

The Taoist Alchemy of Wang Liping by Nathan Brine vol. 1 and Vol. 2 notes

Terms you will hear:

Yinian 意念 – awareness; intention (Nian 念 – passive field of awareness; consciousness. *Yin*) .and (Yi 意 – awareness with direction and movement; intention. *Yang*.)

Shényì 神意 – spirit and intention together, often used in higher level alchemy techniques

Youwei 有為 – the intentional doing of something to reach a goal.

Wuwei 無為 allowing things and processes to happen of their own accord. The opposite of youwei 有為.

Xiǎofù 小腹 – lower abdominal cavity (below the belly button); inside is known as the lower space 下空

Xiàtián/xiàntián 下田 – the Lower Field, commonly referred to as the lower dantian. An important energy centre, a main focal point of practice.

Main course: Intro to Taoist Neigong

- 1. Inner seeing *nei shi* 內視:** Yinnian or awareness or attention using the minds eyes as an x-ray that scans the body, most will scan for tension to be relaxed. End: Inner seeing meditation practice along audio.
- 2. Natural breathing *Ziran huxi* 自然呼吸:** when he says natural breathing that will be wuwei breathing: unintentional. There will be Youwei: where we will use intent (yi) to focus on the breathing, but not in natural breathing category. Natural breathing will be fine (delicate, soft, cannot hear, controlled), Even (smooth, consistent, not stopping or starting), and Long (to the extent to the length of our inhale and exhale). End: Natural breathing follow-along audio.
- 3. Nose breathing:** some focus will be placed on the nose as you will use it as a reference for watching breath go into and out of the nose. End: Nose breathing audio meditation follow-along.

Part 2: **Here is where we did some combo of the method:* Sitting with inner seeing and natural breathing with focus at observing the natural breathing at the nose.

- 4. Pore breathing** Personal Universe Breathing (*zishen yuzhou huxi*)
Maokong huxi 毛孔呼吸: Inhale: pores close and contract. Exhale: pores open and expand. stabilize the furnace physical body (*anlu*). Pore breathing energetically seals the body (*xiu bulou*) and builds foundation (*zhuji*).
6 aspects of pore breathing:
 1. Focus: concentrate your *yinian* (intention/awareness) on the body pores
 2. Breath: breathe in, contract body pores inwards; breathe out, expand body pores outwards

3. Move: let your body subtly move with your breath
 4. Suck: encourage a subtle body pore sucking and releasing sensation
 5. Squeeze: contract and expand the physical body a few times in a pore breathing session.
 6. Split: intention on pores, awareness in space around body, anchor point in the body
5. **Body Squeeze:** after pore breathing for a length of time, body squeeze is applied. Contract and tighten inner body with inhale, and Expand and relax with the exhale. Contract everything, but always end with being relaxed and a feeling of openness. End: guided meditation audio.
 6. **Inner hearing Nei ting 內聽** : practice listening to your heart beat during practice. If you are unable to hear your heart beating, it will be much harder to hear your dan tien when it activates.
 7. **Xiao fu (Xiǎofù 小腹)breathing:** lower abdominal breathing: this space is “dantien area” much larger than real dan tien field aka Xintian. Here is where breathing will be at the Naval and down into lower body cavity. Reverse breathing can be used as well.
End: xiaofu breathing guided audio.
 8. **Inner Breathing Neixing huxi 內行呼吸:** this method is like a mini- kan and li method and begins to open up the space past the naval and just at the level of the heart. Breathing in guide qi just past the naval (ren6), breath out and qi rises just to level of heart Ren17 and inside heart sphere. You can also guide this with palms: press down palms to level of ren6 while Inhaling. Turn palms up and guide qi to heart while exhaling. Increase this 24 times shifting to a combined reverse “xiaofu” breathing. Oral transmission: “Inhale, go past the navel, exhale, don’t go past the heart.”
End: guided meditation.
 9. **Xiatian (Xiátian 下田):** breathing: lower field/lower dan tien, is within the sphere of the Xiao fu area, but much smaller and concentrated. When activated you will know and experience, at area of ren 6. There are three lines: front line from genitals, Chong mai from hui yin up, and Taiji pole which all will be discussed later.
End: guided meditation Xiatian breathing. Then a guided meditation with xiaofu breathing, inner breathing, and xiatian breathing.

