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The Taoist Soul Body: Harnessing the Power of Kan and Li

By Mantak Chia

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Taoist Soul Body: Harnessing the Power of Kan and Li, Mantak Chia, The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies (yang/fire) with sexual energies originating in the kidneys (yin/water) to form and feed the soul or energy body. Practice of the Chinese formula, Siaow Kan Li, (yin and yang mixed) uses darkness technology to literally "steam" the sexual energy (jing) into life-force energy (chi) by reversing the location of yin and yang power. This inversion places the heat of the bodily fire from the heart centre beneath the coolness of the bodily water of the sexual energy of the perineum, thereby activating the liberation of transformed sexual energy. Darkness technology has been a key element of Taoist practice and of all Inner Alchemy traditions throughout the ages. A total darkness environment stimulates the pineal gland to release DMT into the brain. The darkness actualises successively higher states of consciousness, correlating with the accumulation of psychedelic chemicals in the brain. In the darkness, mind and soul begin to wander freely in the vast realms of psychic and spiritual experience. Death is no longer...

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