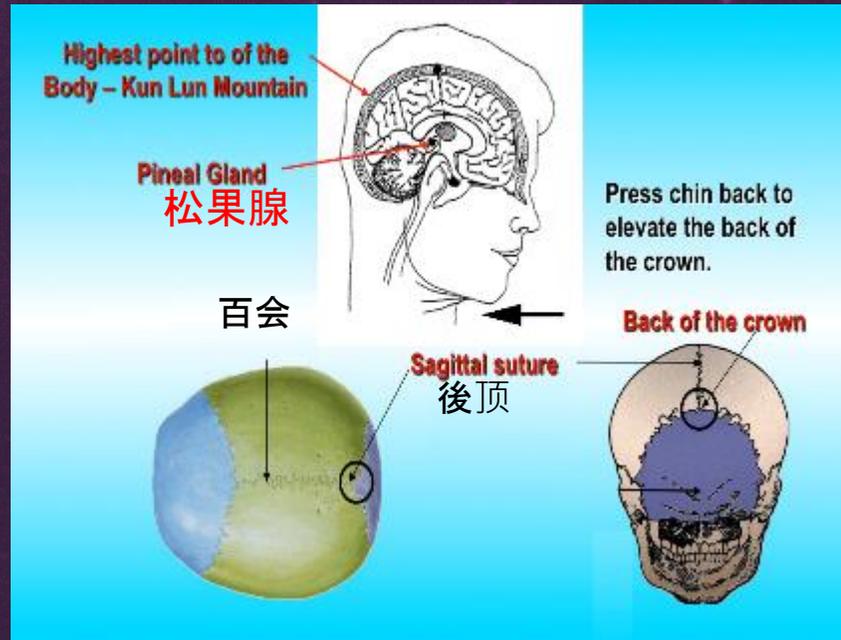
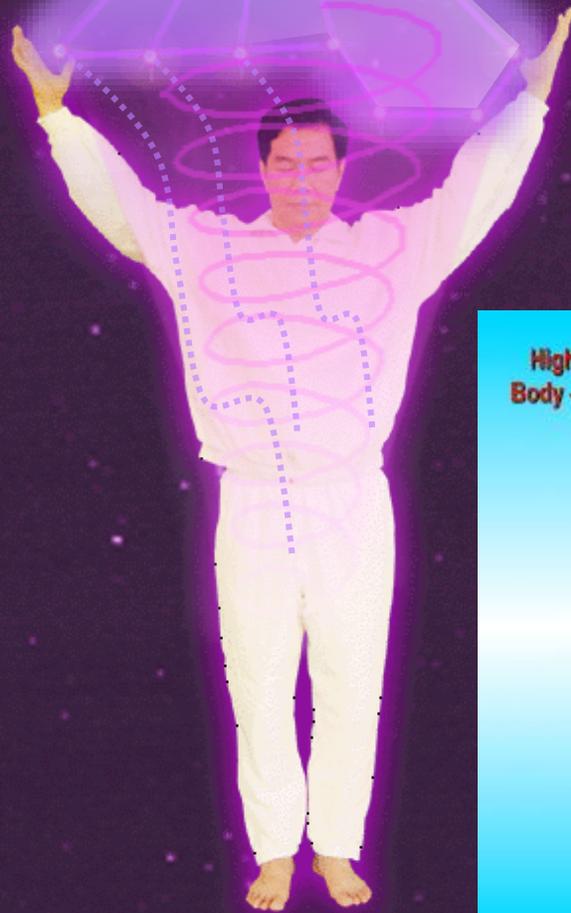


Connect with the North Star to receive the Violet Light.

