

Through the Power of the Inner Smile

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Mantak Chia, a Taoist master known throughout the world, gave proof of the extensive effectiveness of his energy work, when he was measured at the Biocybernetics Research Institute in Vienna.



"It's unbelievable!" says Gerhard H. Eggetsberger, biochemist and technical head of the Institute for applied Biocybernetics and Feedback Research, in Vienna. "This man is able to change his electrical skin resistance in a split second from 60 Q up to 6080 Q and to lower it down again. We even know how he does it - through a kind of sympathetic reflex. This means that he can simply switch from the Nervus Vagus to the Nervus Sympaticus. An untrained body would never do this as completely as he does this. We are scientifically proving spiritual knowledge that is 6000 years old!"

"This man" is Master Mantak Chia. He is an ethnic Chinese who was born in Thailand in 1944 into a Christian family and grew up surrounded by Hindu and Buddhist traditions. During his university studies in Hong Kong, he came in contact with a Taoist teacher, Master Yi Eng, who became his principle teacher. Having studied many forms of Qi Gong and western science, he is now himself a Master and the author of a number of books, and has been teaching Taoism all over the world for more than two decades. Again and again, he uses western sciences to explain and prove that the energy exercises he teaches measurably affect the body, and that they are not just folklore or superstitious beliefs, but highly effective instruments for promoting physical and mental health and development.



Taoist master, Mantak Chia (right), produced incredible results when his brain potential and electrical skin resistance were tested at the 'Institute for Applied Biocybernetics and Feedback Research'. The Head of the Institute, Gerhard Eggetsberger (left): "An untrained body could never endure such extreme changes without being seriously damaged."

In the autumn of 1996, Chia let psychologists in Los Angeles take his EEG-graphs: The results were astonishing. During the practice of certain techniques, his brain not only produced beta-waves (which are characteristic of the waking state), but also alpha and theta-waves, (which normally occur only during deep meditation or deep sleep), while he was talking animatedly with the scientists. They asked 'how is it possible to be wide-awake and yet send certain regions of the brain into deep sleep'?

