

Haotian Daoism and Heavenly Cultivation

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Prologue:

Haotian is the Heavenly God and the breath of qi that flows through nature and the world. His Guang Ming (bright light) is the source of that 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 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 the qi of Heaven and Earth.

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 that I teach 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. To those that require additional assistance and personal instruction you may write to me on my website Taoistcultivator.com. Those who become my students will receive a cultivation manual with the detailed practical instructions of the methods listed in this book.

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 mostly xianxia novels and movies. The techniques of how to cultivate have never been written down. 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 Daoism 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; its 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 – Haotian

Haotian is the Heavenly God and source of all qi in the universe. For the ancient Taoist Cultivator, Haotian was God and could lead a cultivator from the mortal to celestial realm.. Many scholars equate Haotian with the Jade Emperor of the Taoist Pantheon. However this is not correct. Haotian is distinct for the Jade Emperor and the Three Pure-Ones of Daoism (Yuan Shi Tian Zun, Ling Bao Tian Zun, and Dao De Tian Zun). Haotian instead is the God of all Qi and the breath that is flowing within the world. Haotian governs the Qi of the universe and transcends the universe. Haotian is not only the source of all mortal realms, but the source of all Heavenly Realms as well. The ancient Taoist Cultivator could wield the power of Haotian and protect oneself, others and the world. By cultivating Guang Ming and Haotian Qi, the ancient Taoist Cultivator could become a powerhouse and protected by Haotian.

Meditation on Haotian:

When we meditate with Haotian's Divine Name our qi and spirit is transformed to Haotian's Holy Light, Guang Ming. The breath of Haotian's fills all of nature and all of the universe. We do

this meditation to attune our breath to the breath of Haotian and to awaken Haotian inside ourselves.

Sit in a comfortable posture, inhale and mentally chant “Haotian”, exhale and mentally chant “Haotian”. Notice how your qi is transformed as you chant.

Chapter 5 – Entering the Basic Level of Cultivation in Haotian Cultivation – Opening the Qihai “The Ocean of Qi”

The Qihai point is known as the Ocean of Qi. When the Qihai point awakens you are able to move the energy of heaven and earth. If you can absorb and move the energy of heaven and earth you have become a true Cultivator. Cultivation at the basic level opens these points over time. Although it should not take more than one week some individuals may need more than one month to fully open these points. When these points open one is able to move the nascent qi of heaven and earth. Nascent qi is all the forms of qi from earth to heaven. One is able to move the qi with one’s hands, body and mind. One is also able to manipulate this qi.

Cultivation at the basic level involves gathering the qi and building it. Unlike regular Taoism, in Haotian Taoism we do not specifically build qi in the Dantian. Moving the qi becomes easy and one is able to direct the qi into objects or people for martial or healing purposes. In Haotian Taoism we don’t necessarily use our own qi but the Nascent qi of heaven and Earth instead. In that way we have ‘unlimited’ qi and do not feel any qi drainage no matter how much qi is used. Instead as we build qi more qi becomes available to use.

Cultivators who build qi at the basic level start to feel the qi at the head level and around the body. The qi starts to circulate through the body and channels become awakened. Over time one feels that one is always in an ocean of qi. As one acupoints begin to open up, one starts to perceive and see the qi of heaven and earth.. This opens up the realm of perception.

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.

Cultivating at perception level is a very direct and lucid experience with Dao and the Qi of Heaven and Earth. One directly can “see” or perceive the Qi as it changes from morning to night. In the early morning one can see the heavenly qi rising upwards. And following the heavenly Qi one can see Haotian Qi and Guang Ming. Then one can gather each qi respectively, and cultivate them directly.

At perception level, the higher one can perceive the quicker one can advance. If one only perceives the qi of yin and yang, then one will only stay at yin and yang level. However if one can perceive celestial qi and even Dao qi then at once one advanced to a higher celestial level. To be able to perceive is a crucial skill in Haotian Taoism. One starts to see all the forms of Qi. One starts to see the “Light” as well as the “Dark.” To be able to be in perception is one of the highlights of Haotian Taoism.

Once one is in perception one always stays at perception and is able to “see” all the qi that one is working with. To cultivate in perception is as simple as focusing one’s mind on a qi that that one sees and holding a certain posture. As one cultivates higher forms of celestial qi one unites with heaven and starts to become an immortal. At this level one should mostly only cultivate celestial qi, celestial forces and Guang Ming.

