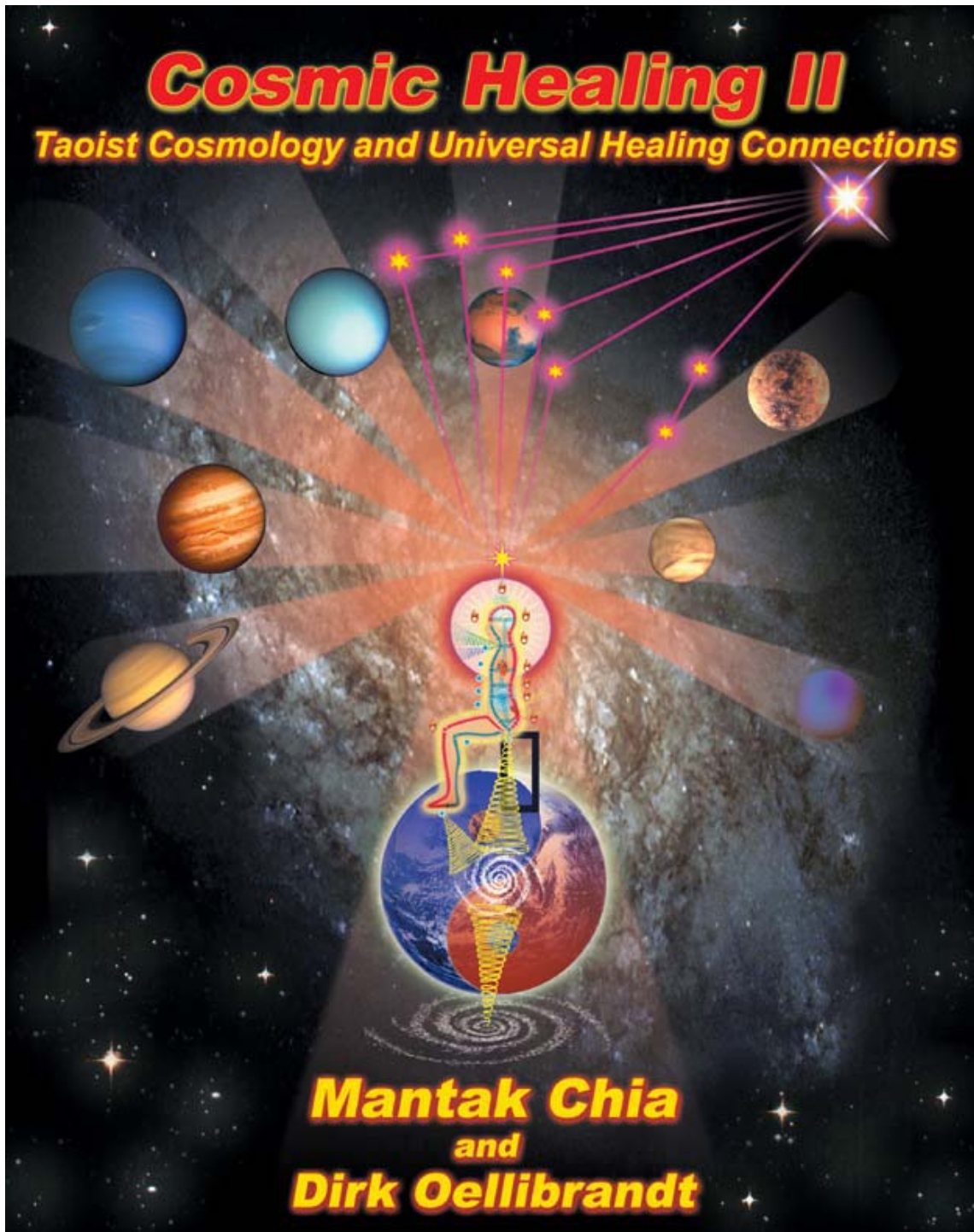


Cosmic Healing II

Taoist Cosmology and Universal Healing Connections



Mantak Chia
and
Dirk Oellibrandt

Cosmic Healing II

**Taoist Cosmology and
Universal Healing
Connections**

***Mantak Chia
and Dirk Oellibrandt***

**Edited by
Colin Campbell**

Copy Editor: Colin Campbell

Final Editor: Matt Gluck

Editorial Assistance: Sarina Stone

Design and Production: Sanjem Chaisarn

Illustrations: Udon Jandee

Project Manager: W.U. Wei

© **North Star Trust**

First published in 2001 by:

