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~ The Key to All Doors ~



Bone Marrow Nei Kung

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Bone Marrow Nei Kung teaches how to cleanse and grow the bone marrow, regenerate sexual hormones and store sexual energy in the fascia, tendon, and bone marrow.

The bone marrow is responsible for the production of red and white blood cells, so any work which helps in the production, circulation and overall health of the blood also assures one of having more Chi. The red blood cells are a truly vital source of energy because they are the medium in which the body is able to make use of oxygen and to get rid of the carbon dioxide.

In Taoist yoga it is believed that the sexual organs are joined with all the other organs of the body. In addition, the tendons, muscles, and glands all join together at the sex glands. So any exercise which revitalizes and strengthens the sex organs will also have a positive effect on all the Internal organs, tendons, muscles, and glands.

In Bone Marrow Nei Kung one works at revitalizing and strengthening the organs through vaginal and testicle weight lifting. For example, if a five pound weight pulls down the testicles, then there is an equal five pounds force pulling up within the body; otherwise, the testicle would drop to the floor with the weight. What pulls up with equal force to the weight is a combination of connective tissue (fascia), urogenital and pelvic diaphragm force, as well as muscle, tendon, and internal organ force.

As the sexual organs develop the ability to lift comfortably five pounds of weight or more, all the genital areas are strengthened resulting in greater control of sexual energy. Moreover, the techniques of the “Big Draw” (males) and the “Orgasmic Upward Draw” (females) learned in the *Taoists Secrets of Love Practice* are greatly enhanced by *Bone Marrow Nei Kung* practice. Genital weight lifting also stimulates the sex hormones and endocrine glands. The sort of hormone stimulation brought about by Bone Marrow Nei Kung is extremely invigorating, leading the development of the “Steel Body”; a body able to withstand injuries without internal damage.

The process through which sperm or ovarian energy is made to

lodge in the bones and marrow is through the practice of “beating” the body with a rod made of metal wires. Beating produces a vibration which penetrates deeply into the core of the organs shaking loose deposits of toxins, stimulating circulation and setting off a process of restructuring and repair which, after prolonged practice, results in the development of muscles and organs which are thoroughly cleansed of impurities.

The work with Bone Marrow Nei Kung is not simply limited to restoring mental health and preventing injury—it prepares the stage for the higher techniques of the intermediate level of the Universal Tao Practice when the practitioner, using the physical body as a solid foundation, begins to work on developing the Spirit Body for the experience of ultimate transcendence.

Bone Breathing

Bone Breathing or Bone Compression is the method for “Cleaning the Marrow”, or cleansing out fat in the bone marrow so that more sexual energy (Jing) can be absorbed into the bones to help regrow the marrow.

During Bone Breathing we take advantage of the Chi generated in Iron Shirt I by absorbing Chi into the bones, thereby greatly extending the circulation of Chi for the meridians and the organs. As the Chi permeates and penetrates the bones, nutrients and oxygen come to enrich the bone marrow. Tension in the muscles surrounding the bones is lessened allowing continuous flow and movement of the whole body—an important factor for people who depend on physical activity as a way of living. As a result of increased Chi circulation in the marrow, the bones become strong and healthy because the marrow, as the main producer of red and white blood cells, now has more room to grow.

Strong bones play a significant role in preventing many of the problems relating with aging: decalcification resulting in fragile bones; poor posture which generates feelings of depression and loneliness; frequent infections due to a weakened immune system; and restricted physical activity due to arthritis and calcified joints.

The key ingredient in practicing Bone Breathing is relaxation. It is most important that one not be tense in the practice. Bone Breathing is a two stage process:

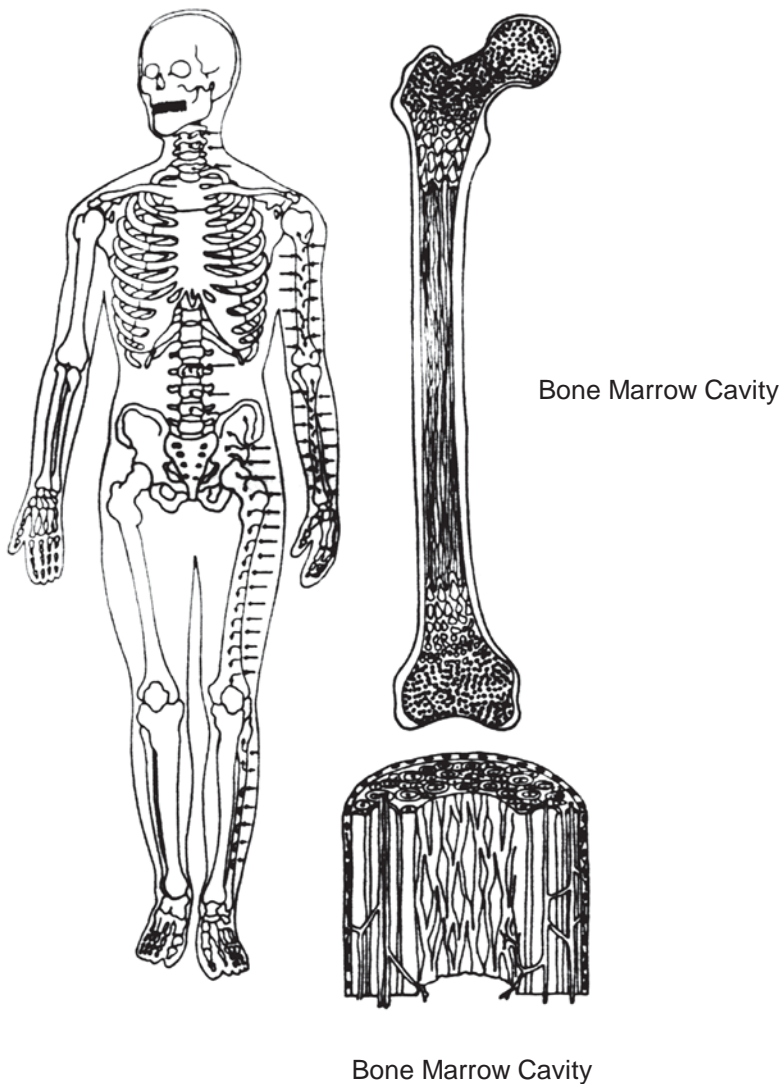


Fig. 1 Bone Marrow

First Stage

Inhale and Exhale through the Fingers

- At first one can use the mind and the eyes to visualize the respiration process through the fingers.
- Gradually feel the breath moving up the hands, arms to the skull, and then down the spinal column and legs.
- Notice the sensation as the breath moves through these areas.
- During inhalation, the breath feels cool and in exhalation it feels warm.
- Feel the inside of the bones and allow the breath to penetrate the bones by relaxing the muscles and tendons.



