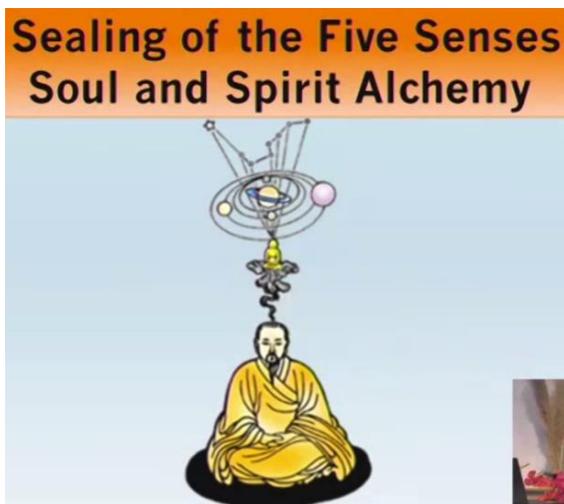




Day 1

Many of you have heard of it, it is like we are offering our senses to Buddha or Jesus, which is a tradition, the senses are the ones connected to the organs and which store the souls & spirits.

When we always use the senses so much it drains the organs, and the souls & spirits suffer as there is no energy to support and feed them



nowadays, our senses are abused by advertising etc. you can't get away from it, it is the mid eyebrow to attract the eyes, ears, taste buds, etc;

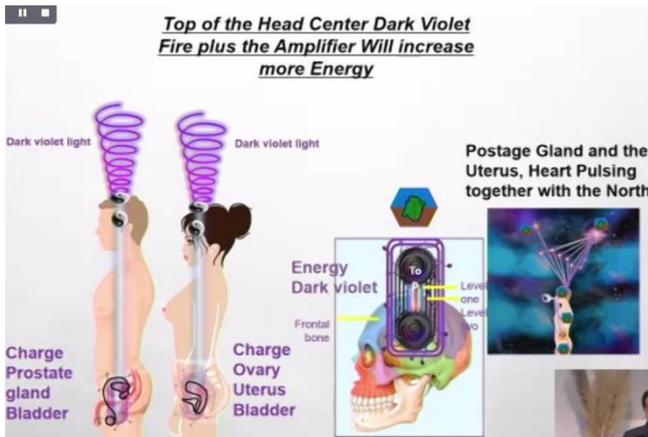
the more we use them the more money we spend as this advertising costs us and depletes us, too much food sweets, coffee shops, cakes, it is difficult to resist all of this

if they can make our eyes watch and then tv movies and everything takes our attention and drains our energy too much

and for children it is even more difficult it is difficult to control them, they are so active, and

wanting, to get mobiles to watch cartoons, they never stop, so you need a practice to use them in a proportional way. The senses open the organs, we are going to talk so much about the tongue connected to the heart, the kidney to the ears, the eyes to the liver, the nose to the lungs and the mouth to the spleen, pancreas and stomach

We talk about the original spirit as a red child residing in the heart, the intention spirit dressed in yellow residing in the spleen, pancreas and stomach, the lung is the house of the *po* soul, there are 7 *PO*, it is the emotional part, in the lungs, and will power in the kidney dressed in blue

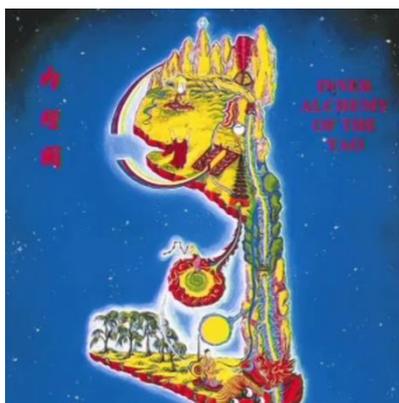


the whole key is how we are going to connect to the antennae we need? it is one of the most important things we do in the practice, so now the first step is to go to the pulsing because we are going to work on the centre of the brain this week

