

# YOU CAN MASTER THE ENERGIES THAT BRING REJUVENATION AND LONG LIFE

BY MASTER SUNYATA SARASWATI

Wu Chi Tao is a system for rejuvenation and longevity developed by Taoist monks who experimented for centuries to find the perfect system to produce the greatest effect on the body in the least time, with no strain. The system has been kept secret in the temples of China for hundreds of years, so secret that to reveal it was an offense punishable by death.

It is now an essential part of the health consciousness of the Chinese culture. Every morning, in every park in the land, you will see people gathering to perform these graceful movements, older people who maintain their vitality and full function several decades longer than their American counterparts. I was fortunate to be one of very few Americans permitted to learn this art from the last grandmaster, Lin-Po the Hermit, at the Wu Chi Tao Temple in Hong Kong.

This physical and spiritual discipline consists of a number of unique and specific movements designed to connect energies of Heaven and Earth through your body and consciousness, charging your entire being with chi (divine healing, harmonizing, empowering Life Force). It harmonizes the inborn energy with outer cosmic forces, thus creating a wholesome balance.

You can literally sense the rising, vibrating energy the first few minutes you begin Wu Chi Tao. These vibrations bathe and vitalize every organ and every atom in your body, and replenish and enhance your auric and magnetic field. This is accomplished by learning how to recycle sex energy through the Taoist Circle of Golden Light, the alchemical Ching-Chi meditation. Of the several Tantric schools, the Chinese Taoist path has best perfected the art of using sexual energy for maintaining vibrant health.

Long life is valued very highly in the Orient. Elders are venerated and it is a very honorable time of life. Also, it is considered essential to have a very long time to evolve spiritually, to return to a place of balance and harmony with the Universe.

Wu Chi Tao first came to the attention of the Western world in the 1930s when the New York Times reported the world's oldest living man to be Dr. Li Ching Yuen, said to be over 250 years old. That claim was researched and authenticated by the University of Peking. Master Li had outlived 23 wives, but he still had a sparkle in his eyes, a spring in his step, and the appearance of a vibrant 50-year-old man. Li's teacher was said to be at least 500 years old, and still scampered up and down the mountainous terrain as nimbly as a goat.

How had these men managed to maintain health and youth for such a long time? There are several aspects to the system.

- A daily exercise program of soft, gentle dance-like movements, which are incredibly healing and nurturing (Chi Gung).
- Special meditations for circulating internal energy systematically through the body to stimulate the endocrine glands. These glands, and the hormones they secrete, hold the keys to the aging process.
- Self-massage to stimulate the internal organs, digestion, and elimination of toxins.
- These are used together with a program of herbs and diet to regenerate body cells. There are also secret sexual techniques to turn orgasmic energy back into the body. The energy which creates life, when properly controlled, can recreate life in every cell of the body. Sexuality is the anchoring energy from which movement of the body, mind, heart, and spirit receives its power.

## Chi Energy

The Universe around us is filled with boundless energy, which operates in all matter. And matter, as we know it, is made of particles that move due to the workings of energy. This energy also works in man, for man's body is much more than material flesh.

This energy, which the Chinese call chi, imparts life to all the living, withdrawing at the moment of death.

Chi circulates through the body in certain channels or meridians, bringing health to every cell. Disease and aging set in only when there is not enough chi or too much chi, when it is out of balance, or when its flow is blocked. The healing process is simply restoring the optimal quantity, the balance and flow of this energy. That is what these movements accomplish.

Descended from animals, man attained human form at least a million years ago. Since man began walking on two legs, his brain has developed and he has become the most highly evolved form in creation. But the strain of standing erect brought physical problems in his feet and spine. The backbone consists of 33 bones, which must be maintained in the proper mutual relation to each other so that the nerves and the Life Force channels can flow through the spine. If the Life Force cannot pass through a certain spot, trouble develops there.

The great Life Force that envelops the Earth flows in currents. Similarly, in the microcosmic universe that is the body, the Life Force flows through channels called meridians. Acupuncture uses these channels to cure disease. If these channels remain open, then blood circulation and the other physiological functions of the body run smoothly. All cellular tissue is active and disease is eliminated and prevented. The strength which Chi Gung produces in the human body is not based simply on improved circulation. It is based on the mysterious elements of the energy that fills the Universe.

Man is born with the energy of the same Life Force flowing through him as it flows through all the Universe. Whether one is working, resting, reading, or walking, all the body's cells are active and using up the Life Force. In pursuing the goals of life, we gradually exhaust our store of Life Force, and become vulnerable to disease or fatigue and a shortened life span.

Some of this vital force comes to us in food. If the food Life Force becomes dominant, the body gets fat, blocking the Life Force channels and

resulting in disease. If the basic Life Force controls the food Life Force, then a long life without disease results.

The Life Force can also be generated through sexual activity if properly controlled. Energy usually wasted in orgasmic release can be "recycled" and redirected into the body's energy reserve.

Food and sexual activity are occasional sources of energy, but moment-by-moment we tap into this boundless reservoir simply by breathing. If your energy is low, it's because you don't breathe correctly.

Chi Gung is the one form of activity that does not consume energy, but rather increases it, preserving health. Man rests in the great sea of universal energy. Through proper movement, coordinated with conscious breathing, man can draw on this Life Force to restore his bodily and spiritual strength.

Americans are currently obsessed with physical fitness and have agreed that jumping up and down, running around, and lifting heavy objects is the way to attain health. This has produced a whole new specialty of sports medicine to treat the casualties in this violent pursuit. American exercise is basically external: moving the muscles. Oriental body conditioning is basically internal: moving the energy. It is more subtle, and works at a much deeper level.

As you perform the movements, you will feel a surge of the vital Life Force and a pleasant tingling as the energy floods your body. Afterward, as you sit quietly, you will feel that reservoir is filled with power and you are at rest. The serenity spills over into your life so that you can maintain a calm and joyous interior in the midst of hectic activity.

We have been talking about the effects of the movements on the energy body, but when coordinated with the breath, they have a dramatic effect at the physical level, enhancing every organ and system in the body. You may see changes in digestion, insomnia, memory, skin, flexibility, and even grey hair returning to its original color. You require less sleep. You will feel a relaxed serenity when you feel a harmony within yourself and with the world around you.