连接北斗七星接受紫气

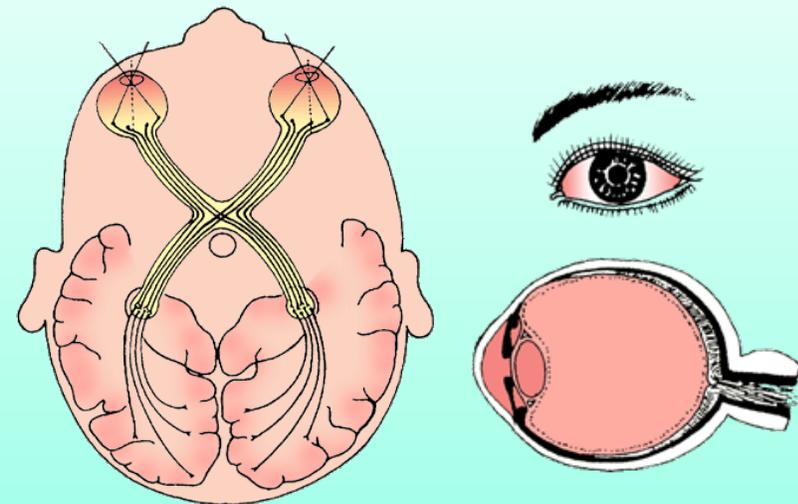


When the Normal Breath Stops the Embryonic Breathing, True Breath Begins

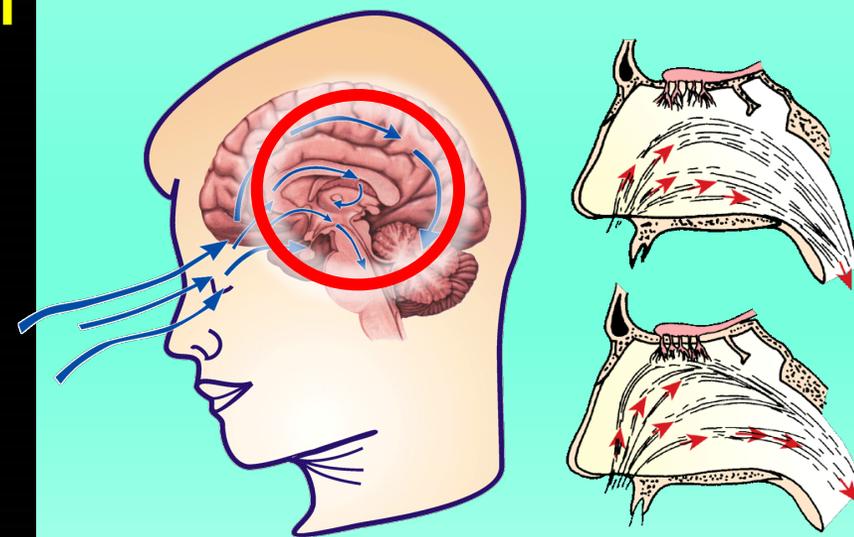


Use Soft and Gentle Suction Breath to guide the True Breath

