at the moon.” You will feel this stretch at the waist.

3. Bring your attention to your armpit hair (or follicles) and gather the energy in through the armpit, as discussed in the previous exercises.

4. Dim your eyes. Lightly contract and pull up on the anus, perineum, and sexual organs.

5. Inhale, and rise up onto the toes. Suck in the eyes, ears, and nose, as discussed in the previous exercises.
Continue to pull up on the anus, perineum, and sexual organs. Tighten your fists.

6. Press the tongue into the palate. Hold the breath for about ten seconds. Feel the energy being collected by the hair.
7. Exhale and collect and beat the saliva in the mouth with the tongue. Do not swallow yet.

8. Repeat the whole sequence to gather the energies three times.

9. Now, prepare to swallow the saliva. Squeeze the fists firmly and swallow the Elixir forcefully down to the navel. The saliva descends quickly and simultaneously. Swallow hard three times.

10. Now reverse, placing the left, loose fist at the forehead, palm out, and the right, loose fist at the waist, palm in. Rotate to the right, gazing over the shoulder at the left ankle. Repeat the sequence to collect the
energy (steps three through seven) three times, then swallow forcefully down to the navel.

WAI T’O OFFERING THE ROD

1. Stand with the feet shoulder-width apart. Place arms and hands straight out to the sides, palms facing the earth.

2. Press the wrists down slightly. Feel your body as heavy as a mountain. Feel the weight pressing down to the sacrum and the feet and down into the ground.

3. As you gather energy and breathe in,
stretch the fingers toward the sky, stretching tendons, elbows, and wrists.

4. Gather the surplus energy from the head hair and armpit hair, as previously described. Become aware of the heart and the tongue. Feel your hair like antennae extended into space.
5. Feel the energy from the hairs on your arms, beginning at the back of your wrists and flowing up your
forearms and upper arms and into your armpits. You might experience a tingling feeling as the energy flows through the hair and up the outside of your arms.

6. Draw the energy from your armpits into your mouth. Lightly suck on your tongue and gently draw in the sides of your cheeks and pull in on the eyes. You might note a metallic taste, or some other change in taste inside your mouth as the energy flows into it.

7. Bring your attention to your pubic hair. It should almost instantly begin to tingle.

8. Gently inhale a reverse breath,
pulling in the lower abdomen as you inhale. Feel energy flow into your groin area from the pubic hair. This is surplus sexual Chi.

9. Exhale and feel the energy exit your body through the pubic hair.

10. Feel the connection between the pubic hair, lungs, and nose. Breathe through the pubic hair. Feel that you are drawing the energy up from the earth and the universe below you. Feel the energy from your head hair, arm and armpit hair, and pubic hair mixing into the saliva. Hold the breath for a while.

11. Continue breathing in and out of your pubic hair for at least a
minute. You might experience some arousal as you do this.

12. Draw the energy up toward your mouth. When your are ready, stand on your toes and lightly suck in on your tongue, gently draw in the sides of your cheeks, and pull in on the eyes, drawing all the energy into the mouth and saliva. Stretch your palm and fingers upward, stretching the tendons in the hands, and suck in more energy. Then lower the heels down.

13. Feel the energy from your head hair, arm and armpit hair, and pubic hair mixing into the saliva. Hold the breath for a while. Exhale and relax
the hands.
BREATHE THROUGH THE HAIR
14. Repeat the preceding sequence of step three times, gathering more and more energy. Do not swallow yet.

15. Now inhale, rising up on the toes. Pull up on the anus and press the tongue to the palate.
16. With the arms outstretched, press the shoulders, arms, and hands downward. Swallow the saliva hard down into the navel. Feel the hot saliva and energy press down into the abdomen. Experiment with the timing of the swallow to see where you get the most power. Finish with the ending exercise at the end of this chapter.

GIANT RAISES THE TOWER

1. Stand with the feet shoulder-width
apart. Bend the knees slightly and feel your weight sinking into the ground. Place both hands in loose fists at the waist, with palms facing up.

2. Now, slowly raise your left arm as if you are raising an imaginary tower or platform until it is above your head. Your palm faces the sky, with fingers together. The elbow is rounded, shoulders relaxed.
3. Gather the energy of nature and the universe from your hair, as discussed in the previous exercises.
Focus on the hair under the armpits and feel the connection between the spleen and the mouth.  Breathe the energy through the armpit hair. Now put your attention on your facial hair.

