

THE TAIJI POLE, 3 DANTIAN'S & 12 CHAKRA TRAINING

BY PROF. JERRY ALAN JOHNSON, PH.D., D.T.C.M (CHINA)

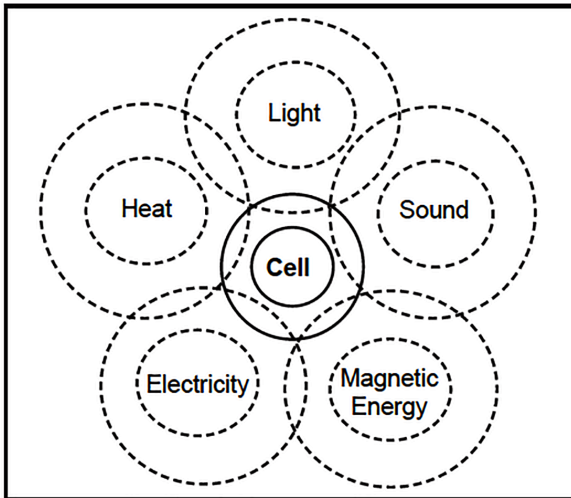
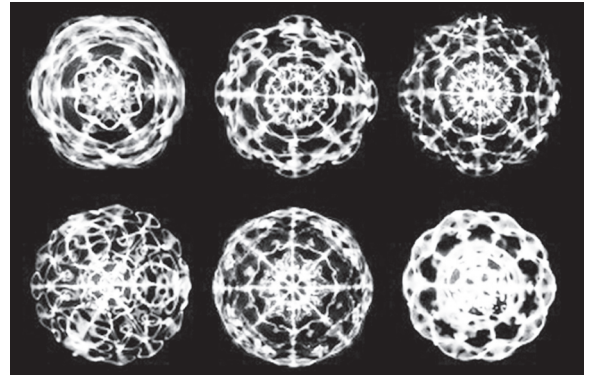
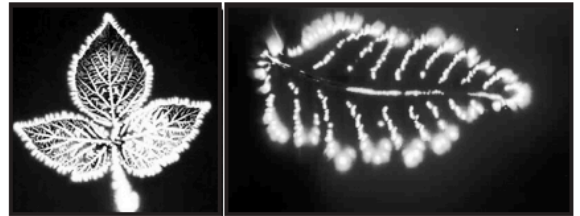


Figure 4.4. Each of the body's cells produces and responds to the vibrational resonance of Sound, Light, Heat, Magnetic and Electric sensations.



Water Sound Image Patterns



Plant Leaves Emitting Biophotons

WEDNESDAY, NOV. 8TH, 2023

8:00 a.m. The Five Types of Cellular Energies

Reading Assignment: V1, Ch. 4 (p. 193-195).

- **Healing the Body with Sound Resonances.**

Reading Assignment: V1, Ch. 4 (p. 195-210).

- **Healing the Body with Radiant Light.**

Reading Assignment: V1, Ch. 4 (p. 211-224).

- **Healing the Body with Magnetic Energy.**

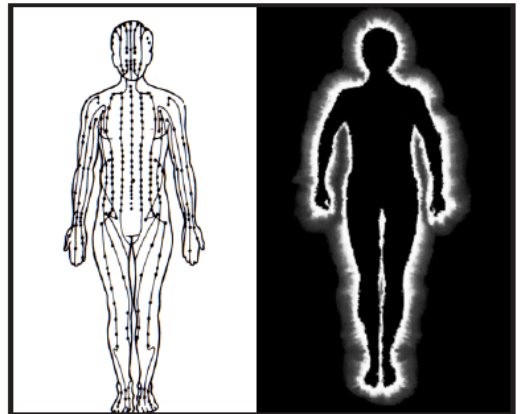
Reading Assignment: V1, Ch. 4 (p. 225-229).

- **Healing the Body with Radiant Heat.**

Reading Assignment: V1, Ch. 4 (p. 229-234).

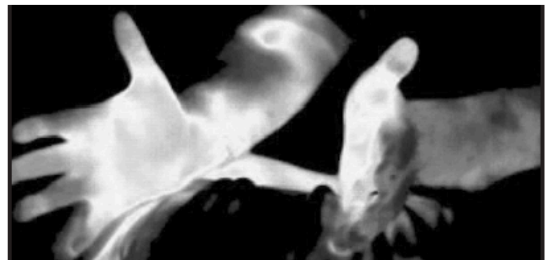
- **Healing the Body with Electricity.**

Reading Assignment: V1, Ch. 4 (p. 234-236).



