

The Cosmology Of Qigong



**How Discover Optimum Health
Listening to Nature's Cycles**

by
Jane Barthelemy

The Cosmology Of Qigong

**Discover Optimum Health
Through Nature's Cycles**

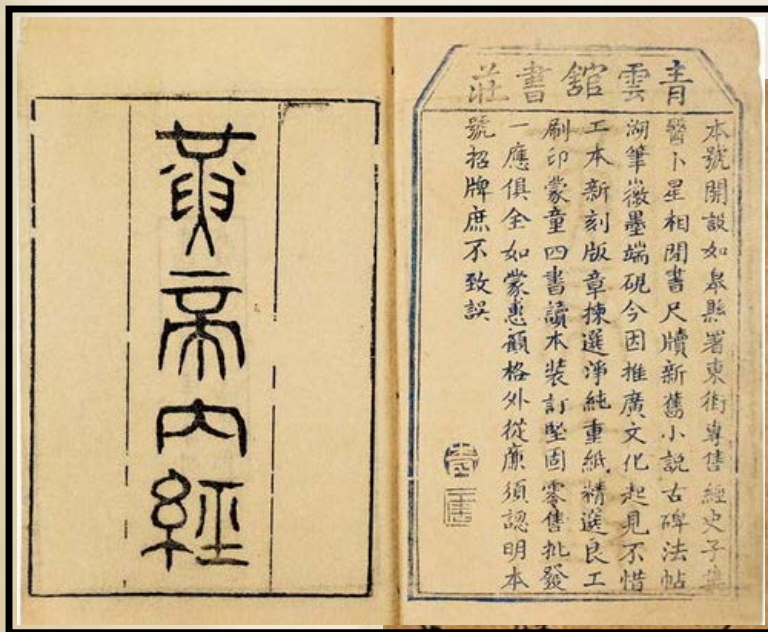


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Modern Society - The Pinnacle of History?



Most of us assume that we live at the pinnacle of human history. Yet we see clear evidence that greater wisdom, advanced medicine, higher mathematics, scientific knowledge, and enlightened ways of living have existed for thousand of years.



Oneness

Once upon a time 'Oneness' was all the world knew. Nature's cycles guided everything in life. People lived by the rise and set of the Sun. Our ancestors counted the year from the solstice and the equinox. Time was defined by the moon phases and the seasons.



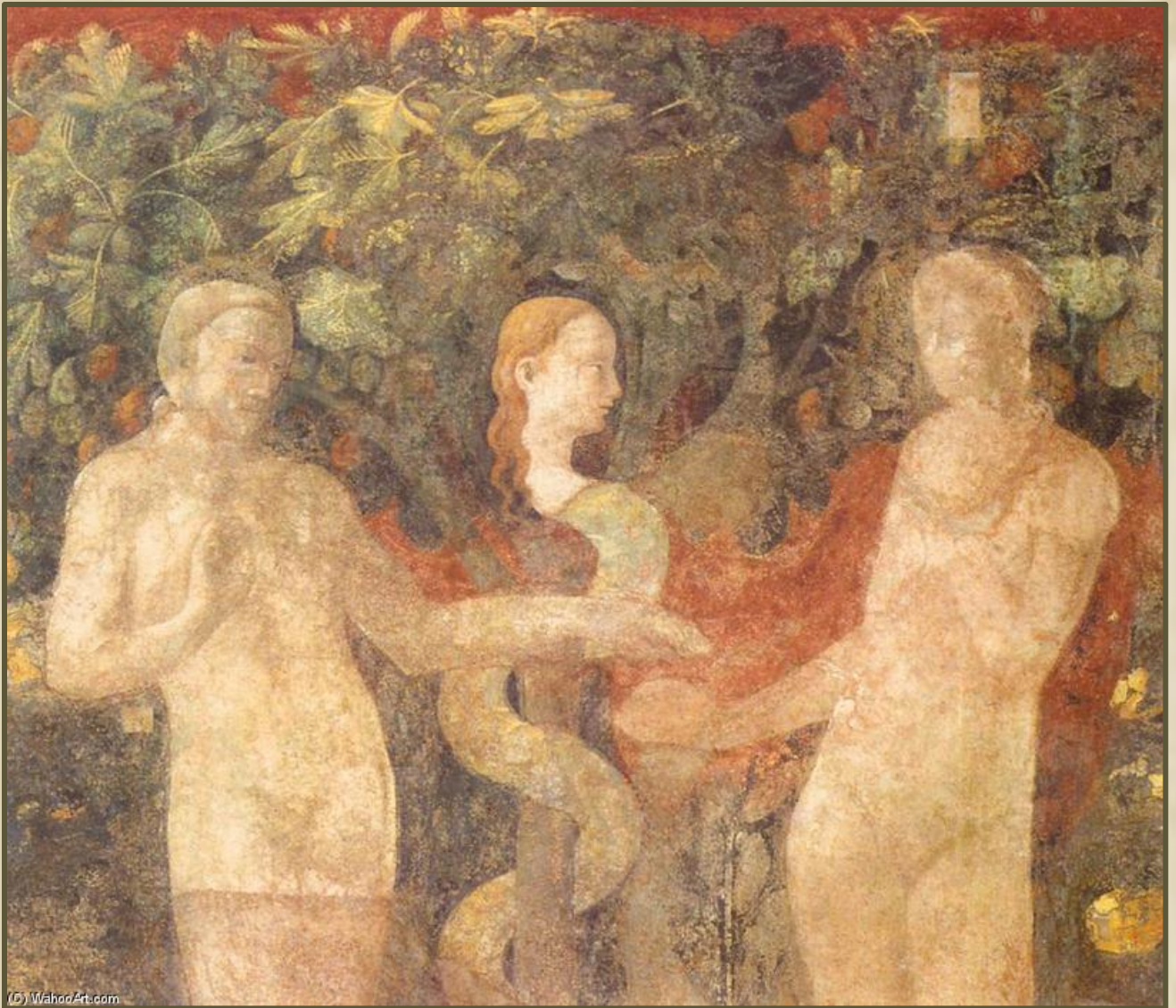
Separation

In modern times, Oneness has been replaced by a world view in which we see ourselves as individuals separate from the world around us. We isolate ourselves, protecting our bodies from the forces of Nature. Yet these are the very source of our potential and power.

Time has become a linear, digital thought form, instead of a Cosmic cycle. We are saturated and overwhelmed with electro-magnetic stimuli and conflicting directives to such an extent that we become numb to the potential available to us in the Cosmos and in our own bodies.



Self Love vs. Self Rejection



Human history is steeped in emotion, positive and negative. Threads from the past exist in our cellular memories, such as shame, despair, grief, subtle self-rejection, feeling separate, unworthy, insecure, competitive, and even violent.

We can heal this with conscious self love, and by respecting the body as a sacred instrument.

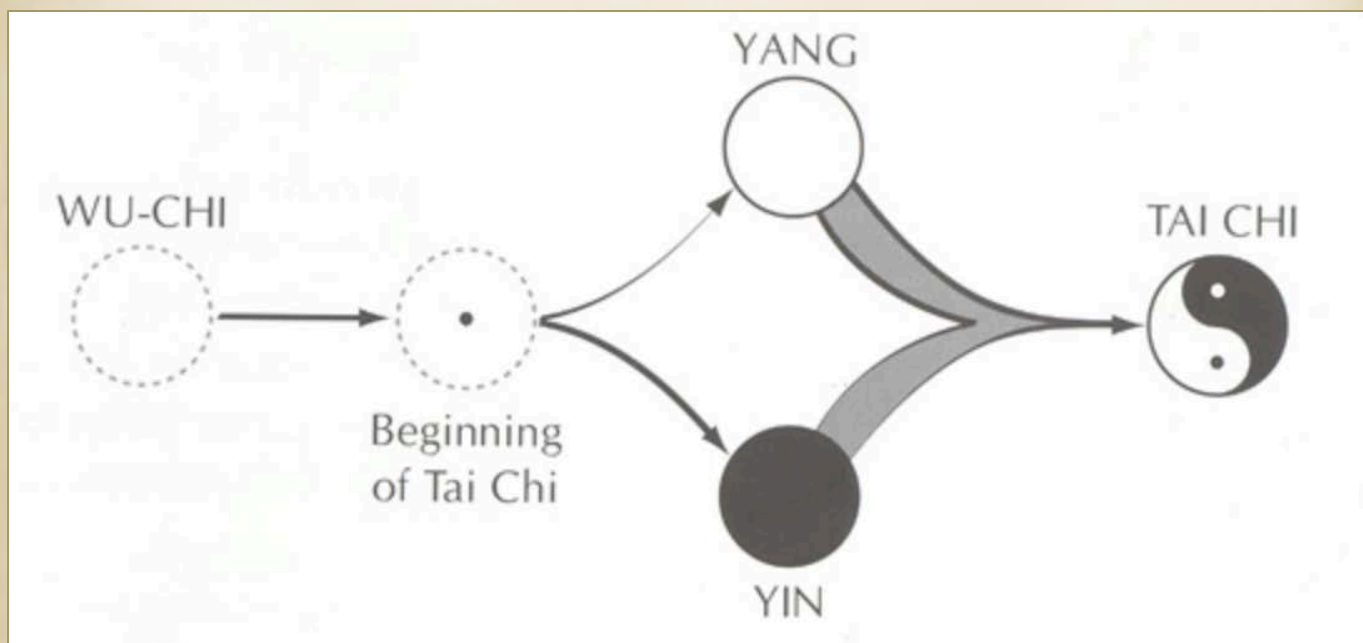
***Qigong is Self-Reverence,
the antidote to Self Rejection.***

Adam and Eve with the Snake, Paolo Uccello

Legends and History of Daoism

In the beginning...

The world was an endless void called **Wu Chi**. It was pictured as an empty circle formed by dotted lines. From this arose activity, expressed as yang and shown as an empty circle, and inactivity, expressed as yin, and shown as a black circle. The interactions of activity and inactivity are called *tai chi*, shown as the famous yin-yang circle, half black and half white.



The simple principle of Energy is for a dynamic interchange between two polarities, which creates power. Daoists discovered that this simple principle results in the creation of all things. They understood that Nature requires a balance between two polarities in order to exist. They called it the Yin/Yang Principle, or *Tai Chi*.

This principle of Energy is named Tao, or Dao.

Tao Te Ching #4

The Tao is empty - Use it.
It will never overflow
Abysmal it is — The ancestor of all beings.
Blunting blades,
Opening knots,
Joining light,
Merging with dust.
Profound it is — Like something eternal.
I do not know. Whose child is it?
Its appearance precedes the Gods.

(Lao Tzu, Translation: Livia Kohn)



The Legend of PanGu And the Birth of Yin Yang

Once Upon a Time, according to Chinese mythology, before anything existed, there was nothing but pure essence, pure potential, in the form of a giant cosmic egg. Pangu, the primeval man, slept inside the egg. For eons, we have no idea how long, he slept inside the egg. And then Pangu woke up into a vast darkness.



The egg cracked open with a huge explosion, and the heaven and earth started to split, just like two halves of an egg crack open.

Pangu feared that the Heaven and Earth might collapse into each other, so he opened his huge hands and lifted up the heaven or Yang Qi with his hands, and pushed down on the Yin Qi with his powerful legs.





As Pangu lifted the sky and pressed down on the Earth, his body grew three meters each day. The Earth became massively wide. And the heaven became an infinite expanse. Still Pangu pressed higher and higher.

Pangu did this every day for 18,000 years. When he finished, the Earth was enormous, and the sky was infinitely vast, and Pangu had become a colossal giant.

Pangu Dies and Creates the Earth



After 18,000 years pushing Yang Qi of Heaven up and the Yin Qi of Earth down, Pangu died. His left eye became the Sun, and his right eye the Moon. His skin and body surface became the mountains and valleys of Earth. His body fluids became the oceans, rivers, lakes, and underground tributaries. His hair and beard became the plants, grasses and trees. His teeth and bones became mountains, while his essence became pearls and precious jade. His breath turned into wind and clouds; his shout became the thunderbolt, his sweat turned into rain drops. And the fleas on his body were blown by the wind and became human beings, the ancestors of mankind.

The Story of Fuxi and Nüwa - 4,000 BCE



Legend says the land was swept by a great flood and everyone was killed. Only Fuxi and his sister Nüwa survived. They lived on Mount Kunlun and asked for a sign from the Emperor of Heaven to be man and wife. Their union was approved and they began to procreate the human race.

Daoist Shamanic Roots

Fuxi and NuWa c. 4,000 BCE

The roots of Taoism come from ancient shamanic traditions. The *Wu*, or shamans were said to communicate with spirits of plants, minerals, and animals. In meditation, they traveled to distant galaxies, deep into the earth, communing between human and supernatural realms. These practices were shared in rituals, ceremonies, and became Internal Alchemy techniques of many lineages.



Fu Xi is said to have invented the fishing net, the breeding of silk worms, taming wild animals, music, and divination by yarrow stalks.

He showed mankind how to use fire, and invented acupuncture needles.

Fu Xi is also credited with inventing marriage. Previously, it is said that children knew only their mothers, and society was matriarchal.

FuXi also invented Chinese characters by carving small pictures and numbers onto bones and tortoise shells.

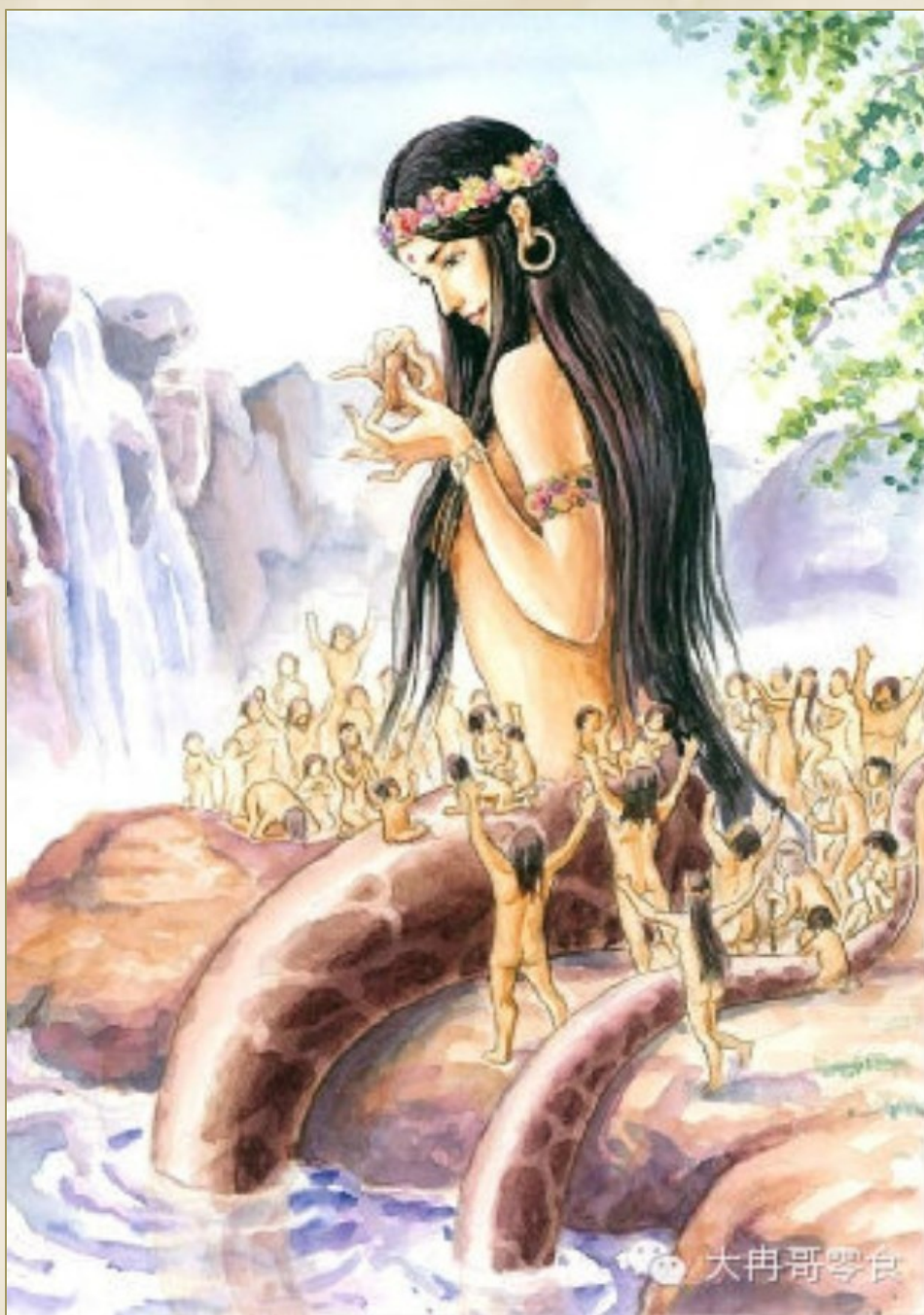


NüWa, Snake Goddess of Creation



NüWa performed many miracles to save the world for humanity. When the four cardinal points were out of alignment, NüWa mended the skies, cut off the legs of a giant turtle to support the cardinal points. She slew the black dragon to save the land of the Qi, and stopped the deadly floods. Then she set about creating humanity.