Fig. 2 Bone Breathing

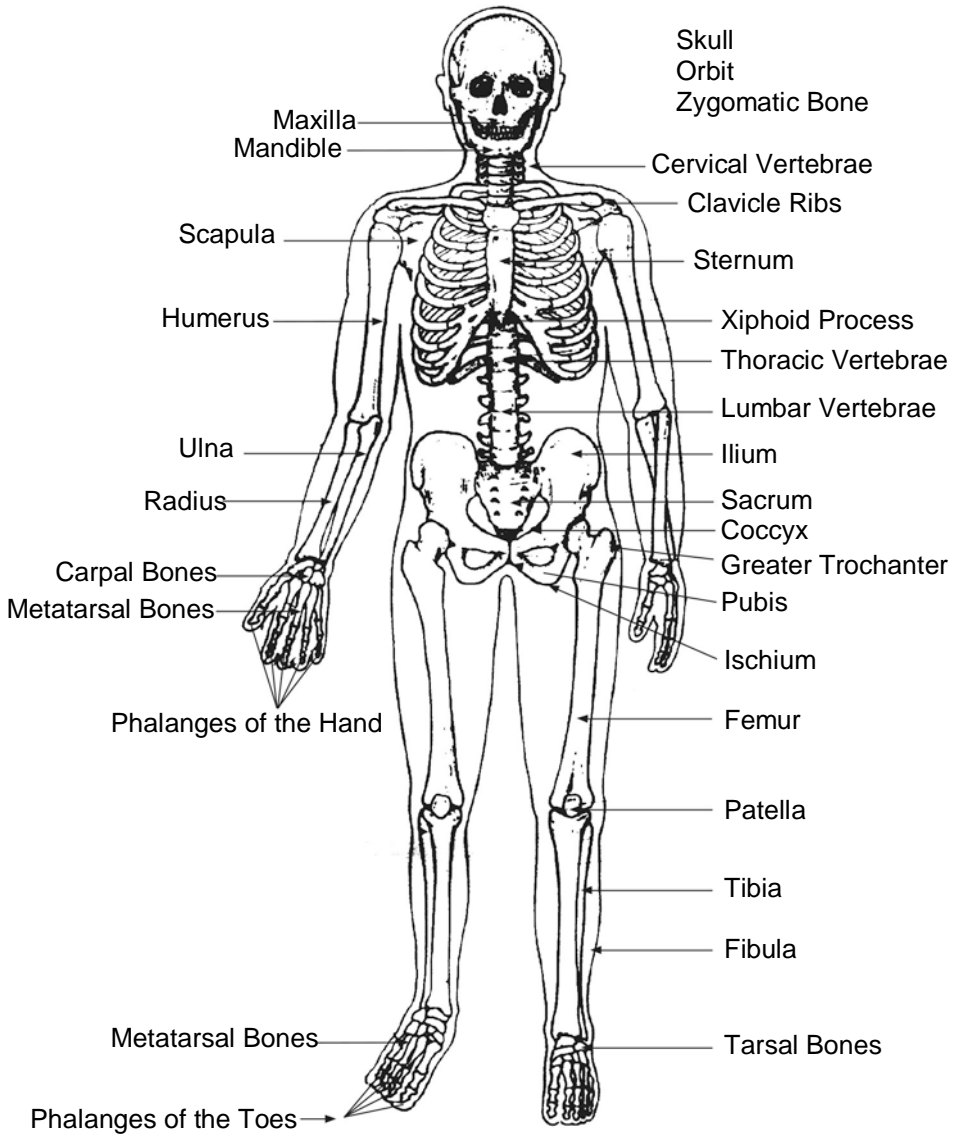


Fig. 3 Skeleton

Second Stage

Inhale and Exhale through the Toes

- By degrees inhale up through the legs into the thigh bones.
- After inhaling, hold the breath, but not so long as to experience discomfort.
- Then exhale down and out through the toes.
- In the next breath inhale all the way up to the hips and then exhale through the toes.
- Next breathe up to the Sacrum. At this point energy may rise up through the back and reach the head, overflowing into the entire nervous system.
- Finally, breathe up the legs and back, combining it with the fingers breath coming up the arms and shoulders, through C-7 into the head.
- Keep in mind that energy is inhaled and exhaled most effectively through the toes, fingertips, elbows, knees, sacrum, C-7, Door of Life, Shoulders, and the tip of the nose.

Applications for Chi Weight Lifting

Strengthening the Fasciae Network

An upward counterforce is created by the internal organs and glands to resist the weight placed upon the genitals. This force is strengthened by the Chi released from the sexual center as the internal system engages the fasciae to pull up against the weight. The fasciae, therefore, contribute greatly to the distribution of energy. They also serve as the connection between the genitalia and the pelvic and urogenital diaphragms. When this connection is loose,

the Chi Muscle and the diaphragms allow the organs to drop their weight onto the perineum, thereby reducing the Chi pressure. When the connection is kept strong, the organs and glands are held in place and the Chi pressure is maintained.

Chi Weight Lifting for Powerful Urogenital and Pelvic Diaphragms

The human body has many diaphragms holding the internal organs and glands in place, such as the thoracic, pelvic, and urogenital diaphragms. During Chi Weight Lifting these contribute greatly to the upward counterforce deployed against the downward pull of the weights anchored to the genitals. (Fig. 4) The pelvic and urogenital diaphragms, considered the floor of the organs, and the Chi Muscle, are all strengthened by this practice which helps to prevent any loss of energy through them. Their increased strength also helps to alleviate the protruding abdomen caused by organs stacking up on the pelvic area.

Chi Weight Lifting is credited with many other benefits related to the improved functioning of the diaphragms, such as the lifting of dropped kidneys. Furthermore, the practice helps to seal the openings of the anus and sex organ to prevent the leakage of Chi. Taoists believe that this helps to redirect the spirit away from these openings as one prepares to finally leave the body. The upward flow of energy that is developed through Taoist practices will point toward the crown as the proper exit for the spirit to use at the end of life.

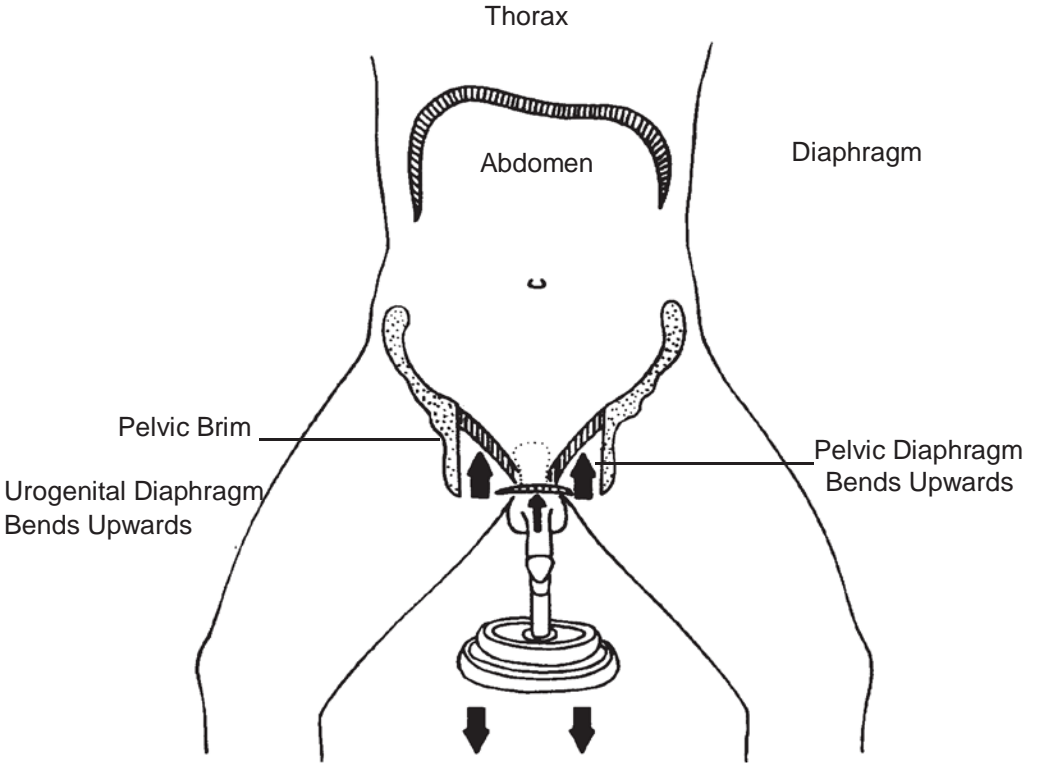


Fig. 4 Pelvic and urogenital diaphragms provide counterforce to the weights.

