

**[Note: This message is a pasted copy of message #6191 from the Healing Tao USA discussion site, of the Title, Date and Time noted. It was in reply to a post of someone having difficulties result from practicing Iron Shirt 1 packing. James McConnell is a Healing Tao Instructor, and is the teacher at Tao Atlantic in Canada.**

**The fact that James' post exists here does not imply his agreement with anything else on this website.]**

**Title - Re: Anyone doing iron shirt packing.**

**Posted by James McConnell on December 14, 1999 at 18:29:52:**

Discussion Participants

Everyone interested in a really authoritative answer to this important question about practice should read carefully [Jampa Mackenzie Stewart's message](#). Everyone who has studied with Master Chia knows that ***the packing practices in Iron Shirt have not been actively taught for quite a few years. The reason is that these practices were originally developed to be used by experienced martial artists with highly developed energy systems. If the energy channels are not already open, there will be problems.*** This is not the fault of the practice, but of the practitioner. All the instructions are in the books. Read the whole thing, not just the two pages describing the practice. That is why Master Chia spent years working out how to teach the practices and then writing it down. All these practices should be undertaken under the instruction and guidance of an experienced practitioner.

What Eric Yudelove is teaching on Tao Magic is his own system, not the Healing Tao (Mantak Chia's) system. He has said so himself in not uncertain terms. Very important not to confuse them. Certainly anyone who is having a problem with their practice is welcome to post and discuss the issue here [at the HT-

USA Discussion site]. Everyone, anytime.

- [Jampa's excellent \(and authoritative\) response](#)

**Webmaster's notes:**

● I've bold-italicized what I consider to be the pertinent part of this post, and have included the entire message purely out of faithfulness to its original form. The later part of the first paragraph I disagree with.

**[Note: This message is a pasted copy of message #6176 from the Healing Tao USA discussion site, of the Title, Date and Time noted. It was in reply to a post of someone having difficulties result from practicing Iron Shirt 1 packing. The fact that Dr. Stewart's post exists here does not imply his agreement with anything else on this website.]**

**Jampa Mackenzie Stewart, D.O.M., L.Ac., is a Senior Healing Tao Instructor, and is the founder of the Healing Tao Institute, in Austin, TX.]**

**Title - Re: Somebody please, HELP! WAKE UP PEOPLE! CHI KUNG CAN BE DANGEROUS**

**Posted by JampaMac on December 14, 1999 at 07:21:19:**

Hi, this is Jampa. Much good advice already given here. Here's my "cut to the chase" advice: 1. Have this person evaluated and treated immediately IN PERSON by a local acupuncturist/Chinese herbalist, or Medical Qigong doctor. Estimated recovery time with good care and guidance: 3 weeks. 2. Have them discontinue any packing process or chi circulation practices. 3. After first practicing at least an abbreviated Inner Smile, have him REPEATEDLY guide the energy down from the Crown and Third

Eye to the Dantian. If Functional Channel (Conception Vessel) doesn't work, have them bring it down the back via Governing Vessel to Door of Life/Ming Men, and enter the Dantian by this back door. Have him use his hands to help. If guiding the energy down the front, place the left palm over the navel, and the right palm on the crown. If guiding the chi down the back, place the left palm on the Door of Life and the right hand at the crown 4.

Raven, use your own chi to guide his stuck chi back down. Use YOUR hands as in the previous description

5. Have him practice lots of **Palm and Sole Breathing**. This VERY IMPORTANT SAFETY FEATURE of Iron Shirt Chi Kung always seems to get lost in the pages of the book, yet should ALWAYS be practiced after doing each stage of Packing Process Breathing. That's the way I learned it from Master Chia in the early eighties, when the practices were more simple and straightforward, before Master Chia started "improving" the practices. The reason Palm and Sole Breathing is so vital is that if you have any weakness or damage to your channels, the extreme internal pressure you create inside with Packing Process Breathing can force energy to flow the wrong way in the channels, force energy into inappropriate channels, or simply create a major imbalance in the channel circulation (excess in one place, deficiency in another). Here's how it's done:

**PALM AND SOLE BREATHING** a. In Embracing the Chi posture (either sitting or standing), first relax. Let all tension go, let it just drain down out of you into the earth. Now imagine that your body is completely hollow, like a shell, with no internal organs, bones, channels, tissue, fluids or structure of any kind inside; only open space. Stay with this part until you really have the picture and feeling. Then proceed. b. Now imagine that you have round openings the size of half dollars in the palms of your hands and the soles of your feet (technically you focus on the acu-points Laogong/P-8 on the palms and Yongquan/KD-1 on the soles, but it's not that critical; to make it easy you can just focus

on these holes being in the center of your palms and soles). Imagine that these are now your nostrils. As you breathe in and out normally, imagine that the breath is mainly coming in and out through your palms and soles, like a gently breeze that moves without obstruction or barrier throughout the whole interior of your body. Stay relaxed and easy, nothing forced; just use mind and imagination, gently in and out. Stay with this for 9 breaths altogether. That's it.

