

AUGUST - 2022- NEIGONG TRAINING SEMINAR

THE 16 INTERNAL PRINCIPLES

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INTRODUCTION TO NEIGONG TRAINING

The Daoist Neigong system that you will be introduced during this 5-day seminar was originally divided into three different levels of mastery: The 16 Internal Principles - the 40 Energetic Functions - and the 8 Metaphysical Manifestations. All of which correspond to the 64 Trigrams of the Yijing and are a part of esoteric Daoist Wudang training that I have studied throughout my life.

Because this training is considered to be the true power of any master's internal ability - in ancient China it was traditionally used as the foundation of all serious martial, medical, and spiritual cultivation practices.

I mentioned these 16 Internal Principles in Chapter 32, page 245 of my autobiography titled, *A Master's Journey: Secret Memoirs of a Warrior, Healer, & Mystic*, and at one time in my life would only teach this unique training to my senior disciples before they became "Sifu" (Master).

These special techniques not only emphasize the training of a person's body, breath, and mind - but they also help to awaken the internal connection to their spirit body, which helps to increase an individual's psychic skills and intuitive perceptions.

Nei Gong (internal skill) training involves the combined use of gong li (power skill), qigong (energy / breath skill), and shen gong (mind / spirit skill), and is traditionally divided into 3 stages of development, described as follows:

- * **The Ming Jing (Overt-Obvious Power) Stage:**
Created from training the body's bones and muscles, and considered to be Lower Dantian training.
- * **The An Jing (Covert-Hidden Power) Stage:**
Created from training the body's tendons, ligaments, and inner fascia, and considered to be Middle Dantian training.
- * **The Hua Jing (Transforming Power) Stage:**
Created from training the body's cells, electromagnetic fields, and energy channels, and considered to be Upper Dantian training.



WEDNESDAY, AUGUST 10TH, 2022

INTERNAL PRINCIPLE #1:

RELAX AND COME FROM THE CENTER

Three bodies move as one unit from the three centers (body, breath, & mind), relaxed, and energetically rooted. There are four basic principles to proper Chinese Neigong training:

- * **Relaxing** - centering, rooting, and calming the body, breath, and spirit (heart and mind).
- * **Sinking** - flowing with the force of gravity.
- * **Unifying** - being whole & total, and moving as one
- * **Integrating** - combining and utilizing all of the above skills.

These 4 principles apply to our three bodies (physical body, energy body, and spirit body), our three breaths [the physical body breath occurring every 4 seconds; the energy body breath occurring every 24 hours; and the spirit body breath occurring every 60 years], and our three minds (our conscious, subconscious, and superconscious mind).

There are two main areas that we address in the study of Neigong principles: mechanics and energy. In understanding this, let's begin...

- **A) Arm Relaxing** - find a partner - have then relax - then lift and drop their arm.
- **B) Moving a loose body from the Center**

Move from the center of the body, with balance, harmony, and stillness in movement.

Move from the center of the breath. First with quiescent vibration, then with no breath.

Move from the center of the mind, within the still point of time & space - and with no thought.

INTERNAL PRINCIPLE #2: STRUCTURE TRAINING

Proper body structure; stacking the bones; shifting the weight; moving from the bottom; and marrow draining training.

- **A) Aligning with Gravity:** We are not standing - we are falling - we keep our feet under us to embrace against the floor. Drop a shoe and notice which direction it goes - it falls down. In the same manner, relax and feel the downward pull of gravity on your body.
- **B) Stacking the Bones from the Ground Up:** Relax - fall into your feet - align with gravity - and stack your bones from the ground up.
- **C) Align the Bones with Structure:** Relax - straighten your body - align with gravity - and walk around the room. With each step - fall through your feet and stack your bones from the ground up. Move from the center of your body - maximum power is always positioned on your body's center line.
- **D) Grounding:** Place your body's weight on the heels (Yang: kidneys-bones); the center of your feet (Taiji Pole); the balls of your feet (Yin: heart-blood). What is the difference?
- **E) Marrow Draining (Hand Up - You Down):**
 - Lift your hand up - then drop it.
 - Lift your hand & shoulder up - then drop it.
 - Lift both hands & shoulders up - drop them.
 - Lift both hands, shoulders, back & chest up - then drop them.
 - Now lift one arm up and NO NOT lift your shoulders, back, or chest. Instead feel your body's energy drain away from your hand. The hand goes up - yet the SENSE of you melts and goes down into the earth.
- **F) Marrow Draining With a Partner:** Have a partner lift your hand up - feel your energy melt under their feet.
- **G) Moving from the Bottom:** Relax and straighten your body - align with gravity - and walk around the room as if your upper body is placed in a full-body cast.

Get in touch with the lower part of your body. Tuck your butt under and use the pelvis muscles to lift and pick up your legs. The psoas major and psoas minor are considered

to be your body's "emotional muscles" - they also represent to transference of power from the earth into your physical body via gravity.

•H) Rooting:

- Lightly close the anal sphincter muscle
- Expand the lower abdomen
- Sink the body's weight
- Stack the bones and align its structure
- Feel the intrinsic quality of the tissues compress

12:00 (NOON) - BREAK FOR LUNCH

INTERNAL PRINCIPLE #3: UNIFYING THE BODY TRAINING

Reeling and pulling the silk; Swing the Gate exercise; finding your connection to the ground; Packing with breath, energy, light, and sound.