Sexual Hormones Delay the Aging Process

The release of sexual hormones stimulates the pituitary gland to prevent the production of an aging hormone. It has been proposed that one function of this gland may be to measure the growth of mutated reproductive cells. Scientific studies have found some evidence that the aging hormone is released when these mutations are allowed to increase beyond a certain level. Theoretically their growth should be impeded by a healthy reserve of sexual hormones. Otherwise, upon sensing the reduced presence of Ching Chi within the body, the pituitary gland can cause a premature death by producing the aging hormone. It is therefore wise to maintain sexual energy and hormones through the Taoist practices.

Sexual Hormone Stimulation of the Brain

The right side of the brain is also influenced by the sexual hormones to promote the healing and rejuvenation of the body. Since Ching Chi revitalizes the internal system and regrows the bone marrow, hormonal stimulation of the brain greatly enhances these processes. This effect also serves Taoist spiritual work because practitioners find it to be an invigorating experience on all levels. The health of the body and the mind directly affects the spirit.

Equipment and External Preparations

Cloth for the Massage and Lifting the Weight

Men and women use a silk cloth for the Sexual Energy Massage techniques to increase the flow of Chi and blood in their sexual centers. Silk works well because it develops considerable static energy when rubbed. This is important for the stimulation of Chi in the sexual organs, perineum and sacrum. Women also use the cloth to massage their breasts. Men use the cloth after the massage techniques to lift the weight from a special holding apparatus.

Men: Two sizes of cloth can be used to lift the weight, depending on the method chosen for practice. The smaller cloth, which is used for lifting the weight from a table or chair, should measure approximately three and one-half by eight inches. If you choose to lift the weight from the floor, the length of the cloth can vary according to the length of your legs. When the cloth has been cut to size, you can sew the edges to prevent unraveling and to avoid abrasions of the skin.

Equipment for Men

Men require a special device by which the weight can be held to the cloth. (Fig. 5) Cut a ten inch length of galvanized pipe for an apparatus to be used from the floor. Cut an eight inch length for an apparatus to be used from a chair. (Either size is adaptable to either method if necessary.) Drill a one-quarter inch hole through the pipe one-half inch from either end.

Secure a piece of chain two links long to the pipe with a one quarter inch bolt inserted through the hole and fastened by a nut and washer at its end. At the end of the chain, a heavy ring one and a half inches in diameter is attached. Several types of clamps may be used on the opposite end of the pipe to hold the weights. After the silk cloth has been tied gently, but firmly, around the groin, it can then be attached to the ring in order to lift the entire weight-holding apparatus.

Some men can begin Chi Weight Lifting with a two and one-half pound weight; however it is safer to start with the apparatus alone, or with one or two weight clamps attached to it. (These are used in standard barbell sets.) If you use two weight clamps, their weight should equal one pound, plus the weight of the apparatus itself. Some stores that carry sporting equipment sell one and a half pound weights. Add on more weight gradually, but only as much as you feel comfortable with. Do not advance to higher weights unless you can lift the current weight easily for one minute.

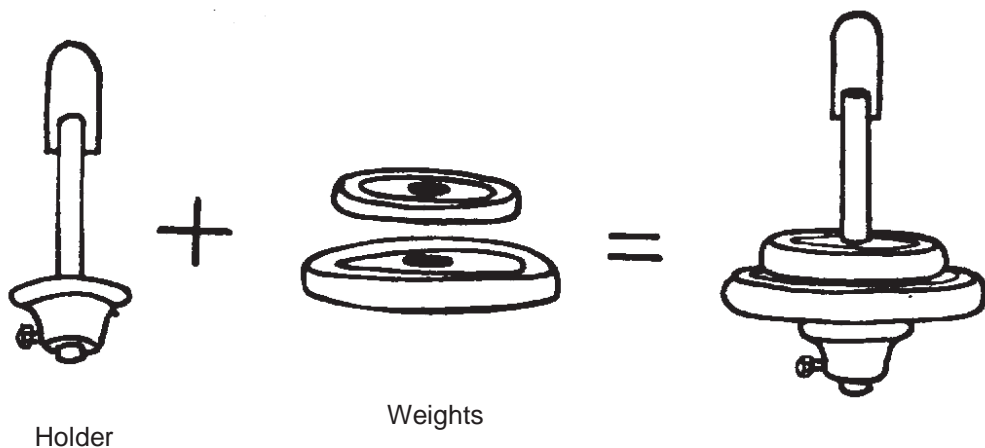


Fig. 5 Chi Weight Lifting Equipment

Genital Massage and Preparatory Exercises for Men

Massage Techniques

Cloth Massage and Sexual Energy Massage Practices: These stimulate internal energies and prepare the genitals for the role at hand. (Fig. 6) First, the silk cloth is applied to the sexual center, perineum, and sacrum to activate the Chi. Men should feel the testicles fill with energy as they become firm. Women should feel the breasts enlarge slightly as the vagina becomes moist with secretions. The Sexual Energy Massage techniques should then be used to condition the genitals for Chi Weight Lifting. After the weights are removed, the massage techniques must be repeated to restore the circulation of blood and Chi to the sexual center.

Men: Although not all six techniques are required, the Sexual Energy Massage must be emphasized by men after the weights have been removed to ensure that the genital area will be clear of any blood coagulation which can lead to blood clots.



Fig. 6 Cloth Massage

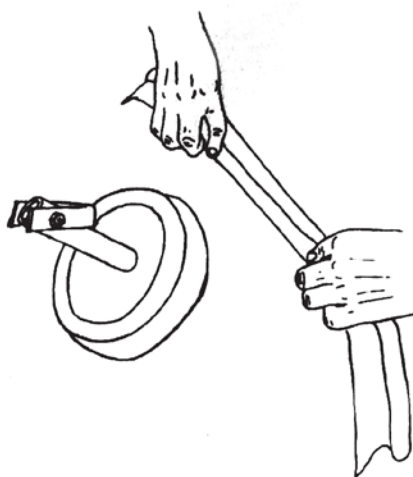


Fig. 7 Folding the Cloth

Outline of Pre-Chi Weight Lifting Exercises

Both men and women should specifically review the Power Lock which is used before the Sexual Energy Massage and again immediately after the weights have been removed. The Kidney and Chi Pressure exercises are included herein.

- Men:**
- (a) Increasing Chi Pressure Exercise
 - (b) Increasing Kidney Pressure
 - (c) Power Lock-two or three times up to the Crown
 - (d) Cloth Massage
 - (e) Finger Massage of the Testicles
 - (f) Palm Massage of the Testicles
 - (g) Ducts Elongation Rubbing
 - (h) Stretching the Ducts Gently with Massage
 - (i) Stretching the Scrotum and Penis Tendons
 - (j) Tapping the Testicles

Chi Weight Lifting

Warning: Do not attempt Chi Weight Lifting without studying the precautions in Section F.

Students are expected to receive instruction before attempting Chi Weight Lifting; however, the following detailed synopsis will clarify this practice for novices. Students are not expected to remember every detail. In advanced practice, the steps which follow are combined into a very brief exercise. Although the summary is concise enough to be used as a practice guide for trained practitioners, all practitioners are advised to first read the details.

Attaching the Weight—Men

a. Position of the Weights

Chi Weight Lifting can be initiated from either a kneeling or standing position. (Fig. 10) If you cannot kneel, set the weight on a chair in front of you. It may be necessary to relieve the pressure of the weights quickly at times, particularly if they are too heavy and the knot beneath the testicles is tight. For this reason, keep the weight close to a place where it can be quickly removed. Consider tying one end of the cloth to the ring while leaving the other end in a loop--folded beneath the knot--so that the knot will undo itself if that end is pulled.

b. Standard Method of Tying the Cloth

Warning: Do not tie the cloth around the testicles alone.

