



## The Spiritual Core of Master Mantak Chia's Teaching

<http://www.tao-garden.com/>

**“Our bodies are our gardens, to which our wills are gardeners.”**

**—William Shakespeare**

Are you looking for clarity, meaning and purpose in life? Would you like to cultivate **health, healing, happiness and higher-self development in your life?** Would you want to transform the frustrations of stress and tension into vitality for a full life, plus access reality-based experiences of the spiritual dimensions within?

Universal Tao instruction, masterminded by **Master Mantak Chia**, provides a complete set of personalized tools to enable you to achieve your goals. Whether a complete novice or an intermediate wandering truth-seeker, you already have the resources in you that you need to reach your goals. You just need to learn how to cultivate them, simply, step by step.



### IMMORTAL SELF'S 9 TAO ALCHEMY FORMULAS

The Spiritual Core of Master Mantak Chia's Teaching

## BACKGROUND

Master Chia is the founder of Healing Tao (U.S.A.), Tao Yoga (Europe) and Universal Tao Center and Tao Master School at Tao Garden Health Spa & Resort (Thailand). Tao Garden is a worldwide center for Taoist training and holistic healing, detoxification and rejuvenation. Located in the foothills of the Eastern Himalayas in the northern Thailand countryside near Chiang Mai, Tao Garden offers year-round Taoist training plus complementary health services. Both TCM (Traditional Chinese Medicine) and Ayurvedic modalities are integrated with limited Western medical services. Additionally, the Health Spa offers a full range of Thai Massage, Ayurvedic Massage, Chi Nei Tsang and Karsai Massage, physiotherapy, hydrotherapy and yoga. Also: large swimming pool, gym and other recreational facilities. Guests enjoy their time at Tao Garden in the beautiful surroundings of nature with fresh air, good water and delicious organic diet.

**Our motto: Good Air, good food, good water, good heart, good intentions and good chi!**

Universal Tao practices are designed to cultivate a balanced life of **love, health, longevity and spiritual evolution**. It is a complete system for our integrated physical, energy (emotional), mental and spiritual bodies.

The focus is on developing and refining our life energy, **chi** — our bio-electromagnetic **life force** — for self-healing and life enhancement. Tao means way: the way of nature and the universe, the natural way. The way of the **Tao** is a process of **'returning'** to **Wu Chi**, the primordial all-conscious void. **Whereby, the practitioner consciously senses the personal chi within the body, and then the chi of Earth, nature and the Universe.** We establish a relaxed, healthy base of life in our physical/social environment. At the same time, we strive to achieve spiritual independence and merge

into oneness with the **Wu Chi**.

## HUMAN PRIMORDIAL FORCE

**Taoist** history goes back to the time when everybody was living in nature and in caves. They discovered what we call the **Wu Chi**, the Original Force or Primordial Force. In those times, the Chinese started connecting with nature and feeling the forces of nature. "In the Taoism of my lineage," says Master Chia, "the origin goes back to the **Wu Chi**, the Supreme Natural Power in the universe - in Western terminology, God. It means 'nothingness,' but it is filled with 'Dark Matter,' the subtle sub-atomic entities."



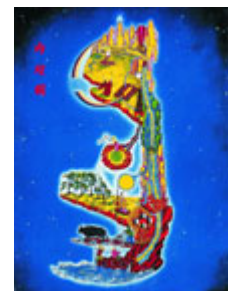
Humans also store part of the **primordial force**. Starting from the beginning of conception when the egg and sperm come together in the first cell - this cell has the power to draw upon the primordial force, combine with it and form what comes to be a human. Just as when the first cell divides and multiplies, the subsequent reproductions from the original retain the capacity to draw upon the primordial force. The practice of the **Inner Smile** and the **Six Healing Sounds** will help to reunite with this force.

When the human body is formed, the sexual organ cells store part of the primordial force. The heart stores part of the original spirit (**yuan shen**) of the primordial force. The right kidney stores part of the primordial force that supports life and gives more life. When we combine our love, compassion and orgasmic sexual energy, a harmonizing resonance effect arises at the synergistic frequency of eight Hertz. In this state of activation, our cells will draw in the primordial force and a process of cellular intercourse occurs. **DNA** is transcribed in the nucleus and translated via RNA in the cytoplasm. Cells divide and combine, giving birth to new and improved cells. This cellular intercourse will also occur when we have stored enough of this combined sexual energy (**jing**) and then combine it with love and compassion energy. The kidneys store part of the primordial force and connect with the earth force, which also has the same eight Hertz frequency.

There are many rooting Chi Kung practices in Taoism to help ourselves to be energetically rooted into the earth in order to access its primordial force. Earth force is combined with the universal primordial force so that it is a source of the major force that is closest to the quality of human force. The Heavenly Primordial Force and the Earth Primordial Force combine with Human Original Primordial Force (such as the combination of creative life forces at human conception of the first cell). Thus, we can give our new cells' DNA the support of the creative life forces that nurtured our first cell - original reproductions, but genetically enhanced versions through the power of 'positive personal engineering'.

## PRIMORDIAL FORCE AND DARK MATTER

The whole Taoist practice is involved with how to evoke the primordial force in order to be reunited with it in our body, soul and spirit. Dark Matter, as it is known in modern science, is an aspect of Primordial Force and fills the whole universe. Dark Matter is about **90% of the universe**, and the other 10% is our physical universe, which started from the Big Bang. Each galaxy is a part of the Primordial Force, especially our galaxy, our solar system and our planet Earth. Our sun and Earth are part of just one solar system out of 200 billion combinations of star and planet solar systems in our Milky Way galaxy. The Tao believes that our Earth is the energy center of the galaxies of our universe. This point of view is supported by the most advanced scientists of today in the field of quantum mechanics. According to quantum theory, one quality of subatomic particles is 'non-locality.' Thus, with zero-point fluctuation as the underlying mechanism acting on quantum entities and causing one entity to affect the others—it means that every part of the universe can be in touch with every other part instantaneously. These scientists believe that the 'Zero Point Field' is the all-pervasive ground state throughout the universe.



So, it really doesn't matter where we are - we are still at the center - and each person is at the center of the universe! We are well-positioned and well-suited for the all-important process of drawing upon the primordial force for our life maintenance, refinement and evolution. Fortifying ourselves with this essential resource enables us to manifest the amazing wonders of our human birthright. And so,

according to the Tao, the universe sends energy to us and to Earth so the earth can support life. Our earth stores a major part that we need in order to fulfill our birthright. Our planets also have a lot of influence on us, and all the planets store some of the elemental qualities of Primordial Force that we need to access in order to complete our inner alchemy transformation.

## MY MASTER, YI ENG: INNER ALCHEMY PRACTICE

In my lineage, we call ourselves the '**Inner-Alchemy-Just-Practice Taoists**.' People in this lineage usually learn from many systems - such as Hinduism, Buddhism, Islam, Christianity and the science of today's world. Highly refined states of inner experience and consciousness are the birthright of all humans and are accessible by all ! **Inner-Alchemy-Just-Practice Taoists** combine all the things that are effective. They take out what is not necessary, including all rituals and ceremonies. They go to the mountains, practice and come down to teach and help people.