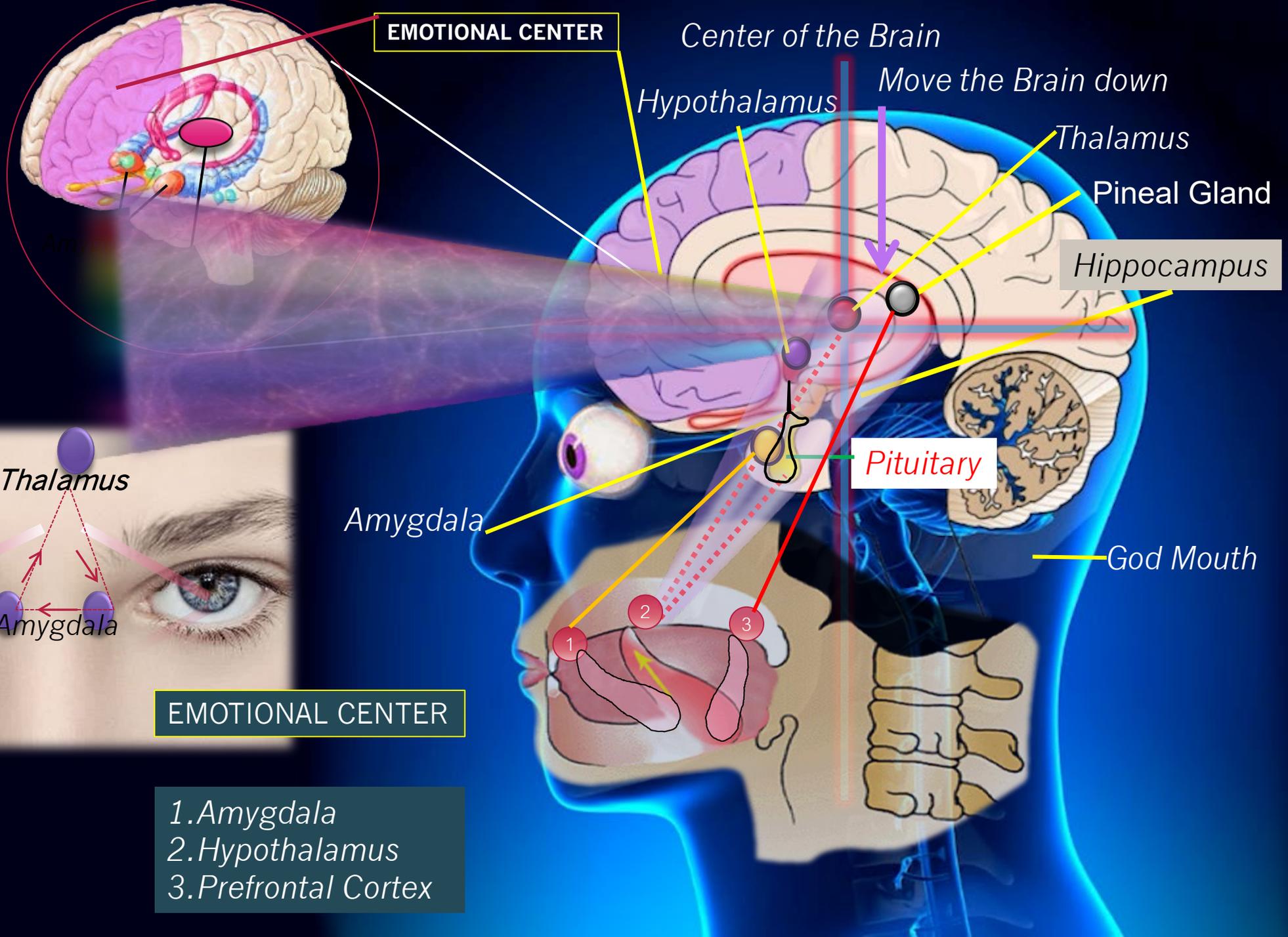
The Wisdom Breath



Breath Violet Light Into the Brain



Upper Tan Tien



EMOTIONAL CENTER

Center of the Brain

Hypothalamus

Move the Brain down

Thalamus

Pineal Gland

Hippocampus

Pituitary

Amygdala