The Human Body Emitting Biophotons

12:00 (NOON) - BREAK FOR LUNCH



Qigong Doctor Emitting Healing Light

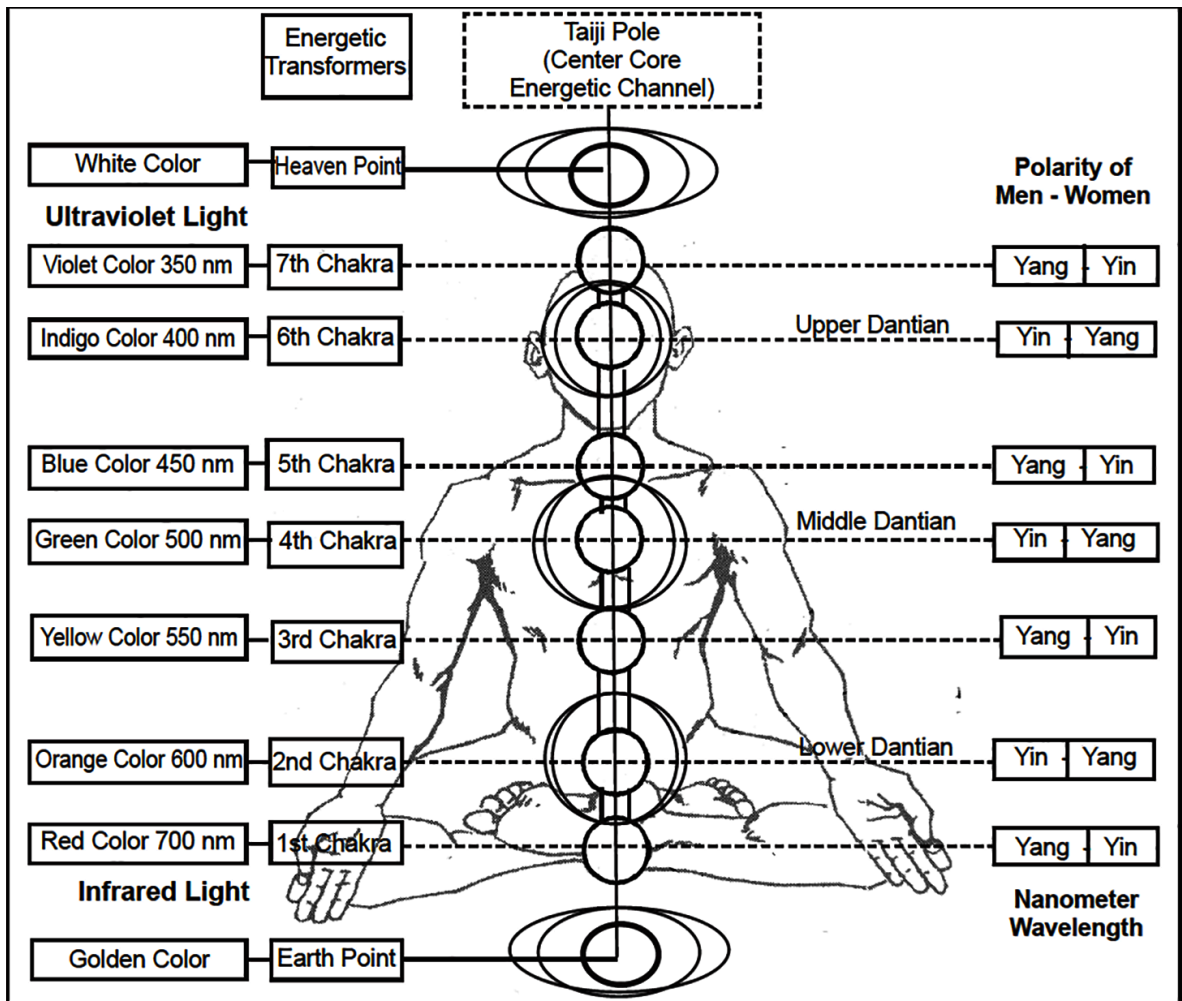


Figure 5.27. The Body's Interconnected Energetic System: The Taiji Pole, Seven Internal Chakras, The Three Dantians, and Two External (Heaven and Earth) Transpersonal Points

2:00 p.m. Class Review and Examination

- Exam #1: Explain the 5 cellular energies.
- Exam #2: Explain and demonstrate audible, sub-audible, and inaudible tone vibration.
- Exam #3: Explain the Five Element voices.
- Exam #4: Explain Light Projection, and their energetic effect on the body's tissues, the food we eat, and the clothe that we wear.
- Exam #5: Explain how the body is influenced by the electro-magnetic fields of the environment and how that effects our health.