•A) Moving the Hips Properly:

- Bend the knees and feel the hips.
- Shift your weight to the right side - hit the wall.
- Align your right shoulder, hip, knee, and foot.
- Imagine your left knee is in a cast.
- Perform the "swing the gate" exercise.
- Shift to the other side and repeat the exercise.

•B) Keep the Knees Aligned with the Toes:

- Shift your weight to the right side
- Tuck your buttocks under
- Point your knees with your nose & toes
- NO NOT allow your knee to position itself past your toes

•C) Finding Your Connection to the Ground:

- Find a partner, and choose an "a" & "b."
- "a" twists "b's" body until they connect their hand, elbow, arm, shoulder, spine, hip, knee, ankle, and foot down into the earth.
- "b" reverses the process, unwinding the connection from the earth all the way back to their hand and the reeling the silk power throws "a" backwards.
- Repeat this on the other side of the body.
- Next, switch positions and have "b" twists "a" until their body connects with the ground - then unwinds with reeling-silk power.

•D) Training the Hips:

- Stationary - relax, fold, and hit the wall.
- Moving - fall into each step and unify your movement.

THURSDAY, AUGUST 11TH, 2022

**INTERNAL PRINCIPLE #4:
ROOTING 3-BODIES TRAINING**

Proper Structure Training; Rooting from 4 directions; aligning with gravity; Beng Jin (Intrinsic Power); and Iron Shirt & Golden Ball Training.

• **A) Feeling the Ground:**

- Sink your body's weight into the earth.
- Slowly push yourself up; and feel like you are pushing the entire planet away from your center core.

• **B) Fall into the ground & push a partner:**

- "a" stands still and firm.
- "b" falls into the ground and offsets "a's" body by moving it 45° to the right or left.
- Next, "b" turns their hips and uproots "a."

**INTERNAL PRINCIPLE #5:
USING QI TO MOVE THE BODY**

Developing the intrinsic quality of the tissues; pushing and pulling with intrinsic power; three actions of the hips training; 2 actions of the spine.

• **A) Using Jin to push your hand out:**

- Relax, raise both arms and sink while performing marrow draining - feel your body melt its life force energy down into your feet.
- Next allow your hands to come to rest near your chest; and place your right foot forward.
- Sink your weight into your front foot.
- Now shift your weight back from the right front foot to the back left foot - and turn your hips to push your opposite (left) hand out.

The compression placed in the bottom of the foot is responsible for moving your entire body. During this action, 100% of your weight should either be on the front or the back foot.

- Repeat this action on the other side of the body.

• **B) Natural Breathing:** If you do not breathe deeply, you will start suppressing your emotions - which results in tension. The more the tension - the more the anxiety; the more the anxiety - the greater the stress. One way to avoid this is as follows:

- Form a Wuji standing meditation posture.
- Lightly close your anal sphincter.

- One hand touches your solar plexus; the other hand touches just below your navel.
- Breathe from the bottom of the pelvic girdle.
- As you inhale, first push your lower hand away from your body - then push your upper hand.

• **C) Using the Breath to push the hand:**

- Lightly close your anal sphincter.
- Stand with your right foot forward.
- Breathe into the bottom of the pelvic girdle, and fill according to the following pattern:
 1. Inhale from the nose and lead the energy down the front of the body to the anal sphincter and lower perineum (dragon's pool).
 2. Then lead the energy from the anal sphincter up the lower back - into the kidney area.
 3. From the kidney area - lead the energy through the body to the front solar plexus (yellow court) area.
 4. From the solar plexus area - lead the energy down the lower abdomen to the navel.
 5. From the navel, imagine and feel the energy fill the lower dantian and form a large ball.
 6. Next - exhale this circulated energy through the center of your front right leg - and feel it penetrate deep into earth.
 7. NOW, with the abdomen still expanded, inhale the earth energy up from the planet, through the center of your front right leg, and lead it back into the lower abdomen.
 8. Twist your hip and use THIS energy in order to push out your opposite hand.
 9. As your left hand extends - sink - and feel your back left foot compress into the earth.

12:00 (NOON) - BREAK FOR LUNCH

**INTERNAL PRINCIPLE #6:
YIELDING, LOOSENESS & UNITY**

We cannot separate what happens to the body's tissues - and what happens to the body's life force energy. Thus we consciously create the energy flow that supports our intrinsic power.

Increasing energy flow and intrinsic power training; Looseness & Unity; Yielding; Melting; and Sinking in Mass training.

• **A) Unconditional Yielding:** This exercise is

used to expose any hidden agendas and internal restrictions.

- "a" lightly pushes "b" - and "b" unconditionally yields to the energy of the push.
- After a few minutes switch roles.
- **B) Melting:** Used to "yield with control."
- "a" SLOWLY touches "b" - who melts away from the touch like hot wax melting in a fire.
- **C) Sinking in Mass:**
- Walk around the room and imagine that with each step you create large stakes that instantly thrust and root themselves under the earth.
- Focus on extending your Qi a great distance under the earth - your energy will not go there unless you imagine, visualize, and feel it. The creation of this energetic manifestation is deeply rooted in the conceptualization of it - which gives birth to the feel of it.
- **D) Push a partner using the tendons & root**
- **E) Pull a partner using the tendons & root**
- **F) Press a partner using the tendons & root**

**INTERNAL PRINCIPLE #7:
DIFFERENT WAYS TO TRANSFER POWER**

There are three secret movements of the hips and two actions of the spine traditionally used when transferring internal power. The three movements of the hips are described as follows:

Hips

- * **Folding the Hips:** the hips turn 45% towards the sides of the body, and "hit the wall" to maintain proper root & maximum power.
- * **Shaking the Hips:** the hips shake side to side to discharge energy.
- * **Bucking the Hips:** the hips tuck under, and at the same time thrust forward in order to discharge energy.