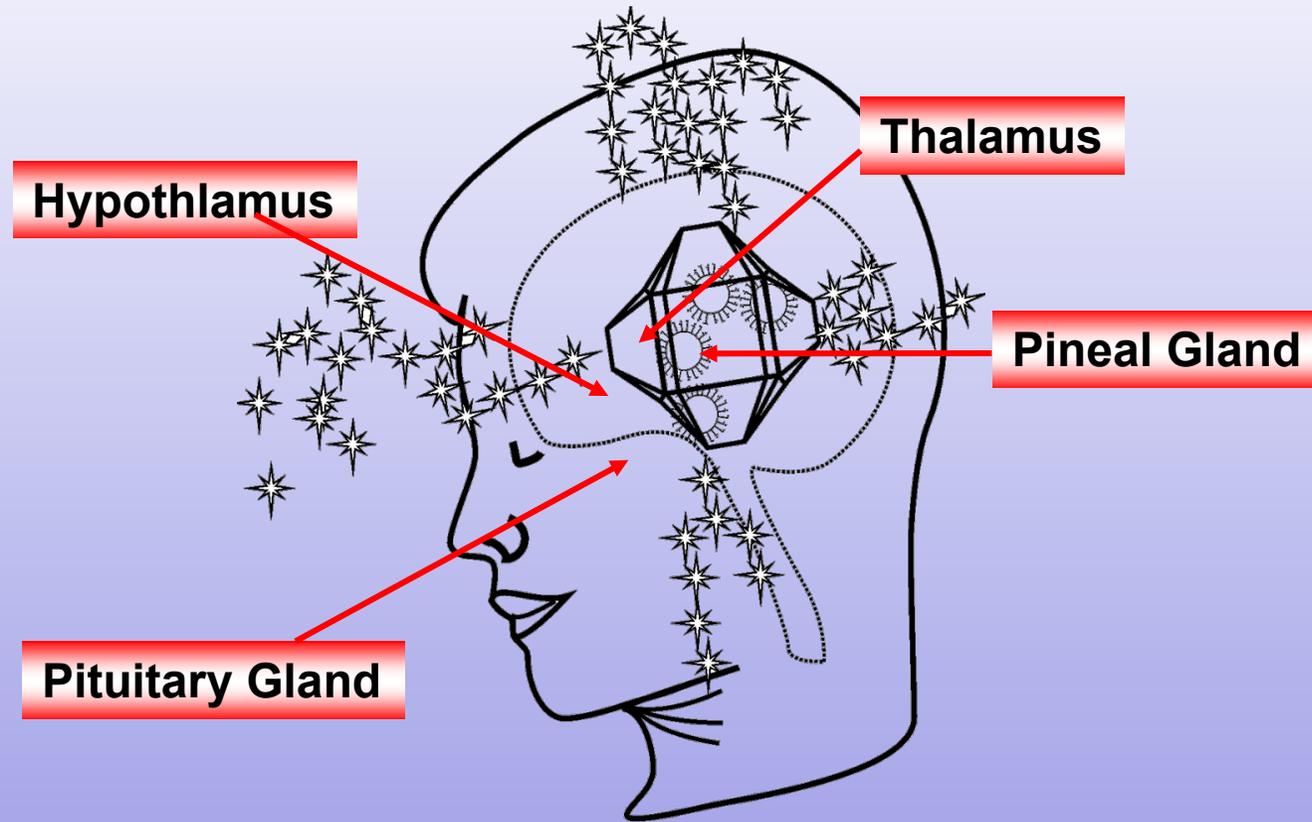
God Mouth

Thalamus

Amygdala

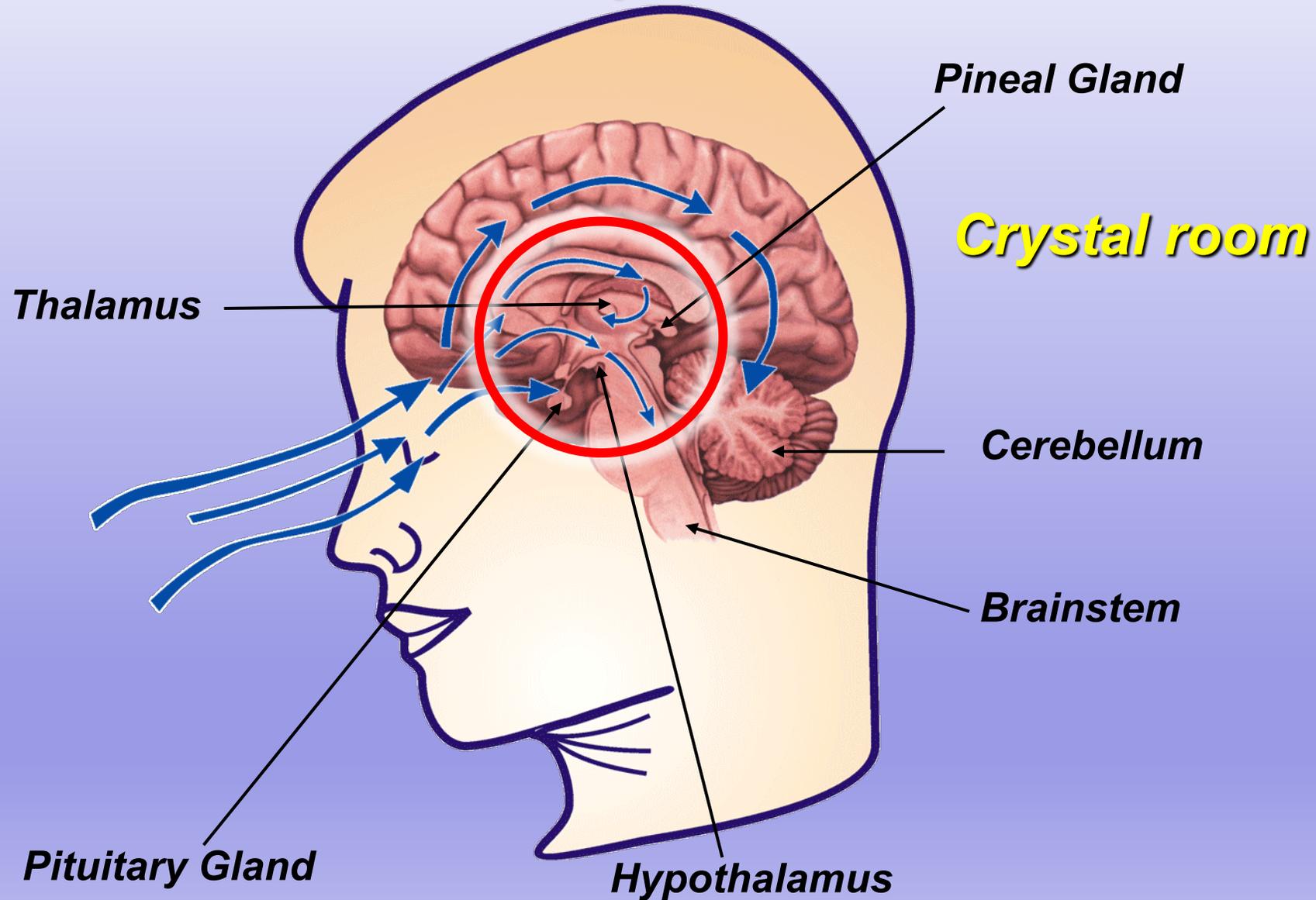
EMOTIONAL CENTER

- 1. Amygdala
- 2. Hypothalamus
- 3. Prefrontal Cortex

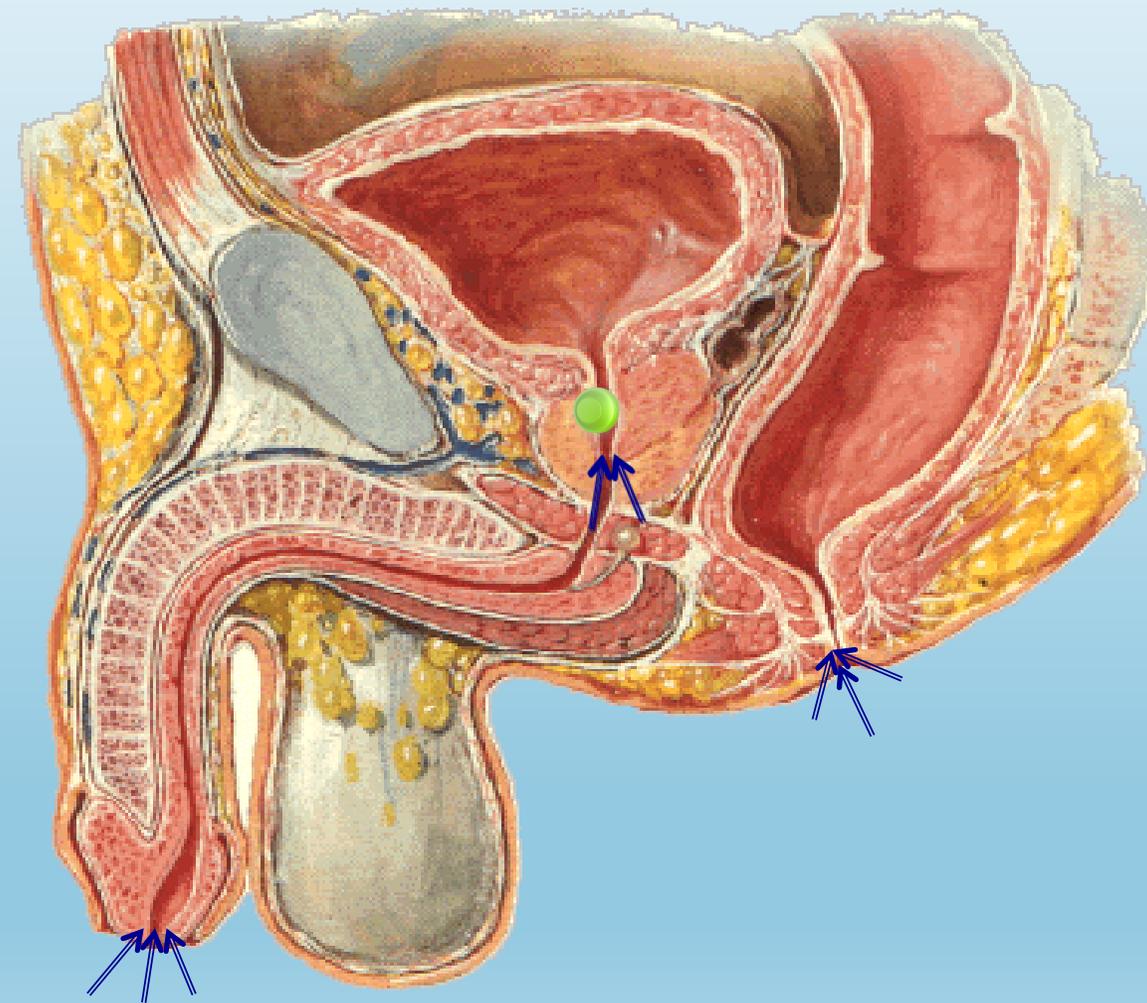
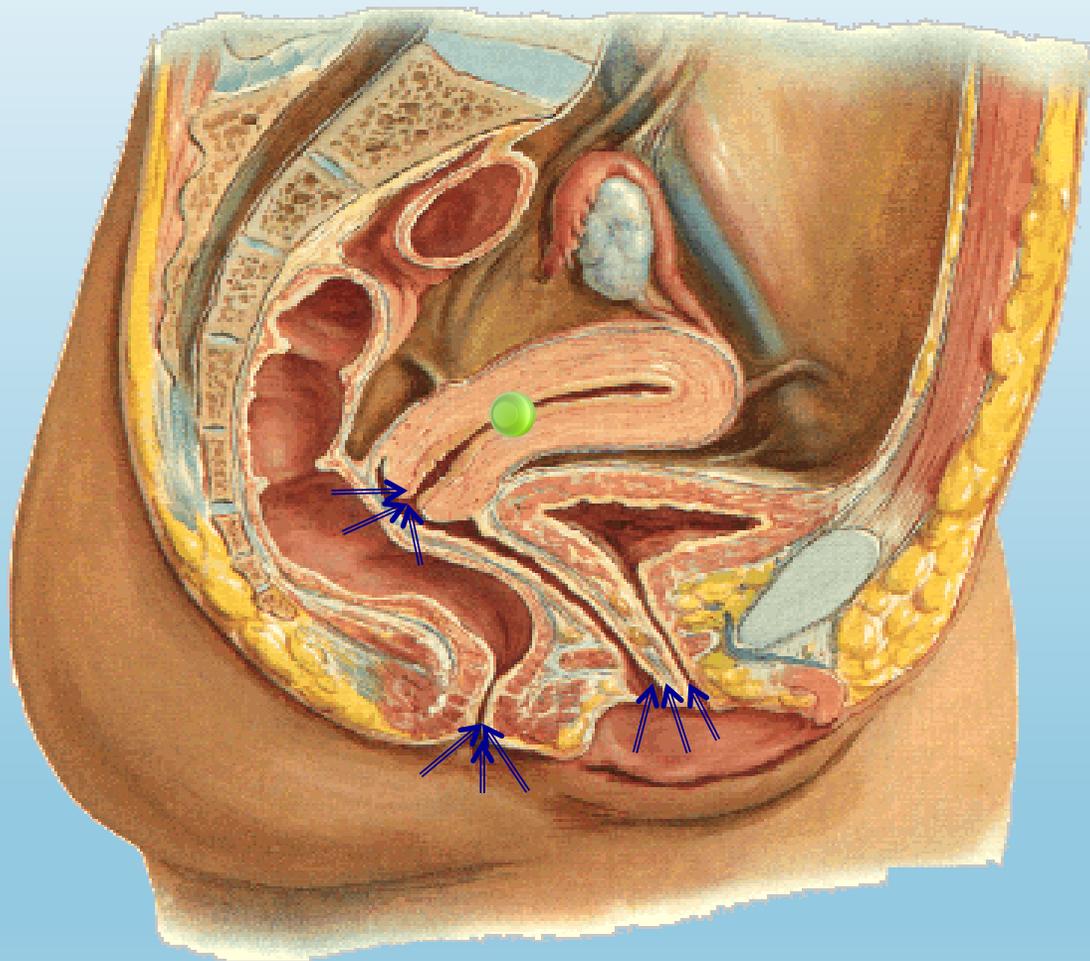


