

Did Taichi & Qigong Come from Tibet?



Five Seasons Medicine
Transformational Healing

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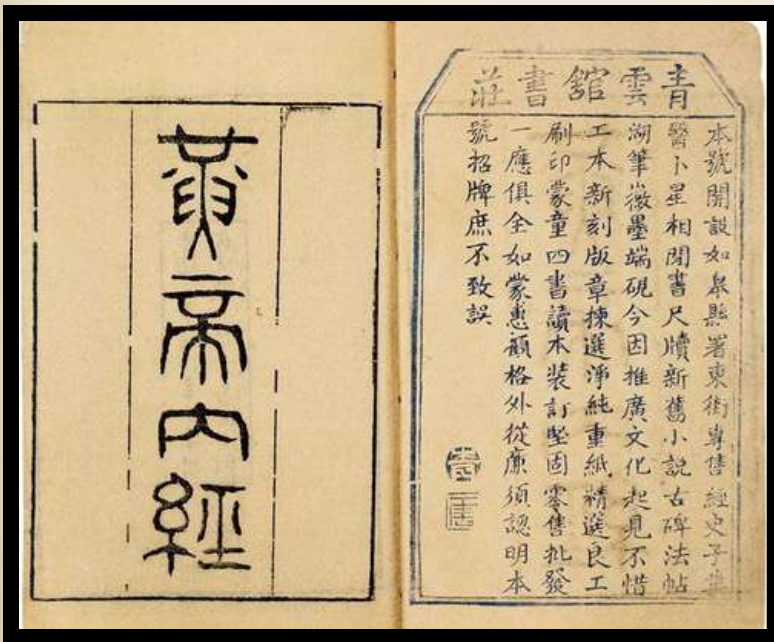


Five Seasons Medicine
Transformational Healing

Are WE the Pinnacle of History?



We live in the modern age, assuming this to be the pinnacle of human history. Yet we see clear evidence of great wisdom, advanced medicine, higher mathematics, scientific achievement, and enlightened ways that existed thousand of years ago. Are we missing something?



Oneness vs. Separation

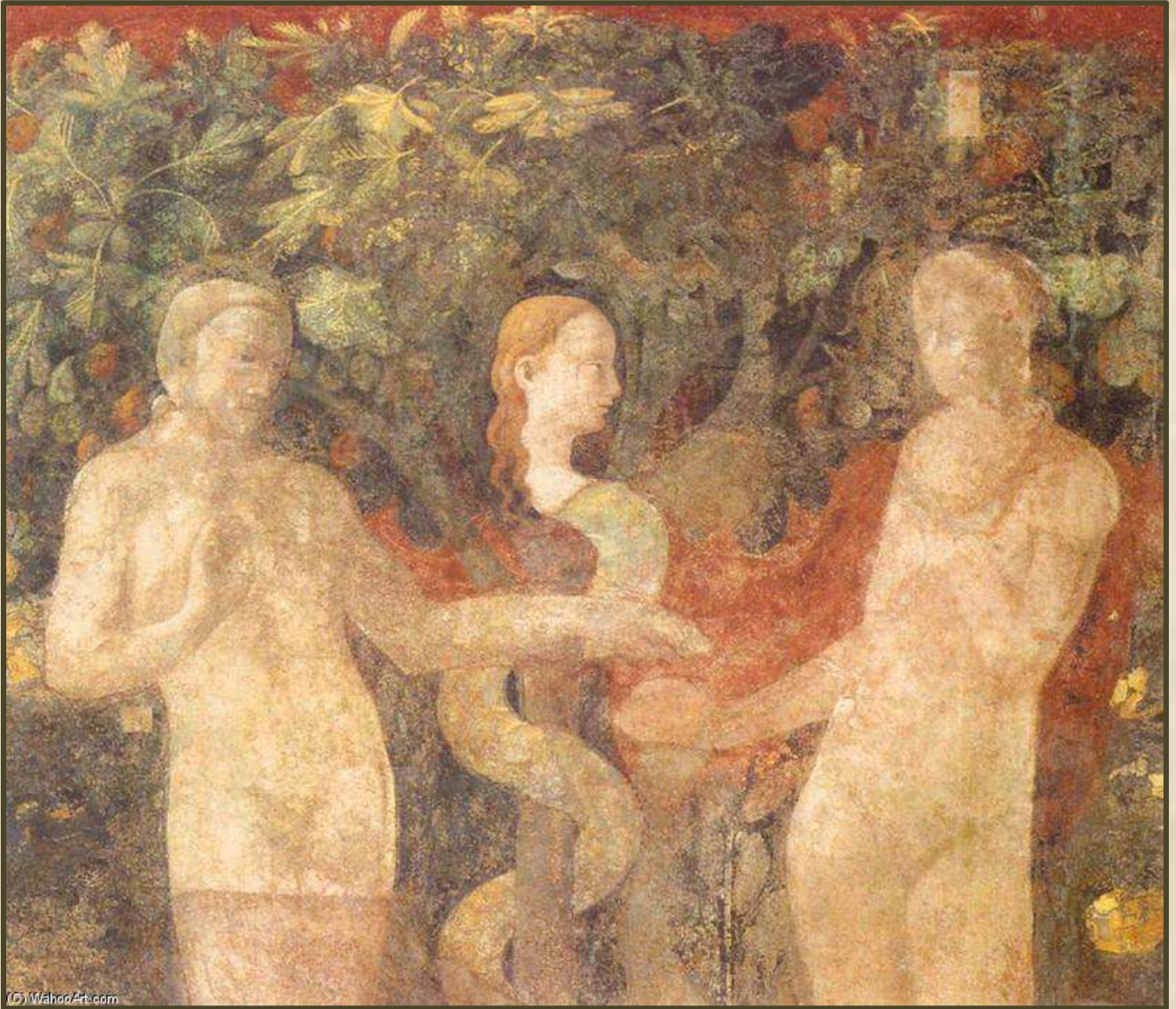
Long ago, there was a time when ‘Oneness’ was all that humans knew. Nature’s cycles guided every aspect of life. People lived by the rise and set of the Sun. Time was defined by the moon phases, and seasons. Our ancestors marked time from solstice to equinox, to mark the year.



In modern times, Oneness has been replaced by a world view in which we see ourselves as individuals separate from the world around us.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 and protect our bodies from the Earth and 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 messages to such an extent that we are numb to the potential available to us in the Cosmos and in our own bodies.

The Meaning of Taichi & Qigong



Self Love vs. Self Rejection

Our history is steeped in emotion. Shame, despair, grief, and threads from the past manifest in our cellular memories as subtle self-rejection, feeling separate, unworthy, insecure, competitive, and even violent.

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

***Taichi and Qigong are the ultimate Self-Respect
To Heal Self Rejection.***

The Legend of Pan Gu And the Birth of Yin Yang

Chinese mythology holds that everything began as a cosmic egg. One day the egg split open. The top half became the sky and the bottom half, the earth. Pan Gu, emerged from the broken egg which began to expand. It grew ten feet taller every day, while the sky became ten feet higher and the earth ten feet thicker.



Pan Gu



After 18,000 years Pan Gu died. Then, like the cosmic egg, he split into a number of parts. His head formed the sun and moon, his blood the rivers and seas, his hair the forests, his sweat the rain, his breath the wind, his voice thunder and, last of all, his fleas became the ancestors of mankind.

Layers of Physical Manifestation

The Tao is the original source of all. The Tao first 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.

We can see how Nature's cycles continue without end.

Physical Manifestation of the "Ten thousand things"

Five Elements

Yin - Yang

Tao

The Story of Fuxi and Nüwa - 4,000 BCE



Legend tells us that the land was swept by a great flood, and only Fuxi and his sister Nüwa survived. They lived on Mount Kunlun in Tibet, and asked the Emperor of Heaven for a sign for them to be man and wife.

8 Their union was approved, and they began procreating the human race.

Taoism Has Old Shamanic Roots

Fuxi and Nuwa lived c. 4,000 BCE

The roots of Taoism are in ancient shamanic traditions of Tibet. After the flood they came to China. 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, and communed between human and other realms. These practices were shared in rituals, ceremonies, and Internal Alchemy techniques of many lineages.



Fu Xi is revered as a God because he is said to have invented the fishing net, the breeding of silk worms, taming animals, uplifting music, and I-Ching 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.

He also invented Chinese characters by carving small picture characters and numbers on bones and tortoise shells.

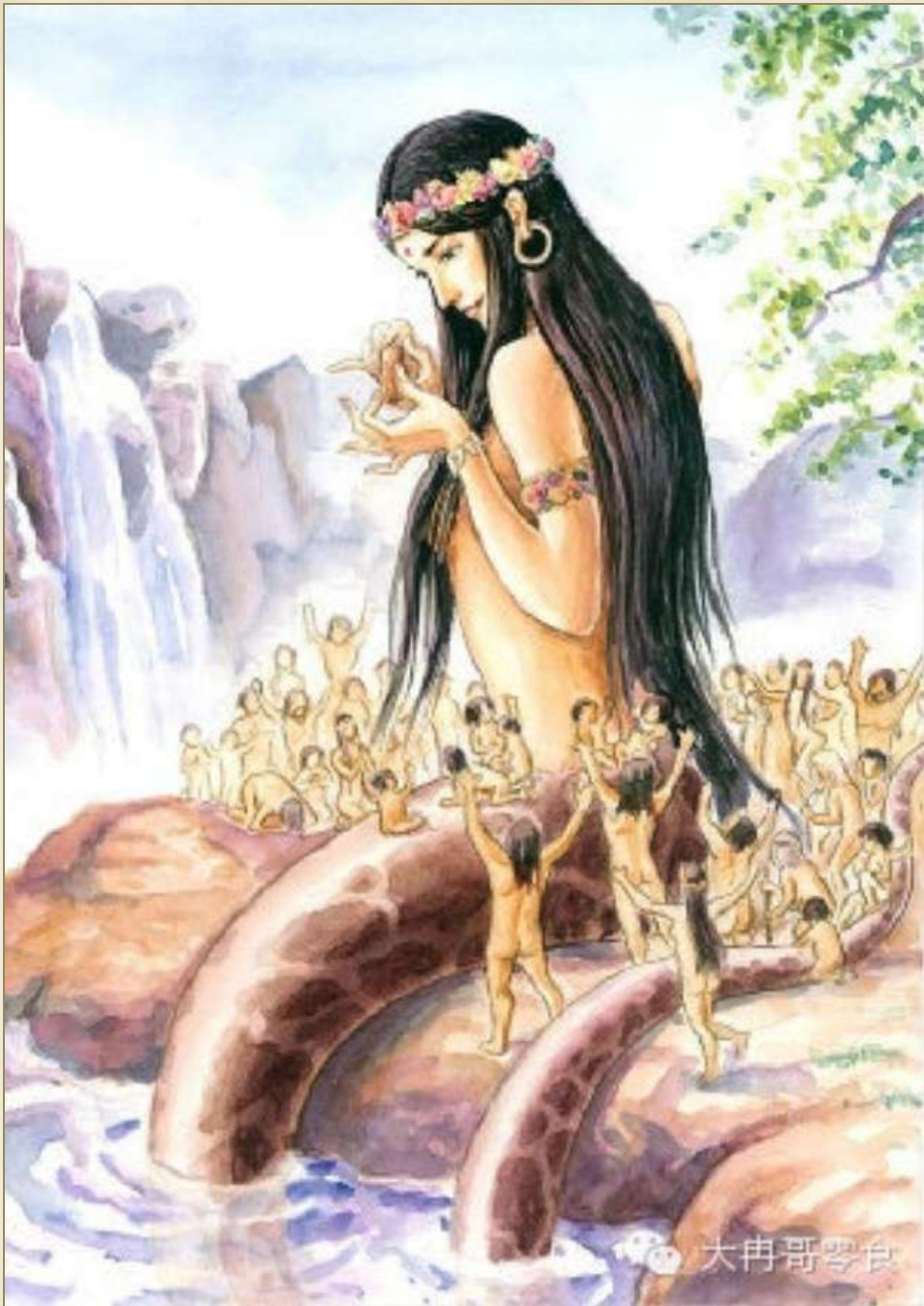


Nüwa, Snake Goddess of Creation



NüWa was a great goddess who formed many miracles to save the world. When the four cardinal points fell out of place, NüWa mended the skies, cut off the legs of a giant turtle to support the cardinal points, killed the black dragon to save humanity, and stopped the deadly floods. Then she set about creating humanity.

Nüwa Creates humans after the flood

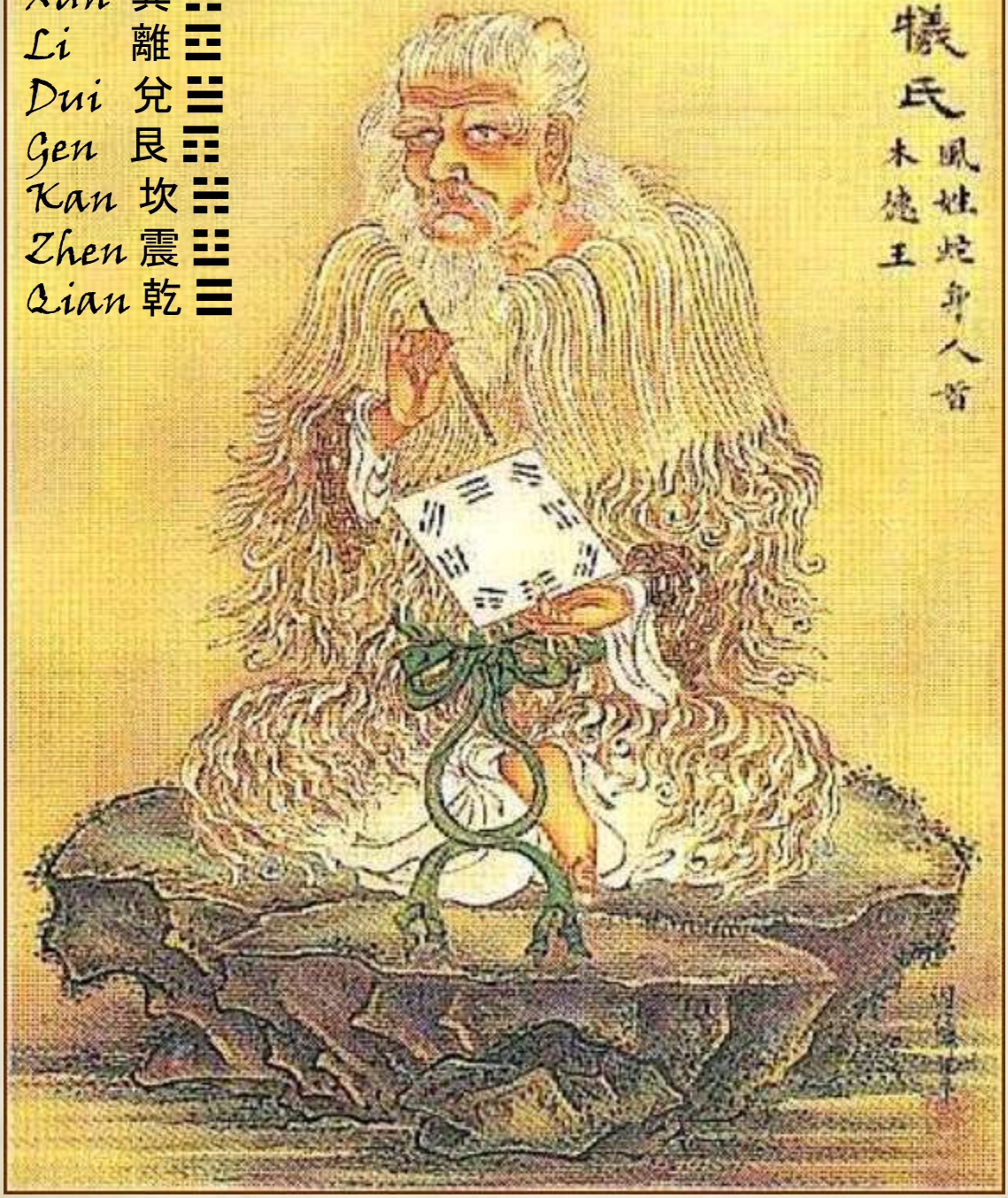


Nüwa used clay to create human figures. Then she made them come alive. Whenever she got tired, she dipped rope in the mud and swung it sending the drops of mud all over China.