Chapter 7: Perceiving Haotian

As one advances in cultivation one starts to perceive and physically sense Haotian existing in all of nature. Bringing one’s hand close to a leaf one can feel Haotian qi around the leaf. One’s energy starts to feel like a great column of light that stretches from heaven to earth. This light column will carry tremendous force. One feels connected to Haotian and all of nature. This Guang Ming starts to look incredibly luminous. One starts to feel awe and a great power existing inside and around oneself. The more one cultivates Haotian Qi the more Luminous and martial one’s Qi becomes. At the No-Doubt realm one’s Qi will start to not only move objects but incinerate them by the Light of Haotian.

Chapter 8 : Dao Cultivation

In Dao Cultivation one starts with absorbing the spirit qi of heaven and earth inside one’s lower dantian. Dao cultivation works from the outside to the inside. One draws in the spirit qi (ling Li) of heaven and earth into oneself in a specific manner to begin cultivating. One starts to advance to higher realms and then works with heaven and earth origin qi. One builds Dao Qi and circulates Dao qi through the body using the technique of pulse condensation. Pulse condensation is the main method to increase ones level in Dao Cultivation.

Dao cultivation starts with qi gathering realm. Qi gathering has two main techniques one that brings in spirit energy through the mind and one that brings in spirit energy through the breathing. This is very distinct from the normal 'dantian breathing' that is taught today. One actually has to consciously inhale "spirit qi" through a precise method that is distinct from the 'air.' As one builds up qi in one's dantian one's qi starts to condense and fill one's channels. Then one can begin pulse condensation.

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 stage, houtian stage and xiantian stage. At pulse condensation level one is able to circulate true essence in their meridians. All the channels of the body open. At Houtian level one is able to build true essence in the dantian rather than only the meridians. One's power level greatly increases. When one is at 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. When doing pulse condensation one circulates the spirit qi of heaven and earth through the body in specific ways. Not only does one increase one's power one also joins with heaven and earth in this manner.

Pulse condensation is the main way to progress in Dao 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. One can quicken one's progress by doing pulse condensation with more higher level energies such as celestial qi and Guang Ming.

Qi Condensation Realm:

To progress higher in Dao Cultivation it is necessary to step into the Qi condensation realm. Qi condensation takes the qi of the world and condenses it into the lower dantian which allows for a higher refinement of qi. After qi is condensed enough one forms a golden core. Forming a golden core is a high level achievement in Dao cultivation. One continues to practice qi condensation after one forms the golden core to condense more energy inside the core. One's cultivation can progress at a much greater speed after one forms the golden core. After a certain point one's soul starts to take a form, this is the nascent soul.

Realms in Dao Cultivation:

Dao cultivation has three main realms that corresponds to the three pure heavens of Taoism; Tai Qing, Shang Qing and Yu Qing. These realms are realms of heavenly energy and are reached in the process of Dao cultivation. In Dao cultivation one reaches Dao, then the Celestial Dao and finally the Heavenly Dao. One proceeds from mortal to immortal to Deity level.

Chapter 9: Spirit Cultivation

There is another form of cultivation known as spirit cultivation. It is known as spirit cultivation because not only is it practiced by celestial spirits (Dragons and Foxes etc) it uses the spirit as a basis for cultivation. It is not commonly known that ones awareness is ones spirit. When one uses ones awareness as a basis to intake heaven and earth qi one is practicing spirit cultivation. One's qi becomes spirit qi (ling li) and one is able to amass great power. One practices with the spirit by drawing in ones awareness from the outside to inside to build qi. There is a specific way whereby the spirit is first activated and then used to draw in qi. If one's spirit is not activated there is no way for spirit cultivation to work. As one progresses one starts to connect to celestial spirit realms and a spirit realm is built around oneself.

Chapter 10: Celestial Cultivation

As one continues to advance in Haotian cultivation, celestial cultivation may be revealed to the cultivator. Celestial cultivation cannot be taught and each person's celestial cultivation may be slightly different. The best I can say is celestial cultivation is a sort of line one draws with something similar to the spirit near the head area. There is no way to describe this to someone else. As soon as this is done one starts absorbing celestial energy and forces and one directly connects oneself to the celestial realm. Usually celestials are born knowing this way of cultivation and it is innate to them. Celestial cultivation is supposed be practiced for thousands of years. After many thousands of years one finally advances from immortal to deity level.

