

Laughing Chi Kung

Heal yourself with Laughter



Mantak Chia

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Edited by:

Lee Holden

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Laughing Chi Kung

“When a man smiles only with his eyes and not with his belly, do not trust him.”

Introduction

My wish is for everyone to be spiritually independent and connected personally to the Source, Cosmos, or Primordial Force in our common quest for returning to Wu Chi (God). Through this process we can gain inner peace, happiness and compassion for ourselves and others. We can also develop the ability to heal ourselves and to serve as positive energy sources. Naturally, the first step is to be at peace with ourselves. Therefore, I now present this meditation, Laughing Chi Kung as a tool for strengthening the connection we have to ourselves, for opening us to the abundant chi available from the cosmos and for developing the skills of self-healing.

I remember practicing one day the many forms of breathing exercises I had learned. After practicing the whole day I had not finished and I thought to myself, why so many different exercises, after all we have only one nose and two holes? At this point I started to laugh and laugh, and after a few minutes of laughing I felt more relaxed, more open and full of chi then after a day of complicated breathing exercises. I realized that laughing is a natural and powerful method for calming the nervous system, stimulating circulation and digestion, activating the immune system and generating more energy. This is what this meditation practice and this booklet are about: laughing for our health. Laughing Chi Kung teaches us how to laugh from all the way down in our lower bellies, strengthening the deepest abdominal muscles, the diaphragm and the muscles of the pelvic floor, the urogenital muscles. When our lower abdomen is enlivened through deep belly laughing, we create a good solid home for our awareness and energy.

Three Minds into One

In the Tao practice it is important to understand the principle of the three minds. The upper mind, also known as the upper Tan Tien, resides in the brain. The upper mind is good for planning and detailed figuring but it is easily drained by thinking too much. The middle mind, or the middle Tan Tien, is centered in the heart. The heart is the seat of our consciousness. The lower mind, or the lower Tan Tien is in the lower abdomen and this is where our awareness resides. In the lower Tan Tien the three minds; the observing brain mind, the conscious heart mind and the aware abdominal mind fuse together to form one mind. From this one mind we can do all of our thinking and sensing and use a fraction of the energy needed compared to when the upper mind works alone.

The Taoists refer to an overly used upper mind as the monkey mind. The monkey mind consumes an amazing amount of the body's energy so it is important to train the upper mind to rest in the lower Tan Tien. When the upper mind is over active it will suppress consciousness and awareness but when we fuse our minds in the lower Tan Tien we become conscious and aware of things we were never conscious or aware of before. When we let our upper mind rest we conserve energy and improve our health. With practice we can learn to charge the lower Tan Tien with more energy and in turn the lower Tan Tien will charge the upper brain. Cultivating chi in the lower Tan Tien is key to the whole Tao practice.

Three Minds

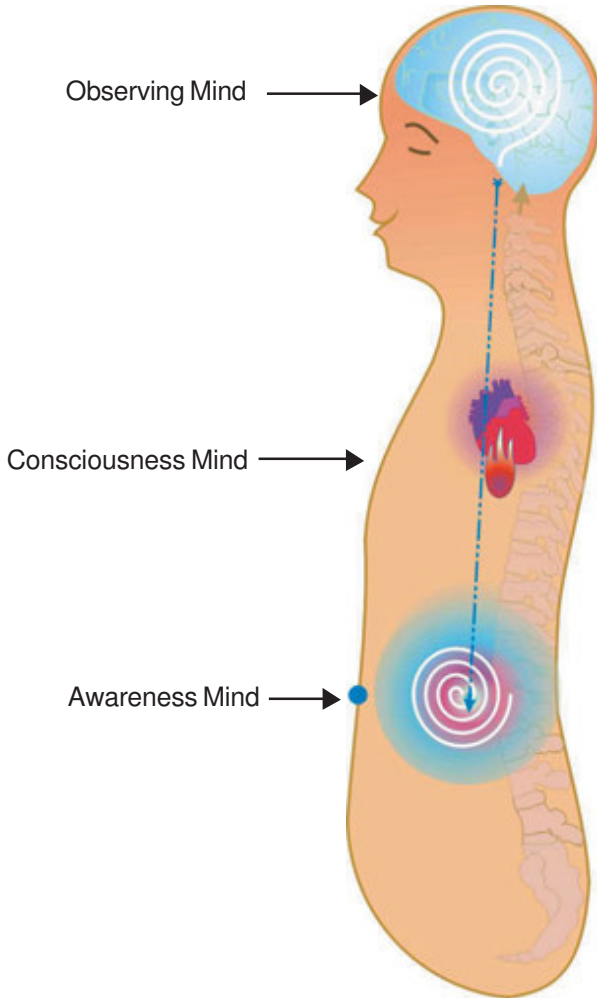


Fig. 1 Empty your mind down to the Lower Tan Tien.
Let awareness and consciousness combine together.

