Cosmic Orbit

Connect the Cosmos to Inner Orbit

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The meditations, practices and techniques described herein are not intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This book does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.
The Governor Channel of the Microcosmic Orbit as taught by Mantak Chia
Artist: Juan Li
The Greater Heavenly Cycle and the Smaller Heavenly Cycle

All living creatures absorb the three main forces in accordance with the earth’s orbit around the sun. The earth’s motion through the universe, making a full orbit every 365.25 days, is part of the Macrocosmic Orbit of the Universal Force, which causes the four seasons and associated changes in the earth’s energy (Fig. 1.11). If our principal force (Original Chi) is not abundant enough to draw and absorb the Universal Force, we receive less energy than we expend in our daily lives, thereby depleting our bodies and promoting the onset of old age, sickness, and death. This is similar to how battery cells, when we forget to recharge them, become drained and lose their ability to hold a new charge.

**Fig. 1** Each orbit of the earth around the sun is analogous to one round of the Macrocosmic Orbit.
By opening the Microcosmic Orbit (Smaller Heavenly Cycle) within our bodies, we can develop a connecting link to the Macrocosmic Orbit (Greater Heavenly Cycle) of the universe, through which we can tap into and absorb the original source of all power (Fig. 1.12). Taoists learn to absorb and transform this force directly, rather than depending entirely on plants, animals, and motions of the earth to provide energy. After developing the Energy Body and extending it into space, they learn to access energies that are purer and more highly refined (Fig. 1.13). This means that humans are not necessarily restricted by the earth’s orbit. We can extend ourselves into the universe to draw the forces we need to replenish our life force (Fig. 1.13 and 1.14).

**Fig. 2** By opening the Microcosmic Orbit and connecting to the cycle of the Universal Macrocosm, we can draw in more of the Universal Force.
Fig. 3 Churches and temples extend into the sky to capture the Universal Force and channel it down to people who do not know how to access it by themselves.

Fig. 4 If we develop spirit and soul bodies, we can extend ourselves out further into the universe without having to depend on others.
The Three Pure Ones are the sources of our Prenatal or Original Chi. In turn, it is our Original Chi that helps us draw and absorb the Universal, Higher Self, and Earth Forces. By understanding how to absorb and digest more energy from these three forces, we can eventually replace any lost Original Chi that has been depleted during the course of our lives (Fig. 5). An abundance of this Original Chi makes all other forms of energy much more assailable. Combining the external forces with our internal energies produces a healthy body and a stronger life-force. With meditative practices, such as the Microcosmic Orbit, this process is enhanced tenfold.

Fig. 5 The Original Force is like a battery in our bodies because it can be recharged with practice.
Governor Channel (Du Mo or Tu Mo)

Function of the Governor Channel

The Governor Channel is the main Yang channel of the body. All the other Yang channels connect to this major pathway and are nourished by it, just as the electrical power cables leading to the individual houses on a street are fed by a main power line. Thus, if the flow through the Governor Channel is strong, the six ordinary Yang channels will have more energy flowing into them.

Exterior Location of the Governor Channel

The Governor Channel begins at the perineum and proceeds to the tip of the coccyx (tailbone). From the tip of the coccyx, it runs up the spinal column (just below the skin surface) and up the back of the neck, along the midline of the head to the crown. From the crown it travels down along the midline of the scalp, forehead, and nose and ends at the point between the base of the nose and the upper lip.

Interior Location of the Governor Channel

The interior path of the Governor Channel begins at the perineum and proceeds back to the tip of the coccyx. It runs up the outside of the sacrum and into the sacral hiatus (the eight holes), where it enters the spinal column. From there it runs up the interior of the spine and enters the skull. It flows through the back of the skull along the midline through the subarachnoid space along the fascia (connective tissue) on the surface of the brain (beneath the crown). There are also internal connections to deeper portions of the brain, such as the pineal gland, the pituitary gland, and the hypothalamus. The channel then descends about one-and-a-half inches below the skin’s surface along the midline at the front of the face, ending at the upper palate.
Functional Channel (Ren Mo)

Function of the Functional Channel

The Functional Channel (also translated from the Chinese as the Conception Vessel) is the main Yin channel of the body. The six Yin Ordinary Channels connect to the Functional Channel and are nourished by it. The Functional Channel also connects with the Governor Channel at both ends; together, the two channels form the complete circular pathway known as the Microcosmic Orbit.