My master, Yi Eng (I Yun - means White Cloud) finally decided to go to the mountain and practice things in this way. He was practicing and searching for all the masters in the mountains. Finally, he met my grandmaster, and he learned the whole system that he passed on to me. The master gave no initiation, no celebration, nothing at all - **just pure practice**.

The nine formulas of Taoist internal spiritual cultivation that I teach were originally transmitted to me by my master, **Yi Eng**. It took many generations of masters to refine their amazing experiences into nine practical stages of inner alchemy. He told me to teach these to Chinese first and then to Westerners. White Cloud left his body at age **96**.

## INTEGRATING IMMORTALITY

The Taoist concept of immortality means that we achieve spiritual integration of our authentic self (**zhenren**) through the practice of these '**Nine Formulas**.' Inner Alchemy is a precise step-by-step process, and each step builds to the next. The goal: our 'authentic self' attains the power to survive the transition of physical death and continues its life in higher dimensions with spiritual independence at all levels. Another goal: master all bodily energy (including dark matter), merge into (become one with) the Wu Chi and attain the capacity to **dematerialize** and **rematerialize** our physical body. Therefore, it is important to do this work while still living in our physical bodies.

This process requires integrating the physical body's sexual essence (**ching, or jing**), the energy body (**chi**) and the spirit body (**shen**) in order to evolve to the highest state of spiritually expanded consciousness. The spiritual power of manifestation hidden within the sexual essence is most critical to cultivating what is known as a '**golden light body**' or the **authentic immortal Self**. Properly cultivating the **sexual essence facilitates the crystallization of one's spirit**. Upon attaining this exalted state of conscious being, one acquires the capacity of being conscious in multiple dimensions of reality - total openness (wu) - and capable of functioning therein while still living in the present moment of physical life.

Keeping the structure of White Cloud's formulas, I have added my own refinements based on study with many masters. Likewise, I have drawn from my studies in Western anatomy, astronomy, astrology, medical science and quantum science. I have combined all of these sources with my experience of over forty years of practice and teaching.

## NINE TAO INNER ALCHEMY FORMULAS OF IMMORTALITY

All of the Inner Alchemy practices are involved with activating and restoring the Primordial Force back to sufficient quality and quantities for our health and spiritual development. These formulas are best studied with a live teacher in a supportive class setting, but that is not always possible. Book, booklet, audio cassette, CD, video, VCD or DVD support materials for many of the practices mentioned herein are available from the Universal Tao Center (<https://www.universal-tao.com/>). We invite you to attend live retreats at Tao Garden Health Spa & Resort (<https://www.tao-garden.com/>) or elsewhere with me when I'm on the world tours. Or, with a Universal Tao Instructor who may be available to teach in your area.

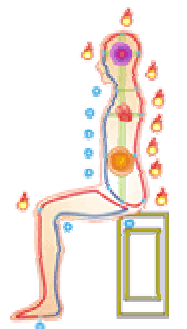
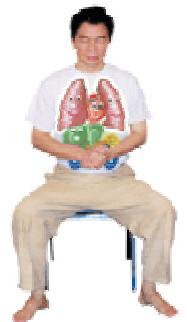
# INNER ALCHEMY FORMULA I

## PRIMORDIAL FORCE ACTIVATION

### Basic Practices I

**In order to activate the Primordial Force, we need to purify the organs and learn grounding to the earth.** The most powerful force that can be used to support us is the primordial force of Earth. Taoist practice is involved with the **yin/yang, the PH balance of acid and alkaline**. It is also the balance of negative and positive emotions - we do not look at negative as sin.

1. **Inner Smile:** Use the power of smiling to activate the relaxation response in the parasympathetic nervous system. Get rid of the negative emotion and rebalance the positive emotion. When we learn to smile to the negative and make friends with it, we can find a way to live in harmony together and enhance our health. Transforming negative emotional energy patterns into the positive components in the organs helps to reprogram the genes and DNA. The Inner Smile is one of the most simple and powerful tools for healing. > [Cosmic Inner Smile](#)
2. **Six Healing Sounds:** Each organ stores parts of the primordial force and negative and positive emotions. One part of the negative needs ten parts of the positive to balance it. With the special sound for each of the organs, the special healing color, positive emotion and special position for each sound—these will help to restore you back to good health and will help with the connection to the primordial force. The healing sounds practice will help to reprogram the cells so that when the cells split, the old negative information will not be copied to the next cells.> [Cosmic Healing Sounds](#)
3. **Microcosmic Orbit:** Opening chi (body's life force energy) flow in the energy pathways from the perineum (area between sexual organs and anus) up the spine, through the head and back down the front side of the orbit will help to activate the orbiting of forces of the solar system and the universe. This will help draw in more primordial force from the earth through the soles of the feet up to the spine and from the universe in through the crown to combine in the lower Tan Tien (abdominal area), the heart and the brain. > [Awaken Cosmic Healing Light \(Microcosmic Orbit\)](#)
4. **Chi Self-Massage:** Simple massage techniques are used to remove blockages and to enhance the healthy distribution of chi in the body from head to toe. This is good to do after meditation and other practices where a lot of chi is activated. >[Chi Self-Massage](http://www.universal- tao.com/9formula_page/chi_self_massage.htm)[http://www.universal- tao.com/9formula\\_page/chi\\_self\\_massage.htm](http://www.universal- tao.com/9formula_page/chi_self_massage.htm)



### Basic Practices II

#### Chi Kung for Healing

1. **Deep Abdominal Breathing, Energizer and Empty Force Breath:** These are breathing methods to open and energize the tan tien, the main chi (life force energy) storage area of the body.
2. **Laughing Chi Kung:** Activate the immune system and defense system. Laugh to activate the thymus gland and the bone marrow.
3. **Activate the Stem Cells Chi Kung:** With the use of a bamboo hitter and a wire hitter, vibrate parts of the body so the stem cells get the message on where to go for healing and regeneration.
4. **Elixir Chi Kung:** All of our body hair, including the armpits and pubic hair are like antennas extended to the universe to absorb primordial force. Saliva is the Water of Life. Activate the saliva and charge it with oxygen and the chi of nature, earth and the cosmic chi. With the Elixir Swallow technique, the charged saliva will be turned into instant chi (life force)—the most powerful healing power. > [Elixir Chi Kung](#)
5. **Tan Tien Chi Kung:** Cultivate and condense chi in the lower tan tien. Pack chi power in all 9 areas of the tan tien and the associated organs, kuas, tendons and ligaments using the Dragon and Tiger Breath and 11 animal exercise postures. > [Tan Tien Chi Kung](#)
6. **Iron Shirt Chi Kung I:** Do Chi Breathing and Rooting to Ground while unifying and strengthening bone structure alignment. Circulate forces of Earth and the Universe. > [Iron Shirt Chi Kung I](#)