(1) Fold the cloth lengthwise several times to a width of about one inch. (Fig. 7) This creates a thick padding.

(2) Hold the cloth beneath the perineum, and bring it up behind the testicles. Be sure that the edge of the cloth is folded away from the skin so that it does not cut into the groin.

(3) Wrap both ends of the cloth upward around the penis and testicles, and secure the cloth at the surface of the penis base by tying a knot.

Note: If you prefer, you can place the cloth on top of the penis and tie the knot beneath the testicles. In either case, the knot must eventually be positioned at the perineum. (Fig. 10a)

(4) Move the knot behind the testicles and beneath the perineum. The ends of cloth should hang to the floor. Before tightening the knot, you can use one end to create a loop between the knot and the groin so that the cloth and apparatus can be quickly removed.

(5) Contract the muscles of the under trunk and tighten the knot. The penis and testicles should bulge slightly from the pressure to insure against slippage. Do not cut off the circulation to the testicles.

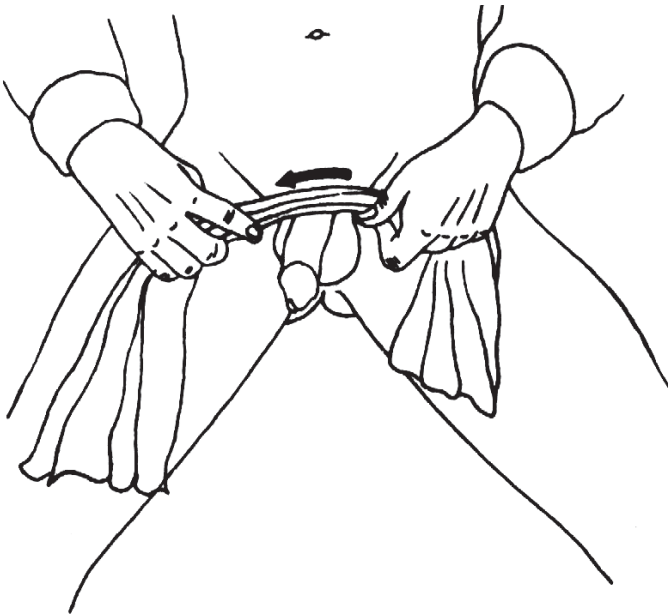


Fig. 8 Tying the Silk Cloth around the Genitals.

(6) Tie one end of the cloth to the weight that you have placed on the floor, or on a chair. (Fig. 10 and 11) If the weight is on the floor, tie the cloth to it from a kneeling position.

(7) To remove the weight at the end of practice, kneel in front of the chair--or near the floor--and untie the cloth attached to the holding apparatus, then remove the cloth from the groin.

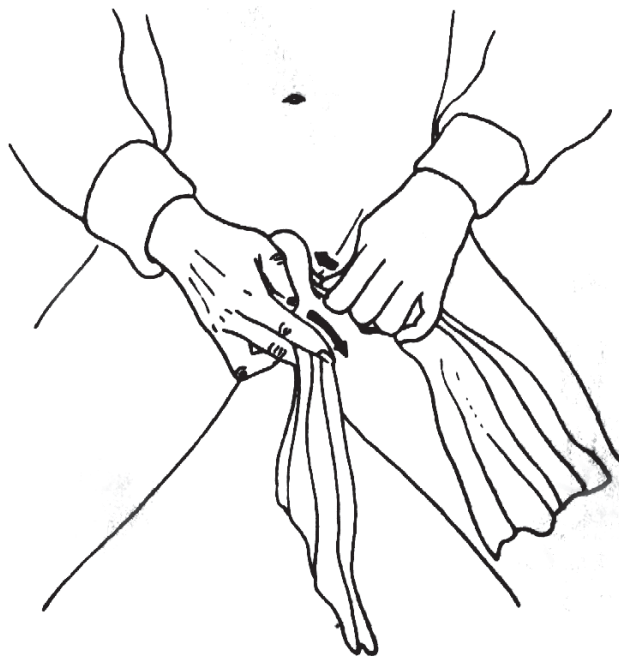
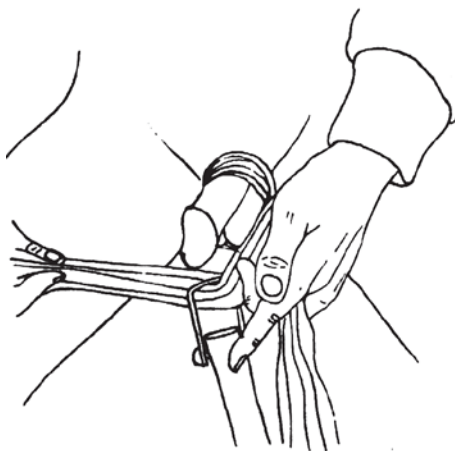


Fig. 9 Tying the Silk Cloth.



(a)



(b)

Fig. 10 Chi Weight Lifting can be initiated from either a kneeling or a standing position.

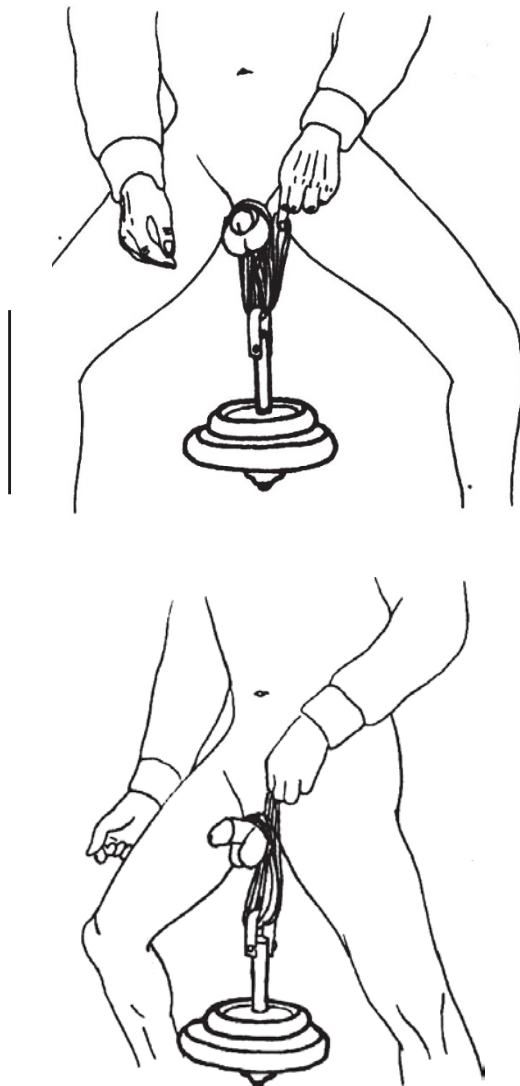


Fig. 11 Chi Weight Lifting in a Standing Position.