Even though I use the word "imagine", it's a fact that we are mostly empty space inside. The atomic particles that compose our bodies have vast space in between them. Even that which seems solid is only a "probable" particle or wave, depending on our view, according to Heisenberg's Uncertainty Principle. So the view we apply in Palm and Sole Breathing is actually more accurate than our normal view of our body as solid.

Now, since "the mind leads and the chi follows," this spacious inner view combined with easy natural breathing has the effect of equalizing, healing, counteracting, and preventing any imbalances that may have occurred with the Packing Process.

I think that Iron Shirt is a very powerful Chi Kung. Like anything powerful, you need to understand and respect its rules to wield it without hurting yourself or others. Generally I have my students first learn the Inner Smile, Six Healing Sounds, Microcosmic and Macrocosmic Orbit, and Chi self massage before teaching them Iron Shirt packing. Ideally you should also have some accomplishment in Healing Love practices as well, and the more other physical practices you know and do, such as Tai Chi, hatha yoga, or other gentler moving qigongs, the better. These types of practices help to strengthen and repair the channels and to make them supple and flexible, able to withstand the high pressures placed upon them in Iron Shirt. Otherwise, you're asking for trouble.

5. **IMPORTANT:** Have him get out of his head and do things with his body, ordinary physical things, like housecleaning, yard work,

minor carpentry. Too much chi gets stuck in the head when we think too much. That's one of the hazards of learning from books; you're not getting the multi-sensory learning stimulus that you'd normally receive from a live teacher: demonstration, verbal cues, touch, and just the chi of their presence. Learning from books is all too mental. That's why when trying to learn energy practices, relying on books alone is especially dangerous. Unless you're already far along the path and have your teacher's blessings, avoid it. The books are there as guides to people who are already working under the guidance of a teacher, to help them remember the many details of the practice.

6. He needs daily time with you, Raven, to guide him in this recovery, for about 3 weeks. Or at least 5 times a week.

That's about it. Good luck.

### **Webmaster's notes:**

● Palm and Sole Breathing is not *just* an emergency exercise. Variations of breathing through P-8's and Kid-1's appear frequently in Taoist traditions; its a **standard**. Whether or not you tend to get into packing-breathing trouble, its very worth while to familiarize yourself with this practice.

However, I suspect the statement that it's in Mantak Chia's "Iron Shirt Chi Kung 1" book. I'll mail/paypal \$20 to the first person who can find "Palm and Sole Breathing" in that book and contacts me with the page number. If that happens, I'll delete this paragraph and replace it with the page reference.

### **Notes:**

1. The following article was written by Senior Healing Tao Instructor Michael Winn, originally appeared in Volume 4 of the Universal Tao Journal, and describes the "**Pulsation Packing**" technique. It is

included here with the author's permission. Thank you Michael.  
2. All source-references in brackets, and links, have been added by the webmaster.

## **The Gentle, Easy Way to Pack Your Iron Shirt** **by Michael Winn**

"Can you maintain undivided concentration until your chi is as supple as a baby's?" - Tao Te Ching

Of all the chi cultivation methods taught in the Healing Tao, the Iron Shirt packing technique is the one most often abused -- with potentially dangerous side effects. At summer retreats, nothing pains me more than to watch students packing their breath in Embrace the Tree posture. Their faces turn beet red from holding their breath too long. Their mouths are clenched in a grimace, as their brains overheat from excess warm chi rising up from a pounding heart. The air finally burst from their stressed lungs in a huge sigh of relief. A student, gasping to recover, feels a vague pride at having suffered through his daily dose of bitter medicine.

If this describes you, read on. You are **not** properly practicing chi kung ("energy mastering exercise") - you are butchering a very gentle internal art designed to build power over time. Iron Shirt chi kung can and should be a pleasurable way to cultivate your chi without strain on your lungs or heart. The worst types are those who pack and squeeze as many extra breaths into their body as possible. I know this personality type well, as it once described me.

For the first two years after I learned Iron Shirt 1, I took great pride in swallowing an extra twenty breaths and forcing them from my lungs into my organs and fascia. My whole chest and face glowed red hot. The more intense it felt, the stronger I thought my

chi was getting. More likely I was a case of my over inflated energy causing my ego to balloon as well. Then one day after practice, I noticed a mass of little red dots spread all over my chest. The blood vessels were beginning to pop. That shook me up. I stopped all packing immediately. But the red dots didn't disappear, and six years later many of the blood spots remain, grim reminders of youthful excess.