NüWa Creates humans after the flood

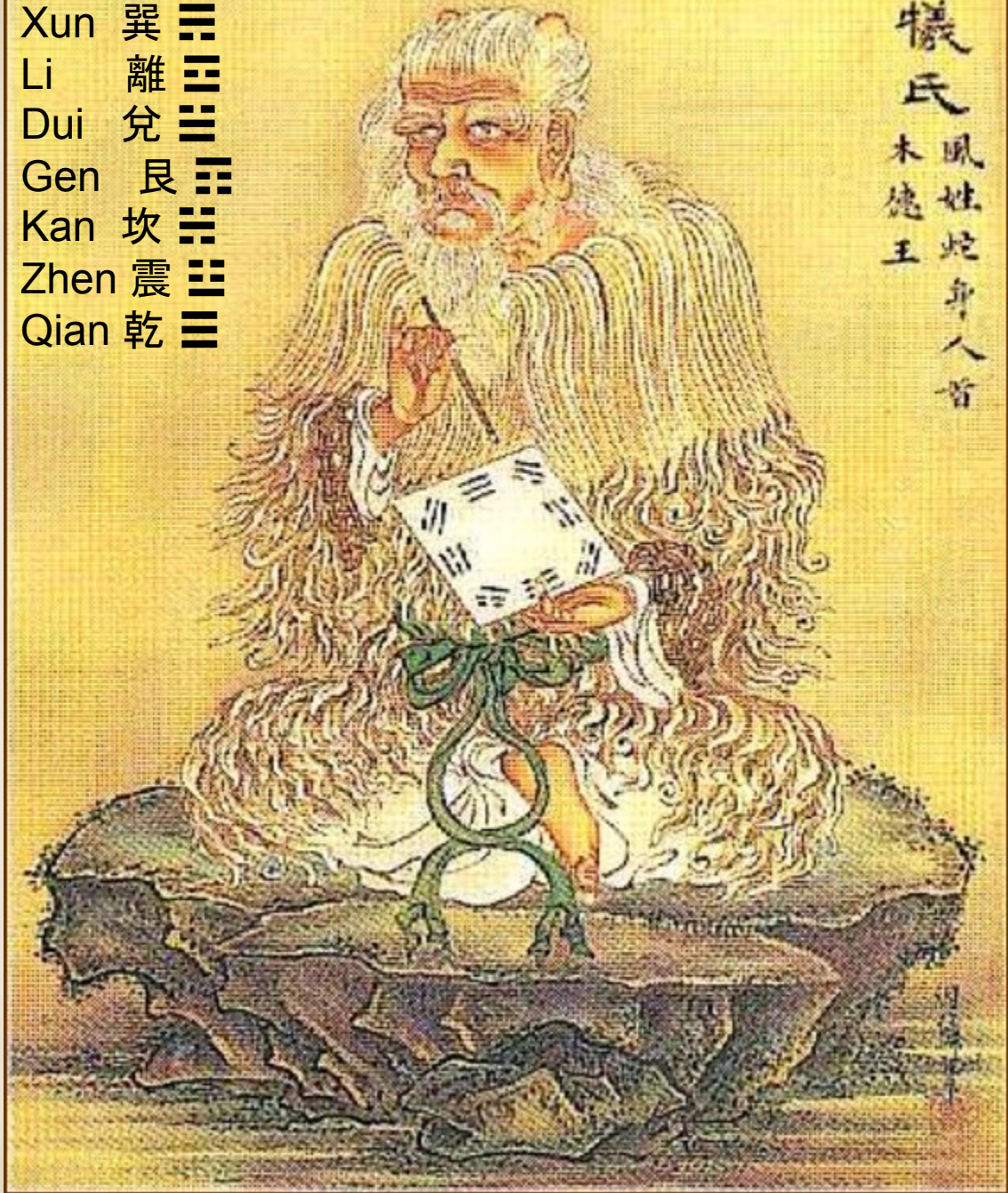


Nüwa used clay to form human figures, and made them come alive. When she got tired, she dipped rope in the mud and swung it sending the drops of mud all over the world, seeding people of all races and ways of life.

Fuxi Divines the Bagua c. 4,000 BCE

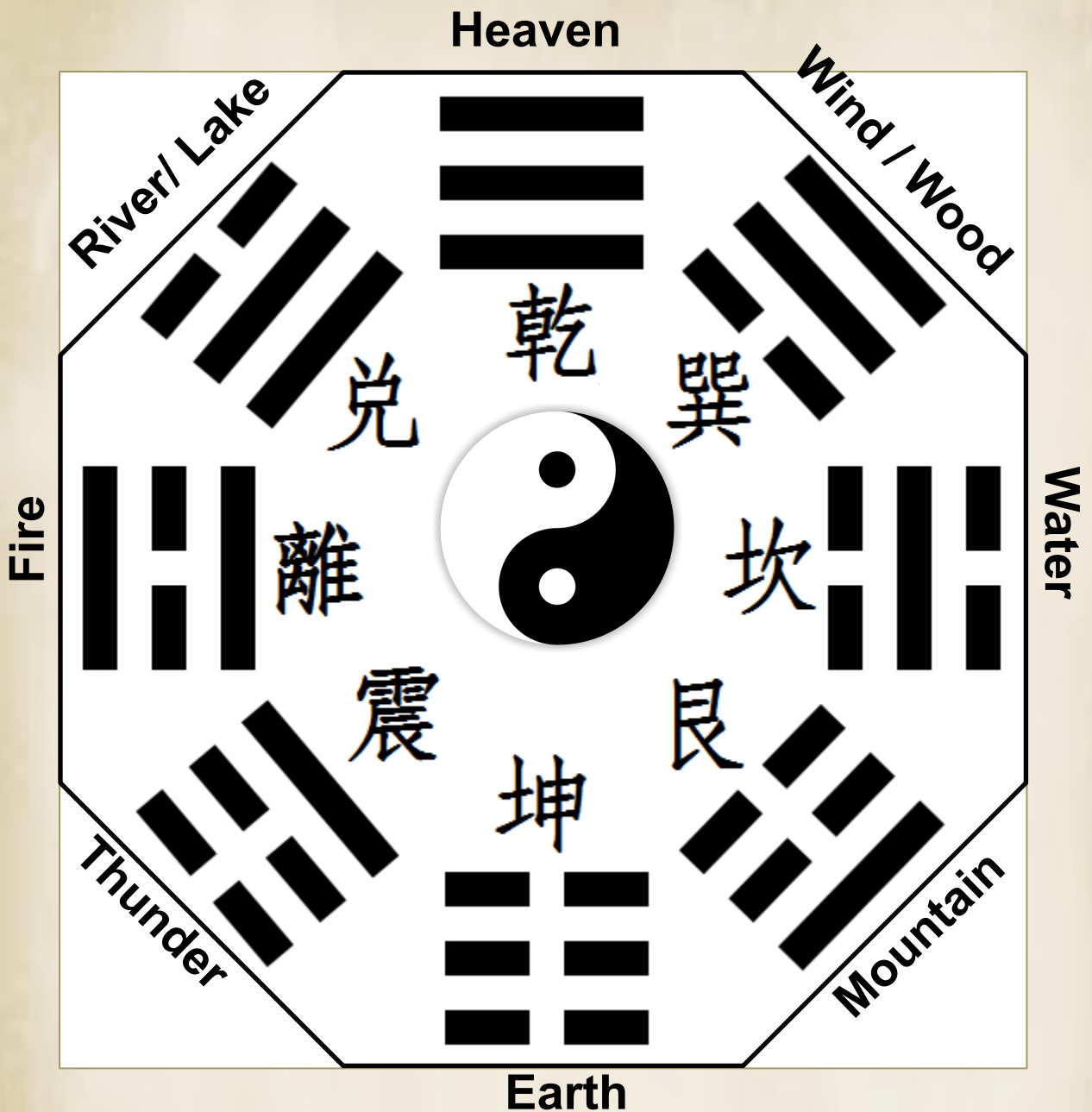
Kun 坤 ☷
Xun 巽 ☴
Li 離 ☲
Dui 兌 ☱
Gen 艮 ☶
Kan 坎 ☵
Zhen 震 ☳
Qian 乾 ☰

太昊伏羲氏
風姓蛇身人首
木德王



Fuxi is credited with inventing the BaGua, a divination system of 8 trigrams by which the underlying structure of the universe could be expressed and understood. The Bagua is the forerunner to the 64 hexagrams of the I Ching.

The Bagua (8 trigrams)



This is Fuxi's "Early Heaven" Bagua, or Primordial Bagua. It is an arrangement of opposites. The symbols stand for transitional states that are constantly in flux. They were named for images from Nature and human life. They also represent the cardinal points of North, South, East, West, and the seasons of the year.

Emperor Shen-Nung

Inventor of Agriculture 2,700 BCE



Emperor Shen-Nung is said to have taught people agriculture, how to identify plants, and how to cultivate them to live. He is credited with inventing the plow, the axe, digging wells, irrigation, preserving stored seeds in boiled horse urine, the weekly farmers' market, and the 24 solar terms of the Chinese calendar. He refined acupuncture, taking pulses, moxibustion, herbology, and is responsible for the discovery of tea.

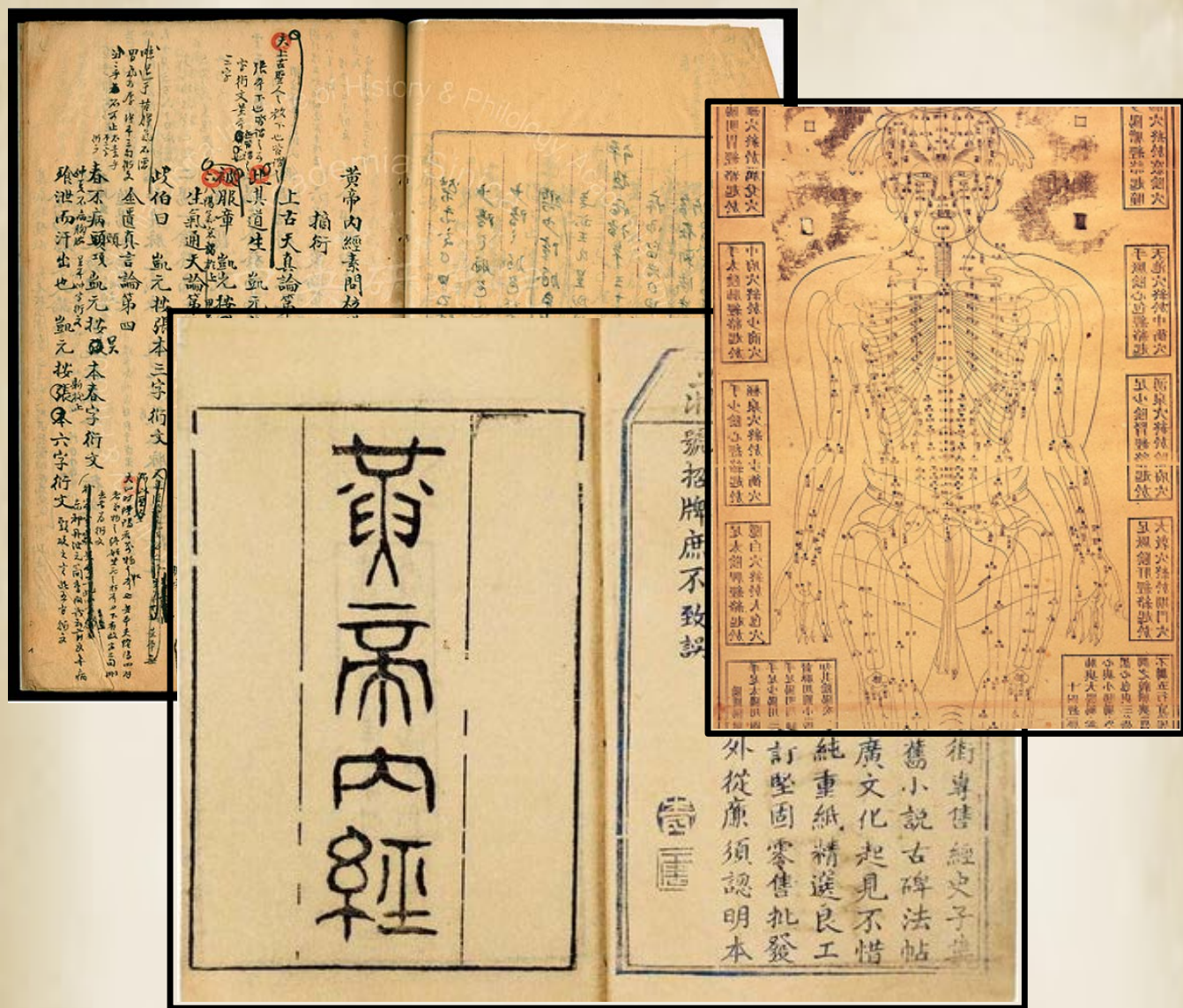
To relieve people of suffering, Shennong decided to taste every plant to find herbs with medicinal effects. Shennong catalogued all plants for use in agriculture and herbology. According to legend, Shennong had a transparent stomach, and one could clearly see into his stomach. Unfortunately he lost his life from tasting a poisonous herb.