Universal Tao Publications

274/1 Moo 7, Luang Nua,
Doi Saket, Chiang Mai, 50220 Thailand
Tel (66) (53) 865-034 & 495-596
Email: universaltao@universal-tao.com

ISBN: 974-87672-6-4

Library of Congress Catalog Number:

Manufactured in Thailand
Second Printing, 2001

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without the express written permission from the author with the exception of brief quotations embodied in critical articles and reviews.

Contents

Contents.....	4
About the Authors.....	7
Acknowledgements.....	12
Words of Caution	13
Preface: Dirk Oellibrandt	14
Chapter I	
Taoist Cosmology and Universal Healing Connections	16
Introduction	16
Three Ways.....	17
Three Sources of External Chi.....	22
Human Energy in the Universe	23
Three Levels of Existence	24
Three Tan Tiens and the Three Step Cultivation Process	25
Chapter II	
Universal Tao Basic Practices and Preparation Exercises	29
Introduction	29
Warm up the Stove	29
Transform Sexual Energy	30
Cosmic Inner Smile	31
Cosmic Star and Earth Star	33
Fill the Joints with Chi	35
Bone Breathing and Marrow Washing	36
Source of Chi and Colors.....	41
Healing with Colors	44
Microcosmic Orbit - Iron Shirt Chi Kung - Six Healing Sounds.....	49
Activating the Six Directions and the Three Fires	52
Open the Third Eye	56
Open the Three Tan Tiens.....	65
Sacred Water	75
Chapter III	
Taoist Astrology and the Structure of the Universe	81
Origin of Astrological Information.....	81
How to use Astrological Information	84
History of Astrology.....	85
Differences between Chinese and Western Astrology.....	86
Chinese Astrology and the Laws of the Universe.....	90
- Five Elements.....	91

- Pakua - Eight Forces.....	96
- Ten Stems and Twelve Branches.....	100
Structure of the Universe and the Process of Spiritualization.....	104
Chapter IV	
Astronomical Overview	111
How to use the Astronomical Information in this book.....	111
Formation of the Solar System	111
Overview of the Planets in Our Solar System	114
Stars and Galaxies	126
Different Galaxy Forms.....	128
About White Dwarfs, Supernovae, Black Holes, Pulsars and Quasars	130
Chapter V	
Taoist Star Practices and their Effect on Human Awareness	132
North Star and the Big Dipper in the Taoist Meditation Practices.....	132
Earth Axis Wobbling and Pole Shifts.....	137
Universal Tao Practices that connect you with unique Universal Conditions	142
Chapter VI	
Development of Humanity	149
Simultaneous Development of Man and the Universe.....	149
Form of Man in the Solar System.....	150
Comparison between Milky Way/Solar System - Human Cell/DNA Structure.....	154
Energetic Embryology.....	155
Waves of Endless Motion.....	158
Expanding Human Consciousness through the Ages.....	159
Chapter VII	
Soul in the Planetary World	162
Process of Incarnation/Excarnation.....	162
Application in the Universal Tao Practice	165
Comparing the Solar System and Organ System	168
Use of Planetary Energies in East and West	170
Chapter VIII	
Cranium; a Projection of the Five Elements, the Five Star Palaces and the Five Planetary Forces	174
Development of Craniosacral Rhythm	174
Craniosacral System.....	175
Craniosacral Anatomy; Sensitivity Exercises to become Aware of the Craniosacral Rhythm	179
5 Elements - 5 Star Palaces - 5 Planets - 5 Cranial Bones.....	181