Chapter 11: Cultivation Qi versus normal Qi

In this book I am going to introduce a concept with regards to feeling of qi which is the opposite of what people generally know. First of all in cultivation Qi is not just built inside the body but outside around oneself and between the sky and the earth. Because the qi is built mostly outside this qi is not necessarily *felt* but is *seen*. One sees the qi with ones physical eyes, and not with any 'spiritual' sight. The qi is also tangibly sensed outside the body. How is this qi felt? It is not felt as tingling, heat, coldness, electricity or any of the common sensations associated with so called 'normal qi' Cultivation qi could be said to feel like a laser but one must project it on oneself to actually feel what it feels like. When one cultivates one sees and tangibly 'senses' the qi build around ones body and, when one attains higher in celestial energy, between the sky and the earth. When one begins cultivation it is important to drop previous conceptions that the qi will feel like heat or electricity or that you will even feel it at all as a physical sensation. This is because the Qi becomes very 'big' so to speak as it buils around your body. Cultivcation qi does not feel like the tiny tingles that one is used to, Instead It is more like dense 'material' that is built outside the body. One first tangibly senses the qi then one may start seeing it like a

light. And one must be very carefully with cultivation Qi. It is able to vaporize the so called normal qi that feels like heat or electricity. One can do irreparable damage by projecting cultivation qi on others or oneself if one is careless.

Chapter 12: The Journey of Cultivation – Building a cultivation root.

For cultivation to work properly one must first have a cultivation root. In worlds where cultivation is the norm, cultivators are born with cultivation roots and their channels open. Therefore cultivation to them is as simple as bringing one's awareness from the outside into their dantian. Without a cultivation root, most of the techniques of cultivation will have very little to no effect. How do you know when you have attained the cultivation root? It is when your cultivation not only works with your eyes closed but also with your eyes open. With your eyes open the Qi will build *outside* your body and between heaven and earth.

When you first start cultivation, I guarantee you it will not work with your eyes open. If it does work with your eyes open you must have been a reincarnated cultivator from a heavenly world. There is no one in this world born with a cultivation root. Therefore the cultivation root must be built slowly. How is a cultivation root attained? One attains a cultivation root by doing celestial practices which use cultivation energies. In my lineage we have many practices which use cultivation energies; Haotian System, Celestial Dao System, Nine Heavens system are some of them. Practicing these systems first eyes closed will enable you to 'cross the border' so to speak when practicing Haotian cultivation and enable your cultivation work eyes open. At first you will only feel the cultivation work with your eyes closed. You will feel the qi as a substance that builds around your head and possibly your dantian. However just practicing eyes closed will not allow the Qi to build a realm between the sky and earth. Practicing eyes closed will only allow the qi to build within your body. In cultivation it is important that the qi builds more outside the body and then between the sky and earth. Having a cultivation root means that your channels are open enough to have the qi work eyes open. Unfortunately people in this world are not born with their energies channels open. People here are like closed boxes. There is no way for qi to enter them unless they spend months at building a cultivation root. Once the cultivation root is attained the true practice of cultivation can finally start.

Chapter 13: Entering the Martial Realm.

Once one has attained the cultivation root one is ready to truly enter the basic level. Now one's qi will work with one's eyes open and will now start to build around you rather than only within the body. One must re-enter the basic level with the new level of Qi that one carries. Now one is able to truly move Qi. When one does the Guang Ming technique that I teach one will feel the Qi coming from the sky and building all around the body. When one moves qi one is able to project it quite a distance away even extending a few street blocks. The qi will project with a great force and it will come out like a luminous light. At this point one is said to have entered the Martial Realm and one can use one's qi to affect others. There is a higher realm known as Spirit Martial Realm. This realm is attained by using one's perception and fusing one's spirit into the energy one sees between the sky and earth. At this point one can attack and project one's

qi using one's consciousness and not only with one's hands. As one continues to build heavenly Qi one eventually reaches the Celestial Martial Realm. At the celestial martial level one's qi always comes from the sky as one projects. The Qi will come from heaven and strike the individual like lightning from the sky. It will look like an explosion of luminous light.

Chapter 14 – See - Through Martial Realm.