Exterior Location of the Functional Channel

The Functional Channel begins at the perineum or Hui Yin point (the point between the anus and the genitals). It flows up the front of the pubic region and along the midline of the front of the body to the throat. It continues upward along the midline, with its last point located just below the lower lip. For acupuncture and shiatsu purposes, the channel runs at varying depths, from one-sixteenth of an inch or less to one and a half inches.

Interior Location of the Functional Channel

The interior location of the Functional Channel is more commonly used for the Microcosmic Orbit meditation. It begins at the perineum (as does the Governor Channel), and runs up the front midline at an average depth ranging from a quarter of an inch at the throat to one and a half inches. It runs beneath the pubic bone and the sternum, enters the throat, and ends internally at the tip of the tongue. When you touch the tip of the tongue to your palate, this acts as a switch to connect the Functional Channel to the upper end of the Governor Channel.

When the body is healthy and abundant with Chi, many points along the Microcosmic Orbit receive surplus energy from the glands and organs. As this energy is circulated, it can feed points that are not receiving as much energy. This is how the Microcosmic Orbit
balances the body’s energy. When all the points are fully activated with Chi, you can proceed to open the other six “special” or “psychic” channels.

More on the Mysterious Microcosmic and Macrocosmic

There are many explanations of the Small and Large Heavenly Circuits. There are just as many descriptions and techniques on how to open these vital circuits. Here follows yet another fascinating exposition; this from the book, *Door to All Wonders*, by Mantak Chia and Tao Huang.

Two Orbits

The Chinese discovered the energetic channels—meridians—based on the practice of meditation, acupuncture, massage and spiritual healing. These meridians can be charged and recharged by the two internal orbits: xiaozhoutian (Microcosmic Orbit/Circle) and dazhoutian (Macrocosmic Orbit/Circle). Xiao means small or little; zhou is a 360-degree circle; tian indicates heaven or day, and da connotes big or large. The Medical Microcosmic Orbit circulates between the Governing and Protective Meridian. Its Medical Macrocosmic Orbit completes all the meridians which is Taoist Microcosmic Orbit. Taoist Macrocosmic Orbit is the oneness between the body/mind and the universe. They both exhibit two major techniques: “Waterwheel Irrigation” and “Building the Bridge.”

“Waterwheel Irrigation” is for the purpose of preserving the yin sexual Chi (from the sperm of ejaculation and the eggs of menstruation produced from the invisible yang sexual Chi) from being manifested outwardly. “Building the Bridge” in Taoism means to restore the Governing and Protective Meridians to its fetal state. When these two meridians are connected meditatively via the tongue, the bodily Chi circulates inwardly to receive the fresh Chi and outwardly to discharge the useless Chi. Balance is then restored and sickness disappears. The technique is to press the tip of the tongue against the harder palate (convex edge extended from the root of upper teeth) during breathing.
The detailed practice for Microcosmic Orbit requires that during inhalation, the meditator visualizes a white line moving from the Lower Cinnabar Fields (Lower Tan Tien) down to the Sacral Pump, up to the Cranial Pump and then contracts the muscles around the anus. As the Chi flows up to the pituitary gland in the head it activates the healing power, opening up the spontaneous knowing and interactive abilities as they form golden elixir. While exhaling, follow the line from where it has stopped in the pituitary gland and divide it into two lines. Then move them down in front of the ears to the joints between the upper and lower jaws. The two lines then meet inside the mouth at the tip of the tongue. Through the tongue, the merged line moves down to the lower jaw, throat, neck and chest into the Middle and Lower Cinnabar Fields, where it becomes an energetic drumming process.