The crystal room is the first cauldron we are going to set up, now the centre of the brain is so involved in connecting to: thalamus, pituitary, hypothalamus, a major gland system

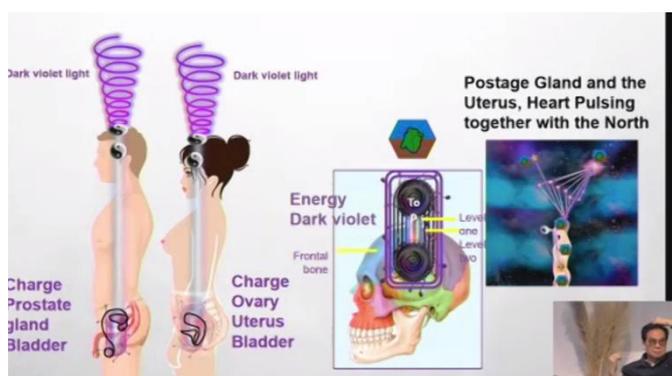
The crown: when you charge it, we are going to use the amplifier more and put it on the top of the crown. It is used the most and it can be used to amplify any energy centre that you want

The crown has a direct connection to the thrusting channel and has a connection to the 9 antennae or mountains on top of the head



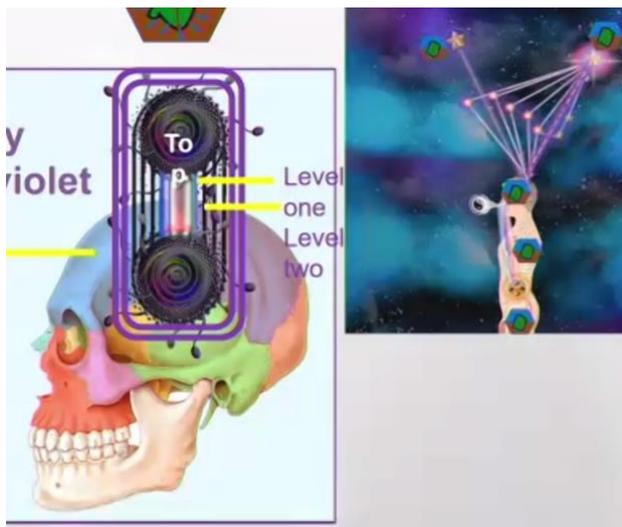
You can go up and make a connection to the universe the same as where you can connect in a city: a tall building, on top of a church, as you need tall buildings or mountains to set up the antennae

These places are represented by the 9 mountains, extended out to the heavens, 9 is a cosmic number when you extend out, these 9 connect to the crystal room and the top of the crown here, we call a *muddy palace*



Like children or babies, when born the crown is open and you can feel it breathing if you lightly touch this fontanelle, like the baby's body is pulsing, Tao masters learnt a lot from babies, as they have a lot of pure energy and a lot of energy

We start with pulsing, in the heart, and then the crown pulsing comes in, and after that we are going to pulse it down to the prostate gland and uterus, the 2 testicles and ovaries, 2 kua in the trigram, in the pakua, one is the left testicle and the other is the right one or the ovaries for women, in universal *kua* it is the same,

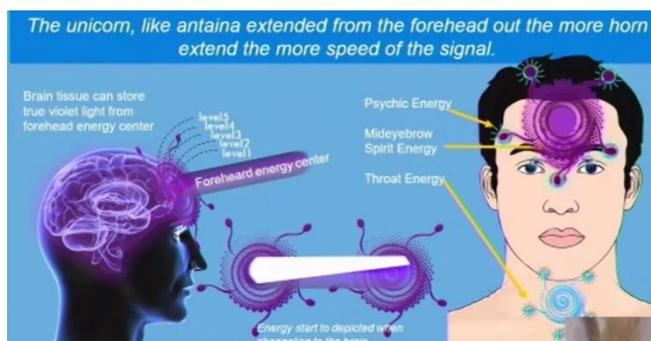


If half the population didn't have them, there would be fewer people, so they are very important to spread the species, I will guide you through, we get to the pulse, it pulses the crown and violet light comes down and we are going to use the amplifier to amplify the crown, we move the amplifier down to the ovaries & uterus or the testicles and prostate and it pulses, and now it is going to activate the pineal, thalamus and the crown you feel a frequency extending out to the pole star and Vega, and big dipper When you get that pulsing now everything