Final: Combo session of everything: 1 hour of practice:

Basically:

I: Opening: Settling into position: yinnian method of eyes: gazing out to horizon and returning to forehead at yintang. Closing eyes, relaxing whole body and heart-mind to be still, shoulders, arms, elbows, wrists, palms. Spine straight and centered, mouth closed, teeth touching, tongue on upper palate, chin slightly tucked, shen back to body, inner look at head, chest, abdomen, and 4 limbs.

Prepare: Regulate breathing to natural breathing: fine, even, long. Inhale and exhale are very even. As breathing slows down come to a place of ease. Do this as preliminary.

II. **Calm Shen 5 organs:** Nose breathing, look within “inner see” watch breath in and out of nose 9x or so. Focus yinnian on nose and center of head, gentle breathing, seal the eyes, ear, nose, mouth.

III: **Pore Breathing with some body squeezes:** Begin pore breathing with nose 9x or so, add the body squeeze method 3x or so.

IV: **Inner breathing** guiding pores to seal body parts Xiu wulou 修無漏, use inner hearing to listen to heart beat.

V: **Natural breathing**, empty body, yinnian to nose again. Regulate gently nose breathing: fine gentle, long, even breathing. Increase into fire phase Hǔohòu 火候 – Fire Phasing : martial phase Wǔhuǒ 武火 at the nose. Guiding to inner breathing, **“breathe in qi goes past navel and xintian contracts, breathe out qi doesn’t pass the heart and xiaofu expands” 9x or so.**

VI: **Xiaofu breathing** Reverse breathing: contracts and expands with breath 9x or so. Add: squeeze anus and genitals on inhale contract, release on exhale and expand xiaofu several times.

VII. **Xiatian Activation:** Xiatian field breathing, find the space/spot in dan tien, breathe and active dan tien 9x or so using nose breathing: expand xiatian on exhale, contract on inhale.

VIII: Xiatian breathing with inner breathing: inside the xiatian. Allow that space to move and breathe in xiatian. Only space to be in at this time.

IX: **Silent Still sitting:** Then: “inside meditation” go into silent meditation for 15 minutes “wu wei”. Stay focused within, lower field Xiatian. Silent and still sitting.

X: **Closing** Bring shen back to body, relaxing whole body and heart-mind to be still, shoulders, arms, elbows, wrists, palms. Spine straight and centered, mouth closed, teeth touching, tongue on upper palate, chin slightly tucked, shen back to body, inner look at head, chest, abdomen, and 4 limbs, meditation with alternating pore breathing and squeeze body method 9 times or so: **Sanhuo huxi 散伙呼吸** “Disperse breathing: Breathe in: body pores contract , breathe out: body pores expand. Repeat several times.
Regulate breathing to natural breathing: fine, even, long. Inhale and exhale are very even. As breathing slows down come to a place of ease. Do this as preliminary. Come out of the

return to natural breathing (fine, eve, long) and relaxing whole body, maintain stability and stillness as your breathing returns to normal.

XI: End with rubbing hands and face.

Part II Nathan Brine Neigong of Wang Liping: Taoist Alchemy Level 1a

1. Entering the gate: Taoist alchemy is energetic transformation. Neidan: the inner elixir/cinnabar as a tool to return to the TAO.

We are trying to achieve neidan and Tao.

Neidan empowers the 5 arts: Destiny, discerning appearances, divination, mountain (various arts), and medicine.

Ming gong: life skill, life force practice. Lot of pore breathing and xiaofu breathing will be done here.

2. **Furnace and cauldron ān lú shè dǐng 安爐設鼎**: holding the ingredients. Furnace is the heat, the body is the cauldron. Work in lower abdomen, the lower field, you should feel a shift in xiatian.