Fuxi Divines the BaGua c. 4,000 BCE

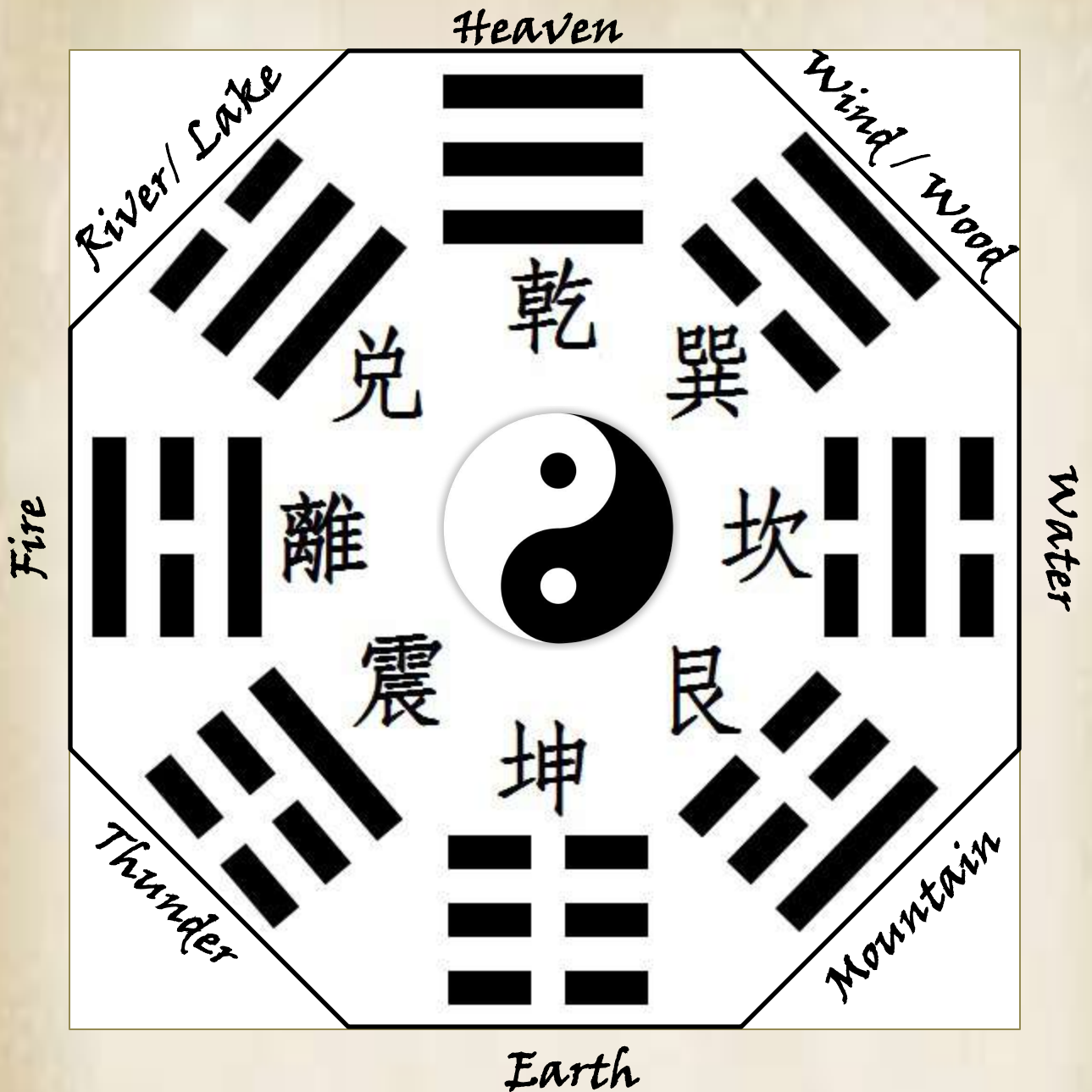
- Kun 坤 ☷
- Xun 巽 ☴
- Li 離 ☲
- Dui 兌 ☱
- Gen 艮 ☶
- Kan 坎 ☵
- Zhen 震 ☳
- Qian 乾 ☰

太昊伏羲氏
木德王
鳳姓蛇身人首



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. So, what's a Bagua?

What is the Bagua? (8 trigrams)



Fuxi invented a brilliant divination tool called the Bagua. His “Early Heaven” Bagua (Primordial Bagua) 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, as

well as the four 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 grow them to live. He is credited with inventing the plow, the axe, digging wells, irrigation, how to preserve seeds in boiled horse urine, the weekly farmers' market, and the 24 solar terms of the Chinese calendar. He refined acupuncture by taking pulses, moxibustion, herbology, and is responsible for the discovery of tea.

To relieve people of suffering, Shennung tasted every plant. He wanted to find the best herbs with medicinal effects to cure diseases. According to legend, Shennung had a transparent stomach, and he could clearly see into his stomach.

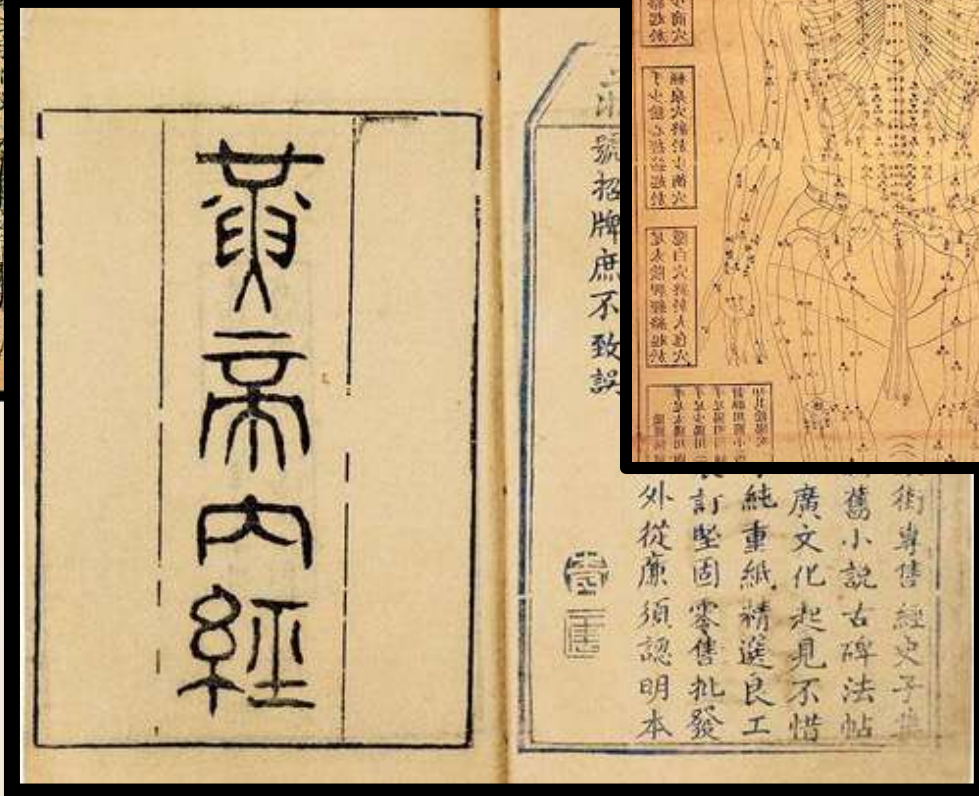
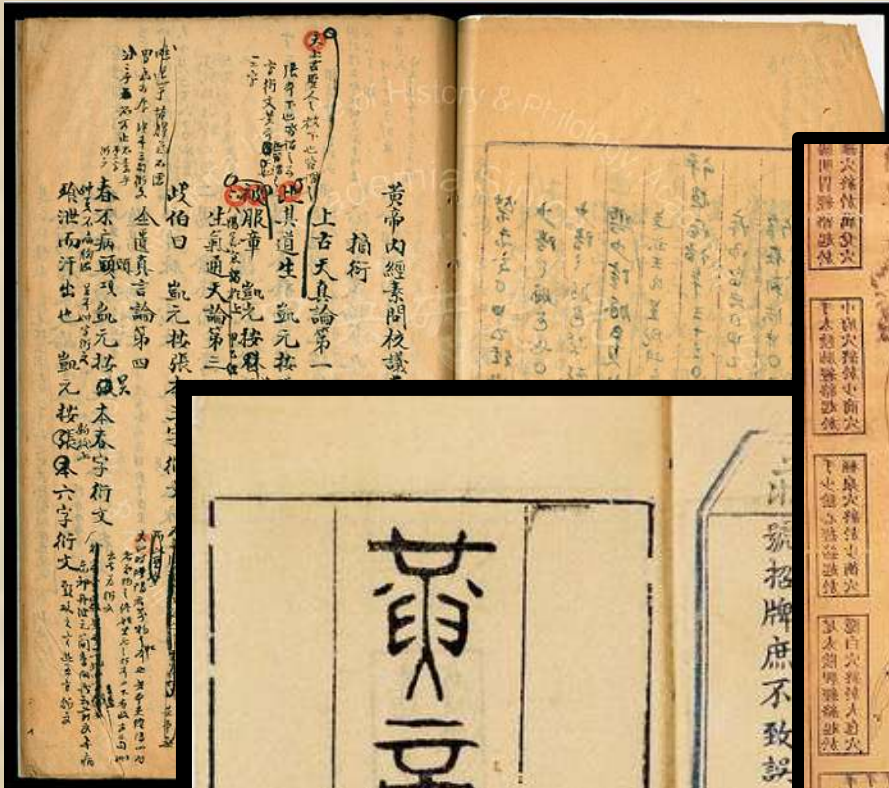
He tasted all plants, but sadly lost his life to a poisonous herb.

Huang-di, Yellow Emperor



The Yellow Emperor had a very long life and ruled for 100 years from 2697 - 2597 BCE. Called Huang Di, he co-authored the first known medical book *Huang Di Nei Jing*, with his physician Qi Bo. Huangdi is also credited with inventing the Compass. He refined the Calendar, developed Chinese characters and refined medicine.

HuangDi Neijing, the First Medical Book 4,500 years old



Throughout history traditional Chinese medicine had flourished. However, in the late 1800's under British influence, it became a symbol of old backward ways. In 1912 The Kuomintang government abolished Chinese medicine and adopted modern Western medicine instead. Although it was still practiced by the country folk, Mao banished Chinese medicine altogether as "superstitious and shamanic beliefs".

Mao later reversed his stance, and reinstated Chinese Medicine side by side with Western medicine, however in a simplified form consisting of acupuncture and herbs, eliminating the other 6 branches. What are the branches of Chinese Medicine?



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, BaGua, I-Ching
6. Feng Shui & Astrology
7. Herbal Medicine
8. Acupuncture

Of all the branches, the most essential were Meditation and Qigong, because they are most subtle, powerful, and they arise out of a doctor's wisdom and personal practice. Therefore, medical students were trained in these two branches first, before studying acupuncture or herbs.

Chinese doctors were paid by their patients only as long as he or she enjoyed good health. If a person became sick, by law the doctor was required to give treatments free of charge until health was regained. Further, for every patient that died, a red lantern was to be hung outside the treatment center to warn others of his failure.

There were 3 kinds of doctors:

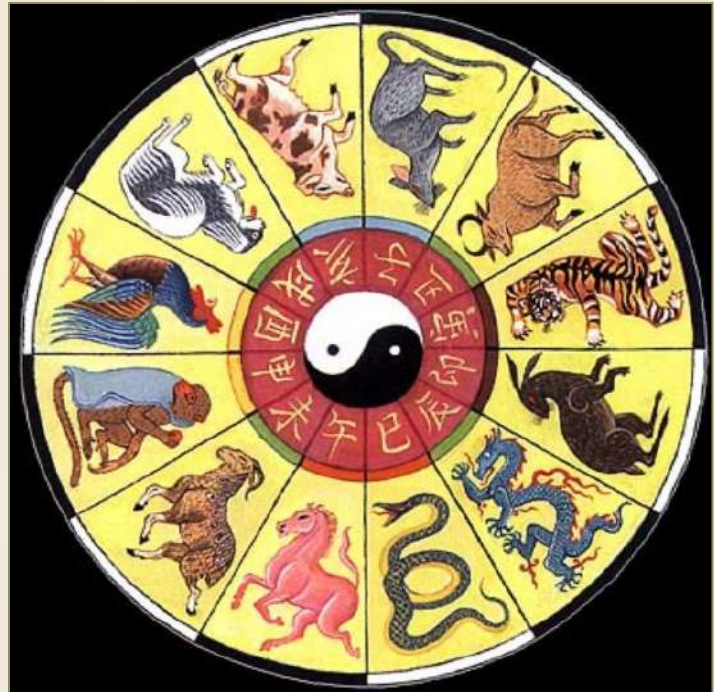
1. The lowest level doctors treated patients when they were sick, using acupuncture and herbs.
2. Advanced doctors diagnosed and treated disease before it manifested physically.
3. The highest doctors had no patients and gave no medical treatments. These great master teachers taught Taichi, Qigong and the **Way of the Tao** to students.

Chinese Calendar

The Chinese calendar has a 60-year cycle, like the Sumerian and Mesopotamian. This system has been used precisely for thousand of years. Each year of the cycle consists of two letters. The first letter is from the cosmos, the **Ten Heavenly Stems**. The second is from the Earth, **Twelve Earthly Branches** named for the 12 zodiac animals, based on Jupiter's 12-year orbit. For example, the first year could be called 甲子 jia zi, the second as 乙丑 yi chou, and the third 丙寅 bing yin, and so on.

The Chinese Lunar-solar calendar, gives importance to both the Sun cycle and the moon cycle.

Each month begins on the new moon. An ordinary year has 12 moons, and every 2 or 3 years there are 13 moons.



10 Heavenly Stems

#	Heavenly Stem	Chinese name	Yin Yang	Wu xing
1	甲	jiǎ	yang	Wood
2	乙	yǐ	yin	
3	丙	bǐng	yang	Fire
4	丁	dīng	yin	
5	戊	wù	yang	Earth
6	己	jǐ	yin	
7	庚	gēng	yang	Metal
8	辛	xīn	yin	
9	壬	rén	yang	Water
10	癸	guǐ	yin	

12 Earthly Branches

#	Earthly Branch	Chinese name	Chinese zodiac	Hours of Day
1	子	zǐ	Rat (鼠)	11 pm - 1 am
2	丑	chǒu	Ox (牛)	1 - 3 am
3	寅	yín	Tiger (虎)	3 - 5 am
4	卯	mǎo	Rabbit (兔)	5 - 7 am
5	辰	chén	Dragon (龍)	7 - 9 am
6	巳	sì	Snake (蛇)	9 - 11 am
7	午	wǔ	Horse (馬)	11 am - 1 pm
8	未	wèi	Goat (羊)	1 - 3 pm
9	申	shēn	Monkey (猴)	3 - 5 pm
10	酉	yǒu	Rooster (雞)	5 - 7 pm
11	戌	xū	Dog (狗)	7 - 9 pm
12	亥	hài	Pig (豬)	9 - 11 pm

音
Yin

Yin Yang

揚
Yang



Qualities of Yin

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

Shadows:

False Modesty
Sentimentality

Yin-Yang Opposites

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

Qualities of Yang

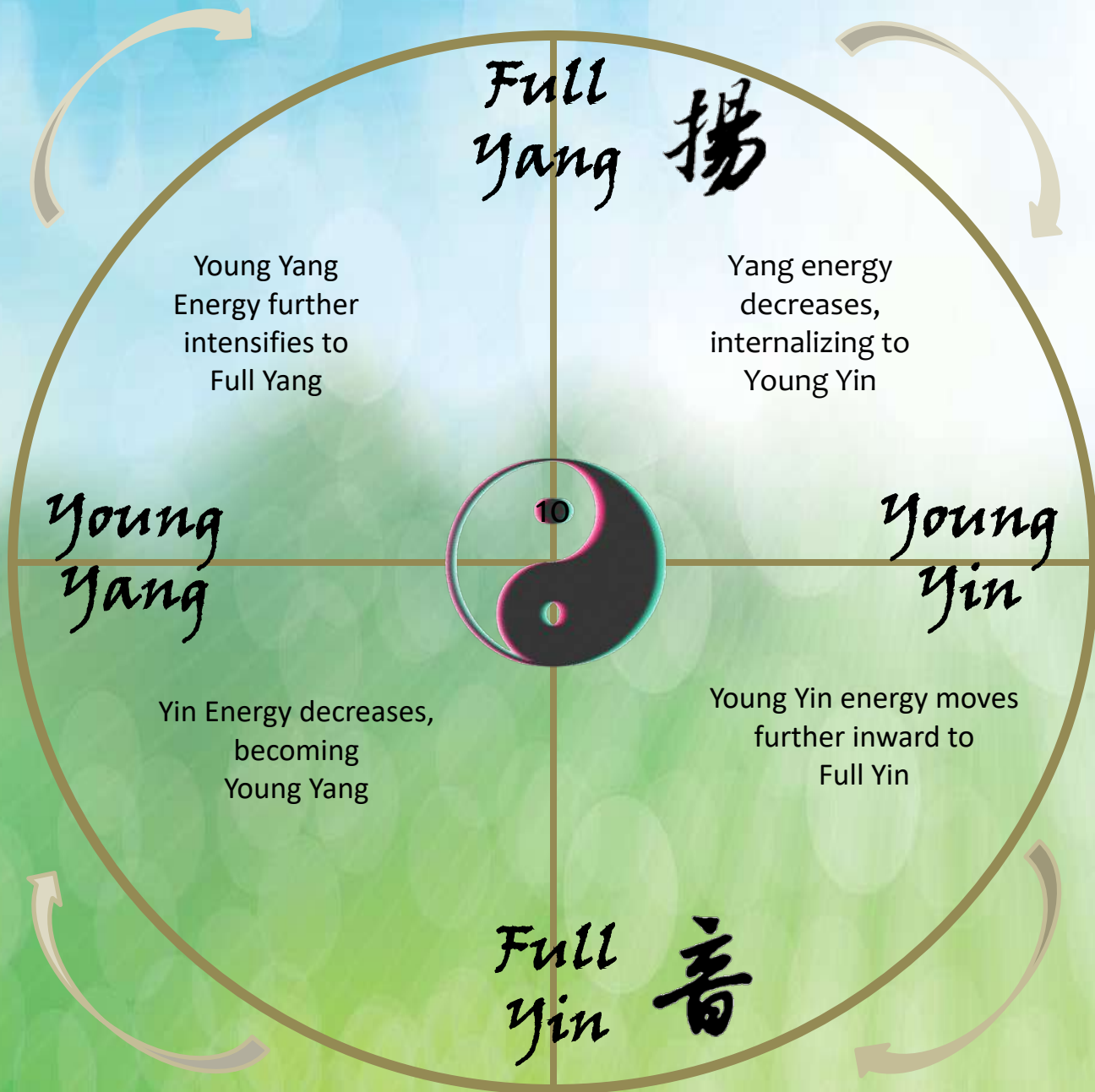
Beauty
Courage
Risk
Pointed
Precise
Quick
Strong
Active
Expression
Instigator
Doing
Summer
Prescience
Perspicacity (Clarity)
Making commitments
Liberator of suffocation
Mastery of timing and
proportion

Shadow: Arrogance

Yin Yang is sometimes called Taichi 太極 meaning “Supreme ultimate”.
Thus, Tàichi is the unity from which everything originates.

The Cycle of Yin and Yang

This 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 cycle, moods, etc...