4. Gently inhale a reverse breath, pulling in the abdomen as you inhale. Feel energy pouring through the hair on your face and chin into your mouth.

5. Exhale and feel the energy pass out of the mouth through the skin on your face and out through your facial hair.

6. Continue breathing with your facial hair for at least a minute.
7. Next, when you exhale, feel the energy remaining in your mouth. When you inhale, the energy continues to come in through the facial hair. Lightly suck on your tongue and gently draw in the sides of your cheeks to draw the energy in. Do this for thirty seconds or more.

8. Increase the amount of saliva in your mouth by swirling your tongue around nine times between the back of your lips and the front of your teeth in both directions. Then swirl nine times in both directions with the tip of your tongue behind the front teeth. This should cause your
mouth to fill with saliva.

9. Feel the energy from your scalp hair, arm and armpit hair, pubic hair, as well as your facial hair, mixing into the saliva. Move your lower jaw backward and forward as if you were chewing the saliva to assist you in mixing.

10. Be aware of the hair follicles all over the body, and feel the connection between the lungs and the nose. Breathe through the body hair follicles; feel that you are drawing the energy from all above, below, front, back, left, and right.
BODY HAIR ABSORBS UNIVERSAL CHI AND STORES SURPLUS ENERGY FROM THE BODY
11. When you feel that the energy is ready, inhale; raise yourself onto the toes. Pull up the middle part of the anus toward the head. Draw in
the hair energy that you have been gathering. Suck your eyes into their sockets. Inhale, draw your tongue in toward the throat. Draw the ears in toward the ear canals. Draw all the senses into the mouth and suck your cheeks in. Hold your breath and keep on pulling tighter until you feel a suction drawing all the energy into the mouth.

12. Exhale, lower your feet down to the ground, relax, and become aware of the senses and all the hair. Breathe in the Chi from nature and the universe. Move your tongue around and suck and mix the surplus energy of the hair and the
outside energy with the saliva. Repeat this whole sequence three times, collecting more and more energy.

13. Now, inhale. Pull up on the anus and press the tongue up into the palate. Turn the upraised left hand so that the fingers and palm are pointing down, toward the body.

14. Now, swallow hard down into the abdomen. At the same time, thrust the left hand down across the front of the body toward the earth. Feel the saliva burn in the navel and turn into Chi.

15. Repeat the whole exercise with the opposite hands: the left hand is held
in a loose fist at the waist, palm up; the right hand is raised above the head, palm facing the sky.

16. Repeat the whole exercise a third time, with both arms raised above the head. Raise both arms as if you are raising a heavy tower or platform. At the end of the exercise, both hands thrust down as you swallow hard.

17. Finish with the ending exercise described at the end of this chapter.
AS YOU SWALLOW, THRUST THE LEFT HAND DOWN ACROSS THE FRONT OF THE BODY
NOW THE RIGHT ARM IS RAISED, PALM UP; THE LEFT HAND IS HELD IN A LOOSE FIST AT THE WAIST
RAISING THE TOWER AND PREPARING TO SWALLOW, USING BOTH HANDS
BOTH HANDS THRUST DOWN AS YOU SWALLOW HARD INTO THE ABDOMEN

IRON BRIDGE SWALLOW

1. Stand with feet shoulder-width apart, with straight knees and
ankles locked.

2. Rub the palms together. Place the hands behind the back at the level of the kidneys. The thumb and index finger form a circle; the other fingers remain straight.
3. Keeping the legs straight, bend backward from the waist at the lower lumbar. The chin is tucked
in, almost resting on the chest. *Caution: Do not throw your head back when you bend backward from the waist, as it can cut off circulation to the head and you may fall backwards. Instead, keep the chin tucked into the neck.*

4. Gather the energy from the head hair, the whole body hair, and the senses into the mouth and into the saliva, as discussed in the preceding exercises.

5. Draw in the sense organs. Lightly contract the sexual organs and the perineum. Feel the energy collected through the hair. Inhale. Collect and beat the saliva in the mouth. Exhale
and relax the face. Repeat the whole sequence twice.

GATHER CHI THROUGH THE HAIR

6. Prepare to swallow. First, lightly
straighten up the neck so you can easily swallow. At the time you are swallowing, the other fingers surround the little finger of each hand. The fingers and thumbs press hard against the little finger. Press the fingers together and swallow simultaneously. Swallow the saliva forcefully in one gulp.

