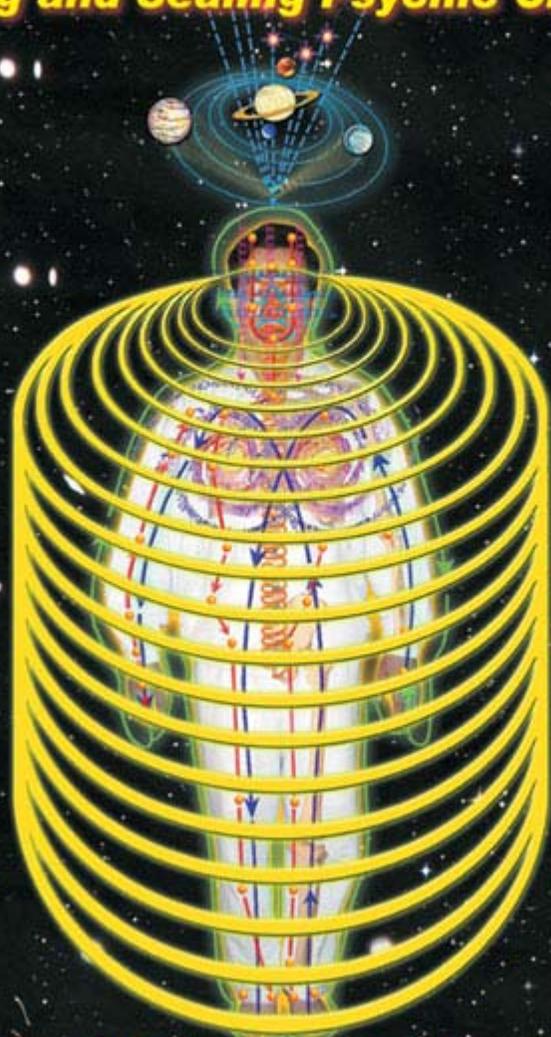


# **Fusion of Eight Psychic Channels**

**Opening and Sealing Psychic Channels**



**Mantak Chia**

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## ***Opening and Sealing Psychic Channels***

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***Mantak Chia***

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The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

# Introduction to Fusion of Eight Psychic Channels

In Fusion of Eight Psychic Channels

1. You will open and clean the Great Bridge and the Great Regular Channel. Both consist of a Yin and a Yang Channel. All together they form four channels (Yin and Yang Wei and the Yin and Yang Chiao Channels). They are the last Extraordinary acupuncture (psychic) Channels to open. The others are; the Governor (Du Mai) and Functional (Ren Mai) Channel of the Microcosmic Orbit and the Thrusting Channels (count as one Channel, related to the Chong Mai) and the Belt Channel (related to the Dai Mai).

2. You will learn to protect the spine and your energy field, to seal the aura and the senses and to drill your head.

3. You will learn to transform the Microcosmic Orbit, the Thrusting Channels and the Belt Channel in the Energy Body.

Fusion of the Eight Psychic Channels is the last part of the Fusions. It teaches the last techniques and meditation to prepare you for the higher practices. After you master all the Fusion Practices you are ready and prepared to start the Practice of the Immortal Tao.

## Practice of Fusion of Eight Psychic Channels

### Great Bridge Channel and the Great Regular Channel

#### 1. Theory

The Great Regulator and Great Bridge Channels have no points of their own, but run across specific points of the twelve organ meridians. They connect in this way all these meridians together which enables the energy to flow from one meridian to another, balancing and regulating the energy flow in the meridians. The *Great Bridge*

*Channel* (Yin and Yang Chiao Mai) serves to connect all the meridians. The *Great Regulator Channel* (Yin and Yang Wei Mai) serves to regulate, coordinate and balance the energy flow between these meridians, also called the body's channels. The routes they follow lie close together.

Although they are separate channels we practice them in Fusion of Eight Psychic Channels as one channel with a Yin and a Yang part. The Yin part connects all the Yin organ-meridians and regulates the flow of energy in these meridians, the Yang part connects all the Yang organ-meridians and regulates the flow of energy in these meridians. The Yin channels run along the inside of the legs and arms and the front of the body. They also regulate the blood. The Yang channels run on the outside of the legs and arms and the back of the body. They control the defensive energy and regulate resistance to external infections. In other words, the Yin Channels protect the body from "attacks" from within and the Yang Channels protect the body from external "attacks".

The most important reason to open the Bridge and Regulator Channel is to promote the unimpeded flow of energy in the body, to heal the body and to prepare the body to receive and to circulate the higher energy forces of the Immortal Practice in your body. All the Eight Psychic Channels act as receivers and distributors to the organs and glands of the *Universal Force*. For this reason, working with the Eight Psychic Channels is considered spiritual work in the Taoist system.

Forming the control base of the Eight Psychic Channels is the *Gate of Death and Life* (also known as the *Gate of Mortality*) at the perineum point. The perineum point serves many purposes. It is considered the sexual energy base. It is also the point to which is joined the Bubbling Spring, the collection point of the Earth energy at the soles of the feet. The Belt Channel passes through the perineum point as it interconnects the other seven channels. The interconnection of the Belt Channel makes it possible to move the energy from one channel to any other channel, while it serves to protect all the body's centers. The crown point at the pineal gland is the other common point of the Eight Psychic Channels.

## 2. Location of the Points of the Great Bridge and Great Regulator Channels

In this part we give you all the points of these channels with their locations and their meaning as acupuncture point.

### A. Locate GB-17 and ST- 4

Part of the Yang Route of the Channel

#### 1. GB-17 (Gall Bladder Meridian)

Traditional Name: Cheng Yin = Correct Management

Location: Slightly behind the center of the top of the head, and to the right and left sides.

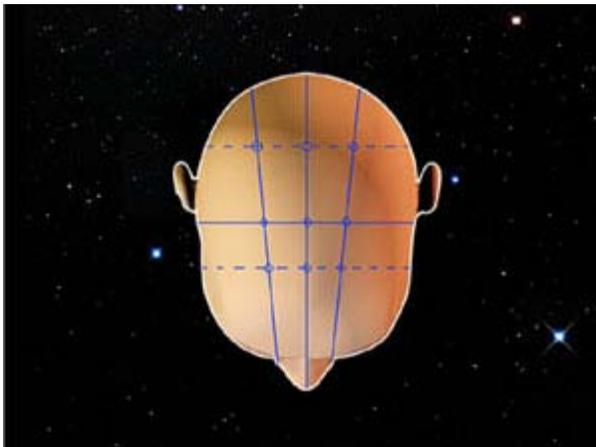
Uses: To help relieve headaches and toothaches.

#### 2. GB-16 (Gall Bladder Meridian)

Traditional Name: Mu Chuang = Eye Window

Location: On top of the head at the central point, and to the right and left sides.

Uses: To help relieve eye problems and facial edema (swelling through water retention).



*Fig. 1 Yang Route of the Channel*

### 3. **GB-15 (Gall Bladder Meridian)**

Traditional Name: Lin Chi = Temporarily Weeping

Location: On top of the head in front of the central point, and to the right and left sides.

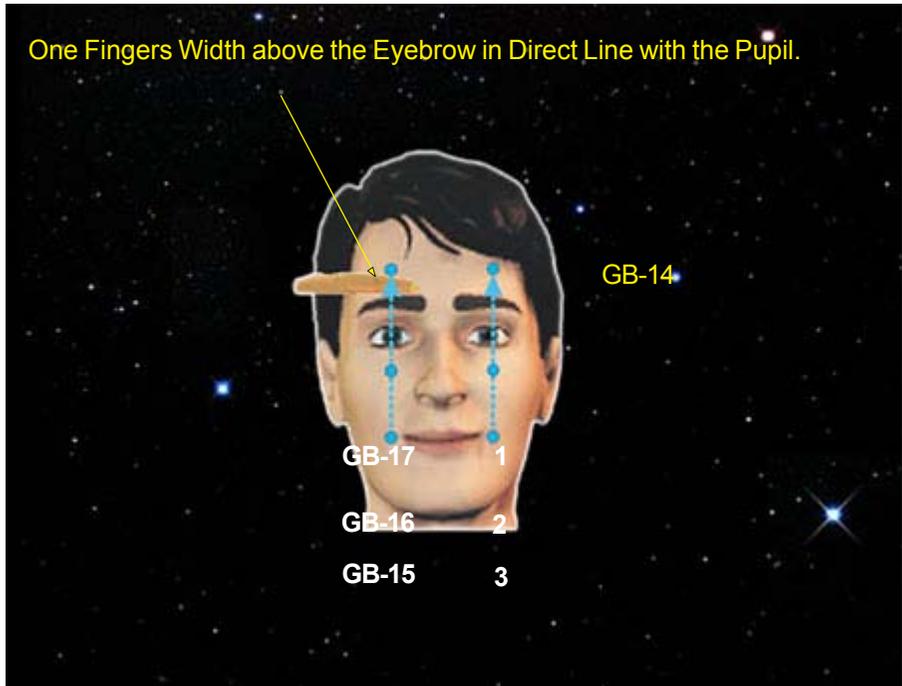
Uses: To help relieve stuffed nose, eye problems and strokes.