*Fig. 6* Circulation of Small Heaven
During inhalation with the Macrocosmic Orbit, the mental concentration begins at the Lower Cinnabar Field. As it travels up to the chest it divides the line in two in order to connect the armpits with the three hand-yin-meridians that run to the fingers. Round the fingers with the “line” from the small finger to the thumb in order to join the three hand-yang-meridians. Then move the lines up the outside of the arms, merging them together at the C-7 and up to the head. During exhalation, mentally draw the yang Chi from heaven to the crown point of the head, down through the spine to the tail bone. Then separate the line into two. Move each line down along the three leg-yang-meridians to the feet and around the toes. Then return the lines to join the three leg-yin-meridians up to the Sacral Pump. As they merge together as one, the white line travels up to the Lower Cinnabar Field.
Universal Cosmic Orbit Meditation

Preparations for the Microcosmic Orbit

A. Chi Kung Warm-ups

When you have not done any practice before, start with some Chi Kung Warm-ups, for instance: Lightly shake the body; Spinal cord breathing; opening the Door of Life. (You can find more Warm-up exercises in the *Simple Chi Kung* booklet).

B. Sit properly and Open the Spine

Sit on a chair with the feet stable on the ground, the groin open and the spine aligned. Do some more exercises to open and loosen the spine:
- The Crane Neck and the Turtle Neck.
- Rocking the spine.
  1. Rock your spine from the sitting bones (hips) back and forth, like you are riding a horse. Feel the spine and the nerves activated.
  2. Rock your spine from the sitting bones slightly to the left and to the right.
  3. Sit quiet and feel your spine open, loose and relaxed. Feel a nice tingling sensation in your spine, your organs and glands.
C. Check your Sitting Position again

Keep your eyes gently closed, and tongue touching the roof of the mouth.

Once you are in a good sitting position, take a few minutes to focus and prepare yourself. Become aware of your surroundings. Feel the sensation of your feet touching the floor, of your hands clasping each other, of the chair beneath you.

*Fig. 8* Turn the Mind and Eyes inward. Focus into the Heart and then down into the Navel.
Be aware of the sounds inside the room, outside the room, and within the body.

Turn your senses inward and empty your mind in the Tan Tien. Be aware of your breath. Feel the body naturally expand as you inhale and contract exhale. This helps exercise the veins and arteries. Breathe in and out with awareness in this way at least 18 to 36 times.

**D. Relax with the Inner Smile**

Always relax first with the Inner Smile before beginning the Microcosmic Orbit meditation (see the *Cosmic Inner Smile* booklet). The Inner Smile is a very effective way to deeply calm all parts of the body and mind and to get in touch with our positive aspects. Relaxation is important to health and well-being as an antidote to stress, but it is only the beginning of Taoist meditation, not the final goal. There is a saying. “Amateurs meditate to relax; professionals relax to meditate”. It is hard to reach a deep state of meditation if the body and mind are not relaxed; always be sure to allow enough time for the Inner Smile before beginning the Microcosmic Orbit meditation. It is always best to smile to the whole body before you begin the Microcosmic Orbit, but if time is short, you can do only part of the Inner Smile. In the early stages, you can focus on any of the front, middle, or back lines of the Inner Smile. In advanced practice of the Microcosmic Orbit meditation, however, it is vital to smile down to the organs of the front line first to activate the virtuous energies you will connect to the Universal, Cosmic and Earth Forces. Bringing in too much raw energy without first tuning in to the frequencies of the virtues can give you “Chi indigestion”.