In the beginning of my practice I did not understand this. It was only when my master taught me to lower and sink my mind down to the lower Tan Tien that I started to understand. Much later, I understood this further when I read that western technology had discovered that the nerve endings in the stomach and intestines, especially those that are related to emotional responses, are the same as those in the upper mind. So by just dropping your energy down and smiling to the Lower Tan Tien you can activate your observing mind, conscious mind and awareness mind.

West started to recognize the second brain.



A Complex and Hidden Brain in the Lower Abdomen Makes Stomach Aches and Butterflies

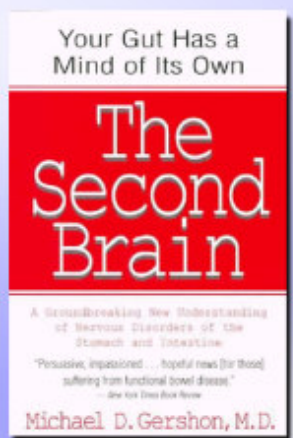
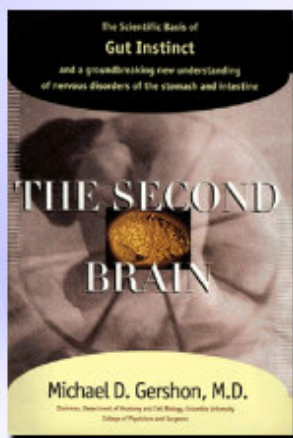
**The New York Times
Tuesday, January 23, 1996**

The gut has a mind of its own. Just like the mind brain, this lower brain sends and receives impulses, records experiences and responds to emotions.

The lower brain can upset the upper brain and the mind brain can upset the lower brain.

Fig. 2 West started to recognize the Second Brain.

***Studies are conducted about the
Second Brain.***



The Books about the Second Brain by Michael D. Gershon, M.D.

Fig. 3 Studies are conducted about the Second Brain.

Existence of Neurons Enable the Second Brain to Learn.

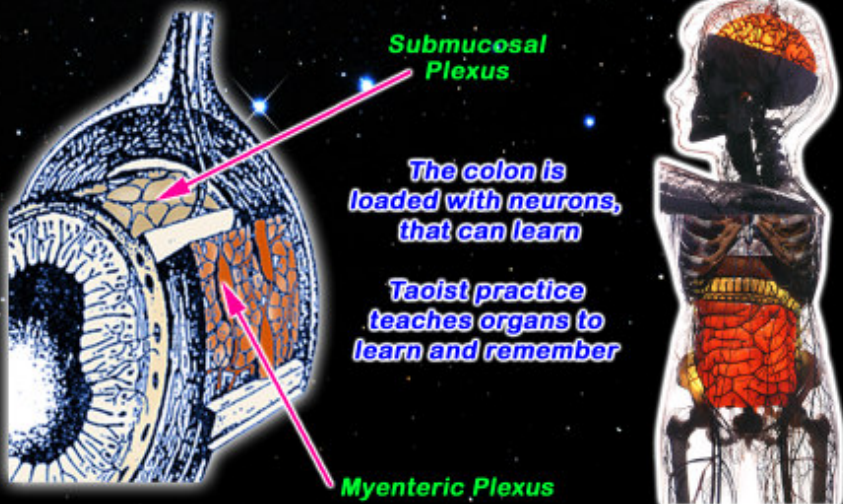


Fig. 4 Existence of Neurons Enable the Second Brain to Learn.

Explanation of Benefits

Laughing from our Lower Tan Tien, our second brain, stimulates all the functions of this area. Allowing the laughter to reverberate through the diaphragm, sternum, spine and all the organs feels like a real workout in the beginning. All the tensions we hold on to that keep us in a state of contraction are vibrated from the inside and then start to release. You will feel an enormous relaxation in your abdomen and all the related tensions in the rest of your body start to release as well.