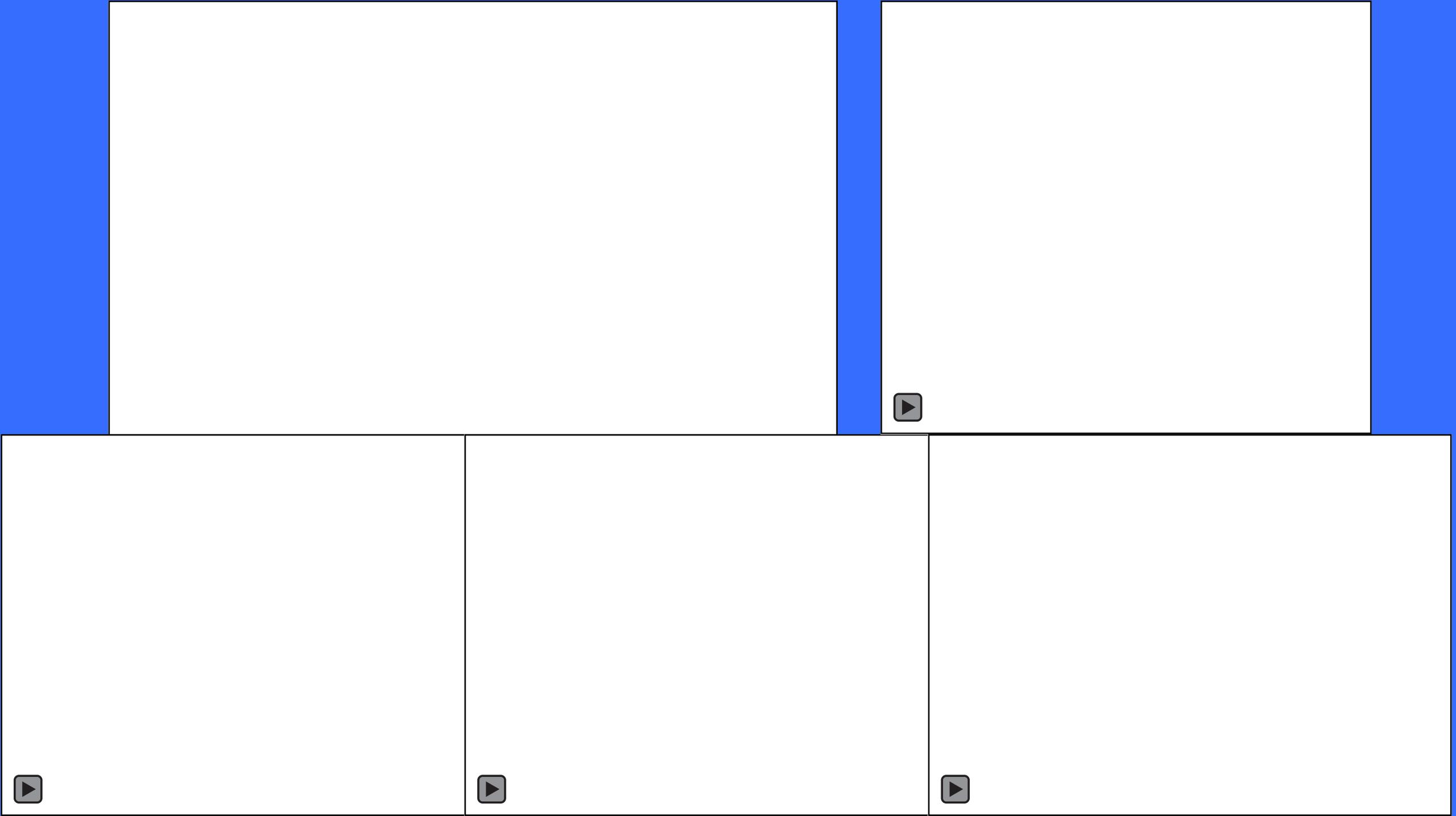
the Crystal Palace, actualizing their higher powers and providing a “way back” to the Original Source (Figure: Crystal Palace). When the Crystal Palace is open, it becomes illuminated like millions of shining crystals. It can give and receive light and awaken our inner knowledge and deepest potentials. It receives light and knowledge from the universe and reflects it to the various organs and glands to enhance them.

The Inner Breath Smiling & breath into your Brain, hold and spirals in the brain

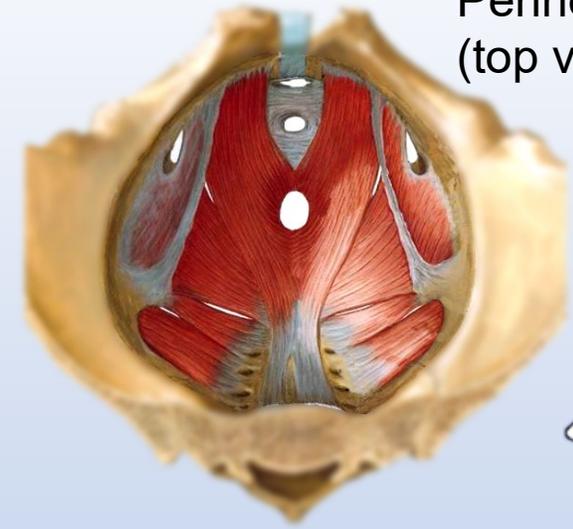


CLOSING THE THREE YIN GATES





Perineum
(top view)