Fig. 9 Feel all the Organs Smile back at you.
E. Warming the Stove

1. Activating Tan Tien Chi

The Tan Tien is sometimes called the ocean of Chi. According to Chinese Taoist medical theory, once the ocean is full it overflows into the eight extraordinary or psychic meridians and when they are full the Chi flows into the twelve ordinary meridians. The Governor and Functional channels, which together form the Microcosmic Orbit are two of these extraordinary meridians. Because activating Tan Tien Chi is the energy charger of these two meridians, it will give the Microcosmic Orbit meditation a ‘jump start’.

- Put both hands on your belly and massage in circles the large and small intestines. Rest and feel something inside you moving.

- Do some Bellows Breathing 18 to 36 times to activate the Chi. Rest; cover the navel area and feel something warm and tingling inside.

- Continue to cover your navel area with both palms. Imagine something that makes you laugh. Feel that the laugh is moving and activating the Chi inside your abdomen; make the laugh more internal. Continue laughing till you feel the vibration of the Chi inside you.

- Rest, smile inside the Tan Tien and gather and spiral the energy with your mind and eyes into a nice, warm Chi ball, a fire, a sun shining on the ocean.

- Rub your hands until they are warm, and massage the sacrum and kidneys. Repeat several times until they are warm.

- Cover the kidneys with the palms to gather the energy in the kidneys and condense Chi into the Door of Life. Feel the Door of Life nice and warm and feel the kidney fire (a fire under the sea)

- Place your right hand over the navel, and your left hand over the Door of Life. Feel the Tan Tien and the kidney fire. Gather the energy. Feel nice and calm inside.
Fig. 10 Massage and Shake the Kidneys.
2. Activating the Sexual Energy to amplify Tan Tien Chi

Women:

-Rub your hands until they are warm. Cover and press your breasts with your palms, and start to massage outward. Circle inwardly up and outwardly down 36 to 72 times. Gather the energy at the heart center. Note: For women it is very important to do this breast massage every day, because it has an tremendous effect on the menstruation cycle (longer time intervals between the periods and less loss of blood).

Fig. 11 Massage the Breasts Outward and Inward.
- Reverse the direction and gather the force back into the nipples. Make a connection to the back, on both sides of the spine between the T-5 and T-6 spinous processes, and connect down to the kidneys.
- Massage and lightly shake the kidneys 9 to 18 times. Rest and feel them warm. The massaging, shaking, and resting is one set. Do three sets.
- Move your palms down to the lower abdominal area, and massage the ovaries and the waist. Start in the outward direction and from the lower part circle in and up to the top, and back out and down 36 times. Then reverse the direction and massage 36 times.
- Move your palms down and cover the sexual center. Using your mind/eye, lightly contract the circular iris muscle and the muscles around the eyes. Feel them stimulating the vaginal muscles, the opening of the cervix, and the anus muscle to lightly contract as well.
  This helps gather the sexual energy you have activated.
- Pause for awhile. Feel the energy expand at your sexual center.

**Men:**

- Rub your palms until they are warm. Massage and lightly shake the kidneys 9 to 18 times. Rest and feel your kidneys warm. This is one set. Do three sets.
- Make the connection from your kidneys to your sexual organs.
- Rub your hands until they are warm, and massage the testicles. Rest and feel the energy.
- Take the testicles in your hands and use the thumbs to massage the testicles 36 to 72 spirals in one direction and repeat spiraling in the other direction. This gets the sperm moving; the energy is up.
- With your left palm, hold your testicles; with your right palm, massage the lower abdomen up to the navel and circle downward in a clockwise direction 36 to 81 times. Reverse your hand positions and the direction of the circular massage. Now the right palm holds the testicles, and the left palm massages in a counterclockwise direction 81 times.
- Move your palms down and cover the sexual center. Using your mindeye power, lightly contract the circular iris muscles and the muscles around the eyes. Feel them stimulating the perineal and the anus muscles to lightly contract also. This will help in gathering the sexual energy that you have activated.
- Pause for a while. Feel the energy expand at your sexual center.

