Haotian Daoism and Heavenly Cultivation

Cultivation Techniques for Humanity

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Prologue:

Haotian is the Heavenly God and the breath of nascent qi that flows through nature. His Guang Ming (bright light) is the source of that nascent qi. In certain traditions of ancient heavenly Daoism it was said the cultivation was Haotian’s gift to humanity. This book is of heavenly Daoism as cultivation is directly related to Haotian. As soon as you enter into cultivation Haotian will be relevant and a new reality for you. When you become a cultivator you will directly be known by Haotian and as you absorb nascent qi you will be interacting with Haotian qi. Thus as you read this book and learn the techniques of cultivation I must insist a firm respect for Haotian. You will notice the respect and awe of Haotian automatically grow within you as you sense and absorb nascent qi.

This book is not a repeat of other Daoist Books or scholarly material. It is a direct introduction to the practical techniques of ancient heavenly Daoism known as Cultivation as well as an introduction to Haotian. Therefore this is not a book on qigong, or on neigong but on Cultivation specifically which was only practiced in the ancient times. Cultivation is the art of directly absorbing Qi without the use of movements, meditation, breathing or mantras. Therefore cultivation is different than meditation, qigong or neigong which are the main techniques of Daoism known today. This book is not just an introduction but a manual to begin cultivation and to access levels of Daoist Immortality. Following the techniques in this book will not be easy but will take skill, dedication and commitment to mastering the Dao and becoming a Cultivator. The beginning techniques can be said to be easy enough which will allow you to enter into cultivation. Once you enter into cultivation and become a cultivator the difficulty will depend on your hard work as well as your talent. I am aware that there is not a book on cultivation today nor was there ever a book on cultivation. Most Daoist manuals were only books on higher level neigong and qigong with movements and breathing. This book is the first book on Heavenly Daoism and cultivation that has been written and comes as a result of my deep training. I write this book for those who are aspiring to become a cultivator and master Dao. This is the complete method of cultivation. To those that require additional assistance and personal instruction you may write to me on my website Taoistalchemy.org and join the daily cultivation sessions.

Chapter 1 – What is Cultivation

Cultivation is the art of directly absorbing Qi without the use of movements, meditation, breathing or mantras. Cultivation is mastering the Dao and accessing qi in a direct fashion. In the ancient times, those who could cultivate were known as cultivators as different from ordinary human beings. As fish could swim, birds could fly, cultivators could cultivate and
access Qi and Dao directly. Once you can cultivate you will also be known as a cultivator no matter what your level is. Cultivation was really mainly found in the times of the ancient Dao and in heavenly realms where the majority of the population were cultivators. It was from a time when cultivation was the norm. Nowadays the only source where one can even find the term cultivation are xianxia novels and movies. The techniques of how to cultivate have never been written down until this book. However in the ancient days cultivation was a reality and a culture. To be a cultivator meant one was respected and as a cultivator one treasured one’s cultivation. Cultivation was used as means not only to protect oneself but also as a means for immortality and mastering the Dao. One could gain many abilities in cultivation and one could use cultivation to heal oneself and others.

Chapter 2 – How is cultivation different from qigong and Taoism today.

The Daosim that has been prevalent on the earth has been mainly of one form, inner elixir Taoism which aims to create a spiritual body known as the golden fetus which can then unite with heaven. This is the Taoism that has been spread for centuries and most lineages of Daoism including the Dragon Gate and Maoshan lineages have golden fetus Daoism as their main approach to realizing the Dao, even if they have other martial techniques to acquire power of qi or spiritual techniques such as talisman and spells. After this what people primarily known as Taoism is actually qi practice or Qigong, which uses breathing, movement and meditation to balance qi in the body. Lower level qigong can be termed medical qigong and simply balances and harmonizes qi in the channels for physical health. Higher level qigong starts to build qi in the dantians and works to achieve a higher level of energy. Higher level than this is Neigong, which uses breathing and movement to work on our spiritual inner bodies such as our mind, spirit, essence as well as our qi to achieve higher energetic, martial and spiritual attainments. The abilities of many masters today comes from Neigong practice.

Cultivation on the other hand requires no breathing or movements and operates on a totally different level. Its more of an inherent ability or muscle. Just like I described earlier, as fishes can swim, birds can fly, cultivators can cultivate – absorb qi directly. Thus cultivation is totally different from Neigong or Qigong or inner elixir Taoism, which use breathing, postures movements and meditation to acquire this qi. Let me give a quick example: Lets say you wanted to build heavenly qi. In the Taoism today you will have to know the special breathing pattern and movement that directly correlates which heavenly qi. These breathing patterns and movements are often kept secret and only known to a select few masters. So you would do the breathing pattern and movement to access the heavenly qi. However, in cultivation, breathing and movements are not needed, you would directly DO or PERCEIVE (very important terms in cultivation) the energy. You would make the heavenly qi yourself in your hand or around your body from your inherent ability to access energy. This is fundamentally different. Lets say you wanted to lift your hand. Through cultivation you will be using your own muscles to lift your hand. With neigong and Taoism today you will be using an instrument to lift your hand for you.