7. **Iron Shirt Chi Kung II:** Activate and grow the tendons. > [Iron Shirt Chi Kung II](#)
8. **Bone Marrow Nei Kung:** Regenerate the bone marrow and activate the stem cells for regeneration and healing. > [Bone Marrow Nei Kung \(Iron Shirt III\)](#)
9. **Tai Chi Chi Kung I:** Develop the inner structure and chi flow of Tai Chi. Meditation in movement, movement in meditation. > [Tai Chi Chi Kung I](#)
10. **Tao Yin:** A Taoist yoga that stimulates chi flow in meridians (chi pathways delineated in Traditional Chinese Medicine acupuncture maps of the energy body) affected by each exercise. Coordinate deep breathing, chi, mind and body for deep sensing. Be more relaxed and refreshed. Induce elasticity of tendons, ligaments and associated muscles. Condition the spine, psoas muscles and patterns of movement for health and inner development. > [Tao Yin](#)
11. **Tai Chi Chi Kung II:** Use the discharge technique to absorb and transmit the Universal and Earth Forces in this higher level of moving meditation. > [Tai Chi Chi Kung II](#)

## Medical Chi Kung:

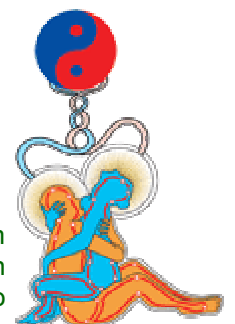
1. **Chi Nei Tsang I:** This is the most powerful massage therapy for deep organ detoxification. It removes physical and emotional blockages to return body systems to healthy functioning. Each organ contains part of the primordial force. When an organ's accumulated negative emotions and toxins are released, the organ can more effectively draw in the primordial force and regenerate itself. > [Chi Nei Tsang I](#)
2. **Chi Nei Tsang II:** More techniques are taught and powerful applications are applied to release deep tension in blocked tissues. The magic of the elbow is learned to aid healing. > [Chi Nei Tsang II](#)[http://www.universal- tao.com/9formula\\_page/chi\\_nei\\_tsang\\_2.htm](http://www.universal- tao.com/9formula_page/chi_nei_tsang_2.htm)
3. **Cosmic Healing Chi Kung I:** Basic practices for general healing sessions with specific light energies of the primordial force are introduced. The procedure for creating healing 'chi' water by changing the water's structure with one's mind-eye-heart power and primordial force is also taught. > [Cosmic Healing Chi Kung I](#)[http://www.universal- tao.com/9formula\\_page/chi\\_kung\\_1.htm](http://www.universal- tao.com/9formula_page/chi_kung_1.htm)
4. **Cosmic Healing Chi Kung II:** More advanced methods are learned, and specific healing applications are taught for specific ailments in specific areas of the body. The practitioner learns meditations focused on connecting parts of the body to the structure of the universe in the process of spiritualization and opening to more powerful healing experiences with the primordial force. > [Cosmic Healing Chi Kung II](#)[http://www.universal- tao.com/9formula\\_page/chi\\_kung\\_2.htm](http://www.universal- tao.com/9formula_page/chi_kung_2.htm)
5. **Karsai Nei Tsang:** This genital health therapeutic cleansing massage specifically improves the health of the genitals and the genital area. The massage movements break up and dissolve sedimentation in the circulatory system, release toxicity and remove physical and emotional blockages in the pelvic area. Most recipients experience a strong sensation of opening the energy channels from the sexual area to the kidneys, abdomen, legs, the brain and other parts of the body. This enables the primordial force and the stem cells to refresh, heal and regenerate more effectively in these areas as well as in the local sexual area. > [Karsai Nei Tsang](#)

## INNER ALCHEMY FORMULA 2

### BASIC SEXUAL ALCHEMY PRACTICE

#### Sexual Alchemy I

**Sexual organs and the kidneys store part of the Jing, the essence of the primordial force. Learn how to conserve and store it. More sexual energy will help to attract and multiply the primordial chi.** Men learn how to control ejaculation and to transform the sexual energy into chi (life force) and then transform it up to spirit force. Women learn how to control menstruation and transform the blood into chi and likewise transform it up to spirit force. Eventually, there will be less blood lost and more will be converted into chi.



1. [Male Sexual Alchemy](#)
2. [Female Sexual Alchemy](#)
3. [Multi-Orgasmic Couple](#)[http://www.universal- tao.com/9formula\\_page/couple.html](http://www.universal- tao.com/9formula_page/couple.html)

## INNER ALCHEMY FORMULA 3

### FUSION: 5 ELEMENTS & 8 PAKUA FORCES



**Eight-sided Pakuas are created and used to draw the organs' energies into their spinning centers. These energies mix with and are transformed by the elemental forces of nature, the planets and the eight primordial forces.**

In the practices of Fusion I, II and III, by blending—fusing—all these forces together in the Pakua, any negative emotional qualities or imbalances from the organs are neutralized. The organs' energy is transformed in the fusion processes. The transformed energy becomes a more refined, balanced quality of energy that is stronger and attuned to a higher quality. It is used to attract more primordial force—like coming into 'oneness with God.'

### Fusion I

#### Fusion of the Five Elements I: **Pakuas for More Powerful Chi Transformation**

Establish the vibrating essence of the trigrams of the eight primordial forces in pakuas. Neutralize negative energies from the organs with primordial forces of the pakuas. Form a pearl of condensed energy to circulate in the Microcosmic Orbit.

### Fusion II

#### Fusion of the Five Elements II: **Open Thrusting and Belt Channels**

Fuse positive energies and create powerful positively charged pearls of life force, chi. Use them to open the inner thrusting channels and the outer protective belt channels. Work with energy circles to broaden the scope of primordial force access and protection.

### Fusion III

#### Fusion of the Five Elements III: **Bridge, Regulator and Protection Channels**

Use the chi pearls to open and connect the Bridge and Regulator Channels, and then open more protective channels for the spine, head and body. Use all of these to further refine and protect the energy body.

## DARKROOM RETREATS

**Master Chia now teaches the Inner Alchemy Formulas 4, 5, 6 and 7 in the Darkroom facility** at the Universal Tao Center and Tao Master School at Tao Garden Health Spa & Resort. He taught Lesser, Greater and Greatest Kan and Li in 2002-03. **Sealing of the Five Senses** was added to the schedule in 2004.

Take advantage of our Darkroom Retreat technology here at Tao Garden. Participants stay in the absolute darkness atmosphere during the full week(s) of their training. This yields the best results due to the natural changes in the biochemistry of the brain, the relaxed atmosphere, enhanced inner

focusing and the enriched energetic atmosphere of group meditations led by Master Chia. Share the subdued excitement of experiencing newly discovered realities in an ambience of friendly camaraderie among kindred spirited participants from around the planet.

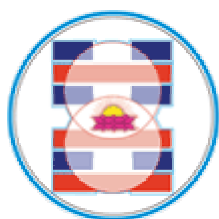
**'Dark matter' is not dark.** The “dark matter” that one encounters in the prolonged Darkness Retreat is matter that is void of charged particles and therefore cannot be seen with our normal vision. It can interpenetrate with visible matter. Think of it as ‘atoms’ which are held together by a ‘force’ other than electromagnetic force and that these ‘atoms’ are not visible to our normal vision, yet they can interpenetrate with visible atoms. Varieties of finer matter exist not only in the world without, but they exist in man also. Our subtle bodies and subtle matter are composed of various forms of uncharged “dark matter.” Time-space relationships are dependent upon the type of matter one is conscious of or experiencing. The sense of time and space associated with these various forms of subtle matter are different from that associated with visible matter.