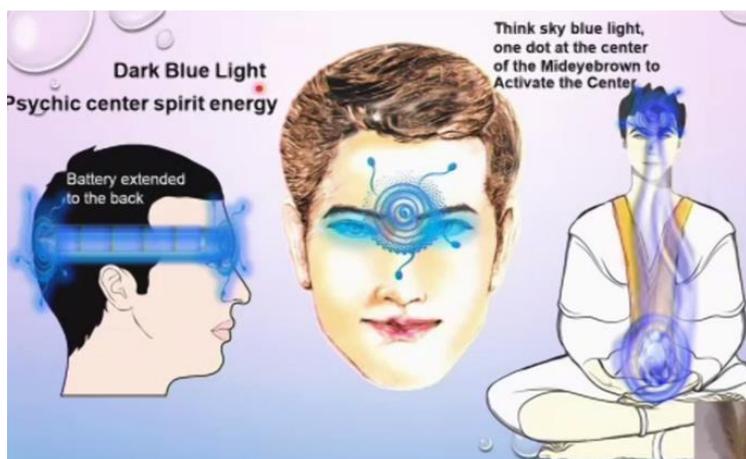
can now work: the glands, the pineal, hypothalamus and thalamus and pituitary gland, will start to pulse



from there we are going into the psychic centre, which is linked to the centre of the brain: this mid eyebrow or psychic centre, we can receive information or energy, it is also the spiritual centre, it controls them all inside or outside the master control centre together with the forehead



the mid eyebrow is the dark violet light,



it is the spiritual centre, and there is dark blue light too, the forehead is the dark violet light we are going to activate the tan tien fire, the major one, to get the blue light coming in to activate;

Questions:

some people experience out of body, is that the *hun*?

MC: yes, as yin soul is not solid, you have no control, the Tao doesn't like that, but we will learn to go in and out, the *hun* likes to travel

when *hun* is educated it can come back to body?

MC: yes, it is about raising them,

like a child on the street who can get lost,

The star of David in the diagram is also creative?

MC: yes, both cycles, but the West uses the counter-act cycle more, in politics and everything

Let's Stand Up:

spiral (the hips), reverse direction, it is very basic but you have to do it, there are no short cuts for this, sacrum (spiral), reverse direction, now spinal-cord breathing, 9, 18 or 36 times is very good, and rest, rub your hands warm feel them warm and nice and pulsing and breathing (one hand on jade pillow and one on sacrum) let's shake (shake all the body up and down, including mouth, breathing, hands, arms, knees) shake hands upwards (up as high as head and back down to below waist, at the sides, and in front of body) rest and feel nice & warm and tingling. Inhale, exhale. When you do this finger vibrating you activate so many organs, and blood and the extremities connect to the heart too, often you cannot really activate your extremities, so especially do the arms; looking back at the moon - you are moving the whole spinal cord and the neck, looking left slowly and looking right 9 times



do crane neck in this squatting position, it is like your sacrum, chest and neck

now turtle neck, sacrum, thoracic and neck are moving,

now your neck, do a figure 8, move the eyes too, now reverse direction, and rest

embryonic breathing: reverse breathing, you must do this every day, if you have no time to do it, just do this simple set, it is so good for your whole day, and if possible in the afternoon and evening. Reverse breathing means you suck your stomach in when you breathe in and pull up the pelvic floor and the cranial also contracts, so suck in, (feel) the cranial, when I do this a lot of trapped gas comes out, we eat so much every day and a lot of gas is produced in the intestines (belching)

now exhale and hold your breath, (feel suction) and inhale, exhale, inhale, exhale, feel suction when you lower your breath and feel suction in your abdominal area, pelvic floor, cranial and larynx when you make your breath low, and breathe, inhale, exhale, breathe, now let's sit down, rock (on your sitting bones)

so basic rocking means energy sometimes moves you, left and right on sitting bones, and front and back we call it riding on the horse, you move your lumbar and your chest up and down and the chin lightly nods, now spiral, and spin clockwise, and counter clockwise