Here is where health and energy should be very good. Jing and Qi circulate and distribute evenly in the body. Meditation will be like: 1 hour: Opening, prep phase, furnace and cauldron practice, silent sitting, closing.

3. **Kan and Li**: zhong tien or middle field“Li” is the fire and yang. Xiantian or lower field of water and yin. This is a yin and yang practice, not a core practice but the body pore breathing and Inner breathing have been aspects of kan and li all along. Head pore breathing will be introduced to seal the 7 orifices. Houxi “fire breath” and wu xi “martial breath” will be used. Hands will be allowed to guide the yi to xiao fu/xiatian and up to heart. It will be important to stay focused with no random thoughts in this stage. Be still as possible. Feel for where the yinian goes...is it blocked, does it jump ahead? Notice by move on. Use inner seeing and inner hearing to help. Meditation: open, prep, furnace and cauldron, calm 5 of 5 sense organs, kan and li breathing, silent sit, close.

4. **5 phase organ practice**: transforms jing to qi. Part of the lesser reverted elixir. Jing from the organs go into dan tien to be converted from jing to qi. Cosmic orbits: micro and macro. The Maoyou orbit Maoyou zhoutian 卯酉周天 – the Maoyou Cosmic Orbit. The energy circuit through our internal organs: bladder to liver, liver to heart, heart to stomach/spleen, ST/SP to lungs, lungs to kidneys, kidneys to bladder. Understand the nature of the elements: fire goes up, earth circulates and contains, metal contracts, water goes down, and wood expands.

This is a ming gong ‘life force’ practice Minggong 命功 – Life Force Practice. Hands and laogong points will pull and press at organ and rotating (not touching, just in front) . this is qi guiding type of motions. The practice/meditation: body pore breathing, nose breathing,

kan and li, xiatian, then go into the 5 phases. This practice can be done standing in zhang zhuan. Rotate hands and lower dan tien and xiatian, pull breath in, hand over hand (not touching) and make rotations then:

(Each organ should be done for a few minutes) Bladder: rotate hands at the bladder, pulling and pressing, move to liver: rotate hands at liver, pulling and pressing, move hands to heart: rotate at heart, pull and press, move hands down to spleen/Stomach: rotate, pull and pressing, move hands to Lungs: circling shoulders, rotate hands at lungs, rotate, pull and press, move hands to kidneys behind back: rotate, pull and press, bring hands back to front at xiatian, rotate, pull and press at the xiatian to close.

5. **Single organ practice:** here you may want to focus on just one organ, but you will finish with all 5. You use yinian with palms

ST/SP: yinian: start at mouth, guide qi down esophagus down to ST/SP move and guide the qi around ST/SP rotate, pull and press, then continue down the duodenum, to small intestines, spend some time rotations, pull and press at small intestines 8 times, travel to large intestines (ascending, transverse, descending) to colon, press down.

Lungs: yinian start at nose down to throat to breast bone- separate at bronchial tubes to hands covering over the lungs, circles: in to out, and out to in, squeeze and pull. Pull with body slightly going back, press, body goes slightly in. Finish bringing hands down to knees (if sitting).

Liver and Gall bladder: circle around the liver, rotate, pull and press with the qi. GB: squeeze. Close detox: yinian to duodenum down to small intestines, 8 times rotate, pull and press, follow large intestines, to colon, press down.

Kidneys: yinian, arms behind the back, rotate, pull and press at the kidneys, bring the hands to the front of pubic bone, hands rotate at bladder- pull and press. Close: bring qi to xiatian and breath with hands in front of xiatian. Breath in and pull (hands move away), breath out (hands come in), rotate. Repeat 2x whole thing.

Heart: hands over the heart: rotate, pull and press, palms upward, turn palms downward, exhale down front centerline, down the aorta into the two legs. Breathe in come up the legs back to the heart, hands come up the centerline, through the lungs, arms open up and laterally, exhale to fingertips. Inhale bring the hands back to the heart, rotate, pull and press. Close practice.