Huang-dí, Yellow Emperor



Huang-di ruled China from 2697 - 2597 BCE. He co-authored the first known medical book Huang Di Nei Jing, a dialogue with his physician **Qi Bo. Huangdi is also credited with inventing the Compass, refining the calendar, Chinese characters and medicine.**

HuangDi Nei Jing, the First Medical Book 4,500 years old



The Rise, Fall, and Adaptation of Chinese Medicine

For thousands of years traditional Chinese medicine flourished. However in the late 1800's under British influence, it became a symbol of backward ways and a source of embarrassment to the Chinese. In 1912 the Kuomintang government formally adopted modern Western medicine and abolished Chinese medicine, although it continued to be practiced in rural areas. In 1942 Mao completely banished Chinese medicine as "superstitious and shamanic belief". Many doctors and Qigong masters were imprisoned. But in the 1950's under international pressure, Mao reversed his stance, reinstating it side by side with Western medicine, but in a simplified form consisting of only acupuncture and herbs, eliminating the other six branches.



Yellow Emperor

The Eight Branches of Chinese Medicine

- 1. Meditation, Self Cultivation**
- 2. Qigong, Gong Fu, Tai Chi**
- 3. Diet & Nutrition**
- 4. Bodywork, Tui Na**
- 5. Cosmology, Cycles, Ba Gua, I-Ching**
- 6. Feng Shui & Astrology**
- 7. Herbal Medicine**
- 8. Acupuncture**

Medical Training in Ancient Times

In 2,600 BCE, during the time of the Yellow Emperor, Meditation and Qigong were considered the two most essential branches of medicine, the most subtle, and therefore the most powerful, as they arise out of a personal practice. Medical students were trained in these two branches before studying acupuncture or herbs.

Chinese doctors were paid only as long as their patient enjoyed good health. If a person became sick, by law the doctor was required to give free treatments until health was regained. For every patient that died, a red lantern was hung outside the treatment center to warn others of the doctor's failure.

There were 3 kinds of doctors:

1. The lowest level doctors treated patients when they were sick, using acupuncture and herbs, considered the most invasive emergency methods.
2. Advanced doctors diagnosed and treated disease before it manifested physically.
3. The highest level of doctor had no patients and gave no medical treatments. These great master teachers imparted the **Way of the Dao** to their students.

King Wen, Duke of Zhou



周文王 (? — 前1046) 明人绘

King Wen, c 1100 BCE, took FuXi's 8 trigrams of divination and invented the 64 hexagrams of the I Ching. He wrote the interpretations of the I-Ching. Confucius also wrote I-Ching commentaries.



The Yijing

The Book of Changes

易經



52 Keeping Still

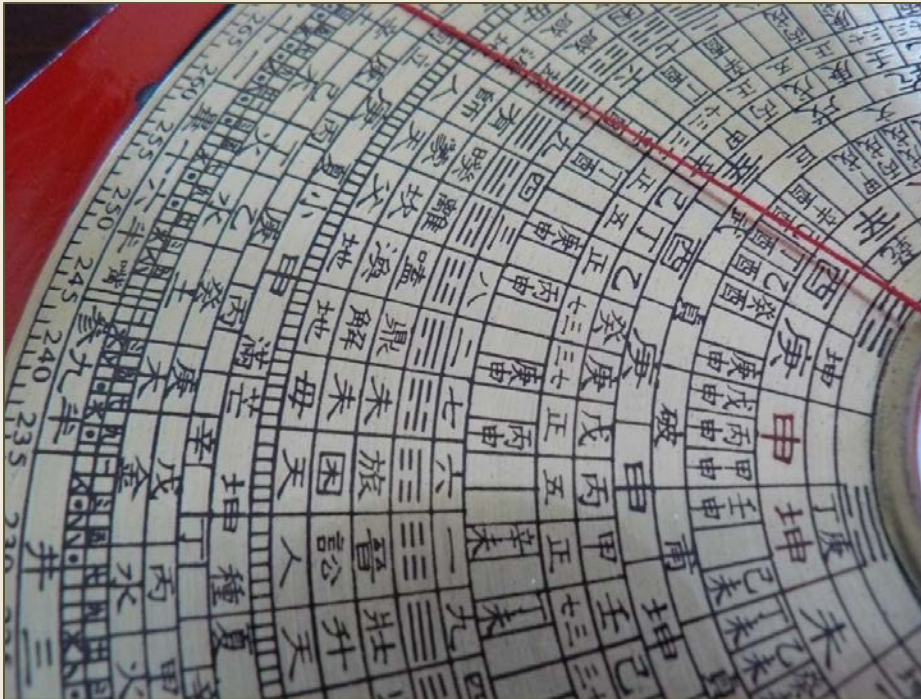
The 64 hexagrams of the *I Ching* are credited to three sages, Fu Xi, King Wen, and Confucius. The wisdom of the *I Ching* can be assimilated through reflection and meditation. Some say the *I-Ching* is the most refined form of universal reality that can be represented in the binary forms of 0's and 1's.

The 64 Hexagrams

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64

Feng Shui Masters used The I-Ching and Bagua

Feng Shui, the ancient art of harmonizing time and space, was originally called **Kan Yu** or "**Tao of Heaven and Earth**". Feng Shui was used to find the most auspicious date for rituals, and to find the best location for a house or a sacred tomb.



Luo Pan

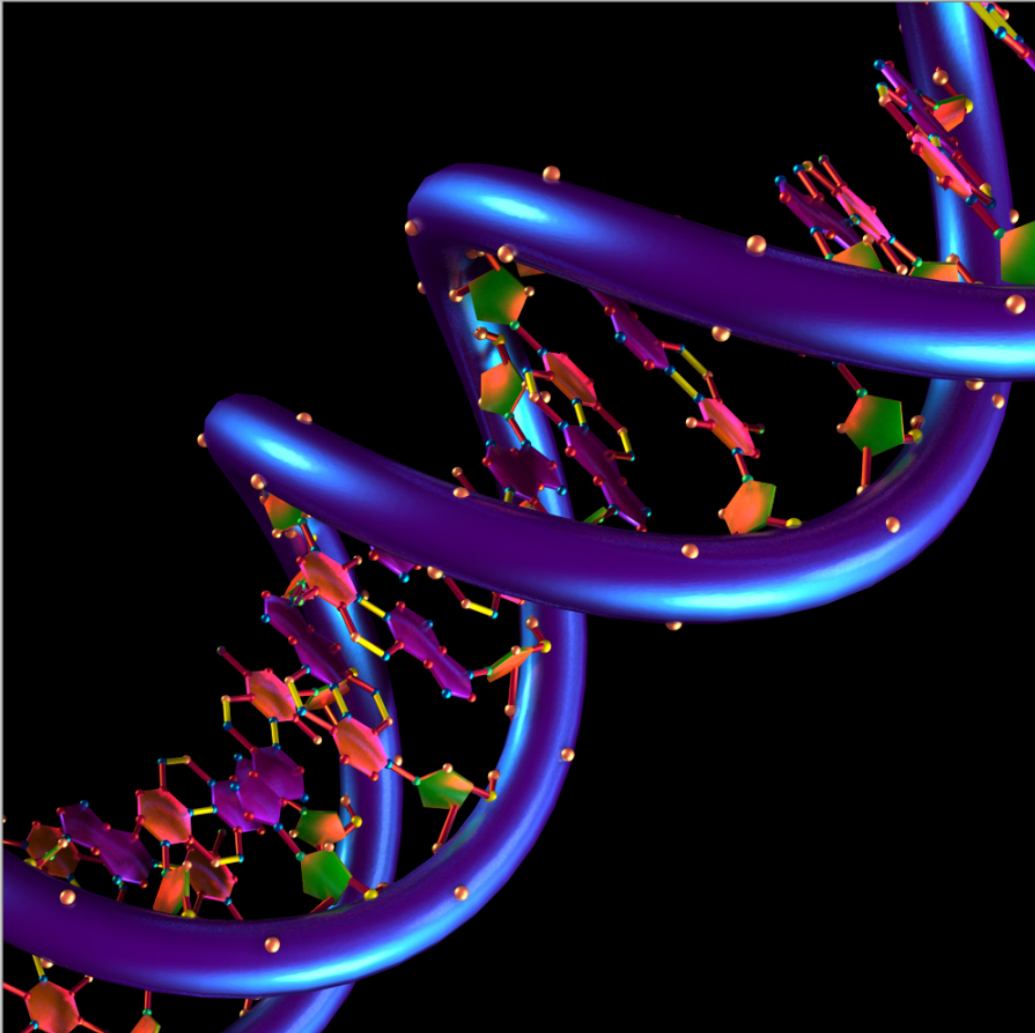
The earliest Feng Shi compass or **Luo Pan** 羅盤 is said to be invented by HuangDi, the Yellow Emperor. It is made of many rings relating to Sun, Moon, stars, date of birth, seasons, 8 trigrams, and the 64 I-Ching hexagrams.

The first directional compass was said to be invented by HuangDi, the Yellow Emperor c. 2,600 BCE. It used a “heaven plate” with the 8 BaGua trigram. A lodestone spoon functions as a natural magnet that aligns to the Earth’s magnetic field.



DNA and the I-Ching

Human DNA contains 64 codons (amino acids) that store vast amounts of genetic information in binary form. The I-Ching has 64 hexagrams based on the binary Yin and Yang lines.



Perhaps the structures of DNA and the I-Ching have a similar purpose. DNA is used to construct a biological organism, a living expression of the quantum information fields.

The I-Ching is used to create an awakened being grounded in the dimensions of consciousness.

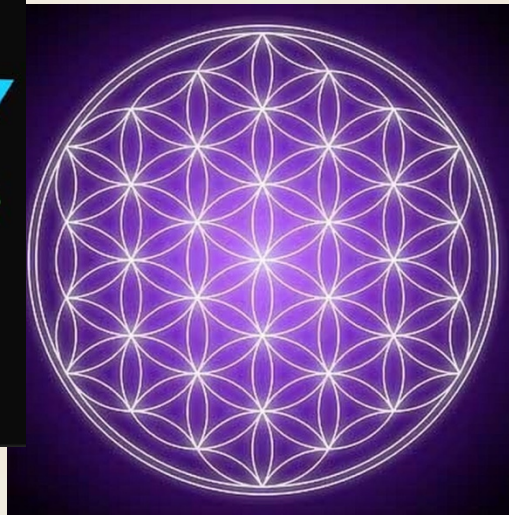
A Unity between Structure of the Universe, and Structure of Cells

The I-Ching numeric series is identical to that of a single cell embryo, which divides into 2, 4, 8, 16, 32, and 64-cells. At the 64-cell blastula stage, cellular differentiation begins, as the internal and external cells become separate lineages. Each cell will become a specific tissue, such as the nervous system, sensory organs, heart, muscles, bones, digestive system.

Like the I-Ching 64 hexagrams, the 64 Tetrahedron is considered the basis of all 3-D physical structure. And the 2D Flower of Life is a flat version of that universal form.



3-D 64 Tetrahedron



2-D Flower of Life



64-cell blastula embryo

*“The light is not in the body alone,
nor is it only outside the body...
The light flower of Heaven and Earth
fills all the thousand spaces.”*

*The Secret of the Golden Flower
Lu Tzu, 8th century CE*

Lao Tzu
606-530 BCE

**“He who loves the world
as his body
may be entrusted
with the empire.”**

Tao Te Ching #13



Laozi was a philosopher and poet. **Lao Tzu** is an honorary title meaning **‘Old Master’**.

Founder of philosophical Daoism, Lao Tzu worked at the Imperial Palace as Custodian of the Imperial Archives. After observing the ways of men and the cycles of the world, he decided to leave the Kingdom, going to the mountains on an ox.

As he reached the Han-Ku pass, the border guard begged him to leave some of his wisdom for future generations. So he wrote the Tao Te Ching, a series of 81 chapters. There are over 300 translations of the Tao Te Jing, and it has been translated more than any other book in human history.

Confucius 551-479 BCE

**“The strength of a nation derives from the integrity of the home.”
Confucius**



Teacher, editor, politician, and philosopher, Confucius taught personal and governmental morality, correctness of social relationships, family loyalty, ancestor worship, respect of elders, and a wife's respect for her husband.

Zhuangzi - 370-301 BCE

Zhuangzi (Chuang Tzu) a consummate, sharp-witted Daoist master, wrote a collection of anecdotes and stories called the **Zhuangzi**, a foundational text of Daoism.



**“Where can I find a man
who has forgotten words,
so I can have a word with him?”**

Zhuangzi

Zhang Sanfeng , Father of Tai chi



Zhang Sanfeng was a legendary Daoist master who is believed to have lived in the Wudang Mountains, invented Tai chi, and to have achieved immortality. Much of the written material about him is mythical or contradictory. He is said to have been born either in 960, 1247 or 1279. And he is said to have lived almost 300 years. He was impossible to find, as he often pretended to be an old beggar. Still no one knows the truth about Zhang Sanfeng, and he lived so long, no one was left who could tell his story.



***“Condense the Spirit.
Regulate the Breath.”***

Zhang Sanfeng

One day walking on Wudang Mountain, **Zhang Sanfeng** saw a snake and a crane in deadly combat. He observed that before attacking, the snake would raise its head and bow its body, as if gathering Qi, ready to strike like an arrow. The crane would deflect the attack effortlessly with a downward arc of its powerful wing. The crane would stab its beak down, while the snake gracefully dodged the strike.

This natural display of Yin and Yang in Nature made a great impression on him. From this, **Zhang Sanfeng** developed **Tai Chi** and martial arts.

All his teachings employ this simple understanding, that yielding and gathering Qi is more effective than using brute force.

Wudang Mountains



*Yin-Yang
and the
5-Element System*

Layers of Manifestation

The Tao gives birth to Yin Yang, then the Five Elements, and the Ten Thousand things. These primordial forces represent an unbroken chain of harmonious vibration and change. Nature's cycles continue without end.