7. Rest and gently brush the energy down the chest. Finish with the ending exercise at the end of this chapter.
SHAKING THE HEAD AND WAGGING THE TAIL

1. Stand with the feet shoulder-width apart.

2. The next five movements are done simultaneously:

- Extend the arms straight out in front of the chest. With the arms
extended, make “thundering palms” by rubbing the palms together back and forth against each other to generate heat.

- Shake the head to the right and left.
- Wag the pelvis and sacrum in the opposite direction of the head. Feel like you are wagging a tail attached to the coccyx.
- Draw the sense organs into the head.
- Collect and beat the saliva until it is very thick.
RUB THE HANDS, SHAKE THE HEAD, AND WAG THE TAIL
MOVE THE HEAD AND SACRUM IN OPPOSITE DIRECTIONS

3. Continue these movements for two minutes.
4. With the heat collected in the palms, cover both temples. Cover and massage the face.

GATHER THE CHI TO THE FACE
SWALLOW THE SALIVA DOWN THROUGH THE CHEST TO THE LOWER TAN TIEN
BRUSH THE HANDS FROM THE CHEST TO THE PELVIS

5. Move the hands to cover the upper chest. Now swallow the saliva through the chest, heart, belly, and
navel down to the lower Tan Tien.

6. At the same time, brush the hands from the chest toward the pelvis. This will rub away all the heart’s worries.

**PULL THE SILK AND SWING THE LEG**

1. Begin standing with the right leg one stride behind the left, as if a step had just been taken with the left leg. Cross the arms over the torso, palms facing the body, with the right hand in front of the left shoulder, and the left hand stretched around to the right side at waist
height. Tuck the chin and lower the head slightly.

STARTING POSITION; PREPARE TO SWING RIGHT LEG
2. Swing the right leg out straight, shifting the weight forward from the right leg to the left. At the same
time, press the waist and the eleventh thoracic vertebra forward, arching the back. Fling the arms open and back, straightening the elbows and expanding the chest. The palms are in the yin/yang position: left palm turned toward the sky; the right palm toward the earth. Turn the head to the right, eyes following the downturned palm.

3. Now reverse and practice the leg swing with the left leg. Stand with the left leg one stride behind the right, as if a step had just been taken with the right leg. Cross the arms over the torso, palms facing
the body, with the left hand in front of the right shoulder, and the right hand stretched around to the left side at waist height. Tuck the chin and lower the head slightly.
STARTING POSITION; PREPARE TO SWING LEFT LEG

4. Swing the left leg out straight, shifting the weight forward from the left leg to the right. At the same
time, press the waist and the eleventh thoracic vertebra forward, arching the back. Fling the arms open and back, straightening the elbows and expanding the chest. The right palm is turned toward the sky, the left palm toward the earth. Turn the head to the left, eyes following the downturned palm.

5. Repeat each side fifty times. This exercise stretches the tendons, opens the lungs, stimulates and balances the thymus and adrenal glands, aids flexibility of the spine and joints, balances the yin and yang meridians, and distributes internal Chi.
6. Complete the practice with the ending exercise at the end of this chapter.

GATHERING THE GOLDEN EARTH PILL

This is a technique for gathering the earth’s energy. Mother earth emits tremendous yin energy, and in almost all of the meditation techniques of the Universal Tao, we work with this energy. When we were born, we possessed a perfect balance of 50 percent earth (yin) energy and 50 percent heavenly (yang) energy. The trickiest part of living is trying to maintain this balance. If we could maintain the natal
balance, we could live for an extremely long time. In many of the previous exercises, we gathered yang cosmic energies through the hair to fortify the saliva. In this exercise, we will balance the yang work by gathering the yin earth energy. This technique is playfully sublime and is the spiritual equivalent of the childhood practice of making and eating “mud pies.”

1. Draw two intersecting six-inch circles on a piece of 8 1/2 x 11 inch paper. Draw a dot in the center of the region where the circles intersect.
2. Stand with the feet shoulder-width apart. Place the drawing between your feet. Squat down between your legs so that your buttocks are almost touching the ground. While squatting and with the hands on the hips, practice rotating your left leg
from left to right, then right to left. The hip generates the movement. Then practice with the right leg. Finally, practice moving both legs at the same time. This is a very good exercise for the psoas muscles and the hamstrings.