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

Early Taoist 5 Five-Element System

Early Chinese writings show four cardinal directions, with Earth as a central fulcrum and stabilizing force as the other energies transform. This is strikingly similar to the Tibetan *Yungdrung Bön* four directions



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

The 5 Five-Element System

五行



The Five elements are called **Wu Xing**.

Wu means Five.

22 **Xíng** is loosely translated as a Phase, Process, or Agent of change.

Food and the 5 Five-Elements

What flavor or foods you crave tells everything about your state of health and metabolism. A healthy diet includes a balance of all five flavors.

火 Fire

Bitter
Heart

(Dark leafy greens, Coffee, Cacao, Citrus peel)
A little bitter can clear excess fire or increase circulation. But too much can impair sexual function, and disturb heart.



Earth

Sweet
Spleen

(Sweet root veggies, Sugars, Grains, Sweet fruits)
A little sweet can nourish Qi, enrich blood, heal worry. But too much (refined sugar) leads to worry & damage of pancreas/spleen (diabetes).



Metal

Pungent
Lungs

(Peppers, Ginger, Chili, Garlic, Onion, Hot spices)
Spicy food can clear blood stagnation, support lungs, ease grief. But too much spicy food can damage lungs and large intestine.



木 Wood

Sour
Liver

(Vinegar, Lemon, Sour fruits, Sauerkraut, Fermented Foods)
A little sour can strengthen the liver & promote digestion. Too much sour food can damage liver & digestion, weaken muscle tone.

Water

Salty
Kidney

(Pretzels, Chips, Miso, Soups, Soy sauce, Seaweed, Salt)
Salt can clear heat, clear toxins, reduce inflammation. Too much salt can lead to hypertension, kidney and cardiovascular disease.



Tibetan Buddhism is Over 18,000 Years Old!

The Yungdrung Bön practice is said to be over 18,000 years old. The great Tonpa Shenrab Miwoche, sometimes 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 four directions, the origin of the universe, and 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?

Bön Buddhism, the Path to Enlightenment



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 said to have been recorded in the Zhang Zhung language, translated into Tibetan, and spread to India, Kashmir, and China.

Is The Great Flood Legend True?

The legend of Noah's flood is strangely echoed across the planet in many distant religions and cultures. The Sumerian Epic of Gilgamesh describes the flood in detail 5,000 years ago and is thought to be perhaps the oldest written tale on the planet, recorded on 12 stone tablets. The Quran reveres Noah as a prophet and savior of humanity from the deluge. The Aztec flood story is similar to the biblical tale of Noah with some radical plot twists.

The Greek legend tells that Zeus, the king of the Gods, displeased with the human population, told the son of Prometheus, to construct an ark. After nine days of flooding, the world was destroyed, and the ark rested on Mount Parnassus.

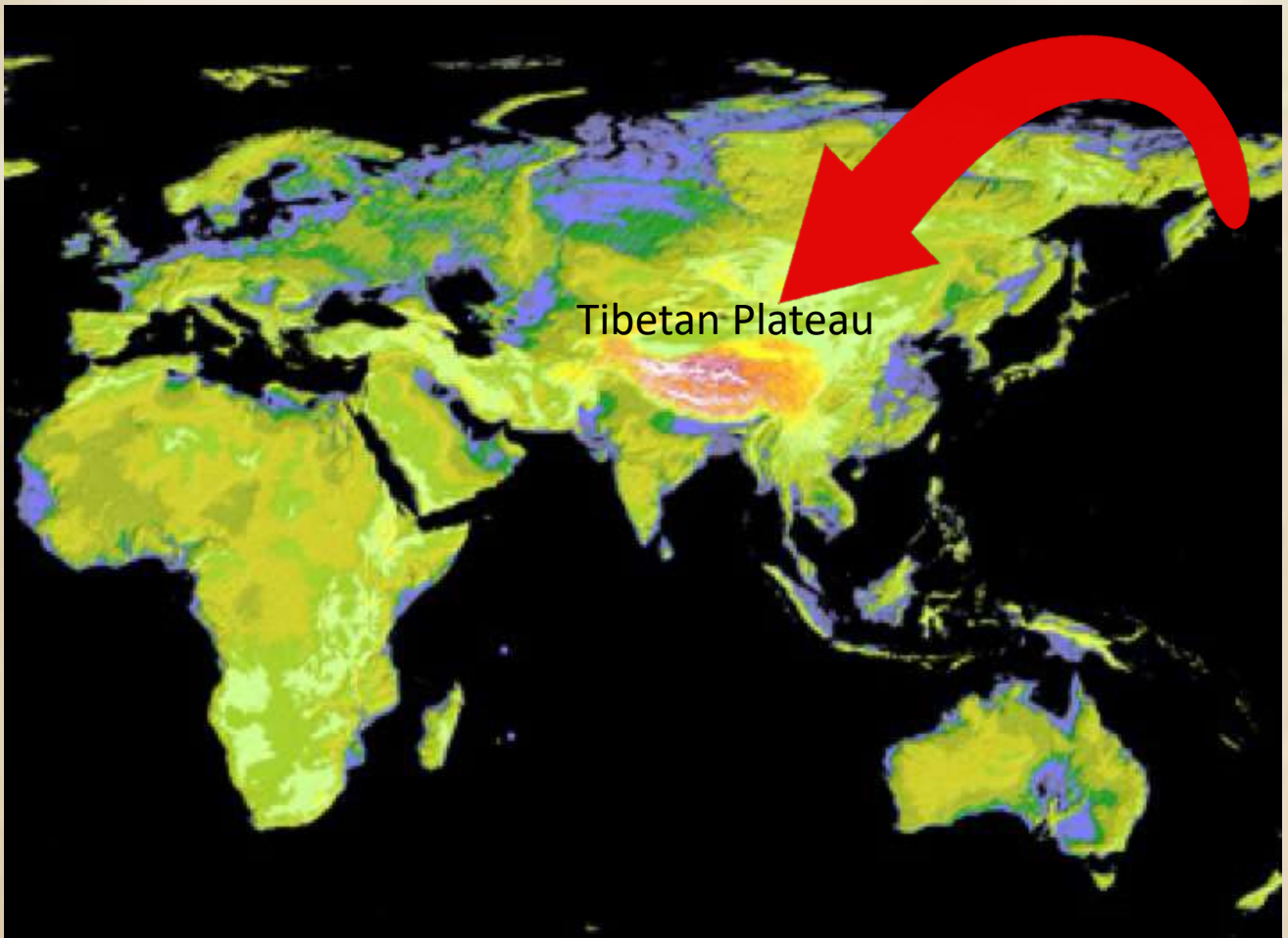


The Hindu deluge tale is unique from other cultures. Manu, or the first man, was warned of the impending flood, and he built a boat. He was guided to safety by a great fish (a whale?) perhaps an aspect of Lord Vishnu. We don't know which story is true, however it's clear that SOMETHING happened.

Only Tibet Could Survive the Great Flood

It seems that all known civilization may have perished in the deluge. The exact date appears to be between 6,000 and 12,000 years ago, affecting the Middle East and most of Far East Asia. Only a few godly people that had boats, and those living in the high mountains of Tibet escaped destruction.

When the waters receded, civilization would have started over, coming from the highest mountains, spreading over centuries into China, India, Southeast Asia, and the Malay peninsula.

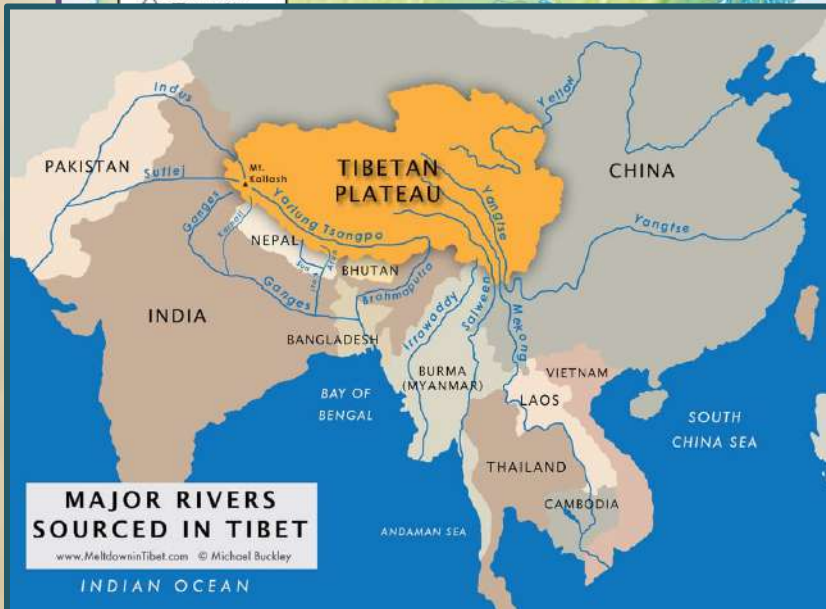
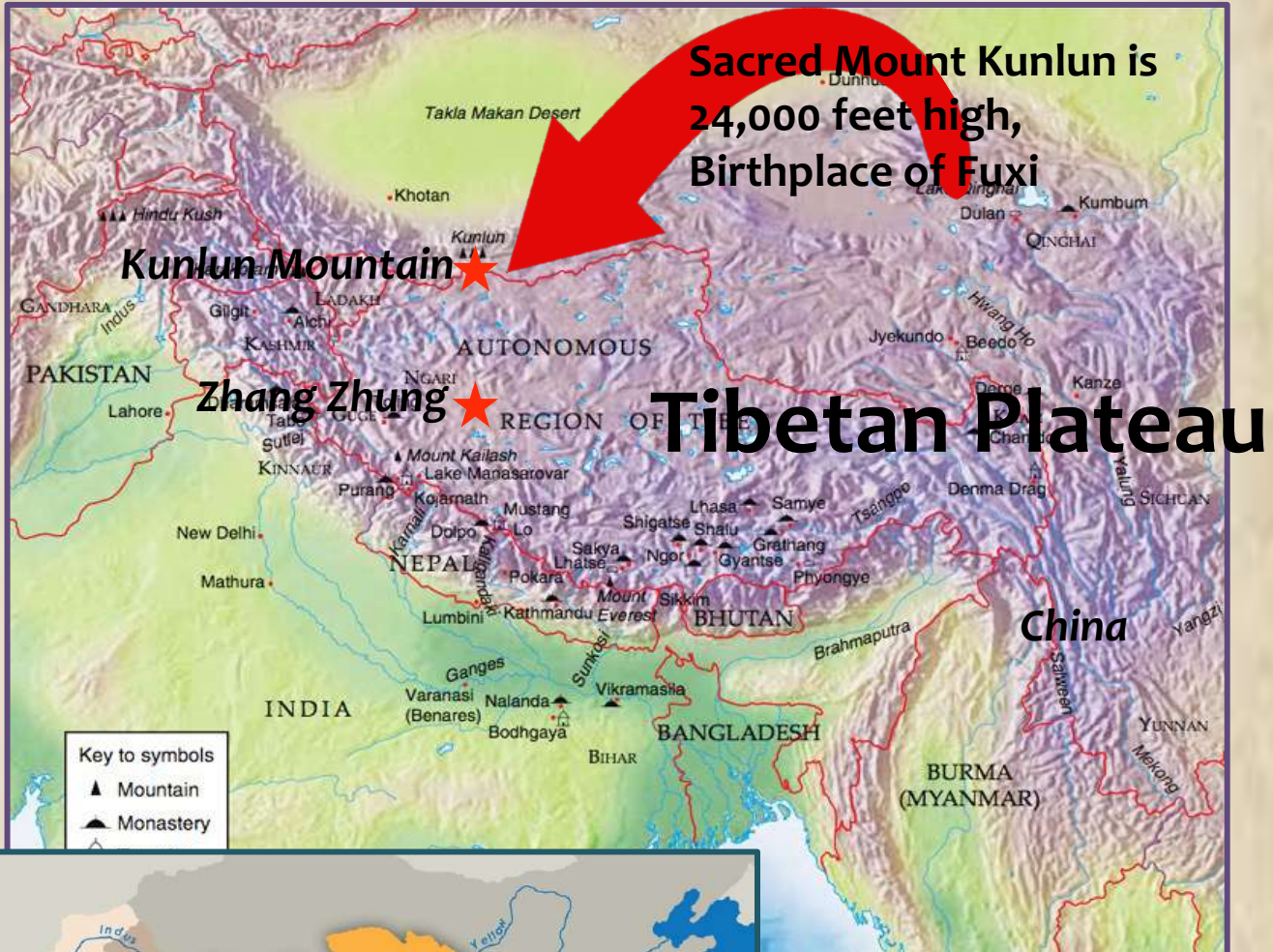


The elevation map shows relative highlands and lowlands in the Eastern Hemisphere. The Tibetan Plateau is the highest plateau in the world with an average elevation of over 16,000 feet above sea level. And it is surrounded by the highest peaks in the Himalayas, Karakoram, and Pamir mountain ranges. Lowlands of China, Southeast Asia, India would have been utterly inundated in such a major deluge.

Did all East Asian cultures come from Tibet?

The Roots of Chinese Culture in Tibet?

If Tonpa Shenrab Miwoche taught in Zhang Zhuang Tibet 18,000 years ago, and Fuxi and Nuwa came to China from Mount Kunlun after the flood, that would point to Tibet as the root of Chinese culture, spiritual traditions.



We don't have the whole story of the flood.

However, we do wonder why written history goes back only 5,000 years.

Written history just stops. The only evidence is in the rocks.

I-Ching Was Divined!



周文王 (? — 前1046) 明人绘

King Wen, Duke of Zhou lived from 1100 BCE. A brilliant inventor, he took the existing 8 trigrams divination tool from Fuxi and expanded it into the 64 hexagrams of the modern I Ching. It became a highly sophisticated method to analyze situations and solve problems. He also wrote the I-Ching interpretations we still use today.



The I-Ching

The Book of Changes

易經



52 Keeping Still

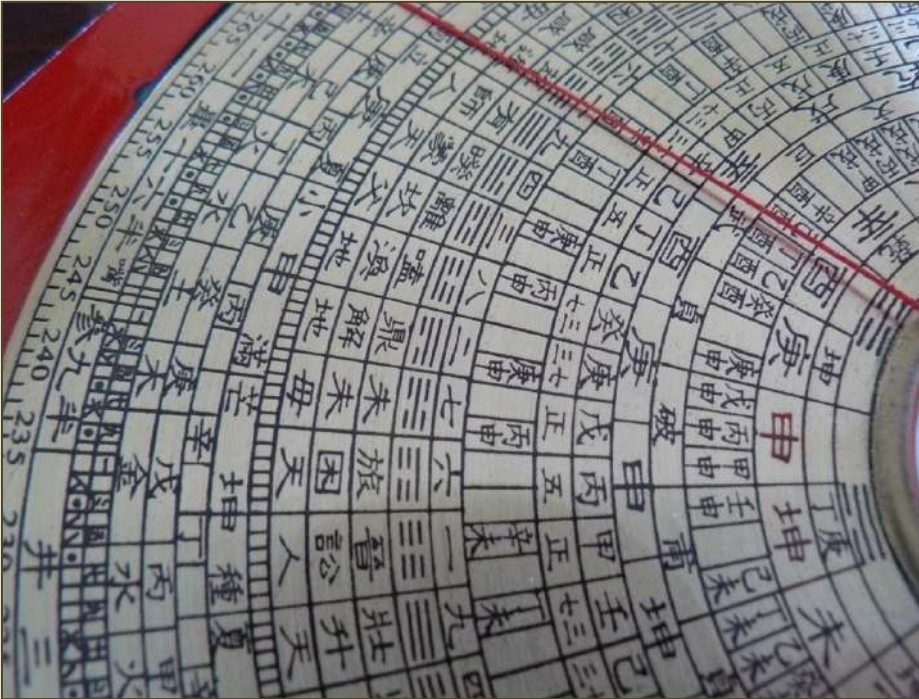
The 64 hexagrams of the *I Ching* are credited to three brilliant sages: FuXi, King Wen Duke of Zhou, and Confucius. The wisdom of the *I Ching* can be assimilated through reflection and meditation. Some say the *I-Ching* is the most refined form of universal reality that can be represented in the forms 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

Nowadays, we use Feng Shui with very little understanding. Feng Shui is actually the ancient art of harmonizing time and space. It was originally called **Kan Yu** or "**Tao of Heaven and Earth**". Feng Shui was used to measure astrological time for the most auspicious date for rituals, and to locate the best place on the Earth for a house or a sacred ancestor tomb.