音

Yin Yang

揚

Yin

Yang



Dark
 Vague
 Wisdom
 Profundity
 Sincerity
 Tranquil
 Winter
 Water
 Compassion
 Source of manifestation
 Destination of return
 Frames all existence
 and experience

Earth – Heaven
 Love – Emotion
 Tranquil – Active
 Soul – Spirit
 Body – Clothes
 Mind – Works of expression
 Female – Male
 Left – Right

Beauty
 Courage
 Risk
 Pointed
 Precise
 Quick
 Strong
 Active
 Expression
 Instigator
 Doing
 Summer
 Prescience
 Perspicacity (Clarity)
 Making commitments
 Liberator of suffocation
 Mastery of timing and
 proportion

Shadow: Arrogance

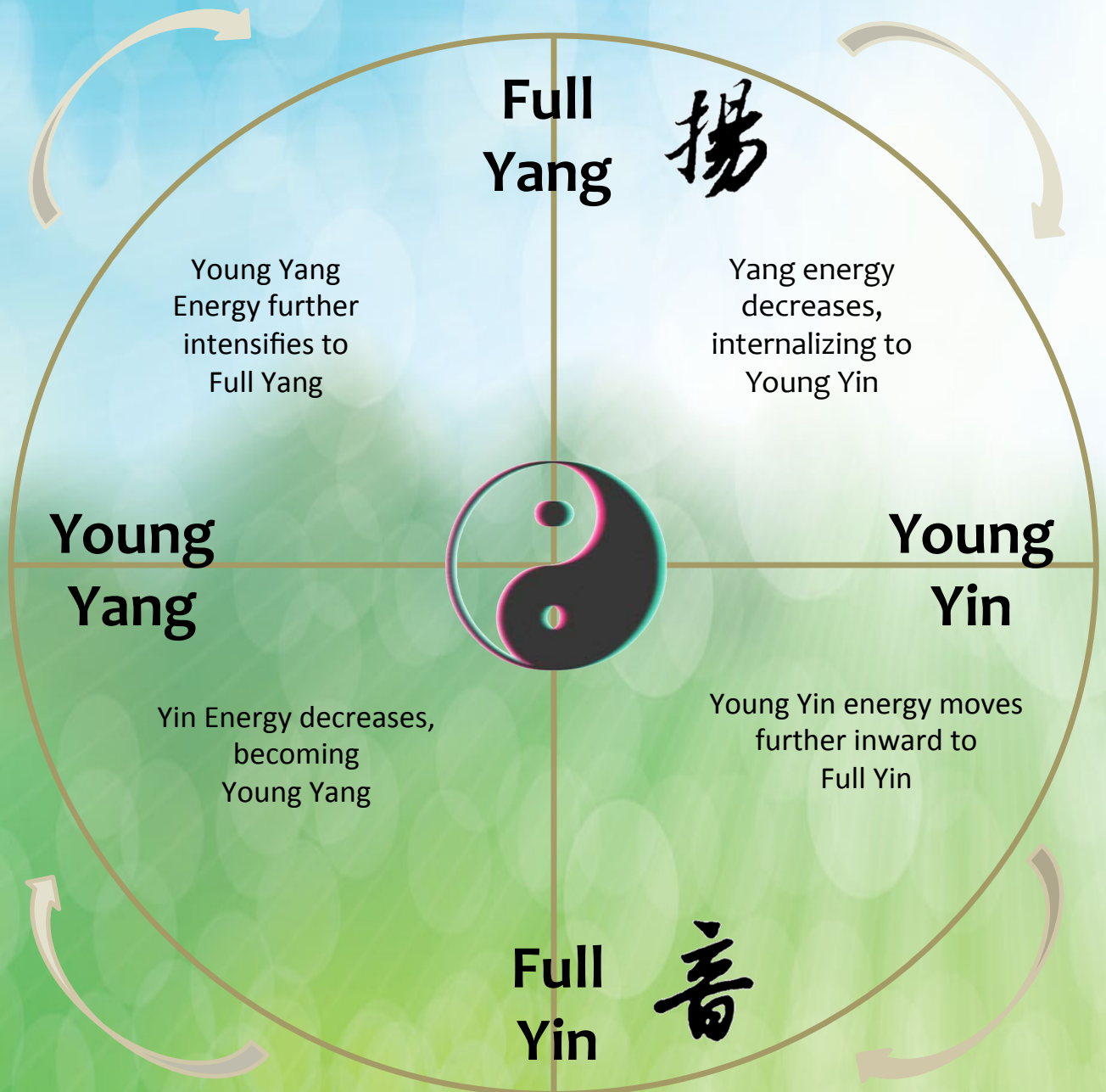
Shadows:
 False Modesty
 Sentimentality



Yin Yang is called Tai chi 太極 meaning “Supreme ultimate”.
 Tàijí is the unity from which everything originates

Cycle of Yin and Yang

The cosmic cycle is demonstrated throughout Nature. We experience it in the 4 Phases of the Moon, 4 Seasons of the Year, 24 hours of the day, rotations and orbits of heavenly bodies, life cycles, relationships, moods.



This simple form echoes sacred images of the Christian Cross, the Medicine Wheel, the Shamanic Four Directions, the Celtic Cross, ancient stone circles, etc...



These teachings and practices are derived from the practice tradition of MogaDao, created and founded by Zhenzan Dao. www.mogadao.com. Chart by Jane Barthelemy

Tibetan Practices, 16,000 BCE

The Yungdrung Bön is said to be over 18,000 years old. Tonpa Shenrab Miwoche, called the first Buddha, was said to have been born in 16,017 BCE in the Zhang Zhung kingdom of western Tibet, or **Olmo-lungring**. The Zhang Zhung word **Yungdrung** means *eternal*. **Bön** means *practice*. This sacred image represents the origin of the universe, the neutral state.



Yungdrung sacred symbol of the
Eternal Everlasting Truth.

Could this 18,000 year-old
Tibetan tradition be the roots of
the Chinese five elements?

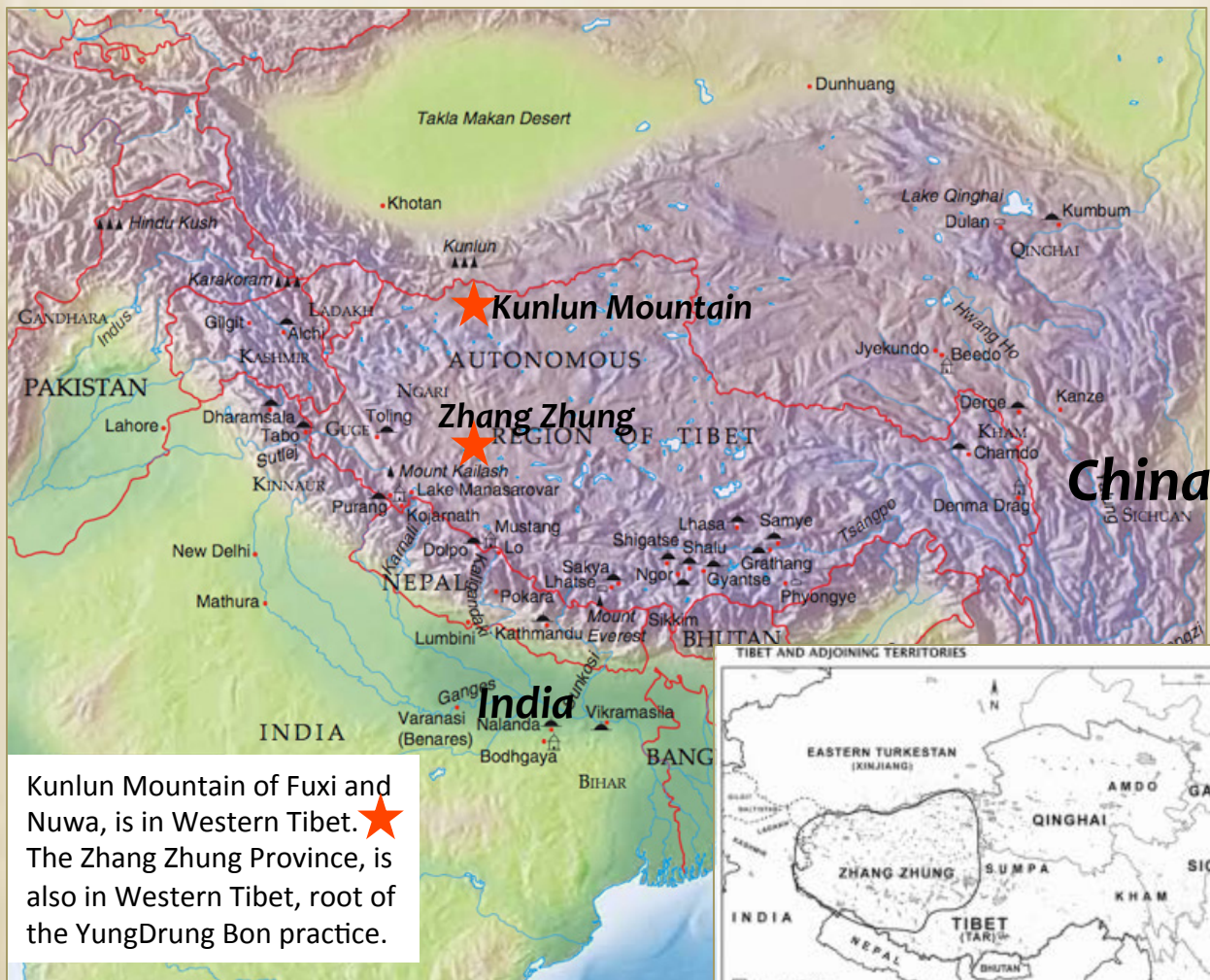


The Roots of Asian Practices?

18,000 years ago, Tonpa Shenrab taught three paths to enlightenment:

1. **Sutra** - the renunciation path
2. **Tantra** - the transformation path
3. **Dzogchen** - the self-liberation path

His practices were recorded in the Zhang Zhung language, translated into Tibetan, and from there they spread to India, Kashmir, and China.



We can speculate...

If the lowlands were inundated in floods in biblical times 6,000 years ago, and only the mountains escaped devastation, could all of Chinese, Indian, Asian, and Native American culture and wisdom stem from these practices that flourished 18,000 years ago?

Early Daoist 5 Five-Element System

Early writings show 5 elements as the four cardinal directions, with Earth as a central fulcrum and stabilizing force as the other energies transform.



Fire and Water form a central axis of full Yang and full Yin. Wood and Metal are transitions between the two extremes. The Fire-Water axis and cycle are found in all elements (i.e. each element contains yin and yang) and in all cycles of life.

Chinese Medicine

The 5 Five-Element System 五行

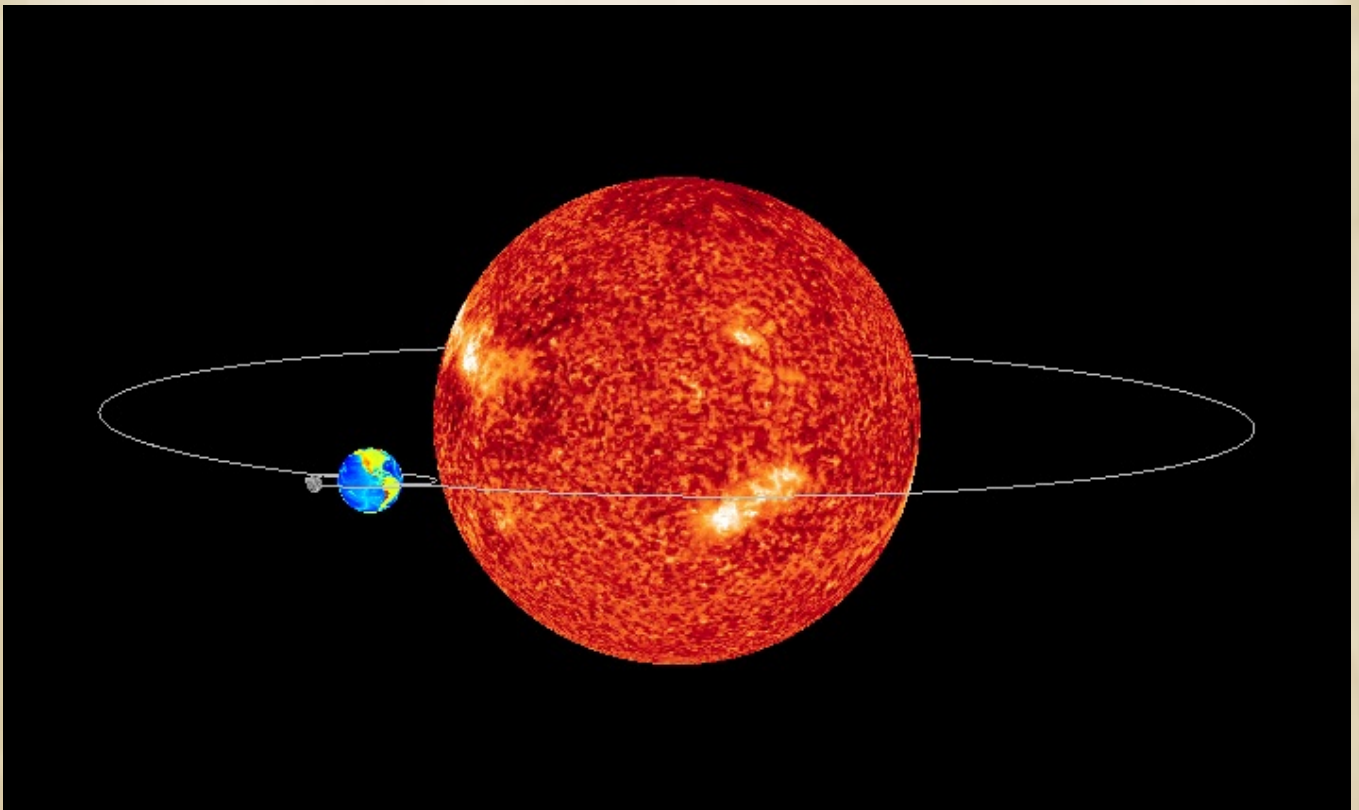


The Five elements are called **Wu Xing**.
Wu means Five. **Xing** means a Phase,
Process, or Agent of change.



These teachings and practices are derived from the practice tradition of MogaDao,
created and founded by Zhenzan Dao. www.mogadao.com. Chart by Jane Barthelemy

Cycles of the Sun, Moon, Earth, and Planets



The Sun

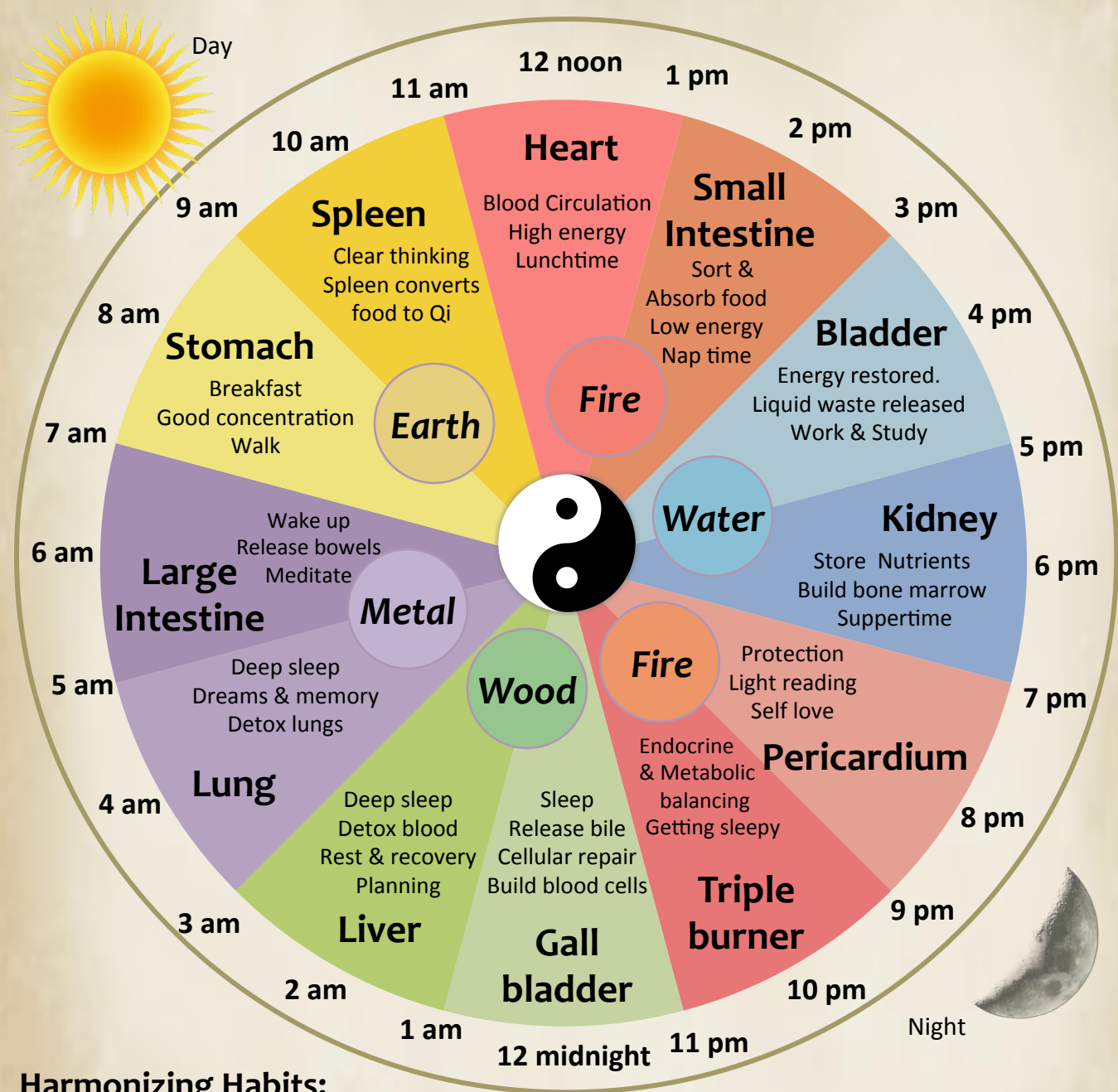
In Daoism the Sun represents the energy of life, the creative Yang, the Fire element, and the Masculine. The Sun is associated with Shen / spirit consciousness, the left half of the brain, the Heart, the Pineal gland, and the Solar Plexus.