### 4. **GB-14 (Gall Bladder Meridian)**

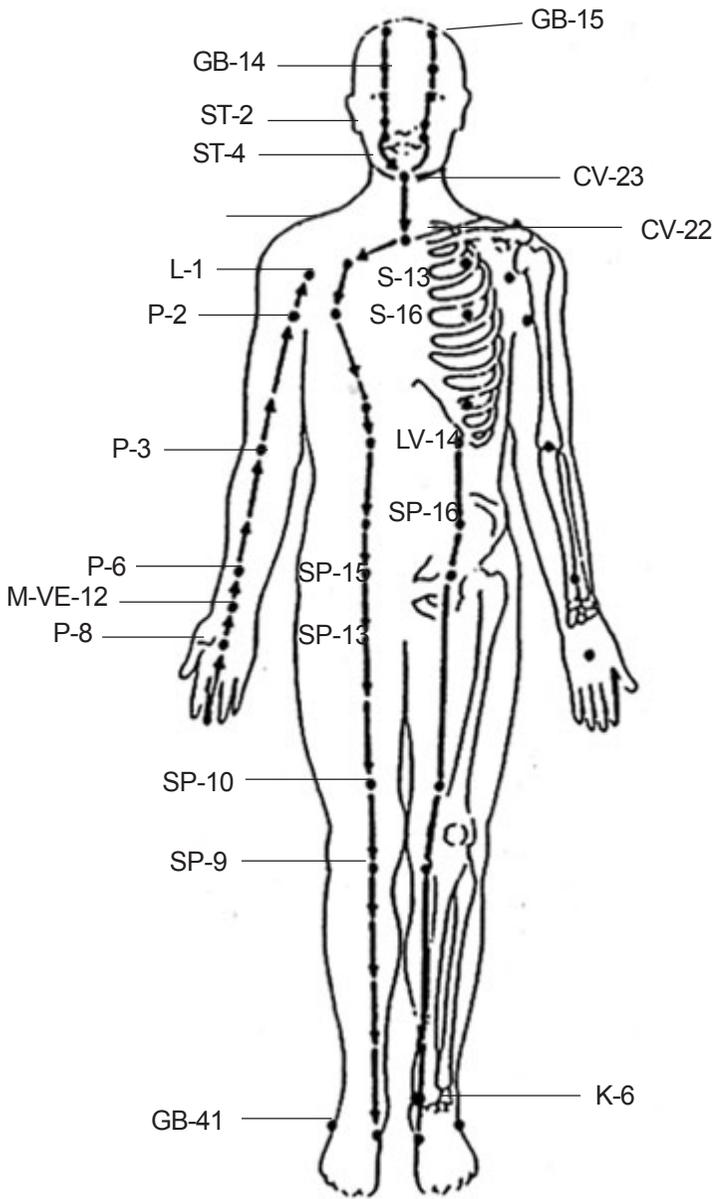
Traditional Name: Yang Pai = White Yang or Pure Yang.

Location: One finger's width above the eyebrow in direct line with the pupil of the eye.

Uses: To help relieve eye problems such as glaucoma, night blindness, forehead pain, facial nerve paralysis, stuffed nose and strokes.



*Fig. 2 GB-14 (Gall Bladder Meridian)*



**Fig. 3 Yin Side**

### 5. **ST-2 (Stomach Meridian)**

Traditional Name: Szu Pai = Four White

Location: Below the eye in direct line with the pupil.

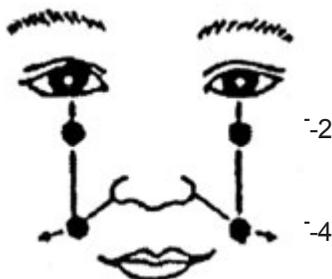
Uses: To help relieve eye disease, toothaches, facial nerve paralysis, nose bleeding, and colds.

### 6. **ST-4 (Stomach Meridian)**

Traditional Name: Ti Tsang = Ground Storehouse

Location: At the intersection point of a line straight down from the pupil to the base of the cheekbone, and another line along the curve of the cheekbone.

Uses: To help clear nasal passages, colds, toothaches, eye problems, facial paralysis, nose bleeding, and dribbling.



*Fig. 4 ST-4 (Stomach Meridian)*

## **B. Locate CV-23 and K-1**

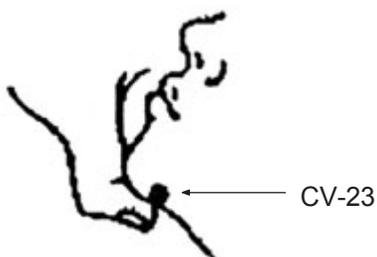
The Entire Front (Yin) Route of the Channel

### 1. **CV-23 (Conception Vessel or Functional Channel)**

Traditional Name: Lien Chuan = Corner Spring

Location: Behind the midpoint of the lower edge of the chin bone. Hook the thumb behind the bone, CV-25 and press upward and forward.

Uses: Can help to relieve laryngitis, clears the throat.



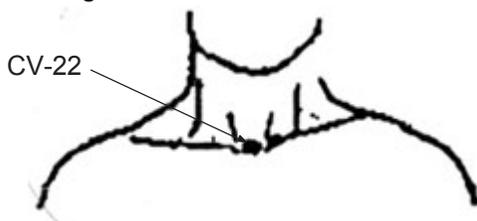
**Fig. 5 CV-23 (Conception Vessel or Functional Channel)**

**2. CV-22 (Conception Vessel or Functional Channel)**

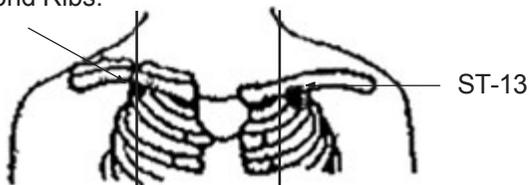
Traditional Name: Tien Tu = Celestial Protrusion

Location: At the top of the breastbone (sternum) in the V-shaped indentation; press downward in a 45-degree angle.

Uses: Can relieve asthma, bronchitis, coughing, sore throat, larynx spasms. Pressing and releasing CV-22 can cause energy to flow more easily through the chest, thereby helping to restore the proper freer breathing.



Below the Collar Bone between  
the First and Second Ribs.



**Fig. 6 CV-22 (Conception Vessel) and ST-13**

### **3. ST-13 (Stomach Meridian)**

Traditional Name: Chi-Hu = Door of Chi

Location: Below the midpoint of the collarbone between the first and second ribs. Press straight into the body. The point feels sore or like an electric shock.

Uses: Can relieve asthma, bronchitis, chest and back pain, hiccups. Unrestricted flow through ST-13 allows good energy to flow through the chest.

### **4. ST-16 (Stomach Meridian)**

Traditional Name: Yin Chuang = Breast window

Location: Between the third and fourth ribs, one rib directly above the nipples in males, slightly higher in females. When pressed the point feels somewhat sore, especially on females.

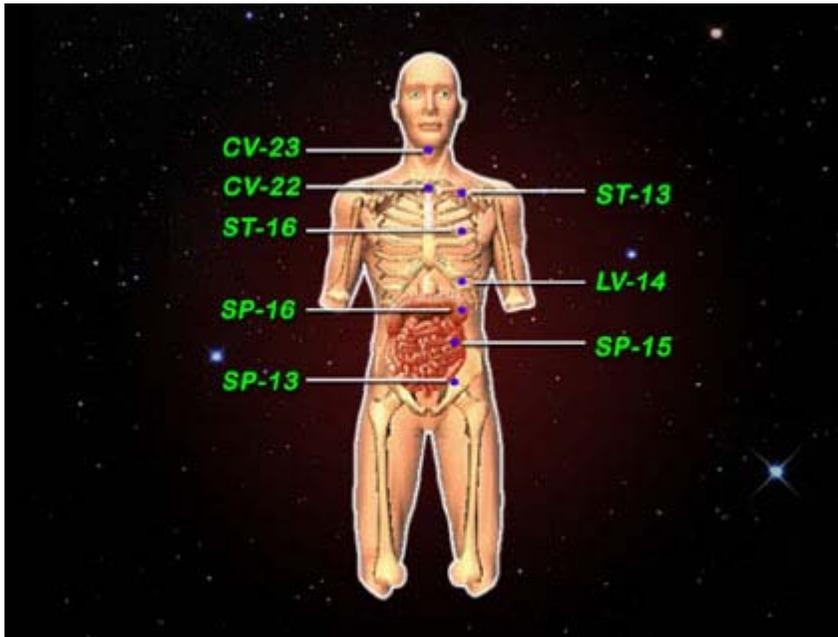
Uses: Can relieve coughing, asthma, swelling of the breast, chest and stomach pain, heartburn, short breath, melancholy. Good energy flow clears the whole breast region and promotes optimism.

### **5. LV-14 (Liver Meridian)**

Traditional Name: Chi Men = Gate of Hope

Location: At the junction of the ninth rib cartilage to the eighth rib. Follow the bottom edge of the rib cage from the sternum until the first major indentation, then trace a line down from the nipples. The intersection is the LV-14 area. Press slightly up and into the abdomen. The point will feel quite sore when pressed.

Uses: Can relieve difficulty in breathing, chest pain, diarrhea, cholera, menopausal disorders, childbirth pains, abdominal tension. Pressing LV-14 affects the liver, gall bladder, and diaphragm. Used traditionally to relieve side aches from too much running, and to relieve hiccups, belching, and snoring.



*Fig. 7 LV-14 (Liver Meridian)*

### 6. **SP-16 (Spleen Meridian)**

Traditional Name: Fu Ai = Abdominal Sorrow

Location: Below the bottom edge of the rib cage in direct line with the nipple. For women, it is in line with ST-13 under the collarbone, and just beneath the rib cage from LV-14 at the edge of the bottom rib. For men, it is in line with ST-13 and ST-16, just beneath the rib cage.

Uses: Can relieve abdominal pain, constipation, dysentery.

### 7. **SP-15 (Spleen Meridian)**

Traditional Name: Da Heng = Big Horizontal

Location: To the sides of the navel in direct line with the nipple.