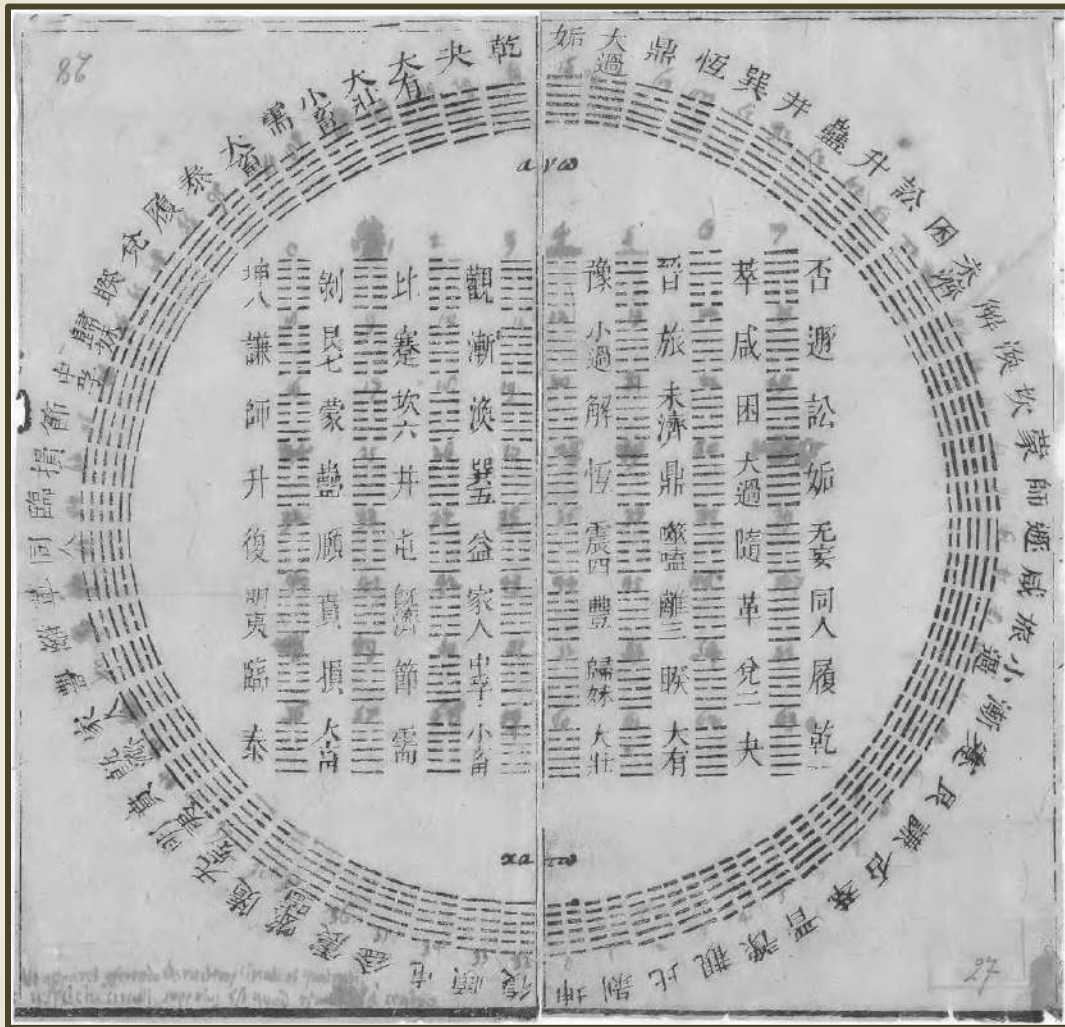
The earliest compass or **Luo Pan** 羅盤 is said to be invented by HuangDi, the Yellow Emperor in 26th century BCE. It is made of many rings relating to Sun, Moon, stars, date of birth, seasons, 8 trigrams, and the I-Ching hexagrams.

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



Higher Mathematics in the I-Ching

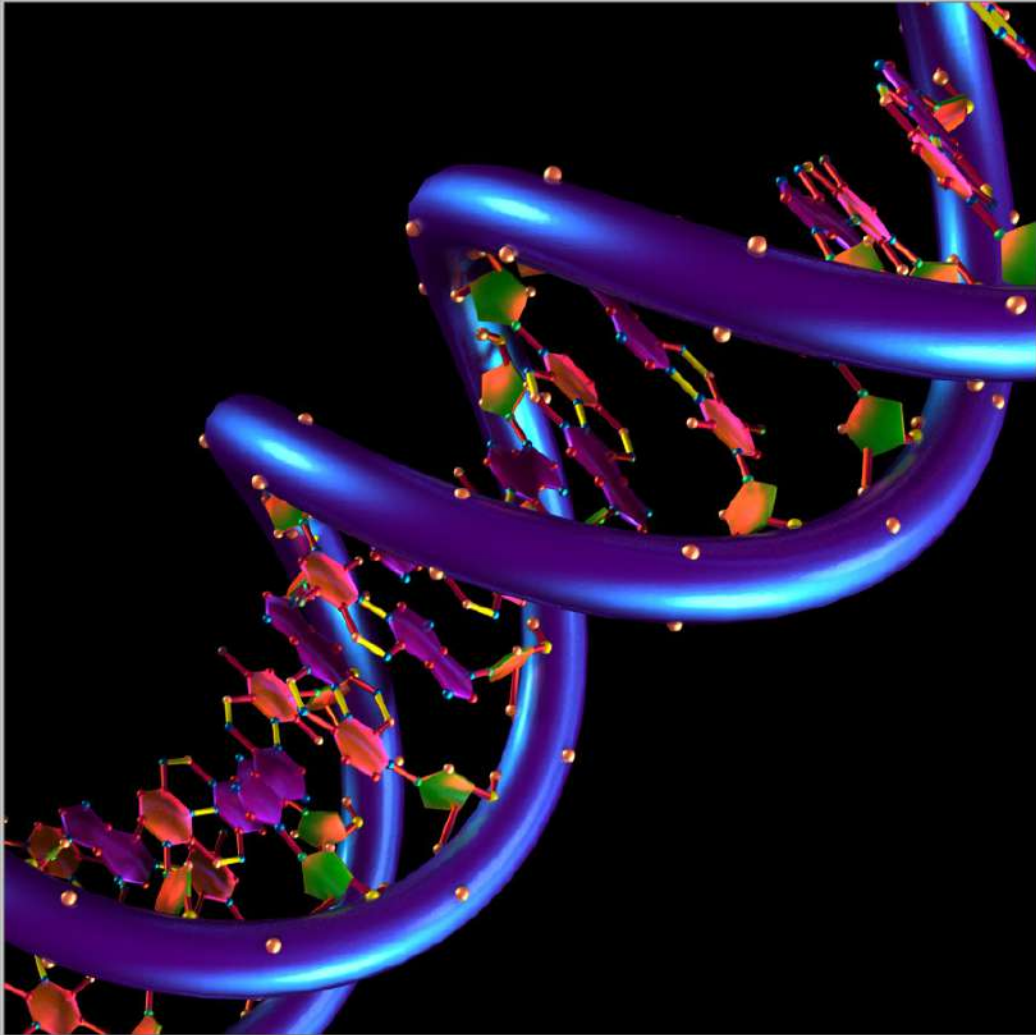
The I-Ching is an elegant and highly condensed way to describe the cosmos. 17th-century mathematician and father of modern calculus, Gottfried Wilhelm Leibnitz, discovered this binary system after an exchange of letters with a Jesuit priest in China, who showed him FuXi's Bagua. Leibnitz described the binary code of 0 and 1, now used in modern computers.



If you read this circular 64 hexagrams counter-clockwise, the Yin and Yang lines are set up one by one, two by two, four by four, eight by eight, sixteen by sixteen, thirty-two by thirty-two. This forms a series: 1, 2, 4, 8, 16, 32, 64. If you draw any diameter line across the circle, the hexagrams will mirror each other perfectly.

DNA Secrets in the I-Ching?

Our DNA contains 64 codons (amino acids) that encode vast genetic information in binary form. The I-Ching has 64 hexagrams based on the binary Yin and Yang lines. Coincidence?



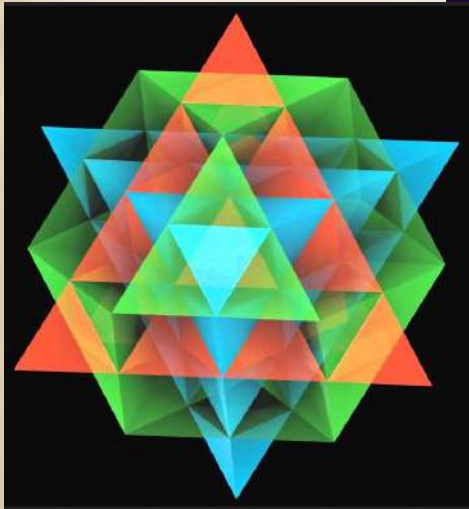
Perhaps the structures of DNA and the I-Ching have a similar purpose. DNA is how Nature constructs a biological organism, as a living expression of the quantum information fields.

Studying the I-Ching can also help awaken a physical human being grounded in the earth, cosmos, and consciousness. Coincidence?

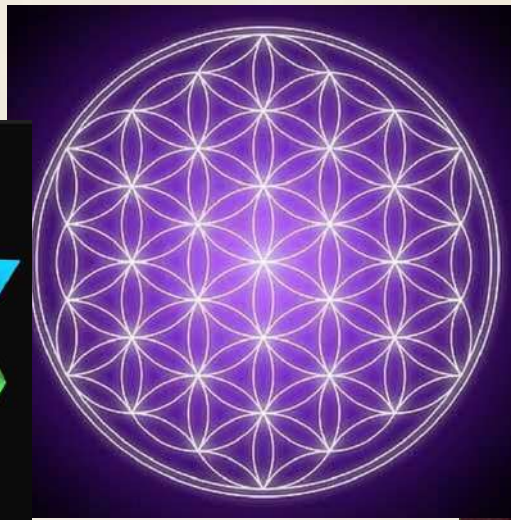
A Holographic Universe? Same Structure of the Universe is in Cells

In our mother's womb, a single cell embryo divides into 2, 4, 8, 16, 32, and finally to 64-cells (Like the I-Ching). At the 64-cell "blastula" stage, cell differentiation begins. At this point the internal and external cells separate into lineages. Each cell will become a specific tissue, such as the nervous system, sensory organs, heart, muscles, bones, digestive system.

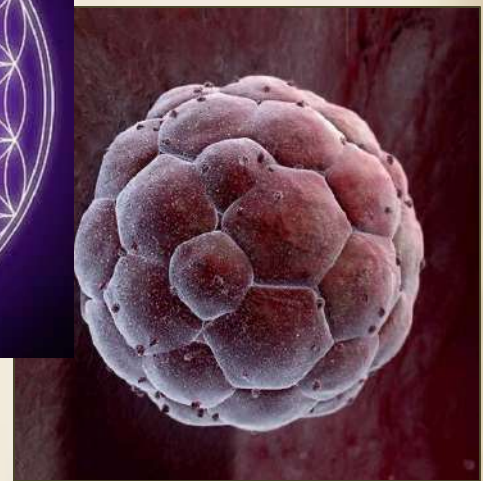
Therefore, the 64 Tetrahedron is considered the basis of 3-D physical structure. The 2D Flower of Life is a flat 2D image of that universal form.



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*

Who was
Lao Tzu?
606-530 BCE

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

Tao Te Ching #13



Lao Tzu is an honorific title meaning **‘Old Master’**. Lao Tzu was a philosopher and poet. He worked for many years in the Imperial Palace as Custodian of the Imperial Archives. After observing the ways of men and cycles of life, he decided to leave the Kingdom, riding to the mountains on an old ox.

It is said that as he reached the Han-Ku pass, the border-guard begged him to leave some of his teachings for future generations. So, he wrote the chapters of the famous **Tao Te Ching**. Then he left.

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 respect of husbands by their wives.

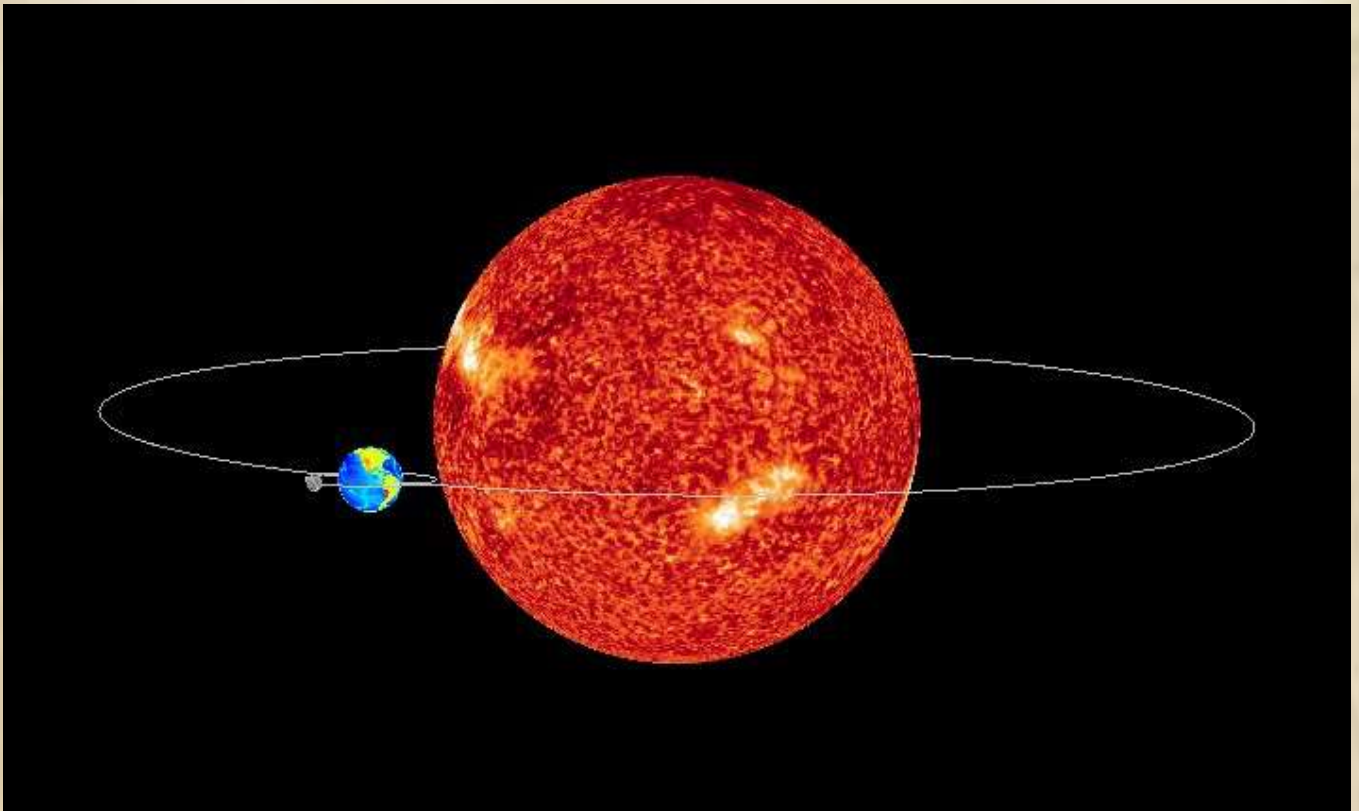
Zhuangzi - 370-301 BCE

Zhuangzi (Chuang Tzu) was a consummate and sharp-witted master. He wrote a collection of thought-provoking anecdotes and stories called the **Zhuangzi**, an important foundational text of Taoism.



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

Cycles of the Sun, Moon, Earth and Planets



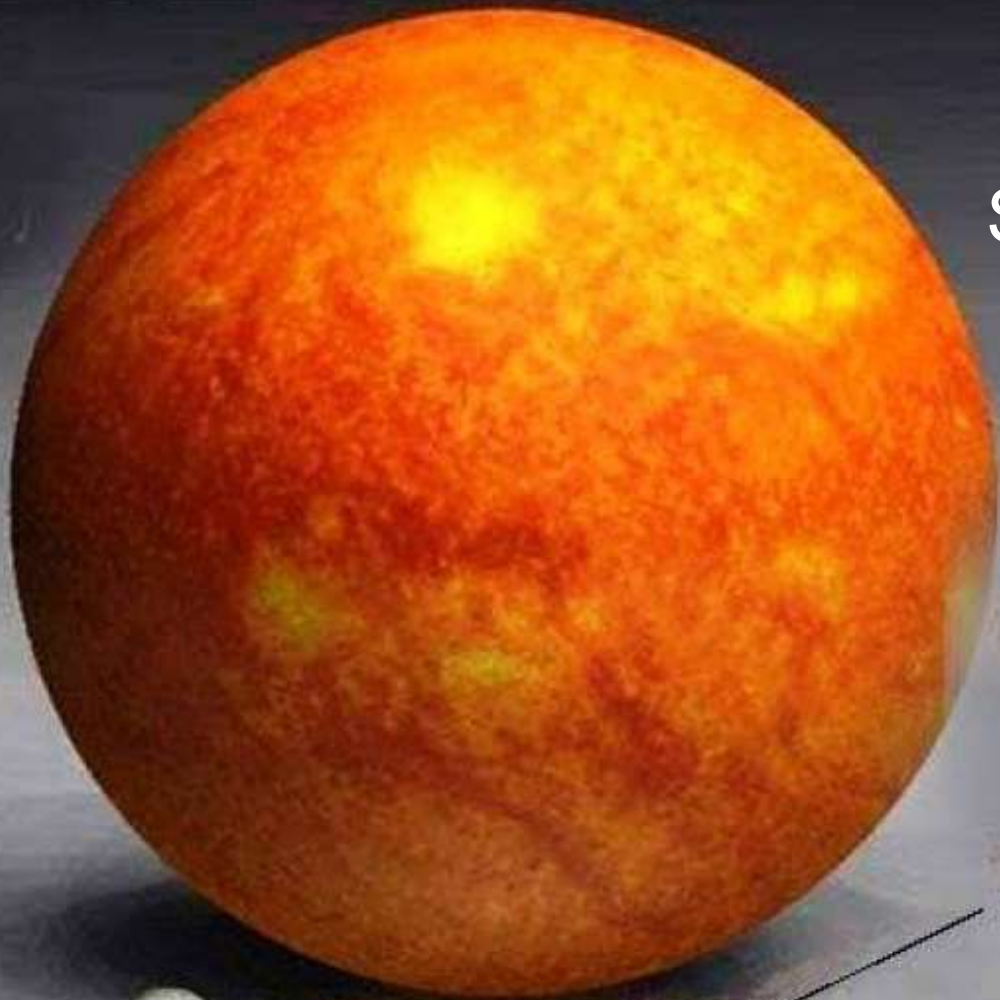
**What did ancient astronomers
know about the universe?**

Chinese Solar System

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

The Chinese 5-Element system incorporates the energy of the five planets visible to the naked eye. All planets are identified.