In Taoism today you level of attainment is limited to the system that your practicing. If you have a system that only fuses yin and yang energies, that will be the extent of your attainment. If you
had a system that only establishes the golden elixir, that will the extend of your attainment. To improve you will only be acquiring higher and higher levels of golden elixir. To acquire the higher attainment of yangshen or spiritual immortal you would need a different system that reaches that level. To acquire the higher attainment of celestial immortal or union with heaven you would need a system that does that. These systems are not easily found and cost lots of time, travel and money to acquire. However through cultivation your practice will know no limit and is based instead on your own talent and aptitude rather than how advanced a system is. If you wanted to unite with the heaven of Daoism you would do exactly that, just absorb the celestial qi of that heaven and you will be connected. Cultivation is a direct approach that knows no limitations. However this doesn’t mean that it doesn’t take time and effort especially to reach the next level of attainment. Instead of mastering a system you will be directly mastering your own energy.

In cultivation you will be able to access any type of energy rather than simply the energy of the system or movements you are practicing. For example instead of raising your hands above your head and breathing in to access a yang chi you will be able to directly DO the yang chi as well as different types of yang chi for example: nine yang chi, supreme yang chi, ultimate yang chi, great yang chi, seventy two yang chi. All these and more are possible for you to do and absorb. To access any energy is a great step in cultivation. When you access any energy you are no longer limited by the system you practice and can decide exactly what energy you wish to absorb. This already will differentiate you from the ordinary man.

How is cultivation different from meditation? Meditation is using the stillness of mind, or entering the no-thought state in order to absorb the energy of emptiness. In cultivation no stillness of mind is required and we will not be absorbing the energy of emptiness. In meditation deeper and deeper states of stillness are required to advance. One is said to be proficient in meditation when stillness of mind becomes a norm and there is no rising thought. It is said then that one is united with emptiness and has become enlightened. In Cultivation we are not using stillness of mind at all, and we are not limited by the activity or non-activity of thought. Instead we can directly access the Dao and raise to higher and higher levels of attainment of immortality.

Chapter 3 – Why Cultivate?

Cultivation in essence is the ultimate freedom of man – to access the Dao as one wishes and raise one level as one wishes, in any realm, while alive or after death. If one does not know cultivation one must be intent on doing ones spiritual practice while alive, because after death there is no guarantee that mantras, meditation, or breathing will work in other realms of existence. Cultivation on the other hand works in all realms, whether alive in the body or after death in another realms. Thus cultivation gives one the ability to cultivate and raise ones level not only in this lifetime but forever. When on the path of cultivation one starts to then enter into true immortality. Your cultivation now will be different than fifty years from now, and different from five hundred years from now and different from five thousand years from now. Cultivation allows for the ability to directly raise ones level; from a human, to an immortal, to a
deity and so on. This is what makes cultivation different from other paths, is that there is no limit to your level of attainment and no limit to your level of energy; it’s really just a matter of time for you to get there. You have all of time to achieve it. To raise oneself by oneself is matter of freedom. The master is a guide on your journey pointing out the pitfalls and showing the methods to make it easier on your journey.

The Practice of Cultivation:

Chapter 4 – Preparatory practice to build a strong energetic foundation

To make it easier to begin cultivation I will first introduce a very common Daoist technique that will build energy in the lower dantian. I must emphasize that this technique is not cultivation but a preparatory neigong technique that builds energy in the dantian. Cultivation is extremely advanced and those with energy, talent and acute perception can find it easier to practice than those which have no energetic experience before and have no foundational energetic work built up. In essence, the more prepared you are ie. The more energy you have in your lower Dantian, the easier it will be for you to cultivate and perceive high levels of cultivation. I teach this technique to those that begin my level 1 Taoist alchemy and Neigong course.

This is the main technique to build energy in your lower dantian. It is known as Reverse Abdominal breathing. The essence is simple, simply sit or stand in a comfortable posture, inhale as deep possible and pull in your contract your lower abdomen as you inhale and relax or push it out as you exhale. Doing this in a sitting posture will accumulate energy faster than in a standing posture. In the standing posture, one can use this technique to open up the energetic channels of the body, especially the leg channels as well cultivate some martial energy. Relax your mind to absorb energy quicker.