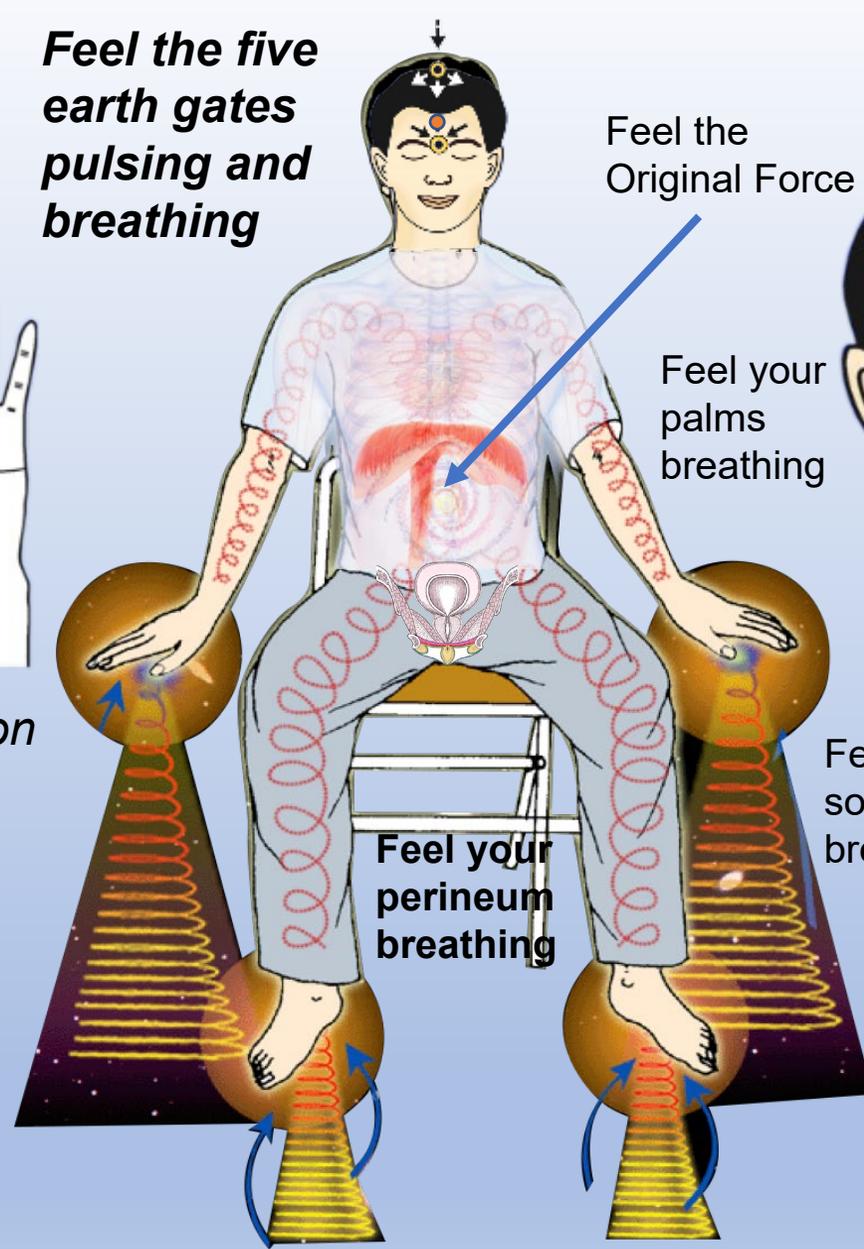


**Feel the five
earth gates
pulsing and
breathing**



Palm suction

Feel the
Original Force



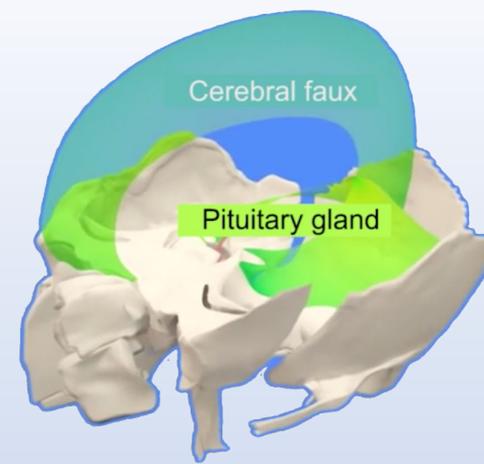
Feel your
palms
breathing

Feel your
perineum
breathing

Feel your
soles
breathing

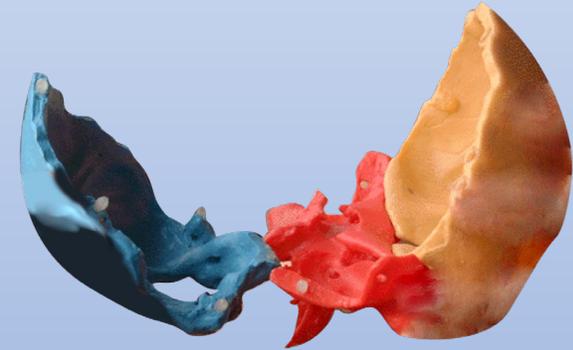
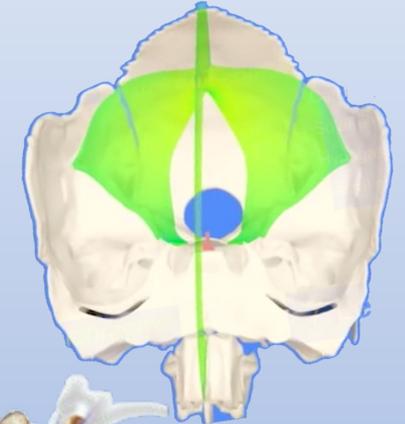