Fig. 5 Laughing Chi Kung

Reflex Points of the Colon

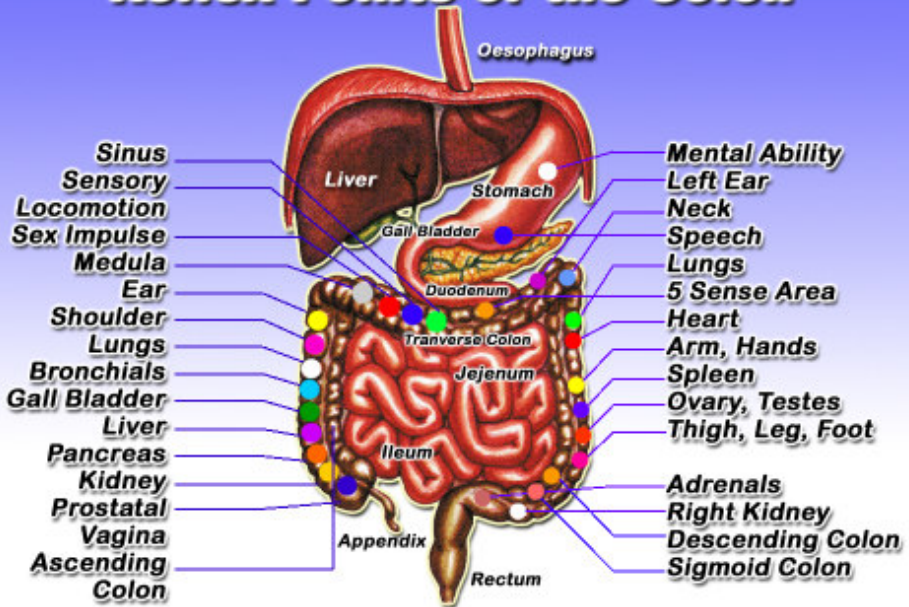


Fig. 6 Reflex Points of the Colon.

The abdominal laughing will Activate diaphragm help in deep breathing, also help activate the aorta and vena cava to increase the circulation reduce the heart work.

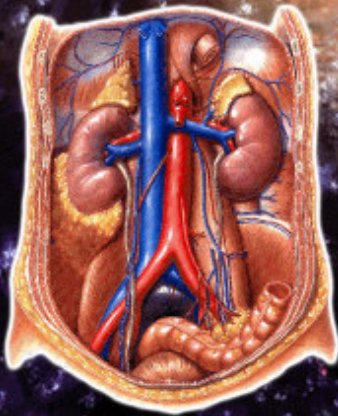


Fig. 7 Activate Diaphragm

Many reflex points in the large intestine become stimulated with laughter. When the reflex points are stimulated this has a beneficial effect on the corresponding organ.

Abdominal laughing exercises your diaphragm. When your diaphragm moves more easily this assists the lungs in breathing deeper and fuller. When the muscles in your belly tighten the pressure in your abdomen increases. This squeezes the arteries and veins and moves the blood on. When the muscles release and your belly expands it creates a vacuum for the major veins and arteries, the vena cava and the aorta, which attracts blood. This mechanism acts like a second heart, and lightens the workload for your primary heart.



Fig. 8 Activate the lymphatic system and improve the immune system.

The lymphatic system relies on muscular contractions for the circulation of the lymphatic fluids. Laughing with the whole body will greatly assist the movement of these fluids. When the lymph flow improves, the immune system is enhanced. The immune system is aided by the activation of the B-lymphocytes. The B-lymphocytes form antibodies and attack bacteria. Laughing with the whole body shakes and stimulates the thymus gland behind the sternum to produce more T-lymphocytes and killer cells. Killer cells have special fighting skills and can kill viruses, bacteria or cancer cells immediately. So it is easy to see how Laughing Chi Kung can play such an important role in fighting disease.