Contents

Balancing the Planetary Energy with Nature's Energy and the Earth Force	
Creating a more Harmonious Energy Quality	187
Three Aspects of the Earth Force	189
Relation Between the Five Planets and the Star World	191
Balancing the Cranial System.....	193
Chapter IX	
How to use Planetary Forces in your Life	195
Sun - Moon.....	195
Mars - Mercury.....	200
Venus - Jupiter.....	204
Saturn Energy.....	206
How to find your Strongest and Weakest Planet of Influence.....	207
Breaking through the Circle of Attractions and Addictions.....	207
Three Trans-Saturnal Planets.....	207
Chapter X	
Universal Healing Connection	210
Creating a Chi Field for Cosmic Healing	210
Opening the Three Tan Tiens to the Six Directions	211
World Link Meditation	214
Chapter XI	
Planetary and Stellar Meditations to increase Awareness and Sensitivity	242
Meditation 1: Earth - Sun - Moon Triangle.....	243
Meditation 2: Strengthening the Organs and balancing the Emotions.....	248
Meditation 3: Strengthening the Body Systems and increasing the Energy Field....	252
Meditation 4: Connecting to the Galaxy Forces	256
Six Direction Method.....	257
Five Palace Method.....	257
Meditation 5: Balancing the Planetary and Stellar Influences and increasing Emotional and Mental Stability	259
Meditation 6: Balancing the Yin/Yang Extremes in the Star World	263
Meditation 7: Yin Stage - Awareness Practice	265
Chapter XII	
Use to Help Others	
Treatment Expression of your Personal Practice	268
General Healing Session	270
Appendix:	
Du Mai Information.....	272
Bibliography	275

About the Authors



Mantak Chia

Master Mantak Chia

Master Mantak Chia is the creator of the Universal Tao System and is the director of the Universal Tao Center and Tao Garden Health Resort and Training Center in the beautiful northern countryside of 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.

About the Authors

Mantak Chia was born in Thailand to Chinese parents in 1944. When he was six years old, Buddhist monks taught him how to sit and “still the mind.” While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi.

Years later, when he was a student in Hong Kong excelling in track and field events, a senior classmate named Cheng Sue-Sue introduced him to his first esoteric teacher and Taoist Master, Master Yi Eng (I Yun). At this point, Master Chia began his studies of the Taoist way of life in earnest. He learned how to circulate energy through the Microcosmic Orbit and, through the practice of Fusion of the Five Elements, how to open the other Six Special Channels. As he studied Inner Alchemy further, he learned the Enlightenment of the Kan and Li, Sealing of the Five Senses, Congress of Heaven and Earth and Reunion of Heaven and Man. It was Master Yi Eng who authorized Master Chia to teach and heal.

When Mantak Chia was in his early twenties he studied with Master Meugi in Singapore, who taught him Kundalini, Taoist Yoga and the Buddha Palm. He was soon able to clear blockages to the flow of energy within his own body. He learned to pass the life force energy through his hands also, so that he could heal Master Meugi’s patients. He then learned Chi Nei Tsang from Dr. Mui Yimwattana in Thailand.

A while later, he studied with Master Cheng Yao-Lun who taught him the Shao-Lin Method of Internal Power. He learned the closely guarded secret of the organs, glands and bone marrow exercise known as Bone Marrow Nei Kung and the exercise known as Strengthening and Renewal of the Tendons. Master Cheng Yao-Lun’s system combined Thai boxing and Kung Fu. Master Chia also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist and Zen teachings. Master Pan Yu also taught him about the exchange of Yin and Yang power between men and women and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, Master Chia studied Western anatomy and medical science for two years. While pursuing his studies, he managed the Gestetner Company, a manufacturer of office equipment and became well acquainted with the technology of offset printing and copying machines.

Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He eventually trained other Instructors to communicate this knowledge and he established the Natural Healing Center in Thailand. Five years later, he decided to move to New York, where in 1979, he opened the Universal Tao Center. During his years in America, Master Chia continued his studies in the Wu system of Tai Chi with Edward Yee in New York.

Since then, Master Chia has taught tens of thousands of students throughout the world. He has trained and certified over 1,200 instructors and practitioners from all over the world. Universal Tao Centers and Chi Nei Tsang Institutes have opened in many locations in North America, Europe, Asia and Australia.

In 1994, Master Chia moved back to Thailand, where he had begun construction of Tao Garden, the Universal Tao Training Center in Chiang Mai.

Master Chia is a warm, friendly and helpful man who views himself primarily as a teacher. He presents the Universal Tao System in a straightforward and practical manner, while always expanding his knowledge and approach to teaching. He uses a word processor for writing and is totally at ease with the latest computer technology.

Master Chia estimates that it will take thirty five books to convey the full Universal Tao System. In June 1990, at a dinner in San Francisco, Master Chia was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi Gong Master of the Year. He is the first recipient of this annual award.