6. **Celestial Eye practice Tianmu 天目 – Celestial Eye:** this is entering Xinggong, upper dantien in the head. Shenguan (spirit and light) type of practices and Shen, Qi, and Jing. Here we need to attain benchmarks if you are ready for this. 1.) are you consistently inside the body or are you wandering outside? Is the yinian inside the body. 2) are you feeling the vibration of jing in xiatian and/or organs. You should have no random thoughts and are staying inside the body.

Transmission of practice: 10 levels with 3 or 4 methods. Ming gong 'life force' practices and Xinggong (finding true nature, eternal nature), find and balance between the two. This is where we working with shíshén 識神 spirit of recognition to transform to our yúanshén 元神 original spirit.

Instruction: Eyes look up at yintang between eyebrows, celestial eye is the acupoints, nose breathing at yintang, inhale light to the shen point (center of head) through the heart, down to konggong (palace of earth, Kūngōng 坤宮 – Palace of Kun (Earth); Another of the many terms for the xiatian (lower dantian)) with xiaofu and xiatian breathing. Use inner see and inner hearing to xiatian.

Sample session: open, prep, calm shen 5 organs, kan and li breathing, 5 organ practice, celestial eye, xiatian activate, silent sit, close.

7. **Silent 5 phases:** using the shen to lead the qi. Not using the hands. Jing is cleaning out the turbid qi. Baseline: feel presence of organs. Jing qi is level 1. Shen qi is level 2. Here we will have a little taste of Shen qi with this practice. Shen yi, is level three. Shen at beginning can be polluted; it will not have the crisp clear power. Muyu 沐浴 bathing and cleansing. An important stage in forming the Elixir and the Embryo. You won't progress with this "polluted" condition.

Yinian and qi must anchor the shen. In prior we used the hands to move qi, this was external to lead internal. Now we use shen to lead qi. We will use a lot of inner see and inner hearing. Inner breathing as main: subtle inhale and exhale to expand and contract organs. We will go through the cycle: BL- to Liv.- to HT- to ST/Sp- to LU- to KD- back to BL- then xiatian- genitals ups xiao fu and xintian area yinian and ru yao. Ruyao 入藥 – depositing the Alchemical Ingredients into the cauldron.

Practice: open, prep, calm shen 5 organs, kan and li, 5 phase organ practice 2x, xiantian activate, silent sit, close.

8. **Lesser reverted Elixir:** *forming the elixir jindan 金丹.*

This process will take days, weeks, and months to generate the elixir. It is even difficult to obtain with an online course. One on one with a teacher will greatly improve, going on retreat, lifestyle changes, and commitment will be required. Do not hold onto the elixir, revert it back to the body where it needs to go. "form it and revert it".

Jing from organs to xiatian, allowing for Mu Yao: "medicine into the cauldron". Forming the elixir makes you more sensitive to the world and people. Wu wei will be a big part as the pre-heaven energy has its own intelligence, allow the elixir to do its own thing. It may want to go through the 5 organ path, or microcosmic orbit or to a specific organ or to injury. In neidan, the microcosmic orbit is the front centerline, in martial arts macrocosmic orbit goes to the limbs and 8 extraordinary channels. Sōng 鬆 and fàngsōng 放鬆 will be repeated when emptying the torso.

Method: Open, prep, calm shen of 5 organs, Kan and Li breathing, silent run of 5 phases, celestial eye practice, Xiantian activation, silent sit, closing.

- i. Xiaofu breathing, xiantian breathing, finding stillness in xiatian, emptying torso, yinian is anchored in the xiatian. Use of Scholars breath: Wénhuǒ 文火 – Civil Fire; gentle fire phasing

9. Supplementary practice: Taoist walking.

Taoist walking is used to exchange qi with the natural environment. Actually, in Chinese it is called the Nature Qi Exchange Method 自然換氣法, we only call it Taoist walking in English.

Taoist walk is vigorous or brisk pace and you look into the distance towards horizon. Arms swing by your side when you walk. Breathing is done by the steps. For example I count about 8 steps as I inhale and 8 steps as I exhale. You will need to find your own pace.

There are different ways to do Taoist walking. For the main method a session will progress through six stages. Let's look at the first stage here. The first stage involves coordinating breathing with our steps as we regulate gentle nose breathing.