In this stage one is able to physical 'enter' energy. This is done with spirit or with the hands. Once one is able to enter energy one accesses a much greater range of different energies. The potencies of these energies are much stronger than once regular energy. If one enters energy and touches an object, energy will start to radiate from that object. In time the object will explode. Cultivating in the see through realm starts to cultivate great power. In time your energy will have the quality of 'vaporizing.' anything in touches. This is much different than regular neigong energies which have a much denser quality. To be able to enter energy takes skill and talent. There is no way to teach how to enter energy other than trying continuously with one's "feeling sense"

Chapter 15 – Celestial Destiny Realm

In this realm one starts to know the Celestial destiny Tian Ming. This is not 'known' by the mind but it is accomplished by reaching the Source of all things. Celestial Destiny Realm means to activate and attain the source. This can also be done with the mind or with the hands. This takes much more talent than the previous realm which is entering energy. First one enters energy at the See through Realm and then one enters the Source of everything at the Celestial Destiny Realm. At this stage one begins to understand Dao. One also attains the source through one's feeling sense. It is very important to get in touch with all the various aspects of energy in the previous realms so that these two higher realms become possible. Once one attains the Celestial Destiny Realm one begins to be known by Haotian and Heaven.

Chapter 16: 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 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 do 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. 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.

Chapter 17: Living Life as a Cultivator

When you are a cultivator you will not feel like a regular human. You can now just generate 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 18: 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.

Chapter 19: Preparing for cultivation - practices to cultivate celestial qi.

Practice – Celestial qi

Sit with your thumbs touching the top 'pad' of your middle finger (not the tip!). This practice will build celestial qi. Practice this posture with reverse breathing to the dantian.

It is important you don't enter stillness or meditate as that will spoil the cultivation aspect of these practices. If you wish to meditate you can have a separate meditation session afterwards. Also these are not simply mudras but ways to connect to heaven. When the cultivation starts working they will have a powerful effect and you build up celestial power.

Questions and Answers:

Can you explain more about the cultivation we are practicing verses what is called Taoist internal alchemy? Is internal alchemy part of cultivation?

Internal alchemy uses the internal qi of the body, the dantian and the organs to form a 'dan' or and elixir. The elixir is good for health and spiritual development and I teach this in my internal alchemy course. However the cultivation you are learning has nothing to do with internal alchemy at all. We are first using the nascent energy of heaven and earth and then progressing to heaven and earth origin energy and finally celestial qi. This is on a much higher level than internal alchemy and produces much more power. In internal alchemy we cannot move the energy of heaven and earth at will and manipulate it. In cultivation we learn to do this in our first session.

Many teachers have the misunderstanding that the outside qi is somehow "post-heaven" and the inside qi in the body is somehow "pre-heaven," but this could not be further from the truth. If you reach perception and perceive the energy of heaven and earth you may even perceive celestial and Dao qi which is way beyond the so called "yuan qi" of inner alchemy. In inner alchemy we use the substances of the body. In cultivation we use the energy of heaven and earth. There is no way to build up enough power to reach no-doubt level by using only the body's innate energy. One must use the energy of heaven and earth.

In Cultivation do we combine yin and yang?

This is again a goal in neigong not necessarily in cultivation. Actually, to tell you honestly yin and yang will automatically unite naturally as part of your cultivation. Our first aim in cultivation is to cultivate Guang Ming the source of all Qi. As it is the source of all Qi it is of a much higher level than fusing. Yin chi and yang chi. To simply work with yin chi and yang chi is actually much lower than what you are doing in cultivation. In cultivation we do not just work with qi but also forces of the Dao as well.

What role does the so called “electric current” or “electric qi” play in cultivation?

Again this is talking Neigong and not cultivation. First of all when you project your force in cultivation it won't just feel like a current coming from the fingertip or the palm. When you project a force on an object or person it doesn't just hit them from the side but from above them as well like a lightning bolt. This is because during the process of cultivation you are connecting to heaven. Your qi doesn't just come from this mortal realm. And the qi does not feel thick and heavy like in neigong. Instead, it is like a very intense high frequency force that could potentially 'vaporize' the object or person you reach that level. In cultivation you should never play with your energy by projecting it on a person and have that person project his energy on you. That could cause a lot of damage to both of you. In cultivation the energy you build up is very dangerous. On the other hand, the electric current is not so dangerous. People may project their current into other people with no ill effects.

You talk a lot about attaining Dao and becoming a celestial. How is this achieved in cultivation?

