**PRESENTATION AND EXPLANATION OF THE PRACTICE OF TURNING THE LIGHT AROUND**

"Cultivating the energy of life" (Presentation of Backward-Flowing Energy Cycle)
With images from the Taoist work «The Book of Longevity»

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**The Dissipation of Life Energy**

Figure 1) pictorially shows what happens when we (like most people these days) do not care about our energy:

We run out of energy and the image shows how this happens; Sexual- and Life-Energy trickle downwards out, instead of the being available to our higher centers of the spine, our consciousness withdraws and then we die.

Practitioners should understand the *cave of longevity* the Gate of Life (*ming-men*) (small circle in the abdomen), because Nature and Life are like flames intertwined and united with the laws of the Heavenly Way and the Great Harmony.

Because after our birth original nature and original mind split, Original Nature does not recognize Life and Life is no longer communicating with Original Nature.

The *Method of the Golden Flower* is to help people regain the true essence: by the union of primordial Nature, Life, Spirit and Primordial-Steam (energy fog). It is as if the primordial energy fog from our parents would be re-entered this cave to create a fetus. The cave of the One derives the power of life and gives rise to the holy form. The key of life lies within us.

**The six phases of the circulation of the fire**

Figure 2) explains the countermeasure we can set in motion with the *Golden Flower Meditation*:

Called the Backward-Flowing breathing circuit and Circulation of of Light or Light Conversion, means that we focus all of our senses and their energies inward and upward in the opposite direction up the spine to the crown and then back down the front circulating through the third eye to the abdomen and there collect and refine, compress and store it in the *cave of longevity, in the area of power* (about three finger widths below and in the middle between the navel and the back in the genital tract of the uterus and the ductus (vas) deferens.

Ascent is inhalation and descent is breathing out, the processes of cleaning will take place at the middle points of the ascending and descending six segments. Above is heaven and below is earth, we make the breath subtle and allow him to return to Earth.

The Wheel of Fortune (Dharma) constantly turning we rise in the celestial realm and return to the origin, the Tao arises at this moment.
The Jen (Function) and Tu (Governor) meridians

Figure 3) describes the Meridians Jen (Function) and Tu (Governor), this path is called the Wheel of Dharma.

When these two meridians are open, the other channels in the body will also be open. The tongue on the palate closes the energy circuit between the Governor-vessel (back of the body) and the Function-vessel (front of the body).

These two vessels are the first energy channels that are formed in the embryo, controlling our twelve energy meridians (6 yin and 6 yang meridians).

If we cultivate the Tao and turn the Dharma wheel, we are able to circulate our life energy and achieve longevity to realize the Tao.

“The Original Gate and the path of subtle breath are revealed. When all thoughts cease, the Dharma Wheel will circulate in the hundred channels. Always tend and stoke the fire in the cavity of longevity. Pay attention to the bright pearl and the gate that transcends death."

The fetus of the Tao (Creation of the subtle body)

Figure 4)

This fetus has neither shape nor form. He is created from two substances and is produced by the spiritual (vapor) within.

First, the spirit enters the vapor, then the vapor embraces the spirit. When spirit and vapor are united and intention is still, the fetus will emerge. When the vapor coagulates, the Spirit will become numinous (divine/celestial).

The scripture describes the two substances as "coming close and responding to each other." Nourishing one another, the two will grow and mature. When the vapor is sufficient, the fetus will become round. Eventually it will emerge from the head.

This phenomenon is called "the fetus emerging when the form is complete." The sacred fetus of the Tao is also called the "Child of the Buddha."
The emergence of the fetus

Figure 5)

"A hundred light rays radiated from the top of Lord Buddha's head and a one thousand-petalled lotus emerged from the light. On the lotus is the Tathagata Buddha. Ten rays of a hundreds sacred lights are radiating from his head and spreading in all directions. Everyone who saw it welcomed the light-emanating Tathagata."

The Spirit described in the scriptures is the emerging yang-spirit. It is also called the "child of Buddha". However, if you only recite the teachings of Ch'an (Zen) and do not know the method of cultivation life, you will not be able to maintain your body and realize the "Taoist Child" of the Lord Buddha. In revealing the secrets of the Hua-yen Scripture, I have made the teachings available for the future generations. In this way, everyone can attain the Tao, build the sacred internal environment, and be liberated from the dust of the world.

"The body beyond the body, is called the "Face of the Buddha". The original spirit (spirit-mind) without the conscious mind (without the mind) is "Bodhi" (awakening / enlightenment)."

"The thousand petals of the lotus are emanations of the vapor (the primal energy fog). A hundred rays of light shine on the image, when the spirit is gathered."

The transformations of the body

Figure 6 A) describes the further development after the subtle spirit body has a little bit lingered in vicinity.