## **1. Breath Packing Does Not have to Strain Your Body**

It took me those two years of practicing the wrong way before I finally gave up and realized that **the breath packing process should be done without any strain to your body**. If you are straining your self, you are probably creating subtle injury to your lungs, diaphragm, heart, or blood vessels. If you have any heart weakness or irregularity, there is a danger of aggravating it with breath packing and you should do the postures with NO packing.

What is it about packing that makes it so powerful? There are three simultaneous processes that deliver a triple whammy:

- a. Squeezing muscles compresses the fascia, draws blood to a local area.
- b. Inhaling air injects oxygen, which is converted into available energy by the body. Holding the breath causes you to burn reserve chi stored in body cells.
- c. Mental concentration directs the chi from the organs, blood, and oxygen to the local point being squeezed.

At what point does holding your breath strain your body? If you feel any dizziness, or your lungs are straining for oxygen, or your heart is pounding, your blood pressure is rising to your head, you are probably stressing yourself. If you find your self obsessed by the thought, "Can I breathe now?", you should be breathing air.

## **2. Single Biggest Danger of Packing is Failure to "UNPACK"**

Packing is an intense contraction of your physical and energy body. It needs a counterbalance of relaxation and expansion. Failure to relax the muscles squeezing the chi into the bones and fascia sends a negative message to your body. Most people are unaware they've left instructions for the body to remain "uptight". Excess packing tension is also imprinting psychic stress on your energy body. This may show up later as a blockage in your meditation if it goes uncorrected.

Master Chia had warned me years ago that I was packing too hard, but I ignored his warning. The same warning is issued at workshops today, but with the number of students multiplied a hundred fold, it simply is not possible for many students to get the repeated feedback they need. Other students are so out of touch with their bodies that they actually don't know when they are stressing it. The net effect is the same -- Master Chia's warning not to hold the packed breath if strain is felt goes unheeded.

## **3. Packing is Historically an Advanced Method**

In China, the Iron Shirt methods were historically used by more advanced martial artists seeking to make their bodies invulnerable to blows. There was a lot of secrecy, so that your potential opponents wouldn't get the benefit of this powerful internal technology. It probably originated in the Shaolin Temple schools, which make it a Buddhist chi kung practice, as they often used more force on the body than the Taoist methods, which stress effortlessness.

There are hundreds of schools and thousands of different chi kung forms in China, so many of the Buddhist and Taoist methods



have been borrowed and mixed together in endless combinations over the centuries. Master Chia has taken this training method for fighters and adapted it for purposes of fighting off illness and accelerating development of the energy body.

According to one friend who studied in China, oriental martial artists do not try any powerful packing of the breath until they have undergone preliminary warm-up exercises and supervised body training for at least two years. This is to ensure their body will be able to handle the additional chi pressure that is created in all the organs without negative side effects - high blood pressure, heart stress, chi imbalances, etc. This body training also insures that they will be able to relax and "unpack" the effects of doing the Iron Shirt chi kung.

So what is the lesson for those Americans, who are in lousy shape physically, if they want to learn Iron Shirt chi kung? You might start by attending a Healing Tao summer retreat, where you could receive more intensive instruction. Unfortunately, due to the nature of weekend teachings and lack of follow-up correction by a qualified instructor, many students do not properly learn Iron Shirt chi kung.

Master Chia has often said you cannot hope to learn the Iron Shirt chi kung in a weekend workshop. The basic principles of chi kung are taught there, but its difficult to absorb them on a body level. Individual feedback is essential from a qualified instructor after you have practice a bit. The summer retreats offer a better chance to practice daily, get your structure and rooting tested, and take the time to learn to pack your breath gently, without strain.

#### **4. Gentle "Pulsation Packing" is Easier**

Today I often do Embrace the Tree, but I rarely use any physical packing of the breath. I stand in the posture, and I go deep within the energy channels of my body and the earth, and pack the chi using my mind only. This is the true goal of Iron Shirt chi kung -- to increase your ability to breathe internally. I'm completely relaxed, and enjoy it immensely. Not only is there no feeling of strain or forcing my body, but I use the process of pulsing the breath to gently release stress from my body into the earth.

I call this pulsing of the breath "pulsation packing". It is the same as regular Iron Shirt packing, only more gentle. You frequently release the breath before any strain can build up. I inhale, gently squeeze a point for 2 to 5 seconds, exhale and completely relax. This is repeated at the same point 5 to 15 times. After pulsation packing at the perineum, I would then move to the sacrum, kidneys, chi ball, and chi belt, repeating the same process at each point.

This warms and opens each point without straining the body. **! never pack above the waist, for the simple reason that so much chi is generated by the pulsation packing in the lower dan tien that the chi naturally overflows and fills the upper body.** The idea is to pulse your breaths and squeeze the muscles as delicately as you would do a tai chi movement. Or pretend you are a young baby doing Iron Shirt -- can you squeeze your muscles with the same soft delicacy, letting only your chi be firm and strong inside?

