

## PHASE 1 JANUARY 12 TO FEBRUARY 9

### AS ABOVE SO BELOW - AS WITHIN SO WITHOUT **The Map - Tao Inner Alchemy Cosmology**

On any journey its far easier with a **MAP** and on any journey, you need a **METHOD** of arriving at your destination.

The journey we are taking together is a multi-dimensional journey into how the intelligent life force (QI) expresses completely uniquely as each of us. The Taoists call this unique expression (**MING** roughly translated as **DESTINY**)

Now even though each of us is a **completely unique expression** of the life force, the way that unique expression has birthed itself into the physical dimension is the **SAME** for each of us. Hence the need for a vibrational map so we can understand the steps we need to take to journey back to origin, and also how to integrate all the different vibrational levels of our self into a functioning whole. This is why the Taoists do not consider the self as fixed but as an ever evolving process. *(This is very kind, compassionate and relaxing for our personal practice to recognise that we are each an ever evolving process as opposed to some perfected completed state we must aspire to)*

That is also why the **MAP** is needed in the beginning, so each of us has a clear understanding of how our greater cosmic self, divided itself down from a pure state of unity into a body/mind/personality that is highly polarised. As your inner journey into the deeper dimensions progresses, you actually embody the different levels of vibrational consciousness represented by the **MAP** inside your own personal energy body.

What's important to understand about this map is that it is all happening in the mysterious eternal present moment. Additionally, this map is also representing a dual movement of the life force, the process of stepping down and dividing we can call manifestation and the process of returning to origin we can call dissolving or involution. Both directions are equally important. The Taoist have two words for these directions as expressed by a human being

**MING** (highest worldly destiny) which we can say is about having no resistance to who you are as a manifested being and **XING**, which translates as spiritual destiny or return to origin. **XING** means you are making the unconscious within you conscious and part of your conscious operating system. Another way to say this is you are becoming more causal.

The means the keys to our Highest Worldly Destiny (**MING**) lies right inside us. Our highest

Worldly Destiny will mirror the accomplishment of our inner Spiritual Destiny (XING). In my experience our human job is to link the two destiny's worldly and spiritual. This is called the Marriage of Heaven and Earth within a Human. My intention with this program is to take 12 committed students on this journey of Heaven and Earth integration. The first step on this journey is integrating the soul with the personality consciously. This is the Lesser enlightenment of Water and Fire.

### **Why Taoists Embrace Nature.**

Everything we see in nature that has a physical body is considered sacred because it is also being birthed from the deeper levels of formless consciousness just like humanity. The only difference is the rest of nature does not have any built-in resistance to expressing authentically.

Here is simple story to understand this. Imagine our local Moon aspiring to be the Sun because the Sun is more radiant and seems to be more powerful? Of course, we know this is not the case everything in nature is being completely itself with no inherent resistance to the life force expressing as itself. Even animals are like this. It's humanity with its great gift of free will that is the wild card in nature's unfolding. Human beings can easily resist the life force with their divine gift of free will given by source.

Inner Alchemy is simply the process of making the unconscious conscious, we can do this because we have a map of the energy channels and their interactions and the patterns of Qi flow. We have a map that not only applies to us personally but also to the whole cosmos.

So our Earth our Sun and the Planets in our solar system along with the pole star and the trillions of star beings all have a very powerful non-resistant connection back to source. Part of the training with Inner alchemy is learning how to align our personal energy body with these greater bodies of nature.