"As mind divides and shape emerges, the true form rises from the cavity. Together with the spirit, it is transformed in the void."

Figure 6 B) continues:

"When there is nothing coming in or going out, the wonderful Tao is realized. The form is divides into spirit-bodies return to the true origin."
The wall staring (facing the wall)

Figure 7) says:

"The Spirit Fire is transformed into an empty form.
The light of the original nature radiates within to return to its true origin.
The mind's seal hangs high in the sky like the shadow of the pure moon.
The raft reaches the shore in the glow of the light of the sun."

The complete extinction (the physical arrest) in the Void

"One bright ray of light hovers over the universe of the Dharma.
When both are forgotten, stillness is numinous and empty.
In the void of the great expanse, the celestial mind shines.
The waters of the ocean are clear and the moon is reflected in the deep lake.
When there is no birth, there will be no death.
Nothing leaves and nothing comes.
When the clouds scatter, the sky is blue and the mountain-scapes are clear.
Returning to Life in ch'an stillness, the full moon stands alone."


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PRESENTATION AND EXPLANATION OF THE PRACTICE OF KRIYA YOGA

Corresponds to the Practice of Turning the light around (exercises A1-A4) in the »Golden Flower Meditation«

The «Kriya Yoga technique» described by a quote from a website which explains Paramhansa Yogananda’s legacy in a simple way with appreciation:

"This system is a systematically structured spiritual discipline adequate to human nature and consists of a series of practices and exercises that lead the meditator in the mental state of internalization and makes him ready for to realize a direct experience of the divine reality in a transcendental state of consciousness."

http://www.avataara.net/yogananda-kriya.html

Paramhansa Yogananda writes: The Kriya Yogi directs his life energy through his imagination and lets them revolve along the spine up and down in a circle around the six subtle spinal centers (in the region of the medulla oblongata, the neck, back / heart, lumbar -, sacrum- and coccyx-braiding on the autonomic nervous system), which correspond to the 12 astral signs of the zodiac, the symbol of the cosmic man.

Half a minute circling of energy around the sensitive spinal cord effects a subtle progress in human development. This half a minute corresponds to one year of natural spiritual development. The beginner in Kriya Yoga technique exerts it morning and evening only 14 to 24 times (15 minutes in the morning and evening). In general, the yogis achieve their liberation after 6, 12, 24 or 48 years.

With the progress on the spiritual path the Kriya Yogi develops an ever deeper understanding of the effects of the Kriya discipline and for the process of psycho-physical and spiritual transformation, which finally - with the blessing of the Master and by the grace of God - leads to the immediate experience of God. A yogi who practices this technique faithfully, will gradually be freed from his karma, i.e. from the lawful chain of causes and effects.

Kriya Yoga is a simple, psychophysiological method by which human blood withdrawn from carbon dioxide and oxygen is supplied. These additional oxygen atoms are transformed into a "stream of life", which revives the brain and spinal centers. The fact that the Yogi prevents the accumulation of venous blood, can reduce the deterioration of the cells or even reverse.

An advanced yogi transforms his body cells into pure energy. Elijah, Jesus, Kabir, and other prophets of the past were masters in Kriya or a similar technique that allowed them to materialize or dematerialize her body at will.

The Kriya yogi learns to circulate his life force mentally up in an arc around the six spinal centers and down (the medullary, neck, heart, lumbar, sacral and coccyx) which corresponds to the twelve astral signs of the zodiac, that is the symbolic Cosmic Men.

The astral human nervous system with its six (twelve by polarity) inner constellations revolving around the sun of the omniscient spiritual eye, is correlated to the physical sun and the twelve signs of the zodiac.

Yogananda's Guru, Sri Yukteswar explained, "With the help of Kriya Yoga human development can be greatly accelerated. The Yogis of the antiquity discovered that the key to Cosmic Consciousness is mainly the domination of the breath."

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Herein lies India's unique and timeless contribution to the body of knowledge in the world. The life force that is usually spent by the action of the heart must be freed with the help of a breath calming method for higher-order functions.

The breath is the tie that binds the soul to the body; Kriya but cuts through this band and thus causes prolongation of life and an infinite expansion of consciousness.

The constant "tug of war", which takes place between the mind and the arrested body senses may be terminated by application of yoga techniques.

Then, the seeker of God is finally free and can take up the sovereignty of his eternal kingdom. He knows that his true self is bound, neither to the physical shell nor the breath - symbol of his dependence by the oxygen and natural instincts.

If the Kriya Yogi once attained mastery over mind and body, he finally wins over his «last enemy», death.

Here I end the description of the «Cultivation of Life Energy» and the description of the «Kriya Yoga Technique», both of which are integrated into the «Golden Flower Meditation». 

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