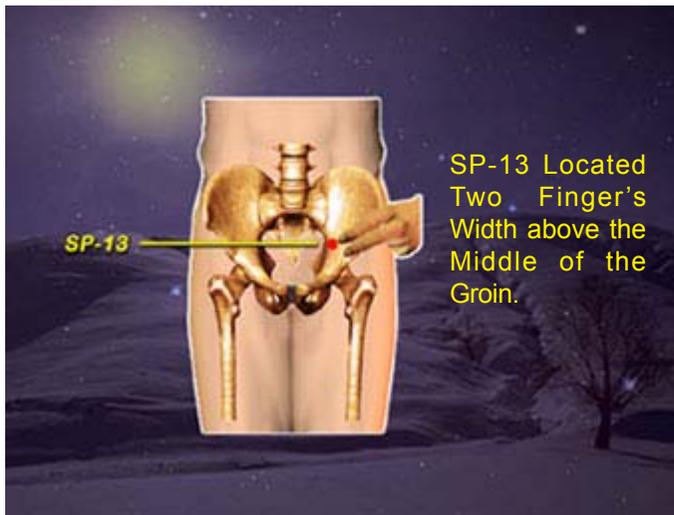
Uses: Can relieve nervousness, dysentery, constipation, excessive sweating, diarrhea, abdominal pain, intestinal paralysis.

## 8. SP-13 (Spleen Meridian)

Traditional Name: Fu She = Palace Dwelling

Location: Two fingers' width above the middle of the groin. Hold this point firmly without excessive pressure; it may feel ticklish.

Uses: Can relieve abdominal pain and tension, colic pain, appendicitis, constipation. Good energy flow through SP-13 relaxes the abdominal region, groin, thigh and sexual organs; it relieves menstrual cramps, indigestion, and intestinal weakness.



*Fig. 8 SP-13 (Spleen Meridian)*

## 9. SP-10 (Spleen Meridian)

Traditional Name: Hseuh Hai = Sea of Blood

Location: Three fingers' width above the knee on the inside of the thigh. Place the left palm on the kneecap, fingers pointing to the inside of the knee. Press down on the inside with the thumb. The point is sensitive to pressure.

Uses: Can relieve abnormal menstrual flow and cramps, uterine bleeding, rashes, indigestion. Good energy flow through SP-10 promotes smooth functioning of the female organs. This point also releases the flow of energy through the thighs and knees.

### 10. **SP-9 (Spleen Meridian)**

Traditional Name: Yin Lin Chuan = Dark Tomb Spring

Location: On the inside of the leg below the top of the tibia bone (the large bone of the leg.) The point is very tender.

Uses: Can relieve abdominal pain and distension, excessive menstrual flow, menstrual pain, lower back pain, swelling. Unrestricted energy flow through SP-9 increases the flow of energy through the knees and legs.



*Fig. 9 SP-9 (Spleen Meridian)*

### 11. **K-6 (Kidney Meridian)**

Traditional Name: Chao Hai = Shining Sea

Location: One finger's width below the inner ankle. The point is sensitive to pressure.

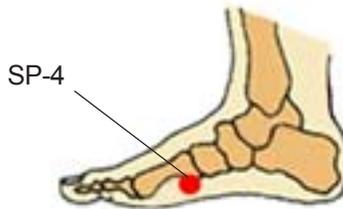
Uses: Can relieve mental disorders, insomnia, tonsillitis, menstrual disorders, epilepsy, sadness. This point helps balance the Yin aspect of the Great Bridge Channel. When good energy flows through K-6, problems in the female sexual organs and the kidneys will be reduced. Also, a deep refreshing sleep is encouraged by pressing this point.

## 12. SP-4 (Spleen Meridian)

Traditional Name: Kung Sun = Grandson

Location: On the bottom of the foot, in a hollow behind the joint of the big toe. The point is sensitive to pressure.

Uses: Can relieve heart pain, stomach pain, epilepsy, vomiting, diarrhea, paralysis of the big toe and foot, cold feet, foot cramps, abdominal tension. This point helps balance the Yin aspect of the Great Regulator Channel. When energy flows well through SP-4, the body energy is balanced.



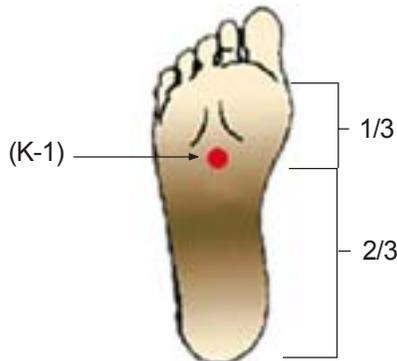
*Fig. 10 SP-4 (Spleen Meridian)*

## 13. K-1 (Kidney Meridian)

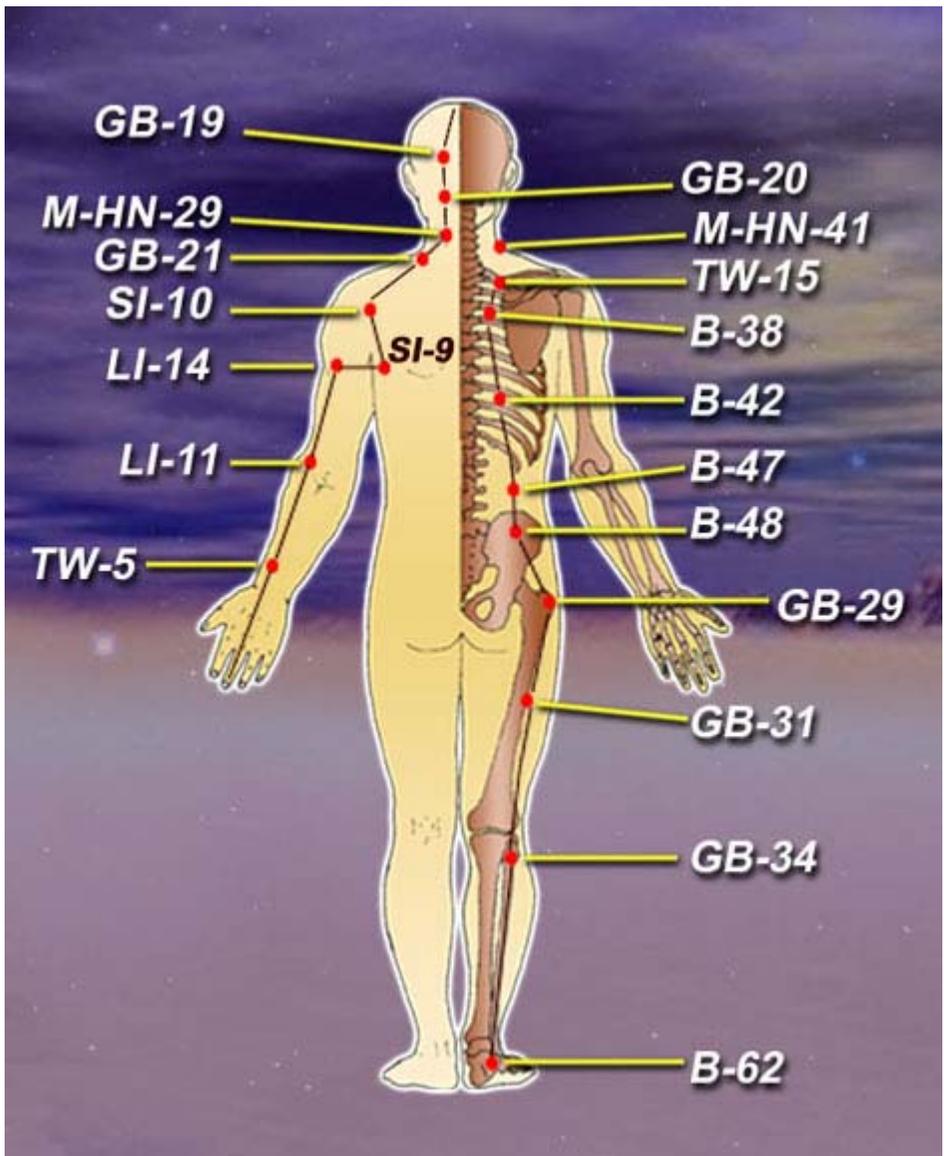
Traditional Name: Yong Quan = Bubbling Spring

Location: At the center of the ball of the foot when curling the toes in at the hollow; a sensitive spot.

Uses: Can help to calm the spirit; It opens the senses. Connects the earth energy to the perineum



*Fig. 11 K-1 (Kidney Meridian)*



*Fig. 12 Yang Side*

### **C. Locate GB-41 and SI-9**

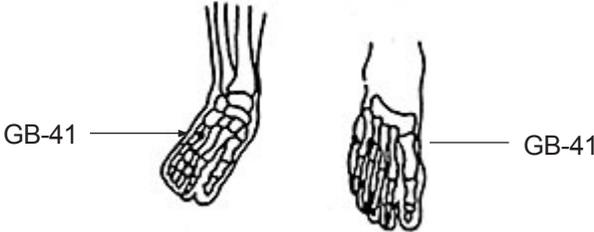
The Entire Back (Yang) Route of the Channel.

#### **1. GB-41 (Gall Bladder Meridian)**

Traditional Name: Lin Chi = Attending the Crying Child

Location: Facing the outside of the foot at the joint, in the upper space between the fourth and little toe.

Uses: Can help to relieve arthritis, inflammation of the breast, hearing problems, ringing in the ears, irregular menstruation, insufficient breast milk, headaches, rheumatism, perspiration problems, excessive water retention. This point helps balance the Yang aspects of the Great Regulator Channel and the Belt Channels.