The human body is intimately connected with the Sun in these ways:

- **Day & Night**
- **24-hour Clock**
- **Seasons**
- **Plants & food**
- **The Sun's orbit**

Chinese Medicine 24-Hour Circadian Clock



Harmonizing Habits:

5-7 am – Wake up, Move bowels, Meditate
 7-9 am – Sex, Breakfast, Walk, Digest
 9-11 am – Work, Best concentration
 11-1 pm – Eat main meal of day, Walk
 1-3 pm – Absorb food, Short nap, Work
 3-5 pm – Work or Study

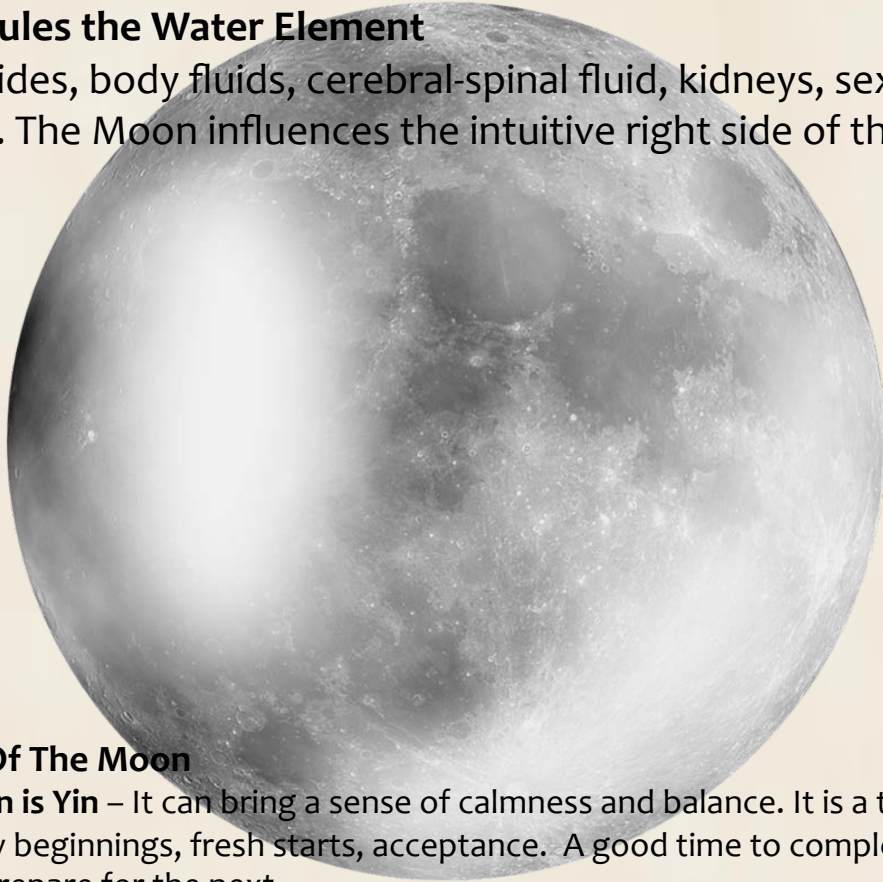
5-7 pm – Exercise, Light dinner
 7-9 pm – Light reading, massage feet
 9-11 pm – Calm Socializing, Flirting, Sex
 11-1 am – Go to sleep, Cellular repair
 1-3 am – Deep sleep, Detox liver & blood
 3-5 am – Deep sleep, Detox lungs

The Moon

The Moon is Yin, cold, empty. The Moon represents the subconscious mind, feelings, instincts, intuition, one's emotional nature, one's heart as opposed to one's head, nurturing, healing.

The Moon Rules the Water Element

It rules the tides, body fluids, cerebral-spinal fluid, kidneys, sexuality, and bio-rhythms. The Moon influences the intuitive right side of the brain.



The 4 Cycles Of The Moon

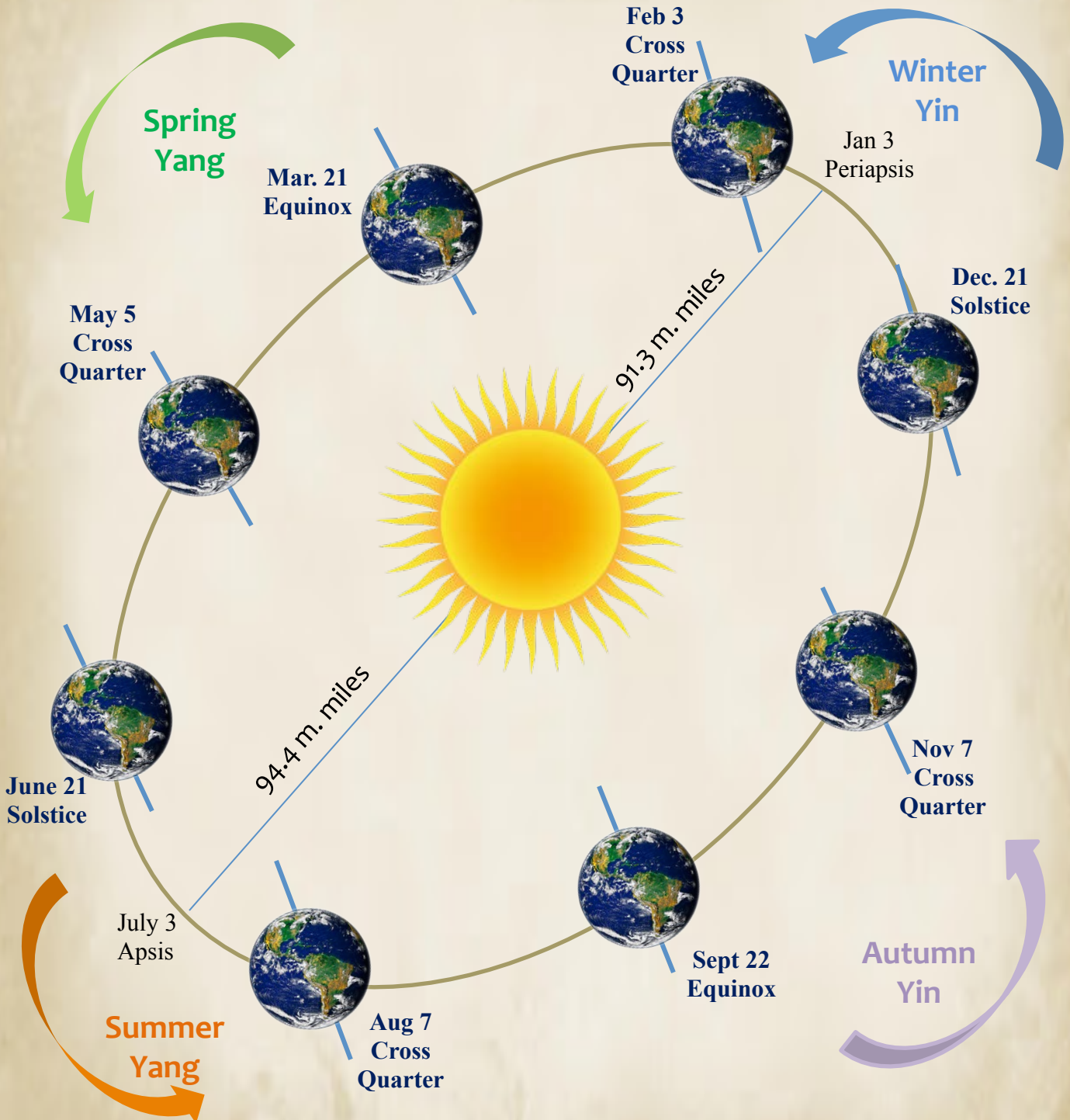
1. **A New Moon is Yin** – It can bring a sense of calmness and balance. It is a time for rebirth, new beginnings, fresh starts, acceptance. A good time to complete the last cycle, and prepare for the next.
2. **Waxing moon (growing) Young Yang** - Excitement of new beginnings, fresh new growth. Start new projects, plant seeds. Energy levels rise like a crescendo. It may be easier to focus.
3. **Full moon is Yang** – Energy is at its peak, a high-energy time of clarity. It is an opportunity to heal and cultivate, as elevated levels of energy can enhance one's state of being. A good time for social activities, creativity, sales
4. **Waning moon (decreasing) Young Yin** – Energy is being internalized. A good time to finish projects, cleanse, release unneeded things.

The Moon Rules the Female Cycle. Lunar energy pulls the ocean tides, also effecting ovulation and menstruation. In ancient times women's menstruation always occurred during the full moon. Thus the moon is the spiritual symbol of the female, and the sun is the symbol of the male. In modern times, the natural female cycle has become disordered through social and mental activities which disturb this balance.



Cosmological Qigong The Earth's Seasons

Seasons are the result of the Earth's rotation on its axis tilted 23.4°, causing either the North or South hemisphere to face the Sun. Earth's distance from the Sun has little effect on seasons. The *Apsis*, or point of greatest distance is July 3. The *Periapsis* January 3 is the point of least distance from the Sun.

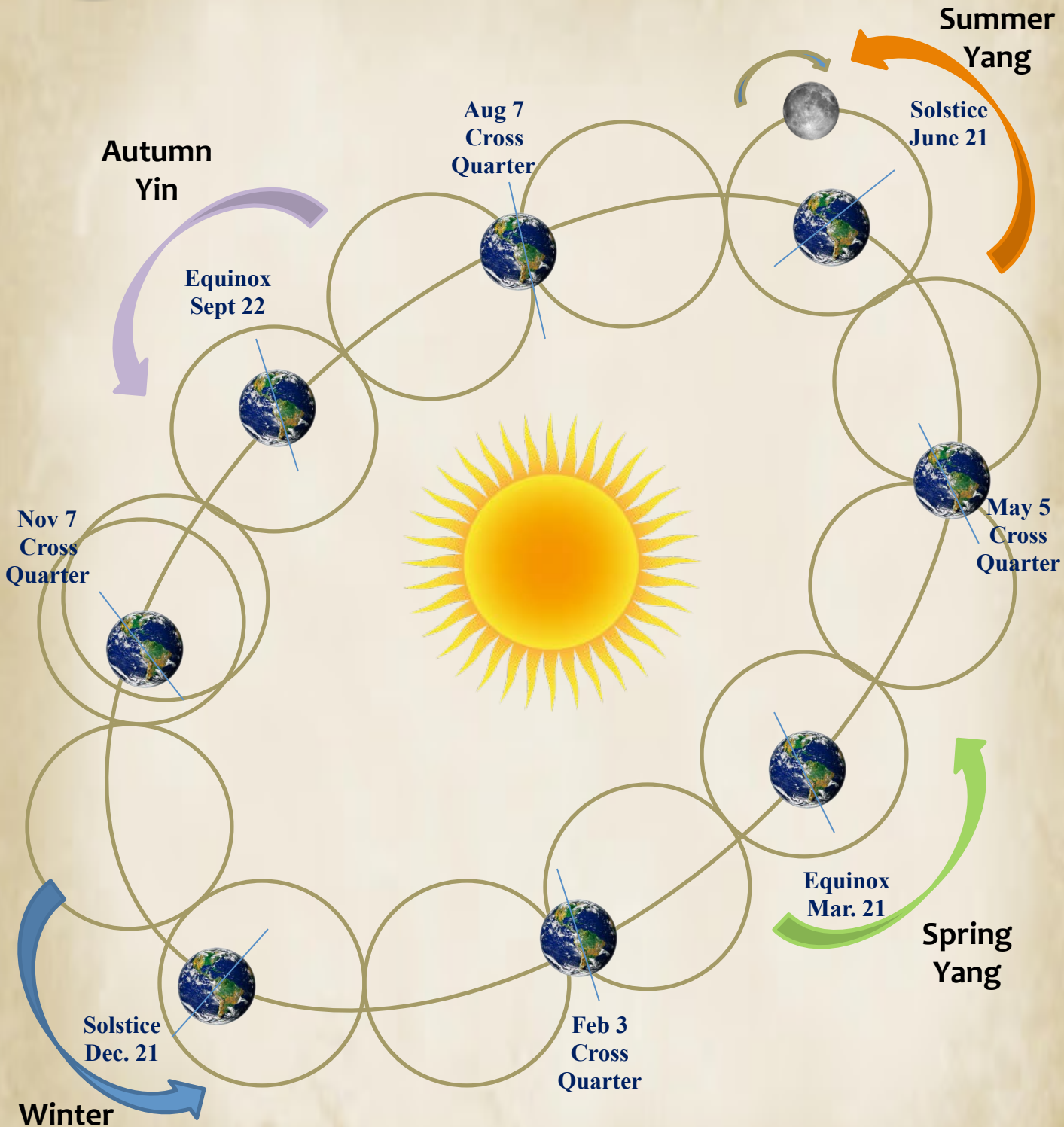


Seasons have a huge effect on the Earth and our bodies. We must adjust our lifestyle and activities to the cycle of Yin Yang for optimum health and longevity.