Sun	Tàiyáng	太阳	Brightest Star
Moon	Yuèqiú	月球	Sphere of the Moon
Mercury	Shuǐxīng	水星	Star of Water
Venus	Jīnxīng	金星	Star of Gold
Earth	Dìqiú	地球	Sphere of ground
Mars	Huǒxīng	火星	Star of Fire
Jupiter	Mùxīng	木星	Star of Wood
Saturn	Tǔxīng	土星	Star of Soil (dirt)
Uranis	Tiānwángxīng	天王星	Star of King of Heaven
Neptune	Hǎiwángxīng	海王星	Star of King of Ocean
Pluto	Míngwángxīng	冥王星	Star of King of Hell



Sun

Earth

Pluto

Jupiter

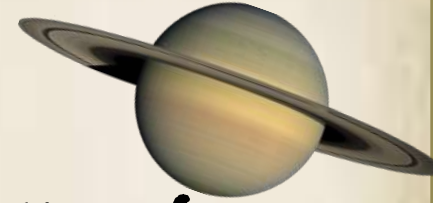
The 5 Five-Element System of Planets



火 Fire



Heart
Summer
Risking, Manifesting
Mars
the red planet



土 Earth

Spleen
Indian Summer
Supporting, Centering
Saturn

Wood 木

Liver
Spring
Beginnings, Visioning
Jupiter



Water 水

Kidney
Winter
Accepting, Forgiving
Mercury
The liquid metal

金 Metal

Lungs
Fall
Reckoning, Discerning
Venus



Each of the five elements was identified with a type of wisdom, an organ, a psychology, a planet, and a metal.

Tibetan Planetary Wisdom



Tibetan astronomy has been successfully predicting eclipses for centuries. The Tibetan system recognizes ten “planets”: Sun, Moon, the naked eye planets, the moon's north and south nodes (Rahu or *sgra can* and Kalagni or *dus me*), and a comet named Ketu or *mjug ring*.

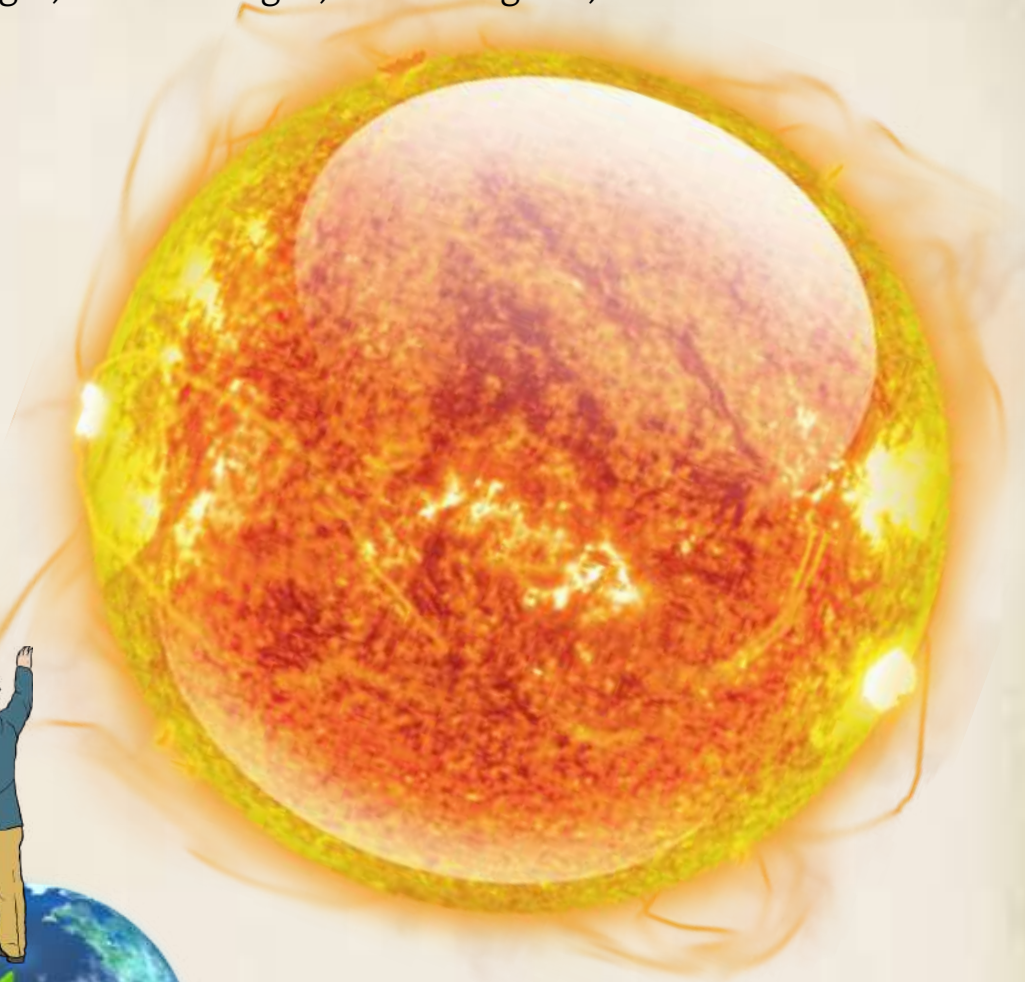
The Tibetan Kalachakra system correctly describes eclipses as an alignment of the sun, moon, and appropriate lunar node. In the Tibetan tradition eclipses are considered to be auspicious occasions to release negative Karma and accumulate virtue. Early scriptural texts pictured the planets as spherical bodies suspended in space.

The ten planets in the Tibetan system include:

- | | |
|---------------------------|---------------------------|
| 1. Sun <i>nyi ma</i> | 6. Venus <i>pa sangs</i> |
| 2. Moon <i>zla ba</i> | 7. Saturn <i>spen pa</i> |
| 3. Mars <i>mig dmar</i> | 8. Rahu <i>sgra can</i> |
| 4. Mercury <i>lhag pa</i> | 9. Kalagni <i>dus me</i> |
| 5. Jupiter <i>phur bu</i> | 10. Ketu <i>mjug ring</i> |

The Sun

In Taoism the Sun represents the energy of life, the creative Yang archetype, the Fire element, and the Masculine. The Sun is associated with the Shen / Spirit consciousness, light, the Heart organ, the Pineal gland, and the Solar Plexus.



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

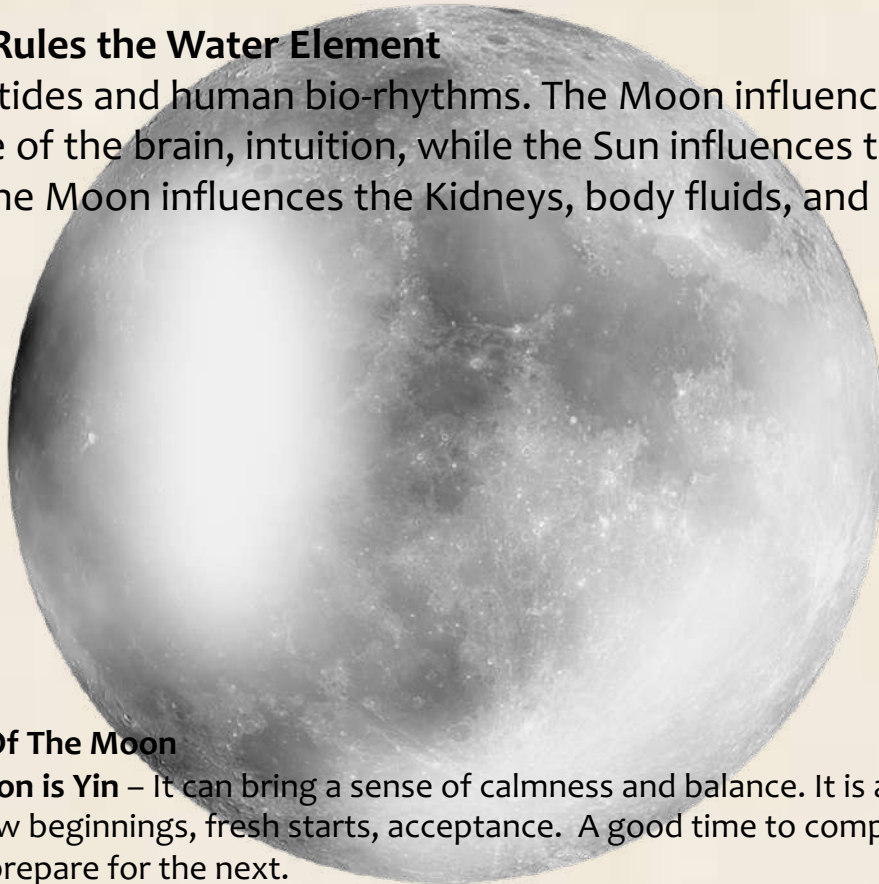
- Day & Night
- Seasons
- Plants, animals & food
- 24-hour Clock
- Sun spots and magnetic activity
- Sun's 25,920-year orbit
"The Great Year"

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 and human bio-rhythms. The Moon influences the right hemisphere of the brain, intuition, while the Sun influences the left, the intellect. The Moon influences the Kidneys, body fluids, and sexuality.



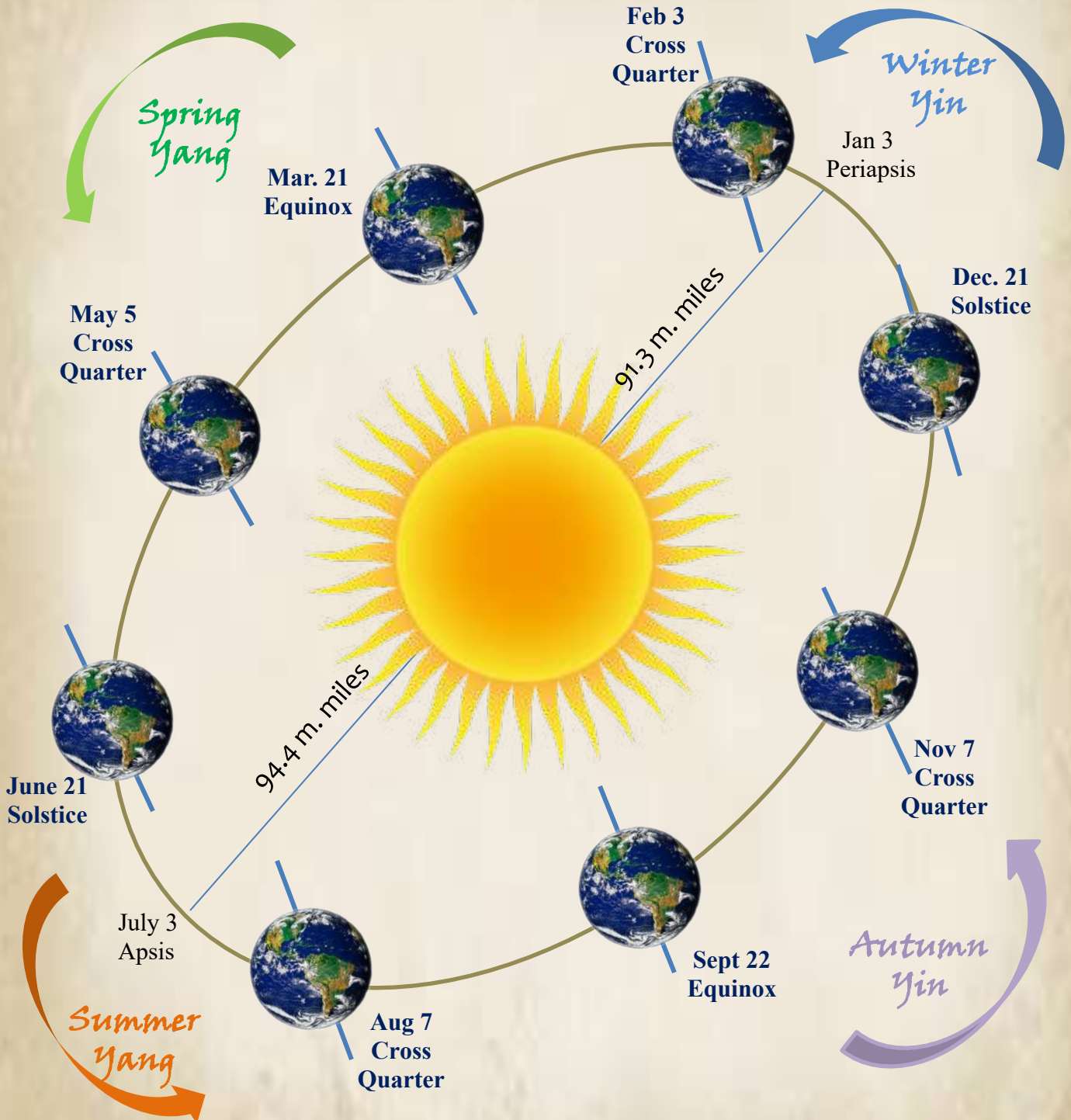
The 4 Cycles Of The Moon

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.

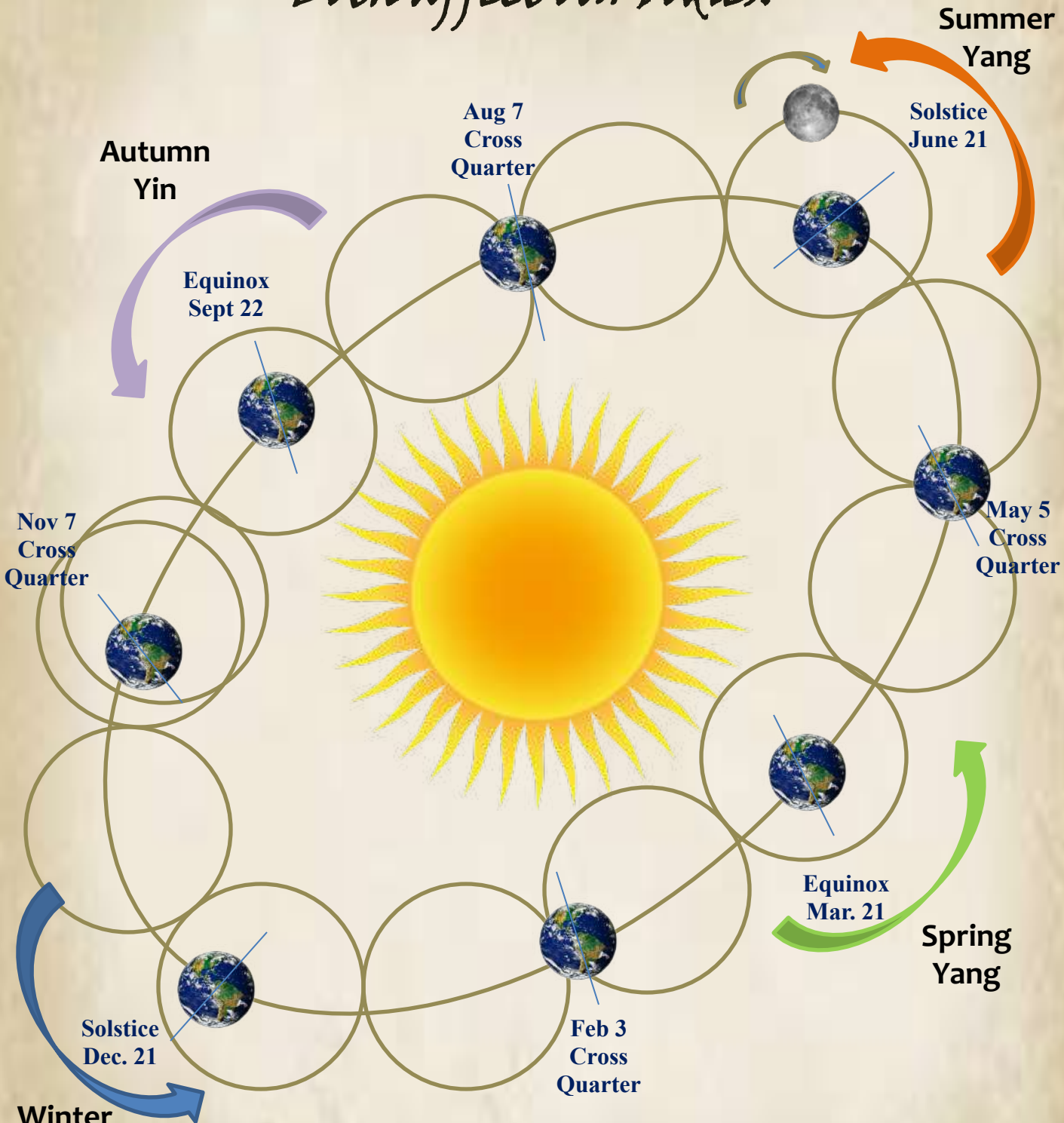
The Moon Rules the Female Cycle. Lunar energy pulls the ocean tides, also effecting ovulation and menstruation. In ancient times women's menstruation always occurred during the full moon. Thus, the moon is the spiritual symbol of the female, and the sun is the symbol of the male. In modern times, the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

What Causes 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.



Earth's Seasons and Moon Cycles together! Both affect our bodies.



The body follows the moon cycles and its 12.4 phases per year. The Moon's cycle affects our bodies, especially fluids and female cycle. All these factors along with the day, night, and 4 seasons, represent a constant ebb and flow in the body.