When one acquires an awareness of his/her subtle bodies, there is light galore, but it is not the light seen with our physical body's eyes. There are objects and scenes of magnificent beauty and distinct beings in beautiful light body form as real in appearance as people in our physical form. There are infinite fascinating possibilities that one may experience. In the Darkness Retreat you will learn and practice techniques that make it possible to experience the universe from the perspective of your subtle bodies. You can observe the “dark matter” with your “dark matter” subtle body vision. You may see within and/or beyond.

Explore your unique and wondrous possibilities within—whether it be journeying through DNA memories, having a spontaneous healing occurrence, profound emotional revelations, lucid dreaming, inner light experiences, seeing in other dimensions through the inner ‘third eye,’ or perhaps flying beyond the highest mountains and out among the stars. Fascinating and inspirational new experiences arise in Tao Garden's comfortable ‘five star’ Darkroom accommodations. See [Darkroom Articles](#) for more information.

## **INNER ALCHEMY FORMULA 4:** **Lesser Enlightenment of Kan and Li**

### **Inner Sexual Alchemy II (Fire &Water)**



Reunite with the Primordial Force. The heart stores part of the primordial force (**yuan shen**). The sexual organ also stores part of the primordial force. When these two combine together, they will form a more complete force. This process establishes a powerful '**steaming**' effect in the tan tien cauldron at the level of the navel center. This is used to cleanse, purify and strengthen the organs and brain to better attract the primordial force. Our spiritual foetus is established in the tan tien.

The equinoxes and solstices that mark the changes of the seasons provide special opportunities to get a boost of energy in these Kan and Li practices.

The vernal equinox at the beginning of spring time is when the yin and yang energies are balanced between the cold water energy of winter and the hot fire energy of summer. The light of day is balanced with the darkness of night. As the cold of winter yin moves to the heat of summer yang, the earth opens its energy of the warm moist growing power in abundance. It is a great opportunity to be open and interact with it to receive the perfectly balanced quality of water and fire energy. So, humans can make use of this special offering of the primordial force from the earth for the inner alchemy in resonance with our kidney/sexual energy and our heart energy that we are missing. This is a special time to get a huge boost of the earth's primordial chi.

## **INNER ALCHEMY FORMULA 5:** **Greater Enlightenment of Kan and Li**

### **Sun, Moon and Planets Alchemy (Fire &Water)**



Further Reunite with the Primordial Force. Another cauldron is established in the solar plexus center to draw on the yin and yang forces of the sun, moon and planets to further amplify the processes begun in the lower cauldron. The Summer Solstice marks the longest day of the year when the sun is at its highest point of its arc in our sky. All living things, the plants, flowers and trees expand to draw on the fullness of this power of the sun. This is a great time to draw in the missing primordial force of the sun when we work in the cauldron at the solar plexus.

## INNER ALCHEMY FORMULA 6: Greatest Enlightenment of Kan and Li

### Planets, Star and Soul Alchemy (Fire & Water)



Reunite with the Primordial Force Still More. Establish another cauldron in the heart center and expand the body to become a Cosmic Being, billions of light years from head to toe. Become an immense being of the universe whose Crystal Palace is the North Star with constellations and planets for vital organs. Be this being that beams down its exquisite rays to one cell of its being, the human on planet Earth meditating up to the stars. Cosmic consciousness opens the three tan tiens to receive primordial force from their heavenly counterpart.

By manifesting the intention to connect the relevant heavenly bodies to the appropriate parts of one's body, we attract the cosmic primordial forces needed for our inner alchemy to further develop our energy (soul) body and spirit body. This more refined alchemy in the heart cauldron enhances and furthers the steaming processes of water and fire, yin and yang, energies begun in the lower cauldrons.

The autumnal equinox at the beginning of the fall season is when the yin and yang energies are balanced between the hot fire energy of summer and the cold water energy of winter. Again, the days and nights are balanced as the days become shorter. As the heat of summer yang moves to the cold of winter yin, it's a good time to get extra benefit in the Greatest Kan and Li practice of drawing the missing heavenly primordial force into the body. In resonance with the tendency of the weather, the cells of the body are contracting and drawing inward from the cool dry weather after the expanding heat of the summer.

The soul body is yin energy, and the spiritual body is yang energy. The soul body (yin) serves as an earth cable and absorbs the yang energy from the heavenly 'wire' to the soul body and down to the human body. It also absorbs the earth energy to balance the yang energy absorbed from the heavenly (spirit) body.

## INNER ALCHEMY FORMULA 7: Sealing of the Five Senses

### Star and Galaxy Alchemy



Finally, we add another cauldron to the head, the upper tan tien. This cauldron is located at the mid-eyebrow point. It unifies the five shen, the five streams of personal consciousness that operate through our senses, with the five forces of the collective Stellar Self. The body of our stellar mind can be viewed in the four quadrants of fixed stars in the night sky, originally symbolized by heraldic animals (Black Turtle, Red Phoenix, Green Dragon, and White Tiger). The fifth, the quintessence, is the Purple Pole Star in the center of the sky, with the Great Bear of

the Big Dipper marking the progression of the seasons as its handles rotates like the arm of a cosmic clock.



These personal and stellar essences are fused in the upper tan tien in the cauldron at the mid-eyebrow point. This is the process of our Inner Sage attaining the celestial level of immortality. The pure open space connecting the three tan tien cauldrons (at the navel, heart and mid-eyebrow) is integrated. This stabilizes the celestial axis. Profound peace and different spiritual qualities continuously manifest from this activated core and radiate sonically into our physical becoming. We hear the current of inner sound. Our soul pattern expands its conscious destiny to include dimensions of life beyond the physical plane.

## INNER ALCHEMY FORMULA 8:

**Congress of Heaven and Earth**[http://www.universal-tao.com/9formula\\_page/heaven\\_earth.htm](http://www.universal-tao.com/9formula_page/heaven_earth.htm)

### Heaven and Earth Alchemy

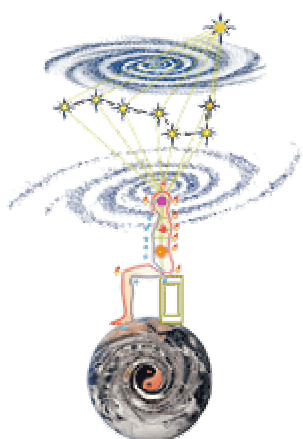


This practice integrates the Early Heaven or formless Self with the Later Heaven (Earth) physical Self. The Self here identifies itself here with two dimensions that co-exist and co-create: the “formless form” of our being and the “substantial form” of our becoming. These two polar dimensions of our greater Self engage in cosmic sex. They couple in order to re-open the portal to their Original state, or “Pre-Self”. This pre-state or Primordial Heaven is called **hundun**, the primal chaos-unity that preceded the “big bang” of the cosmic egg cracking open.