He has previously written and published these Universal Tao books:

Awaken Healing Energy of the Tao - 1983

Taoist Secrets of Love: Cultivating Male Sexual Energy

co-authored with Michael Winn - 1984.

Taoist Ways to Transform Stress into Vitality -1985

Chi Self-Massage: the Tao of Rejuvenation - 1986

Iron Shirt Chi Kung I - 1986

Healing Love Through the Tao: Cultivating Female Sexual Energy - 1986

Bone Marrow Nei Kung - 1989

Fusion of the Five Elements I - 1990

Chi Nei Tsang: Internal Organ Chi Massage - 1990

Awaken Healing Light of the Tao - 1993

The Inner Structure of Tai Chi co-authored with Juan Li - 1996

Multi-Orgasmic Man co-authored with Douglas Abrams 1996 - published by Harper/Collins

Tao Yin - 1999

Chi Nei Tsang II - 2000

Multi-Orgasmic Couple co-authored with Douglas Abrams 2000 - published by Harper/Collins

Cosmic Healing I - 2001

Cosmic Healing II co-authored with Dirk Oellibrandt - 2001

Door of All Wonders co-authored with Tao Haung - 2001

Sexual Reflexology co-authored with W. U. Wei - 2001

Elixir Chi Kung - 2001

Also many of the books above are available in the following foreign languages:

Bulgarian, Czech, Danish, Dutch, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Lithuanian, Malaysian, Polish, Portuguese, Russian, Serbo-Croatian, Slovenian, Spanish and Turkish. There is a Foreign Publishers listed in the Universal Tao Center Overview in the back of this book.