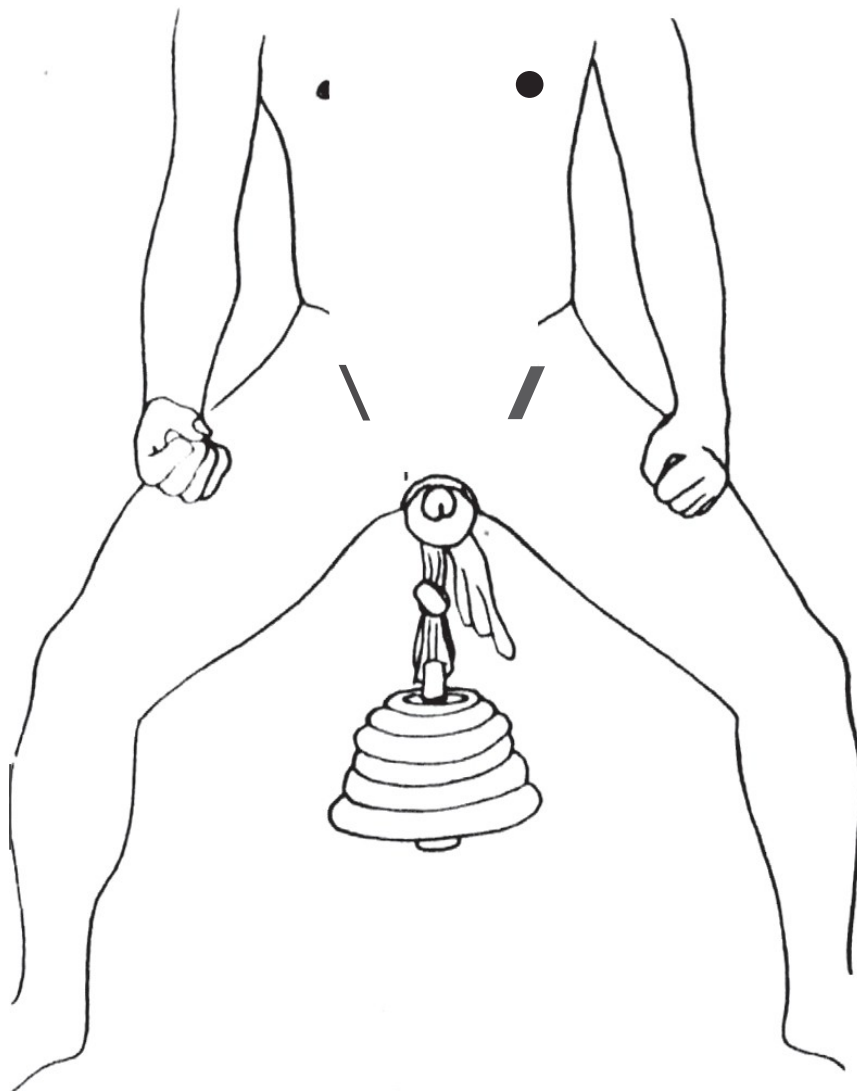


Fig. 12 *In the beginning stages of Chi Weight Lifting it is the kidneys that provide the internal counterforce.*

Vaginal Weight Lifting

The only difference between the Egg Exercise and Vaginal Weight Lifting procedure is the addition of a weight to the specially drilled egg after its insertion. In weight lifting we use wooden eggs. Usually an egg is chosen of approximately one inch diameter with holes drilled through which a string can be threaded for attachment to a weight. Use a sturdy string that can sustain at least ten to twenty pound weight. You can buy a half-pound plate that has a hole through which the string can be tied, or use a small cotton or plastic bag into which a weight can be placed and the bag easily attached to the egg's string and hung. The heavier the weights, the more counter pressure must be exerted by the vagina, the cervix, the ovaries, the diaphragm, the organs and glands. This extended effort will result in increased Chi pressure and hormone production. Make sure you can handle the weight well before adding more to it.

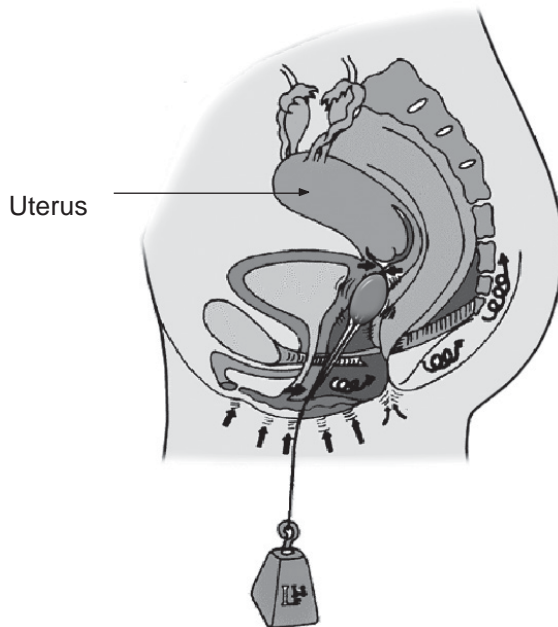


Fig. 13 Vaginal Weight Lifting

The exact sequence of steps is then followed as described in the Egg Exercise. This time, however, do not move the egg up and down. Hold it by tightening and squeezing the external and middle sections of the vaginal canal around the egg and pulling the egg up. Do not release it.

Practical Exercise Step-by-Step

(a) Insert the Egg While Holding the String and Weight

Place a chair in front of you and then place the weight on the chair. If you are not already prepared, start with the breast massage, followed by massaging the mons, the perineum, and the coccyx. When you feel the Chi is ready, insert the jade egg with the string attached into the vagina, always attempting to increase the force of suction used to draw it in. Use the other hand to hold the string with the weight.

(b) Assume the Horse Stance

Align your body in the basic Horse Stance.

(c) Grip the Egg Using the Muscles of the Vaginal Canal and Release the String and Weight.

Inhale, closing the external and internal vagina tightly. At the same time contract the uterus near the cervix so that the vaginal canal has been closed on both ends. Inhale, squeeze the egg tightly, and pull it up until you feel you have gripped the egg firmly, then slowly release the string with the weight attached. Do not remove your hand in case you did not grip the egg firmly enough. If the egg with the weight attached falls out, it might hurt you.

(d) Use the Cervix to Pull the Weight up

Hold your breath and contract harder. Inhale and start to pull from the cervix and feel the force of the cervix helping to pull up the weight. When you feel you are holding the egg with the weight securely, start to rock the pelvis, thus rocking the weight, 30 to 60 times. This will generate a tremendous energy. When you feel the energy build up, inhale slowly and deeply down to the ovaries, gathering your sexual energy, and carry it through the uterus and down to the clitoris. Hold it there.

(e) Employ all the Muscles of the Vaginal Canal

Contract and hold the lower, then the middle and upper vaginal muscles, so that the egg pushes deeply up into the vaginal canal and the weight will not pull the egg out.

(f) Bring the Energy into the Head

Now draw all the energy you have just gathered up the spine and into the head, as you continue to hold the egg deeply inside of you.

(g) Continue Pulling the Energy into the Brain

Still holding the same breath, continue gathering and pulling the sexual energy up into the head, where the brain can now be bathed in this wondrous nourishment.

(h) Hold the Energy in the Brain

Hold this energy in your brain, initially for 30 to 45 seconds, and gradually increase this time period.

(i) Bring the Energy to the Navel

Finally, stick the tongue up to the palate, exhale, bring the energy down, and collect it in the navel point.

(j) Rest the Weight on the Chair and Expel the Egg

Grip the string on the weight and place the weight on the chair. Remove the egg, utilizing the contractile strength of the vaginal muscles to expel it.

(k) The Ovaries Pull and Lift the Egg and Weight Upwards

When you feel you can pull from the cervix well, begin to use the force of the ovaries. You will try only the left side first, then the right ovary, and finally both sides together. When you feel you can once again secure the egg in the vaginal canal, use your mind and start to contract the left ovary, wrap the Chi around that ovary, and then pull from the left ovary toward the cervix and the vaginal canal, pulling the egg and attached weight upwards. Do the same on the right side, and then both sides together.