The Three Originals (**san yuan**) of Heaven, Earth, and Humanity are gathered in the three body cauldrons as original ching (**jing**), original chi, and original shen. This three-tone harmonic chord is resonated with the fundamental or original tone of time and space. Consciousness then stabilizes in the axial center where our true multi-dimensional nature can now be embodied. This is symbolized by a tonal double vortex spinning faster than the speed of light within the void of space. Into this is fused our inner sage's immortal presence, the quintessence of humanity meditating in the center of a cosmic torus (spiritual black hole). We must enter this portal to complete our journey of Return to the Origin.

## INNER ALCHEMY FORMULA 9:

**Union of Human and Tao**[http://www.universal-tao.com/9formula\\_page/human\\_tao.htm](http://www.universal-tao.com/9formula_page/human_tao.htm)



This stage is the integration of the eight previous levels of consciousness into the experience of living simultaneously in the present moment in all dimensions, from physical linear time to spirit's eternal time. This state cannot be fully known or defined conceptually for others. Perhaps it might be conceptualized as the experience of living fully in the **Wu Chi**, the Supreme Unknown.

This is the true achievement of the authentic or Immortal Self, a permanent state of grace known as **wu wei**, effortless action, or spontaneous action without acting. Creation (of the manifest) and Return to Formless Origin seamlessly complete each other. Attainment of this ninth level is spontaneous, and happens when the inner will of our immortal sage within has reached complete alignment with the Tao. It may occur only by direct transmission from the Tao to the mature and receptive adept.

*Writing and editorial assistance by Dennis Huntington  
Senior Instructor in residence at Tao Garden*

# GLOSSARY

**By Dennis Huntington**  
**Universal Tao Senior Instructor in residence at Tao Garden**

**TAO:** Tao means the way - the way of man, nature, and the universe -the natural way of evolving in our life to our highest, most refined, ultimate state of being and experience. This implies a process of 'returning' from the grosser levels of our manifested physical existence through the more subtle aspects of our being to our unconditioned, unrestricted pure-self. At that point we merge and become one with the Wu Chi - the nothingness, the all-conscious void underlying all that 'is' - comparable to the Christian and other religions' concept of becoming one with God.

**Taoist:** An individual who subscribes to and practices the methods associated with the pursuit of the Tao is referred to as a Taoist. There are many steps along the way to attaining this underlying state of exalted being. Hence, there are various practices for health, healing, refining and longevity to support ourselves with sufficient energy and time to accomplish the goal. Going back thousands of years in China, people have accumulated and refined ways of cultivating the integrated physical body, energy body, mind and spirit for a balanced healthy, happy life in pursuit of the Tao.

**Taoism:** Various combinations of practices traced to Taoist roots. However, through time and diversity in different areas and with the impact of different social, religious, philosophical and political influences - different schools of thought and practice have proliferated. Various combinations of practices traced to Taoist roots and these other traditions are referred to as Taoism. Historically, a body of literature has accumulated that provides a base of reference for the roots and principles known as the Tao. Among the many Taoists to whom Taoist authority is attributed are **Lao Tzu, Chuang Tzu, Tan Jing-sheng and Huang Ti**, the Yellow Emperor. Paradoxically, as Lao Tzu tells us in beginning his **Tao Te Ching**: "The Tao that is voiced is no longer the Tao. The name that has been written is no longer that of eternal name. The nameless is the beginning of the cosmic universe. The named is the mother of the myriad creatures." Science is providing us with a deeper knowledge of what is, but the Tao is still beyond words and knowledge. It can only be truly known by direct personal experience.

**Primordial Force:** Taoists long ago - before the modern scientific discoveries of electromagnetism, electric energy power and quantum field mechanics - recognized subtle invisible forces in their subjective personal experience. They classified these forces in nature and the universe in terms of their category of effects in humans (physical, energetic, mental or spiritual qualities). Since they experienced the effects of the invisible forces and energies in the practices and found tremendous benefit for completing their inner alchemy, they called it the Supreme Natural Force, Original Force or Primordial Force. When they accessed it to apply it in the processes of inner alchemy they also referred to it as Primordial Chi. This use of terminology is analogous to the usage in modern life to 'electromagnetic force' and electric energy when the force is activated and used in some application - the term 'energy' is used to identify its effects in action, like chi is used by Taoists. Sometimes 'force' and 'chi' are commonly used loosely and interchangeably. See the summary of 'Dark Matter' for further clarification of the nature of Primordial Force / Chi.

**Inner alchemy:** In order to attain this highly evolved state of experience and being, the state of existence beyond the restrictions of time and space – immortality -Taoist practitioners strived to discover what was missing and needed. They recognized that they needed to change the conditions and qualities of their normal everyday physical life. Master Mantak Chia's lineage of Taoists, the '**Inner-Alchemy-Just-Practice Taoists**,' learned to change the quality of their inner state of energy in order to more effectively access the original quality of energy, primordial chi, that all of existence is derived from. This begins with the simple process of transforming the normal negative emotional energies in the vital organs into the positive qualities. This changes the PH balance between the acidic and alkaline states, producing a more favorable quality of body chemistry, hormone balance, etc. This is part of a highly refined process of inner change in the inner state and quality of one's being - inner alchemy - which evolves to higher levels of refinement and experience stage by stage by the individual practitioner. Many practices combine to achieve the desired results. Therefore, we have

Master Chia's "Nine Tao Alchemy Formulas of the Immortal Self." Herein, 'Tao Alchemy' refers to the practices that collectively bring about important qualitative improvements in all aspects - physical, energetic, mental and spiritual - within each practitioner's life, culminating in the nameless TAO!

## **DARK MATTER — PRIMORDIAL FORCE / CHI**

About **90% of the universe** is Dark Matter. Starting from the Big Bang, 10% of matter, recognized as the Physical Universe, came into being. These estimates are the result of recent measurements and calculations using the latest advancements of space technology and its methods of detection.

Basically, from the point of view of the prevailing physical science establishment up to the present era, the physical universe was everything. Space was just 'empty' space, a vacuum—nothingness with no content or form. Until recently there was not sufficient technology or base of knowledge as to the nature of subatomic quanta (wave/particles) or how to detect them in a free state in nature.

During the 19th century our understanding of electromagnetic phenomena was pioneered, and the knowledge that electricity and magnetism were related phenomena and that light was a form of electromagnetic energy was established. In the 20th Century, a new picture of matter and the atom emerged in quantum mechanics. The chemical properties of matter became attributable to electrical charge - the same electrical charge found to be responsible for light in the previous century. From the point of view of the electric field, the atom appears solid, but from the point of view of mass, the atom appears very empty. Quantum mechanics showed that not only do we see objects because of electrical charge (and not because of the properties of mass) but also we can hold and feel objects because of the properties of electrical charge (and not because of the properties of mass).

The detection of "dark matter" has to be made indirectly, through the observation of its gravitational effect. Because it has mass, "dark matter" can exert a gravitational pull on visible matter. So, looking into outer space with our most sophisticated instruments we can observe gravitational influences on distant stars, gas clouds, nebulae, galaxies and other celestial phenomena, but we cannot see the matter which produces the influences. The existence of uncharged particles is not new, but the discovery of "dark matter" seems different from what is known to date in that it makes up at least 90% of the universe, and is apparently stable. What we normally think of as the 'galaxy' -- the pinwheel of stars -- is in fact only a part of the entire structure. It is surrounded by, and immersed in, a globe of unseen dark matter that makes up at least 90 percent of its mass.