3:00 p.m. The Three Body's Taiji Pole

Reading Assignment: V1, Ch. 5 (p. 237-241).

• **Meditation Stages and the Taiji Pole.**

Reading Assignment: V1, Ch. 5 (p. 242-244).

• **Energizing the Taiji Pole.**

Reading Assignment: V1, Ch. 5 (p. 244-248).

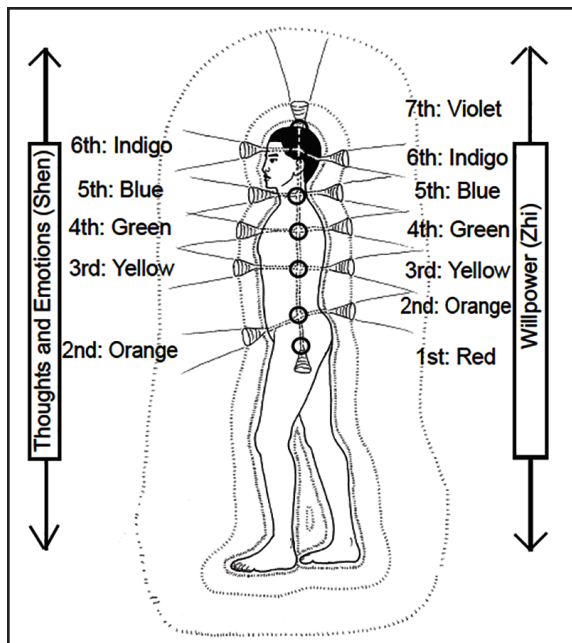
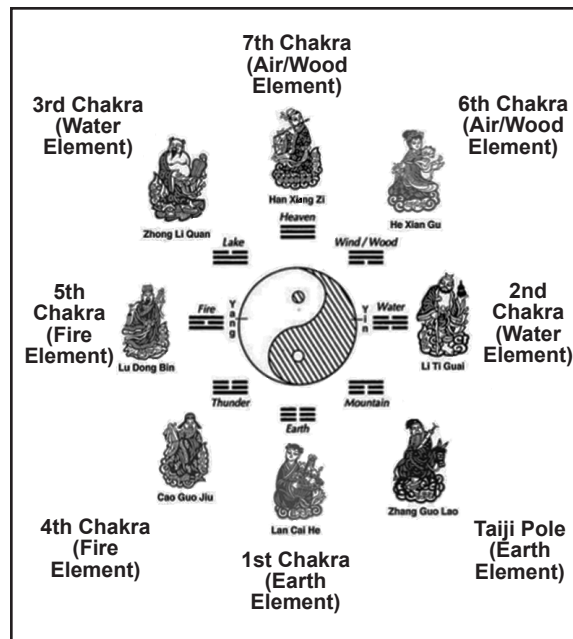


Figure 5.43. The body's Twelve Chakras Gates extend from the Taiji Pole, and expand outward into the body's three external Weiqi Fields



The Ancient Daoist 8 Immortals energetically correspond to the body's 7 Chakra Systems and Taiji Pole.

THURSDAY, NOV. 9TH, 2023

8:00 p.m. The Six External Transpersonal Points.
Reading Assignment: V1, Ch. 5 (p. 248-251).

- Activating The Soul Star & Earth Star.
Reading Assignment: V1, Ch. 5 (p. 251-255).

10:00 a.m. The Taiji Pole & Chakra System (A).
Reading Assignment: V1, Ch. 5 (p. 256-270).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. The Taiji Pole & Chakra System (B).
Reading Assignment: V1, Ch. 5 (p. 256-270).

4:00 p.m. Bridge of Light Training
Reading Assignment: V1, Ch. 5 (p. 271-272), and Hidden Teachings Vol. 1, Ch. 37 (p. 258-265).

FRIDAY, NOV. 10TH, 2023

8:00 a.m. The Body's Twelve Chakra Gates
Reading Assignment: V1, Ch. 5 (p. 273-277).

