

## WEST MEETS EAST – ANCIENT MEETS MODERN

### 情绪与 9 气 how our Emotions and life style influence our Qi/life energy?

《黄帝内经》

“帝曰：善。余知百病生于气也，怒则气上，喜则气缓，悲则气消，恐则气下，寒则气收，炅则气泄，惊则气乱，劳则气耗，思则气结，九气不同，何病之生？”

岐伯曰：怒则气逆，甚则呕血及飧泄，故气上矣；喜则气和志达，荣卫通利，故气缓矣；悲则心系急，肺布叶举，而上焦不通，荣卫不散，热气在中，故气消矣；恐则精却，却则上焦闭，闭则气还，还则下焦胀，故气不行矣；寒则腠理闭，气不行，故气收矣；炅则腠理开，荣卫通，汗大泄，故气泄；惊则心无所倚，神无所归，虑无所定，故气乱矣；劳则喘息汗出，外内皆越，故气耗矣；思则心有所存，神有所归，正气留而不行，故气结矣。”其中炅即暑热，劳指过劳。

A conversation between the Yellow Emperor and his Master, Qi Bo.

Quoted from Huangdi Neijin /the Yellow Emperors Sutra

There are 9 different major Qi changes which are caused by our emotions and our life style:

Anger, happiness, sadness, fear, coldness, heat, shock, excessive work, worries.

Anger makes our Qi move opposite way. Happiness makes our Qi peaceful. Sadness destroys our Qi. Fear blocks our Qi. Coldness makes skins tightened and slow down Qi movements. Heat opens the pores of skin and drain our Qi. Shock makes Qi disorderly. Excess work makes us breath heavily and sweat too much, which will burn out our Qi. Worries makes heavy heart and Qi stays instead moves properly, which cause blockages.

### 道家神仙丹道基础 The Basic description of Taoist practice toward Immortality:

“百日筑基，10月怀胎，三年哺乳，九年面壁。”

“100 days foundation, 10 months pregnancy, 3 years breast feeding, 9 years facing the walls.”

- 12 meridians, 365 acupuncture points

20 minutes = 1 true nature energy /1 full mouth of sweet water

9 true nature energy = 1 acupuncture points

365 X 9 = 3285 times sitting meditation 座

24 hours per day = 49 days (day & night practice)

12 hours per day = 98 days (day practice, night sleep)

6 hours per day = 196 days

- 72,000 Nadis, 4 elements, 5 Aggregates (form, sensation, cognition, mental formation, consciousness).

365 x 9 x (5+1) = 19710 times sitting meditation

6 hours per day = 3 years

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炼精化气，要洁净脏腑，真气清纯，远声色，薄滋味，才返先天。

**These are the basic preparation to cultivate and grow our life energy.**

Clean food, clean body, clean life energy.

In order to grow Essence to Qi (life energy), one must have clean digestive system and inner organs. One must eat clean food. One must maintain Pure mind: guard 6 consciousness.

Thus the life energy is clean and pure. One must resist any temptation of the physical world (sound, color, etc.). One must eat light taste food and reduce the food intake to the minimum.