## **5. Gentle Packing of Lower Body: A Simplified Sequence**

I advise most of my students to develop the lower half of their body first -- feet, legs, perineum, kidneys, naval -- before even trying to build up chi into the upper body. I personally never physically pack breath into my upper body -- if the spring below is

gushing forth, it will naturally pulse above into a full fountain.

The only packing I do in my upper body is with my mind. It is too easy for stress to accumulate in the chest and shoulders without further squeezing and packing them physically. If you are already carrying a lot of stiffness and tension in your upper body, you should especially avoid tightening those muscles. If you lead an extremely active physical life and your upper body is very loose, your body may tell you its o.k. If you listen carefully inside to what your body says, it usually includes the message: "Be Gentle, Don't Hurt Me!"

This lower body approach helps keep your mind calm and brain cool, but warms up your lower dan tien, which is the key to good rooting. I tell students to follow this sequence for the first six months, with heavy emphasis on bone breathing, long, slow breaths, keeping the brain cool, and extremely gentle squeezes in the lower body followed by total release of all muscle tension:

- a. Set your structure for standing. Begin with arms hanging relaxed at the side in standing position. Focus on standing with proper structural alignment: weight on the center of the foot, sacrum sinking, jade pillow rising, spine, bones and joints clearly aligned.

- b. Begin bone breathing, earth to navel. Put your hands over your navel. Slowly inhale as with your mind you draw chi from the earth through your bones and meridians up to your lower dan tien. Slowly exhale from your navel back down to the feet into the earth. After a few minutes, your mind will get very cool and calm, and the navel will start to tingle.

- c. Visualize all the channels and points you wish to strengthen. As you bone breathe, see the key energy points of Iron Shirt and just mentally spiral energy at those

points. Emphasize the lower half of the body. When the lower half of your body fills up, the chi will naturally flow up the spine and down the front of the chest.

d. Gently begin to pack. Hold breath for 5 seconds max. Hands may remain over navel or raised into Embrace the Tree position. Ever so gently as you inhale from the earth to the navel, pause at one point per breath. Delicately squeeze on the inhale and then release the muscles completely on the exhale back down to the feet. With a slow, cool, breathing rhythm, repeat 10 or 15 times squeezing only one point per inhalation: perineum, or kidney / ming men, or chi ball, or chi belt.

e. Repeat above, but spiral and squeeze at each point. Combine the pulsation of gentle squeezing-packing at each point as you inhale with mental spiraling. This will help train your mind to open the points later without any inhaling or squeezing the point. As your mind gets more steady, you will be able to do a double spiral at each point, one clockwise and one counter-clockwise spiral, without any strain on your lungs. If you start to feel any strain, do a quicker spiral - and release the breath sooner. Then inhale to the next point, and repeat.

f. Stand quietly, and breathe internally. (See following description of internal breathing.)

## **6. What Kind of Chi are You Storing in Your Body?**

One goal of Iron Shirt chi kung packing is to increase your capacity to store chi in your body. It will then be available whenever you need it - to live creatively, or to survive any crisis. But if you want to become an internal alchemist, the higher process leading to complete realization of the Tao, you need to understand some fine distinctions about the type of chi you intend

to store in your body.

The major distinction is between "wei chi" -- the external or post-natal chi, and the "nei chi" -- the internal, or prenatal chi. Food, sunlight, water, and air energies are all post-natal, or acquired after birth. They strengthen the body, but only temporarily.

Ching, or vital essence, and the original chi bubbling forth from your tan tien are examples of pre-natal chi. It would also include your DNA and inherited physical and mental abilities, which are innate to you. These prenatal energies are much more concentrated and potent. Both wei chi and nei chi are necessary to life, and humans must constantly regulate and balance these inner and outer energy sources.

I draw these distinctions in reference to Iron Shirt packing, because many students forget that packing a lot of air into their fascia is giving only a temporary boost of energy. That packed air is post-natal chi that is destined to be shortly consumed or spent. However, the purpose of all chi kung is long term. In the case of Iron Shirt packing, the short term purpose is to open up the energy channels in our vital organs and fascia with the external chi so that the body is protected from illness or blows.

The long term goal of Iron Shirt packing is to create more room in our energy body for internal chi to circulate during meditation. This is why I urge students not to get overly focused on the external aspect of the packing, and cultivate the internal chi as they stand in postures. In this high sense, Iron Shirt chi kung becomes a standing meditation that increases our capacity for internal breathing.

## **7. Internal Breathing Requires Deep Relaxation**

After you do this systematic contract-release breath for a few minutes, your whole body begins to rhythmically pulsate. If you surrender your mind to this pulsing process, your body begins to breathe and pulsate itself automatically. But your mind must be very calm and 100% focused internally. This pulsing is the first stirring of internal breathing.