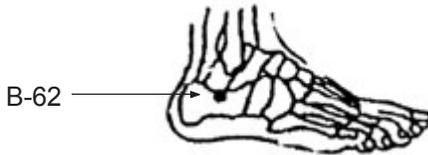
**Fig. 13** GB-41 (Gall Bladder Meridian)

#### **2. B-62 (Bladder Meridian)**

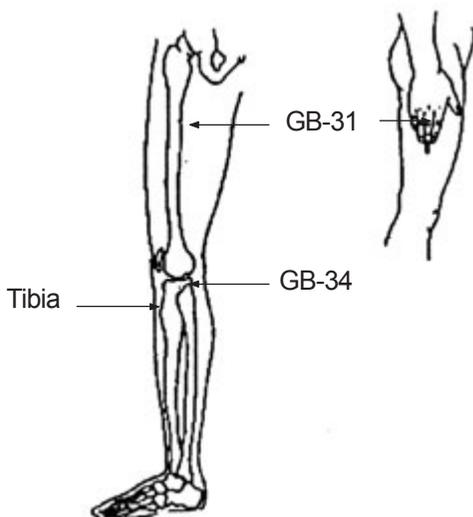
Traditional Name: Shenmai

Location: On the outside of the ankle, in the small depression just under and slightly behind the ankle bone. Press straight into the side of the foot.

Uses: Can relieve headache, mental confusion, epilepsy, dizziness, insomnia, backache, aching of the lower extremities.



**Fig. 14** B-62 (Bladder Meridian)



*Fig. 15 GB-31 (Gall Bladder Meridian)*

### 3. **GB-34 (Gall Bladder Meridian)**

Traditional Name: Yang Ling Chuan = Life Tomb Spring

Location: On the outside of the leg, in a hollow below the top of the fibula (slender, lower leg bone.)

Uses: Can relieve rheumatism in the knees, weakness of the legs, pain or paralysis of the leg, soreness after exercise, headaches, abdominal problems, constipation, lower back tension, and extreme fright.

### 4. **GB-31 (Gall Bladder Meridian)**

Traditional Name: Feng Shih = Windy City

Location: Standing upright with the hands at the sides, the point is located behind the femur (thigh bone) where the middle finger touches the leg. The point is very sensitive to pressure.

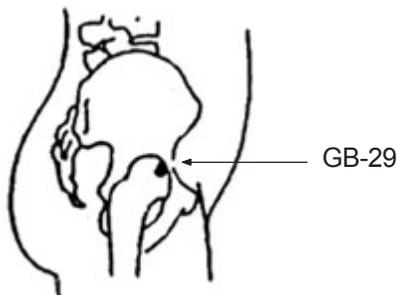
Uses: Can relieve paralysis of the legs, knee joint pain. Energy flowing through GB-31 encourages good energy flow to the knees, legs, hips and back points.

### 5. GB-29 (Gall Bladder Meridian)

Traditional Name: Chu Liao = Dwelling Bone

Location: At the joint of the top of the femur bone and the hip.

Uses: Can relieve diseases of the hip joint and surroundings, lower leg pain.



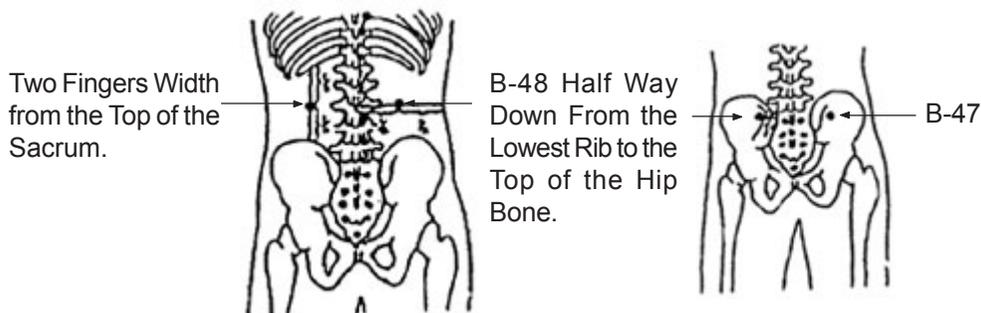
*Fig. 16 GB-29 (Gall Bladder Meridian)*

### 6. B-48 (Bladder Meridian)

Traditional Name: Pai Huang = Round Tissue below the Diaphragm, Uterus, or Placenta

Location: Two fingers' width from the top of the sacrum. The point feels sore.

Uses: Can relieve the pelvic area, abdominal problems, constipation, hemorrhoids, prostate gland and urinary problems.



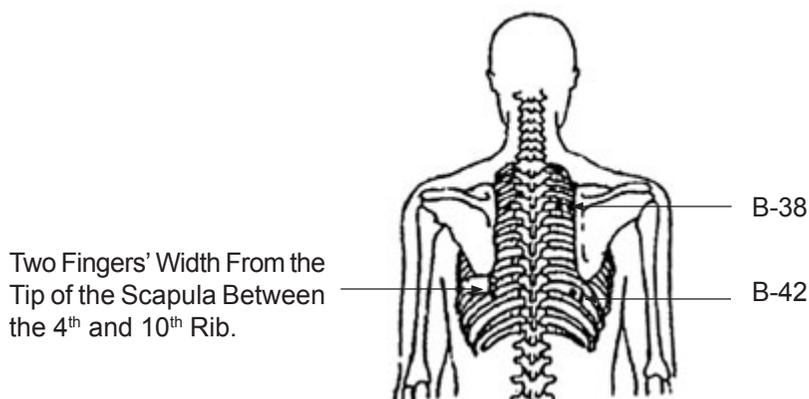
*Fig. 17 B-48 (Bladder Meridian)*

### 7. **B-47 (Bladder Meridian)**

Traditional Name: Chi Shih = Room of Resolution

Location: On the back, halfway down from the lowest rib to the top of the hip bone, and halfway between the spine and the side of the body.

Uses: Can relieve abdominal problems, appetite balance, genital problems, prostate, urinary, and kidney problems. Good energy flow through B-47 strengthens the lower abdomen and releases energy flow to the lower back.



*Fig. 18 B-47 (Bladder Meridian)*

### 8. **B-42 (Bladder Meridian)**

Traditional Name: Hun Men = Gate of the Soul

Location: On the back, between the ninth and tenth rib, and about two fingers' width below the bottom tip of the scapula.

Uses: Can relieve stomach pain, liver problems, fullness in the chest, poor digestion, fainting. Pressing this point releases the back and affects the diaphragm.

### 9. **B-38 (Bladder Meridian)**

Traditional Name: Kao Huang = Fat Tissue between Heart and Diaphragm

Location: On the back, between the fourth and fifth rib, between the spine and the left scapula. The point feels like a knot of muscular tension and is sensitive to pressure.

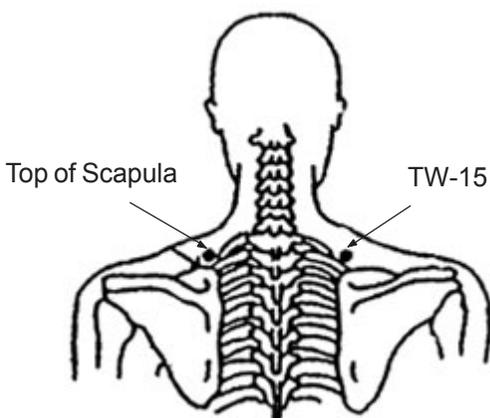
Uses: Can relieve circulation and lung problems, releases the neck, upper back and arms, respiratory difficulties, coughing, hyperactivity, fatigue. Pressing this point strengthens the entire body. This is a very important point and can be used to treat many diseases.

#### 10. **TW-15 (NTB-15) (Triple Warmer (Burner) Meridian)**

Traditional Name: Tian Liao = Heaven's Seam

Location: Above the shoulder blade, toward the side of the neck.

Uses: Can relieve pain in the scapula, back, neck, and the pain of fever.



*Fig. 19 TW-15 (NTB-15) (Triple Warmer (Burner) Meridian)*

#### 11. **SI-10 (Small Intestine Meridian)**

Traditional Name: Scapulae's Hollows

Location: On the back, on the scapula directly above the armpit and joint.

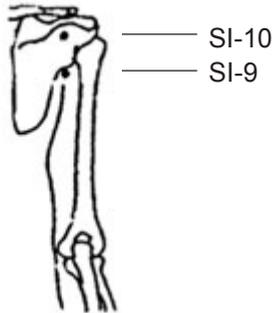
Uses: Can relieve chills, fevers, inability to move the arm, soreness of the arm, hypertension, shoulder pain.

## 12. SI-9 (Small Intestine Meridian)

Traditional Name: Jian Zhen = Shoulder Chastity

Location: On the back, just above the armpit.

Uses: Can relieve shoulder problems, paralysis of the upper limbs, excessive perspiration in the armpits, pain in the shoulder blades, toothaches, deafness, swelling of the joints.



*Fig. 20 SI-9 (Small Intestine Meridian)*

## D. Locate LI-14 and TW-5

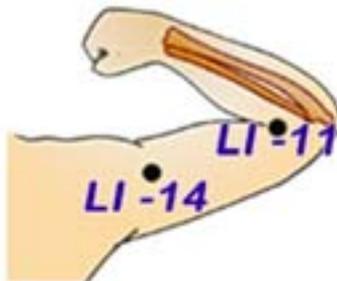
The Yang Arm Route of the Channel.

### 1. LI-14 (Large Intestine Meridian)

Traditional Name: Binao = Arm and Scapula

Location: On the upper arm, above the midpoint between the shoulder and elbow.

Uses: Can help clear vision, and relieve arm and shoulder, eye problems.



*Fig. 21 LI-14 (Large Intestine Meridian)*

## 2. LI-11 (Large Intestine Meridian)

Traditional Name: Quchi = Crooked Pool

Location: At the front of the arm in the inner crease where the forearm joins the upper arm.