The two main actions of the spinal column used for discharging Qi are described as follows:

Spine

- * **Rippling the Spine:** this energetic action begins at the base of the spine and ripples up each vertebrae until it comes to the "Big Hammer." The shoulders are then compressed - which transfers the energy down the arms and out the hands. This action is used in all Crushing Palm applications.

* **Whipping the Spine:** this energetic action also begins at the base of the spine and ripples up each vertebrae until it comes to the "Big Hammer." However, upon impact - the action of the spine is immediately withdrawn. This action is similar to that of cracking a bull-whip- and is always used when performing Lightning Palm applications.

When training the three bodies, our conscious mind becomes aware of its own life force circulation according to three levels of internal perception and feeling sensation. These three levels are described as follows:

* **The Skin Level:** Life force energy is often first experienced superficially on the skin, and manifests as the "Eight Energetic Touches," defined as heat, expansion, tingling, swelling, twitching, itching, heavy, and light sensations.

In this first stage, the body's energy flow is increasing as it moves throughout the muscles, the skin, the 12 major meridians, the Conception Vessel (Sea of Yin Qi), and the Governing Vessel (Sea of Yang Qi).

* **The Nerves:** As the person's energy awareness continues to awaken, they will feel the increased life force energy penetrate deeper inside their body, affecting the nerves, tendons, and inner fascia - often manifest as tingling, vibrating, and electrical shocks.

At this stage the increased energy is also felt within the 8-Extraordinary Vessels.

* **The Bones & Marrow:** At this advanced stage, the person will feel the life-force energy penetrate the core of their three bodies - manifesting unique sensations, such as the inner-sounds of different radiant vibrations associated with ecstatic states of spiritual bliss.

Inner-Sounds

Physical Body: The inner-sound vibration associated with the physical body sounds like 1,000 canaries singing (Shhhhh).

Energy Body: The inner-sound vibration associated with the energy body sounds like rushing water (Ahhhhh).

Spirit Body: The inner-sound vibration associated with the spirit body sounds like radiant light vibrational humming (Whomm).

**INTERNAL PRINCIPLE #8:
ENERGY & MIND TRAINING**

Increasing perceptual awareness training; and spirit body projection training.

Energy flows where your awareness goes. Therefore, when you change your feeling relationship with something - you also change its feeling association and the effects of its power.

• A) Feel your Hand:

- Perform the 1-10 and 3 Invocations.
- Sit on the floor.
- Place your attention onto one of your hands.
- Notice the difference between what your hand felt like before and after you decided to direct your spirit (heart and mind) onto it.

• B) Standing Up with more Power:

- From this sitting position - stand up.
- Now notice the way that you stood up.
- This time as you stand up, imagine and feel the energy of the room rushing through your legs and filling your three bodies with incredible power.
- Now notice if this visualization changed the way you stood up. Understand that this is why we work with visualization (images), sounds, and different feeling sensations in order to effect, move, and transform the energy flowing within our three bodies.

• C) Accepting Your Body Totally: You can change your attitude, positioning, and orientation to your body by accepting it completely as it is. In fact, it is easier to work with your body's different energy fields if you totally accept the way it is - with all of its external quarks and unique manifestations.

- Perform the 1-10 and 3 Invocations.
- Sit on the floor.
- Place your attention onto your head.
- Work down your body, and with your spirit (heart and mind) notice, feel, touch, and accept every part of your body the way it is.
- Do Not ignore any part of your body.

• D) Creating an Image of your body through Feeling:

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- Close your eyes and forget about any ideas you

have of what your body feel like.

- Now feel your body like an object in the dark.
- Feel from the inside out.
- Feel every inch of your body, its size and shape.
- Do Not use memory to help you.
- Instead use your mind to feel what is there.
- Do not leave out and details.

• E) Feel inside the Body:

- Next feel inside the shell of the body.
- Feel the space that exists deep inside you.
- Allow your mind to move from within to without, feeling everything that is there.

• F) The Projection Machine:

- Next imagine and visualize that as you feel your physical body - your spirit body immediately projects in front of you and manifests as the exact image of what you feel.
- Because your body will only project the different parts that you are feeling, constantly strive to fill out your entire body all at once.
- Notice every moment that the things you leave out immediately change the projected image.
- Keep constantly filling out your entire body, in every moment.

• G) Taking the Shape that you Envision:

- Close your eyes and create a posture in your mind that your body can form.
- Then, with your eyes still closed, move your physical body into that posture.
- Like placing a hand inside a glove - insert your physical body into the projected image of your spirit body.
- Next, open your eyes and see if the shape is exactly the same as you had imagined.
- Notice if anything was different, and then make the changes until it matches perfectly.
- Continue working with this until the shape you take exactly matches your projected image.