I focus my breath in my lower dan tien with very light packing, and then exhale and release it into the earth. I begin pulsing between the earth and my navel. Then I just stand quietly, and spiral the Fusion belt routes to clear my body's energy field and connect it with Heaven and Earth. If I am calm and my mind is clear, the Tao fills me with fresh chi that pours in through my feet, my bones, and my three tan tiens - navel, heart, and crown. This is quite blissful, and the chi circulates spontaneously through the channels I have opened through more formulaic meditation.

One of the goals of all Taoist chi cultivation practice is to increase your ability to breath internally. Taoist adepts and yogis from other traditions have long claimed this marvelous state is attainable with proper training. Some students misinterpret this and think that by forcibly holding their breath, they can stop physical breathing and begin internal breathing.

**You cannot force your breath into stopping, and thereby gain instant enlightenment.** This confused belief leads to abuse of training methods like Iron Shirt packing. You have to "charm" your autonomic nervous system and vital organs into a deep state of relaxation. If you convince your vital organs that your body has a surplus of internal chi, then they don't need to bother working so hard to gather extra post-natal chi from the air, sunlight, sex, etc. Instead you begin breathing at the lower dan tien, which connects you to your primordial, or original breath (also called pre-natal chi).

## **8. Internal Breathing is Spontaneous Pulsation**

The few times I have experience true internal breathing have occurred spontaneously and unexpectedly - not because I willed it. But I had created the right conditions: my mind was very calm and focused inward, my physical breathing so deeply relaxed as to be negligible. The air was moving imperceptibly between my two nostrils. Suddenly, my physical breathing stopped completely. My breath was literally snatched away by the explosion of inner energy and light.

When this kind of total internal breathing occurs, you have activated your internal atomic power, sometimes called the kundalini. You realize that your soul is always breathing the "Original Chi", the primordial breath of God, which arises from within. That is why the Taoists often refer to it as "embryonic breathing" -- you feel like you are back in the primal womb, breathing through an umbilical cord connected directly to the purest source, the wu chi, the un-nameable & unknowable Tao.

But what would internal breathing be like in a more ordinary, less mystical state of consciousness, i.e. when you're standing in posture? This primordial breath is experienced in your subtle body as an extreme fin yin/yang pulsation. On the physical level, it stimulates inhalation - exhalation. But this is not just a mechanical sucking in and out of air.

It is your soul body - your higher mind - drawing the chi from the oxygen and feeding it to the vital organs, glands, blood, etc. With this chi, your body can function and your soul can operate your five senses to enjoy life on this plane. So while standing in Embrace the Tree, simply be aware that it is your soul body/spirit that is breathing in the oxygen that sustains your physical pulsation. This will sharpen your awareness of the internal

breathing that is happening unconsciously in you every moment.

## **9. Safe & Pleasurable Packing Power: Five-Point Plan**

I believe a safe practice for Americans seeking the powerful benefits of Iron Shirt chi kung would include the following:

**a.** Always do 10-15 minutes of warm-up to increase your chi circulation before doing any packing practice. These are taught at the summer retreats, and are as important as the practice itself. This is not a muscle warm-up like joggers do. This is a chi warm-up. Stretches must be done slowly, with full awareness of chi flowing in your blood and meridians. Develop a warm-up routine that is a gentle movement chi kung, and do it every day.

**b.** Exhale frequently to prevent tension buildup. Follow a long term program that begins with very gentle breathing exercises. Give your self a spacious time frame of months or even years. Inhale to the energy point you are working on, i.e. perineum or kidneys, and then exhale. Inhale to the next point, and then exhale. After a few weeks or months, you may be able to comfortably hold your breath for two or three points before exhaling. In this way you will gradually build up the capacity of your body without straining it.

**c.** Holding the breath is not important -- opening the energy channels is what counts. In Embrace the Tree and other postures, keep the emphasis on training your mind to open up energy channels. These channels can be opened in many different ways -- with movement, with meditation, with sounds, with dozens of different types of breathing techniques. The Iron Shirt breath packing techniques can be used to quickly stimulate the energy channels, but you don't want to develop a dependency on them, or it will slow your progress later. They are crutches



meant to be thrown away as soon as you can walk (breath internally).

d. Listen to your own body, and do what it tells you is safest. If an instructor is leading you in the Iron Shirt practice, and he/she is holding the breath longer than you can comfortably do it, **don't be afraid to exhale and resume normal breathing**. Just follow along by spiraling the chi at each point instead of packing it. It's o.k. to pack the chi mentally, without squeezing your muscles and holding your breath. And don't copy nearby students who are straining their bodies.

e. Keep your chi kung practice simple and fun. If you start with gentle breathing methods and keep your mental focus simple and calm while in each posture, you will love the fresh vitality you'll feel daily and get addicted to your practice!