The real story of the Universe, it seems, is in its "dark matter." There are two broad categories for the explanation of "dark matter." It can be burnt out stars -- white dwarfs or black holes, or, it can be matter which is not composed of electrically charged particles. This simple property makes this matter invisible to our normal vision, and also would give "dark matter" the ability to interpenetrate with visible matter, i.e., it could pass right through visible matter. The property of "interpenetrability" of this type of "dark matter" with visible matter strikes a chord with the subtle matter of the mystical traditions.

## **SPIRITUAL TEACHINGS**

Mysticism is a discipline involved with knowledge and techniques which are of value in assisting the individual toward spiritual growth. It is a very pragmatic discipline, concerned with direct experience, or awareness of spiritual truth, of ultimate reality, etc. Spiritual methodology is not based on external experimentation, but internal observation. As an age old tradition which continues to develop, mysticism is expansive, covering numerous concepts and doctrines.

### **Spiritual Traditions from India and Tibet**

Humans are composed of several interpenetrating sheaths or subtle bodies, which are made up of matter from different planes, each of different relative density. The densest of these sheaths is what we normally regard as our physical body, the body that is visible to our normal vision. The other sheaths are not visible to our everyday vision.

The second sheath is a subtle, fine-material sheath known as the **prana [chi (qi)] or etheric body**. This gives the visible body life and consciousness through the prana/chi. In western mysticism, the

**astral body** is noted in addition to the etheric body, and is apparently combined with the pranic/chi subtle body. The next even finer sheath is our '**thought body**' or '**personality**,' our **mental body**. This body is necessary for rational and intellectual thinking. The **fourth sheath** is the body of our potential consciousness, which extends far beyond our active thoughts. It comprises the totality of our spiritual capacities and is apparently equivalent to **the soul** in western mysticism. The last and **finest sheath [fifth], the spirit body**—which penetrates all the previous ones—is the **body of the highest, universal consciousness**. It is only experienced in a state of enlightenment, or in the highest states of meditation.

These sheaths are not separate layers forming around a center, but are mutually penetrating forms of matter, from the finest matter down to the densest form of matter, which appears before us as our visible body. The corresponding finer or subtler sheaths penetrate, and thus contain the grosser ones. Just as the material body is built up through nourishment, while being penetrated and kept alive by the vital forces of the prana/chi, the body of active thought-consciousness penetrates the functions of prana in the same way and determines the form of bodily appearance.

Soul body, mind body, prana/chi body, and visible body, however, are viewed as being penetrated and motivated by a still deeper and finer matter, **spirit [shen** in in Taoist terminology]. This 'finer spirit matter' penetrates these grosser bodies and stores up the material that our thought and imagination draws its substance from. It is therefore only the **spiritual body that penetrates all the five layers** and thus integrates all organs and faculties of the individual into one complete whole. In mysticism, the finest matters appear to be associated with the deepest truths, or spiritual understandings.

### **Prana - or Chi (Qi) in Taoist Terminology**

Along with these sheaths or mystical bodies are the energy centers or **chakras** [cauldrons in Taoist lore], which are also not visible to our normal vision. The chakras/cauldrons collect, transform and distribute the forces flowing through them. These chakras/cauldrons are at points in which 'psychic forces' and bodily functions merge into each other or penetrate each other. Connecting the sheaths (**kosas**) and chakras/cauldrons are subtle vessels called **nadis/meridians**, which serve as conductors of the energies that flow through the subtle bodies. To a certain extent, they parallel the nerve-system in the body, and they are very numerous. However, there are three major nadis/meridians—the central channel or **susumna**, which runs like a hollow channel through the center of the spinal column (relative to the visible body) and the **ida** and **pingala**, which are two channels wrapped around the susumna-nadi / meridian in a spiral fashion, starting from the left and the right nostrils respectively, and meeting susumna in the perineum at the base of the spine. They establish a direct connection among the seven chakras/cauldrons. In Tibetan [and Taoist] descriptions, pingala and ida are often simply called the 'right and left nadi,' and there is no mention of a spiral movement of these nadis around the susumna.

With our ordinary vision we cannot see the mystical subtle bodies, or the chakras, or the nadis, but all these bodies and chakras interact with each other to form the whole human being. To function as a human being, we are constantly using these subtle bodies even though we are not conscious of them. To the true practitioner of mysticism, these truths are as real to them as scientific truths are to the scientist. By turning inward, mysticism has concentrated its exploration of the universe on those concepts which are of value to spiritual growth.

### **East Meets West**

The "dark matter" can be defined as matter which is void of charged particles and therefore cannot be seen with our normal vision and can interpenetrate with visible matter. For example, if the universe contained 'atoms' which were held together by a 'force' other than the electromagnetic force, these 'atoms' would not be visible to our normal vision and could interpenetrate with visible atoms.

Recalling what we know of the mystical properties of subtle bodies and subtle matter, the subtle bodies capable of interpenetrating our visible body must be composed of various forms of uncharged "dark matter," if they physically exist (have mass). Interpenetration with visible matter is a property of "dark matter" which is void of charged particles. What the mystics were describing was a type of "dark matter" long before scientists discovered "dark matter." How could they have known that such a matter could exist? In our everyday life we are unaware of the existence of these subtle bodies, but the true

mystics have developed techniques that make it possible for them to experience the universe from the perspective of their subtle bodies. In so doing they can look out upon the universe and observe the “dark matter” with their “dark matter” subtle body vision.

Long before “dark matter” was discovered, C.W. Leadbeater said “All these varieties of finer matter exist not only in the world without, but they exist in man also. He has not only the physical body which we see, but he has within him what we may describe as bodies appropriate to these various planes of nature, and consisting in each case of their matter.”<sup>12</sup> Through our visible body we are able to experience the visible world, and through the different unique types of subtle matter of which we consist, man can experience the corresponding outer world when he becomes conscious of that respective subtle body. Again, Leadbeater says “The soul of man has not one body but many bodies, for when he is sufficiently evolved he is able to express himself on all these different levels of nature, and he is therefore provided with a suitable vehicle of matter belonging to each, and it is through these various vehicles that he is able to receive impressions from the world to which they correspond.”<sup>13</sup> To the mystic who has acquired awareness of his subtle bodies, “dark matter” is not dark.

Furthermore, looking at the accounts of individuals who have experienced these other planes of matter (such as during near-death experiences or in mystical states), it would appear that the sense of time and space associated with these various forms of subtle matter are different from that associated with visible matter. Each subtle body seems to have a unique sense of time and space, and this suggests that time-space relationships are dependent upon the type of matter one is conscious of or experiencing. Clearly this would make it very difficult to communicate these experiences to those familiar with only our usual sense of time and space.