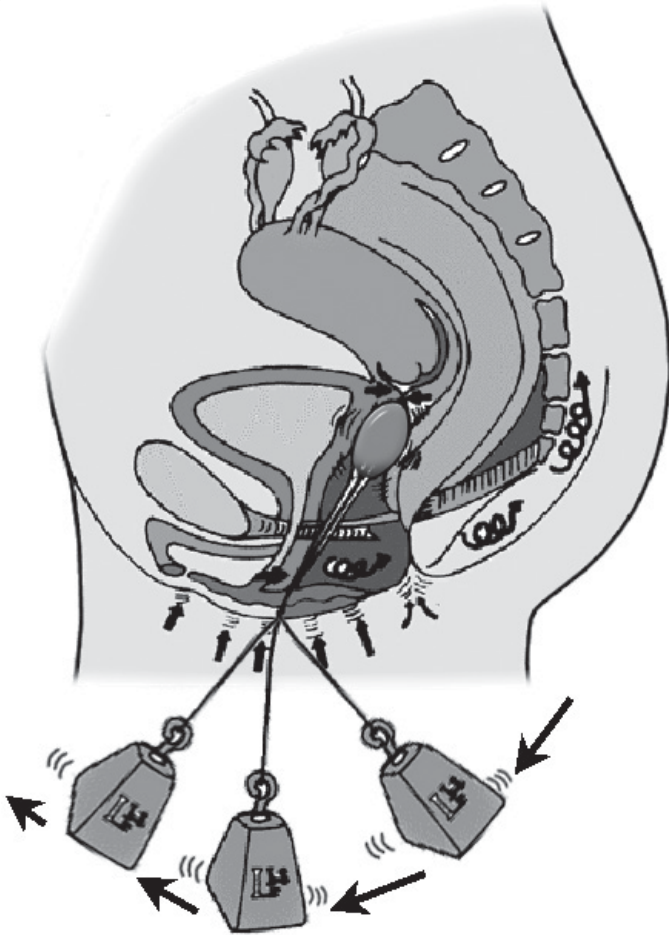


Fig. 14 Swinging the Weight Back and Forth.

(I) Using Organs and Glands to Pull Up the Weight

Continue to use first the left side, then right side and then both sides of the organs and glands to pull the weight upwards, returning after each one to the ovaries to begin the exercise again. Practice in the following order: kidneys and adrenal glands, spleen and liver, lungs, heart (with caution), thymus gland, and then pulling all the way to the brain with the pituitary and pineal glands.

(m) Secure the Egg in the Vaginal Canal

Press your tongue firmly to the palate with the tip of the tongue touching the lower jaw behind the teeth and the flat part of the tongue touching the middle of the palate. Turn your eyes up toward the middle of the brain, and squeeze the head muscles toward the brain's middle area. Contract the lungs, heart, and thymus gland, and press upwards to the middle section of the brain. The pituitary gland, together with all of the other glands and organs pull up the spleen, liver, kidneys, bladder, ovaries, cervix, vaginal canal, egg and weight. Repeat the practice, now focusing on the pineal gland.

When finished with all of these steps, make sure that you circulate the energy for a few rounds in the Microcosmic Orbit, finally collecting it in the navel. Since all the steps of this exercise are very important and extremely powerful, you must use caution. Gradually you will feel all the organs and glands contributing to the internal force that will pull the weight.

Cleanse the Egg Thoroughly

Since the mucous secretions on the egg are an ideal medium for bacterial growth, be sure to cleanse the egg thoroughly after each use.

Massage Yourself

Massage the Hui Yin point in the perineum. Massage the mons and the coccyx. This massaging after each exercise is very important. It will help you clear the remaining energy so that the body can absorb it easily.

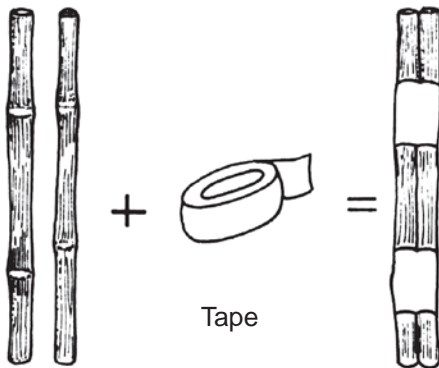
Channel the Energy in the Microcosmic Orbit

Gently tap the lower abdomen with your palm to remove the excess energy from the ovaries, vagina and clitoris. Sit down quietly and channel the excess energy in the Microcosmic Orbit, so that all your organs will benefit.

Hitting

General Instructions

- Can be done every day to stimulate the organs and channels.
- Be careful not to hit too hard.



Rattan Sticks

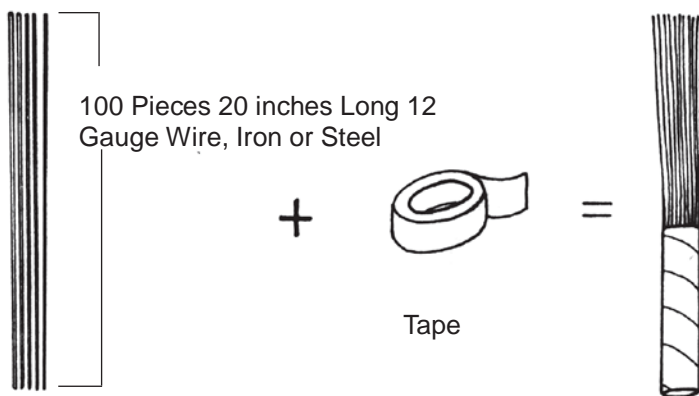


Fig. 15 Construction of Rattan and Wire Hitters.

Awakening and Detoxifying the Lower Abdomen and Joints

- Begin with the following warm up exercise to unlock energy in the major joints and lower abdomen.

A. Lower Abdomen

- Inhale; pack energy in the lower abdomen about 3 inches below the navel just above the pubic bone.
- Hit 3 times on this point; feel the energy awakening.
- Exhale and rest; inhale and repeat procedure.



Fig. 16 *Hitting the Door of Life and Lower Abdomen.*

B. Door of Life

- Inhale; pack energy at the Door of Life (Point opposite the navel) and hit 3 times.
- Exhale and repeat.

C. Knees

- Inhale; pack energy in the left leg and hit 3 times on the joint at the back of the knee.
- Exhale and repeat.

D. Inside of Elbows

- Inhale; pack energy in the arms and hit 3 times on the inside of the joint of the left arm.
- Exhale and repeat.
- Do right arm joint.

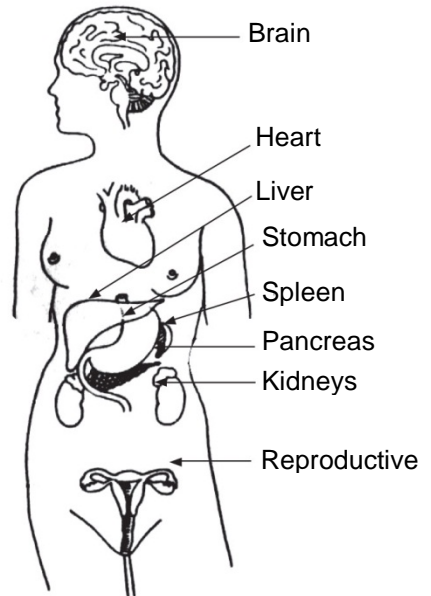
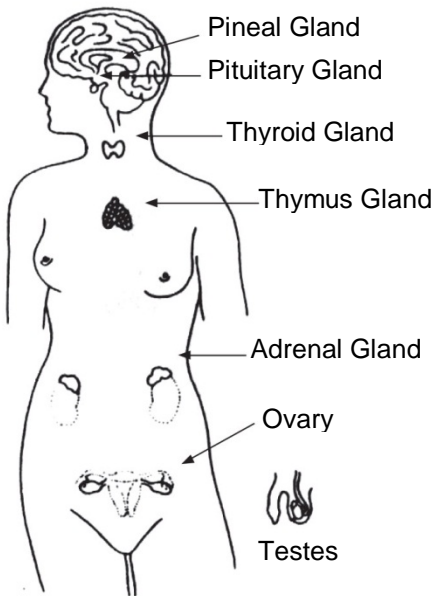
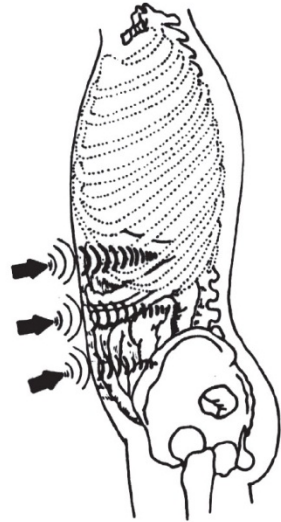
Detoxifying and Strengthening the Organs