3. Draw a dot in the center of each of your palms. Hold your arms straight down between your two squatting legs. (Your arms are no longer on your hips. This was only a practice position while you learned to move your legs back and forth.) The elbows rest and are lightly locked against the inside legs at the knees. If your armpits are at the level of
your knees, you are too low. Straighten your back and adjust.

ROTATE THE LEFT LEG, WHICH PUSHES THE LEFT HAND TO TRACE A CLOCKWISE CIRCLE
ROTATE THE RIGHT LEG, WHICH PUSHES THE RIGHT HAND TO TRACE A COUNTERCLOCKWISE CIRCLE

4. Spread your fingers parallel to the ground; bend your wrists towards
your shoulders. Your palms are nearly touching the ground. Try to keep your back straight.

5. First, practice moving the right hip from side to side, so that your leg pushes your hand and the dot on your right palm traces the line of the circle on the right. The right palm is tracing a counterclockwise circle. Stop and then practice with the left leg, pushing the right palm to trace a clockwise circle. Your palms are not moving by themselves, but are moving because the hips are moving. All movement is from the hips. The arms remain locked in place against the inside of
the knees. The upper body should not be moving. Focus your eyes on the dot in the center of the intersecting circles.

6. Now try to move both sides simultaneously. Do this for a few minutes. Using the motion of the hips and knees (not the arms or wrists!) gently trace the two circles on the ground with the center of your palms, with the palms about one inch from the paper. The circles overlap at a point where the hands cross. At the overlapping point, a pearl of energy, the “earth pill,” is created.
7. When gathering the earth energy, also gather the senses’ and organs’ energy three times. Suck the sense organs into the head.

8. Use the mind, eyes, and palms to gather the earth force. If your hands are sensitive, you will be able to feel them soaking up the energy from the earth. Feel or see the earth
pill, a ball of energy, forming. If you are a novice practitioner, just keep working with the practice, have an open mind, and soon you will begin to feel, and sometimes see, the energy you are accessing. The energy is intense.

9. When you feel that you have been able to gather the energy, scoop the earth energy pearl up with your hands as you begin to stand up.
10. The action of the hands is similar to the action you might use if you were without a glass and used your palms to scoop up and drink water. The sense of ritual and reverence you might use for this meditation is similar to the respect and gratitude shown by thirsty desert travelers.
who discover a fountain at an unexpected oasis. Bending down to scoop up water into their palms, they rise drinking and giving thanks at the same time.

11. Inhale. Draw the earth pill into your mouth, sucking it deep into the mouth cavity. Pull up the anus, and mix the earth pill with the saliva that contains the senses’ and organs’ energy. Press the tongue up against the palate. Beat the saliva with your tongue, and swallow using the gulping action we have described before.
DRAW THE EARTH CHI ENERGY PILL TO YOUR MOUTH, MIX WITH YOUR SALIVA, AND SWALLOW

12. The palms are now facing the chest with the fingers bent and pointing downward. Swallow hard and feel the earth pill and saliva rush down to the stomach and lower Tan Tien as you sweep the hands down the chest. This will sweep away congestion and worry from the chest.
SWALLOW SALIVA DOWN TO THE LOWER TAN TIEN

13. Finish with the ending exercise at the end of this chapter.

TIGER OUT OF THE CAGE
This is a tendon strengthening exercise that develops power in the hand and forearm. This is practiced to cultivate strength and to help stretch the tendons and allow for the increased flow of
healing energy. The tendons are the fibrous cords or bands that connect the muscles to the bones. It is necessary to stretch and exercise them so that energy flows through them and does not get stuck.

1. Stand with feet about three feet apart. Start with the hands in a fist held at the waist, fingers facing up, elbows bent.
START WITH FISTS AT WAIST; PUNCH RIGHT FIST STRAIGHT OUT; SPREAD FINGERS INTO A CLAW

2. Punch straight ahead with the right fist, rotating the fist so the fist turns fingers-down as you punch. As you punch, lower the right knee a little. After you have thrust forward the fist, the hand forms a fierce claw, spreading and tensing the bent
3. After you have thrust out the right fist and opened the claw, twist the claw so that it is turned palm up. When you retract, close the hand again into a fist. As you pull back, you are pulling the tail of a tiger. Continue to hold the left fist at the fingers.
waist.