*Mid-eyebrow
suction*



Cerebral fauces

Pituitary gland

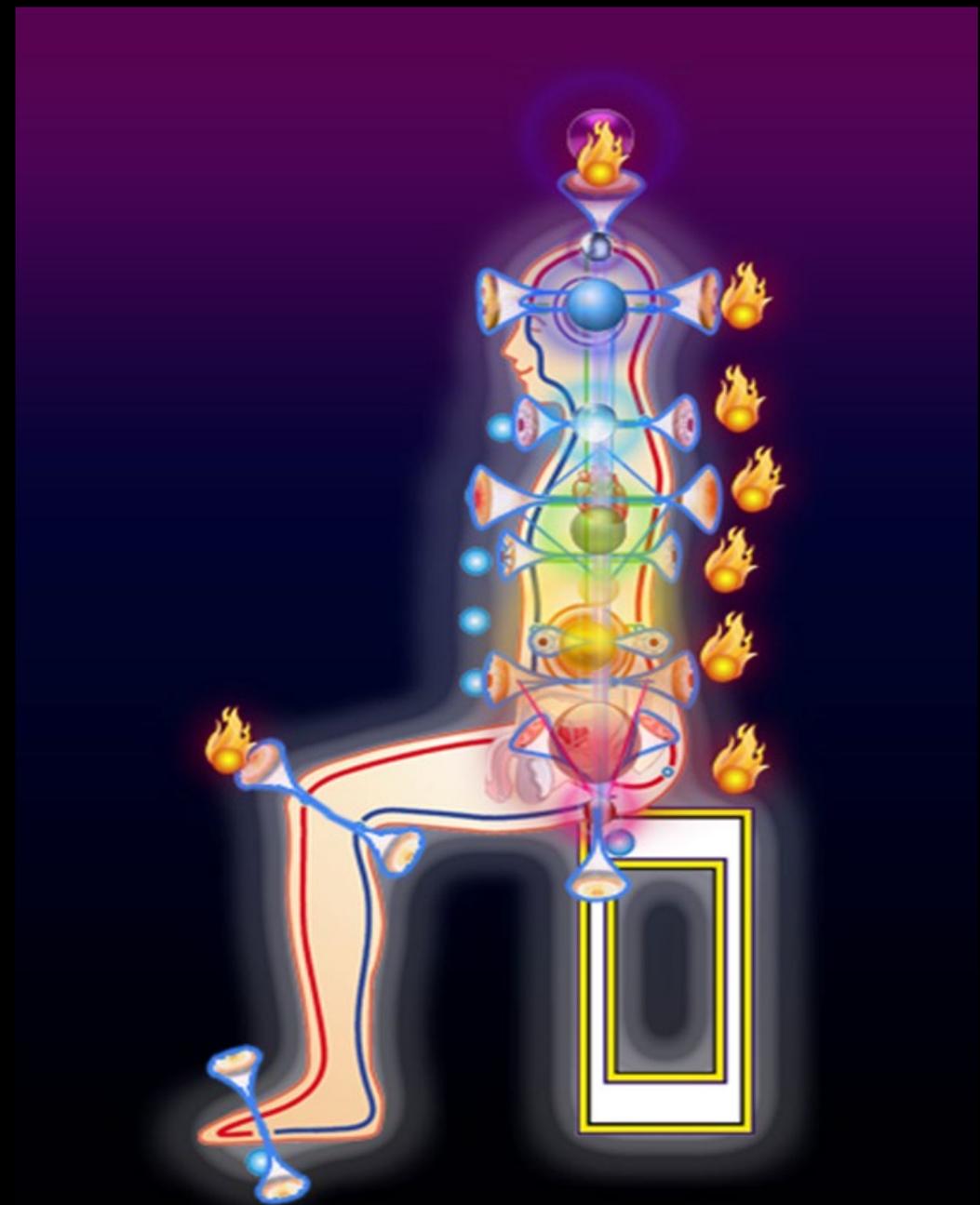
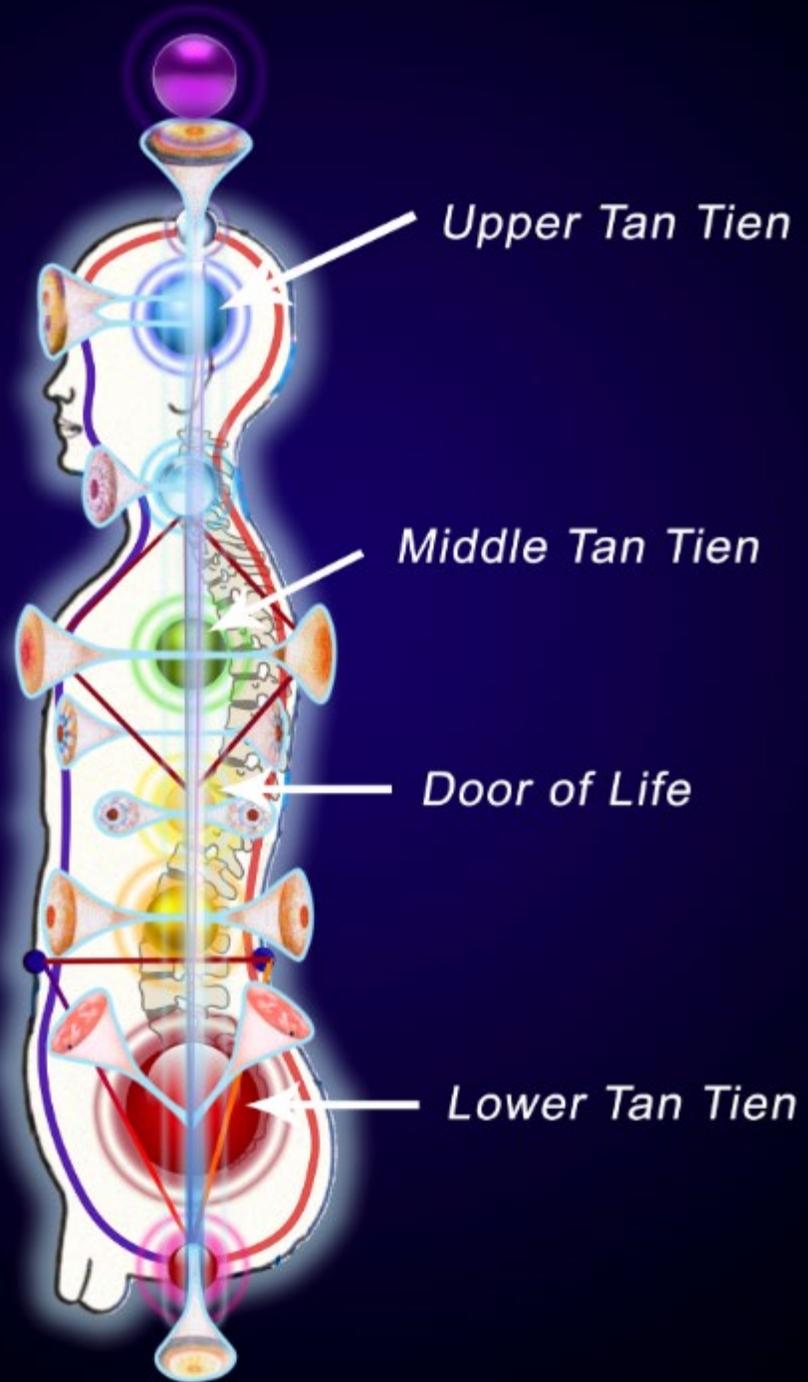


