

Now you've started to find your center and acquire the *chi* you're ready to learn the alchemical practice proper. This relies on the body's psychic structure, the anatomy of the soul, courtesy of eight so-called psychic channels or meridians, which support but otherwise work independently of the main organ-related meridians, and which conduct *ancestral chi* as a catalyst to optimize all body-mind functions.

Overall stage three in any case gives rise to *shen* or spirit – that which facilitates knowing and loving yourself, life and others while in a human body or vehicle. *Shen* moreover, is what facilitates the formation and development of intentionality, the basis of manifesting ability.

The ancient Taoists were evidently incredible people: incredible in their capacity for understanding the mechanics of reality and in finding devices for intervening in the mechanisms to elicit positive outcomes at every level.

How they arrived at their understanding is a mystery. The conventional theory is that they got there through trial and error, which certainly must have played a part, but the underlying template or reality-formula on which all their philosophy and practice was predicated is so profoundly succinct it's hard to imagine how it could have been arrived at merely through experimentation.

Indeed, myth has it they were privy to instruction from a superior race of extra-terrestrials who were 'seven feet tall', wore 'strange clothes', came from 'the high places', generally assumed to be the Pleiades about 15,000 years ago, and who knew all about the intricate and complex flows of consciousness and energy within the human body and throughout external reality, a body of knowledge they passed on to the local people, who eventually became known as Taoists.

Be that as it may, what's been passed down to this day, via the disciplines of Taoist energy medicine (acupuncture, acupressure, herbs and so on), Taoist martial arts (tai chi, xing yi, pa kua and so on, and Taoist meditation practice (what you're learning here) is as universally applicable and efficacious then as it was now.

At the pinnacle of the practice is the alchemical transmutation of energy and consciousness into pure spirit, thereby activating your 'immortal spirit body,' the vehicle that will carry your essence through to the next dimension when you eventually die, thus precluding the possibility of losing yourself during the passage; and which, in a more immediate sense, carries your essence in safety and integrity during this lifetime, thus granting you all the powers of siddhis, as they're known in yoga, of the enlightened master, including the capacity to manifest at an advanced level, along with an accentuation of all the noble human qualities, thus rendering you far more congruent with your fellows and thus able

to effect benign transformation of conditions for yourself and everyone in your orbit.

This ability has never been more important for the world, and never more important for each of us as individuals, as we hurl headlong into the next phase of human destiny.

By and by, bit by quantum bit, you'll exponentially grow into your super-self, the immortal spirit body. By and by, bit by quantum bit, your perspective will shift entirely, and with that, your life.

I know of no other system that wrings transformation so profoundly or potently, both in the short term and for the duration.

These next four steps will grant you the following:

Imagine having direct access to unlimited power, power to achieve all your goals, power to sustain through thick and thin; imagine knowing you're fully protected at all times; imagine being directly guided by universal intelligence and wisdom to your highest good; imagine being constantly connected to your highest good, hence always in the right place at the right time; imagine being able to constantly access health and wellbeing and being able to channel that to heal others; imagine being so congruent through your natural healing influence, that you are to all intents and purposes invincible and immune; imagine being imbued with an innate understanding and hence compassion for others at all times, thus able to receive all comers as if you were the Buddha.

For these are the qualities and aspects of self you're about to access and accentuate by learning and practicing lessons 1 through 4.

You've found your internal power base, you've mobilized your chi, now comes your reward, as you alchemize your chi into spirit, while bringing all your nobler qualities to the fore, thus making your life richer in every way than you'd ever imagined possible.

Practicing the inner moves in stage three, wherein you're channeling *chi* throughout the body and various prescribed orbits, linking each pass to a particular human quality in order to amplify it, you finally transmute *shen* into *wu chi* and you're in your spirit body.

The odd thing is once you arrive in it you realize you were in it all the while anyway, but simply weren't operating on a high enough frequency to realize it.

Hence though the benefits are rather spectacular in the metaphysical and physical context, the sensation is paradoxically quite ordinary. As in it's part of the order of things. Which is how it needs to be – without fanfare the master takes up his/her place of command.

When following along, do so lightly – keep your intellect and judgmental tendencies out of the loop, let go and allow the chi to flow and the techniques to do themselves.

The rest is all explained in the films.

With love, BD