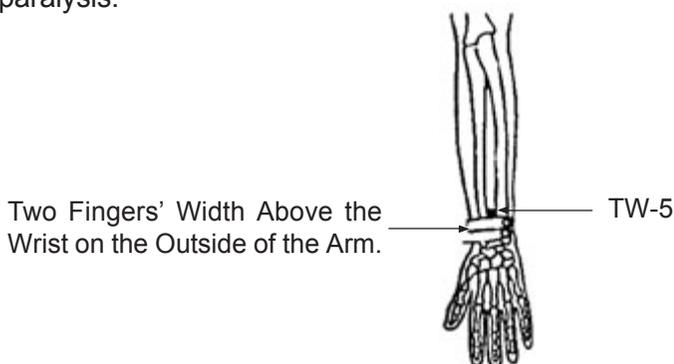
Uses: Can cool heat; can relieve arthritic pain in the arms, paralysis, hypertension, high fever, anemia, allergies, skin problems.

## 3. TW-5 (Triple Warmer Meridian)

Traditional Name: Waijuan = Outer Gate

Location: Two fingers' width above the wrist on the outside of the arm.

Uses: Helps to circulate stagnant Chi; can relieve common colds, high fevers, pneumonia, deafness, insomnia, headache, stiff neck, paralysis.



*Fig. 22 TW-5 (Triple Warmer Meridian)*

## ***E. Locate P-8 and L-1***

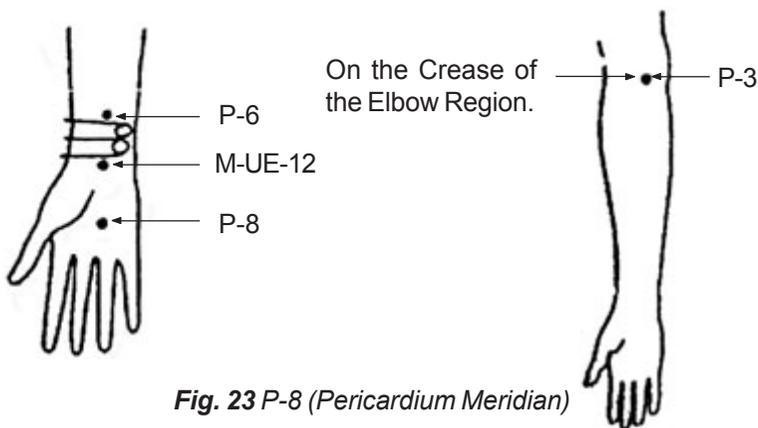
The Yin Arm Route of the Channel.

### 1. P-8 (Pericardium Meridian)

Traditional Name: Laogons = Gakor's Palace

Location: At the center of the palm.

Uses: Can cool the heart and drain heat, relieving heat exhaustion and chest pains.



*Fig. 23 P-8 (Pericardium Meridian)*

## 2. M-UE-12 (Miscellaneous Point)

Traditional Name: Nei Yangchi = Inner Yang's Pool

Location: At the center of the inner crease of the wrist.

Uses: Can relieve paralysis, infantile convulsions.

## 3. P-6 (Pericardium Meridian)

Traditional Name: Nei Guan = Inner Gate.

Location: Two fingers' width above the inner wrist.

Uses: Can calm the heart and spirit and regulate Chi; can relieve rheumatic heart disease, vomiting, chest pain, stomach ache.

## 4. P-3 (Pericardium Meridian)

Traditional Name: Quze = Crooked Marsu

Location: On the middle of the crease of the inner elbow.

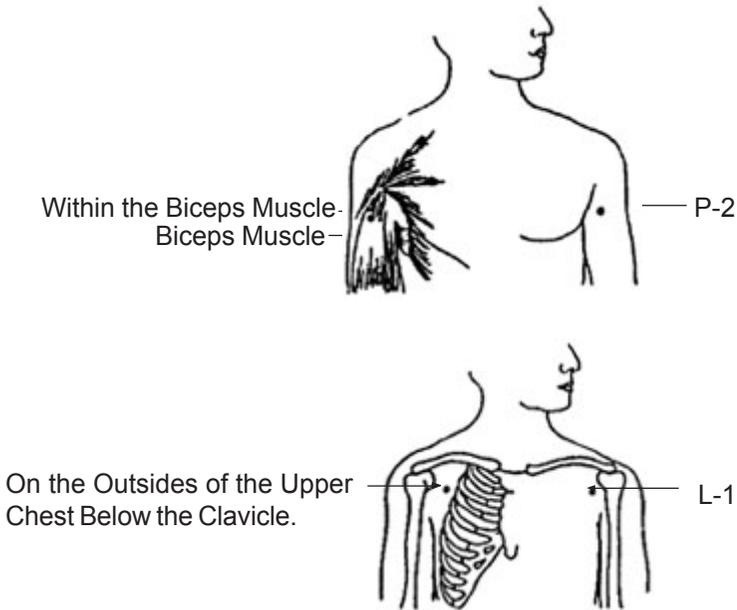
Uses: Can open heart Chi, and disperse heat; can regulate the intestines, gastrointestinal problems, bronchitis, heat exhaustion.

## 5. P-2 (Pericardium Meridian)

Traditional Name: Tianjuan = Heaven's Spring

Location: Next to the armpit in the front of the arm, within the biceps muscles.

Uses: Can relieve cough, palpitations, chest pain.



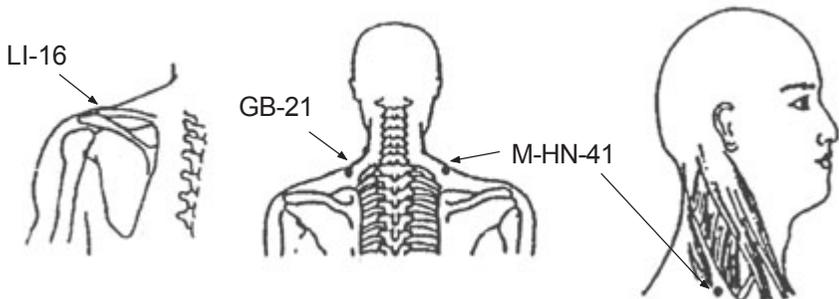
**Fig. 24 P-2 (Pericardium Meridian)**

**6. L-1 (Lung Meridian)**

Traditional Name: Zhong Fu = Central Radiance

Location: On the outside of the upper chest, below the clavicle.

Uses: Can relieve bronchitis, pneumonia, asthma, tuberculosis, coughing, blocked throat, congested nose.



**Fig. 25 L-1 (Lung Meridian)**

## **F. Locate LI-16 and GB-20**

The Last Part of the Yang Back Channel.

### **1. LI-16 (Large Intestine Meridian)**

Traditional Name: Fusu = Crest Bare

Location: In a hollow of the shoulder at the end of the clavicle.

Uses: Can relieve shoulder problems, disperse blood congestion, convulsions, neck problems.

### **2. GB-21 (Gall Bladder Meridian)**

Traditional Name: Tian Jing = Shoulder Well

Location: On the shoulder, in a hollow of the collarbone near the neck.

Uses: Can relieve uterine bleeding, back pain and shoulder pain.

### **3. M-HN-41 (Miscellaneous Point)**

Traditional Name: Jingbi = Neck and Arm

Location: On the side of the neck, above the clavicle.

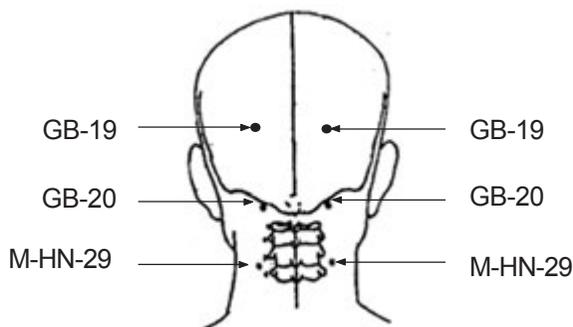
Uses: Can relieve numbness in the arm; paralysis of upper limbs.

### **4. M-HN-29 (Muscle Point)**

Traditional Name: Xinshi = New Recognition

Location: On the back of the neck between the third and fourth cervical vertebrae.

Uses: Can relieve stiff neck, headaches, sore throat.



**Fig. 26 M-HN-29 (Muscle Point)**

### **5. GB-20 (Gall Bladder Meridian)**

Traditional Name: Fenschi = Pool of Wind

Location: On the back of the neck in the hollow at the base of the

Uses: Can help a hot wind condition; can improve hearing and vision; can relieve the common cold, headache, stiff neck, hypertension, sinusitis, red eyes, deafness, insomnia.

Locate and become familiar with the points and proceed then with the next procedure.

## **3. Practice of Opening of the Great Bridge and Great Regulator Channels**

We will open the channels in two ways:

### ***A. Concentrate on the Flow of (Energy in) the Channel(s)***

The most important thing is that you will feel the flow of (energy in) the channels. Therefore just go along the Channels with your hands and mind and be aware of the Channels and the flow of energy.

Start at the top (GB-17) and go over the face and down in a straight line, along the front of the body and the inside of the legs to the K-1 (Bubbling Spring). Then go up, on the outside of the legs, hips and spine to the shoulder and down to the armpits (SI-9). Next go with the right hand over the outside of the left arm and back on the inside of the left arm to LI-16 on the shoulder. We continue with the left hand from SI-9 over the outside of the right arm and back on the inside of the right arm to LI-14 on the shoulder. From there we continue with both hand along the neck to GB-20 back to CB-17. Touch lightly each point and use your mind/eyes, when you go down and up along the Channel in this way. You can repeat a few times until you really are aware of the Channel and feel the flow of energy.

## ***B. Open the Channel(s) More Specific by Individually Opening and Connecting each Point along the Channel***

**a. Open and connect the points GB-17 to ST-4 on both sides of this part of the Channel.**

### **Preparation:**

1. Sit or stand up, and smile down.
2. Practice quickly Fusion of the Five Elements, reactivate the pakuas, the facial and universal pakua as well. Spiral the pakuas and draw all the energies also of the organs, the senses and the mind to the big space, the cauldron in your Tan Tien. Balance the emotional energies in the organs as taught in Formula III and let the Compassion Energy grow with the creation cycle of Cosmic Fusion.

