

WHAT IS INNER ALCHEMY & WHY IT IS PRACTICAL FOR YOUR LIFE?

So, I thought it was time that I wrote an article about Internal Alchemy, what it actually is in layman's terms, so that anyone can understand why to practice and what the benefits are. I realized that not many people really understand what Internal Alchemy is.

So, let's keep it really simple. What is Inner Alchemy?

First, to gain clarity about Alchemy, we have to start with an understanding of, and gain crystal clear clarity around the core principles of the life force.

The recognition that the life force, that which creates everything both in existence (form) and also non-existence (formless), has three aspects – two streams that are observable in nature, and one stream that is hidden but supporting and giving birth to the other two, that are observable and are the creative dynamic aspect of life.

What are those three aspects? How can we recognise them?

We have an expanding aspect of the life force which the Taoists called Yang, and a contracting aspect, which the Taoists called Yin. These two forces are what we call complimentary opposites. In other words, they cannot be separate from each other.

Here is a very simple example: You will notice in your life experience that at certain stages in your life, everything is expanding and you feel "wow, I must be doing something right!", only to see that after a peak expansion, the decline happens and your life enters a contracting phase. We can also simply observe this in the daily cycle of the sun!

The sun rises and reaches a peak at midday, and then starts to descend in the afternoon and evening. So I think we can all agree that when it comes to these two phases of the life force, we are able to observe and confirm for ourselves that this is how part of the life force actually works. It is these two aspects that are highly creative. For example, the way a plant grows – it receives the expanding Yang force of the sun, and simultaneously receives the Yin nourishment from the soil below. And out of these two forces interacting, we generate life. Nothing can be created without these two forces interacting.

At one of the most profound levels, let's look at the creation of new life. How does that happen? It happens through the interaction, the sexual coupling, of these two aspects of the life force – the sperm Yin, and the egg Yang. Out of this interaction, a new life is born.

Ah, I hear you say – but you said the life force has three aspects? Don't worry, I am saving the best for last.

The hidden aspect of the life force is actually quite hard to talk about. because it is so subtle and vibrating at such a refined frequency that we human beings have trouble identifying it. This third force is neutral – it is neither expanding Yang, nor contracting Yin. The way I describe it is as “neutral force”. The Taoists in my tradition named this “Yuan Qi”, roughly translated as original energy.

It may seem strange to say that neutrality has a force, but you see, this energy is truly the mother of Yin and Yang. Yin and Yang arise out of Yuan Qi, and again, these three aspects are not separate – they are unified at all times. This is what Jesus was pointing to when he said.

“When you make the two into one, and when you make the inner as the outer, and the upper as the lower, and when you make male and female into a single one, so that the male shall not be male, and the female shall not be female... then you will enter the Kingdom”

This truth of the three aspects of the life force can also be seen in this statement from Verse 42 of Tao De Ching:

“Tao gives birth to One,
One gives birth to Two,
The Two gives birth to Three,
The Three gives birth to all universal things.”

Can you perhaps notice the difference between Jesus's statement and the Tao De Ching verse?

The Tao De Ching is talking about the expansion of creation, in other words, how the 10,000 things, the abundance of life, has actually manifested in this physical dimension from the Tao. Jesus's statement on the other hand is

profoundly pointing at **how** to return to the Kingdom, or in Taoist terms, return to the source, to the Yuan Qi. To the ONE and ultimately the mystery, THE TAO.

Let's use another example from the daily human experience life, to clarify these three forces.

Think of a man and woman who love each other and have stayed together a long time. As the invariable movements of Yin and Yang happen over many years (contraction times Yin and expansion times Yang), a third invisible force, Yuan Qi, or pure neutral love, is being generated by that couple over time. That pure Yuan Qi becomes a real foundation for their relationship. It allows them, as it grows in each of their internal awareness and between them, to not be so shaken by the extremes of contraction and expansion that every relationship will go through. Eventually as Jesus's statement promises, "when you make male and female into a single one, so that the male shall not be male, and the female shall not be female, then you will enter the Kingdom".

That Kingdom, we can describe as undying indestructible eternal neutral love.

Let us also be clear here that Jesus is not talking about the physical body, he talking about your energy body, your internal world of male and female, Yang and Yin.