Within a hundred days of doing this practice you will notice the sensation of flowing heat through the body and a vibration in the lower dantian center. This vibration is a sign that your lower dantian has been built up and filled. Over time as you continue the microcosmic and macrocosmic circulation with open up and the middle and upper dantian will be filled. At this time it can be considered that one is ready to begin the practice of cultivation.

Chapter 5 – Entering the Basic Level of Cultivation in Haotian Cultivation – Opening the Qihai and Xueshen.

The Qihai point is known as the Ocean of Qi, the Xueshen is known as the Mountian of Snow. When these points open you become a true Cultivator.

To enter the basic level is as follows:
1. Inhale ONCE and feel like you are sucking in energy into your qihai point. Don’t visualize this just feel the sensation of “sucking in” at that point.
2. Relax and you should notice energy building inside and around you.
3. When this becomes comfortable “suck in” energy without using the breathing. Simply suck in ONCE at the qihai point. Your abdomen will contract and tense automatically. Now relax and notice the energy build again.

Now see if you can move the energy in the environment around you. If you can you have become a cultivator. This method of entering the basic level took me years to discover. I entered cultivation in a much harder method. This method I am sharing is too easy whereby anyone can become a cultivator.

Cultivating with Nascent Qi:

- Take your hands and move the nascent qi around you. As you move it notice it build up around your body and in nature. Now bring your two hands to your lower dantian level and hold them there facing each other as if you are holding a small ball. You will notice that you are cultivating with nascent qi. This is the main technique to build nascent qi. You can also move Nascent Qi with your mind.

The essence of Cultivation: Holding the nascent qi between the Qihai and Xueshan.

- Draw in the nascent qi with your mind through the qihai point and HOLD it in the lower abdomen area. Notice that you are cultivating.

Chapter 6 – The Realm of perception

After achieving the Basic Level you will start to notice a gigantic change in your perception. You will start to not only sense the qi around you but you will be able to see the qi of heaven and earth. You will see all nascent qi between heaven and earth. And you will see all the qi lead into heavenly qi and heavenly qi lead into Guang Ming. This Guang Ming is the source of the nascent qi and then you will begin to perceive the Brilliance and Light of Haotian.

You will also notice that you can manipulate and move the qi of heaven and earth with your hands and mind. You will be able to cultivate various qi as well as manipulate the qi at will.

Its now that you should perceive and cultivate as much as the nascent qi as you can. Try to sense and understand the principles of all the various forms of nascent qi. Continue perceiving higher and higher forms of heavenly qi and cultivate them. Follow where Guang Ming leads. The higher you go in Guang Ming the higher and more celestial your energy will be.

How to cultivate in the realm of perception:
1. Perceive a specific nascent qi in the environment or in the sky. Simply focus on it with your mind once and notice how it instantly lands inside of you.

2. Perceive a form of nascent qi in the environment or in the sky and use your two hands to gather it. Then hold the “holding the ball” posture at your lower dantian with your palms and notice that you are cultivating.

Chapter 7 - Techniques of Cultivation and building Power

Cultivating with Nascent Qi:

Take your hands and move the nascent qi around you. As you move it notice it build up around your body and in nature. Now bring your two hands to your lower dantian level and hold them there facing each other as if you are holding a small ball. You will notice that you are cultivating with nascent qi. This is the main technique to build nascent qi.

Pulse Condensation:

Pulse condensation is your main technique to progress in cultivation. Pulse condensation opens your meridians and allows you to circulate the energy of heaven and earth through your meridians. Pulse condensation has three main levels:

Pulse condensation level:

One is able to circulate true essence in their meridians. All the channels of the body open.

Houtian level:

One is able to build true essence in the dantian rather than only the meridians. One's power level greatly increases.

Xiantian level:

One not only circulates true essence in their Dantian but also celestial qi. The Dantian opens up and one increases in power. One will feel united with Heaven and Earth at this level.

How to do Pulse Condensation:

Move nascent qi with your hands and then take your right hand and begin to trace it over the left arm and then the underside of your left arm. Now take your left hand and trace it over your right arm in the same way. Do this three times. Now move your two hands down to your legs and feet through the inside of your legs and move them back up to your top of your body from the outside your legs to your back. Now bring your two hands to the front of your body again.
and do the circulation again. Do this three times. Now bring your two hands to your lower dantian in a way that your two palms are facing your lower dantian, one hand in front of the other one. Move your hands up and down your body.

Pulse condensation is the main way to progress in cultivation. Never stop doing pulse condensation. You will notice your energy greatly increase and you will know when you have reached houtian stage and xiantian stage. A test for houtian stage is any casual movement of your hand will absorb the energy of heaven and earth. From this point you will know when you reach xiantian stage.