About the Authors

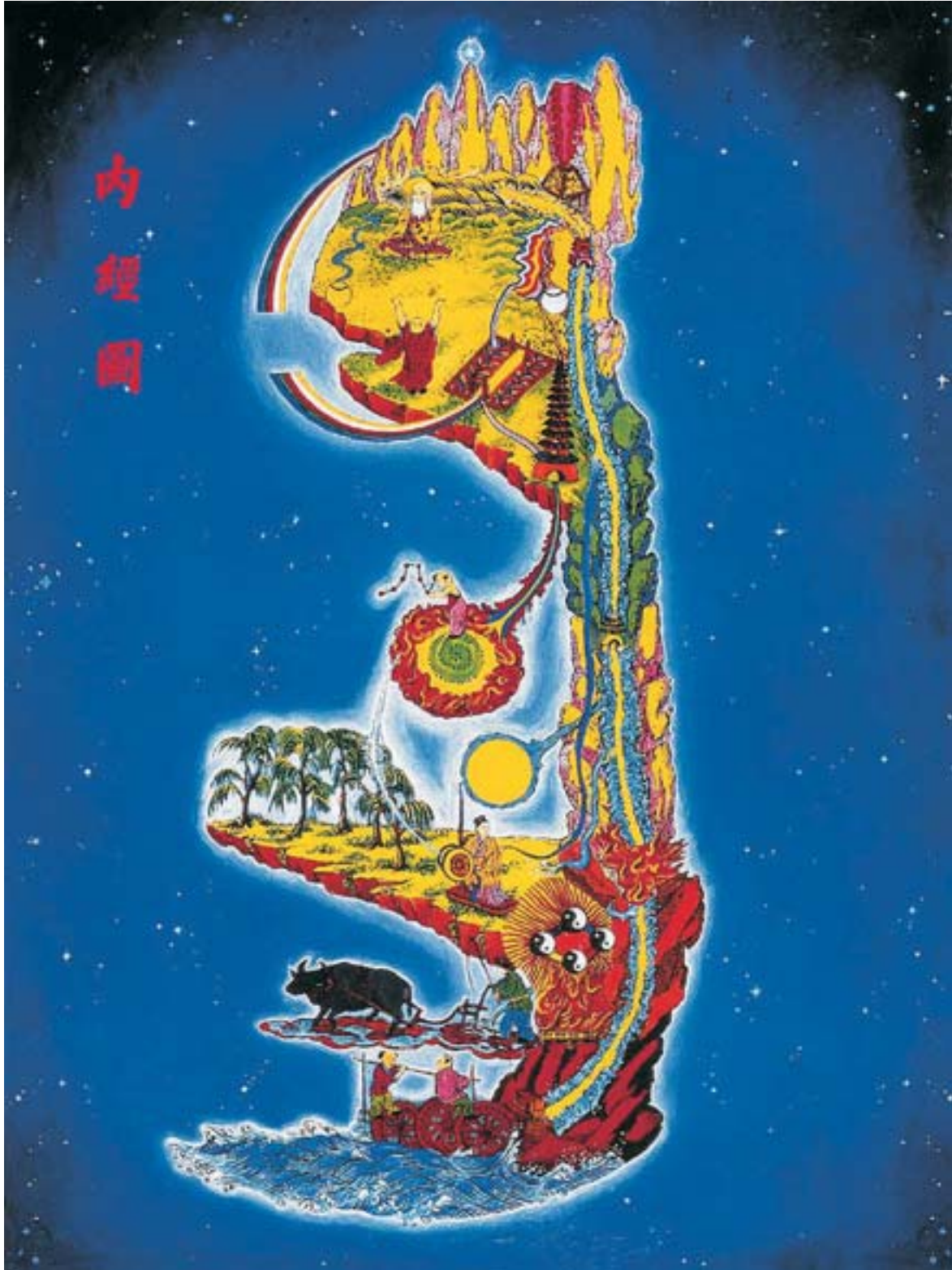


Dirk Oellibrandt

Dirk has been practicing the principles of oriental martial arts since the age of 13. His training combined with a great passion for nature helped him to develop a solid base with a high sensitivity for energies. In his evolution as a martial artist he became fluent with the Taoist specialties and Shiatsu. At 25 he began withdrawing from the external martial arts and studied different forms of Chi Kung, Aikido, Tai Chi and Pakua. He also learned to apply his energy in the form of healings; he studied different shiatsu systems, oriental medicine, and osteopathic techniques. His most important sources of inspiration are Master Mantak Chia, Saul Goodman and Michio Kushi.

His gathered knowledge and experience from his studies, treatments and teachings combined with his inherent sense of the universal laws helped him to give life to a new approach to the field of bodywork and healing. He named it “4 DIMENSIONAL BODY-WORK”.

Dirk and wife Katrien direct an international organisation centered in Belgium called “DU MAI” to further this work. The unique philosophy underlying the Du Mai program combined with Dirk’s vigorous and awakening teaching and treatment style has been a source of support and inspiration for many. Together with a team of colleagues including teachers and therapists he is exploring the dynamics between the universal laws and the constant re-creation of our human body. This approach suggests exciting possibilities and higher dimensions in the art of healing and bodywork.



Acknowledgements

The Universal Tao Publications staff involved in the preparation, research and production of *Cosmic Healing II: Taoist Cosmology & Universal Healing Connections* extend our gratitude to the many generations of Taoist masters who have passed on their special lineage as an unbroken oral transmission over thousands of years. We particularly thank Taoist Master I Yun (Yi Eng) for his openness in transmitting the formulas of Taoist Inner Alchemy.

A special thanks to Joost Kuytenbrower and Inge Maasen for helping to structure this book and for sharing their writing skills with us.

We offer our eternal gratitude to our parents and teachers for their many gifts to us. Remembering them brings joy and satisfaction to our continued efforts in presenting the Universal Tao System. For their gifts, we offer our eternal gratitude and love. As always, their contribution has been crucial in presenting the concepts and techniques of the Universal Tao.

We wish to thank the thousands of unknown men and women of the Chinese healing arts who developed many of the methods and ideas presented in this book. We offer our gratitude to Master Lao Kang Wen for sharing his healing techniques.

We wish to thank Colin Campbell for his editorial work and writing contributions on the first printing of this book, as well as his ideas for the cover. We appreciate his research and great labor. We wish to thank Matt Gluck for his editorial contributions on the revised edition of this book, as well as thanking our instructors, Dennis Huntington and Annette Derksen, for their insightful contributions to the revised version. We thank Dirk Gerd Al for his technical editing and clear writing throughout the book.

A special thanks goes to our **Thai Production Team** for their cover illustration and book design and layout: Raruen Keawapadung, Computer Graphics; Saysunee Yongyod, Photographer; Udon Jandee, Illustrator; and Sanieam Chaisam, Production Designer.