Taoist Walking stage 1:

1. Look: look afar, both eyes look at a level gaze to the horizon
2. Walk: walk at a brisk pace
3. Posture: walk like a pregnant woman with belly sticking out a bit, chest open, and arms swinging at sides
4. Breathing: coordinate inhale and exhale with our steps by counting to 3, 6, 12, or 24 for each inhale and each exhale.
5. Nose: focus on the air going in and out of our nose
6. Exchange: pure qi from surrounding natural environment comes into our body with our breath, turbid qi goes out with our breath.

The Taoist Alchemy of Wang Liping vol. 2 notes.

He goes through the 12 Yinxian method that must be accomplished before really getting into neigong. These are:

1. Gather the mind and sit quietly- stillness sitting, returning to the origin. Sit cross legged.
2. Regulate the body- physical, energetic, mental. Upper and lower parts, kan and Li, stability. Relax, loosen, check postures, etc. work with pore breathing and some other methods.
3. No see , No hear- Sense withdrawal for focus, seal the leaks of the senses, the senses correspond to internal organs: eyes- liver, tongue, heart, ears, kidney, nose, lungs, mouth stomach, etc.
4. Gather seeing, Return hearing- observing the body and the state of the heart-mind. Working with the mind both with and without intention.
5. Regulate Normal Breathing- working with breathing, still the shen, remove desire, youwei, wuwei. Neixing hu xi. Lower abdominal breathing, etc.
6. Calm, Create, and Gather shen- discussion about the tongue in practice and how it assist the mind to calm down.
7. Regulate True Breath- Kan-Li , Jing-qi aspect of practice, working with the embryonic breathing and oneness.
8. Seal leakages: working with the 3 lower gates and the upper gates at the senses in relation to Hun Po, Shen, Jing, and Yi. Prevention of qi leakages at genitals, anus, perineum.
9. Inner See and Return Hearing: going to deeper level inside the body. For example the Maoyu orbit/5 organ practice. This stage qi and jing are refining to a level of pulse, vibration, an internal hum.
10. Concentrate Shen and Quietly Illuminate- working towards the state of non-conceptualization. The illuminated mind.Consolidation of Qi.
11. Listen Breath, Follow Breath- the true breath that arises after the non-conceptual state is obtained. Binding the heart-mind with the body setting the stage to be ready to start inner alchemy.
12. Nourish heart-mind, Bathe and cleanse: building the inner fire and warmth, yang qi: jing-qi-shen= emptiness.Sitting, not moving, observing within.

- ii. **Xing gong:** working with shen, hun, zhi, ling, stillness, stability, neigong lines, celestial eye, and the true self. Some encouragement of doing dark room practice.
 - 1. Celestial eye practice: opening the eye, calming the shen, concentrating the shen, turning around observation and condensing to the size of a pearl.
 - 2. Working with Ling the energetic part of our soul.
 - 3. Mapping the neigong lines: 3 barriers, 6 lines, 3 fields, and 4 surfaces. Examples are xing line, from yintang to center of brain. Ming line from ren 6 to cauldron, reflection line from bai hui to hui yin.
 - 4. Using the Celestial eye to move through the various lines. Practices are given.
 - 5. He goes through the 4 main stages of celestial eye practice to form the elixir.
 - 6. Wrapping Yang within Yin in the lower dan tien.
 - 7. Discussion of Cultivation and why we practice.
 - 8. Xinfu: reveals the Heart-mind practices like working with the sense of self, sense of feeling, sense of knowing, and sense beyond the senses. These are working with sensory light, xing light, shen light, and ling light. How we form our thoughts and thinking, form images, and come up with our final thoughts. This is about how to truly see from a neutral and clear minded perspective over our false emotional mind thinking. Coming to a better true perception and see reality clearly.
 - 9. Working with the 7 emotions and 6 desires. Transcending and understanding pleasure, anger, sorrow, overthinking, fear.
- iii. Book ends with some talks by Wang Liping and Questions and Answers by Nathan Brine.