The promise and actual experience of Taoist Internal Alchemy is that you do not need an external relationship to develop this Yuan Qi, you can do it within your own energy body that is polarized Yin and Yang. In fact, doing it internally will support all your external relationships, which can then become a feedback mechanism to evaluate how neutral you are, how much Yuan Qi you have cultivated and crystallised inside your energy body.

Here is another quote on the importance of Yuan Qi by Michael Winn, which I think beautifully points to the power of Internal Alchemy practice.

"The central purpose of all Inner Alchemy is to regrow the spark of original energy (Yuan Qi) that is buried deep within each human being. If this tiny but powerful spark of original Qi can be birthed into consciousness on earth, it will gradually dissolve one's suffering and struggle, and restore life to its innate state"

of grace and effortless communication (Wu Wei) between heaven, earth, and beings. Cultivating Yuan Qi is growing heaven on earth.”

So, let's make this very practical, shall we? To answer that question of what is Inner Alchemy?

Internal Alchemy is the ability to understand that the way most human beings are made up, their internal world of thoughts, feelings and beliefs, a human being's energy body, is always polarized Yin Yang, **with very little awareness of the Yuan Qi**. Why it is polarized is a big subject and outside the scope of this article.

What is the energy body, I hear you ask?

Part of the energy body is the sum total of everything inside of you that you cannot touch or see, your inner world. This is generally vibrating very fast. It is also very important to understand that the slowest vibrating aspect of your energy body **is your physical body**, which is vibrating very slowly. That is why Internal Alchemy always includes the physical body, because even though it will eventually return to the earth, it carries trapped and polarized aspects of the life force that need to be liberated back into Yuan Qi. In fact the polarization in your physical body is the hardest to shift and it is why working only with the mind and spirit is not enough the body needs to be included and the cells liberated.

In very advanced levels of Taoist Inner Alchemy, even the physical body is transmuted back into light. Creating what in the Taoist tradition we call spiritual immortality.

To understand it in very simple terms, you can consider your energy body, as a sphere, and at the center of that sphere is source or pure Yuan Qi, vibrating very fast, and as you move out from the center, the vibration starts to slow down until you reach the physical body which has a much slower vibrational reality

To illustrate this simply, we can say that Source is 100% Yuan Qi; our Souls are 50% Yuan Qi and 50% authentic Yin and Yang; and the personality and our body maybe has 1% Yuan Qi and 99% Yin Yang that is often highly polarized and very slow moving. Every human being has 100% Yuan Qi at their center, but our functioning personality is not aware of the subtler levels of consciousness.

So now the practicality. How can we use all these concepts and very beautiful words to actually make a difference in our life?

Here is a very simple way.

Does not every human being love freedom? We intuitively know that it is our nature. BUT our energy body, our internal world, is polarised.

We hate or push away restriction and limitation, and we simultaneously love or desire to move towards freedom.

Do you recognise these two? Yep, they are Yin and Yang forces of the life force which we spoke about at the beginning of this article.

NOW PLEASE READ CAREFULLY – HERE IS THE REAL SECRET OF ALCHEMY.

In your energy body, the hating of restriction and limitation carries life force – if you like, a charge. And the longing or desire for freedom, no matter how positive, carries a charge as well.

In Alchemy, we neither emphasise the positive, nor resist the negative. Instead, we say that both of these extremes carry life force.

I will consciously, using my inner will, have both of these two forces interact with one another within my energy body, so that the pure life force trapped in the polarity, or the charge attached to each of these two extremes of Yin and Yang, can be reclaimed and crystalize more Yuan Qi within my personal energy body.

When you do this, you are aligning with the truth of the life force, that love and freedom is really at the foundation of the life force. The more Yuan Qi we have in our energy body, the more powerful our ability to co-create with the life force becomes. In fact, one sure sign of progress is that you can create almost effortlessly, just as the life force does. It is just that now you create without the push-pull emotional/mental charge of the Yin and Yang polarized energy body.

To dive deeper into this and actually make it your reality, I offer a 6-month Inner Alchemy mentoring program every year, where I guide 10 committed students through the inner alchemy journey. You can read and listen to previous graduates of the program at the link below.

This training also offers the possibility be to be certified as a Qi Gong and Inner Alchemy Teacher with the Wu Ji Inner Alchemy School.

wuji-gong.org/6-month/