Thanks to the testing institutes: Gerhard Eggelsberger, Institute for Applied Biocybernetics Feedback Research, Vienna, Austria and Dr. Ronda Jessum, Biocybernetics Institute, San Diego, California.

We also wish to express thanks to Cosmic Healing Certification Retreat Organizers around the world who have worked with us for many years and helped us prepare this manuscript throughout the Retreats: Beate Nimsky, Vienna, Austria; Serguei Orechkin, Moscow, Russia; Christopher Larthe, London, England; Masahiro Ouchi, Rye, New York; Dr. Angela C. Shen, San Francisco, California; Dirk Oellibrandt, Hamme, Belgium; Brita Dahlerg, Frankfurt, Germany and Lizbeth Cavegn, Zurich, Switzerland.

We wish to further express our gratitude to all the instructors and students who have offered their time and advice to enhance this system, especially Felix Senn, Barry Spendlove, Chong Mi Mueller, Clemens Kasa, Andrew Jan, Marga Vianu, Harald Roeder, Salvador March, Dr. Hans Leonhardy, Peter Kontaxakis, Thomas Hicklin, Gianni Dell'Orto, Walter and Jutta Kellenberger.

Words of Caution

The practices described in this book have been used successfully for thousands of years by Taoists trained by personal instruction. Readers should not undertake the practice without receiving personal transmission and training from a certified instructor of the Universal Tao, since certain of these practices, if done improperly, may cause injury or result in health problems. This book is intended to supplement individual training by the Universal Tao and to serve as a reference guide for these practices. Anyone who undertakes these practices on the basis of this book alone, does so entirely at his or her own risk.

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.

Neither the Universal Tao nor its staff and instructors can be responsible for the consequences of any practice or misuse of the information contained in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

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.

Chinese medicine emphasizes balancing and strengthening the body so that it can heal itself. The meditations, internal exercises and martial arts of the Universal Tao are basic approaches to this end. Follow the instructions for each exercise carefully and do not neglect the foundations, i.e, the Microcosmic Orbit and any other supplemental exercises. Also pay special attention to the warnings and suggestions in each chapter. People who have high blood pressure, heart disease or a generally weak condition should proceed cautiously, having prior consent from a qualified medical practitioner. Pregnant women should not practice Cosmic Healing. People with venereal disease should not attempt any practices involving sexual energy until they are free of the condition.

The Universal Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without strictly following the instructions, notes and warnings, the responsibility must lie solely with the reader.

The correct way to work with Cosmic Healing II is to read and practice the techniques in Cosmic Healing I by Mantak Chia, to fully obtain the benefits of this new work.

Preface
Taoist Cosmology
Stellar and Planetary Connections

Dirk Oellibrandt

We are moving towards unprecedented changes, at the turn of the millenium. The accelerating speed of global change shows us that society is moving towards a climax of tension and contraction, the center of the evolutionary spiral where things are turning towards their opposites. The ability to adapt to this breathtaking process is essential to survive. These changes are not always caused by natural disasters or climatic alterations, but by the effect of centuries of the human drive for power, temporarily forming an unstable social atmosphere on the planet. This tension field is magnified by universal astrological conditions.