- Reconstructing a Damaged Chakra Gate
Reading Assignment: V1, Ch. 5 (p. 278-279).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. The Body's Three Dantians
Reading Assignment: V1, Ch. 5 (p. 280-283).

- The 9 Chambers of the Lower Dantian
Reading Assignment: V1, Ch. 5 (p. 284-294).
- The 9 Chambers of the Middle Dantian.
Reading Assignment: V1, Ch. 5 (p. 294-302).
- The 9 Chambers of the Upper Dantian.
Reading Assignment: V1, Ch. 5 (p. 302-314).

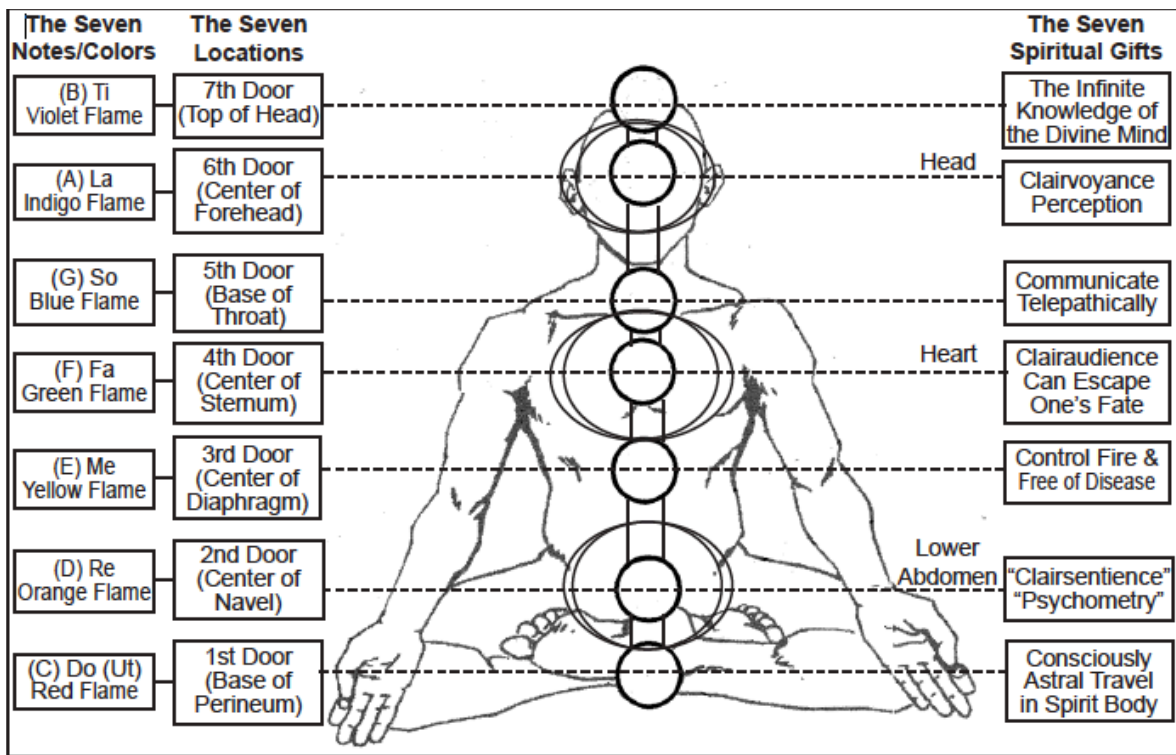


Figure 1.357. The center core (Taiji Pole) of the body houses the divine light of the eternal soul (in the heart), and also contains the seven spiritual doors (chakras) which manifest seven notes, colors, and spiritual gifts.

• **The 7 Chakras and Daoist Sex Magic.**

Reading Assignment: A Master's Journey, Ch. 44 (p. 387-392).

This secret sex magic technique was first taught to me by one of my Maoshan Daoist teachers in Beijing, China, in 1993. In the Shangqing mystical practices, sexual intercourse is used as a powerful meditation tool for overcoming and transcending lower-based cravings and desires.

In this esoteric school, after a time of purification used to put aside normal sexual instincts, the act of sex was then transformed into a powerful meditation practice - divided into four stages.

Normally, the energy often created through the act of sexual intercourse is usually trapped and contained within the body's 1st and 2nd chakra areas. This energy typically builds up during the time of sexual intercourse and results in external ejaculation. The primary goal in spiritual sexual practice however, is to raise the body's qi to the

higher energetic centers. In order to do this, you must focus on controlling the sexual energy so that it first rises and falls inside the center core of your three bodies.