A. Stomach/Prostate/Ovaries

- Inhale, pull up genitals and urogenital diaphragm.
- Begin hitting on the navel and hit down to just above the pubic bone and then up again to just below the sternum.
- Rest and feel the energy flow.

B. Abdominal Organs

- Inhale, pull up genitals and urogenital diaphragm.
- Hit about 1 1/2 inches to the left side of the navel.
- Hit down to the pubic bone in a parallel line to step A, and up again to the left side of the rib cage.
- Exhale and move about 3 inches from the navel.
- Inhale, pull up and hit down in a parallel line to the hip and up to below the rib cage.
- Repeat the procedure on the right side of the navel.



Endocrine Glands

Fig. 17 Detoxifying and Strengthening the Organs.

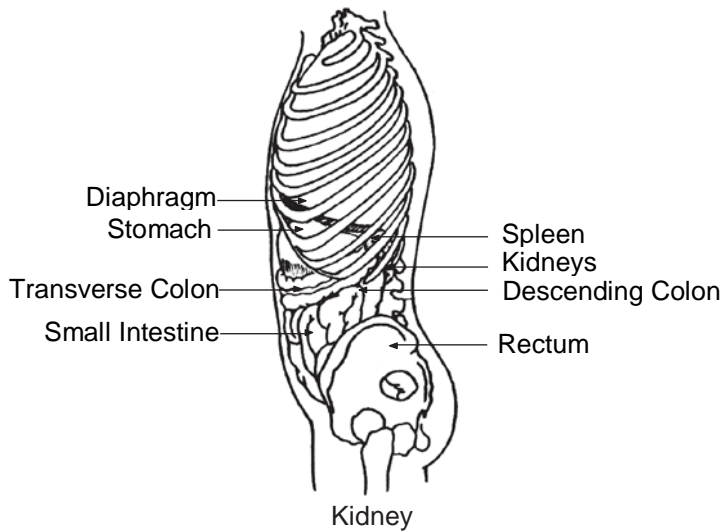


Fig. 18 Hitting Abdominal Organs.

12 Channels in the Hand

A. Inside Elbow/Middle Finger

- Begin at the inside of the left elbow, hit 3 times and hit down the inner side of the forearm to the wrist toward the middle finger and then up the shoulder.

B. Inside Elbow/Thumb

- Begin just to the left of center of left elbow, hit 3 times and hit down forearm to wrist toward the thumb. Then hit up to the shoulder.

C. Inside Elbow/Small Finger

- Begin just to the right of center of left elbow, hit 3 times and hit down toward the small finger and up again to the shoulder.



Fig. 19 *Hitting to Stimulate the 12 Channels in the Hands.*

D. Outside Elbow/Middle Finger

- As above, but starting just below the left elbow.

E. Outside Elbow/Thumb

- As above, but start just below the left elbow.

F. Outside Elbow/Small Finger

- As above, but start just to the right of the left elbow.

G. Repeat as above on the Right Arm beginning with the Middle Line of the Right Elbow.

12 Channels in the Legs

A. Back Side of Left Leg

- Hit 3 times on the middle of the back left leg joint. Hit down to the ankle and up to the buttocks.

B. Back Side of Leg/Great Toe

- Hit 3 times on the back of the left leg joint to the right of center.
- Hit down to the ankle and up to the buttocks.

C. Back Side of Leg/Small Toe

- As above, but begin just to the right of center of the back of the joint.

D. Front Side of Leg/Middle Toe

- As above, but begin hitting just below the center of the knee cap, Hit down to the ankle and up to the groin.

E. Front Side of Leg/Great Toe

- As above; begin hitting to the right of front center.

F. Front Side of Leg/Small Toe

- As above; begin hitting to the left of front center.

G. Move to the Right Leg and Cover the Channels as above.



Fig. 20 Heel Line-Hitting the Big Toe Line of the Leg

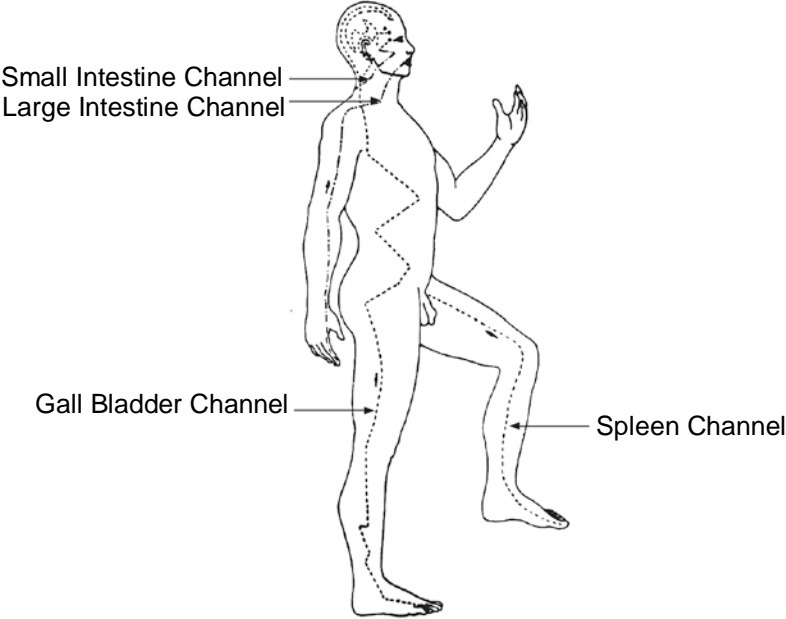


Fig. 21 The 12 Channels in the Leg.