## COSMOLOGY

Our scientific understanding of the Big Bang as a single energy event which presumably created simultaneously all matter and time and space, is, interestingly enough, not the likely source of the “dark matter” we are discussing. The traditional view of mysticism is that the more dense forms of matter were born out of the finer forms of matter, a Creation “which is divided into seven major planes of consciousness or matter”<sup>14</sup>. Our present scientific understanding of the origins of the Universe indicates that matter was created out of the Big Bang about 15 billion years ago. Our understanding of this event is sufficient that these unique types of subtle “dark matter” were not very likely formed in that event. Subtle “dark matter,” however, could have existed before the Big Bang, because our comprehension of the Big Bang is based on the behavior of visible (luminous) matter. The microwave background radiation of the universe (the “echo” of the Big Bang), and primordial nucleosynthesis (Big Bang atomic nuclear production) are the two quantitative tests supporting the hot Big Bang Theory. Of course both of these phenomena are based on radiation producing (luminous matter) observation, as is also the red shift which originally indicated an expanding universe.

We can no longer assume that all matter was created at the Big Bang, even though luminous matter clearly was. Some form of **“dark matter” [‘Primordial Chi’ or ‘Original Force’ in Taoist terminology]** may have existed before the Big Bang. To have some sort of primordial “dark matter” present before the Big Bang would indicate that the Big Bang was created out of a certain percentage of this primordial “dark matter,” but not all of it was “converted” to luminous matter. **Thus we still have much of this primordial “dark matter” around .**

*This summary is from “**Dark Matter’--The Physical Basis for Mysticism**”; 18 pages; ©Deno Kazanis, Ph.D., 1997. Any part of that article may be copied providing credit is given. This summary has been extracted, compiled and edited (with Taoist terms added) by Dennis Huntington.*

**“I S 9 T A F”** text section Primordial Force and Dark Matter, paragraph 2:

“The Tao believes that our Earth is the energy center of the galaxies of our universe. This point of view is supported by the most advanced scientists of today in the field of quantum mechanics. According to quantum theory, one quality of subatomic particles is **‘non-locality.’** Thus, with zero-point fluctuation as the underlying mechanism acting on quantum entities and causing one entity to affect the others - it means that every part of the universe can be in touch with every other part instantaneously. These scientists believe that the ‘Zero Point Field’ is the all-pervasive ground state throughout the universe, including the ‘Dark Matter.’”



**ZERO POINT FIELD.** There is a giant reservoir of energy that every quantum physicist is well aware of, the Zero Point Field. Quantum mechanics has demonstrated that there is no such thing as a vacuum, or nothingness. What we tend to think of as a sheer void (if all of space were emptied of matter and energy and you examined even the space between the stars) is, in subatomic terms, a hive of activity.

**Basic Substructure of the Universe:** No particle ever stays completely at rest but is constantly in motion due to a ground state field of energy constantly interacting with all subatomic matter. It means that the basic substructure of the universe is a sea of quantum fields that cannot be eliminated by any known laws of physics. What we believe to be our stable, static universe is in fact a seething maelstrom of subatomic particles fleetingly popping in and out of existence.

**Virtual Particles:** We cannot know both the energy and the lifetime of a particle; so a subatomic event occurring within a tiny time frame involves an uncertain amount of energy. All elementary particles interact with each other by exchanging energy through other quantum particles, which are believed to appear out of nowhere, combining and annihilating each other in less than an instant ( $10^{-23}$  seconds), causing random fluctuations of energy without any apparent cause. The fleeting particles generated during this brief moment are known as 'virtual particles.' They differ from real particles because they only exist during that exchange.

**Zero-Point Fluctuation: Still Detectable in Temperatures of Absolute Zero.** When added across the universe, this subatomic exchange gives rise to enormous energy - more than is contained in all the matter in the entire world. The Zero Point Field was called 'zero' because fluctuations in the field are still detectable in temperatures of absolute zero, the lowest possible energy state, where all matter has been removed and nothing is supposedly left to make any motion. Zero-point energy was the energy present in the emptiest state of space at the lowest possible energy, out of which no more energy could be removed - the closest that motion of subatomic matter ever gets to zero. But because of the uncertainty principle there will always be some residual jiggling due to virtual particle exchange. It had always been largely discounted because it is ever-present. In physics equations, most physicists would subtract troublesome zero-point energy away – a process called 'renormalization.' Because zero-point energy was ever-present, the theory went, it didn't change anything. Because it didn't change anything, it didn't count.

**A Quantum Sea of Light:** To the quantum physicist, it is an annoyance, to be subtracted away and discounted. To the religious or the mystic, it is science proving the miraculous. What quantum calculations show is that we and our universe live and breathe in what amounts to a sea of motion - a quantum sea of light. What quantum physicists have found is that the energy in the Zero Point Field keeps acting on particles so that they never come to rest but always keep moving, even in conditions at a temperature of absolute zero.

**FIELD: REGION OF INFLUENCE.** A field is a matrix or medium which connects two or more points in space, usually via a force, like gravity or electromagnetism. The force is usually represented by ripples in the field, or waves. An electromagnetic field, for example, is simply an electrical field and a magnetic field which intersect, sending out waves of energy at the speed of light. An electric field and a magnetic field form around any electric charge. Both electrical and magnetic fields have two polarities (negative and positive) and both will cause any other charged object to be attracted or repelled. The field is considered that area of space where this charge and its effects can be detected. The notion of an electromagnetic field is simply a convenient abstraction to try to make sense of the seemingly remarkable actions of electricity and magnetism and their ability to influence objects at a distance – and, technically, into infinity – with no detectable substance or matter in between. Simply put, a field is a region of influence.

**Constant Exchange:** In the quantum world, quantum fields are not mediated by forces but by exchange of energy, which is constantly redistributed in a dynamic pattern. This constant exchange is an intrinsic property of particles, so that even 'real' particles are nothing more than a little knot of energy which briefly emerges and disappears back into the underlying field. According to quantum field theory, the individual entity is transient and insubstantial. Particles cannot be separated from the empty space around them.

**Field of Fields: Inexhaustible Energy.** Fluctuations in the atomic world amount to a ceaseless passing back and forth of energy. This sort of emission and re-absorption of virtual particles occurs not only among photons and electrons, but with all the quantum particles in the universe. The **ZERO POINT FIELD IS A REPOSITORY OF ALL FIELDS AND ALL GROUND ENERGY STATES AND ALL VIRTUAL PARTICLES—A FIELD OF FIELDS.** Every exchange of every virtual particle radiates energy. If you add up all the particles of all varieties in the universe constantly popping in and out of being, you come up with a vast, inexhaustible energy source. To give some idea of the magnitude of

this energy source, it has been described thusly: the energy in a single cubic meter of space is enough to boil all the oceans of the world.

**NON-LOCALITY: Explanation for many metaphysical notions.** Regarding the wave-particle nature of quantum entities, there is also a larger implication of a vast underlying sea of energy. The existence of the Zero Point Field (ZPF) implies that all matter in the universe is interconnected by waves, which are spread out through time and space and can carry on to infinity, tying one part of the universe to every other part. The idea of the ZPF might just offer a scientific explanation for many metaphysical notions, such as the Chinese belief in the life force, or chi (*qi*), described in ancient texts as something akin to an energy field. It even echoes the Old Testament's account of God's first dictum: 'Let there be light,' out of which matter was created.