Fig. 12 Finger Massage of the Testicles.
3. Gathering the Energy in the Tan Tien

Put both palms on the sexual center and the lower abdomen. Lightly close the eyes and use the mind/eye power to gather and condense the energy you have been activating. Fix your mind/awareness and senses on the Chi in the Tan Tien. Using your mind/eye power, lightly contract the iris muscle and the muscles around the eyes. Inhale and lightly pull up and close your sexual organs and the anus till you feel a suction. Exhale down, and feel a pressure created in the Tan Tien. Exhale more and feel that you can retain the essence of your breath at the center and the pressure increases. Feel your Tan Tien full of Chi and feel this energy pulsing and breathing inside you. Feel your Tan Tien like an ocean with waves moving you back and forth. You can practice this at any moment of your daily life. Any time you feel tired, just turn your mind and eyes inward to the Lower Tan Tien and lightly close the sexual organs and the anus. You will immediately feel an increase in your energy.

It is important to have a strong feeling of the Chi pressure in the Tan Tien to complete the Microcosmic Orbit (see the booklet Tan Tien Chi Kung). It is the major source of Chi in the body, and if this reservoir is low, the Chi in the channels will also be low. For this reason, you should not be in a hurry. If you take some time to nurture Chi and bring your awareness to the Tan Tien, the Microcosmic Orbit will open more easily and naturally.
Fig. 13 Gathering Energy in the Tan Tien.
Practice of the Universal Cosmic Orbit
Meditation: Opening the Microcosmic Orbit

**Note**: In the first practice section, we recommend three techniques for enhancing the sensation of Chi: the mindeye power, touching with the hands, and the natural breathing method. Other methods are to use small sips of air or long, deep and slow breathing. You use them in combination to draw energy into the centers of the Microcosmic Orbit. Use mindeye power to spiral and condense the Chi into each point. Use the hand-touching method to focus your awareness and move the Chi. Always use the right hand to send energy and the left to receive. Finally, use deep, slow breathing to expand and open the centers. Breathe naturally into each point. Let your breath be long, deep, quiet, calm, smooth, soft, and even.

**A. Move the Energy from the Navel to the Perineum.**

1. Start with both palms on the navel. Connect with Tan Tien Chi.
2. Hold the right palm on the navel center, and the left palm on the sexual center. Let the Chi radiate from the Tan Tien and down to the sexual center. Spiral at the sexual center with the mind and eyes 36 times counterclockwise to expand the energy at the center, then 36 times clockwise to condense the energy into the sexual center. Send energy from the right hand to the left and imagine the channel between these two points opening wide with the increased flow of Chi. Feel that you have made the connection.

As you inhale, breathe as if you were inhaling into the sexual center, filling it with fresh energy. As you exhale, again feel as if the breath is flowing into the sexual center, strengthening and energizing it. Mentally say the word “Chi” as you exhale and focus the mind on the sexual center to increase the energy there. Repeat the inhalation and exhalation 9 to 18 times. Concentrate on the sexual center until you can feel the Chi accumulate. Feel the line of energy extending from the navel down to the sexual center.
**Fig. 14** Learn to circulate your Chi in the Microcosmic Orbit. The tongue touches the roof of the palate to complete the circuit of the Governor and Functional Channels.
3. Move the left hand to the perineum and touch the perineum with three fingers. Let the Chi radiate from the navel and sexual center down to the perineum. Send energy from the right hand to the left and imagine the channel between these points opening wide with the increased flow of Chi. Spiral your energy or rotate the Chi ball there with mind and eyes 36 times counterclockwise and 36 time clockwise.

Fig. 15 Touching the Navel and Sexual Center.
Inhale and exhale into the perineum using the word “Chi” to increase the energy there. Repeat 9 to 18 times.

4. Gather energy into a Chi ball at the Lower Tan Tien. Rotate this Chi ball (3 to 5 inches in diameter) top to front to bottom to back, as if rotating the ball in the same direction as the Orbit. Let it spin fast or slow as it wants. By resonance, this spinning ball helps stimulate the flow of the Orbit. Lower the Chi ball to the perineum.