FRIDAY, AUGUST 12TH, 2022

**INTERNAL PRINCIPLE #9:
ENERGY BODY TRAINING**

Increasing qi & root; retaining, feeling and projecting your spirit body; life force breathing meditation.

• **A) Creating an Energetic Root:**

- Perform the 1-10 and 3 Invocations.
- Next shift your weight to one leg and stand on one foot.
- If you lose your balance, adjust the feeling of your entire body to maintain balance.
- After a few minutes switch to the other foot.

• **B) Competitive Rooting:**

- Find a partner.
- Perform the 1-10 and 3 Invocations.
- Shift your weight to one leg & stand on one foot.
- Begin to take turns LIGHTLY pushing and pulling each other, and try to maintain your balance.

• **C) Capturing an Image:**

- Perform the 1-10 and 3 Invocations.
- Next sit on the floor and close your eyes.
- Before you closed your eyes you had an image before you. Get a picture of that image in your mind.
- Now open your eyes and contrast what is there against the image you previously created within your mind.
- Compare and contrast; notice the differences between reality and your mind's image.
- Repeat this exercise until you can get this external image to match exactly the same as your mind's image.

• **D) The Life Force Breathing Meditation:**

- Perform the 1-10 and 3 Invocations.
- Lie on your back, with your feet outstretched.
- Feel you body sink and melt into the floor.
- Place your hands onto your lower abdomen.
- Breathe into and out from your lower abdomen. Expand your abdomen as you inhale; and contract your abdomen as you exhale.
- Stay awake and feel the rhythm of your breath move your three bodies.
- Next, feel the energy of your entire body flow into your lower abdomen as you inhale and expand your abdomen.
- As you exhale, feel the energy radiate away from the center of your lower abdomen - and contract your abdomen.
- Now feel the air and space around your body expanding as you inhale, and contracting

as you exhale. With each breath this feeling sensation gets stronger.

- Slowly sit up and maintain this same breathing pattern and imagery sensation.
- Slowly stand up and maintain this same breathing pattern and imagery sensation.
- Slowly walk around the room and maintain this same breathing pattern and imagery sensation.

INTERNAL PRINCIPLE # 10: BODY MECHANICS AND ENERGY

Body mechanics and energy training ("in & down" - falling into the push and pull); Dropping the breath into the 1,000 lb. ball (Earth Star); Out-reaching across the room; moving the air.

• **A) Relaxing and Letting Go:**

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- Now relax your body.
- Relax you body even more.
- Relax you body even more than that.
- If you can relax your body and let go of more, it indicates the degree that you were holding back.
- Try it again, this time let everything drain out into the earth - until all that is left is the energetic compression that gravity is placing on you now.

• **B) The 1,000 pound Wreaking Ball:**

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- Imagine connected to your waist is a weight belt that is attached to a 1,000 pound wreaking ball, suspended several feet under the earth.
- Imagine that your lower abdomen is also connected to this 1,000 pound wreaking ball - via a powerful chain that extends from your Lower Dantian through the middle of your perineum into the center of the wreaking ball.
- Walk around the room and focus on all of your movements being directed by this underground wreaking ball.

• **C) Outreaching Across the Room:** To understand that your life force energy is not restricted to your body - and become aware that

when it comes to energy flow: *"In & Down" takes precedence over "Up & Out."*

- Focus on your life force energy flowing down under the ground into this wrecking ball.
- This in and down movement naturally causes the earth energy to rise upward, and can thus be directed to flow outside your body.
- Raise your right hand and perform "marrow draining" into the 1,000 pound wrecking ball.
- As your body's energy melts under the earth, simultaneously extend your life force out your hands in order to reach out and feel the walls.
- Close your eyes, sink into the ground, reach out and feel exactly what you are connecting with.

12:00 (NOON) - BREAK FOR LUNCH

INTERNAL PRINCIPLE #11: THE WU ZANG ENERGY BALL TRAINING

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- **Heaven:** Now imagine absorbing celestial energy from the heavens into the center of your body via the top of your head. Feel this radiant light fill your entire body, and illuminate all of your tissues - rooting itself deep inside your lower abdomen.
- **Earth:** Next imagine a golden yellow mist rising up from the core of the earth. Feel this energy flow through your legs and connecting with your spleen organ.
- Next feel this golden earth energy envelop the celestial light radiating from deep within your center core Taiji Pole.
- **The Red Phoenix:** Next, focus on your chest and imagine a portal opening in the front of your heart. Visualize red flames immediately rushing several feet in front of your body, and immediately transforming into the image of a fiery Red Phoenix.
- **The Dark Blue Turtle-Snake:** Next, focus your attention onto your kidneys. Imagine a portal opening between your kidneys and feel this energy immediately rush several feet behind your body, like a powerful raging river forming an enormous Dark Blue Turtle & Snake.

- **The White Tiger:** Next, focus your minds attention onto your lungs and visualize a portal opening on the right side of your body, just under your right ribs.

As this portal opens, visualize a powerful white mist rush several feet to the right of your body, and transforming into the image of a powerful White Tiger.

- **The Green Dragon:** Next, focus your minds attention onto your liver and visualize a portal opening on the left side of your body, just under your left ribs.

As this portal opens, visualize a powerful green mist rush several feet to the left of your body, and transforming into the image of a powerful Green Dragon.

- **The Animals Rotate:** Now imagine and visualize all of the animals moving around your body in a counter-clockwise direction; each one protecting, stalking, and defending the previous animal's position.