But if you feel stress from doing the packing, this will create mental resistance and you will eventually stop practicing. Remember, **packing is only a small part of iron shirt chi kung** -- your structure, rooting, keeping a calm mind and internal circulation of chi are all equally important.

## 10. Rooting and Packing: Two Different Processes

There is a tendency among the beginners to try to root themselves by packing their breath and squeezing their abdominal and neck muscles tightly. This actually makes it easier for someone testing your structure to uproot you, because the body is being held rigid as one piece by muscular effort. Genuine rooting develops only after you relax both your mind and your body. When these are both as soft as a baby's, your internal chi easily mixes and absorbs the earth's chi.

So what does genuine rooting feel like? In Embrace the Tree

posture your body is rooted when it literally feels solid as a mountain. Your feet and legs connect with the Earth chi below and they merge into one piece. You feel "packed" -- but it's not a feeling of high internal pressure. It's cooler, more still. Yet you still feel movement inside your body/earth. There are underground rivers and lakes hidden inside the body/mountain -- your chi meridians and tan tiens which serve as the transportation and storage system of your energy body.

There are two points worth noting about the effect of packing on rooting:

**a.** Breath packing can help to partially open energy channels, but if your mind cannot control the chi, it will probably rise up to your head and actually uproot you rather than sink down and root you to the earth. There is no benefit in indiscriminately opening up energy channels or creating strong internal chi pressure -- it is the balance and harmonious flow and high quality of your chi that is important.

**b.** Breath packing is a method of taking the chi from oxygen in the air and converting it into body energy. Rooting occurs when your body's chi is mixed with the earth chi. Do not confuse the chi absorbed from air and the chi absorbed from earth, as they serve different functions.

The air is the fire element, which has a tendency to rise up. The earth holds the water element, which is heavy and flows deeper into the earth. Thus water is far superior as guide for rooting into the earth's gravitational field. It is also much cooler for packing and condensing chi in the body.

In my own case, my tendency to over-pack had over-stimulated by heart and lung fire, so my mind was jumping about wildly and it was impossible to really root. After I stopped excessive packing of breath, my rooting improved dramatically. This was because I was able to relax, and let my mind sink down into the cool earth

and contact it's chi. We are all naturally rooted -- it is only our own mental resistance that uproots us. If we put on our Iron Shirt gently, and pack it slowly and safely for a few minutes each day, our bodies will begin to glow with good health.

[Note: This message is a pasted copy of [VCraigP's message #9 from TheTaoBums.com discussion site](#). It was in reply to a post of someone having difficulty with material from the book entitled, "**The Multi-Orgasmic Man**" by Mantak Chia and Douglas Abrams Arava. VCraigP is a former Healing Tao instructor. The fact that VCraigP's post exists here does not imply his agreement with anything else on this website.]

### **Thread Title - Ching Chi questions**

Posted by VCraigP on August 27, 2011:

It is my opinion that *The Multi-Orgasmic Man* is an ill-conceived attempt to publish a popular book and disseminate information which is somewhat removed from the more esoteric perspective of his earlier foundation material.

I am a former certified instructor of the basic level of Healing Tao practice. I would advise anyone interested in doing the sexual practice to achieve a great deal of experience with both simple meditative practice as well as standing qigong practice of some kind as the very minimum for attempting to work directly with the sexual energy in this way.

From the perspective of Healing Tao practice you should do the following practices to a very comfortable proficiency; Inner smile, six healing sounds, Iron shirt Chi Kung (although with a caveat that I believe the original book has it's own attendant issues if practiced verbatim from the book), and Fusion of the five elements. Standing qigong of some kind will help you develop the sensitivity for all parts of the body as well as the urogenital area and the attendant acrobatics M.Chia recommends.

All of that said with the overarching caveat that this sexual gongfu practice may be ill advised to attempt at all as is somewhat touched upon in the website alchemical taoism dot com.

I invite you to go deeper and understand more and recommend you drop pursuing the sexual practice until you gain more knowledge and perspective of it.

Craig

**DISCLAIMERS** The presence of Sean Denty's quotes on this page does not imply his agreement with anything else on this website. In fact, my understanding is that he strongly disagrees with a considerable amount of this website. Last I heard, he is focusing on his own path now and is no longer available for comment. The presence of his quotes here do not imply, on my part, any endorsement nor dispute of the schools that he is currently involved in. I don't know enough to comment, other than to mention the obvious: that he has clearly done serious searching, study and practice, extensive in ways beyond the bounds of which many of us have access. **WEBMASTER'S**

**INTENT** This website is about clarifying principle and encouraging students to continue to look deeply. I've avoided direct criticism of specific teachers and schools, which is generally beside the point and counter-productive. Accordingly, while the quotes below (extracted from linked posts) might be taken to directly criticise, I have chosen to include them here solely in order to *generally* illustrate: **1. Principle.** Read the [Semen Retention: Dangers - main essay](#) first. It is prerequisite to reading the below and provides conceptual context. **2. The pervasiveness** of unfortunate view, method and practice in the whole field of popularized esoteric sexual practices. This isn't about one aspirant nor one school or I wouldn't put it here; it's an

illustration of common difficulties. **3. How difficult it is to get good remedial help** if you've practiced incorrectly.