**B. Raising Energy up the Spine**

1. Move the left hand to the sacrum and coccyx. Place the palm over the sacrum and touch the tip of the coccyx with the tip of the middle finger. Place the right fingertips over the sexual center.

2. To make a Chi Bridge, very slightly pull up on the perineum, using the mind more than muscle to close the sexual organs (men feel as if they are gently raising the testicles and retracting the penis; women lightly squeeze the vaginal muscles and the uterus). Then gently tighten the anus, pulling it toward the coccyx. Finally, gently lighten the back part of the sphincter muscle between the anus and coccyx, and feel as if you were sipping energy into the coccyx and sacrum through a straw. Send energy from the right hand to the left, and imagine the channel between these points opening wide with the increased flow of Chi. Let the energy radiate from the navel, sexual center, and perineum into the coccyx and sacrum. Spiral or rotate there with the mind and eyes 36 times each way. Inhale and exhale into the coccyx and sacrum using the word “Chi” to increase the energy there. Repeat 3 to 9 times.
3. Move the left hand to the Door of Life. Let the energy radiate up into the Door of Life. Spiral the energy or rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the Door of Life using the word “Chi” to increase the energy there. Repeat 9 to 18 times.

*Fig. 16 Chi Bridge*
4. Move the left hand up to the T-11 point. Let the energy flow to the T-11 point. Spiral the energy or rotate a Chi ball using mindeye power 36 times each way. Inhale and exhale into the T-11 point using the word “Chi” to increase the energy there. Repeat 3 to 9 times.
5. Let the energy radiate up to the Wing Point opposite the heart (between T-5 and T-6). Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into this point using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

6. Move the left hand up to the C-7 point. Let the energy radiate to the C-7 point. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the C-7 point using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

![Image of Sacrum and C-7 Points]

*Fig. 18 Sacrum and C-7 Points*
7. Move the left hand up to the Jade Pillow point. Let the energy radiate up into the Jade Pillow. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the Jade Pillow using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

Fig. 19 Sacrum and Base of Skull/Jade Pillow
8. Move the left hand up to the back of the crown point. Let the energy radiate to the back of the crown. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the back of the crown using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

9. Move the left hand up to the top of the crown point. Let the energy radiate to the top of the crown. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the top of the crown using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

10. Put both palms on the crown. Press on the crown and feel the energy connection with the perineum.

11. Hold the right palm on the crown and move the left hand down to the mideyebrow point. Let the energy radiate to the mideyebrow. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the mideyebrow using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

C. Send Energy Down the Front Channel to the Navel.

1. Touch the tip of the tongue to the roof of the mouth. Press the tongue to the palate and then release the tension. Do this 9 to 18 times. Knock the teeth gently together 18 to 36 times, then lightly clench and release them. This vibrates the bones and activates the bone marrow, to help transport the Chi through the denser matter of the bones.

Let the energy radiate to the palate. Spiral the energy or rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the palate using the word “Chi” to increase the energy there. Repeat 3 to 9 times.
2. Move the left hand down to the throat center and touch it with three fingertips. Gather some saliva in the mouth and swallow down. Let the energy radiate to the palate. Let the energy radiate down to the throat center. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the throat center using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

3. Move the left hand down to the heart center point and touch the point with three fingertips. Let the energy flow down to the heart point. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the heart center using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

4. Move the left hand down to the solar plexus and touch the point with three fingertips. Let the energy flow down to the solar plexus. Spiral the energy and rotate a Chi ball there using mindeye power 36 time each way. Inhale and exhale into the solar plexus point using the word “Chi” to increase the energy there. Repeat 3 to 9 times.

5. Let the energy return to the navel. Spiral the energy and rotate a Chi ball there using mindeye power 36 times each way. Inhale and exhale into the navel point using the word “Chi” to increase the energy there. Repeat 3 to 9 times or more it you need it, feeling the pulsing behind the navel.