Cosmological Qigong

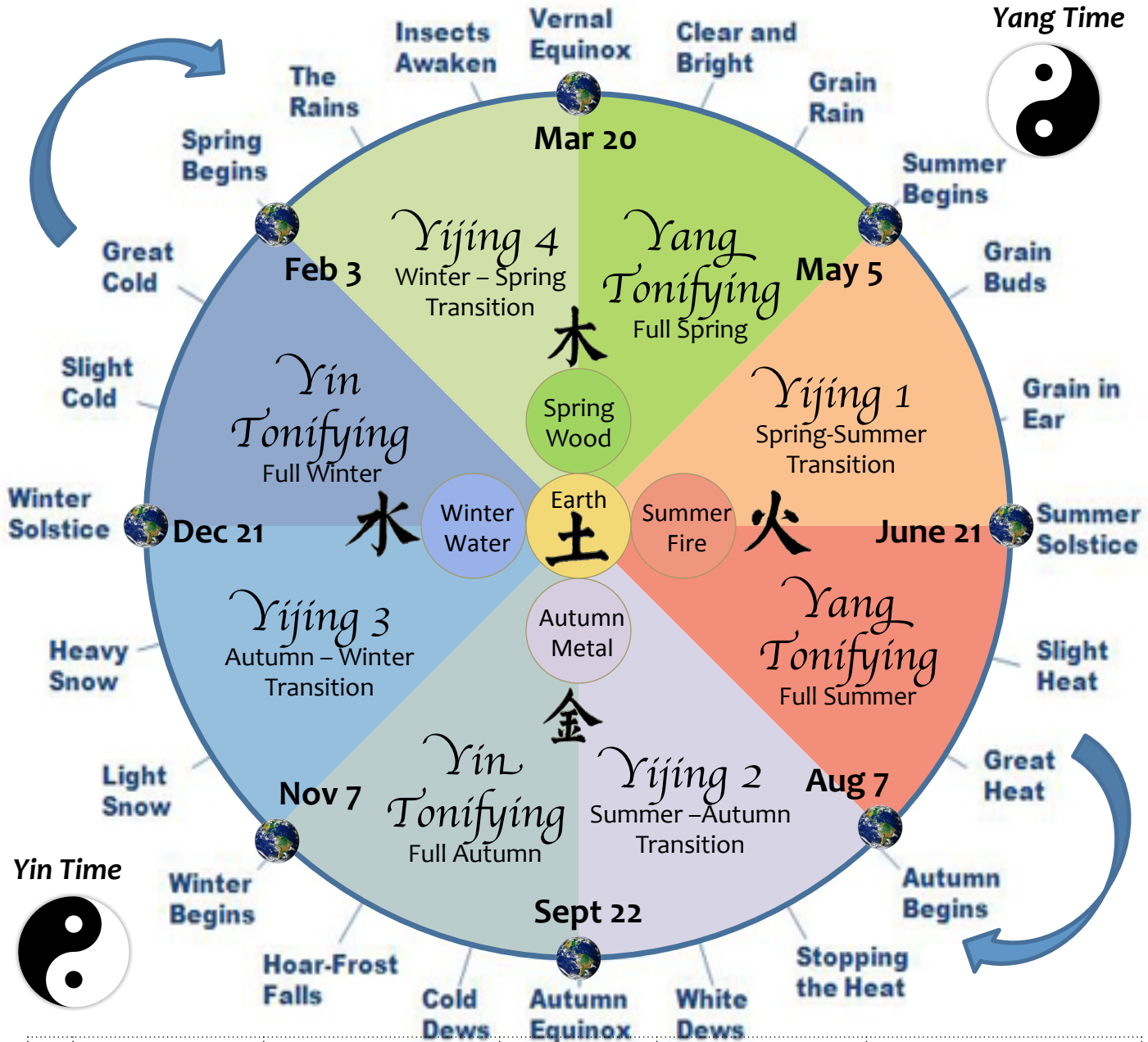
The Earth's Seasons with Moon



Yin The Moon has 12.4 phases per year. Along with the day, night, and 4 seasons, the Moon's rotations affect our bodies, especially fluids and female cycle. These rhythms represent a constant ebb and flow in the body.

Chinese Calendar 24 Seasons with Qigong forms

These teachings and practices are derived from the practice tradition of MogaDao, created and founded by Zhenzan Dao. www.mogadao.com Chart by Jane Barthelemy.



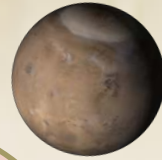
	Chinese Names	Chinese Meaning	Time Period	Astronomical Start Date	Possible Qigong Forms
1	Chun Fen 春分	Spring Equinox	6 ½ weeks	March 19, 2016	Yang Tonifying
2	Li Xia 立夏	Spring Cross-Quarter	6 ½ weeks	May 4, 2016	Yijing 1 Spring - Summer
3	Xia Shi 夏至	Summer Solstice	6 ½ weeks	June 20, 2016	Yang Tonifying
4	Li Qiu 立秋	Summer Cross-Quarter	6 ½ weeks	August 6, 2016	Yijing 2 Summer - Autumn
5	Qiu Fen 秋分	Autumn Equinox	6 ½ weeks	September 22, 2016	Yin Tonifying
6	Li Dong 立冬	Autumn Cross-Quarter	6 ½ weeks	November 7, 2016	Yijing 3 Autumn - Winter
7	Dong Zhi 冬至	Winter Solstice	6 ½ weeks	December 21, 2015	Yin Tonifying
8	Li Chun 立春	Winter Cross-Quarter	6 ½ weeks	February 4, 2016	Yijing 4 Winter - Spring

The 5 Five-Element System with Planets

These five planets can be seen with the naked eye.

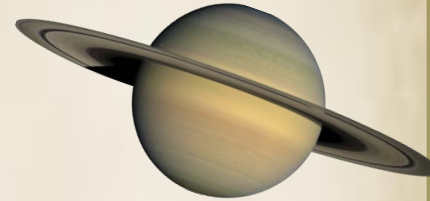


火 Fire



Heart
Summer
Risking, Manifesting

Mars



Wood

木

Liver
Spring
Beginnings, Visioning

Jupiter

土 Earth

Spleen
Indian Summer
Supporting, Centering

Saturn



Water 水



Kidney
Winter
Accepting, Forgiving

Mercury

金 Metal



Lungs
Fall
Reckoning, Discerning

Venus

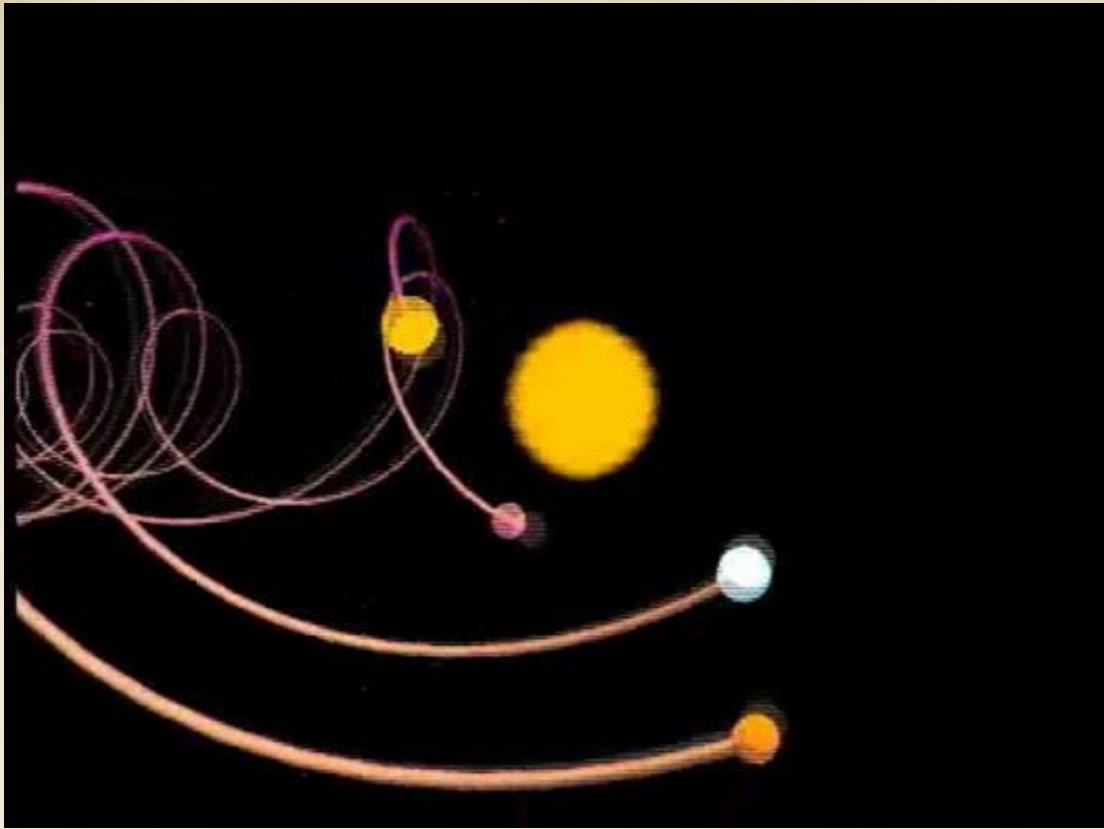
Ancient astronomers noticed five stars that wandered across the sky independent of the others. The English word planet comes from Greek **“astēr planētēs”** which means **“wandering star”**.

Movements of the planet affect our bodies in more subtle ways than the Sun and Moon. Examples are Mercury retrograde and Saturn return.

Chart by Jane Barthelemy

*Galactic Spirals,
Quantum Physics,
and the Sun's Orbit*

The Universe Moves in Spirals

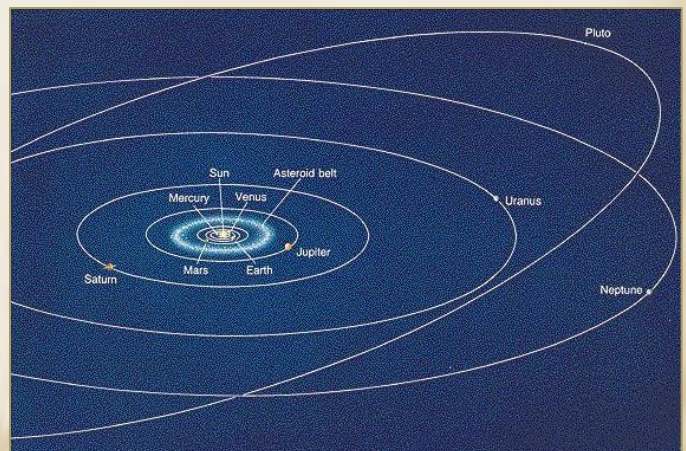


Video: Nassim Hamein, Model of Solar system
<http://www.youtube.com/watch?v=Ex283trHBgE>

The spiral is a universal motion.
Our galaxy, Sun, planets, heavenly
bodies, electrons, and atoms are
all forever spinning.

Our Cosmos is constantly
in motion, never ever returning to
the same point in space-time.

Not Flat Orbits

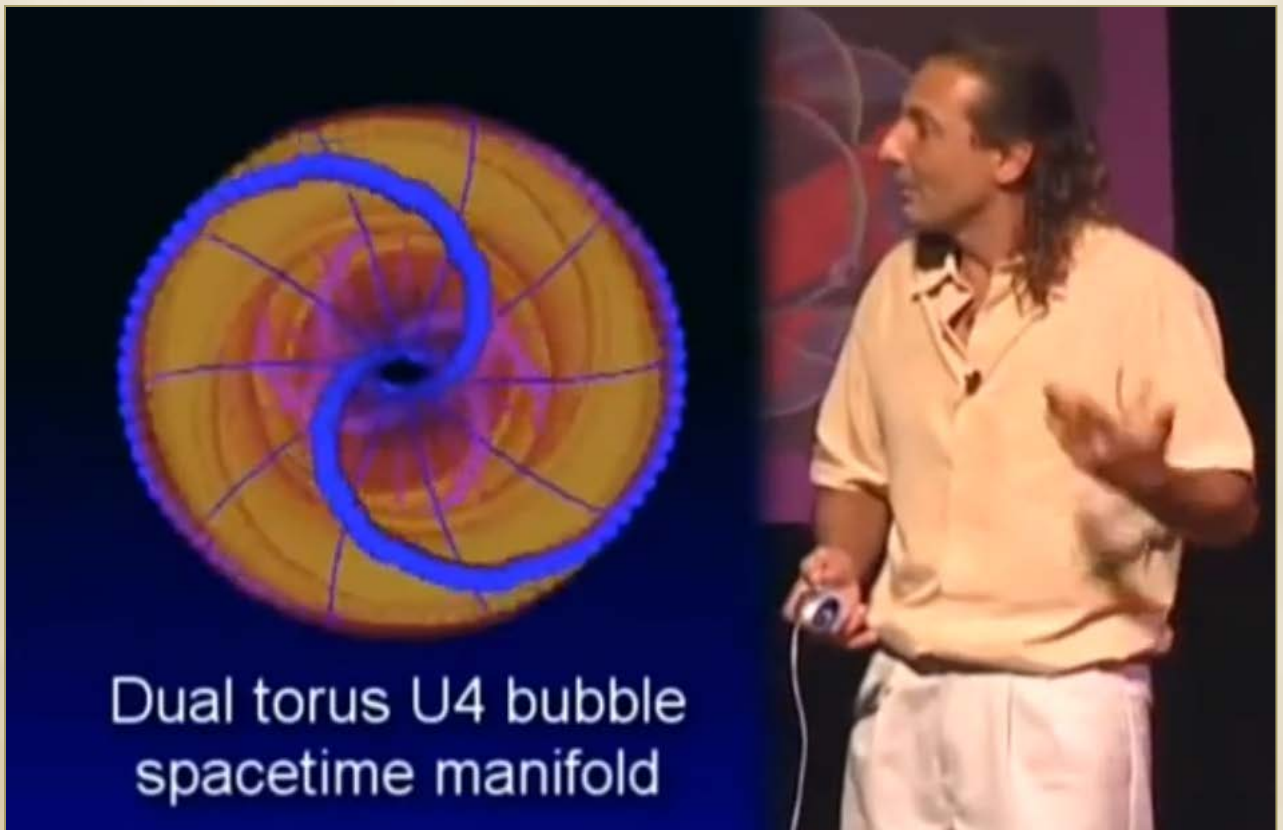


Black Hole Dynamics and Yin Yang

Nassim Hamein of the Resonance Project observes there is a black hole at the center of every galaxy.

In the holo-fractographic model of the universe, the black whole is the fundamental source of creation. The enormous black whole pulls into a void, creating a central fulcrum for heavenly bodies to stay in orbit.

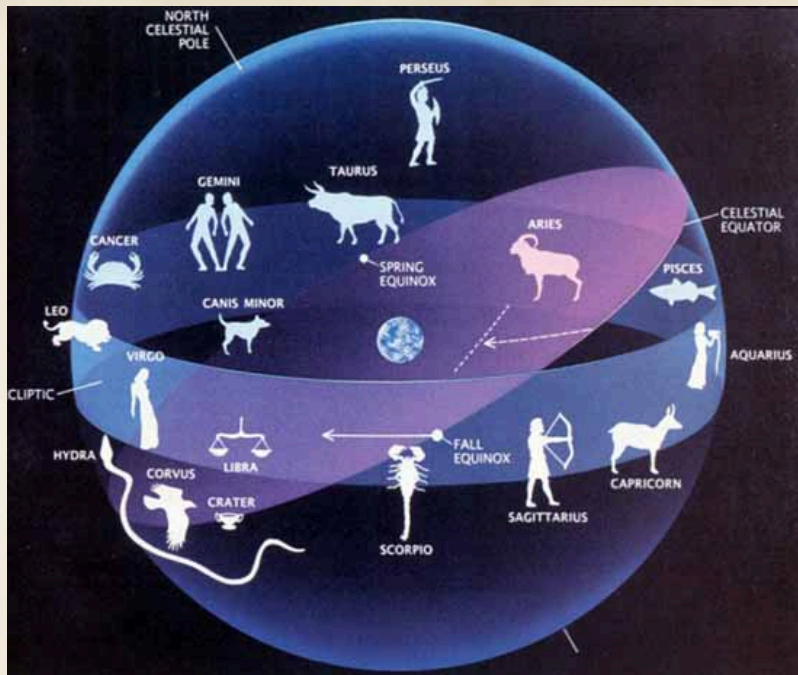
What keeps everything from collapsing into the black whole? Since galaxies also spin, hence the outward centrifugal force created by the curling of space-time is equal to the inward gravitational pull.