- Gradually increase their speed until they whirl around your body like a mighty multicolored wind, blending all of their colors together, forming a powerful energy bubble.

- After forming a protective multicolored energy bubble around your body, imagine absorbing all of the energies back into your body through the top of your head.

As the multicolored energy enters into the top of your head, feel all of the colors separate into different colored mists, and return back to their original organs.

INTERNAL PRINCIPLE #12: PROJECTING QI AND SHEN

Bringing the shen (heart and mind) into the still-point of time and space; feeling & perceiving the environment; competitive sinking; creating the water-drop energy bubble; arm dispersion; moving from water drop; outreaching from the water drop; dissolving a partner's qi and shen, and uprooting a partner's three bodies.

- **A) Feeling the Floor:**

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.

- Now relax your body, sink and feel the floor.
- Feel your feet squish into it.
- Feel it all the way to the four walls.
- As you walk on it, get a sense of your life force energy moving under the floor.
- Pretend that the floor has holes like a grid, and get a sense of being underneath it several feet.
- Feel and get a real sense of being there.

• **B) Competitive Sinking:**

- Find a partner and stand in front of them.
- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- Relax, sink, unify, and integrate your internal body being.
- Next, try and extend your energy under your partner's body.
- Who can get lower?
- Continue sinking your energy under your partner's body.
- Get feedback and then change partners.

• **C) The Water Drop Energy:** The Water Drop energy forms the internal foundation of our body's energy bubble.

In order to create the Water Drop energy, visualize the energy of the head and Upper Dantian melting into the chest, and fusing with the energy of the Middle Dantian.

Next visualize the energy of the chest and Middle Dantian melting into the hips and fusing with the energy of the Lower Dantian.

Once these combined energies reach the hips, they expand outward like a three-dimensional cone and extend under the ground in order to form what looks like a rather large three dimensional water drop.

Once this internal water drop is created, the body's external energy bubble is also created - which immediately surrounds the three bodies center core Taiji Pole equally on all sides.

• **D) Arm Dispersion & the Water Drop Energy:**

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- Next do the "hand up-you down" and the "marrow draining" application.
- As you raise your hand - melt your energy into your sinking Water Drop energy and feel both rivers of energy sinking en masse.

- Simultaneously feel like the tissues of your extended arm diffuse and disperse, dissolving away from your body
- Next, perform energy extension and start to feel the walls and different things that exist within your environment.
- Remember, the deeper your drain - the further you extend you energy.

• **E) Melting & Projecting Life Force Energy:**

- Sit on the floor.
- Next perform "Pulling Down the Heavens" and sink your life force energy into your Lower Dantian.
 1. Feel you body and the energetic shape it takes.
 2. Then relax and melt like a mist into the floor.
 3. Feel you body and the energetic shape it takes.
 4. Then relax and melt like a mist into the ceiling.
 5. Feel you body and the energetic shape it takes.
 6. Then relax and melt like a mist into the wall.
 7. Feel you body and the energetic shape it takes.
 8. Then relax and melt like a mist into the ceiling.
 9. Feel you body and the energetic shape it takes.
 10. Then relax and melt like a mist into the space existing within the room.

SATURDAY, AUGUST 13TH, 2022

<p>INTERNAL PRINCIPLE #13: INCREASING PERCEPTION</p>

To increase psychic perception, perform the Eight Direction Perception meditation; the Tangible and Intangible meditation; and the Body, Energy and Mind meditation.

• **A) 8-DIRECTION PERCEPTION**

- Stand in Wuji posture
- Perform the 1-10 & 3 Invocations.
- **Natural Breathing:** Inhale, expand from your lower abdomen. Exhale, and contract your lower abdomen.
- **The Light of your Eternal Soul:** Now visualize that in the middle of your chest is the illuminating light of your eternal soul. Imagine that this radiant star is connected to God, and exists as a small fragment of the Divine.
- Next feel the floor and sink your mind deep into the center of the planet.
- **Front:** Now imagine a small fragment of this radiant star rushing 12 feet in front of your

body - and immediately transforming into a large radiant orb.

- As this illuminating sphere expands to a six-foot diameter, visualize its bright light shining back onto your physical body touching and connecting with your eyes, nose, mouth, chest, torso, hips, arms, legs and feet; illuminating everything that exists on the front of you.

As you extend and connect this awareness from the front of your body to the bright spotlight, allow your body, mind and spirit to feel, experience, and acknowledge this illuminating connection.

- **Back:** Now imagine a small fragment of this radiant star rushing 12 feet behind your body - and immediately transforming into a large radiant orb.
- As this illuminating sphere expands to a six-foot diameter, visualize its bright light shining back onto your physical body touching and connecting with the back of your head, neck, spine, back, torso, buttocks, arms, legs and heels, illuminating everything that exists on the back side of your body.

As you extend and connect this awareness from the back of your body to the bright spotlight, allow your body, mind, and spirit to feel, experience, and acknowledge this illuminating connection.

Make sure that you fill out the back of your body as evenly as you did the front, and notice your relationship with this energetic connection.

- **Right Side:** Now imagine a small fragment of this radiant star rushing 12 feet to the right of your body - and immediately transforming into a large radiant orb.
- As this illuminating sphere expands to a six-foot diameter, visualize its bright light shining back onto your physical body touching and connecting with the right side of your head, neck, shoulder, torso, hip, arm, leg, and foot; illuminating everything that exists on the right side of your body.