If you have any trouble bringing the energy down from the crown to the navel, use the hands to gently brush the energy down. Repeat the brushing movements until you feel you have successfully brought any excess energy from the head, throat, or chest, or any stuck energy, down to the navel.
Fig. 20 If necessary, brush energy down from the head to the Tan Tien.
6. You can either end the active or Yang stage of your meditation here or you can continue to guide the energy flow through the Microcosmic Orbit as many times as you like.

**D. Yin Stage: Rest in the Original Chi**

1. Rest. Just relax your mind and body. Find the neutral point in the center of your body. It could be the navel, the heart, or the head, whatever feels most neutral to you. Simply be there. Do nothing but absorb the fruits of having circulated the energy through the Microcosmic Orbit and balanced your Chi flow.

2. Allow the energy to do whatever it wants to do. It may reverse direction; it may flow to other areas of the body; the body may shake and vibrate; you may hear high-pitched sounds. Spend five or ten minutes at this stage, giving yourself the opportunity to reap the fruits of your Microcosmic Orbit circulation: a sense of inner peace, calmness, and clarity. Let the physical body dissolve into your Tan Tien Chi, resting in the state of emptiness, making no effort whatsoever.

**E. End the Meditation**

1. When you are ready to conclude the session, bring the energy to the navel and collect the energy, letting it return to the Tan Tien so as to recharge your Original Force. Spiral the energy and rotate a Tai Chi symbol around the navel 36 times outward and 24 times inward (men, clockwise out and counterclockwise in; women, counterclockwise out and clockwise in).

2. Rest for a moment and enjoy the comfortable peaceful feeling you have created in your meditation. Feel the spaciousness inside your body and mind now that you have cleared out physical and mental tensions.
3. Finish with Chi Self-Massage. (see the *Cosmic Self Massage* booklet)

4. Get up slowly and carry this feeling with you into your activities. Whenever you are starting to feel sick or stressed, return the mind and the breath to the center. With regular practice, you will be able to recapture this pleasant feeling at any time.

*Fig. 21 Gather and Store the Chi in the Tan Tien.*
Your practice will tend to become simpler with time. Once you have gained some experience with circulating the energy through the Orbit, you will be able to go through the entire Microcosmic Orbit in two breaths: Feel your Tan Tien full with Chi like an ocean with the waves rocking you to the back and to the front. Inhale, let the wave move you to the back and guide with the movement of the eyes the energy from the navel up the spine to the crown.

Exhale, feel the wave moving you to the front and with the movement of the eyes guide the energy back to the navel again. Do a few rounds till you feel the Orbit open and vibrating with energy.

Many beginners without a lot of previous practice are able to open the Orbit after practicing the Inner Smile and the Six Healing Sounds. They use this two-step breath method to ‘jump-start’ the Microcosmic Orbit and to activate its channels.

**Daily Practice**

**A. Time to Practice**

The best time to practice is before breakfast and in the late evening. The most intense energy of the Cosmic Force occurs in the morning from 3:00 to 7:00 a.m. At this time the earth’s atmosphere is calm, and the cosmic particles reach the earth with less interference. (However, stellar forces penetrate the atmosphere at all times).

**B. Oneness with the Tao**

On days when you are out of touch with the stars’ energies, you can maintain a constant awareness of the navel and draw upon its stored Chi. This is an important aspect of Taoist practice. Constant awareness of the navel’s energy is called “Oneness with the Tao.” Having the ability to get in touch with this force can help the body recharge instantly. Practice the meditations whenever you want, but in the beginning, it is best to practice for 15 to 20 minutes before eating in the morning, then again in the evening. Increase the length of time you practice as your concentration improves.
1. Warm-ups in the morning on the bed.