Therefore the black whole is not only infinite contraction, but also infinite expansion, creating a feedback loop between two infinities. A perfectly balanced system. A Yin-Yang.



Does the Sun have an Orbit?



Ancient astronomers noticed every 2,160 years, at the March Equinox at sunrise, a different constellation appeared. A full cycle of 12 constellations takes 25,920 years. What causes this cycle?

There are 2 possible explanations.

1) Isaac Newton's lunisolar Wobble?

In 1640, assuming the solar system could not move, Newton explained the Earth's changing position by unspecified gravitation forces from the Sun and Moon causing the Earth to wobble. Scientists are beginning to consider otherwise.

2) The Sun moves in it's own Orbit?

Another explanation for this cycle would be that the entire solar system could be in orbit around a companion body. A binary star system means that there are two stars orbiting around their common center of mass.

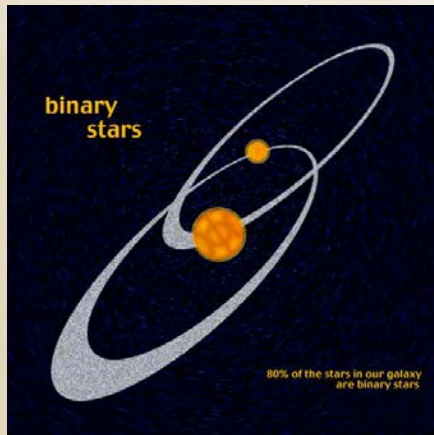
80% of the stars in our galaxy have a binary orbit, and many revolve with more than two stars, called multiple star systems. We know that our galaxy is spinning and expanding. Now we are discovering our Sun's place in this.

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Ancient Astronomers Saw 'The Great Year'.



The Great Year is the Earth's cycle through the galaxy.



80% of the stars in our galaxy have a binary orbit



- The Egyptian calendar saw a 25,920 year cycle with 12 sub-cycles of 2,160 each.
- The Hopi calendar says humans have lived in three ages, and are now in the fourth.
- The Chinese calendar refers to the periods time between convulsions of the Earth.
- The first Chinese astronomer to write about the 'Great Year' was Yu Xi in 300 CE.
- The Mayan 'Long Count Calendar' of 5,125 years represents 1/4 of a Great Year.
- The Hebrews trace the zodiac back through each age in the Psalms of David 19:4-5.
- The ancient Greeks called it the 'Platonic Great Year' of 25,920 years in 5 Ages.
- The Hindu calendar counts Yugas or Ages totaling 25,714 years.



The Hindu Calendar Great Year has 4 Yugas, Golden, Silver, Bronze, and Iron Ages

Ancient Hindu astronomers charted a cycle of four rising Yugas followed by 4 falling ones. All 8 Yugas represent **'The Great Year'** of 25,920 years.

When our sun orbits through the galaxy, it is said to bring the Earth closer to or farther away from the grand galactic center. This is the center of subtle energy and creative power or spiritual force in the universe which influences the mental and spiritual level of humanity.

The Earth's proximity to this galactic center is said to determine the level of human civilization, health, intelligence and spiritual wisdom.

Declining:

Last Golden Age - 16300 - 6700 BCE

Silver Age - 6700 - 3100 BCE

Bronze Age - 3100 - 700 BCE

Iron Age, Kali Yuga - 700 BC – 498 AD

Expanding:

Iron Age, Kali Yuga - 499 - 1698 AD

We are currently in the

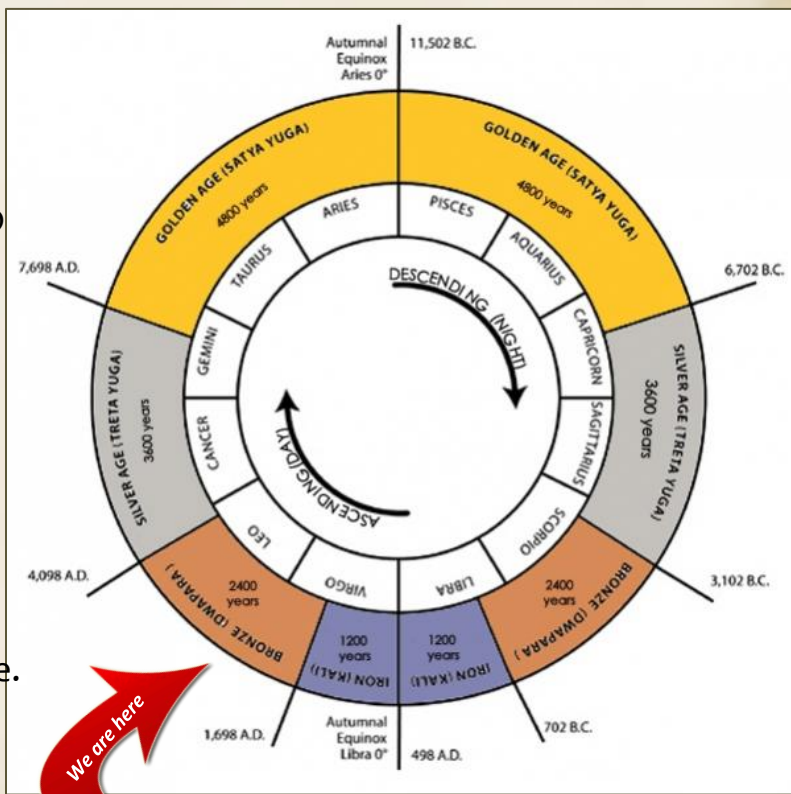
Bronze Age - 1699 - 4100 CE,

a period of expanding electrical, atomic and finer forces.

Coming Silver Age - 4100 – 7700 CE

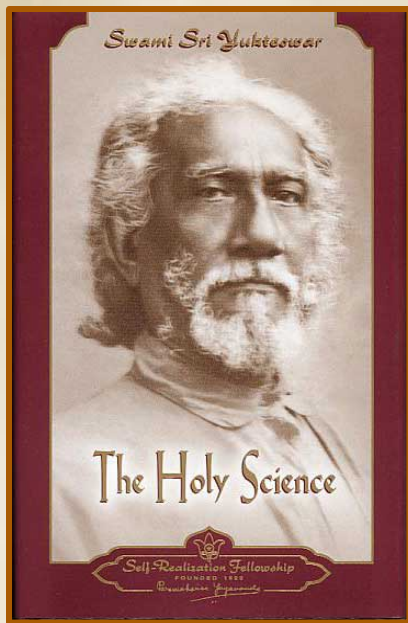
Golden Age - 7700 - 12500 CE,

an age of the highest spiritual culture.



Could our lives and cultural memory be so short that we don't even know of the existence of higher cultures that came before us?

What Yuga or Era are we Living in Now?



Swami Sri Yukteswar, author of *The Holy Science* and guru to Paramahansa Yogananda, writes that we are now living in an expanding Bronze Age.

(Yukteswar is also single-handedly responsible for introducing Yoga to Western culture, sending his disciple Yogananda to America in 1920.)

**If Shree Yukteswar is right,
it puts history in a whole new perspective.**

- It would put Tonpa Sherab, the first Buddha in a Golden Age 18,000 years ago, a time of high spirituality.
- It would see FuXi and NuWa as the re-inventors of wisdom in a Silver Age, 6,000 years ago after the devastating flood.
- It would explain LaoTzu's exasperation living in a declining age, retiring to the mountains in the Iron Age.
- It would explain the violent and controlling Roman empire at the lowest point of the Iron Age.
- It would explain the Middle Ages, or Dark Ages as Kali Yuga, when humans forgot everything, until the Renaissance.
- ***It puts us now in a period of return, when we remember the old wisdom, and re-design it for a new time and place.***

*MogaDao Qigong
and the Vital
Energy of the Cosmos*

The Roots of Qigong are Thousands of Years Old



MogaDao Qigong has its roots in Daoist Shamanism over 6,000 years ago. Qigong is two words. **Qi** is the vital energy of the body. **Gong** means to work, cultivate, or move **Qi**.

*“MogaDao Qigong forms relate to every organ of the **zangfu** system of Chinese Medicine. With regard to the soul and to spiritual life, these forms relate directly to Yin and Yang essences and to all the natural seasons and the permutations of cosmic energy which inhere also in the psyche and subtle body of human beings.” ~ Zhenzan Dao*

Qigong Cultivates the 3 Essences



Jing, Qi, and Shen

Jing is the fundamental sexual or creative essence of the body, granted to us by the eternal forces, and given to us at birth by our parents. **Jing** can be nourished, increased, and distilled through a balanced lifestyle. It can be squandered and drained by poor lifestyle, distraction, indiscriminate sexual activity, toxins, refined foods, sugars, caffeine, and technological media.

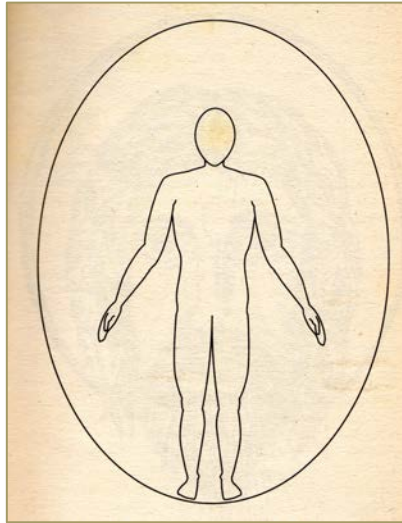
Qi is the vital energy that pervades all matter. It motivates and animates all human life, all action and thought, all healing and transformation. In short, all of life.

Shen, or spiritual energy is dependent on the **Jing** and **Qi** for its well-being and fruition. A Daoist believes that the **Shen** can be vital only when the physical **Jing** and **Qi** are strong, so that the refinement of the spirit comes through the sacred body.

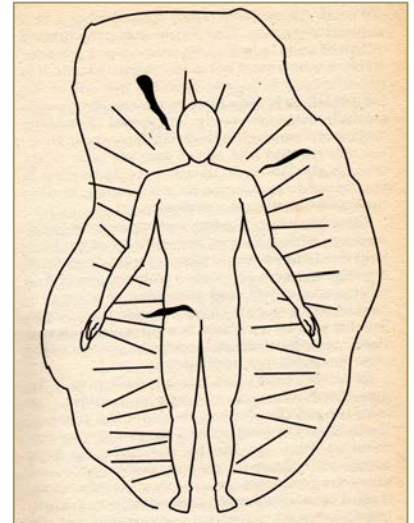
Keep Your Wei Qi Clean for the Holidays

The Wei Qi, or protective energetic body border can be damaged in various ways:

Poor food, (GMO's, Sugars, Refined foods, Toxic or Addictive foods), Distraction, Dullness, Depression, Low self esteem, Lack of exercise, Lack of fresh air, Lack of rest, Illness, Arrogance, Stress, Alcohol, Drugs, Smoking, Emotional upheavals, Fear, Anger, Grief, Worry, Guilt, Blame, Poor lifestyle habits or negative contact with others.



Healthy Wei Qi



Damaged Wei Qi

Healing Family Gatherings

Our families (no matter how strange) are sacred. They're a sacred part of our lives.

We can therefore regard every interaction in family gatherings as a kind of ritual.

That means we can take the same care that we would give to a beautiful ritual in our life.

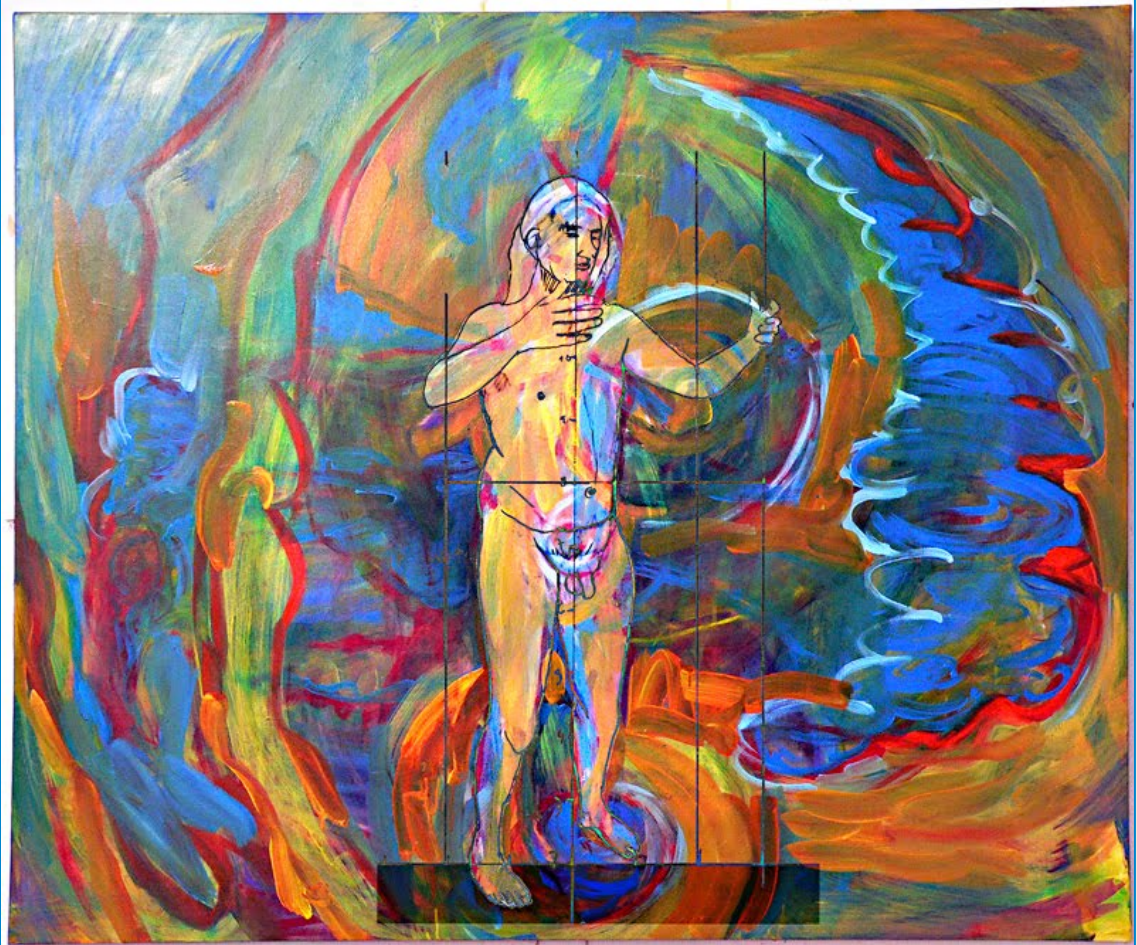
A family is an organism much like a human body. It has organs that each play a unique role, and are inextricably linked. A family subconsciously WANTS to beat together as one heart, and breathe as one breath. But why don't we? Distraction, Confusion, Poor Coordination, Stress...

What to do? Take care of your own energy. Start and end each day with quiet practice alone.

State your needs at the outset in a gentle way. Ex: I need a few minutes to practice in am and pm, I have to walk 2 miles a day, or walk in Nature every day, etc. Medical reasons are good.