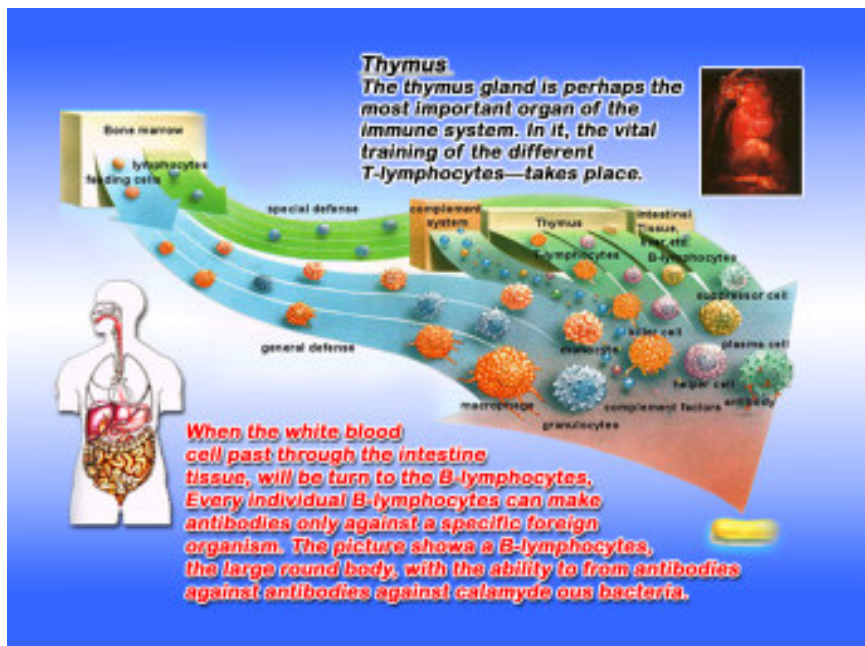


Fig. 9 Thymus Gland

Spinning the Energy

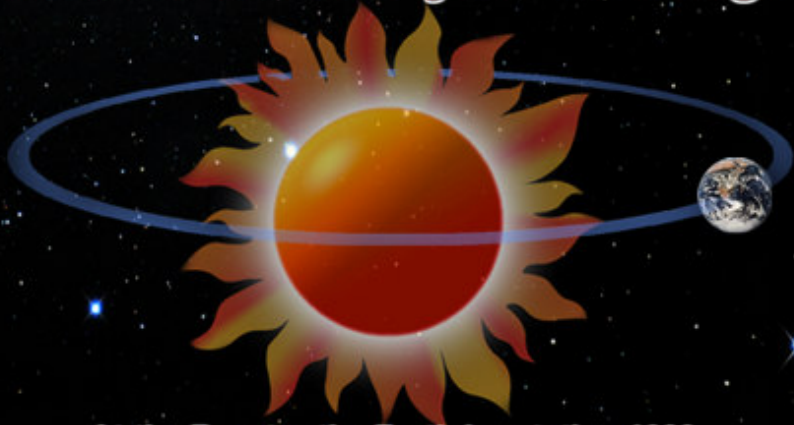
After each session of laughing we spend time spinning the newly generated energy in the lower Tan Tien. Spinning or spiraling the energy attracts more energy from the cosmos around us. At first we spin and spiral actively ourselves. Later when we become more aware of the spinning and spiraling deep inside us and in the larger cosmos around us the spinning and spiraling will happen spontaneously. Just being aware of this enables us to tap into enormous sources of energy.

For example the spin of the earth around its axis moves people at the equator with a speed of about 1,500 km per hour. Even greater speeds are attained through the spiraling of the Milky Way galaxy moves at enormous speeds through the universe. These speeds of course affect us in some way. Internally at the atomic level, everything spins in similar patterns. These movements influence each other and energy is transferred. The Taoists believe that becoming aware of all these internal and external spins and spirals allows us to constantly attract energy from the universe.



Fig. 10 Harmony is at the Core of the Universe.

How Fast are you Moving?



***At the Equator the Earth is rotating 1000
Miles per Hour. The spinning force creating the
force to draw more force from the Cosmos .
The Earth is moving around the Sun
at 67,000 miles per hour***

Fig.11 Earth is moving around the Sun.