4. Most of the weight is transferred to the right leg. This will stretch the tendons in the ankle, knee, and hip area.

5. Practice this sequence on the left side.
6. Repeat thirty to 108 times on each side.

7. Next, practice the following variation of this exercise. As you are punching, twist your left fist and
arm counterclockwise as far as you can. When you twist the fist and arm, you stretch all the tendons of the arm. At the end of the punch, make the tiger claw, but do not immediately draw your hand back to your body.
PUNCH FORWARD WITH LEFT FIST; RETRACT WITH CLAW
8. Pretend you are clawing the eyes of your assailant. After you have clawed the eyes, the motion of your hand continues as if you were grabbing his nose and mouth and twisting them clockwise. These different hand motions exercise the tendons of the hand.

9. Conclude the motions of the hand by
grabbing the imaginary beard or chin of your opponent and pulling him toward you and off balance. At the same time you are pulling him, shift most of your weight back onto your right leg and foot. Draw your fist back, returning to the starting position. Follow the rhythm of the movements and regulate the breathing.
TWIST LEFT ARM COUNTERCLOCKWISE AS YOU PUNCH, CLAW THE EYES OF THE OPPONENT, THEN GRAB HIS NOSE AND TWIST CLOCKWISE
10. Repeat this sequence with the right arm, turning the fist clockwise as you punch, clawing the eyes of the opponent, then grabbing his nose and mouth and twisting them counterclockwise. Conclude by pulling your opponent’s beard, pulling him toward you, shifting your weight onto your right leg and foot. Draw your fist back, returning to the starting position.

11. Repeat thirty to 108 times on each side.

12. Conclude with the ending exercise at the end of this chapter.
DRAW YOUR FIST BACK AND RETURN TO THE STARTING POSITION

IRON BUFFALO PLOWS THE LAND
This exercise strengthens the fingertips, toe-tips, back, and belly. When you begin to practice these postures, start in
step 1 by placing the palms on the ground and then progress to rising up and supporting your weight with only the fingers. As you become more proficient at this exercise, gradually reduce down to four fingers, then to three fingers, then two fingers, and eventually to one finger.
1. Bend down and walk your hands forward, keeping your knees and elbows straight, hips raised higher than the back, so as to form a
“triangle” (see figure above). The feet are four to six inches apart. Start by supporting your weight with your hands flat on the floor; eventually support your weight with your fingertips.

2. Begin to gather the energy in your mouth and mix it with the saliva. As you prepare to swallow, bend your arms and scoop your nose forward, about one inch off the ground.

3. When you begin to swallow, swing the hips forward and arch your back. The head raises, neck arching backward, like a cobra. As the head raises, swallow the saliva down.
4. Repeat this exercise three times the first month you begin practicing. Increase to six times in the second month, nine times in the third, and twelve times in the fourth.

SCOOP FORWARD AS YOU PREPARE TO SWALLOW
RAISE THE HEAD LIKE A COBRA AS YOU SWALLOW

GRADUALLY REDUCE THE NUMBER OF FINGERS SUPPORTING YOUR WEIGHT
FAIR LADY JUMPS

In this exercise you will jump straight up into the air from the waist and lower Tan Tien.

1. Begin standing upright, knees straight, feet close together.

2. Swing your arms at your sides and feel that your body is light. Smile to the heart. Make the heart soft; feel happy and light, and feel the lightness spread throughout the body.

3. When you feel so light that you could fly, feel the jump generate from the waist and lower Tan Tien.
The tendons of the toes will also spring you upward. The knees and hips only lightly bend. Jump, thrusting straight up. At the same time, thrust your arms straight up.

RELAX THE WAIST; SWING THE ARMS; FEEL THE
4. After the jump, use the hands to brush down Chi congested in the chest.

5. Repeat the jump nine to eighteen times.

Walk around three times after practicing the jumps. Never sit down at once, or eat or drink immediately.
JUMP STRAIGHT UP FROM THE LOWER TAN TIEN, THEN REST

ELIXIR CHI KUNG ENDING EXERCISE
This is the final exercise in the series of twelve Elixir Chi Kung practices.
Complete your practice session, whether you have practiced one or more of the Elixir exercises, with this exercise.

1. Stand with your feet close together. Raise your palms up to the heavens. Feel yourself expanding to be as big as the universe.

2. Feel that your bones are hollow and the Chi from the universe flow in and packs and compresses into the bones.

3. Feel your hands grow very big and long. Scoop up the Chi from the universe and pour it down over the crown. Feel your skull become numb, and electricity run down into
and through the bones.