- Zip up your energy field before the gathering (See next page). Arrive well rested.
- Use the Four Agreements of Don Miguel Ruiz: 1) Be Impeccable With Your Word.
- 2) Take Nothing Personally. 3) Assume Nothing. 4) Always Do your Best.
- Become an observer. A good listener. Be very careful when talking about yourself.
- Distraction is the enemy of group harmony. Put away your cell phone, computer, and TV.
- Follow the thread of the gathering. Look for opportunities to share a still-point together.
- Break their hearts open a little. Lift someone up without being obvious.
- Be vulnerable and honest. Crying brings people together, when it is honest.
- They'll be relating to the OLD you. If you have an appropriate opportunity to show them the NEW you, take it. If not, forget it.
- Observe when you or anyone else is triggered. Be quiet. If it's you, leave and do EFT (Emotional Freedom Technique) as soon you can. You'll feel better immediately.
- Eat small portions. You'll feel lighter. Avoid sugars, GMO, alcohol, toxins, processed food.
- Take hot baths when you can. Add Epsom salts and baking soda to relieve stress.
- Drink plenty of pure water. Get lots of rest. And have FUN!

Qigong Tunes the Energetic Systems, Awakens the Senses, Strengthens Wei Qi Protection



Qigong cultivates and balances the energy body. It creates new neural pathways, making the senses keen, strong, and flexible at the same time.

Qigong builds Wei Qi, the non-visible energy barrier that protects us from external pathogens, emotional, climatic, and electro-magnetic invasion. This conscious barrier can selectively allow specific energies into its field.

Thus Qigong's effects can increase both sensitivity and strength. The result is to build vitality, prevent disease, prolong vital life, and cultivate the spirit.

Wei Qi is the ultimate protection, as it is intelligent and conscious. It works far better than hiding, defensiveness, or pharmaceuticals.

The Body as Energetic Conductor

Dr. Mae-Wan Ho, professor, research scientist, author of *The Rainbow and the Worm* describes a new quantum understanding of liquid crystalline water systems in the body – which make up most of the body structures.

“There is a dynamic, liquid crystalline continuum of connective tissues and extracellular matrix linking directly into the liquid crystalline cytoplasm in the interior of every single cell in the body.”

Liquid crystallinity gives the body greater flexibility, exquisite sensitivity, and responsiveness. This coherent liquid crystalline continuum has all the qualities of a ‘body consciousness’. The term ‘coherent’ means a state of being whole in which molecules act in perfectly correlated ways, with a special thermo-dynamic harmony.

Qi is also “coherent” energy.

James Oschmann, PhD, author of *Energy Medicine: The Scientific Basis* sees the entire body matrix as one interconnected organism, a living communication matrix analogous to the nervous system. He says:

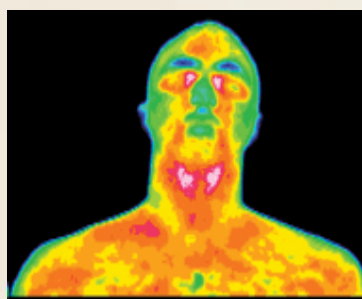
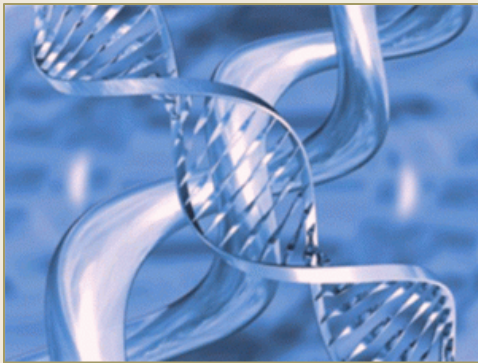
"Each fiber of the living matrix, both outside and inside cells and nuclei, is surrounded by an organized layer of water that can serve as a separate channel of communication and energy flow."

James Oschmann, PhD

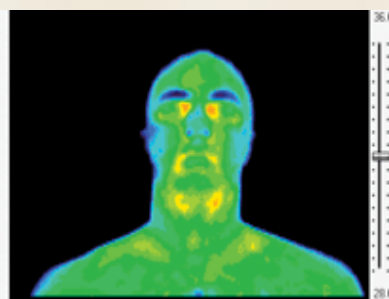


“Qi or Vital Energy is Double-Helix Water Spinning in the Body”

Says Dr. Shui-Yin Lo, particle physicist, acupuncturist, and co-author of the book *Double-Helix Water*. He believes spiral water to be the precursor of double-helix DNA, the basis of the acupuncture meridians, and the foundational language of Qigong.



Before double helix water



After double helix water

Dr. Shui-Yin Lo finds that double helix water is especially beneficial for health, because it “works like a needle in acupuncture”. Impressive improvements in the meridians based on thermographic images before and after taking double helix water, suggest that structured water crystals may be a key to a new view of healing.



MogaDao Qigong

Morning Medical Form

(The Totality Form)

		Primary Organ	Secondary Organ	Five Elements	Classic Emotion	Chinese Medicine of the Forms
1	Calming the Waters	Kidney	Liver	Water	Fear	Calming, Insomnia, empathy, harmonizing, reliability, rooting
2	Opening the Two Worlds	Lung	Heart	Metal	Grief	Harmonizing, transform sorrow, self-esteem, memory, accountability, joy
3	Destiny Bridge	Spleen	Heart	Earth	Worry	Aligning path to destiny, decisiveness, <i>te</i> : virtue power, leadership, hope
4	Five Elements Meet Five Elements	Kidney	-	Water	Fear	Lifting Jing to extremities, storing Jing, sensual & procreative Qi, restoring will
5	Carry Tiger to the Mountain	Spleen	Heart	Earth	Worry, Joy	Existential well-being, transform sorrow to compassion, greed to generosity
6	Phoenix Rising	Spleen	Heart	Earth	Worry, Joy	Cultivate <i>te</i> : virtue power, leadership, contentment, self control, courage
7	The Beholding (Greeting)	Kidney	Lungs	Water	Fear	Cultivate generosity, gratitude, meet & loosen repression (deep shadow work) transform stagnation & depression to transparency & clarity
8	Yin Yang Palm	Spleen	Liver	Earth	Worry, Anger	Harmonize dissonances or opposites, engage with world, harvest potential, intellectual acuity, intense focus
9	Silk Reeling	Liver	Heart	Wood	Anger	Deep detoxification (mind & body) alleviate stagnation, remove distraction, strengthen capacity for solitude, honesty, memory, joy
10	Turning the Taiji Ball	Heart	Kidney	Fire	Joy	Ecstasy, Dissipating the Ego, deep humility, gratitude, assimilation, flux between being and non-being.
11	Condensing the Taiji Ball	Kidney	-	Water	Fear	Storing and Conserving Qi, Protecting Jing

This original MogaDao Qigong form was created by Master Zhenzan Dao to be one seamless, flowing form that nourishes all of the organs of the zangfu system of Traditional Chinese Medicine.

The Morning Medical form became a container for archetypal and mytho-poetical considerations which in his teachings are inseparable from the practice of medical qigong, setting the comprehensive standard for the tradition of MogaDao Qigong.

Cosmological Qigong

The Six Standard Forms

of MogaDao Qigong



Yijing 1 Flourishing

Spring to Summer

6. Heart Beating & Toning (*heart*)
5. Heaven Going (*heart*)
4. Spirit Packing (*heart*)
3. Heaven Slicing (*heart*)
2. Silk Reeling (*liver*)
1. Spring Root (*liver*)

Yijing 2 Yielding

Summer to Fall

6. Distilling (*lung*)
5. Regeneration (*lung*)
4. Crane (*lung*)
3. Opening Two Worlds (*lung*)
2. Arc of Heart (*heart/*)
1. Pyramid (*heart*)

"All that upsurges joyously forgets wisdom in order to manifest wisdom." Z.D.



Jin 35

Zhen 51



"Fear is fortune if you are not afraid." Z.D.

"The field calls gently to the leaves to slowly make dust of themselves." Z.D.



Kun 2

Gen 52



"Winter knows to be still because the source of innocence will otherwise be forgotten." Z.D.

Yin Tonifying

Maximum Yin Stance

1. Wiping the Pond *Wood/Liver*
2. Flame Shaping *Fire/Heart*
3. Walking the Bear *Earth/Spleen*
4. Eternal Winging *Metal/Lung*
5. Effortless Rowing *Water/Kidney*

Maximum Yin Stance

Yang Tonifying

Maximum Yang Stance

Flapping

1. Repression *Wood/Liver*
2. Warrior *Fire/Heart*
3. Serving the Plate *Earth/Spleen*
4. Crane *Metal/Lung*
5. Straddling the River *Water/Kidney*

Maximum Yang Stance

Flapping

Yijing 4 Rousing

Winter to Spring

6. Liver Fist with Curtain (*liver*)
5. Swimming (*liver*)
4. Silk Reeling (*liver*)
3. Five Elements (*kidney*)
2. Repulse the Monkey (*heart*)
1. Good Morning (*kidney*)

Yijing 3 Keeping Still

Fall to Winter

6. Total Storing (*kidney*)
5. Inner Reaping (*kidney*)
4. Shamanic Liver Fist (*liver*)
3. Mendicant (Beggar) (*kidney*)
2. Autumn Yin Yang Palm (*lung*)
1. Eternal Winging (*lung*)

*Returning
and Grounding
in the Earth*

Grounding in The Earth as Home

The Earth corresponds to the human cellular body home, stability, family, grounding, nurturing, balance.

Daoism sees the human body as one with the Earth. Like Pangu, our bones are the rocks, representing memory and structure. Our body fluids, blood and lymph, correspond to the Earth's lakes, rivers, oceans, and underground tributaries.

There is constant flow of nutrients and minerals through these liquids that sustains physical life, and nourishes the Earth.

Sunlight (Yang) combines With nutrients in the Earth (Yin), which describes our eco-system in a few words. Sunlight nourishes plants, which store energy in photosynthesis. When we consume plants (or animals that have eaten the plants) we receive this energy in our bodies.



Plants produce oxygen that animals need to breathe, and animals in turn produce carbon dioxide that is needed by the plants. All life forms return to the Earth upon death, in an intimate cycle, to be transformed into nourishment for other life forms.

Earth is very unique among planets because it has a much higher density and stronger magnetic field than all the other planets in our solar system if compared by size. The Moon also has the same high density and strong magnetic field. Maybe that means it has more Qi..?

*Qigong Roots the Energy Body
Deep in Earth and Sky*



Nature's Rhythms are Powerful

How can we live with all these swirling cycles, spinning, pulling and pushing us with emotional energy, historic winds, information–memory overload, in an electro-magnetic soup, blowing around us and inside us?

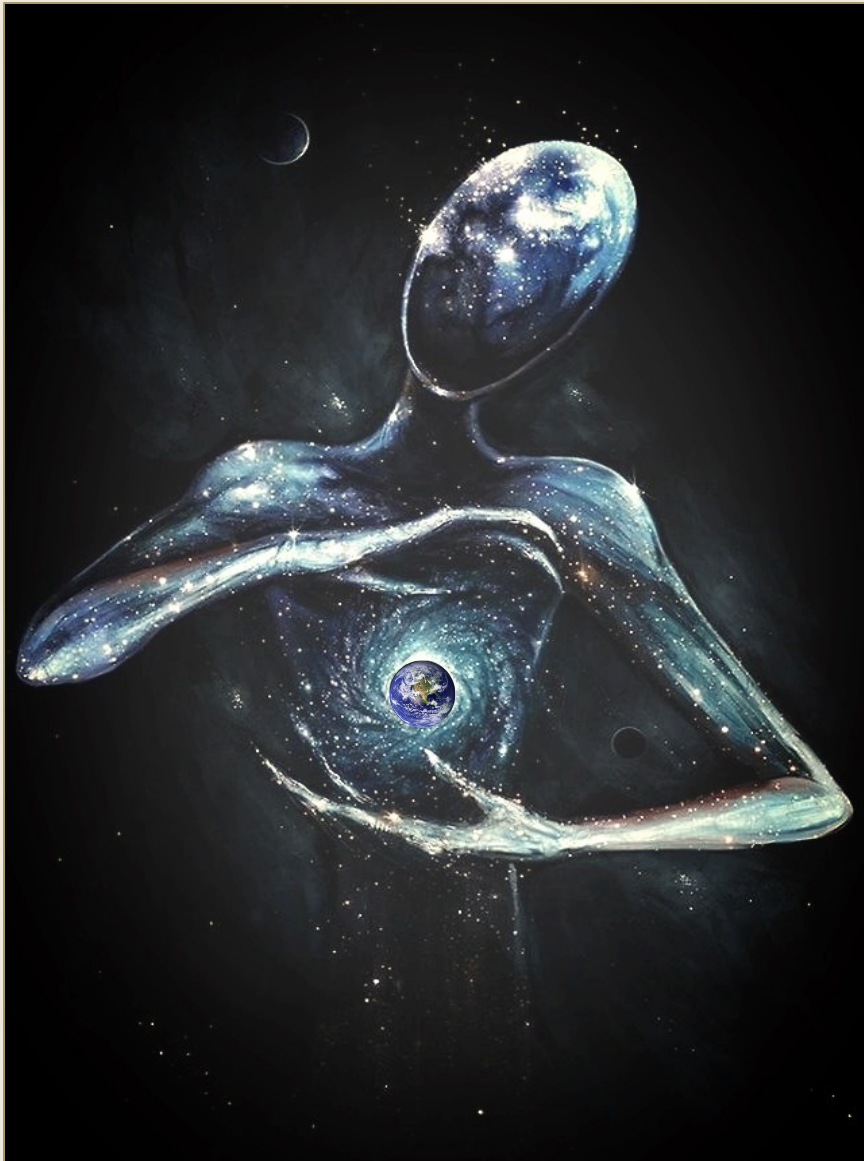


**Qigong builds strength, balance, and awareness in the body.
We can deny the cycles, numb out, and be sick.
Or we can become sensitive and strong.**

**To experience health, we must harmonize with the cycles and seasons.
Universal energy exists inside our bodies and all around us.
Qigong help us tune into these cosmic energy cycles,
to use them for nourishment and growth.**

A Return to a New Reality

There's a Cosmos in every cell of your body. Our practice integrates ancient wisdom, medicine, quantum physics, and the greater cosmos into the sacred body.



*“Do not feel lonely,
the entire universe is inside you.”
~ Rumi*

*“The tiny particles
which form the vast universe
are not tiny at all.
Neither is the universe vast.*

*These are notions of the mind,
which is like a knife,
always chipping away at the Tao,
trying to render it graspable and manageable.*

*But that which is beyond form is ungraspable,
and that which is beyond knowing
is unmanageable.*

*There is, however, this consolation:
She who lets go of the knife
will find the Tao at her fingertips.”*

*Hua Hu Ching
The Unknown Teachings of Lao Tzu*





The Cosmology of Qigong

**Discover Optimum Health Through Nature's Cycles
MogaDao Institute, Santa Fe NM
Teachers' Lecture Series 11/21/14**

**A talk by Jane Barthelemy
MBA, CBP, CRM, DRM, Author,
Certified MogaDao Morning Medical
Instructor, MogaDao Qigong Guide,
MogaDao Sacred Sexuality Instructor
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www.FiveSeasonsMedicine.com**