As you extend and connect this awareness from the right side of your body to the bright spotlight, allow your body, mind, and spirit

to feel, experience, and acknowledge this illuminating connection.

Make sure that you fill out the right side of your body as much as you fill out the front and back sides of your body, and notice your relationship with this energetic connection.

- **Left Side:** Now imagine a small fragment of this radiant star rushing 12 feet to the left of your body - and immediately transforming into a large radiant orb.
- As this illuminating sphere expands to a six-foot diameter, visualize its bright light shining back onto your physical body touching and connecting with the left side of your head, neck, shoulder, torso, hip, arm, leg, and foot; illuminating everything that exists on the right side of your body.

As you extend and connect this awareness from the left side of your body to the bright spotlight, allow your body, mind, and spirit to feel, experience, and acknowledge this illuminating connection.

Make sure that you fill out the left side of your body as much as you fill out the right, front, and the back sides of your body, and notice your relationship with this energetic connection.

- **Earth (Bottom):** Now imagine a small fragment of this radiant star rushing 12 feet under your body and immediately transform into a large radiant orb.
- As this illuminating sphere expands to a six-foot diameter, visualize its bright light shining back onto your physical body touching and connecting with everything on your body that is facing down - such as the bottom of your feet, the inside of your legs, thighs and groin, your hands and the inside of your forearms, arms and armpits, the lower aspect of your back and the back of your head, underneath your chin, the bottom of your ears, and the base of your nose.

As you extend your awareness to the bright spotlight that exists underneath the earth, allow your body, mind, and spirit to feel, experience, and acknowledge this illuminating connection.

Make sure that you fill out the bottom of your body as much as you fill out the front, back, right, and left sides of your body, and notice your relationship with this energetic connection.

- **Heaven (Top):** Next imagine a small fragment of this radiant star rushing 12 feet above your body and immediately transform into a large radiant orb.

As this illuminating sphere expands to about a six-foot diameter, visualize its bright light shining back onto your physical body touching everything that is facing up, - such as the top of your head, top of your ears, tip of your nose, shoulders, chest and back, upper aspect of your buttocks, and the top of your groin, thighs and feet; illuminating everything that faces towards the heavens.

As you extend your awareness from the top of your body and its connection to the bright spotlight existing within the heavens, allow your body, mind, and spirit to feel, experience, and acknowledge this illuminating connection.

Make sure that you fill out the top of your body as much as you fill out the bottom, left, right, back, and front sides of your body, and notice your relationship with this energetic connection.

- **Inside:** Now focus your attention back onto the bright light radiating within your eternal soul, and feel the connection your eternal soul has with each of these six directions.

Once you have a strong understanding of this energetic union, begin to focus your attention onto your eternal soul's connection with everything that exists inside your physical body.

- **Outside:** Next, feel the energetic connection the eternal soul has with everything that exists inside and outside your body becoming stronger. In order to experience this, visualize the white light of your internal soul's illuminating star flashing outside your physical body and touching everything in its circular sphere of influence. Energetically pulse and radiate this divine light back and forth with

each inhalation and exhalation, and imagine and feel these illuminating rays becoming stronger with each breath.

- **Ending The Meditation:** After about thirty to forty minutes of practice, return your awareness back to the physical body, and place your attention on feeling the breath as it moves into and away from your lower abdomen.

Then, after relaxing into a quiescent state of mind, bring your attention to breathing softly, comfortably, and silently for several minutes. Then perform the Pulling Down the Heavens exercises and end the meditation practice.

• **B) THE TANGIBLE & INTANGIBLE MEDITATION**

To control the formless nature of our spirit, and consciously discipline the unbridled emotions of the heart and never-ending thoughts of the mind, many Daoist mystics were taught how to direct their focused concentration onto certain mental images.

These special image trainings require the meditator to apply their focused, fixed concentration onto a stationary object. Such training allowed the mystics to develop stronger mental self-control, permitting them to firmly hold, mold, and shape their mind's active, elusive nature.

These special meditations were also introduced to expand the person's conscious perceptions, and to further awaken their innate spiritual intuitions, which in many cases had been asleep inside the individual since their early childhood.

With this understanding in mind, the purpose and goal of practicing the following "Tangible and Intangible Meditation" is to provide you with a way to increase your perceptive intuitions, and to strengthen your sensitivity of the various realms of creation. Once this meditation has been mastered, it additionally prepares the individual for experiencing more advanced states of spiritual knowledge and divine wisdom.

The Tangible and Intangible Meditation is described as follows:

1. **The Preparation:** In a quiet room, perform the 1-10 and 3 Invocations; then find a safe place, and sit comfortably on the floor.

- **Natural Breathing:** Next focus on lower abdominal breathing: and you Inhale - expand your lower abdomen - then as you Exhale contract your lower abdomen. Feel your three bodies expand and contract with each breath.

2. The Realm Of Intangible Things: From a sitting meditation posture, close your eyes and place your attention on experiencing that which is intangible. Intangible things are things that cannot be perceived or examined through physical contact. Instead they are considered to be concepts and ideas. In other words, intangible things are something that you do not sense with your body, but rather with your mind. Because they are unable to be touched or grasped, they do not have a physical presence and include such things as:

- Thoughts
- Emotions
- Space
- Air
- Light
- Sound
- Time
- Energy
- Love
- Intelligence
- Spirits
- Beliefs
- Memories
- Attitudes
- Opinions
- Fragrances
- Colors
- Dreams
- Faith
- Hope

Take a moment to relax and clear your mind, and experience the realm of intangible things. Stay with this for several minutes in order to enhance your abilities in comprehending this energetic state.

