

Hello everyone. This article had a life of its own it started out as me wanting to explain in more depth the energy body and self-cultivation. But! It had its own life and evolution and I found myself having to explain more about the origins of suffering and why human Souls can feel so separated from their source.

The Universal Language of Qi - Our Energy Body and the separation of Spirit and Matter

The life force has its own universal language (Qi) sometimes named Chi
(Remembering that it's never just Qi but an integrated trinity of Jing Qi and Shen)

As each of us gets skilful at learning this language and also skilful energetically at interacting with Qi, then we each have our own unique and direct access to the intelligence of life.

The life force has very specific unchanging principles that we can observe and recreate within our own body/mind. This is what Qi Gong really means. Skill at communicating with the life force.

It seems a bit strange that we humans who are created by the life force have to develop a skill to communicate with it right? I go into the reasons for this a little later on in this article.

Let's review the principles of the life force (Qi).

First, we have the underlying principle of UNITY, Yuan Qi and then the two energetic children of Yuan Qi. Yin and Yang which is the principle of polarity/creativity.

It's the interaction of Yin and Yang which is at heart a sexual interaction that is the creative principle of life. All of life is supported by Yuan Qi as the invisible ground and all of life is created by the sexual coupling of Yin and Yang. We see these principles clearly in humanity's love and sexual coupling to create new life.

Yin, Yang and Yuan then further subdivides and creates the 5 phases of the Life force. Water, Wood, Fire, Earth, and Metal. These can be seen and felt as specific

vibrational phases of the life force with Fire being the most expanded (Yang), and Water being the most contracted (Yin). Between these extremes is a Wood as rising Yang Qi, and Metal as sinking Yin Qi and Earth as the most balanced and stable expression of Qi.

Let me give you a very practical example of this using the 9 Spirals Qi Gong that we learn on the training.

We can understand that we are directly mimicking the movements of the life force through this Qi Gong form.

The Yuan Qi which arises at our core and is located in our central channel expands out and creates 4 Yin and Yang movements, left and right and front and back. This creates a sacred geometric shape called the torus which is the inside of a sphere. The center connects equally to every point on the surface of the sphere. As we practice the movements we first expand out and then contract back in. ([Remember the MAP](#): 3 Taoist Heavens in 3 nested Spheres)

These 5 Core channels in our energy body are also related to the 5 phases, with the front channel being more Yin and related to Water the back more Yang and related to Fire. The left channel is more Yang and related to Wood and the Right more Yin being related to Metal. The Core is related to Earth.

These 5 core channels are not the 12 regular meridians they are how our early heaven self (SOUL) feeds and steps down the life force into the 12 meridians. They are like big rivers of Qi. Most people are totally unconscious of these deep rivers. [On the 6 month training](#) we will be going deeply into opening up more these 5 core channels and deepening our relationship to them on [module 2](#) and [module 4](#)

So as we create the movements in 9 spirals Qi Gong we are clearing out these deep core channels and creating more space for the early heaven aspect of ourselves (SOUL) to flow more freely in these channels and therefore into our 12 meridians as well. Additionally, because the movements are so balanced and harmonious, we are communicating to the life force we want this harmony and balance in our own energy body.

I hope you can see with this example how Qi Gong is **NOT exercise**. It is truly a multi-dimensional tool to transform ourselves and dissolve our patterns of resistance and to open up to the experience of life as love. We do this by creating a new energy body (THE PEARL) that is free of all conditioning. The Taoists call this the immortal child that eventually grows up to be our immortal sage.

Now there are many layers to our energy body: Sexual, emotional, mental, also deeper dimensional levels, Soul, Oversoul, Tai Yi, Wu Ji [\(Check out The Map\)](#)

The physical body is just one layer of the energy body and its vibrating very slowly, and because we are so identified with the solidity of the body it's what keeps us stuck in many ways and separated from the rest of ourselves. Basically, each of us is vibrationally moving from spirit into matter and that is a slowing down process.