Cosmological Qigong

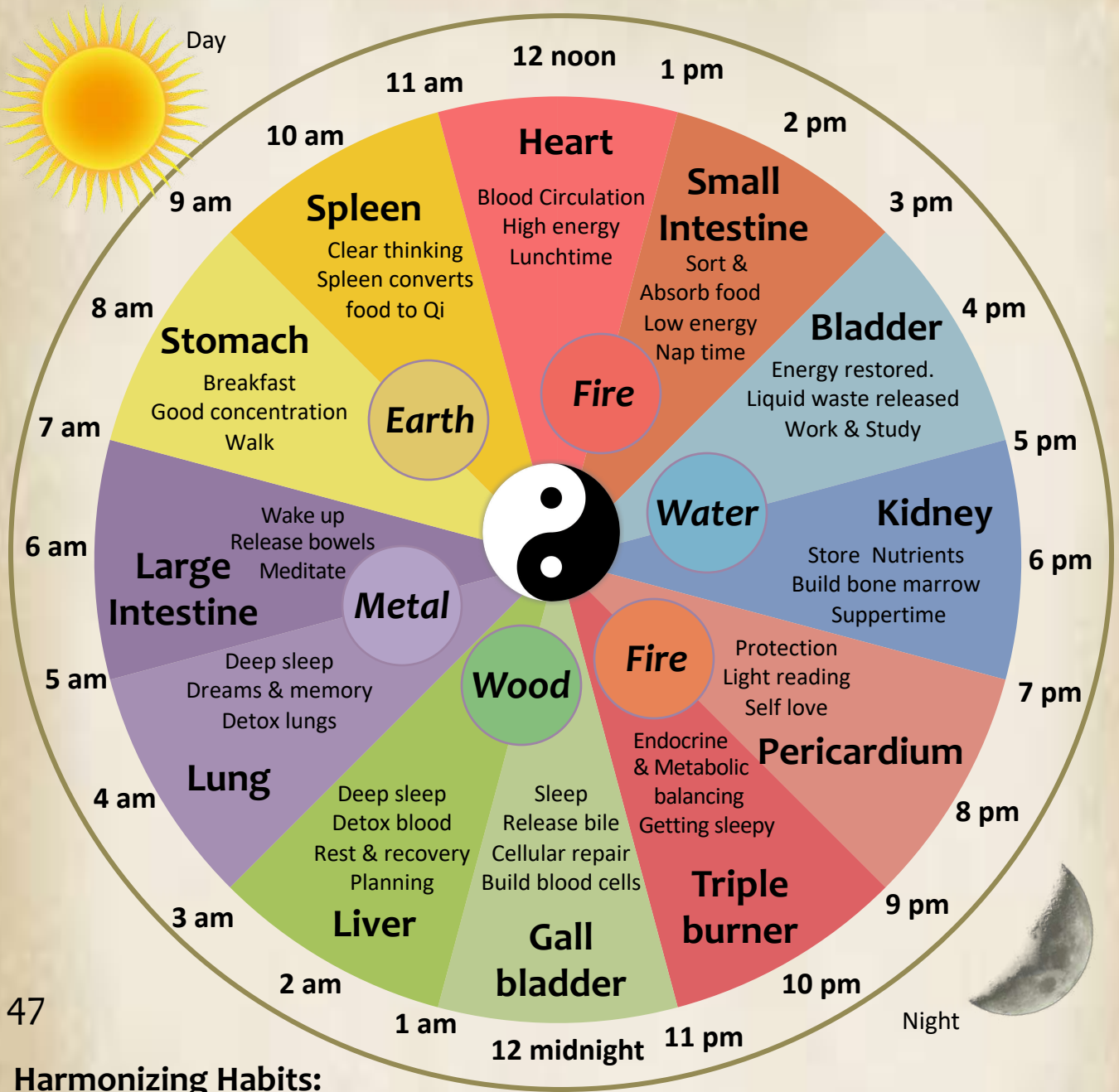
Chinese Calendar of 24 Solar Seasons

	Chinese Names	Chinese Meaning	Astronomical Start Date	Primary Organ & Element	
1	Li Chun 立春	Beginning of Spring	4-Feb	Liver / Wood	Spring
2	Yu Shui 雨水	Rain water	19-Feb	Liver / Wood	
3	Jing Zhe 惊蛰	Waking of insects	6-Mar	Liver / Wood	
4	Chun Fen 春分	Spring equinox	21-Mar	Liver / Wood	
5	Qing Ming 清明	Pure brightness	5-Apr	Liver / Wood	
6	Gu Yu 谷雨	Grain rain	20-Apr	Liver / Wood	
7	Li Xia 立夏	Beginning of Summer	6-May	Heart / Fire	Summer
8	Xiao Man 小满	Grain full	21-May	Heart / Fire	
9	Mang Zhong 芒种	Grain in ear	6-Jun	Heart / Fire	
10	Xia Shi 夏至	Summer solstice	22-Jun	Heart / Fire	
11	Xiao Shu 小暑	Slight heat	7-Jul	Heart / Fire	
12	Da Shu 大暑	Great heat	23-Jul	Heart / Fire	
13	Li Qiu 立秋	Beginning of Autumn	8-Aug	Lung / Metal	Fall
14	Chu Shu 处暑	Limit of heat	23-Aug	Lung / Metal	
15	Bai Lu 白露	White dew	8-Sep	Lung / Metal	
16	Qiu Fen 秋分	Autumnal equinox	23-Sep	Lung / Metal	
17	Han Lu 寒露	Cold dew	8-Oct	Lung / Metal	
18	Shuang Jiang 霜降	Descent of Frost	24-Oct	Lung / Metal	
19	Li Dong 立冬	Beginning of Winter	8-Nov	Kidney / Water	Winter
20	Xiao Xue 小雪	Slight snow	22-Nov	Kidney / Water	
21	Da Xue 大雪	Great snow	7-Dec	Kidney / Water	
22	Dong Zhi 冬至	Winter solstice	22-Dec	Kidney / Water	
23	Xiao Han 小寒	Slight cold	6-Jan	Kidney / Water	
24	Da Han 大寒	Great cold	20-Jan	Kidney / Water	

The 24 Solar Seasons are part of the traditional Chinese calendar. It was first used along the Yellow River in the 4th century BCE and was applied more widely in the 3rd century Han Dynasty. Each season was divided into six solar terms of 15 days each, or half of a moon cycle.

Chinese 24-Hour Circadian Clock

时间

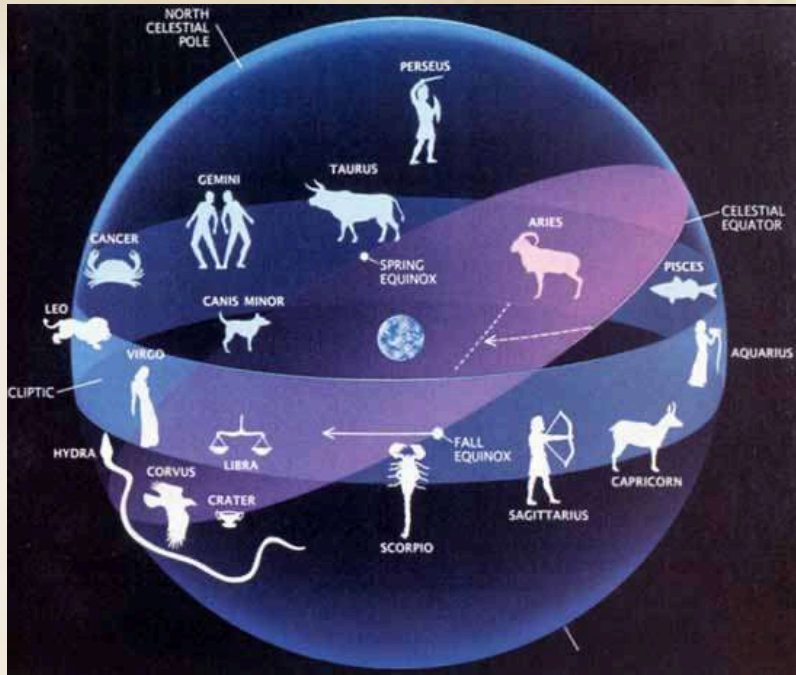


Harmonizing Habits:

- 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

Our Sun's 25,920-Year Orbit



Ancient astronomers noticed every 2,160 years at the March Equinox at sunrise, a different zodiac sign appears. A full cycle of 12 zodiac signs takes 25,920 years. This cycle is called “The Great Year” or the “Precession of the Equinoxes”.

What causes this cycle? We know of 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 cause the Earth to wobble. Scientists are just now beginning to consider otherwise.

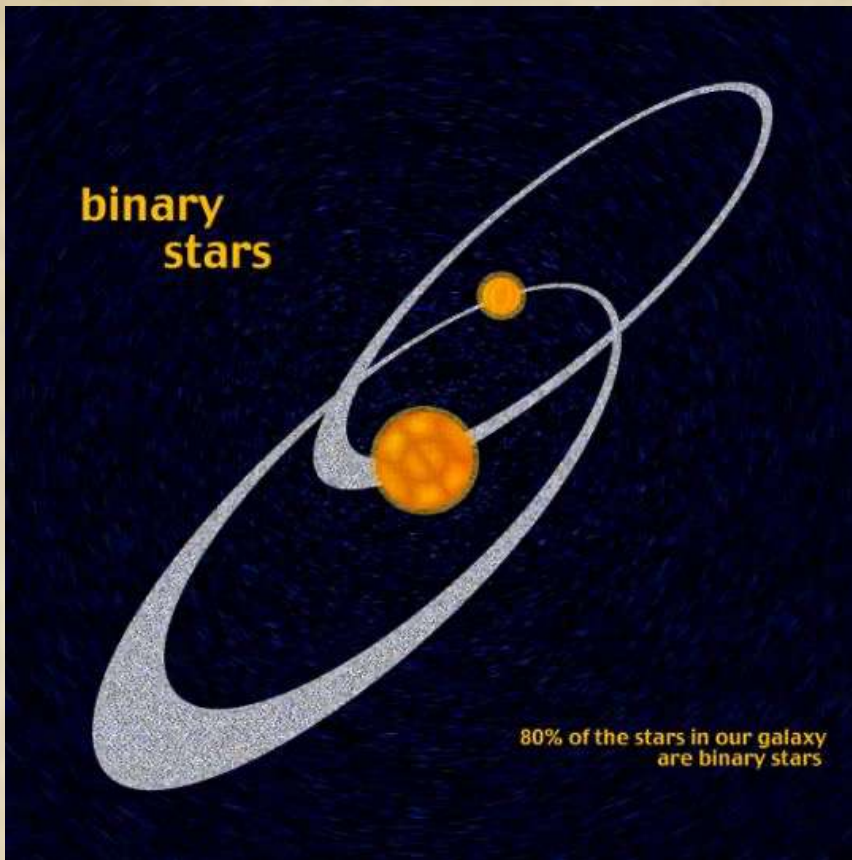
2) The Sun Moves in its own Orbit

Another explanation for this cycle would be that our Sun and the entire solar system orbit around a companion body such as a binary star. This happens when two stars orbit around their common center of mass.

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

See this Video: The Great Year – Precession & Binary Star System
https://www.youtube.com/watch?v=I3ZDcj0kF_0&t=8s

Ancient Calendars Understood 'The Great Year'



Video: The Great Year, Precession & Binary System
<http://www.youtube.com/watch?v=f3fF7BfgEqw>

The Egyptian calendar saw a 25,920 year cycle with 12 sub-cycles of 2,160 each.

The Hindu calendar counts Yugas or Ages. The Golden, Silver, Bronze, and Iron Ages total 25,714 years. Yugas define the rise and fall of civilization in a never-ending cycle.

The Hopi calendar says humans have lived in three ages, and we are now in the fourth. The first world was ended in fire, the second by ice, and the third by water.

The Chinese calendar refers to the periods time between convulsions of the Earth as a 'Great Year' or 'Cosmic Year' in a cycle of human evolution.

The Mayan 'Long Count Calendar' of 5,125 years represents 1/4 of a **Great Year**.

The Hebrews knew about The Great Year in the time of Kings David and Solomon, as evidenced in the **Psalms of David 19:4-5**, that trace the zodiac back through each age.

The ancient Greeks observed a 'Platonic Great Year' of 25,920 years in 5 Ages, the Golden, Silver, Bronze, Heroic, and Iron Ages. Greek astronomer **Hipparchus** in the first century BCE is usually credited with the discovery of precession, even though ancient calendars knew of it thousands of years earlier.

Chinese Astronomers Saw 'The Great Year'.

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



The first Chinese astronomer to write about the 'Great Year' was Yu Xi in 300 CE.

The ancient Chinese encyclopedia, *Sing-li-tas-tsiuen-chou*, describes the cycles of catastrophes or convulsions of Nature. The span of time between two catastrophes is called a 'Great Year'. The Chinese call these convulsions **Kis** and have counted ten **Kis** from the beginning of the world until Confucius.

The Hindu Calendar

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



Ancient Hindu astronomers charted a cycle of Yugas or Eras. They counted 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,

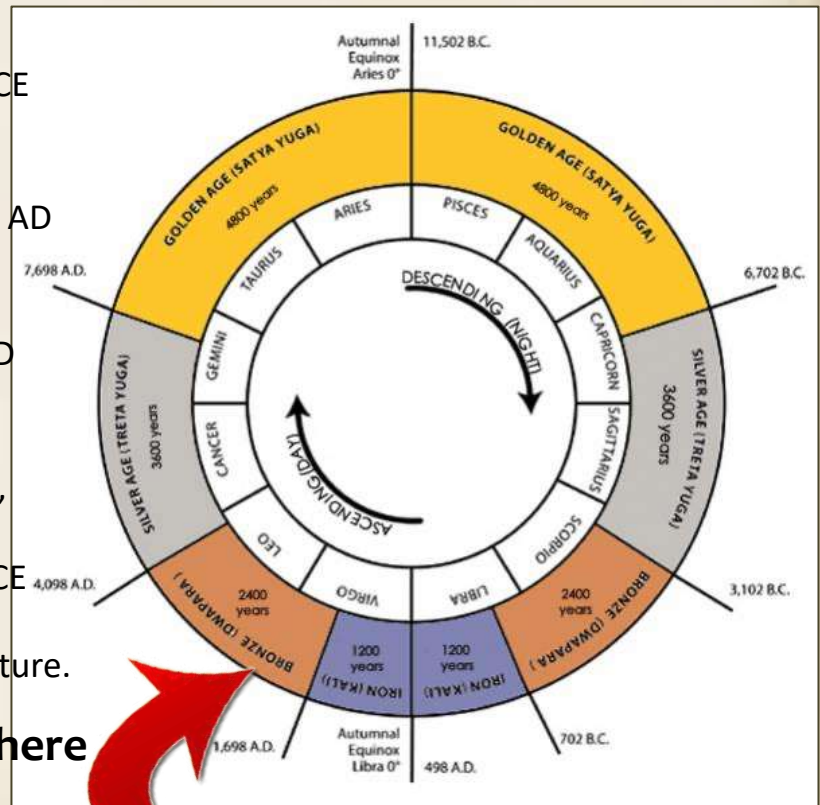
a period of expanding electrical, atomic and finer forces.

Coming Silver Age - 4100 – 7700 CE

Golden Age - 7700 - 12500 CE,

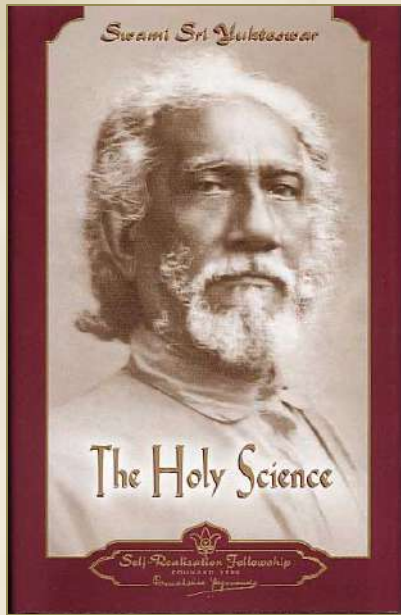
an age of the highest spiritual culture.

We are here



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?

Swami Sri Yukteswar Shatters the Mystery



In his 1896 book, 'The Holy Science', Swami Sri Yukteswar, guru to Paramahansa Yogananda, explains that we are now living in an expanding Bronze Age.

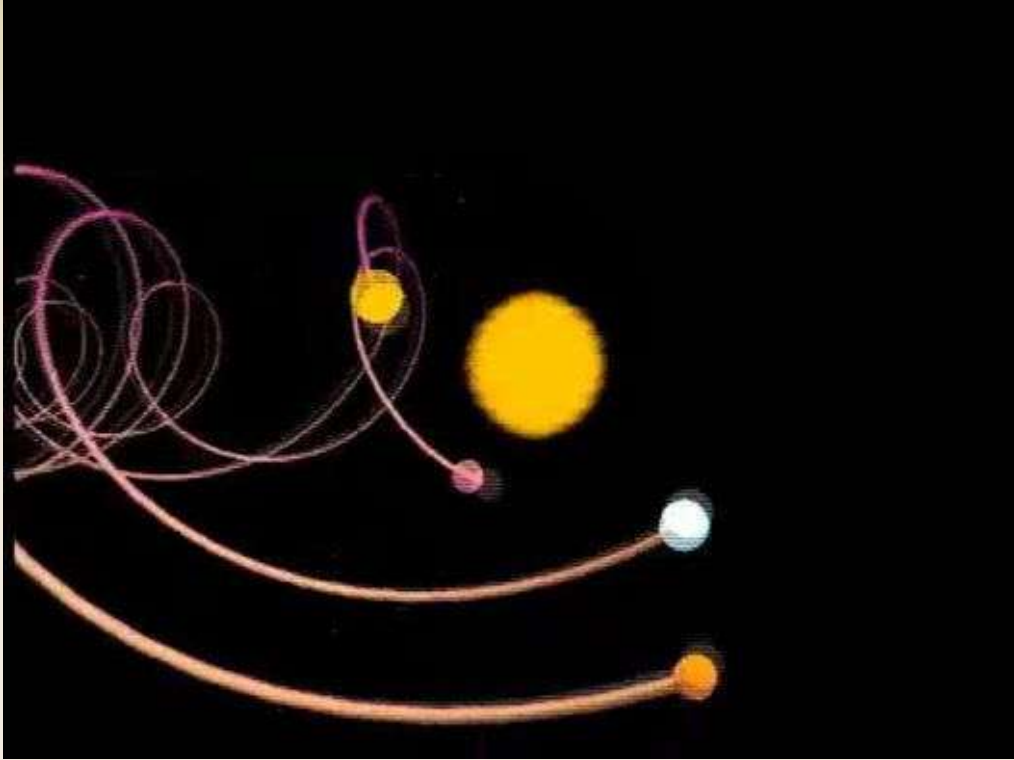
(Yukteswar is also single-handedly responsible for introducing Yoga to Western culture, by sending his disciple Yogananda to America in 1920.)