The center core of the body (Taiji Pole) houses the divine light of the eternal soul (in the heart center area), and also contains the seven spiritual doors (chakras) which manifest seven notes, colors, and spiritual gifts (Figure 1.357). In order to access these gifts, you must first awaken, purify, and then energize these seven center core chakras.

1. Stage #1 (The Preparation and Body Alignment):

Before starting to make love, the man and woman should each perform purification exercises. Once their three bodies have been cleansed and purified, they will sit facing each other, with the woman on top and her legs straddled around the man's waist.

Once the woman has straddled the man's body and his penis has been inserted inside

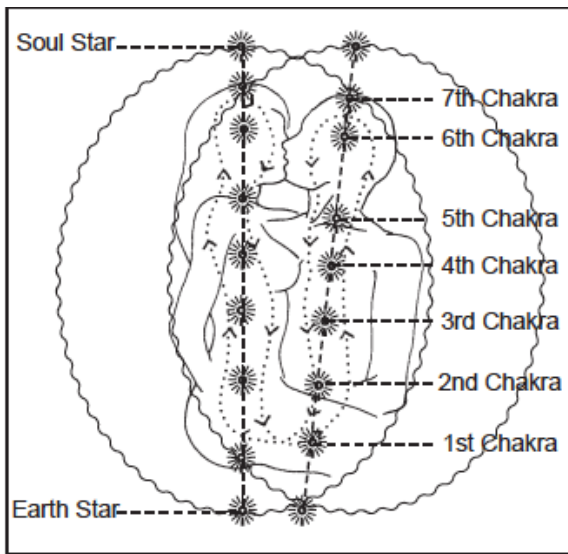


Figure 1.355. The act of sex is transformed into a powerful meditation practice - divided into 3 stages.

her vagina, she then embraces the upper back area of his heart with her left hand (yang-fire), while her right hand embraces his lower back area of his kidney (yin-water). The man will mirror this exact hand positioning on the woman's body as well.

Both of their backs are kept straight so that the energy can flow freely – and the center core Taiji Pole, 3 Dantians, 7 chakra centers, plus the bodies' Soul Star and Earth Star areas are all kept aligned vertically (Figure 1.355).

Both individuals will now imagine that their eternal soul was sitting in the center of space and time, surrounded by the complementing yin and yang energies of the Taiji. This divine energy (which flows from the infinite space of the "Wuji" to the interacting yin and yang energies of the "Taiji") is now visualized existing as a sacred aspect of each partner's center core (Figure 1.356).

This subtle energy field is additionally visualized extending away from the center of each partner's body, and connecting with the vast energies of the five main powers of creation, manifesting in the physical realm as: the qi of "Heaven" (time & space), "Earth" (form & matter), "Fire" (heat & light), "Water" (damp-

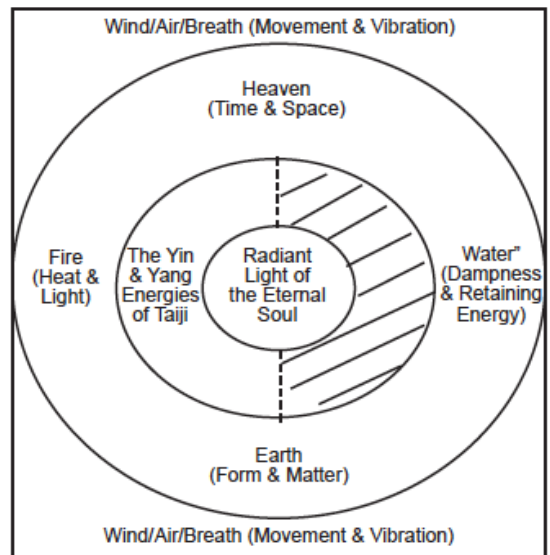


Figure 1.356. The eternal soul is sitting in the center of time and space.

ness & cohesive union), and "Wind / Air / Breath" (energetic movement & vibration).

During this yin and yang union and energetic interaction, the woman is in charge of the entire sexual encounter. She is in fact responsible for not allowing the man to ejaculate. In order to help her accomplish this, the man must surrender his need for control.

The couple should now close their eyes and concentrate on feeling their three bodies' life force energies. During this "four stage" meditation exercise, both partners will follow the same breathing pattern and visualizations, with each complementing and mirroring their partner's internal and external flow of energy.