**Several EXTRACTED QUOTES from SeanDenty's posts at TheTaoBums.com**

from [post #20 on 23-Sept-2006](#) I have been to China recently... Yes, I have found a teacher who is willing to teach real, authentic neikung and I'm starting from square one after over ten years of training in what I thought were sound practices. Turns out I would have been better off not practicing those methods at all. Ironically, students with no training or qigong background are considered lucky; they don't have bad habits from years of wrong practice. ... I was a Healing Tao instructor for a time and worked very closely with many senior instructors. .. what Chia is teaching ... It amounts to basic qigong, which is good for your health at best. The sexual stuff is just one of the minor Daoist teachings that leads to no achievement other than weak kidneys because it's all taught incorrectly. I know many people who have literally ruined their health practicing this system. I was one of them. Thank God I met a real master who could fix my body. I know this is a strong statement, but it's my experience; it's very sad for me to log on here and listen to students go on about their experiences with useless practices, all the while thinking they are making progress. ...

from [post #27 on 25-Sept-2006](#) The practices that form the basis of the Healing Dao system called Jiao Dao Yin, sexual cultivation,... The practices taught in the so called Dao basics of the Healing Tao system leads to sick, twisted, stagnant qi; especially when practiced with fervor. If you just play around with it from time to time, you're probably would never notice a problem, but if you really go for it, you're going to screw up your system.

from [post #59 on 27-Sept-2006](#) .. During my time as an instructor, I spent three years working for Michael Winn.. We lived together during the summers at his school in New York. He

revealed much to me in that time and other senior instructors did too. ... You don't get this close to an organization without becoming very familiar with the history and reality of it.

from [post #67 on 27-Sept-2006](#) What follows is a personal account of my recent trip to Asia that I shared with some fellow students. ... After he checked each person he would give a detailed report through the translator about the condition of each persons health and status of their over all energy and issue a clean bill of health or advise further treatment. Sherfu recommended further treatment for several people in our group, including myself, later that day. The healings and treatments he administered that afternoon were probably the most remarkable and amazing things I have witnessed in my life up to this point. I will certainly never forget what I saw and what I went through. The only thing I can compare it to is watching my son's birth. ..., I was asked to stay behind with the translator and some of Sherfu's students. Three weeks earlier Sherfu L found an imbalance in my kidneys. He didn't make much of it, but suggested I take some herbs which he prepared the following day and said that he felt the imbalance was due to improper qigong practice. ... As a side, David said that many people who practice the Healing Dao methods end up with this type of imbalance. In any case, on the morning that Sherfu J tested us, as he passed his qi into my left side the qi began to pulse, stopping and starting in a kind of rhythm as my arm contracted and released. He said that I had a fairly serious blockage in my kidney area and would need to draw some of the stagnant blood out and prepare some special herbal pills. One of the members of our group had been through something very similar and having shared their story, prepared me to some degree for what I was about to experience. That afternoon Sherfu had me stand on his porch as he lanced the veins in the back of both my knees with a prong the size of a knitting needle what seemed like at least a half inch into the flesh. After he got the blood flowing he used his qi to **push**

**the affected blood out of my body.** What came out of me was about a half pint of what looked like roof tar. It was literally **black and thick like a paste.** Sherfu said that if I hadn't come to him, I would have been quite possibly hit with a stroke within the year. After the treatment I actually felt really good. I was given several large herbal "pills" to clear anything that was left in my system. ...

If you're interested to read more extensively, follow the links above.

## **WEBMASTER's CONCLUSION**

So, here Sean Denty talked about his involvement in one of the most widely known Taoist organizations in the world, whose main attraction (at least for men) is esoteric sexuality. He was an instructor in that system who spent considerable time with senior instructors. Yet - if all of the above is true - he, and perhaps the general public, was not effectively informed of a serious danger that is simply predictable: residual stagnant heat (sexual tension) can lead to blood stasis. Blood stasis was not sufficiently and openly predicted, avoided, diagnosed, nor treated remedially for him within that system - even at his inner circle level of involvement and, perhaps even more so, not to the general public. Also, the solutions were very difficult to come by.