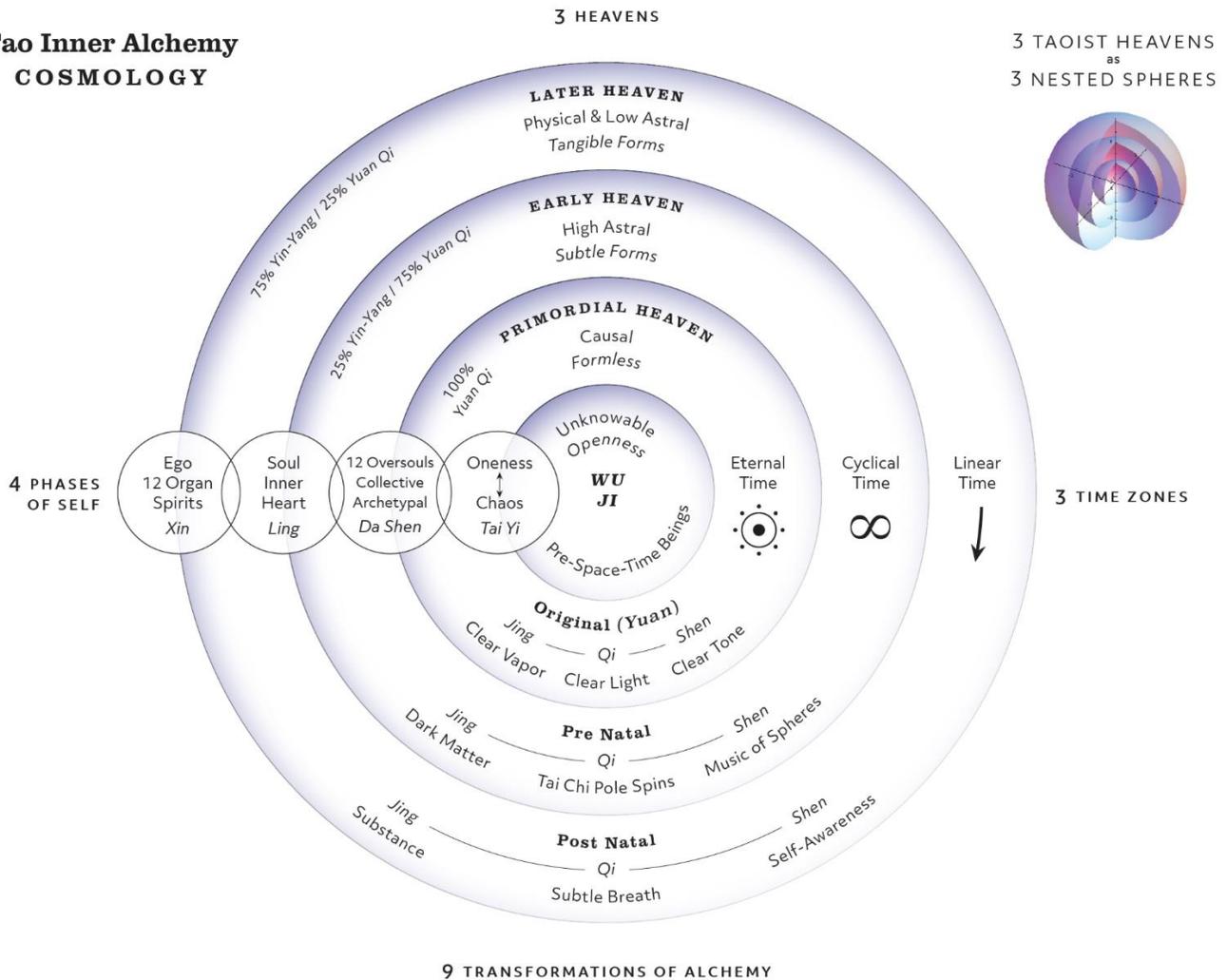
This process is called "**Gan Ying**" it means Harmonic Resonance. Its very similar to a tuning fork. We naturally already understand this through our experience when we visit very remote areas in nature and immediately feel our own Qi (life force) being affected by being in such close proximity to nature's energy field, a swim in an ocean or pure lake also does this.

Conversely, we have all experienced being in a very busy city feeling the collective field of many human auras mostly vibrating at the level of stress and fear. In Internal Alchemy practice we are learning how to consciously align our energy body to be in resonance with nature's energy body (Life force) no matter where we are. It really is one of the most empowering

things you can do with your life to know that no matter what environment you are in you can train your own life force (Qi) to be aligned and in harmony with the greater body of nature.