- **The Breathing Pattern:** When beginning, it is important that the couple circulate their breath. For example, both mouths should be joined - and as one person exhales their breath - their partner will simultaneously inhale that released air. With both mouths and lips interlocked, the couple will begin to practice the following breathing pattern:

~As the woman exhales - the man inhales her breath into his heart and radiates light.

~ Then, as the man exhale - the woman inhales his breath into her heart and radiates light.

Once the heart area begins to heat up and glow, the couple will then start to place their attention onto their lower abdominal area, and focus on building radiant heat and light in the lower perineum.

2. Stage #2 (Raising the Qi): Once heat and radiant light is felt in the lower perineum, the couple will disengage their mouths, sit straight up, and begin to raise their body's energy according to the following pattern:

During the inhalation, focus on feeling your partners radiant life-force energy flow from their three bodies into your three bodies. Visualize their energy rising up through your lower perineum via your center core (Taiji Pole) - and progressing towards the top of your head.

While raising the sexual energy inside your body, it is important to pause at each chakra area and feel that energy center brightly radiating its higher spiritual energies throughout your three bodies. The longer you allow it to linger in that particular chakra area, the better.

Once you can sense its bright radiant vibration, then exhale and release the energy down your body into your lower perineum and back into your partner's body. This entire spiritual meditation practice is performed as follows:

- **The 1st Chakra - Lower Perineum:** To begin with, as you inhale, imagine and visualize radiant light being drawn up from your partner's lower perineum and reproductive organs into your 1st chakra - brightly radiating that area of your lower abdomen. Then completely surrender to this loving energy.

Now, as you exhale, imagine, feel, and visualize this radiant light returning back inside their body. Your partner will also imagine and visualize the exact same thing.

This action sets into motion a dynamic yin and yang breathing rhythm - which will be followed throughout the entire meditation exercise.

- **The 2nd Chakra - Navel area:** Next, inhale and imagine the radiant energy of your partner's 2nd chakra flowing from the center of their abdomen. Feel it rushing down the center core of their body (Taiji Pole) - exiting through their reproductive organs - and rushing deep inside your lower perineum.

Feel this energy rise straight up your center core of your body (Taiji Pole) into your 2nd chakra and navel, brightly radiating this next area. Then completely surrender to this loving energy.

Now, as you exhale, visualize this radiant energy returning back down the center of your body into your lower perineum. Feel it flow out your reproductive organ, into your partner's body, up their Taiji Pole, and radiate their 2nd chakra area (they will also imagine and visualize the same thing).

This release during exhalation is very important. It allows you much more control over your body and also prevents the sexual energy from building up too much, which would result in ejaculation.

- **The 3rd Chakra - Solar Plexus area:** Next, inhale and imagine the radiant energy of your partner's 3rd chakra flowing from the center of their solar plexus area. Feel it rushing down the center core of their body (Taiji Pole) - exiting through their reproductive organs - and rushing deep inside your lower perineum.

Feel the energy rise straight up the center core of your body (Taiji Pole) and stop at your 3rd chakra and solar plexus, brightly radiating this next area. Then completely surrender to this loving energy.

Now, as you exhale, visualize this radiant energy returning back down the center of your body into your lower perineum. Feel it flow out your reproductive organ, into your partner's body, up their Taiji Pole, and radiate their 3rd chakra area (they will also imagine and visualize the same thing).

- **The 4th Chakra - Heart area:** Next, inhale and imagine the radiant energy of your partner's

4th chakra flowing from the center of their heart. Feel it rushing down the center core of their body (Taiji Pole) - exiting through their reproductive organs - and rushing deep inside your lower perineum.

Feel the energy rise straight up the center core of your body and stop at your 4th chakra and heart center, brightly radiating this next area. Then completely surrender to this loving energy.

Now, as you exhale, visualize this radiant energy returning back down the center of your body into your lower perineum. Feel it flow out your reproductive organ, into your partner's body, up their Taiji Pole, and radiate their 4th chakra area (they will also imagine and visualize the same thing).

- **The 5th Chakra - Throat area:** Next, inhale and imagine the radiant energy of your partner's 5th chakra flowing from the center of their throat. Feel it rushing down the center core of their body (Taiji Pole) - exiting through their reproductive organs - and rushing deep inside your lower perineum.

Feel the energy rise straight up the center core of your body (Taiji Pole) and stop at your 5th chakra and throat, brightly radiating this next area. Then completely surrender to this loving energy.