Meditation:

turn yourself inwards and smile inside of yourself, be aware of your heart, feel love, joy and happiness and light comes in
primordial light comes in, the true light comes in: love joy happiness and thankfulness is linked to this primordial light, there are connections, we have to put them in the mid eyebrow forehead and crown, it radiates out and starts to attract the light, breathe in the light and down to the heart. Combine, feel it multiply and do it yourself now 9 times, if you have no time just do this, every day, inhale, (bring in energy with hands, rub around) feel love joy and happiness, you start to be aware of your heart pulsing, when you strengthen it, the heart pulses much better, when people feel happy and love, they look younger as the blood is pumping around better. Touch your pulse, some people like to touch the carotid (neck) pulse (with 2 hands) if you cannot easily find it, touch the pulse on the wrist, feel the heart pulsing, so nice be aware of the heart pulse,
we are going to be aware of the amplifier in the tan tien, and move it to heart and feel it more regulating and much stronger
now be aware of the crown pulsing, touch the heart and feel the crown pulsing and produce an amplifier on the top of the crown and it is pulsing, it is a real pulsing and breathing ...
now feel a dark violet light coming down to your crown and you have an amplifier on the top of your head, pulsing, pulsing more and more dark violet light coming down, light goes into the thrusting channel, smile and feel it expanding, the thrusting channel becoming bigger, now shine it right down through the thrusting channel as the channel gets bigger and bigger, slowly going down, all the way down to the perineum, it passes through the ovaries and uterus, prostate gland and testicles, just hold your mind or touch your crown and feel pulsing and breathing on the sexual organs,
this one shakes me front and back and sometimes left and right, focus on prostate gland pulsing and uterus, ovaries and testicles pulsing, just smile, pulse and breathe, now in the Tao they have said for a thousand years that the prostate has a close connection with crystal room, pituitary and pineal gland. We are going to pulse more on the sexual organs and we can still see the light coming out in the crystal room and the pineal as they are so connected let it pulse, until you feel the frequencies are synchronised, between the sexual organs and the crystal room, smile, and just pulse, pulsing and breathing, now it is pulsing the saliva glands, move your tongue up, elixir starts to be produced, it comes from all the glands and the centre of the brain the crystal room, it is activated by the pulsing and light, the secretions of saliva and you feel your mouth has more saliva, pulse, the centre of the brain pulses, mid eyebrow, forehead all pulsing, more saliva comes out, now this saliva is going to attract the heavenly pool or holy water, and that connects when you have elixir in your mouth, it attracts the elixir or dew from heaven's smile, pulse and feel your crown more open and soft, like mud, so you feel very clear, sexual organs and crystal room, pituitary, pineal all pulsing and a lot of elixir comes out, roll your eyes up and cross them on top of the head in a triangle, feel the pulsing extend out higher attracting the holy water, it can feel like snow coming down or elixir – fluid – coming down or the dew, drop of water from heaven dripping down, now you feel the perineum and the sexual organs and earth pulsing, feel the centre of the earth is pulsing and breathing, your tan tien cauldron, solar plexus and heart cauldrons, and crystal room all pulsing, everywhere inside your body pulsing and the heavenly holy water or dew comes down more, filling up all your cauldrons in the brain,
remember this pulsing and make a programme, the major pulse: uterus, ovaries, prostate, testicles and crystal room pineal, pituitary, pulsing and breathing, feel the frequency go high