4. Slowly move your hands down; brush from the face down to the lower Tan Tien, and guide the Chi down from the top of the body to the feet. Feel your legs sink deep into the ground, into the center of the earth.

5. Now, gather and scoop the earth Chi from the earth below you. Gradually guide this Chi up the bones of the whole body. Scoop the Chi down from the crown again and move it into the navel and lower Tan Tien. Cover the navel with your hands. Feel nice and warm.

6. Rest by brushing both of your hands
down your chest while walking around a little.

It will take regular practice over a period of time for you to become comfortable with and to master the series of twelve Elixir Chi Kung exercises presented in this chapter. It may be difficult to feel the hair breathing and the other sensations of energy movement at first. An attitude of faith that you can do it helps. You must relax to feel the flow of energy. If you are not initially having success and find yourself getting tense or frustrated, please stop and try another time.

Most of this book is devoted to
practices for drawing energy into your body. These practices are a vital part of the Taoist teachings on health and long life. However, they are clearly not a part of any mainstream Western medical practice. Therefore, you might need some time getting used to these concepts. The right attitude helps.

When practicing the exercises for fortifying the saliva and swallowing the golden Elixir, in the beginning there will be frequent belching or yawning; this will help make the esophagus smooth. After two months there will be frequent flatulence (farting), as air, which contains Chi, reaches the lower abdomen. This helps the process of
replacing old energy with fresh Chi. After three months, the anus gradually tightens, so the Chi will not leak out. As a result, Chi pressure increases, and the stomach will start to make rumbling sounds. With the practice of swallowing saliva, the breath will be eventually controlled by the Yi (the Yi is a fusion of our upper, lower, and middle minds into one mind). When Chi raises and comes to full strength, it enters the lower Tan Tien. Then the mind will become calm and quiet like a pond without ripples that perfectly reflects the moon.
SCOOP UP THE HEAVENLY CHI AND POUR IT DOWN
OVER THE CROWN AND THE WHOLE BODY

GRADUALLY BRING THE CHI DOWN AND BACK TO THE NAVAL
Golden Elixir and Chi Circulation

Chi circulates through the body through channels or meridians, similar to the way blood circulates through the circulatory system. One understanding of
Chi Kung is “energy from breathing.” When Chi is circulating smoothly, the blood circulates smoothly. Chi flows through the entire body, and blood follows its path. If Chi and blood are congested, illness occurs. The blood system is the extension of Chi. Blood and Chi depend on each other; when Chi is circulating, the blood is healthy, but when Chi is congested, the blood stops.
The following are the points in the body and the times of the day where and when the Chi gathers in the meridians. The blood flows better in these areas at
these times.

6. Feng Tou: spleen/middle of the back of the head (occipital) (Szu: 9 a.m.–11 a.m.)

3. Tui Kou: back of neck (Yin: 3 a.m.–5 a.m.)

8. Chan Kung (Ming Men): between 2nd and 3rd lumbar (Wei: 1 p.m.–3 p.m.)

9. Feng Wei (Chan Chin): end of spinal cord (Shen: 3 p.m.–5 p.m.)

GOVERNOR CHANNEL

The flow of Chi and blood circulates
in the body all the time in one of the twelve regular channels according to the different hours of the traditional Chinese medical schedule. The movement of the blood circulates from the center following a set sequence based on the twenty-four hours of the day.

**CHI CIRCULATION EXERCISE**

This final exercise can be done at specific times to stimulate the Chi at each of the points shown in the figures above. In this exercise, first rub the hands warm. See the palms generating Chi and infrared light. Then cover each energy point at the designated time. For example, 11 p.m.–1 a.m. is the time that
blood and Chi gather at the solar plexus: fortify the saliva with energy and hormones (as discussed in the preceding chapters), generate Chi in the palms, cover the solar plexus point, and then swallow the saliva down to this point.

1. Between the hours of 11 p.m. and 1 a.m., stand with the legs shoulder-width apart.

2. Practice the first part of “shaking the head and wagging the tail,” as outlined below.

3. Perform the next five movements simultaneously:

- Extend the arms straight out in front
of the chest. With the arms extended, make “thundering palms” by rubbing the palms together back and forth against each other to generate heat.

- Shake the head to the right and left.
- Wag the pelvis and sacrum in the opposite direction of the head. Feel like you are wagging a tail attached to the coccyx.
- Draw the sense organs into the head.
- Collect and beat the saliva until it is very thick.