Now, as you exhale, visualize this radiant energy returning back down the center of your body into your lower perineum. Feel it flow out your reproductive organ, into your partner's body, up their Taiji Pole, and radiate their 5th chakra area (they will also imagine and visualize the same thing).

- **The 6th Chakra - Third Eye area:** Next, inhale and imagine the radiant energy of your partner's 6th chakra flowing from the center of their forehead (Third Eye area). Feel it rushing down the center core of their body (Taiji Pole) - exit through their reproductive organs - and rush deep inside your lower perineum.

Feel the energy rise straight up the center core of your body (Taiji Pole) and stop at the

6th chakra (Third Eye) area of your forehead, brightly radiating this next area. Then completely surrender to this loving energy.

Now, as you exhale, visualize this radiant energy returning back down the center of your body into your lower perineum. Feel it flow out your reproductive organ, into your partner's body, up their Taiji Pole, and radiate their 6th chakra area (they will also imagine and visualize the same thing).

- **The 7th Chakra - Crown area:** Finally, inhale and imagine the radiant energy of your partner's 7th chakra flowing from the center of their crown. Feel it rushing down the center core of their body (Taiji Pole) - exit through their reproductive organs - and rush deep inside your lower perineum.

Feel the energy rise straight up the center core of your body (Taiji Pole) and stop at your 7th chakra and top of your head, brightly radiating this next area. Then completely surrender to this loving energy.

Now, as you exhale, visualize this radiant energy returning back down the center of your body into your lower perineum. Feel it flow out your reproductive organ, into your partner's body, up their Taiji Pole, and radiate their 7th chakra area (they will also imagine and visualize the same thing).

- **Pause and Repeat:** After reaching the crown, pause for a moment. Relax, open your eyes, and again begin to gaze into your partner's eyes for nine breaths.

After nine slow breaths, start the entire process all over again, beginning with the first chakra area. You must continue this seven chakra cycle for at least nine times.

When completing this last set of seven cycle, pause and again gaze into your partner's eyes. This time allow your mind to dissolve into infinite space – and allow any and all visions to spontaneously arise out of “nothingness” (i.e., the infinite space of the Wuji).

3. Stage #3 (Fusing Heaven and Earth): Next, perform the “Fusing Heaven and Earth” cycle. This is accomplished as follows (Figure 1.358):

- **Inhalation:** Begin by inhaling and visualizing the radiant energy flowing from your lower perineum - straight up your center core (Taiji Pole) and out the top of your head into your “Soul Star” point, located six inches above your body. Relax into the Soul Star point, and imagine its Divine radiating spiritual light brightly shining above your head.
- **Exhalation:** As you exhale, visualize the radiant energy of the Soul Star flowing down through the center of your body and out your lower perineum into your Earth Star point, located six inches below your body.

Each time you inhale, visualize the energy rising up from the Earth Star through the center core of your body (Taiji Pole) into the Soul Star - feeding it with bright radiant light.

Each time you exhale, visualize and feel the energy descending from the Soul Star down the center of your body (Taiji Pole) to the Earth Star - feeding it with bright radiant light.

- **Pause and Repeat:** After completing 36 heaven and earth rotations (i.e., connecting the Soul Star and Earth Star 36 times), relax, and open your eyes.

Again gaze through your partner’s eyes for nine long breaths. After nine slow breaths, start the entire 36 up and down breath rotation circulation process all over again.

The 36 “Fusing Heaven and Earth” cycle should be performed for at least three sets. When completing the last set, pause and again gaze through your partner’s eyes. This time, allow your mind to dissolve into infinite space – and surrender to any and all visions that spontaneously arise out of “nothingness” (i.e., the infinite space of the Wuji).

4. Stage #4 (The Small Heaven Circulation): In this final stage, the couple will now perform the “Small Heaven Circulation” cycle. This is accomplished as follows (Figure 1.359):

- **The Breathing Pattern:** At this point in time,

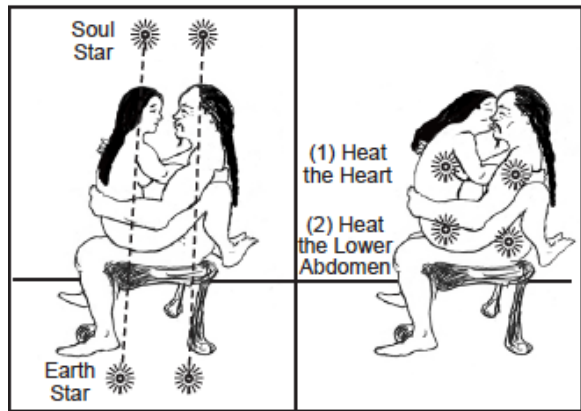


Figure 1.358. Stage #3
“Fusing Heaven & Earth.”