Again, I want to emphasize that this is not just about one person nor one organization. This is, in my opinion, pervasive in the current culture of popularized esoteric sexuality. There is work to do, for the benefit of this and future generations. Clarify principle. Continue to look deeply.

All of the above conclusions are based on the assumptions that:

1. What Sean Denty has said is true.
2. The conclusions of his doctor were correct.

The author of this website has no way of verifying for certain that either 1 or 2 is absolutely true. Writings, including the preface and conclusions, by the author of this website are opinions and are meant to be taken only as opinions. This article is presented for the sole purpose of illustration of simple principles and consequences.

## **Danger: Million Dollar Point**

**[Notes:**

**1) This message is a pasted copy of message #5409 from the Healing Tao USA Discussion site, of the title and date noted, included here with the permission of Michael Winn. *Thank you, Michael Winn!***

**2) This post is in reference to the "million dollar point" technique which is in the 1984 book "Taoist Secrets of Love", which Michael co-authored with Mantak Chia. The technique is now known to be dangerous, is no longer taught nor recommended, and a student respectfully asked Michael to describe the dangers of the method. *Thank you, MatthewQi!* The below post is Michael's response.**

**3) The fact that Michael Winn's post exists here does not imply his agreement with anything else on this website.]**

**Title: Re: Hidden danger of using the million dollar point (question for Michael)**

**Posted by Michael Winn on February 2, 2006.**

Among the many refinements I have made over the years to the original book, I feel one of the most important is understanding the danger of using the million dollar point. In all my audio courses, **I strongly suggest NEVER using pressure on the perineum point**, not even in beginning training, nor at any point in the male training. **Reason is simple: you are using external**



**force to stop ejaculating.** But that applied force traps the aroused jing chi in the perineum area, it doesn't re-circulate it - which is the single most important goal of Taoist sexual practice.

To avoid physical and energetic complications from this trapping of sexual energy, you have to quickly circulate internally the sexual energy trapped in the area of the million dollar point and physically massage the area to relieve the congestion. If you don't do this, there are possible negative health side effects and definite energetic side effects - you are creating a STOPPAGE rather than a RE-CIRCULATION. IF you have the ability to circulate the sexual energy AFTER using the million dollar point (using the orbit, or other pathways I discuss at length in the workshop), then you don't need to use the million dollar point. You should be using that ability, with some combination of internal energetic and pulsing muscular signals, to re-circulate the rising impulse to ejaculate BEFORE you might have needed to ejaculate. This is not only safer, but more effective in achieving the goal of the practice. If your ability to re-circulate the sexual energy is not good enough to re-direct the ejaculatory impulse to the rest of the physical and energy body, then that is the real level of your practice and you need the feedback to see that, so you can work on improving your skill. Creating a forced blockage at the perineum / Million Dollar point doesn't improve your skill - it is an admission of its failure. Worse, it makes it harder to re-circulate the sexual energy, as it is now in a stagnant state of congestion, has lost its rising direction, when it was much easier to simply re-direct the impulse. You never want to create the energetic pattern of STOPPING EJACULATION. That creates a STOPPING pattern that will eventually overflow and constricts to your ability to have and share whole body orgasm. You need to focus solely on RE-CIRCULATING and SHARING pattern (with other parts of yourself or a lover). That is the pattern that needs empowering. You are better off recycling part of your sexual

energy and then ejaculating the partly charged seed than you are creating congestion with seed that is often fully charged/none of it re-circulated. Many practitioners become falsely obsessive with stopping ejaculation at any cost, which is a misunderstanding of the practice. Worse, it leads to sex-charged guilt when some seed is released. Which in turn taints the feeling of sexual love, etc. etc. Of course, this raises many other questions, but I cannot teach the whole course on line. But I think you get the point - I have not been sitting idly doing the same thing I learned 25 years ago. That is why I have put my effort into audio courses, they are easily upgraded. It is very hard and expensive to update books. Michael

The two primary books that promote the use of external pressure on the "million dollar point" are:

1. Taoist Secrets of Love: Cultivating Male Sexual Energy and
  2. The Multi-Orgasmic Man
- ... both of which are [problematic over-all](#).

**WEBMASTER's NOTE:**

● The above essay was written to warn against pressing on Ren-1 HuiYin as an attempt to ***instantly stop / re-direct the full force of orgasm***. Dangerous. Don't do that.

However, **Ren-1 HuiYin is a very important acupoint in cultivation**. I suggest you read up on Ren-1 HuiYin in an [acupuncture reference book](#); it's a profound acupoint, is generally considered one of the most important in Taoist internal cultivation

and is primarily (some would say, exclusively) used in *unaroused* practices.

In short, **you don't lock huiyin, you \*unlock\* it**. It's not about putting a crimp in a hose. It is about **activating an acupoint**, which turns that place in your body into a profound place of flow and transformation. It's the *alchemy* of acupoints and channels.