That is what the layers of your energy body are doing, they are stepping down the fast vibration of spirit until it slows down and becomes thoughts and feelings and sensations and perceptions in your physical body. It's not like the faster vibrational layers go away now that **we** have built the physical body!

We each need all of these layers to sustain our life here, but for most of us they are operating unconsciously. Like I said before Alchemy is making the unconscious conscious. Because the Taoists laid out such a [clear and concise map](#), we can use our will and start to energetically embody that map through the practices you are learning on the training.

The most important thing to understand about our energy body is that we self-create ourselves from inside out and to understand that the aura is **not** the subtle bodies. The aura is sometimes called the etheric body and it is more an emanation of the physical body. As we cultivate our energy body the physical body and the aura will reflect that in many wonderful ways.

There is this linear-time based belief that each of us was born and that we have a body and that we came from spirit and then when we die we will go back to spirit. That is not at all how it is, you are constantly, every single moment, feeding in from spirit to matter and back again, your pulsing back and forth. The present moment is constantly being birthed. If we allow ourselves to open to this rather than feel stuck in a linear time view of creation than we are far freer and in

alignment with the truth of existence. Yes of course each of us went through an actual birth into the earth plane (Later Heaven) so each of us we do have a vessel here (A BODY) to hold all of those vibrational layers of our energy body.

We have a body, and in that way we are different to other spirits that did not get a body, that did not have a mother and father and did not incarnate through the earth, and those spirits do not have all the layers of an energy body that we each have. We have these additional layers that bleed into physicality and we each have individuated free will.

We each have been given a piece of real estate from the cosmos, a body in the physical dimension, so we can navigate here and shape shift and be creative. Then when we are done in this dimension, (what we name death), all of those layers gets absorbed back into the deeper formless dimensions. It gets absorbed back into the higher vibrational bodies, the 12 organ spirits get absorbed back into the Soul, the Soul gets absorbed back into the Oversoul which is at the Star level. That's the stellar mind of the Tao. We could say the oversouls are that aspect of source that are causal and that are creating the whole matrix of time space and beings on behalf of source.

In the same way our 12 organ spirits are totally loved and embraced by our soul with no judgement (INNER SMILE). The 12 oversouls are also loved and unconditionally accepted by Tai Yi. As Above So Below!

Now these 12 oversouls do not always agree among themselves, similar to how our 12 organ spirits do not always act as one whole (internal conflict). This disagreement is referred to in our myths as the war in heaven. Where do you think our conflicts in later heaven comes from? It has arisen at far deeper dimension's then most of humanity is conscious of.

In our myths we refer to the oversouls as creator gods and goddesses. In the Indian tradition for example Krishna and Durga, but of course that is just our projection onto these vast dimensional causal states of being. In Astrology we call them the 12 zodiac signs which is a more accurate description of them then sexed gods and goddesses with human form. **There is no sexual identity or sexed body at that level of creation.**

The Oversouls or what the Taoists call Da Shen (great spirits) are ultimately driving the creative process of stepping down spirit into matter. The Oversouls are the creators of time, space and beings. If you like it's their vast energetic bodies that are the containers of time space and beings. This is why nature is love and each one of us, as incarnated human souls are at the front line, so to speak of the interaction and split between spirit and matter.

Experiences and things are very much slowed down on earth so that they can be understood and learned in slow motion. This is I believe the sacred purpose of the physical plane to slow down the polarized exchange happening at the Oversoul level. At the Oversoul level it's so big and so vast that it's hard to get resolution, so they have created this physical plane here as a learning place, a school, a playground if you like, to slow things down. This is ultimately what MING is, it's our sacred mandate from heaven to uniquely resolve some aspect of this split in this very slow-moving dimension. This is also the origin of the saying "*Embrace the Earth and Heaven will chase you!*". As each of us fully embraces our Ming we have something very valuable to offer early Heaven.

I think it can be helpful here to look at the origin of our Soul from the Taoist cosmological perspective.