3. The Realm Of Tangible Things: Next, place your attention on that which is tangible. Tangible things are those things that can be perceived or examined through physical contact. Tangible things can be discernibly touched and palpitated, they include such things as:

- The tissues of your physical body.
- The clothing that you are wearing.
- The jewelry on your body.
- The floor where you are sitting.
- The walls of the meditation room.
- The ceiling of the meditation room.

In order to enhance your comprehension of this energetic state, it is important to relax and take the time to experience the realm of tangible things for several minutes.

4. Experiencing The Intangible as Tangible: Now imagine, feel, and experience all the things you hold as being intangible as being tangible. For example:

- Thoughts and emotions generate energy, which you can perceive and feel as strong or weak energetic fields.
- The viscosity of space can possess a specific type of density according to environmental influences, which can also be felt.
- Light produces heat, and sound produces vibrational resonance which can also be felt and experienced. It is important to relax and take the time to imagine, feel, and experience the things that you previously held and believed to be intangible, as now being tangible.

5. Experiencing The Tangible as Intangible: Now imagine, feel, and experience all the things that you hold as being tangible as being intangible. For example:

What you once perceived as being tangible, such as the floor, walls, and ceiling of the meditation room, are in fact fields of highly charged particles of energy, moving at different frequencies and levels of vibration in order to compose the appearance of matter. Therefore matter is actually non-existent.

- Although the floor is believed to be tangible, you can relax and feel through the floor into the earth, and experience the coolness of the ground underneath the floor.
- Although the walls are believed to be tangible, you can actually feel through the walls and experience the current weather condition existing outside the meditation room.
- Although your body is believed to be tangible, you can actually feel through your external tissues to experience the energetic resonance of the internal organs of someone sitting next to you, or some type of furniture located inside the meditation room.

It is important to relax and take the time to imagine, feel, and experience these things

that you previously held and believed to be tangible as now being intangible.

6. The Tangible and Intangible Fuse into One Energetic Form: Now combine and blend all of the things you once held as being tangible and intangible into a total harmonious balance of true energetic form.

Because both can be experienced as different variations of energy, they are therefore considered to both simultaneously be tangible and intangible energetic manifestations.

It is important to relax and take the time to imagine, feel, and experience the tangible and intangible as simply being altered states of energy. This acceptance allows you to become totally equal and receptive to everything around you, and allows you to accept all forms of energetic manifestation.

12:00 (NOON) - BREAK FOR LUNCH

INTERNAL PRINCIPLE #14: BODY, ENERGY & MIND

In working with our bodies life force energies, there is nothing more powerful than “thought,” which tends to alter and change the energetic movement flowing within and surrounding our three bodies. Thus through creative visualization, we can shape and mold the internal and external energetic patterns of our body, energy, and spirit.

With this in mind, the ancient mystics used the skill of visualization as the primary method through which to train their thoughts - allowing the internal power behind this subtle energy to be collectively harnessed and utilized for creative manifestation.

It is through this type of disciplined observation, that we are able to expand our conscious awareness to endless heights. In fact, the more aware we become of the external world and environment which surrounds us now, the more conscious and lucid we will be in the worlds beyond.

The initial goal of performing the following “Body, Energy, and Mind Meditation” is to acquire a greater mastery over the various energetic states of our physical body, energy body, and spirit body.

This greater control will help us to increase our kinesthetic, empathetic, and intuitive awareness and perception skills.

The Body, Energy and Mind Meditation is described as follows:

1. The Preparation: In a quiet room, perform the Three Divine Invocations; then find a safe place, and sit comfortably on the floor.

2. Your Body is Mind: From a sitting meditation posture, close your eyes and place your attention on feeling and experiencing the concept that “all is Mind,” and that your physical body exists as an external manifestation of your mind.

- All that there is — is Mind. There is no body except for your thoughts about it. The concept that you have a body, and your sense of having a body is only a product of various cognitive understandings related to your mind.
- Notice that without your mind, in a very real sense, you would not know that you had a body.

You know that you have a body because of your thoughts about your body. So in reality, your body is only one area of the thoughts and ideas in your mind.

- Everything is mind. Sitting, meditating, thinking, feeling, all of this is mind.

The concept of existence is all mind. Therefore experience your body as your mind.

- Realize that the mind is the foundational root of pattern and form; and that all things contained within the physical world are created and formed by the mind.
- Now realize that this ocean of mind is vast and infinite. Therefore, all is mind.

3. Your Mind is Body: Now bring your attention to feel and experience your mind as your body.

- All that there is — is body. Your mind is simply a function of your body. Your experiences in the mind, are but the experiences of the body.
- What else is the mind but the sum-total of all the sensations that the body experiences.
- What are all of your thoughts about, but the relationships surrounding your body.