Spiral and condense the energies in the cauldron to form a shining pearl.

3. Move the pearl down to the perineum and circulate the energy a few rounds in the Microcosmic. Let the pearl absorb forces of the Earth, the Cosmic Particles and the Universe. Move the pearl down to the perineum again.

4. At the perineum use the pearl to clear the Left, Middle, and Right Thrusting Channel. Move the pearl up and down through all three Thrusting Channels to the crown, in the following way.

- Hold your left arm, with your fingers pointing down to the earth, along your side. Inhale, close your right nostril and pull up your left anus and suck the energy up through the left Thrusting Channel. Exhale and let all the toxic and sick energy flow through the channel down into the earth.

- Close both nostrils, pull up the middle part of the anus and suck the energy up through the middle Thrusting Channel. Exhale, bring your right hand along your side, keep the left nostril closed, and let all the toxic and sick energy flow through the middle Thrusting channel into the earth.

- Keep the left nostril closed, and the right arm hanging down. Inhale, pull up the right side of the anus and suck the energy up

through the right Thrusting Channel. Exhale and let all the toxic and sick energy flow down through this right channel into the earth.

- Repeat the procedure for the middle thrusting channel (when you exhale down, keep your right nostril closed and your left arm hanging down), the left Thrusting Channel, the middle Thrusting Channel (exhale down on the right side), the right Thrusting Channel, the Middle Thrusting Channel (exhale down in the left side) and the left thrusting Channel.

- Rest and feel the three Thrusting Channels and all the organs, they penetrate, open and clean. With your mind/eyes you can still let the energy flow up and down in the three channels. All the routes and clean the Thrusting Channels.

### **Practice:**

1. Then move the pearl through the Left and Right Thrusting Channel to point GB-16 on both side of the Pai Hui, at the top of the head. Use your right and left's hand middle finger to press on the center of the crown through which the Middle Thrusting Channel runs. Now move this fingers to a point about one and a half inches to the left and right of the crown, and press on this point, GB-16. The points GB-16 will feel painful when pressed. Release; press again, then rest. Concentrate on and feel this point.

**Note:** It is not necessary to find the exact location of each point. The points are quite large. When you use three fingers to cover the point(s), you will find it/them by feeling the spot(s) where the energy is most condensed, recognizable by the strongest pulsation.

2. With the middle fingers of each hand remain on GB-16, place the index fingers about one inch away from the middle fingers on GB-17, and the fourth fingers to a point about one inch away from the middle fingers on GB-15. Press and release all three points a few times simultaneously. All three points will feel painful when pressed. Then continue to use all three fingers to press them lightly until you feel a pulsation at the fingertips.

3. Continue to press the fingers on these points. Then, using the index, middle, and fourth fingers together, gently press on point GB-

14 on both sides, in the middle of the forehead over the left and right eye. When you feel the points, mentally move the energy down from the crown to the forehead. Feel the energy flowing. The energy will flow quite easily through this point, perhaps it will be a little bit painful. Continue to press here until you feel again a pulsation at the fingertips. If you feel tense and worried, GB-14 is usually blocked. Wrinkle the brow as you do when you are tense, and hold GB-14 on both sides to stimulate the energy flow. Stiffness in the neck and face, which is the product of overall tension, can be relieved by restoring proper flow to the area of GB-14. In addition, since this point is strongly related to consciousness, good energy flow through GB-14 will calm the spirit and brighten vision.

4. Move the three fingers of both hands down to press on ST-2 on both sides of the cheekbone in line with the pupil and GB-14. Feel the energy flow in a line from the top of the head down the forehead, through the eyes to the cheekbone points, ST-2. You may feel a pain in the cheekbone area.

5. Move the same fingers to the point at the corners of the mouth, ST-4. Press ST-4 in and slightly upward. This point is also tender upon pressure. You may feel pain from pressing this point manifesting in the teeth. Run the energy again from the crown through the points to the corners of the mouth.

6. Now release both hands from the points they have been pressing. Clasp them together in the holding position of meditation, and mentally run the left route from the top of the head points, GB-17, GB-16, and GB-15, down to ST-4.

7. Rest. Let the energy flow by itself.

**b. Open and connect the points ST-4 to SP-4 along the entire front route on both sides.**

1. If you start fresh, repeat the steps of A. Otherwise you just proceed to the next points of this route.

2. Keep your fingers on ST-4 in the corners of your mouth and move the energy down to CV-23. Use the left or right thumb to press

CV-23, under the chin. Press upward toward the tongue, and feel the energy flow down to this point. As the energy flows, you may feel a pulse or electricity in the hand.

3. Use the left or right thumb to press down on the top of the sternum toward the chest. Rest, and then use the left index, middle, and fourth fingers to press lightly on the CV-22 point above the sternum. Move the energy to this point, and relax for a while.

As you relax, use the mind to connect these points (CV-23 and CC-22) with the previous points.

4. Move the index, middle, and fourth fingers of each hand from the three points at the top of the head to point ST-13 under the collarbone. Then, move the left and right index, middle, and fourth fingers to just above the nipple at ST-16. Trace the energy flow from the crown down to the forehead, cheekbone, corner of the mouth, CV-23, CV-22 above the sternum, to ST-13 under the collarbone (ST-13), and to ST-16 just above the nipple.

5. Continue to keep the right and left fingers on ST-13. Move the left and right hand down straight in line with the nipple and middle of the collarbone to LV-14 between ribs eight and nine. Feel the energy flow inside your body. Massage, release, and press again until you feel a pulse at this point indicating that the energy has traveled this far. Move the left and right fingers to just beneath the rib cage in line with the nipple to SP-16. Move the energy to the point.

6. Move the left and right fingers to SP-15 at both sides of the navel and to SP-13 at the groin area above the leg bone and in line with the above points. Feel the energy connection and movement.

7. Move the left and right fingers to SP-10 on the inside and just above the knee, Feel the connection. Then, move with the fingers to SP-9 just below the knee, and connect it with the flow of the energy from the above points.

8. Move the left and right fingers to K-6 one finger's width below the inner ankle. Feel the connection. Then, move the left and right hand to SP-4 on the inside of the feet in a hollow just behind the ball of the feet. The energy may pulsate at this point as it connects to the above points.

9. Then move the left and right hand to K-1 (Bubbling Spring) at the center of the ball of the feet.

10. Now, clasp your hands, and put them on your lap in the meditation position. Mentally trace the energy flow from the top of the head to soles of your feet.

11. Slowly open your eyes. You should feel peaceful as the energy connects.

**c. Open and connect all the points K-1 to SI-9 along the entire Yang (back) route of the channel.**

1. When you start fresh, continue the above procedure all the way down to K-1. If not, just continue.

2. As above, put first the right and left hand on GB-17, GB-16, and GB-15.

Begin to run the route again down to ST-13.

3. Place the three fingers on ST-13 under the collarbone on both sides as before, and continue to hold this point with those fingers as you proceed with the three fingers to press and connect each succeeding point. Run the route in this manner down through ST-16, down the front, left side of the body to K-1 and GB-41.

4. Continue to follow the route upward in one straight line at the outside of the ankles and legs along B-62, GB-34, GB-31 over the hip GB-29 to B-48 on the back, a little above the top of the sacrum.

5. Then, move the right and left three fingers to the back to the points B-47, B-42, and B-38, all the way up to TW-15 at the top corner of the scapula.

6. Now, move the right and left three fingers to the points SI-10 and SI-9, above and just above the armpits.

7. Now, clasp your hands, and put them on your lap in the meditation position. Mentally trace the energy flow from the top of the head to soles of your feet and up to SI-9 just above the armpits.

8. Slowly open your eyes. You should feel peaceful as the energy connects.

**d. Open and link together the points LI-14 and TW-5 of the Yang armroute of the left arm.**

1. Use the three fingers of your right hand to move down to points LI-14 and LI-11 on the arm, and TW-5, above the outer wrist.
2. Rest, close your eyes and feel the flow of energy.

**e. Open and connect the points P-8 - L-1 of the Yin armroute of the left arm.**

1. Then move the right three fingers down and over the middle finger to point P-8 on the palm.
2. Next, move the right three fingers up along the inside (Yin) side of the left arm to join the points which are running down the Yang (outer side) of the left arm to the points M-UE-12, P-6, P-3, P-2 and L-1.
3. Rest, close your eyes and feel the flow of energy along the points the Yang and Yin route of your left arm.

**f. Repeat step d and e on your right arm to open the points of the Yin and Yang part of the Channels on this arm.**

**g. Open and connect the points LI-16 to GB-20 on both sides of the last part of the Yang route of the Channel.**

- a. Move with the fingers of both hands from L-2 to LI-16 on top of the shoulders.
- b. Move from there to GB-21, M-HN-41, M-HN-29 to GB-20 at the base of the skull.
- c. Put the hands together in the meditation position, mentally move energy through the whole left and right sides of the Great Bridge and Great Regulator Channels. Run both sides of the Channel together by simply using the mind to direct the energy from point to point.
- d. Collect the energy at the cauldron, and finish with Chi Massage.

# Daily Practice

## Quick Morning Checkup of the Eight Psychic Channels

1. Smile down, quickly form the pearl, and bring it down to the perineum. Practice six rounds of the Microcosmic Orbit.

2. Return to the perineum and clear the three Thrusting Channels, including the leg routes with the procedure described in Cosmic Fusion and on page 24 of this handbook.