Our human soul is birthed from Origin (Tai Yi - Source), as a blank emanation of Original Will. It is shaped (individuated) by 12 Oversouls, it is then vibrationally stepped down through zodiac patterns in the Stars, our local Sun, the Planets, Earth, Parents & Ancestors, till we finally arrive here as these tiny bodies with our local personality and body mind. Very important to also remember this stepping down process is happening in the eternal moment it's not in linear time. The alchemical formula's you are learning are a progressive training to gradually dissolve and resolve all the stuck patterns of Yin and Yang originating at these different vibrational levels.

There also seems to be built into this process a deliberate forgetting of where we originate from. In Alchemy we can say that we are remembering again where we originated from, not only remembering and understanding conceptually (which actually helps) but energetically embodying all the different vibrational energetic

layers within our own personal energy body.

This is what an Immortal is! Energetically they have embodied the journey from unity to diversity and back again and can interact freely using their will with any vibrational level of existence. In much the same way some humans can wake up in a dream and interact consciously with the dream.

Our individuated soul is an aspect of the Oversouls that can be stepped down vibrationally into the physical dimension so that each of us can resolve the fundamental trauma, the separation between spirit and matter. It's further complicated because our souls were also split into male and female bodies. The 6-month training is designed to resolve this split not at the physical level but at the energetic level. You can read more about this on the [Inner Sexual Alchemy Modules](#).

So this is why it's important to accept your physical body and the personality and understand that later heaven is as equally important as early heaven and primordial heaven! It's all one process and obviously the Oversouls are creating all of this to serve themselves. To resolve the trauma of separating spirit and matter.

We each carry a memory of this separation deep inside. Ask yourself, don't you intuit that this world and all its suffering feels somehow off and strange?

For example, if we removed all the human souls from the planet, then this earth would very quickly return to harmony and balance. So, it's obvious that human Souls are really at the cutting edge of evolution in this respect. Each of you is also living this when it comes to completing your potential (MING) and any resistance you also feel inside to completing your potential.

In addition to all of this and to add to our confusion we have all these stories in our myths and religion's about how the earth and this physical dimension is a bad place to be. The Christian story of hell and heaven and that you're a sinner if you're here.

These stories are all a reflection of the battle between light and dark forces. Most formal religions I believe are actually a way to slow human evolution down

because they make each of us doubt our own inherent connection to the whole and they place an intermediary between you and the life force.

The dark forces are trying to control this earth plane and make you unhappy here and create within human souls a sense of failure.

Another agenda of the dark side I have noticed is to overwhelm you and make you give up. This is why always following what you love is so important. (MING), The dark forces want Love and free will to fail, they want power and hierarchy to succeed. What I observed within myself in how these dark forces play out within me is as fear (anti-love) but also as apathy and not continually taking actions on what I love to create.

A spherearchy is totally different to a hierarchy it is based on LOVE. A sphere reflects that everyone and everything is connected back to Tai Yi at the center of the sphere. You can see if you look around this world how much the dark side has managed to slow things down, conversely you can also see a great awakening happening as more Souls claim their sovereignty and direct connection to source. In the end the dark side is doomed to failure because the very core of life is LOVE

What you currently see on our planet is this struggle between Love and Power and this as I have explained before is originating in early heaven and is reflected here in later heaven as suffering and struggle. There is no war in Primordial heaven. Perhaps you can understand why it's so important for each of us to develop an energy body that has more Yuan Qi and is less polarised.

What happens through this self-cultivation practice is that the suffering and problems do not go away but your perspective to them changes. You have expanded your core channel, you have filled it with Yuan Qi which transforms into true Yin and Yang so that in effect you are more detached from your problems your more buffered from them as well as far more creative.

So this is very important for each of us and it relates to what I have discussed about MING. If each of us can Love ourselves right now. That is a great success! So if that's all you ever do, just accept and love your whole self, that is a big success. Its evolution for you and for humanity as a whole. This is the essence of

the Inner Smile to love and accept all of yourself and trust the unique patterns of QI that is YOU.

I'm so looking forward to the next 6 Month Alchemy School starting in January 2023 for more details and to reserve your spot visit here. wuji-gong.org/6-month

Love Andrew