## THE MAP

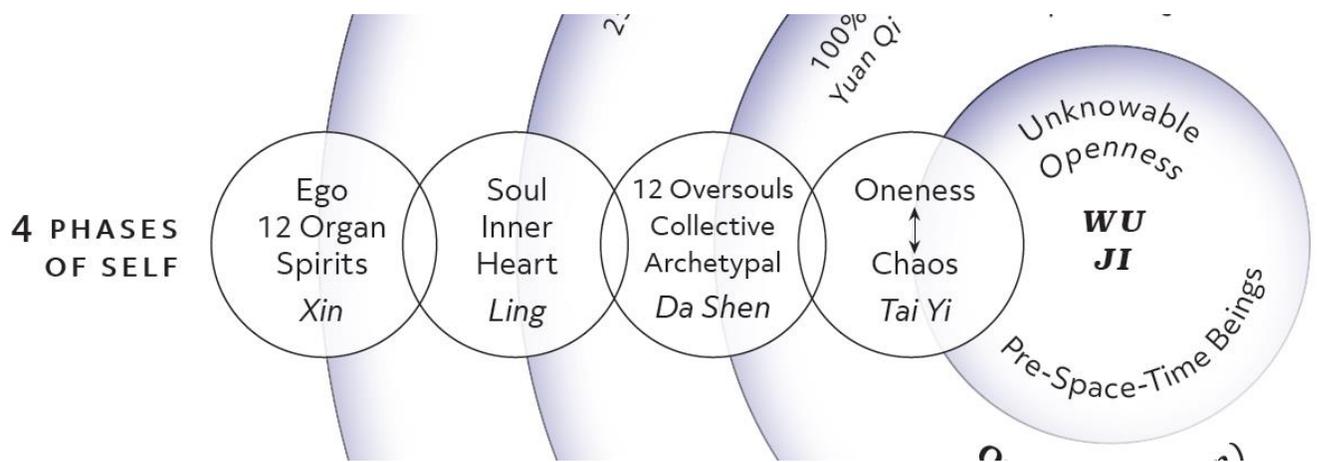
### Tao Inner Alchemy COSMOLOGY



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### What sort of influences are impacting us from deeper dimensions within us?

When we look at the **MAP** with clarity, we see the 4 phases of our whole self. Ego, Soul, Oversouls and Tai Yi, (Source). As you journey deeper inside there are greater levels of harmony and balance, but we should be under **no illusion that all is perfect in heaven! As Above So Below** truly means humanity did not create the mess we humans find ourselves in.



This is a mistake of judgement that I have observed all over the world, the assumption that all the deeper dimension are all harmony and light! Certainly, from our body/minds experience when we experience the dimensional frequency of the Soul it will feel far more whole and balanced than our very highly polarised body/mind/personality. But the Soul is also in a state of tension and incompleteness, this is why each of us is born into this dimension with a feeling that something is missing.

The Lesser Enlightenment of Water and Fire which is the main focus of the 6 Month Inner Alchemy mentoring program addresses this profound issue of the Soul feeling a sense of incompleteness. <https://wuji-gong.org/6month/>

To apply for the training please schedule a meeting with me here. <https://calendly.com/tao-alchemy/6month>

### **Phase 1 of the 6 Month Alchemy Training. January 12<sup>th</sup> – February 9<sup>th</sup> 2021**

5 Tuesday evenings of 2-3 hours Group Mentoring Sessions:  
12<sup>th</sup> 19<sup>th</sup> & 26<sup>th</sup> January 2<sup>nd</sup> & 9<sup>th</sup> February

Two concentrated weekends of Inner Alchemy:

**January 16 & 17: THE MACRO & MICRO COSMOLOGICAL MAP**  
**January 30 & 31: Cosmic Red Dragon Spinning Pearl**

**Qi Gong forms learned and embodied in phase 1. January 12th – February 9th  
All students will be able to certify to transmit these as an inner alchemy trainer.**

9 Cosmic Spirals Qi Gong  
6 Soul Healing Sounds & 12 Meridian Harmony  
Chanting the 5 Phases of the life force internally and externally  
Cosmic Red Dragon Spinning Pearl  
Deep Earth Pulsing

**Taoist Terms explained and understood in first phase of training**

Yin / Yang / Yuan  
Jing / Qi / Shen  
5 Elements / Phases of the Life force  
Ming  
Xing  
Later Heaven  
Early Heaven  
Primordial Heaven  
Ego  
Ling  
Da Shen / 12 Oversouls  
Tai Yi  
Wu Ji  
Ming Men  
Tan Tien  
Pearl of Immortality