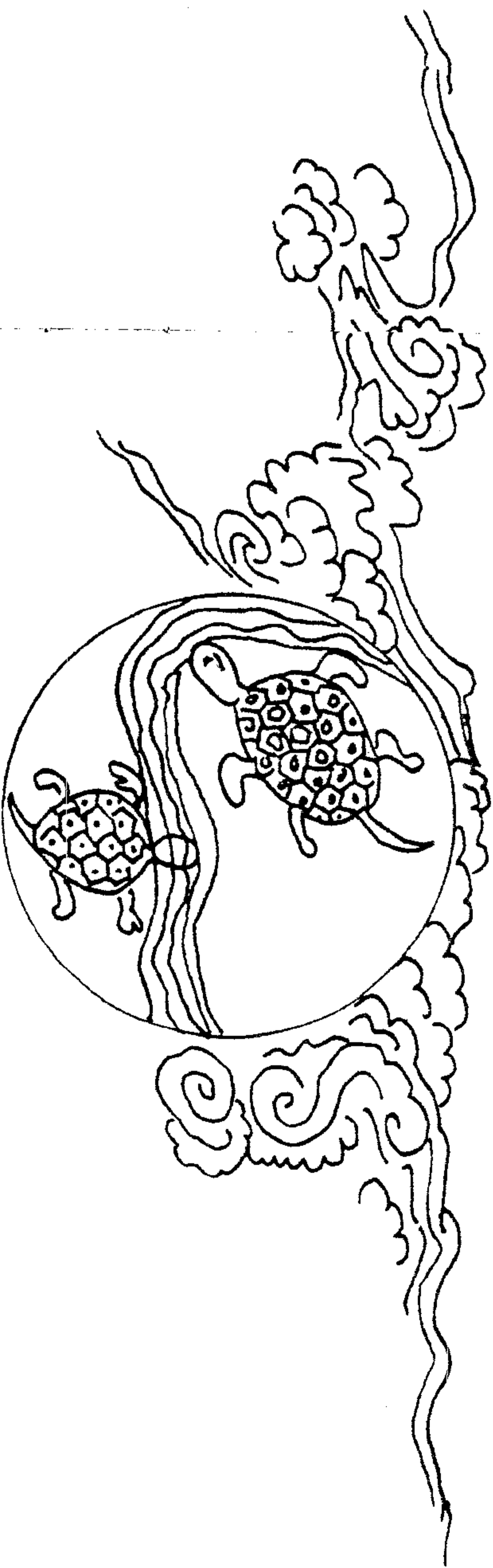


MEDITATION

MICROCOSMIC ORBITING TECHNIQUE



During all the practices the tongue is kept on the upper palate. Sit in any comfortable cross legged position, with the spine straight, eyes closed, and the hands in front of the belly, with the left hand grasping the right thumb. This is the Taoist hand position (mudra) symbolizing "holding the mind." Taoists customarily use this mudra as a greeting, raising the joined hands to chest height and bowing to each other. Next, imagine your chi (vital energy or prana) as light rising from the base of the spine, through the center of the spine, all the way up, through the brain, coming to rest in the Heavenly Palace of the third eye center. Visualize it there as a circle of bright light. As you breathe in, imagine the chi rising, as you exhale, it descends down the face and throat, into the heart, returning to the lower abdomen. Breathe in again and bring your electrical energy with a strong mental impulse, from the lower abdomen, to the center of the base of the spine, up through the brain, to the third eye center, returning down the face as you exhale, through the heart, to the abdomen, where it comes to rest and accumulate. One inhalation and one exhalation, with the corresponding rising and falling of electrical impulse, constitute one microcosmic orbit. So far, two have been described.

Perform nine orbits, when beginning meditation practice. This is also called turning the wheel of the law. Once it starts the tendency is for it to continue automatically. The visualized light will also become stronger and brighter as you progress in spiritual

development. At the third eye center it may appear as a moon, then the sun, a bright star, or a flash of indescribable brilliant radiance. Or you may see a purple or blue shower of sparks. Everybody has a different experience according to the refinement of their nervous system, the quality of their diet (our special vegetarian diet is recommended for acceleration in your development), the content of the educational and psychological experience. Some people can't get beyond their personal fixations. Others hear thunder and see lightning, or appear in outer space and have very strange, unexplainable experiences. Some even contact beings from other realms.

After the nine orbits, focus your attention on the third eye center and do nothing, think nothing, just relax for twenty minutes to half an hour, for beginners; advanced practitioners can gradually lengthen the time. If a thought comes, look into the center of it. Don't try to grasp it or repel it. It will disappear. What you are trying to accomplish is a clear, quiet center in the midst of all changing phenomena. The paranormal clarity you will develop is your original nature. Through the meditation technique you can penetrate beyond space, time, and phenomena in flux, to a place that is no place, the true home whose center is everywhere and whose circumference is nowhere, and unite with the one essence that may not be named. At this point no more may be, or can be, said.