4. Continue these movements for two
minutes.

5. With the heat collected in the palms, cover both temples. Then move the thundering palms to cover the solar plexus.

6. Feel the point radiate with Chi. Feel the increased circulation of Chi and blood.

7. Gather the Chi from the hair all around the body and draw it into the mouth. Draw the universal Chi into the mouth. Mix all the energies with the saliva, beating the saliva in the mouth.
RUB THE HANDS, SHAKE THE HEAD, AND WAG THE TAIL
MOVE THE HEAD AND SACRUM IN OPPOSITE DIRECTIONS
8. Swallow the saliva into the solar plexus and feel the saliva turn into Chi.
9. Follow the same sequence at the appropriate time of day for the following points.

- Chi Chung (navel) (5 p.m.–7 p.m.): Rub hands hot, cover the navel, and swallow the saliva to this point.

- Tien Hsin (third eye/mid-eyebrow) (7 a.m.–9 a.m.): Rub hands hot, cover the eyes, and swallow the saliva to this point.

- Feng Tou (middle of the back of the head) (9 a.m.–11 a.m.): Rub hands hot, cover the back of the head, and swallow the saliva to this point.
NAVEL POINT
THIRD EYE/MID-EYEBROW POINT
BACK OF THE HEAD/BACK OF THE NECK POINTS
MING MEN AND COCCYX POINTS

- Tui Kou (back of the neck) (3 a.m.–5 a.m.): Rub hands hot, cover the back of the neck, and swallow the
saliva to this point.

- Chan Kung (Ming Men, between the 2nd and 3rd lumbar vertebrae) (1 p.m.–3 p.m.): Rub hands hot, and cover the Ming Men point, and swallow the saliva to this point.

- Feng Wei (coccyx) (3 p.m.–5 p.m.): Rub hands hot, cover the sacrum and coccyx, and swallow saliva to this point.

10. Collect the energy at the navel to complete the practice. Rest.
Bibliography


The Universal Tao System and Training Center

THE UNIVERSAL TAO SYSTEM
The ultimate goal of Taoist practice is to transcend physical boundaries through the development of the soul and the spirit within the human. That is also the guiding principle behind the Universal Tao, a practical system of self-development that enables individuals to complete the harmonious evolution of
their physical, mental, and spiritual bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioner learns to increase physical energy, release tension, improve health, practice self-defense, and gain the ability to heal oneself and others. In the process of creating a solid foundation of health and well-being in the physical body, the practitioner also creates the basis for developing his or her spiritual potential by learning to tap into the natural energies of the sun, moon, earth, stars, and other environmental forces.

The Universal Tao practices are derived from ancient techniques rooted
in the processes of nature. They have been gathered and integrated into a coherent, accessible system for well-being that works directly with the life force, or Chi, that flows through the meridian system of the body.

Master Chia has spent years developing and perfecting techniques for teaching these traditional practices to students around the world through ongoing classes, workshops, private instruction, and healing sessions, as well as books and video and audio products. Further information can be obtained at www.universal-tao.com.
The Tao Garden Resort and Training Center in northern Thailand is the home of Master Chia and serves as the worldwide headquarters for Universal Tao activities. This integrated wellness, holistic health, and training center is situated on eighty acres surrounded by the beautiful Himalayan foothills near the historic walled city of Chiang Mai. The serene setting includes flower and herb gardens ideal for meditation, open-air pavilions for practicing Chi Kung, and a health and fitness spa.

The Center offers classes year-round, as well as summer and winter retreats. It can accommodate two
hundred students, and group leasing can be arranged.

For information worldwide on courses, books, products, and other resources, contact:

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Good Chi • Good Heart • Good Intention
Mantak Chia has been studying the Taoist approach to life since childhood. 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.

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, he learned from Buddhist
monks how to sit and “still the mind.” While in grammar school he learned traditional Thai boxing, and soon went on to acquire considerable skill in Aikido, Yoga, and Tai Chi. His studies of the Taoist way of life began in earnest when he was a student in Hong Kong, ultimately leading to his mastery of a wide variety of esoteric disciplines. To better understand the mechanisms behind healing energy, he also studied Western anatomy and medical sciences.

Master Chia has taught his system of healing and energizing practices to tens of thousands of students and trained more than two thousand instructors and practitioners throughout the world. He
has established centers for Taoist study and training in many countries around the globe. In June 1990 he was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), which named him the Qi Gong Master of the Year.
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