Figure 1.359. Stage #4
“Small Heaven Circulation.”

it is important for the couple to again circulate their breath. Both of their mouths should be joined together, and as one person exhales their breath, the other person should simultaneously inhale that partner’s released air.

With both mouths and lips interlocked, begin to practice the following breathing pattern:

~As the woman exhales - the man inhales her breath into his heart and radiates light.

~ Then, as the man exhale - the woman inhales his breath into her heart and radiates light.

Once the heart area begins to heat up and glow, the couple will then start to place their attention onto their lower abdominal area, and focus on building radiant heat and light in the lower perineum.

- **Inhalation:** Begin by inhaling, and visualize radiant energy flowing from the top of your partner’s head, down the front of their body, into their reproductive organs.

From there, the energy flows through your reproductive organs and rushes into and up your spine to the top of your head.

- **Exhalation:** As you exhale, visualize the radiant energy flowing down the front of your chest and out your sex organs into their reproductive organs, and up their spine to the top of their head.

- **Pause and Repeat:** After completing 36 breath

rotations, relax, open your eyes and gaze into your partner's eyes for nine breaths. Then start the entire 36 breath circulation process all over again. Repeat for at least three sets.

When completing this last cycle of 36 breaths, pause and again gaze into your partner's eyes. Again, allow your mind to dissolve into infinite space – and surrender to any and all visions that spontaneously arise out of “nothingness” (the infinite space of the Wuji).

As both partners continue to physically, energetically, and spiritually surrender themselves to each other, they eventually become completely open and receptive to receiving higher forms of divine radiant love. The important point is being completely open and energetically receptive towards each other.

While maintaining a steady, pulsating rhythm during the love-making, the man will wait until the woman starts to achieve orgasm. As the energy continues to build, at the peak of her first orgasm, the man will focus on the radiant light of the Divine, then immediately use his penis and thrust his energy and spirit through the center core (Taiji Pole) of the woman's body.

While emitting and projecting this radiant life-force energy, the man will imagine and visualize extending this powerful surge all the way through the top of his partner's head, out her three bodies, past her Soul Star, through the celestial pole star of heaven (i.e., the “North Star” or “Polaris”) and deep into the radiant light of the Divine.

This sudden surge of radiant energy will immediately allow the woman to pull her spirit body out of her physical body. She may then experience herself shooting through infinite space. Once this happens, her physical body will immediately collapse - hence the term “little death” used to describe this advanced mystical experience.

Right after that, the man is encouraged to project his spirit body outside of his physical body, and join his partner in space.

SATURDAY, NOV. 11TH, 2023

8:00 a.m. The Still Point of Time & Space.

Reading Assignment: Hidden Teachings Vol. 1, Ch. 37 (258); and Ch. 40 (p. 295-300).

10:00 a.m. Four Aspects of Training The Mind.

Reading Assignment: V2, Ch. 18 (p. 474-484).

12:00 (NOON) - BREAK FOR LUNCH

2:00 p.m. The 3 Stages of Mental Concentration

Reading Assignment: V2, Ch. 18 (p. 485-493).

SUNDAY, NOV. 12TH, 2023

8:00 a.m. Nei Guan Inner-Vision Training (A)

Reading Assignment: V3, Ch. 21 (p. 18-22).

10:00 p.m. Nei Guan Inner-Vision Training (B).

Reading Assignment: V3, Ch. 21 (p. 23-26).

12:00 (NOON) - BREAK FOR LUNCH

JIANG RONG QIAO'S (7TH GUA)

1. Hiding Flower Under Leaf
2. Lion Embracing Ball (A)
3. Lion Embracing Ball (B)
4. Lion Rolls Ball (A)
5. Lion Rolls Ball (B)
6. Lion Pounces On Ball (A)
7. Lion Pounces On Ball (B)
8. Lion Opens Its Mouth (A)
9. Lion Opens Its Mouth (B)
10. Lion Opens Its Mouth (C)
11. Lion Turns Its Body (A)
12. Lion Turns Its Body (B)
17. Lion Turns Its Body (C)
18. Lion Embracing Ball

5:30 p.m. Graduation & Certification