Chapter 8 – Entering into DOING

The next step of a cultivator is the ability to DO (again explicitly not using the words create or make) any energy you want. This leads to ability to DO very important energies such as Guang Ming (the bright Light of Haotian that is the source of Nascent Qi) and to the Dao itself. This book will not define Dao for you. You alone will come to know the Dao once you DO it and cultivate it directly. Again talented individuals may already know how to Do some energy at this point. IF you do know how to Do any energy it is okay as this chapter will lead to doing. This chapter cannot show you the precise method on how to do precisely because there is no method. When you learn and master how to do if I tell you to do lets say Guang Ming, thunder and lightning Qi, Zhen Qi or Celestial Dao Martial Force you should easily be able to do them at the “tips of your fingers” so to speak.

So this comes to the problem is I taught you how to cultivate but how can I teach you to do? The answer is I cannot, but through inspiration you may get the ability. As long as you know how to do one energy, you may learn how to do a second energy and then a third energy.

So how is this done? Pick an energy you feel drawn to. Lets say you pick thunder and lightning Qi. Go and watch videos of thunder and lightning. Go outside when it is raining and see if you can DO the thunder and lightning qi that is already in the clouds. Watch xianxia movies that have thunder and lightning qi in them. Read xianxia novels. In other words inspire yourself. Doing is a very important aspect of cultivation. If you can cultivate you should be able to DO. Once you know how to do thunder and lightning qi, then try fire qi or water qi. Once you do an energy, don’t just do it, cultivate it. The most important energy to learn how to Do is Guang ming. We can use Guang Ming to enter the basic level of cultivation.

How to do a specific qi without bringing it in from the environment:

Using your skills of perception absorb or move a specific qi or force (it can be a certain Guang Ming for example). Notice how the qi feels and forms in your hands. You will notice it takes a certain shape. Now copy that shape yourself. Copy the qi exactly. This is how you Do an energy without absorbing it from the outside. Do this same method with many different qi and forces. Make sure you remember each one. Soon your doing will refine and you will be able to do any energy you want without perceiving it externally. This may take months or years.
How to cultivate with Doing:

Do a specific qi or force in your hands and then form the holding the ball posture at your lower dantian with your palms. Notice that you are cultivating.

Chapter 9 – The Refinement of Doing

Once you learn how to various energies you are now ready for the process of Doing refinement. Begin to experiment with different energies and cultivating them. Try to cultivate yin chi and yang chi. Then try to refine; instead of yin chi, try Nine yin chi, instead of thunder and lightning qi, try celestial thunder and lightning force. Think of an energy you wish to cultivate and cultivate that. I would recommend to stick with Taoist forces as this will help you reach higher levels. The Doing refinement process may take a couple months to a few years. Once you have crossed the stage of Doing Refinement you will able to Do and cultivate any energy you want. This then sets you apart even among the cultivators as someone who has reached a higher level in cultivation. You will not feel normal any more

Chapter 10 – Living Life as a Cultivator and various cultivation exercises

Congratulations, you have entered into cultivation and now can move nascent Qi. However you still need the ability of DOING any energy. I will detail instructions on this in the chapter on Doing. Now you should just continue being comfortable with the feeling of Cultivation and make sure you cultivate every day. You will not feel like a regular human. You can now just generate the feeling of energy at will. You do not need to even use the breathing or wait for that next secret movement or practice that will take you to higher levels. You will wonder how this is even possible and might even feel that you have done something you never thought you would be able to do. It is true, cultivators are normally born, they are not made. What you have done is become a cultivator. You may feel drawn to read xianxia novels and movies and all the means do this to inspire you on your journey. You be in wonder in the awe of yourself as a being that can now directly absorb energy. You may also feel that you have limitless energy. Other abilities of your mind and energy may awaken based on your talent or inherent ability. You may become very sensitive to energy and may start to perceive energies and forces that were previously unknown to you. If you are an healer you will feel your powers of healing greatly amplified. If you are martial artists or kung fu master you will feel you qi greatly increase and you will never have the feeling of Qi drainage again.

Chapter 11 – Becoming an Immortal through cultivation.
As you continue your cultivation you will feel connected to the source of all the heavens, the light of Haotian. This light will be permanently fused within you making you the voice of heaven on the Earth. True celestial immortality with dawn and you will have realized that you are no longer earthly. You will constantly purify yourself with the Light of Haotian and understand that you carry the Light of all the heavens. You may start to communicate with the celestial world. You may start to hear celestial music and see peach blossoms. All this will inspire you to continue your cultivation and raise in your level. As your level of Doing increases, you will start to realize you can do anything you want with energy. You will be a master of your own energy and the forces of Heaven and Earth.