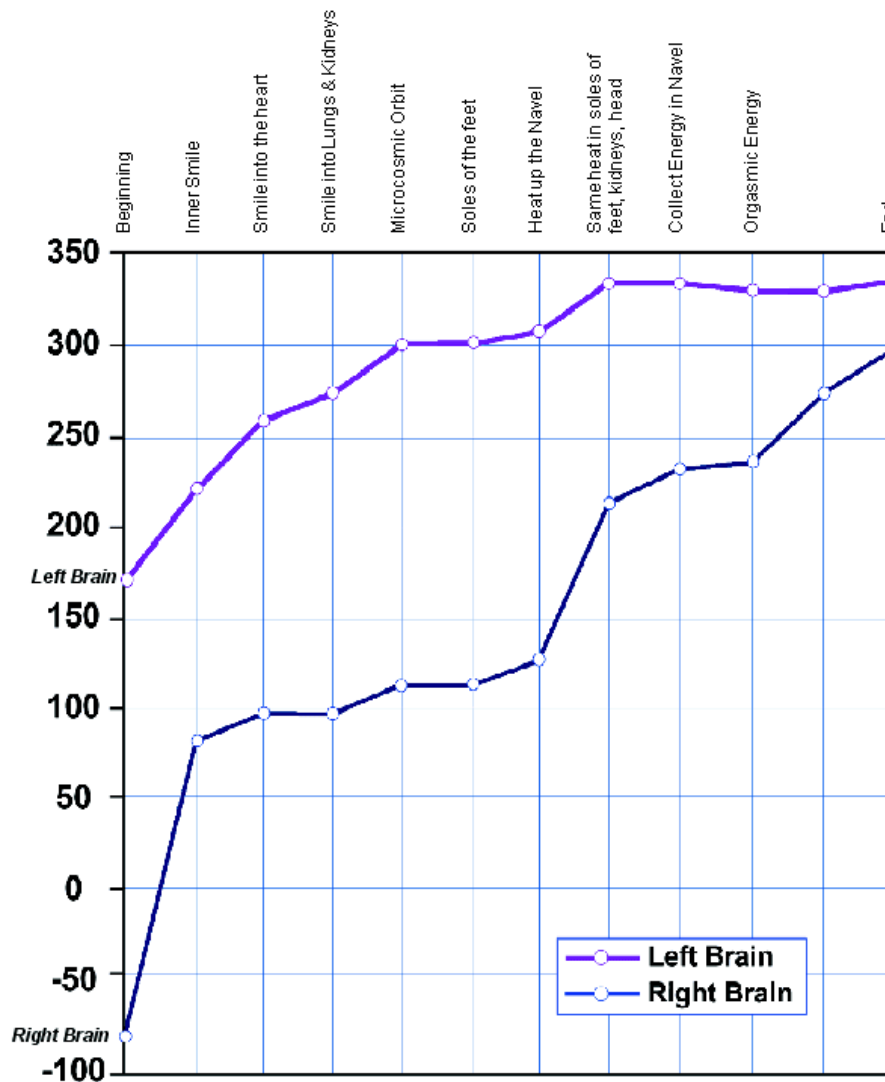


Chart showing levels of brain activity during the various Taoist meditation techniques

Scientists have been just as surprised about the results of the tests made in Vienna in May 1997, where a completely different set of parameters were tested, such as, the electrical skin resistance mentioned at the beginning of the article. The exceptional character of these consciously created changes can be made clear through the following comparison:

After 6 months of regular training on a biofeedback machine a competitive athlete will be able to increase or to diminish his electrical skin resistance in 10 to 15 minutes, from 200 to 300 Q. That corresponds to the difference between a hand sweating from excitement and a very dry hand. Gerhard Eggetsberger says: "But the electrical skin

resistance of 6000 Q corresponds to a state of incredible apathy, whereas a resistance of 60 Q means such an excessive excitement, that most people would be on their way to a heart attack."

Master Mantak Chia calls the system that he has developed 'The Universal Healing Tao': "It's a system that helps you take in, store and balance energy to stay healthy and become whole", he says. He knows nine different levels, and even the first two levels address issues that are seen as problems by many people.

A fundamental focus in the Universal Tao is on emotional energy. "Today, emotions are normally thrown away like garbage", the Taoist Master explains. "By this we not only cause a lot of damage. Energies that we might use for our growth evaporate unused and in that we weaken our system".

THE WAY OUT: INTENTIONAL TRANSFORMATION OF ENERGY

According to Chia "The Universal Tao teaches you not to suppress your feelings, but instead to transform the energy. That way 'energetic garbage' can be changed back into neutral energy that is at your disposal. All this forms the essential foundation for reaching the goals of Taoist yoga".

In order to achieve the first two steps successfully, the energy needs paths for circulation and places where it can be stored. In order to do this, a widely forgotten principle of labour division comes into action. Master Mantak Chia: "The brain is able to generate, channel and move large quantities of energy, but it can't store them. This can be observed, for example, in traditions that use a lot of chanting. While mantras are being chanted, the energy level rises, but afterwards it quickly drops back to the previous level.

Energy however can be stored in the organs and bones, and especially in the spine, and with the help of the Universal Tao techniques a beginner is capable of keeping the energy, which they built up, for example, during a retreat".

The Taoist yoga student begins by practicing the foundation techniques. They learn to enlarge their working storage capacity so much that they can also take in the information of the "greater Universe". According to Master Mantak Chia, "We work at a leisurely and safe pace. We do not try to create loads of energy, but to create an amount that can be stored." At the basic level, six different practices serve this purpose:

The Microcosmic Orbit: Through physical and mental exercises the inner energy channels are activated, cleansed and trained, so that emotional or organ energy can always flow and does not stagnate anywhere. The channels correspond to channels known as the acupuncture meridians.