Warming up upon awakening, will make your whole day run more smoothly. Taoist tradition suggests that you open your heart first, even before you open your eyes. When you awaken, don’t open your eyes immediately. Place your palms over your navel. To open the heart, smile down into it until you feel it blossom like a flower. Feel love, joy, and happiness spread out to all of the organs. In the Taoist system, we believe that each organ has a soul and a spirit. When we are asleep, the souls and spirits are at rest too, and they take a while to be awakened. If you are too hasty, you can injure the souls and spirits of the organs.

2. Overcome your biorhythm and astrology charts and patterns.

In Taoism we believe that when you can control your Chi (life-force), you can control your life and your future. Morning is the best time to check your energy levels. While still in bed, concentrate on your navel until you feel it become warm. Then direct the energy to flow down to the perineum and up the spinal cord in the Microcosmic Orbit. If you can move through the Microcosmic Orbit fairly fast, then your energy levels are good, as your physical, emotional, and intellectual functions should indicate.

On days when the Microcosmic Orbit moves very slowly, or not at all, the physical, emotional, and intellectual energies are in a low cycle or your body’s natural defense systems are low. Be very careful on those days because you are in the low cycle of your biorhythm and your astrology charts. When your energy levels are low, you may find that you are more accident-prone or out of balance, and you might get sick more easily.

By practicing the Universal Cosmic Orbit meditation, you can eventually overcome your biorhythm and astrological influences. Spend more time in practice until you feel the energy increasing and flowing faster. The increased energy flow indicates that you are raising your Chi level so that you should be able to control your emotions and avoid misfortunes and accidents.
3. Check yourself for blockages daily.

When you move Chi through the Microcosmic Orbit, and you feel obstructions and blockages along the path, take a little more time to focus your attention upon the obstruction until it clears up. Chronic disease always begins with a blockages of the energy flow to the organs or glands along a major pathway. (Such pathways are also known as acupuncture channels.)

When the Chi flow to a major organ or gland is blocked, that organ receives less energy, less blood, and less nutrition. If the blockage continues over a long period of time, the organ or gland gradually becomes less effective until its functioning is critically impeded. A daily check up of your energy flow is the most accurate test of your organs’ efficiency. By the time a doctor learns that an organ is not functioning well, its efficiency may be reduced to as little as 10 percent of its capacity. In many cases this can lead to surgery or removal of that organ. To prevent such a catastrophe, check, maintain, and strengthen yourself each day by practicing the Universal Cosmic Orbit meditation to keep the channels of the Microcosmic Orbit open.

4. Chi can help to overcome pain.

When you have pain in the lower areas, inhale, guide, and pack energy into the area. Pack and breathe more Chi into the pain, then exhale all your pain down into the earth very slowly through the soles of your feet. Draw Universal energies from the earth back up through the soles. Feel the earth’s energy as a gentle, blue sensation of kindness. If the pain is in the upper part of the body, draw external energy up through the palms of the hands for healing. Use the same method of breathing and packing into painful areas, holding in the pain’s energy until you feel hot, then exhale it out to the arms and through the palms.
Fig. 22 Inner Achemy
Master Mantak Chia is the creator of Universal Tao System, Healing Tao, Tao Yoga and is the director of the Universal Tao Master School at Tao Garden Health Spa & Resort in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

Cosmic Orbit
Connect the Cosmos to Inner Orbit

Universal Cosmic Orbit

Here are the essentials for running the Microcosmic Orbit. Learn the preparations correctly: Chi Kung Warm-ups; Sitting properly and keeping the spine supple and loose; Inner Smiling; Warming the Stove; Activating Sexual Energy; Gathering Tan Tien Chi.

Learn and use the recommended techniques for enhancing the sensation of Chi: Mind eye Power; Hands-on touching of Vital Chi Centers; the Natural Breathing Method. Use them in combination to draw ever more Chi into the Microcosmic Orbit. Use mindeye power to spiral and condense the Chi into each center. Use the hands to focus your awareness and to move the Chi. Utilize the slow, deep breath to expand and open the centers. These techniques will support the conscious opening of your Microcosmic Orbit.

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