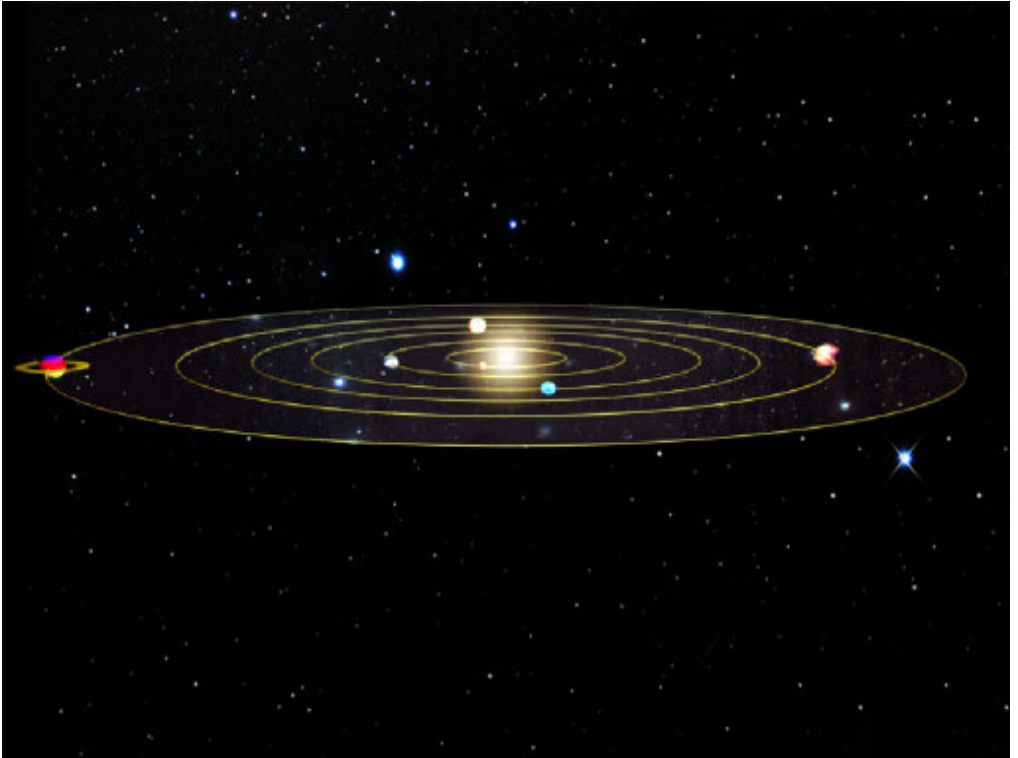


Fig. 12 Star and the Direction of Spiral.



Fig. 13 One Orbit is about 4 millon years.

Solar System

Human Cell

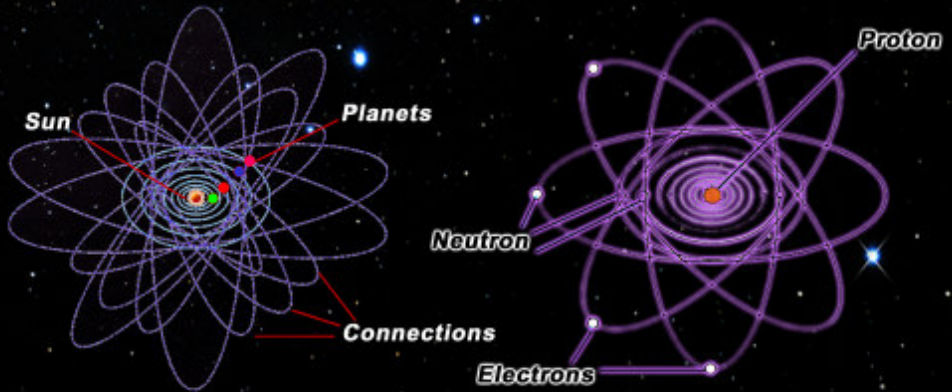


Fig.14 Solar System and Human Cell

Human cell and Planets

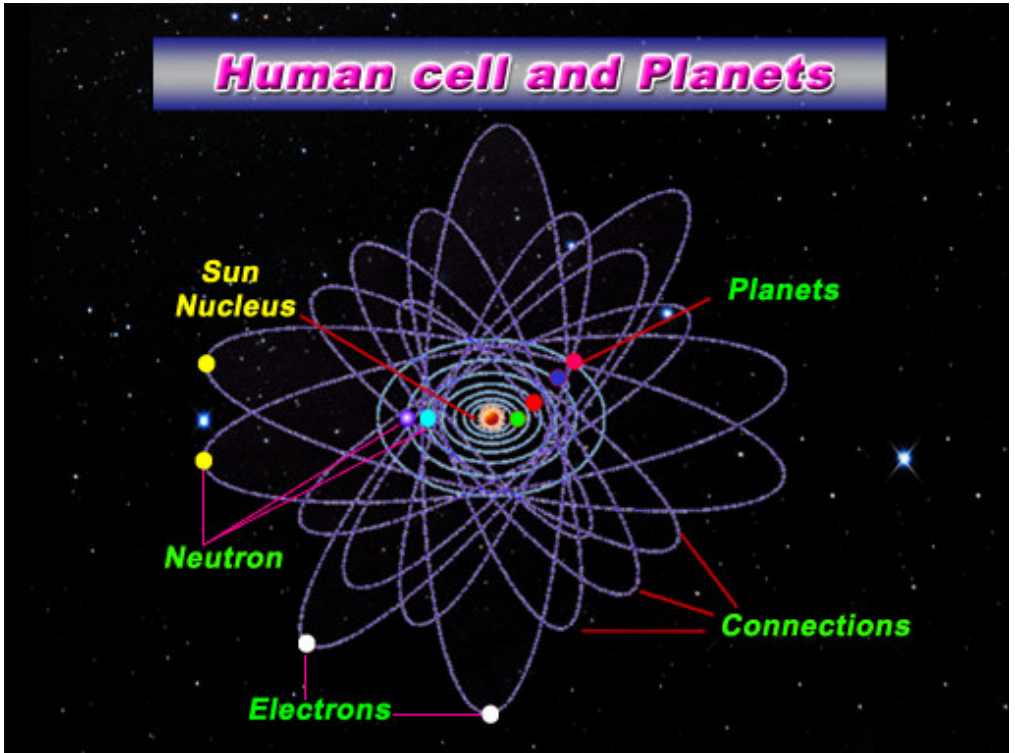


Fig. 15 Human Cell and Planets.