**ZPF: Self-Generating Feedback Loop across the Cosmos.** The stable state of matter depends for its very existence on this dynamic interchange of subatomic particles with the sustaining zero-point energy field. Electrons lose and gain energy constantly from the Zero Point Field in a dynamic equilibrium, balanced at exactly the right orbit. Electrons get their energy to keep going without slowing down because they are refueling by tapping into these fluctuations of empty space. In other words, the Zero Point Field accounts for the stability of the hydrogen atom – and, by inference, the stability of all matter.

Fluctuations of the Zero Point Field waves drive the motion of subatomic particles, and all the motion of all the particles of the universe in turn generate the Zero Point Field—a sort of self-generating feedback loop across the cosmos. It is a kind of self-regenerating grand ground state of the universe, which constantly refreshes itself and remains a constant unless disturbed in some way. It also means that we and all the matter of the universe are literally connected to the furthest reaches of the cosmos through the Zero Point Field waves of the grandest dimensions.

**ZPF: A Mirror Image and Record of Everything That Ever Was.** One of the most important aspects of waves is that they are encoders and carriers of information. When two waves are in phase and overlap each other – technically called 'interference' – the combined amplitude of the waves is greater than that of the individual amplitudes. The signal gets stronger. This amounts to an imprinting or exchange of information, called 'constructive interference.' If one is peaking when the other is troughing, they tend to cancel each other out – a process called 'destructive interference.' Once they've collided, each wave contains information, in the form of energy coding, about the other, including all the other information it contains. Interference patterns amount to a constant accumulation of information, and waves have a virtually infinite capacity for storage.

As all subatomic matter in the world is interacting constantly with this ambient ground-state energy field, the subatomic waves of the ZPF are constantly imprinting a record of the shape of everything. As the harbinger and imprinter of all wavelengths and all frequencies, the ZPF is a kind of shadow of the universe for all time, a mirror image and record of everything that ever was. In a sense, the vacuum is the beginning and the end of everything in the universe.

**QUANTUM ENTITIES: MASS IS AN ILLUSION!** The perspective of recognizing the dynamics of wave-particle fluctuation interactions with the ZPF provides a more refined clarification of Einstein's famous formula  $E = mc^2$ . The equation has always implied that energy (one distinct physical entity in the universe) turns into mass (another distinct physical entity). From the ZPF perspective, we now discover that the relationship of mass to energy was more a statement about the energy of quarks and electrons in what we call matter caused by interaction with the Zero Point Field fluctuations. In the language of quantum physics, matter is not a fundamental property of physics. The Einstein equation was simply a recipe for the amount of energy necessary to create the appearance of mass. It means that there aren't two fundamental physical entities – something material and another immaterial – but only one: energy. Everything in your world, anything you hold in your hand, no matter how dense, how heavy, how large, on its most fundamental level boils down to a collection of electric charges interacting with a background sea of electromagnetic and other energetic fields—a kind of electromagnetic drag force. Mass is not equivalent to energy; mass *is* energy. Or, even more fundamentally, there is no mass. There is only charge.

The property of inertia possessed by all objects in the physical universe is simply resistance to being accelerated through the Zero Point Field. Inertia is what is termed a Lorentz force – a force that slows particles moving through a magnetic field. In this instance, the magnetic field is a component of the Zero Point Field, reacting with the charged subatomic particles. The larger the object, the more particles it contains and the more it is held stationary by the field.

What this is basically saying is that the corporeal stuff we call matter and to which all physicists since Newton have attributed an innate mass is an illusion. All that was happening was that this background sea of energy was opposing acceleration by gripping on to the subatomic particles whenever you

pushed on an object. *Mass* is a 'bookkeeping device, a 'temporary place holder' for a more general quantum vacuum reaction effect.

What gives an object mass (or inertia) so that it requires an effort to start it moving, and exactly the same effort to restore it to its original state is the fact that so-called empty space is actually a cauldron of seething energies—the Zero Point Field. The implication is that both inertia and gravitation are electromagnetic phenomena resulting from interaction with this field.

**FOOD FOR THOUGHT:** If the Zero Point Field has imprinted everything that ever happened in the world through wave interference encoding. This kind of information might account for coherent particle and field structures. There might also be an ascending ladder of other possible information structures, perhaps coherent fields around living organisms. Maybe this acts as a non-biochemical 'memory' in the universe. It might even be possible to organize these fluctuations somehow through an act of will. The Zero Point Field represents nothing less than a unifying concept of the universe, which shows that everything is in some sort of connection and balance with the rest of the cosmos. The universe's very currency might be learned information, as imprinted upon this fluid, mutable field of information. The ZPF demonstrates that the real currency of the universe – the very reason for its stability – is an *exchange* of energy. If we were all connected through the ZPF, then it just might be possible to tap into this vast reservoir of energy information and extract information from it. With such a vast energy bank to be harnessed, virtually anything could be possible—that is, *if human beings had some sort of quantum structure allowing them access to it*. But there is the stumbling block. *That would require that our bodies operated according to the laws of the quantum world.*

[The preceding information relating to the Zero Point Field was gleaned from **THE FIELD, The Quest for the Secret Force of the Universe, from Chapter Two 'The Sea of Light' by [redacted] investigative journalist and author Lynne McTaggart ; HarperCollins Publishers, Great Britain 2001 and the U.S. edition in 2002; first Quill edition published 2003.**]

**GOOD NEWS!** That is what the Tao and goal the Universal Tao System of practices is all about: attuning ourselves to our more subtle 'quantum structure' within in order to function in accordance with our innate capacities in the interpenetrating quantum world that we are already a part of. It is a process of returning to our subtle nature as we connect our awareness and consciousness with our chi, the 'primordial force,' and the **Wu Chi** - referring to this subatomic quantum realm with Taoist terms. Darkroom Retreat meditation practices are conducted yearly in February at Tao Garden. They provide an ambience for dips in the '**Quantum Sea of Light**' in the mother lode of darkness by awakening our inner vision capacities and opening ourselves to the interconnectedness with the universe(s) accessed within.

**EXAMPLE OF TAOIST INSIGHT AND EXPERIENCE:** "Change is constant in nature. ... [Reference to the changing states of water] ... In the same way, death is a mere transformation, not an end. We need not be terrified of it. In fact, our sentimental emotions are totally irrelevant."

"So you see," added Crystal Spring, "that Chuang Tzu is throwing us a diversion. ... [He dreamed he was a butterfly.] ... He is neither Chuang Tzu nor the butterfly. He is both at once. What is important is not to be deceived by the dualistic question of whether he was one or the other, but to realize that there is some underlying essence beneath it all."

"Do not fear the sensations you feel during meditation," concluded Slender Gourd. "Let all phenomena come and go. Even death is a part of such illusion. Don't identify with phenomena, but instead look deeply into the Tao and its source. Forget the illusion of a separate existence. Cast off this imaginary limitation that separates you from the Way. Let your finiteness merge with the infinite. Far from becoming diminished, you will become infinite yourself. When you have this perception, you will then know the true secret of the sages: The mind of one who returns to the Source becomes the Source."

[**CHRONICLES OF TAO, The Secret Life of a Taoist Master, page 304, by Deng Ming -Dao; HarperSanFrancisco, A Division of HarperCollins Publishers; first HarperCollins Paperback Edition published in 1993**]