The Six Healing Sounds: The first five sounds detoxify the organs and lead them back to a healthy state of vibration. This provides ideal absorption and digestion'

of all nutrition. (If an organ does not vibrate at the right frequency, blockages arise, which may over time lead to somatic disturbances.) The Six Healing Sounds balances the warm and cold energy in the body.

The Inner Smile: where one smiles into different parts of the body: the organs, glands and the brain, and charges them with positive energy. This helps transform negative emotions and promotes a rhythmic flow of Yin and Yang energy. Special breathing techniques help to consciously guide the life force, keeping it in a healthy flow and tracking down blockages to release them.

Iron Shirt Chi Kung: a special system of exercises which makes it possible to absorb energy at the level of the bone marrow. (Mantak Chia: "It's like building an iron shirt that strengthens and protects the body".)

Tai Chi: which not only helps to build up and guide energy, but also balances and distributes the energy evenly through all the channels.

Master Mantak Chia explains what the Universal Healing Tao aims for, using Tai Chi as an example : "The whole secret is keeping Yin and Yang balanced. Many people who relax just become passive, and all too often Tai Chi is taught in that way as well. But in reality it's a flow of Yin and Yang states, relaxation and activity, parasympathetic and sympathetic nervous systems. This is very important because both elements are part of our potential and we need both in order to master our lives. Otherwise we are incomplete."

Mantak Chia is able to switch between extreme Yin and Yang states. The awakening of this ability in the Universal Tao does not happen for purely self-centered reasons and is not just a training in states of higher consciousness. The "religious policy" of the Universal Tao is to avoid leaving people depend on others - even if the others are "highly evolved" gurus - but to lead them into freedom and independence.

SAMPLE INNER SMILE EXERCISE



Sit on a chair, straighten your spine and close your eyes. Begin by breathing slowly to the abdomen. Observe your breath becoming calm and even. Feel your abdomen expanding and contracting and gradually warming up. Smile into your navel, (the Tan Tien area) and into your abdomen.

Let your awareness move to the heart. Feel the fire of love burn inside your heart and become aware of a shining pink or red color. Stay in your heart for 3-4 breaths as well. Feel and see the red quality there. Breathe and smile into it.

Glide down to the stomach, pancreas and spleen. Imagine a yellow sun in that area. Feel warm soft earth here. Inhale a yellow colour. Smile into these organs.

Turn your awareness to the lungs. The lungs are connected to the metal element. Inhale a silver light into every cell as you smile into them. Feel your lungs expand and become cool and pure.

Bring your awareness into your kidneys and bladder. Smile there. Visualize a blue colour there, or imagine sparkling blue water. Let your awareness stay in the bladder for 3 or 4 breaths.

Move to the liver on the next exhale, on the right hand side of your body. Smile into your liver. See a green colour or a forest, nature or young wood. Inhale that green colour into your liver for 3-4 breaths.

Go through till cycle of the organs a few times: heart, spleen, lungs, kidneys and liver. When you finish, bring your awareness back to the navel and the energy that has been brought into flow will be stored there.

This exercise seems easy, but it has radical effects - through breathing deeply, the whole body becomes calm and peaceful. And the smiling then opens up the organs and makes them softer, so that internal tensions can be dissolved. Through this we prepare the system to take in more energy. Smiling into the organs in the given order corresponds to the so-called 'Creation Cycle' and, connected with the colours and elements, brings about an energetic charging of every cell.

Once the cells are charged, the surplus of energy is automatically conducted into the brain. This energy harmonizes the brain and balances both hemispheres. This also has a positive influence on the nervous ganglions that run through the spinal cord, which again has a healing effect on the organs.

Details of the Inner Smile can be found in the following books written by Mantak Chia: "Transform Stress into Vitality" and "Chi Self- Massage". Details of Mantak Chia's workshops in Auckland April 2009 see www.taoworkshops.co.nz. Book at www.ticketmaster.co.nz

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