**There are Contain Cosmic
Force Flow to us and the World.**

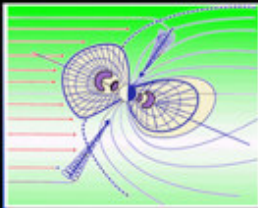
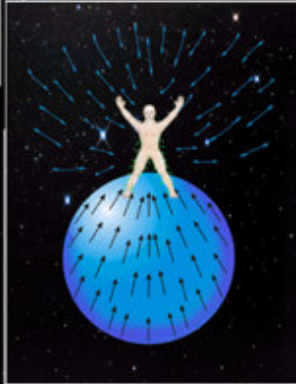
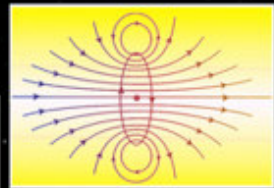
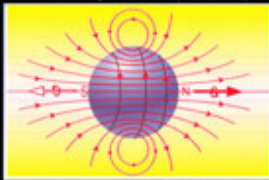


Fig. 16 Contain Cosmic Force Flow.

Collecting and Storing the Energy

Collecting and storing the newly generated energy is an important part of the Laughing Chi Kung practice. After each session of laughing we collect and store the excess energy in the lower Tan Tien. With continued practice the lower Tan Tien becomes very alive, and we feel more centered within ourselves. The lower Tan Tien conserves our energy and when another part of the body needs an energy boost it can draw on this storehouse of energy. Scientists have discovered that the illi in the large and small intestines has properties that are similar to a battery that can store energy. Through hundreds of years of practice the Taoists have discovered that bones and cells can also store energy.



Fig. 17 Turning the Wheel

**Electrical Polarity in our Intestines serve
as the Storage Battery of our Energy
in the Lower Tan Tien**

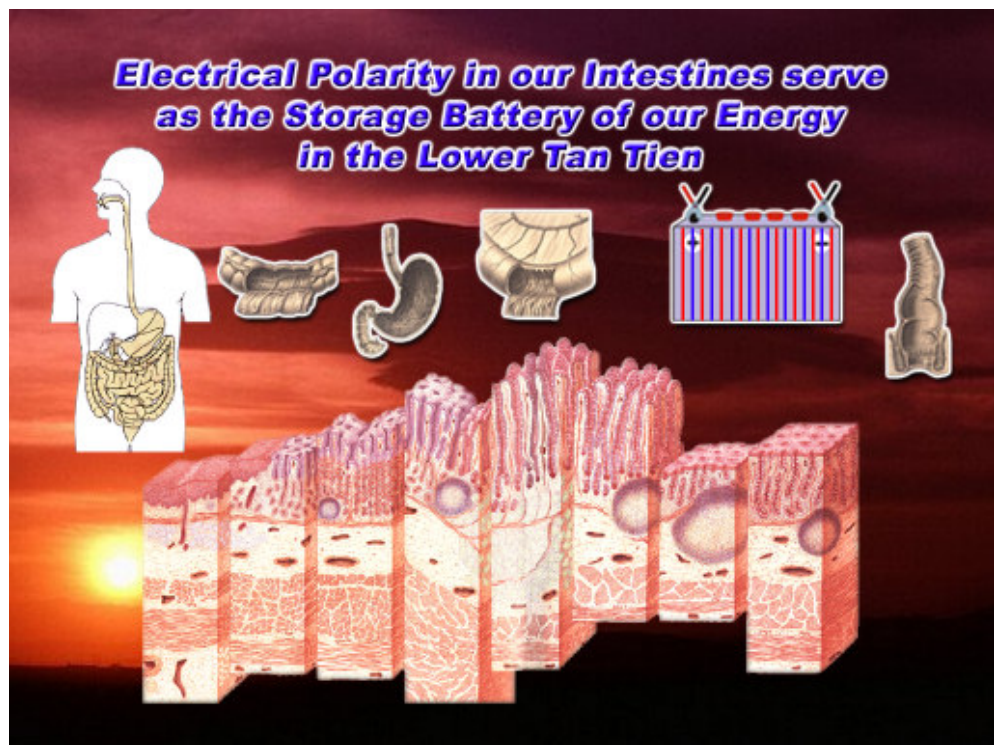
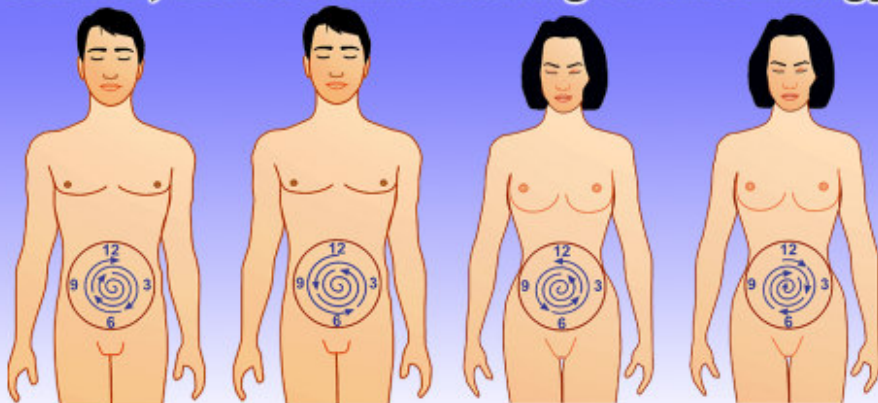