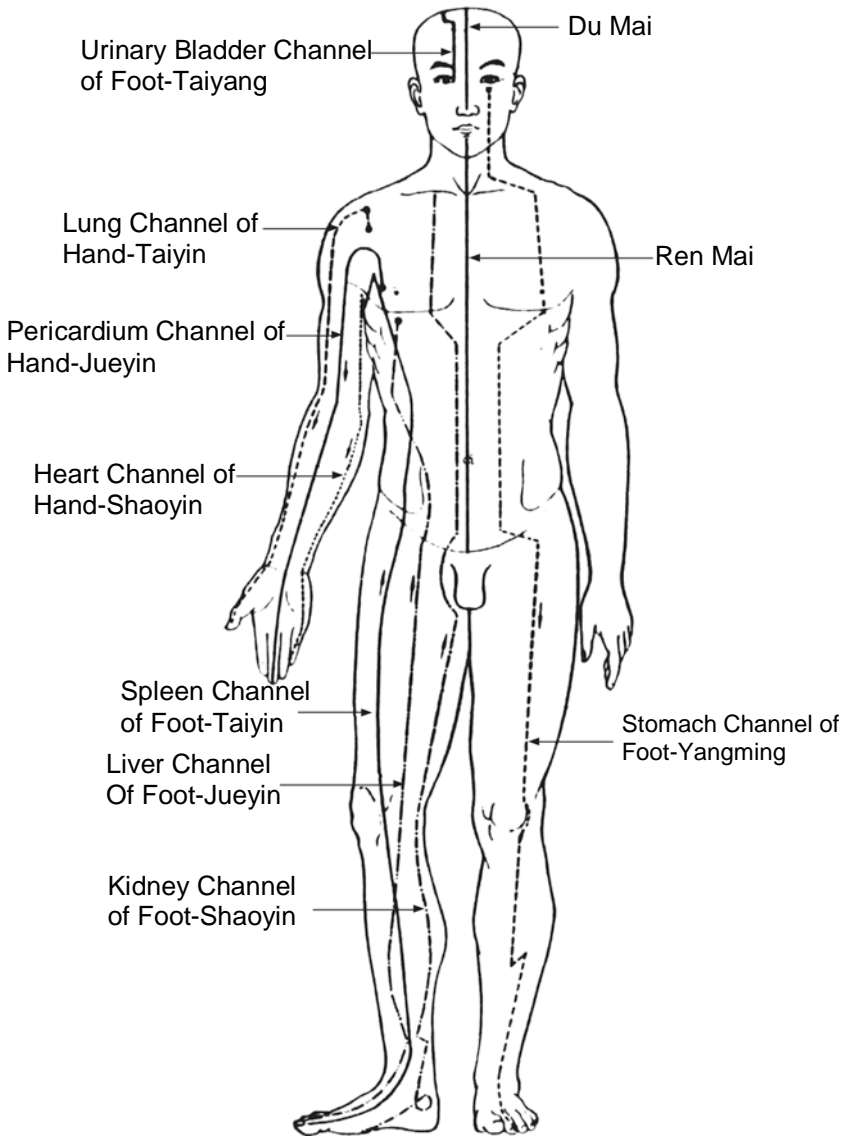


Fig. 22 Distribution of Fourteen Channels (Anterior View)

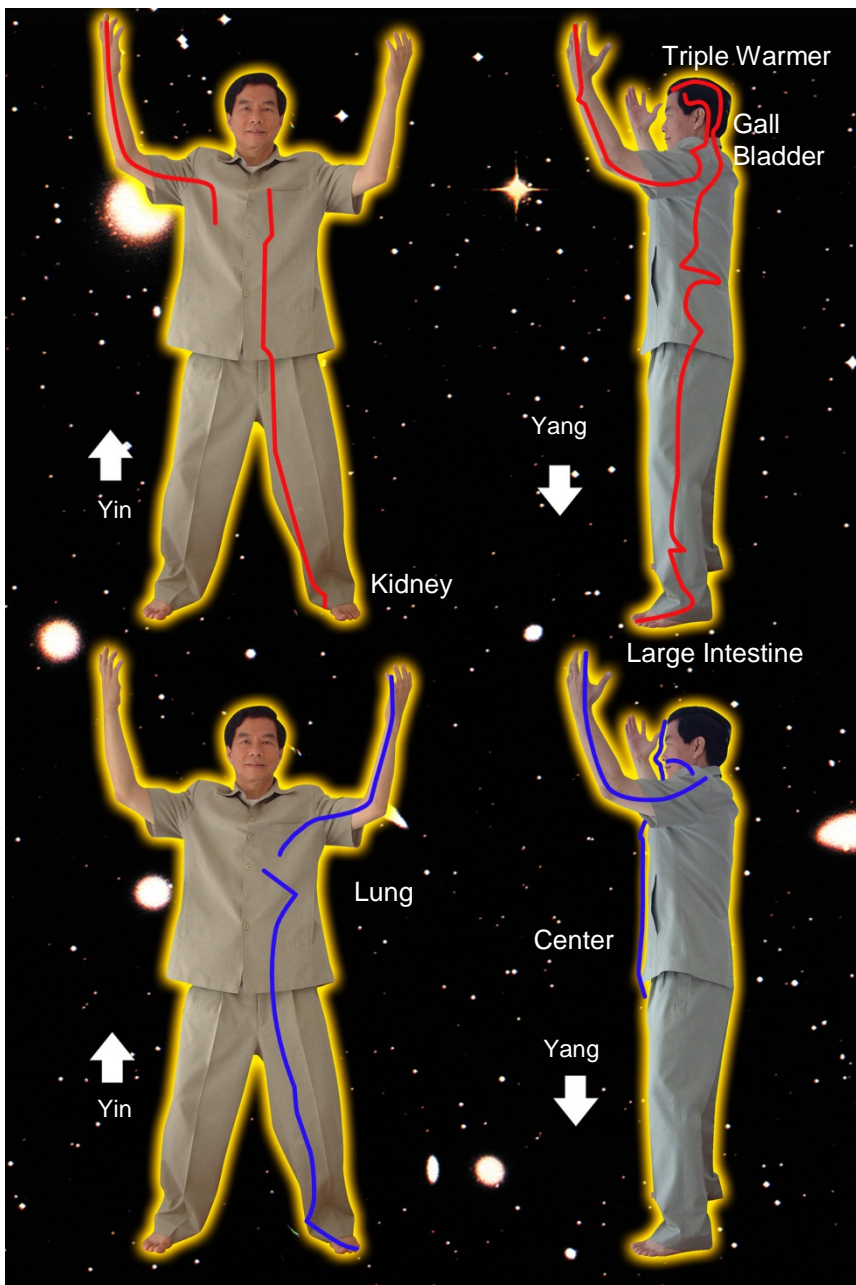


Fig. 23 Gall Bladder, Lung, Kidney and Large Intestine Meridian



Fig. 24 Small Intestine, Stomach, Heart and Spleen Meridian

Back

A. Left of Spine 1 $\frac{1}{2}$ Inches

- Hit at the left of the Door of Life, and hit up parallel to the spine up to the neck and down again to the buttocks and sacrum.

- Be very careful over the kidney and be sure to round the scapula.

B. Left of Spine 3 Inches

- Begin at the Door of Life and hit up to the rib cage and down to the buttocks.

C. Right of Spine 1 $\frac{1}{2}$ Inches

- As above.

D. Right of Spine 3 Inches

- As above.



Fig. 25 Hitting Left and Right of Spine



Fig. 26 *Hitting the Ribs*

Ribs and Chest

- The chest is hit in horizontal lines, extending out from the sternum and beginning at the bottom rib.
- Each of the hitting lines is about 1 1/2 inches apart.
- There are 6 such lines on the left and right rib cage.
- Do not hit on the center of the chest over the sternum.
- Be extremely gentle over the heart and lungs.
- Begin at the bottom of the left rib cage and hit just to the left of center and hit around to the side parallel to the belt route.
- Move 1 1/2 inches up and hit parallel to the above line.
- Finish the last 4 lines on the left rib cage and then hit the 6 lines on the right rib cage.



Fig. 27 Hitting the Chest



Fig. 28 *Hitting the ribs from the sternum outward horizontally*



Mantak Chia is the founder of Universal Healing Tao, a much-loved system of personal cultivation and spiritual development, practiced all over the world for the last 40+ years.. Through the practices of the Universal Healing Tao,, you can learn to reduce stress and create harmony and balance in all aspects of your life -- physical, emotional and spiritual.

Learning from Grandmaster Mantak Chia is a very special experience and many people sense a shift in their own life-force/vitality. We are in a new paradigm in this moment as we embrace the online world fully. Many of you are taking the time to work on personal development - to try something new or something you've always wanted to do or to commit more deeply to the practices you know and love.



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