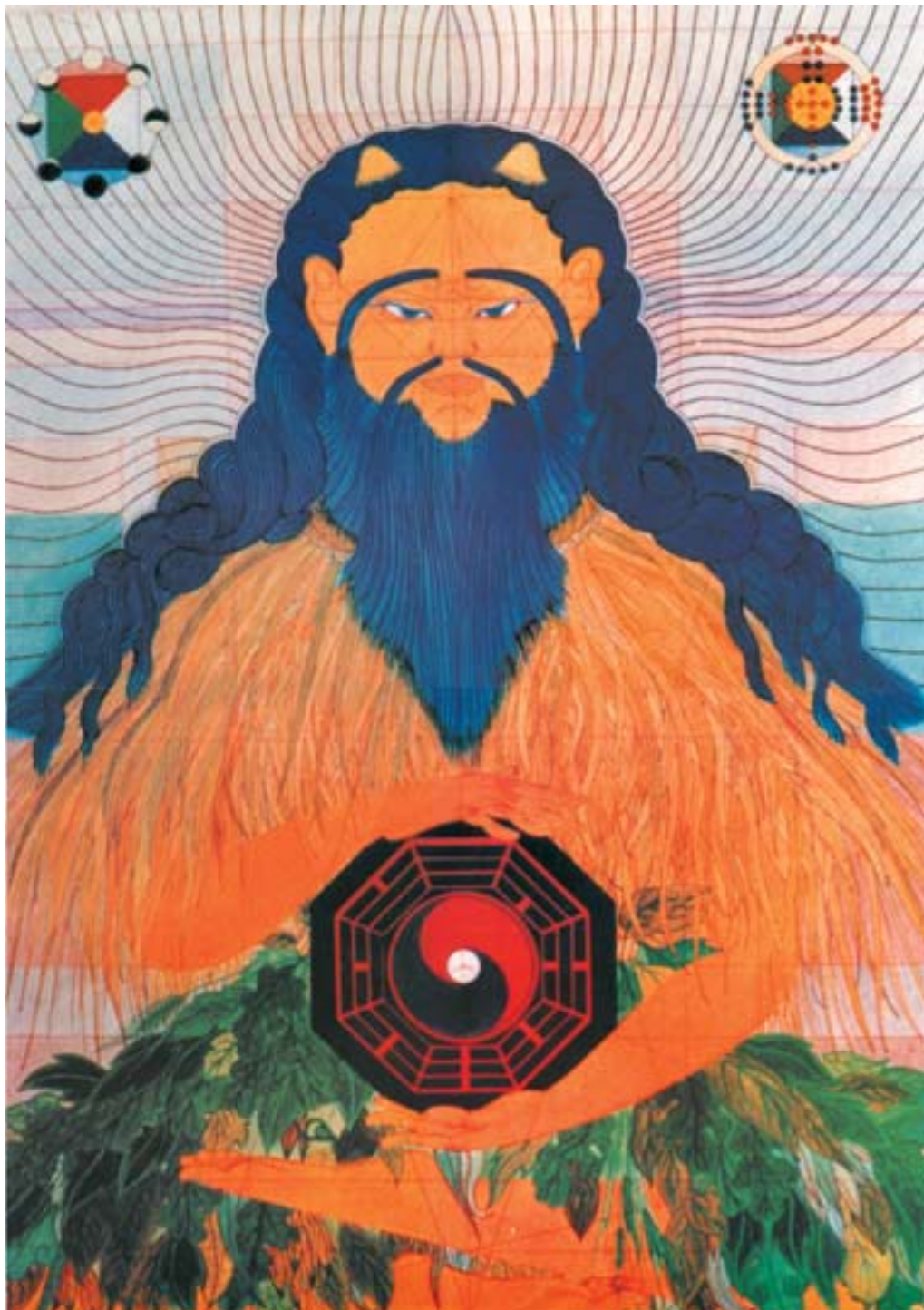
In the modern world, many people have barely enough energy to follow the speed and direction of these changes much less have enough creative energy remaining to consider and set down their true tasks. A major part of the world population spends too much of its precious energy trying to survive. Some do this by imitating and using political and social structures that are controlled by the commerical industrial groups. In this way they are destroying the roots of their own culture. Natural rhythms are changed by obsessive striving for material goods. Superficial pleasure takes over, disconnecting people from their spiritual roots and a natural way of life.

A new orientation in life and guidance by leaders who understand the order of the universe and can see truth in the midst of the realm of phenomenon and events, is one of the most urgent needs we all experience today.

This book does not pretend to and does not claim to solve these needs for you. We do, however, trust that these practices can help you to reconnect with who you really are and that it may help you in finding the way back to your origin. Once we reconnect to this source of intelligence, everything around us acquires a new and a deeper meaning.

This book offers parts of the Taoist cosmology about the planetary and stellar world, some personal insights and an introduction into Taoist planetary and stellar practice. Once you have integrated these into your life, they will help you to cultivate inner light and clarity.

We hope this book will inspire you and help you, so that you will feel more liberated and at peace with yourself. May it enhance your sense of 'coming home' as well. Although most information comes out of the ancient oriental tradition, we want to point out that the true information source is the **Tao** itself, the essential you, including all countries, traditions, races and so much more.



Fu Hsi - Creator of the I Ching

(Drawing by Juan Li)

