



Sealing of the Five Senses: Advanced Practices for Becoming a Taoist Immortal

By Mantak Chia, William U. Wei

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An illustrated guide to follow the path to the Immortal Tao

- Reveals the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses and activating the Thrusting Channels
- Explores how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind
- Explains how to transmute warm chi into energy for the immortal spirit body, created through mastery of the three Kan and Li practices

In ancient times, the Sealing of the Five Senses involved both Taoist Inner Alchemy and physical sealing of the sensory organs to prepare the master for extended periods of astral travel and meditation, during which he would remain completely motionless for years at a time. In modern times, physical sealing of the senses with wax is no longer required; however, in order to accumulate profound energy and gather cosmic light for the immortal spirit body one must stop the energy losses that occur through the senses.

In this guide to energetic sealing of the senses, Master Mantak Chia and William Wei reveal the 9 inner alchemy formulas for the Sealing of the Five Senses practice, including strengthening the senses, connecting the senses to the organs, activating the Thrusting Channels, and harnessing the energies of the Big Dipper and the North Star. They explain how to stop energy losses through the five senses and transmute warm chi into energy for the immortal spirit body. The authors explore the importance of proper diet and eating habits in this practice, providing striking examples of World War II concentration camp survivors who were able to obtain energy from chewing water.

Revealing the benefits of Sealing the Five Senses for non-Immortals, the authors explain how abuse of the senses leads to energy loss and degradation, for example, listening too much hurts the mind and crying too much harms your

blood. They show how sealing the senses allows one to create the Crystal Room cauldron, where fire and water energy can couple to generate a superior essence used to achieve greater awareness and “steam” all the body’s major organ systems.

An advanced practice for those who have mastered the three Kan and Li practices, the Sealing of the Five Senses is the final step on the Taoist path to Immortality.

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Editorial Review

About the Author

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world and is the author of more than 50 books, including *The Taoist Soul Body* and *Chi Self-Massage*. William U. Wei is a senior instructor of the Universal Healing Tao and has taught with Master Chia in more than 30 countries. He lives in southern Oregon.

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Chapter 4

Sealing of the Five Senses

Immortal Tao Proper Practices

THEORY AND CONCEPT

Our senses are like antennas that receive waves of vibration, sound, and light that come to us. If that wave makes sense, our brains will start to think. Thinking consumes more energy than any other bodily activity. As humans we cannot stop thinking, looking, and listening nor stop fantasizing. This sensory-linked brain function in reaction to the external world is known as the monkey mind.

Our mind connects with the heart. When the mind is disturbed, the heart too will become disturbed. The good-minded good heart is the compassionate heart (harmony), therefore its good intention connects to the earth and nourishes it. When the wood meets the earth, the wood will grow. When the water meets the earth, the water will gather. When the metal meets the earth, the metal will condense. When the fire meets the earth, the fire will tone down.

If we can make the senses stronger, and seal the senses with external and internal force, we can accumulate profound energy.

1. First, we will strengthen the senses.
2. Second, we will make the connection.
3. Third, we will seal the senses.

The formula of Sealing the Five Senses effects a literal transmutation of the warm current or Chi into spiritual energy or energy of the soul. To do this, we must seal the five senses, for each one is an open gate of energy loss. The power flows out from each of the sense organs unless there is an esoteric sealing of these doors of energy. They must release energy only when specifically called upon to convey information.

STRENGTHENING THE SENSES

The first step of strengthening our senses is very important. When the senses are strengthened we will be less affected by the stimuli coming from the outside world as criticism or praise. This strength leads to a connection with our center, where the mind becomes still, and the thoughts rest. A great deal of energy is spent thinking. Sealing the senses conserves this energy to be used for spiritual development.

Turning the senses inwardly to the center of the brain and down to the navel, and using the three-cauldron coupling to help suck in the natural and universal force.

1. The left ear corresponds to the metal element force.
2. The right ear corresponds to the wood element force.
3. The chin and the mouth correspond to the water element.
4. The nose corresponds to the earth star; this will tonify the earth.
5. The left eye corresponds to the sun.
6. The right eye corresponds to the moon. (Raise the water and lower the fire, and let it couple on the tip of the nose).

Formula One: Crystal Room Cauldron

- a. Be aware of the left ear and the metal force.
- b. Be aware of the right ear and the wood force.
- c. Draw these two forces together into the crystal room, combine them into the fire force.
- d. Be aware of the mouth and breathe into the throat center and the lower abdominal suction and the tiger and the dragon breath to create the suction, and feel the Chi entering the mouth and gathering the water force into the Chi Ball.
- e. Create the collection points to contain the water in the mouth.
- f. Let the water rise up, and lower the fire down and couple at the tip of the nose. Turn the awareness inward and feel the three-cauldron coupling at the same time.
- g. Let it steam to the crystal room. The lower cauldron steams to the organs and the glands.
- h. Feel the four cauldrons couple at the same time, the normal breath stop, and the true breath begin. Let the skin start to breathe first, and then the bones in the arms and the legs.
- i. Suck in the crown and expand to the nature and the universe. Suck in the mideyebrow, the third eye, the palms the soles of the feet, the perineum, the sacrum, and the Door of Life. Eventually the whole body is breathing.

Users Review

From reader reviews:

Charles Tebo:

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