3. Women, guide the energy into the earth, absorb the energy and spiral it clockwise and then counterclockwise. Start the Belt Channel up to and above the crown. Absorb the heavenly force. Continue spiraling counterclockwise and then reverse the direction and spiral the Belt Channel down to the earth again and back to the feet. Men, guide the energy above the crown. Spiral counterclockwise and absorb the Heavenly force. Spiral then clockwise and circle the Belt Channel down into the earth. Spiral clockwise and absorb the earth force. Reverse the direction and spiral counterclockwise the Belt Channel up to the Crown and then down to the earth again in a clockwise direction, back to the feet.

4. Men and Women split the energy (pearl) at the feet and start the flow of the energy through the Great Bridge and Regulator Channels from the inside of the left and right the foot (SP-4) and run the Channel along the inside of the legs, the groins, the front side of the body up to GB-14. Continue up, over the head, passing GB-15, GB-16, GB-17 down to LI-16. When you go up on the inside of the legs and the front side of the body, you will feel feel the energy flow along the outside of the legs (Most of the Yin and Yang points are located just opposite each other) and the back of the body at the same time. From LI-16 you go to L-1 and then, along the inside of the arms, P8 and from there you go over TW-5 up on the outside of the arms to join again at LI-16. From there you go up to the crown (GB-16) again.

5. Rest. Guide the energy with your mind/eyes through all the eight Channels.

6. Rest and bring the energy and your attention back to the cauldron in your Tan Tien. Gather and blend all the energy. Turn your senses and mind inward. Empty the mind in the Tan Tien and do nothing.

7. Collect the energy and end with a soft Chi Self Massage.

## **Protection of the Spinal Cord**

### **1. Spinal Cord Microcosmic Orbit: Supplemental Belt Channel**

This practice serves to strengthen the spine and protect it, and it is also important in the higher practice to wrap the spine with energy for its maintenance during trips to the midplane.

A. Practice Fusion, and then run the Microcosmic. Bring the pearl into the sacrum, and run it up the inner side of the back of the spinal cord to the brain. Wrap the energy around the frontal lobe and inside the skull. Return it down the inner side of the front of the spinal cord, and wrap it around the whole length of the spine.

B. Bring the pearl down to the coccyx and through it, and then up the outer side of the back of the spinal cord to the outside of the head. Wrap it around the frontal lobe and bring the pearl down along the outer side of the front of the spinal cord and return it to the coccyx.

C. Wrap the pearl around the coccyx. Wrap it around the outside of the spinal cord all the way up to the brain and the frontal lobe of the brain. Wrap the pearl around the skull, and then wrap it down the inside of the spinal cord to the coccyx.

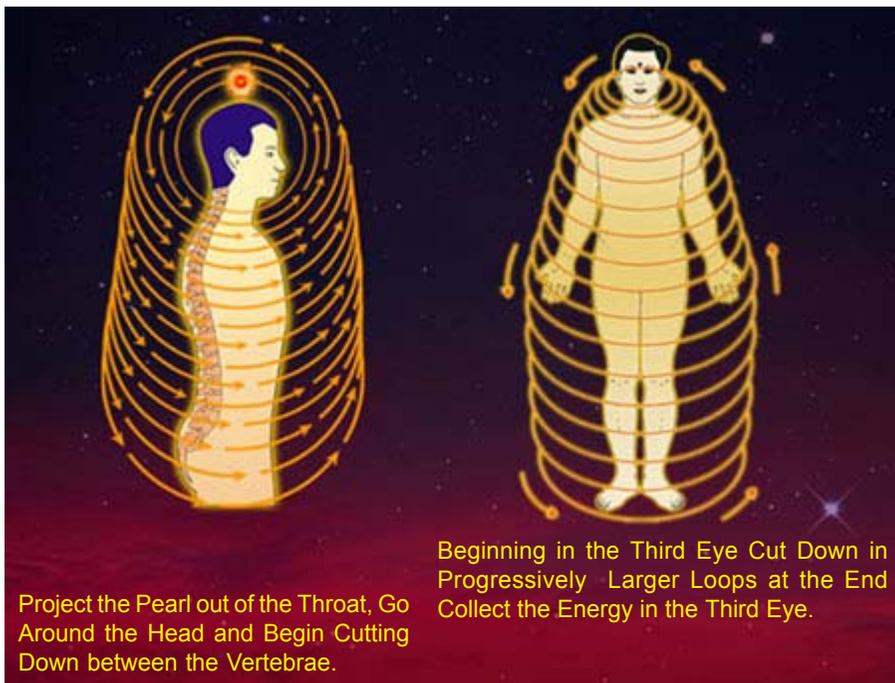
D. Rest and do, with the mind/eye, the Spinal Cord Microcosmic Orbit for a few times.

## 2. Spinal Cord Cutting from the Throat Center

A. If you start fresh, always start with Fusion of the Five Elements to form the pearl, and circulate it in the Microcosmic Orbit for a few rounds.

B. Stop the pearl at the throat center at the top of the sternum. Inhale, exhale, and project the pearl out from the throat, and around the outside of the head toward the back to cut through C-7. Cut through and cut down through each of the cervical, thoracic, and lumbar vertebrae, down to the sacrum and coccyx.

C. Finish by bringing the pearl back into the throat.



*Fig. 27 Spinal Cord Cutting and from the Throat Center*

### 3. Protection of the Spine, Organs and Glands Cutting from the Third Eyes

A. Begin at the mideyebrow, and use the pearl to cut either clockwise or counterclockwise through the neck, the thoracic, and lumbar vertebrae. Cut until the whole body has been cut, including all the organs and glands. Return the pearl to the mideyebrow. The spine is now completely wrapped with energy.

B. When finished, bring the energy back down from the mideyebrow to the navel to collect it there.

### Butterfly Protection of your Body

Cutting with Energy.

1. Start at ST-16 just above the nipples. (This point is slightly higher on women than on men.)



*Fig. 28 Spiral Energy From ST-16 Just Above the Nipple, Increase the Spirals on the they Encompass the Body.*

2. The pearl spirals in line with the body from ST-16. As it spirals, it cuts through both sides of the body through the rib cage in outward and downward arcs (like the wings of a butterfly), and then cuts back in.

3. The spirals grow larger each time to include the whole body and legs. Eventually the spirals come forward out of the body into the aura.

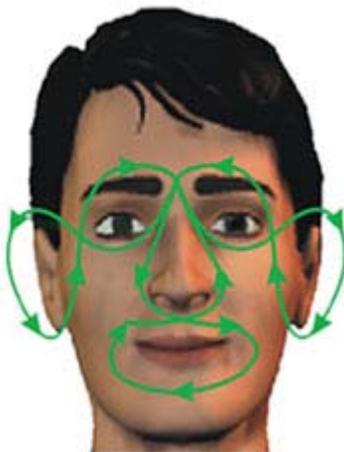
4. Collect the energy at ST-16.

This exercise is often used in the Martial Arts. Because you are spiraling your energy all around you, your opponent can not find where the center of your energy is and can therefore not “attack” you. We use the Butterfly for the same reason in the higher practices to hide our center of energy so “nobody” can attack us. It is a very good psychic protection.

## Cutting the Senses

This is a good way to protect and seal our senses.

A. Begin about half an inch in front of the eyes, spiral the pearl in three figure eight motions from the mideyebrow in the following manner.



*Fig. 29 Cutting the Senses*

1. Spiral the pearl down to the bottom of the left eye, circling it up to the top of the left ear. Then, circle it down the back to the bottom of the left ear, and circle up to the left eyebrow.

2. Circle across the mideyebrow, down to the bottom of the right eye, up to the top of the right ear. Circle around the back of the right ear, up to the right eyebrow, and join the first spiral at the mideyebrow.

3. From the mideyebrow spiral down to the left side of the nose, and down to the right corner of the mouth in a half circle. Spiral under the mouth to the left corner of the mouth, and then cut across to the right side of the nose. Return to the mideyebrow.

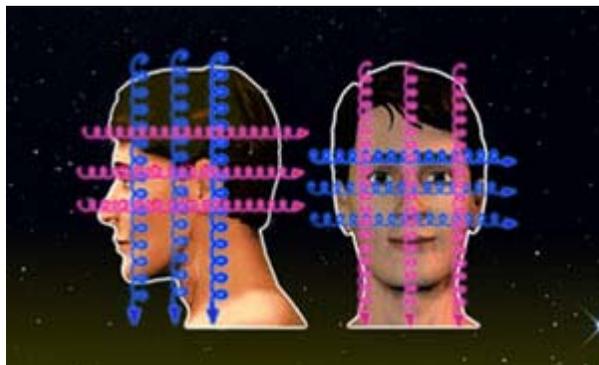
B. Collect the energy at the mideyebrow when finished.

## Drilling the Head with Energy

This exercise is used to drill our head more open in order to receive the higher frequencies. Drilling the head with energy helps also to clear the brain.

1. Drill with the energy by spiraling the pearl into the head horizontally from points on the forehead to the back of the head, starting from the mideyebrow.

2. Later you can drill with energy all over the face, horizontally and vertically, including from the top of the skull to the neck and chin, until you feel your head clear.



*Fig. 30 Drilling the Head with Energy*

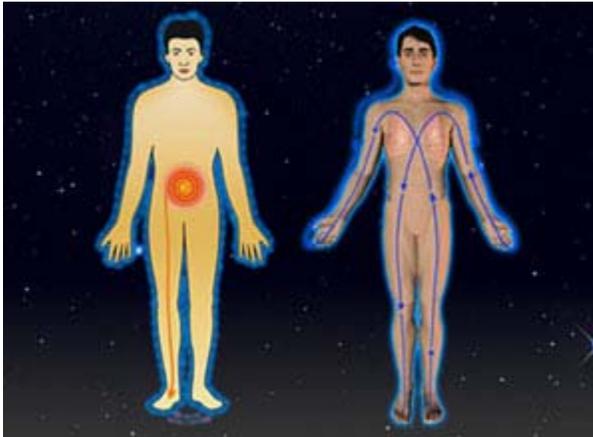
## Sealing the Aura

1. This Taoist practice concentrates on containing the aura to preserve energy, and creating a thicker aura to protect the body.