- What is your mind, but a point of view relating to your body.
 - Your mind is nothing but body. If you had no body, you would have no mind.
 - Therefore, experience your mind as your body.
- 4. Energy is Mind and Body:** Now place your attention on experiencing the concept that “all is Energy,” and that your energy is your mind.
- Everything that you call mind — all of your thoughts, ideas, beliefs, and feelings — is actually energy.
Energy manifests in every thought process; therefore a thought is simply energetic life force movement.
 - Energy is also body. The only reason that you know that you have a body is because your energy touches it, fills it, and gives it life.
 - Energy gives you the experience of and contact with, both your body and your mind.
 - Energy allows you to know your body.
 - Energy is mind, creates mind, and creates body.
 - Your feelings and your sense of body are energy, therefore everything is simply energy.
 - Experience your mind and your body as energy.
 - Realize that energy is the foundational root of your mind; and that this special form of energy may be transformed into an infinite number of patterns and forms, both substantial and insubstantial.
 - Also realize that the energy within you, through which you direct all actions, is but one aspect of the infinite forms of life force energy, from which the entire universe is filled.
- 5. Body, Mind, and Energy All Fuse into One Energetic Form:** Now place your attention on experiencing the concept that your mind is your body, and your body is your mind.
- Your energy is your mind, and your mind is your energy.
 - Your body is your energy and your energy is your body.
 - Your mind is your body, and your body is your energy.
- Begin to blend all of these concepts together and experience them dissolving into one harmonization of body, mind, and energy. There is no separation, only one union, one harmonization.
 - Realize that under all of the various patterns, forms, and names of the physical world, there is to be found only one divine life force energy which is part of your original soul, and radiates from your inner-core.
 - Realize that through this powerful energetic connection, you are a part of all things and all life, both substantial and insubstantial.
 - Realize that you live within this great ocean of Divine Energy and Divine Mind.
 - Therefore do not confuse patterns and forms with the energetic and spiritual principles behind them.
 - Remove the veil and see that all mineral, plant, animal, and human life forms are but one aspect of the Divine Energetic Mind that created them.
 - Although you are now sitting upon the earth performing this meditation, you are actually simultaneously connected to all parts of the universe. Therefore awaken now to this understanding as an important part of your divine inheritance, and realize that you are a child of God who contains the infinite light and Divine Mind of all creation.
- 6. The Ending:** After several minutes, allow your heart and mind to return back to a normal state of conscious relaxation. Focus on your breath, and feel all of your thoughts and feelings sink into your lower abdomen.

**INTERNAL PRINCIPLE #15:
TRAINING THE WATER DROP ENERGY #1**

Using the 8 Direction Perception and increasing your open field of awareness through the water drop energy bubble.

•A) Moving on Command:

- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- **Natural Breathing:** Inhale and expand your lower abdomen; Exhale and contract your lower abdomen.

- Students visualize their Water Drop and then create its surrounding energetic Bubble.
- Teacher commands and students move to the right - left - front - back - right corner - left corner - etc. while maintaining both their Water Drop and its surrounding Energy Bubble.

•B) Touching with the Water Drop:

- Find a partner.
- Stand in Wuji posture.
- Perform the 1-10 and 3 Invocations.
- Do the Hand Up-You Down and Marrow Draining action from the Water Drop and Energy Bubble, and touch your partner.

•C) Rooting through Absorption:

- Find a partner - form a wide horse stance.
- Have them press on the left side of your body.
- Absorb and sink this energy into the earth from your left shoulder through your right leg.
- As they press, visualize dissolving your partner's energy into a vapor, then sink this energetic mist under the earth.

•D) Pushing & Uprooting the Spirit Body:

- Find a partner - have them form a wide horse stance.
- Press on the left side of their body.
- Visualize dissolving the inside of your partner's body into an energetic mist.
- In your mind, press this vapor outside of your partner's body, and visualize it flowing to the opposite wall.
- Hold this energy against the wall - then physically sink, push, and uproot their body.

12:00 (NOON) - BREAK FOR LUNCH

JIANG RONG QIAO'S (3RD GUA)

1. Wild Goose Leaves the Flock (L).
2. Purple Swallow Fanning Tail.
3. Close the Door to Push Out The Moon.
4. Hawk Whirling in Sky
5. White Snake Wrapping Body
6. Embracing Moon at the Chest.
7. Jade Maiden Handing in Book.
8. Tai Shan Pressing Down.
9. Black Bear Turns Over On Its Back.
10. Yellow Eagle Ripping Flesh (1).
11. Yellow Eagle Ripping Flesh (2).
12. Monkey Picking Fruit (1).
13. Monkey Picking Fruit (2).
14. Monkey Sitting in Cave.
15. Unicorn Spits Out Book (1).
16. Unicorn Spits Out Book (2).
17. Unicorn Spits Out Book (3)
18. Swallow Skimming Water
19. Embracing Moon at the Chest.
20. Hiding Flower Under Leaf.
21. Wild Goose Leaves the Flock.

- Walk the Circle -

GRADUATION & CERTIFICATION

SUNDAY, AUGUST 10TH, 2022

INTERNAL PRINCIPLE #16:

TRAINING THE WATER DROP ENERGY #2

- A) Using the Internal Principles in your set:**
 - Stand and perform the 1-10 & 3 Invocations.
 - Perform all of the internal principles that you have learned in this seminar in your set.
- B) Pushing the Air - Power Set:**
 - Stand in Wuji posture.
 - Perform the 1-10 and 3 Invocations.
 - Combine all of the internal principles that you have learned in this seminar and demonstrate the "pushing the air" application.