Fig. 18 Electrical Polarity

Gather, Collect and Storing of the Energy



Men collect the energy by spiraling outwardly from the navel 36 times clockwise

Then they spiral inwardly 24 times counterclockwise, ending at the navel



Women collect the energy by spiraling outwardly from the navel 36 times counterclockwise

Then they spiral inwardly 24 times clockwise, ending at the navel

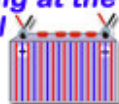


Fig. 19 Gather, Collect and Storing of the Energy.

Preparation

Sit comfortably near the edge of your chair with your feet flat on the floor. Relax your body while maintaining the alignment of your spine. Breathe from your lower abdomen. Smile to your heart and feel your heart grow soft. Move the energy from your heart down to your lower Tan Tien. Feel your three minds rest in your lower Tan Tien. Be aware of your Tan Tien filling with chi.

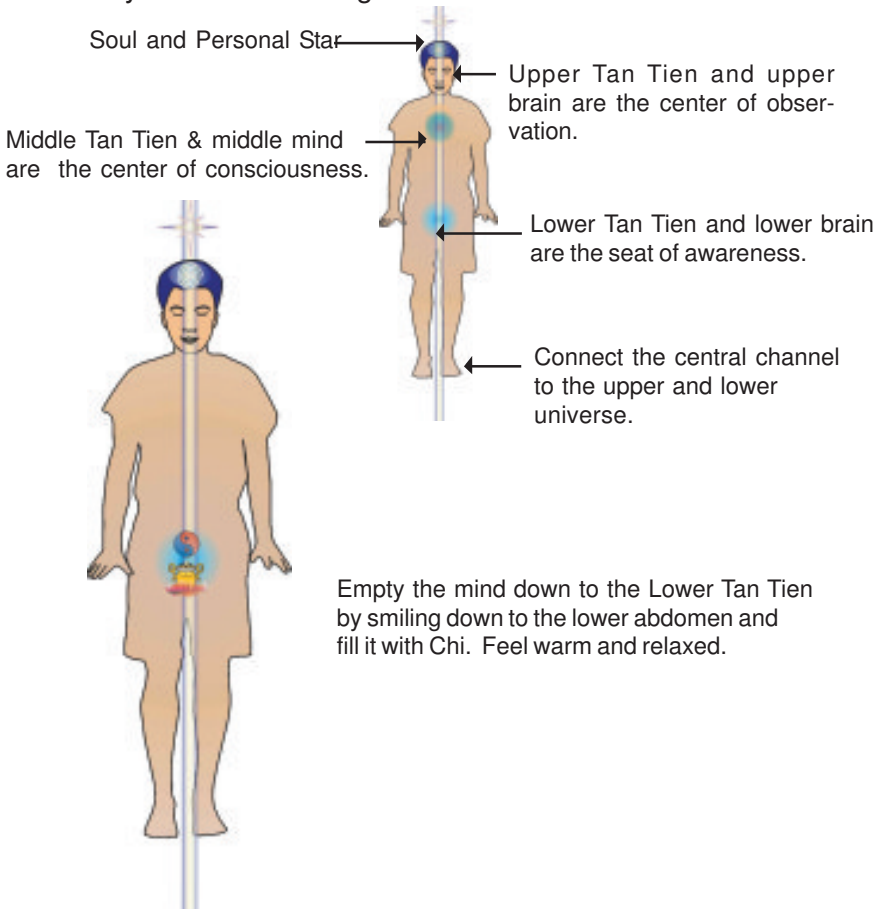


Fig. 20 Empty your mind down to the Lower Tan Tien.