Shree Yukteswar's dates shed new light on historical cycles.

- Tonpa Sherab, the first known Buddha lived in a Golden Age 18,000 years ago, a time of spirituality, science, and harmony.
- FuXi and NuWa reintroduced Tibetan wisdom, recreating civilization in a Silver Age, 6,000 years ago after the flood.
- It explains Lao Tzu's exasperation with a declining era, when he gives up and retires to the mountains during the low Iron Age.
- It would explain the violent and controlling Roman empire at the low point of the Iron Age. That control is waning just now.
- It would explain the Middle Ages, or Dark Ages of the Kali Yuga, when humans forgot everything until the Renaissance 'rebirth'.

Now we are in a period of expansion. We throw off dominion by the base aspects of human nature. We remember spirit. We rediscover ancient wisdom and repurpose it for a new era.

The Universe Moves in Spirals



Flat Orbits Don't Exist



“Our Cosmos is constantly in motion. In fact, we never ever return to the same point in space-time.”

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

The Black Hole is a Spinning Yin Yang

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

In the holo-fractal 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.

54 A perfectly balanced system. A Yin-Yang.



Ancient Roots of Taichi and Qigong



Taichi and Qigong have their roots in Taoist Shamanism 6,000 years ago.

Taichi is said to mean "**supreme ultimate**". it represents the fusion of Yin and Yang into a single highest form of the Yin-Yang diagram.

Tai Chi is therefore a study of the two polarities of Nature:

Yin (receptive, yielding) and Yang (active, expanding)
finding balance within constant change.

Qigong is two words. **Qi** is the vital energy of the body.
Gong means to work, cultivate, or move **Qi**.

Cultivate 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, 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, negative thoughts, and technological media.

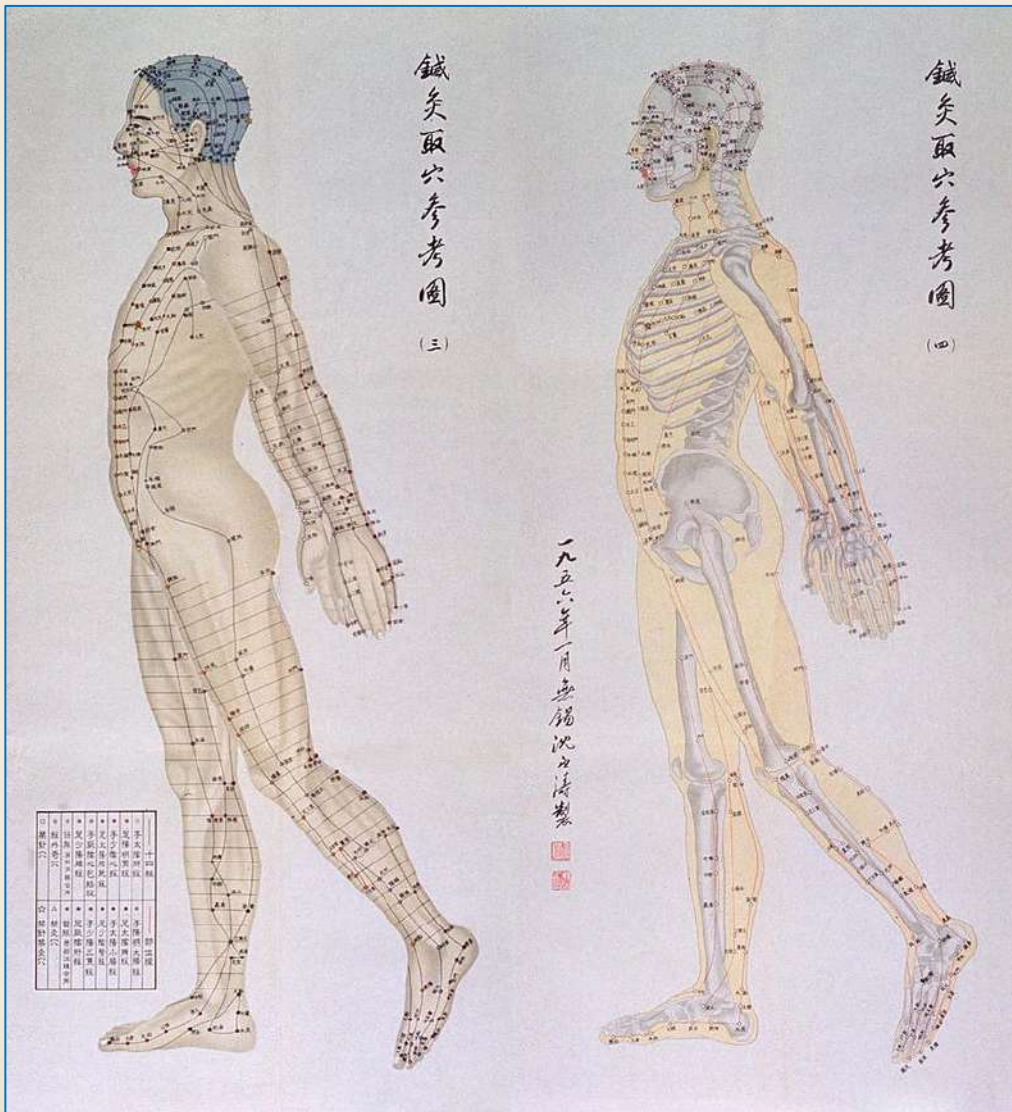
Qi is the vital energy that pervades all matter. It motivates and animates all human life, all action and thought, all healing and transformation. In short, all of life.

Shen, or spiritual energy is dependent on the **Jing** and **Qi** for its well-being and fruition. A Taoist 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.

Taichi and Qigong Attune the Meridians

Chinese Medicine uses 12 primary meridians or Qi pathways, each one associated with an organ. Also, there are 8 extraordinary meridians representing the ancestral and destiny body .

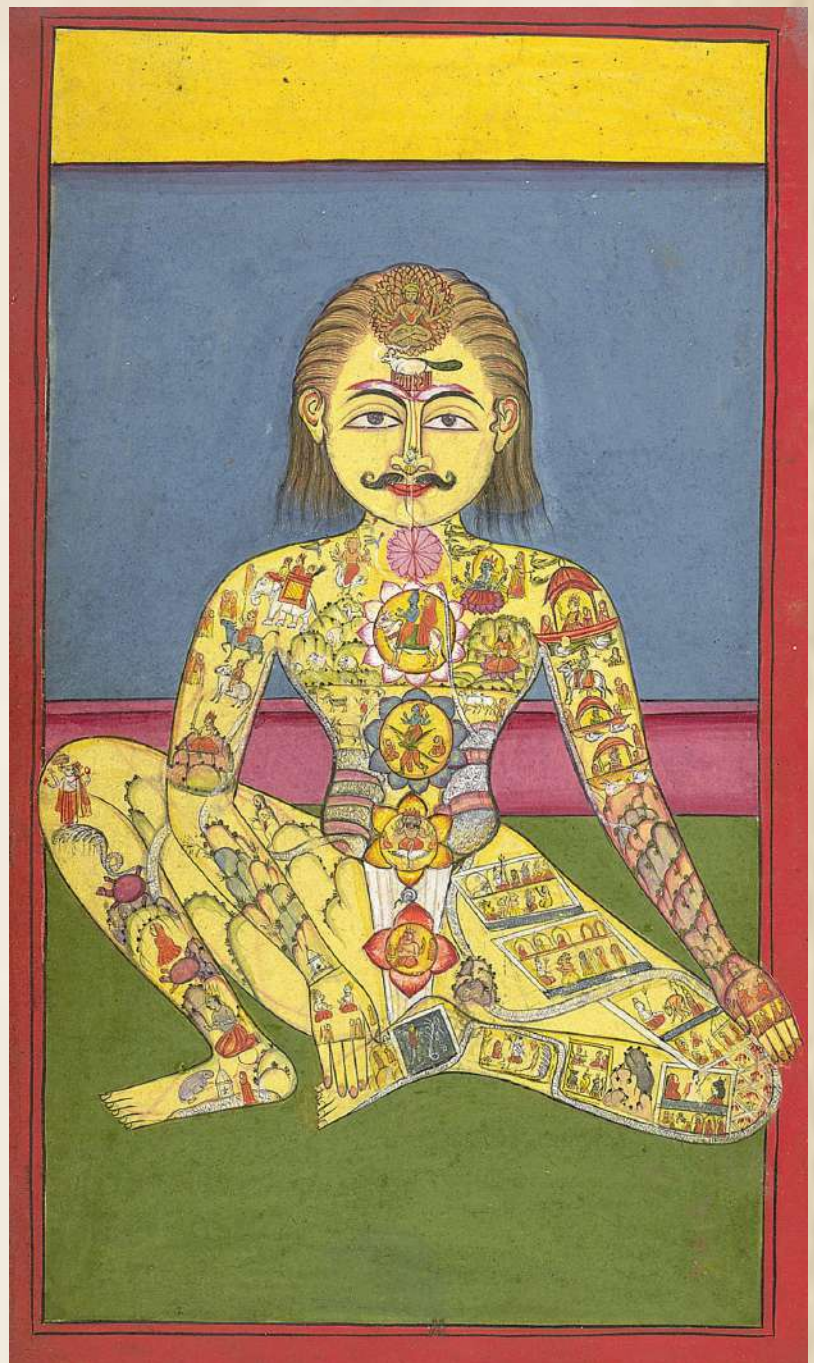
The 365 acupuncture points are each located on a meridian or channel.



What is Disease?

Chinese medicine holds that disease is a loss of balance in the body. Taichi and Qigong tune and harmonizes the meridians, organs, and channels to build health. Thus, a regular practice can optimize health and heal illness.

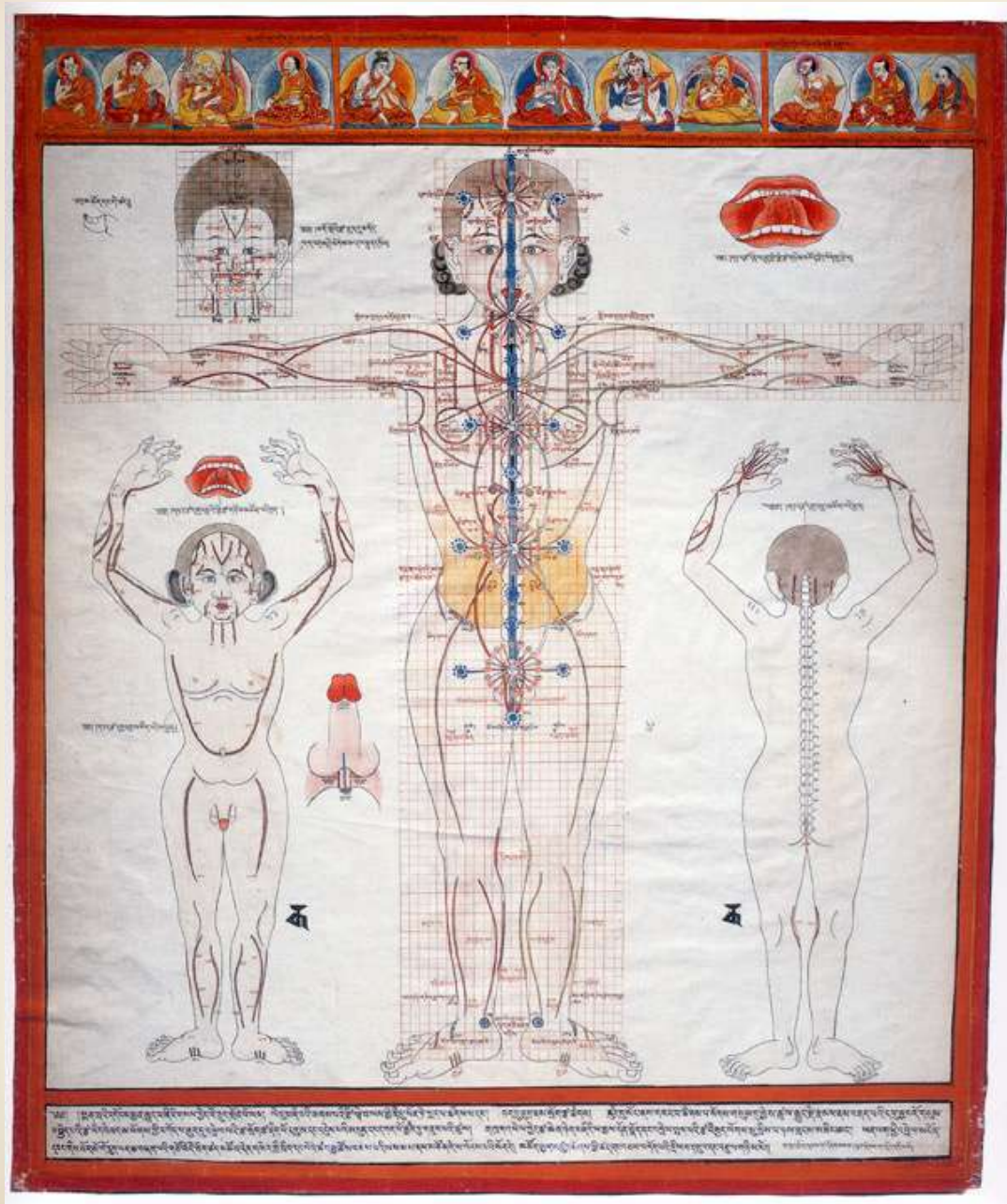
Awaken the Microcosmic Orbit Hindu Version



Sapta Cakra means “Seven Wheels” or seven chakras. Kundalini refers to the rising energy up the spine, the ascension of vital Qi through the centers to the top of the head. Kundalini is identical to internal alchemy practices in China and Tibet. (Image from Yoga manuscript in Braj Bhasa language 1899 British Library.)

Awaken the Microcosmic Orbit Tibetan Version

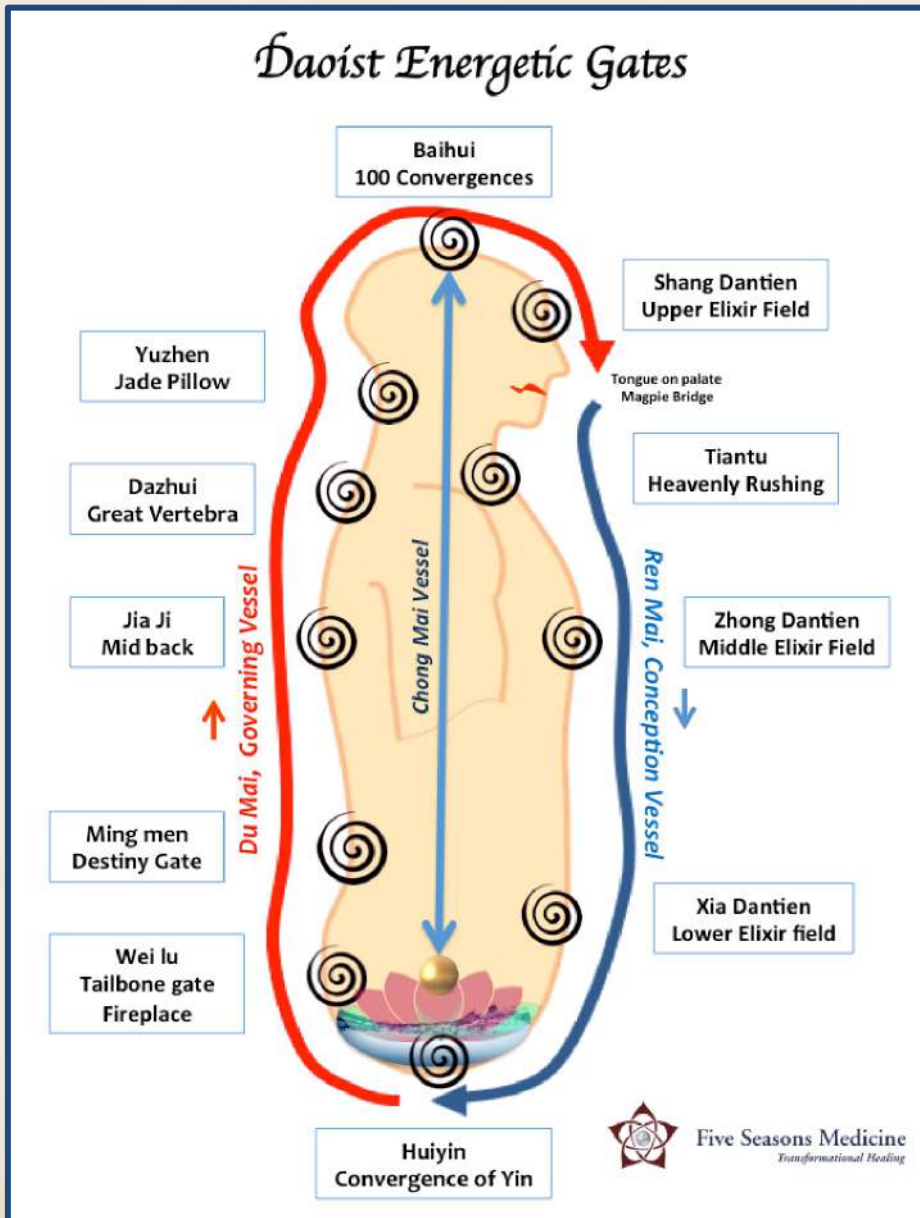
The Tibetan Microcosmic Orbit is almost identical to the Hindu version. It shows seven energy centers. It specifically mentions the tip of the tongue against the upper teeth and the importance of the spine.



The Tibetan chakra map shows evidence of much exchange of techniques between Tibet, China, and India over 6,000 years. This has led to inevitable blending of traditions. Hence, it can be difficult to determine a specific origin.