2. Begin at the navel and send a pearl of energy down the front of the leg to the big toe of the right foot. Jump the energy from the big toe of the right foot to the big toe of the left foot.

3. Run a sheet of energy that traces the toes of the left foot and the outside of the left leg. Trace the outer left side of the body to the armpit. Trace the inside of the left arm, thumb and fingers. Trace the outside of the left arm, over the left shoulder, and over the crown.

4. Now trace the outside of the right arm, fingers, and inside of the arm. Trace the right side of the body, down the outside of the leg to the toes. Trace each toe and bring the sheet of energy up the inside of the right leg, around the perineum, to the inner left leg, to the toes, and jump the energy to the right toes again to finish the procedure. Bring the energy up, and collect it. If you wish to continue with this exercise, do not jump the energy back to the right toes.



Sealing the Aura: First Part    Sealing the Aura: Second Part

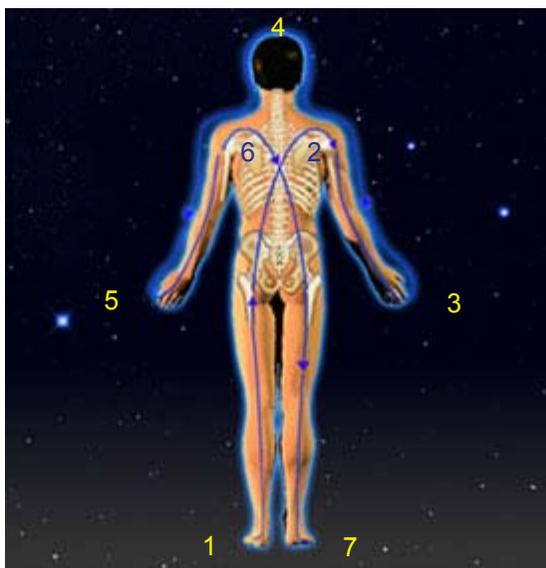
**Fig. 31** *Sealing the Aura*

5. Trace the front side of the left leg up to the left pelvis. Cross the energy over the solar plexus to the right collarbone, and bring it down the inside of the right arm. Trace the fingers and trace up the outside of the right arm. Wrap the energy over the crown and down the outside of the left arm to the fingers. Trace the inside of the left arm to the left collarbone. Bring the energy down the front side of the body, crossing over the solar plexus again, to the right hip, and then down the front side of the right leg.

6. Bring the energy up the backside of the left leg, and cross over to the T-11 and the right scapula. Trace the inside of the right arm, around the fingers, up the outside of the right arm, over the crown, down the outside of the left arm, up inside of the left arm to the left scapula and across to T-11. Cross over to the right, to the back of the right leg, to end at the toes.

Bring the energy up to the navel, and collect the energy at the cauldron.

7. Rest. Turn your senses and mind inwardly. Empty your mind in the cauldron in your Tan Tien. Feel nice, calm and protected.



*Fig. 32 Third Part Sealing the Aura.*

## Energy Body

Transfer the energy of Microcosmic, Thrusting and Belt Channel from the Physical Body into the Energy Body above. Once you have practiced to this level, you are ready to form the pearl into an energy body.

1. Always do Fusion of the Five Elements to clean out the negative emotions.

2. Condense the pearl and practice the Creation Cycle, Thrusting Channels and Belt Channels.

3. Run the pearl in the Microcosmic, and control its movement with the senses.

4. Move the pearl to the perineum. Inhale in short sips, drawing in ten percent of lungs capacity and pull up the anus. Inhale up to the navel, and inhale up to the heart.

5. Inhale up to the crown. Swallow your saliva (imagine swallowing upward) and exhale forcefully to open the crown and shoot the pearl out.

6. Feel the Universal Force, the forces of the North Star and Big Dipper above your head, and the Cosmic Particle Force in front of you as they shine down to your pearl. Feel your pearl start to absorb this energy, and then feel it expand.

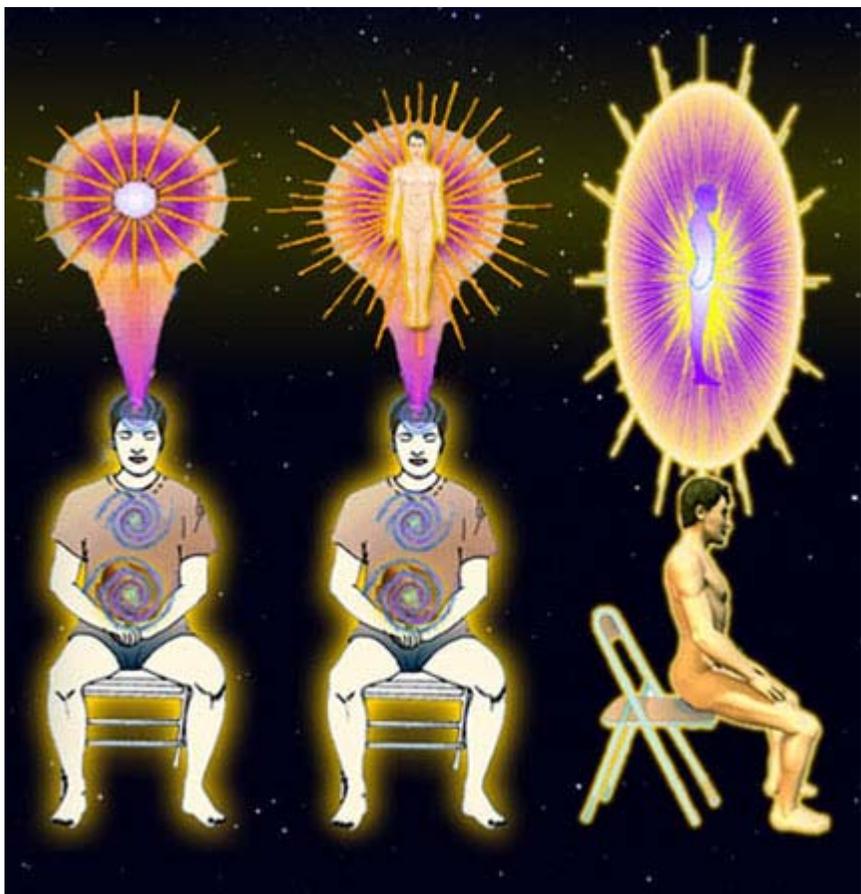
7. Bring your awareness to your feet. Feel the earth energy flow up through your feet, supplying this energy to your body. The pearl continues to expand with all the energy coming to it from outside the physical body.

8. Relax the senses, and form the energy body. Count the years of your age and with each year your energy body is growing. Form the energy body in the way you like.

9. Run the Microcosmic in the physical body. Open the crown, transfer the Microcosmic pathway into the energy body.

10. Form another pearl in the cauldron, and shoot the pearl into the energy body. Circulate the pearl through both Microcosmic Orbits.

11. Move the Thrusting Channels into the energy body.



Extend the Microcosmic  
Orbit.

Extend the Thrusting  
Channel.

Extend the Belt Routes  
into the Body Above.

*Fig. 33 Energy Body*

12. Practice all the Belt Channels up through the crown to and around the energy body. Feel the Belt Channel spiral around the physical and the energy body, connecting all the Channels in both bodies and protecting them.

13. Continue to practice until you are in full control of the energy body. Bring your awareness in this body. Just let it very carefully, travel a little bit, still close connected with your physical body (especially with the cauldron in the Tan Tien) and the Earth. Let it collect and absorb the energies of the North Star and Big Dipper, of the planets and the stars.

14. When you are ready, shrink the body to a pearl again. Activate the Cranial Pump. Press your tongue up, clench your teeth, pull back your chin, pull up your anus, and look up to the crown. Feel the beating in your heart and the pulse at your crown.

15. Activate the lead light, and let it shine up from your crown. It may feel like a frequency going out of the crown. Draw the pearl down to the lead light, and land the pearl. Inhale and draw the pearl back into the crown.

16. Move the pearl in the Microcosmic Orbit and nourish the physical body with all the energies the pearl has absorbed. Then bring it down to the navel and to the cauldron at the body's center. Collect, spiral and condense the energy in the cauldron.

17. Sit back. Turn yourself inwardly toward your center. Rest and stay in this energy.

**Note:** The energy which the pearl/energy body is absorbing, is nourishment for your physical body and especially for your energy and spirit body, which are formed in the practice of the Immortal Tao.

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# **Fusion of Eight Psychic Channels**

**Opening and Sealing Psychic Channels**

**Mantak Chia**

*Illustrations by Udon Jandee*

## **Fusion of Eight Psychic Channels**

*Fusion of the Eight Psychic Channels is the last of the three Fusion practices. It teaches you the last techniques and meditation to make you ready and prepared to start the Practice of the Immortal Tao.*

*In this booklet, you will learn how to open and clean the Great Bridge and Regulator Channels, to protect your spine and energy field, to seal the aura and the senses. You will also learn how to open crown your head. Finally, you will learn to transform the Microcosmic Orbit, the Thrusting Channels and the Belt Channel in the Energy Body.*

*With the help of many diagrams, you will first be able to locate and discover the practical uses of the points of the Great Bridge and Regulator Channels. You will then learn to concentrate on the flow of energy in the channels and to open and connect each point to enable the energy to flow freely.*

*The Spinal Cord Microcosmic Orbit practice strengthens and wraps the spinal cord with energy. Sealing the Aura enables the practitioner to create a thicker aura to protect the body, while opening the crown energy helps to clear the brain and facilitates the reception of higher frequencies.*

*This booklet is designed so you can use it to do your practice at your home or anywhere in the world. We are happy to welcome you to the Universal Tao family as a practitioner of the Universal Tao System.*



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