Laughing Chi Kung Practice

Boisterous Laughing

1. Place your hands over your lower Tan Tien and laugh loudly from your belly. Feel your laughter shake and reverberate deep inside your body. Continue laughing for five minutes.
2. Rest and place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
3. Guide any excess chi in your body to the area behind your navel and in front of the kidneys.
4. Place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
5. Gather the excess energy in your body by spiraling the energy around the navel 36 times outward and 24 times inward. Men spiral clockwise outward and counterclockwise inward, women spiral counterclockwise outward and clockwise inward. You may use your hands to help you spiral. Feel as though your intestines are physically spiraling.
6. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.

Giggling

1. Place your hands over your lower Tan Tien and giggle from your belly. Feel your laughter shake and reverberate throughout your body. Continue laughing for five minutes.
2. Rest and place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
3. Guide any excess chi in your body to the area behind your navel and in front of the kidneys.
4. Place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
5. Gather the excess energy in your body by spiraling the energy around the navel 36 times outward and 24 times inward. Men spiral clockwise outward and counterclockwise inward, women spiral counterclockwise outward and clockwise inward. You may use your hands to help you spiral. Feel as though your intestines are physically spiraling.
6. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.

Silent Giggling

1. Place your hands over your lower Tan Tien and giggle silently from your belly. Feel your laughter shake and reverberate throughout your body. Continue laughing for five minutes.
2. Rest and place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
3. Guide any excess chi in your body to the area behind your navel and in front of the kidneys.
4. Place the tip of your tongue on your upper palate. This allows the energy in your head to drop down to your Tan Tien.
5. Gather the excess energy in your body by spiraling the energy around the navel 36 times outward and 24 times inward. Men spiral clockwise outward and counterclockwise inward, women spiral counterclockwise outward and clockwise inward. You may use your hands to help you spiral. Feel as though your intestines are physically spiraling.
6. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.

Sacrum Bone Breathing

The sacrum controls all the bones and bone marrow in the body so by working on your sacrum you work on all your bones.

1. Touch your sacrum and feel your sacral holes breathing and pulsating.
2. Become aware of the bone marrow inside your sacrum.
3. Feel the chi rise up and activate all the vertebrae in your spine.
4. Feel the chi activate your temporal bones.
5. Become aware of your third eye (between your eyes) and feel your third eye open. The third eye is a major opening for receiving cosmic energy.
6. Rest and enjoy the feeling of being both quiet in your body yet energized at the same time.

Three Main Goals

Practices of Taoist Laughing Chi Kung have Three Main Goals:

1. Learn to heal, love and be kind to ourselves as we develop compassionate hearts and a wholeness of being.
2. Learn to help, heal and love others from the abundance of healing and loving energies we receive from the forces of nature, heaven and earth.
3. Learn about our Original Source and help it to unfold within us.

I trust that you will use these techniques for your benefits of health and well being. When create joy in your life through laughter it will heal your physical, emotional, mental and spiritual bodies. This is why comedians in the entertainment industry are love by so many people and earn so much money because they heal people with their comedy. Laughter heals so enjoy the practice healing your self with laughter.

Mantak Chia ☺



Master Mantak Chia is the creator of Universal Tao System, Healing Tao, Tao Yoga and is the director of the Universal Tao Master School at Tao Garden Health Spa & Resort in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

Laughing Chi Kung

*Through this process we can gain inner peace and happiness. Everyone can also gain the ability not only to heal themselves, but others too. Naturally, the first step is to be at peace and be happy with ourselves as we work to accomplish our goals. Therefore, I have devised this meditation, which becomes especially profound when its effect is amplified by thousands of others in a **Circle of Consciousness and Awareness**. It is the **Laughing Chi Kung**.*

It helps to understand the principle of fusing the three minds. Western science now knows there are three minds. The first mind is in the observing mind centered in the brain. The second is called the conscious mind centered in the heart. The third is the mind of awareness centered in the lower abdomen, that is, the abdominal brain. The three minds combine to fuse together in the abdomen, creating one mind. In Chinese this one mind is called Yi.

*The **Laughing Chi Kung** Healing Meditation is a spiritual practice that takes around 15 to 30 minutes. When people from all around the world link together at the same time greatly empowered. It can be practiced easily even by those who have never worked with the Universal Tao practices.*

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