Sole of foot suction

**Suctions in Mid-eyebrow, Crown,
Palms, Sacrum and Soles of the Feet**



*Eight holes of the
Sacrum suction*



Focus Blue at tips of the finger & channel a blue light to the center of the finger. This will generate a push force at the finger.

Strong Red Light

Magnetic Tan Tian

Level III

Level II

Medium strength red light

Level I

Weak red light

Mid eye brow

Level III

Level I

Level II

Weak blue light

Push Force

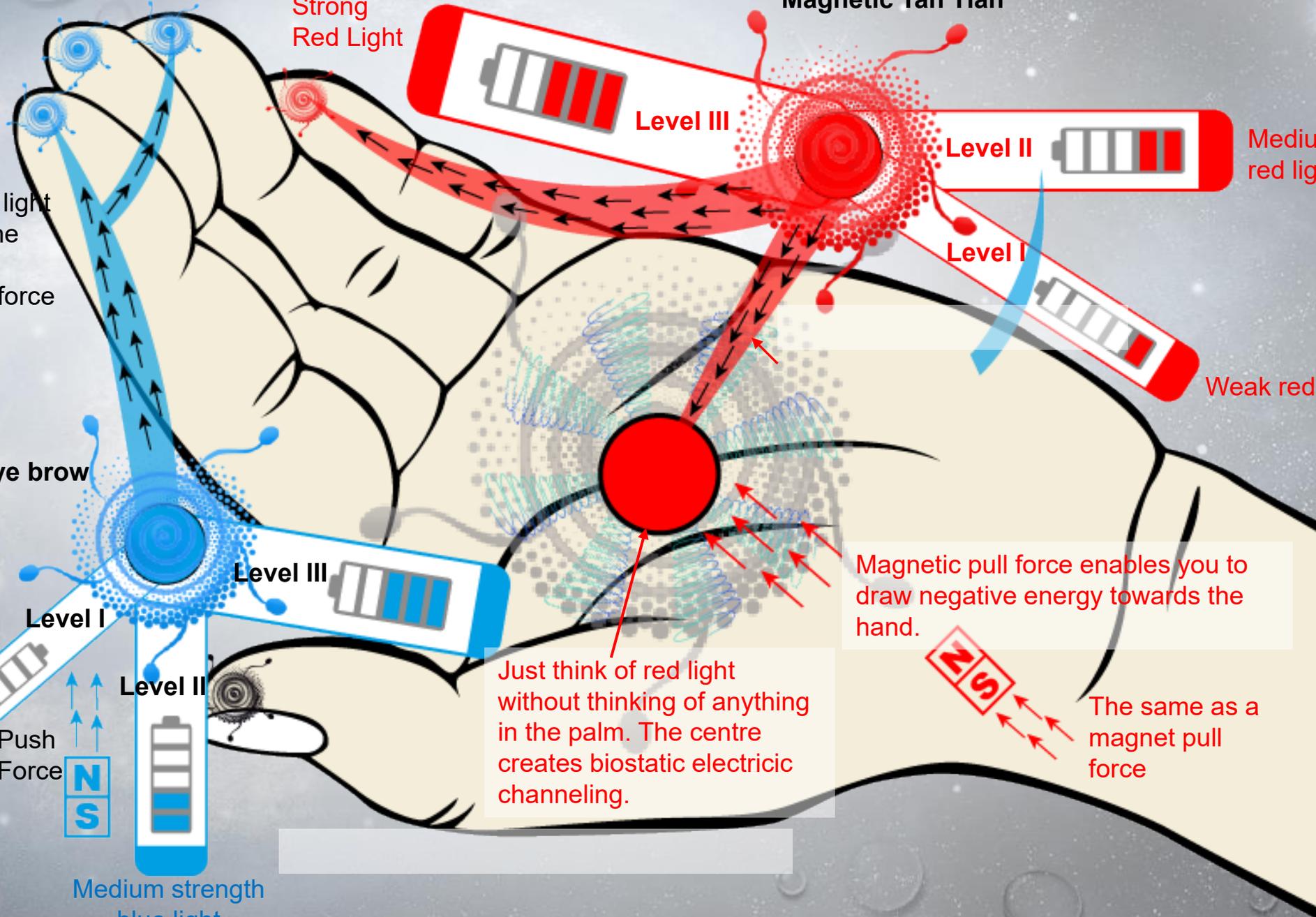


Medium strength blue light

Magnetic pull force enables you to draw negative energy towards the hand.

Just think of red light without thinking of anything in the palm. The centre creates biostatic electric channeling.

The same as a magnet pull force



Activate the Tan Tien Fire

Fire in the Front Direction

Be aware of the front direction: see a huge fireball in front of you. Open your palms, scoop up the chi, scoop up the fire. Bring the fire into your Tan Tien. Activate the Tan Tien Fire.



Pulling the Universal Force



***Keep smiling to
your Tan Tien***

Open the Third Eye



Move your hands down to the mid-forehead. Use the fingers like the Chi hook feel the crack in the center of the third eye open. The heavens open and the light shines into the brain and reflects down to the organs.





3. Move your hands down and touch the mid-eyebrow. Feel your fingers grow very long energetically and penetrate all the way back to the base of the skull. Focus on the back. Touch the mid-eyebrow. We are going to open the three tan tiens, starting with the upper tan tien.