Awaken the Microcosmic Orbit Chinese Version

The Chinese microcosmic orbit (小周天) is a Taoist Qigong energy cultivation technique. It involves breathing exercises with meditation and visualization to invite the flow of Qi through the energy gates. Note that the Chinese energy gates are very similar to Indian and Tibetan chakras on previous pages.



In Chinese internal alchemy the energy pathway usually starts at the bottom of the body at the Huiyin point, traveling up the back to Baihui, and down the front. It is done seated, or standing in Zhan Zhuang Qigong, or Taichi.

Taichi and Qigong Awaken the Senses, and Provide Protection



Taichi and Qigong cultivate and balance the energy body, building new neural pathways, making the senses keen, strong, and flexible at the same time.

Regular practice builds Wei Qi protection, the invisible energy barrier that protects us from harm. We live in a world of many external pathogens, emotional, climatic, and electro-magnetic forces. The conscious field strengthened in practice can selectively allow or block energies.

Thus, Taichi and Qigong increase both sensitivity and strength. The benefits are vitality, disease prevention, long vital life, and spiritual cultivation.

Body Crystalline Water Conducts Energy

Dr. Mae-Wan Ho, professor, scientist, author of *'The Rainbow and the Worm'* describes a quantum understanding of liquid crystalline water in the body – which are most of the body structure.

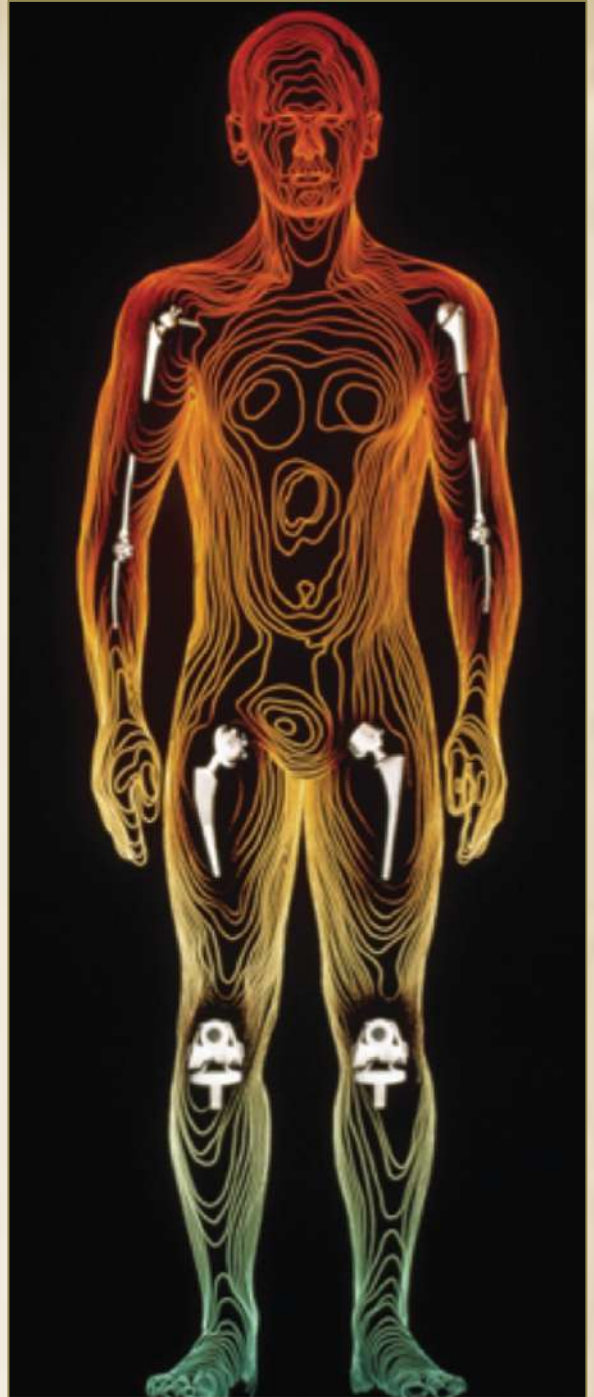
“There’s a dynamic, liquid crystalline continuum of connective tissues and extracellular matrix linking directly into the liquid crystalline cytoplasm in the interior of every cell in the body.”

Liquid crystals give the body greater flexibility, exquisite sensitivity, and responsiveness. This coherent liquid crystalline continuum has the qualities of a body consciousness. “Coherent” means a state of being in which the molecules act in perfectly correlated ways, with thermo-dynamic harmony.

Qi is “coherent” energy.

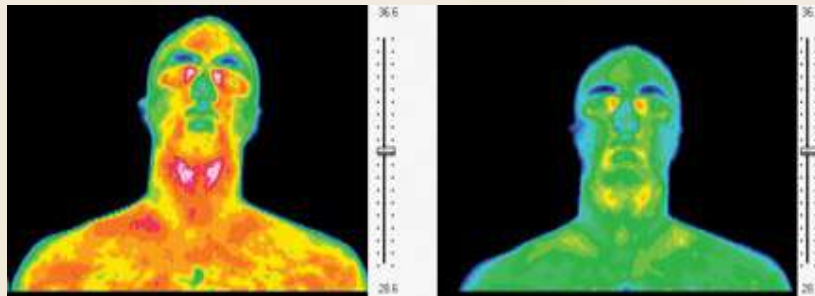
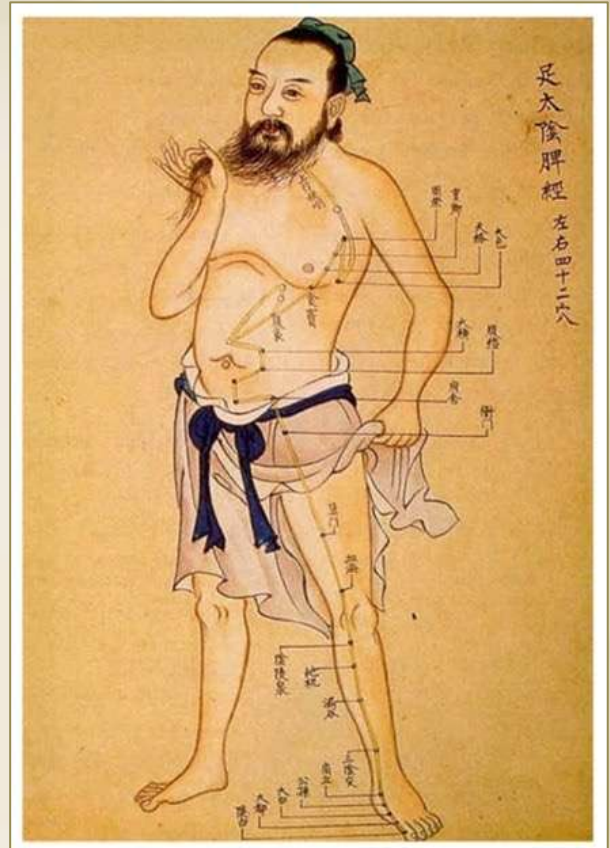
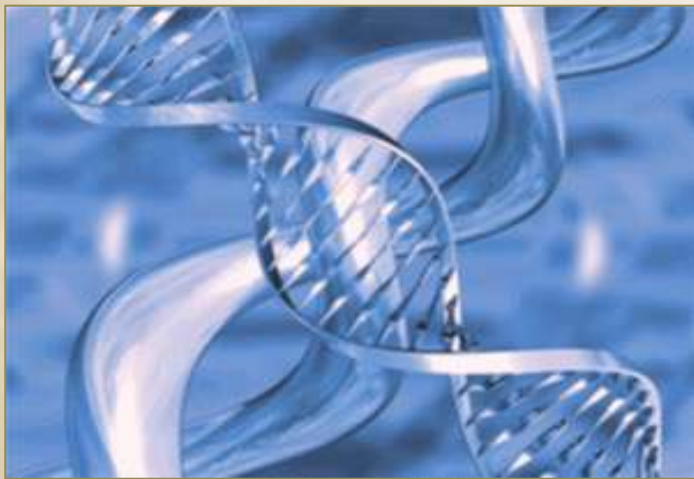
James Oschmann, PhD, author of *'Energy Medicine: The Scientific Basis'* sees the entire human body as an interconnected organism, a living communication matrix analogous to the nervous system. He says:

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



Qi → Vital Energy → → Double-Helix Water Spirals in the Body

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



Before double helix water After double helix water

Dr. Lo finds double helix water to be especially beneficial for health, as it “works like a needle in acupuncture”. Impressive improvements in meridian energy flow based on thermographic temperature images before and after drinking double helix water, suggest that structured water crystals may be key to a new era of healing.

The Practice: Ground into The Earth as Home

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

Taoism 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 life, and vitalizes the Earth.

Sunlight (Yang) combines With nutrients in the Earth (Yin), to describe our entire 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 we 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 a high density and strong magnetic field.

Master Lam Kam Chuen

I studied intensively with Master Lam Kam Chueng in London, because I feel this is the most direct, unaltered and un-diluted link to the oldest and purest Qigong system available in the world.



The Lineage: Master Wang Xiangzhai, Master Yu Yong Nian, Master Lam Kam Chuen

Master Lam Kam Chuen lives in London and teaches all over the world.

Born in 1949 in Hong Kong, Master Lam Kam Chuen teaches Zhan Zhuang Qigong. He has written countless books about Qigong, Taichi, Feng Shui and healthy eating [available here](#). Find his website here:

<http://www.lamkamchuen.com/lamkamchuen.com/>

There is tremendous healing power in this lineage. There is truth. I was very impressed with Master Lam's attentiveness, precision, selflessness, and concern for my well-being. He encouraged me to teach the simplest aspects of this system to benefit all students, knowing that over time it can grow. He warned me not to discuss philosophy or use too many words. He said: "Just do the practice. After about 2 years, if a student has incorporated the wisdom into the tissues, then you can begin to talk. Before that you will only confuse."

Nature's Rhythms are Powerful

How can we live with all that turning and spinning, pulling and pushing, electro-magnetic soup, emotional energy, and historic winds blowing all around and inside us?



Qigong builds balance, sensitivity and awareness of cycles around us. To experience health, we must harmonize with the cycles and seasons.

We can deny the rhythm, numb out, and be sick.

Or we can tune into the universal energy inside our bodies, in the Earth, and around us to use it for nourishment and growth.

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



Find Oneness in Nature's Rhythm

**“With regard to the human body,
one's own body is a whole Heaven and Earth,
and also contains the Sun and the Moon.**

**The body is Heaven and Earth.
Water and Fire are the ingredients,
and the cyclical movements
of the Sun and the Moon are the Phases.”**

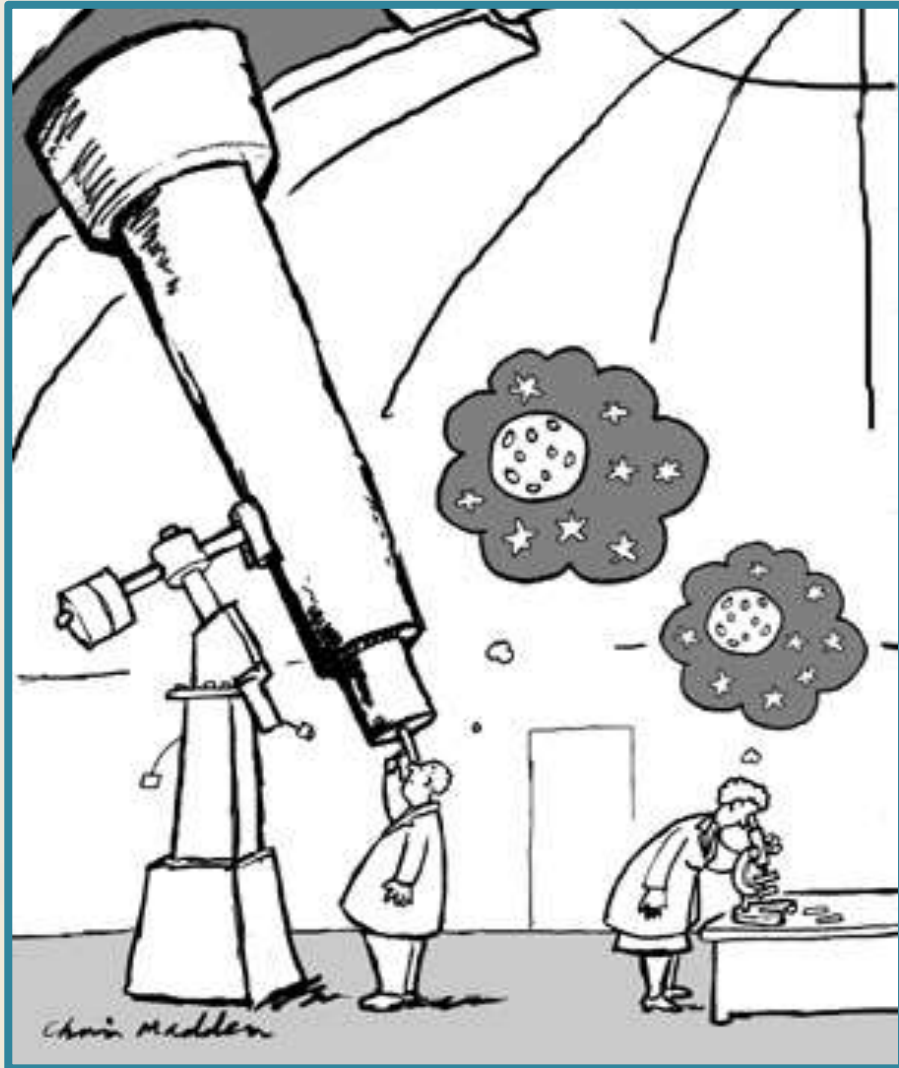
(From Commentary on the *Ruyao Jing*, Wang Jie, c. 1300 CE
Mirror for Compounding the Medicine, Book on Internal Alchemy)



The universe is infinitely large

and Infinitely Small...

Maybe it's Holographic



**"As above, so below,
As without, so within."**

Taoist saying

Identity vs. Oneness Resolves Our Great Misunderstanding

**“All things exist only when they arise together
with their polarity opposite”**

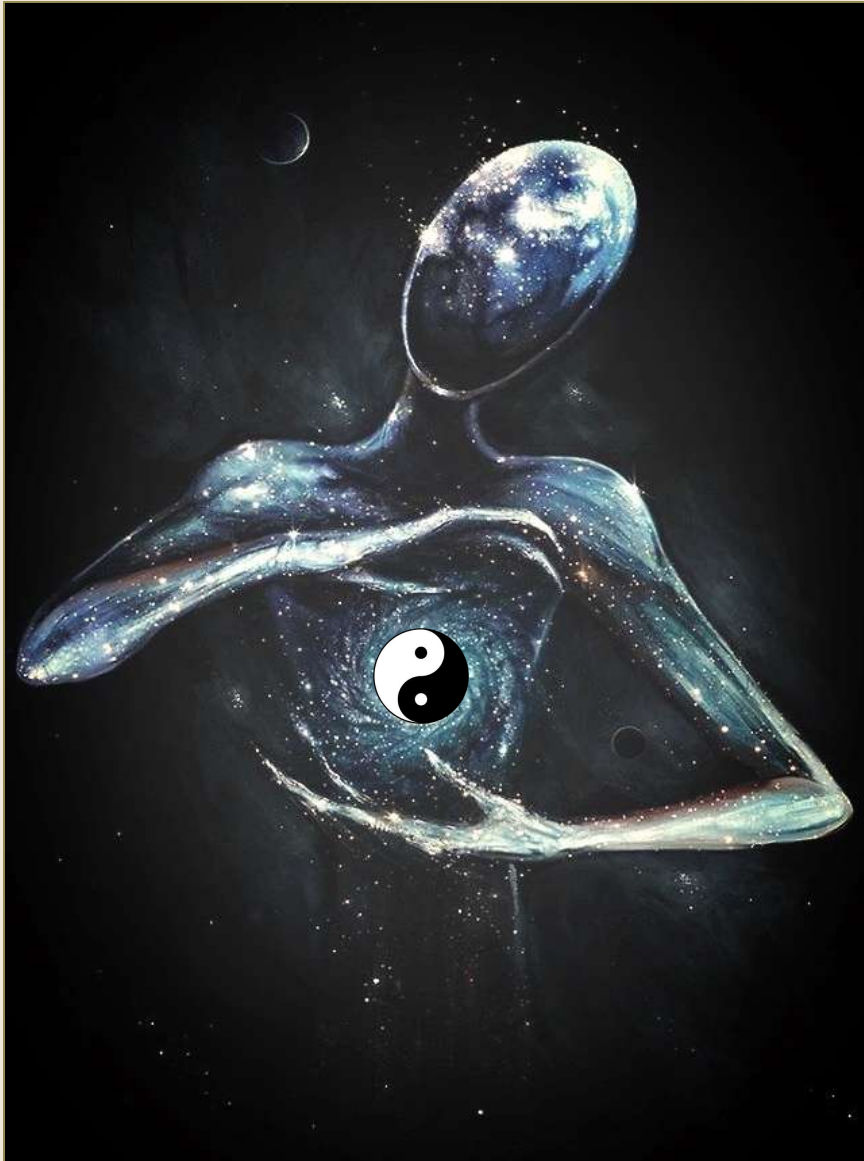


**“Since there is no such thing
as an isolated particle,
how can there be such a thing
as an isolated human being?”**

Imke Bock-Möbius,
Nuclear physicist, author of *‘Qigong Meets Quantum Physics’*

A Return to Reality

There's a Cosmos in every cell of your body. Our practice integrates ancient wisdom, scientific 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 unimaginable*

There is, however, this consolation:

*She who lets go of the knife
will find the Tao at her fingertips.”*



*From Hua Hu Ching
“The Unknown Teachings of Lao Tzu”*

Did Taichi & Qigong Come from Tibet?



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