Talented cultivators who follow Haotian's Way will be able to achieve this. When you reach an intermediate stage in cultivation it is all about your ability to perceive or your ability to 'Do.' Perceiving is perceiving the energy in heaven and earth and cultivating it. "Doing" is making the energy your self. If you can perceive the Dao and/or do the Dao you have taken a first step towards achieving the Dao. Plus the celestial cultivation you learn at the end of the nine sessions is directly celestial cultivation. You will become a celestial as part of your cultivation. Many talk about attaining the Dao but they consider Dao as nebulous and something unspecific. However, in our path this is not true. Dao is something tangible and can actually be projected or used martially. Speaking about this you would project Dao qi, not the Dao itself. If you haven't attained the Dao by perceiving it or doing it directly you cannot attain the Dao. Fortunately for those of us that cannot perceive the Dao we actually have the Dao system in our Heavenly Dao lineage. One attains the Dao when practicing the Dao system. So to answer your question there are three ways to attain the Dao in our path. One way is by perceiving, one way by doing and the last way is by practicing the Dao system.

Is Dao the ultimate goal in cultivation or are there higher achievements?

First of all when we speak about Dao we have to understand first what are we talking about. In cultivation, Dao is something specific and tangible that can be accessed and perceived. When its attained whether through perception or doing is not the ultimate achievement. First of all many of you will be attaining Dao in the basic realm with the Dao system. Only those who can perceive can attain the Dao at the perception realm. Legendary masters who use Dao at the No-Doubt and higher realms can of course fly and incinerate others with their Dao qi, it is not a small matter. Also when Dao is attained you are not yet a deity. You would not have even attained the first level of Dao. There are infinite levels of Dao. Also higher than the Dao is the Celestial Dao and the Heavenly Dao. Those who can perceive this are not normal individuals anymore but true cultivators.

Is Dao the ultimate reality?

Many people claim to interpret Dao as the “Ultimate Reality” or the pure Consciousness that is the fabric of the universe. Some say it’s a great nothingness, where there is no subject or object. Others equate it to a different word for the divine.

From my own personal experience all this could not be further from the truth. These are Hindu and Buddhist interpretations for Dao. And in actuality I am not going to give my own definition.

The beauty of cultivation is that you don’t need to know what Dao is, but you can cultivate Dao directly. From my training I will tell you there is not just Dao, but the Celestial Dao and Heavenly Dao as well. These are different from Dao. When you cultivate Dao and Dao qi you are approaching Dao directly without any interpretation or scholarly intrusion.

From a cultivator’s perspective Dao is a great Force that can be cultivated if you reach high enough in your cultivation. Dao can be seen and felt. One can harm others with Dao and Dao qi. Dao qi is not for healing, it is an intense destructive force.

Do I just cultivate Dao? No I cultivate the Celestial Dao as well as the Heavenly Dao as well as the force of each.

Cultivators approach Dao directly and keep the theory minimal.

How important is stillness when practicing cultivation?

I attach a medium importance to stillness only in the beginning stages. Remember our goal is not samadhi but instead to reach higher realms. For those that can’t feel energy in the beginning I advocate dantian breathing in complete emptiness to activate the qi. However once the Qi is activated and one is able to work with qi then one does not need to attach a great importance to stillness of mind. Actually at a certain level one will generate energy as soon as one enters stillness. Many people think their mind is still but lack a feeling of energy and don’t feel energy at all. That means that the emptiness still has not been reached. As soon as one enters no-thought, energy should be generated. That is a sign that one has entered stillness.

For those that practice Buddha cultivation, stillness is of great importance. However that is a different topic.

What is Celestial Cultivation:

Celestial cultivation was my first cultivation. I realized it was celestial cultivation only months later. In celestial cultivation one does not draw in energy from the outside but one simply “cultivates.” To reach higher levels of power in celestial cultivation is a long process. Celestial cultivation works with pure celestial energy and not the qi of yin and yang. Celestial cultivation is able to lead one to immortal level and then to deity level after many thousands of years of cultivation. To teach celestial cultivation is almost impossible. One should just simply know how to “cultivate.”

Do we use inner alchemy in cultivation?

Many people when they think of Taoism they only think of inner alchemy. Actually Taoism is cultivation not “alchemy”. In inner alchemy you use Jing chi and shen. In cultivation one uses the primordial qi of heaven and earth and the forces of the Dao. In inner alchemy Dao is the end goal. In cultivation Dao is the starting point. Taoism is not alchemy. Taoism is about acquiring the power of Dao. In cultivation one opens up realms within heaven and earth. Heaven is not a place far off in the universe but a realm to be reached in cultivation. There is heaven outside oneself, but it is a realm in your cultivation. Only through experience is this known.

In Qigong we move build and move energy inside our body. Is this the same in cultivation?

In Cultivation not only do we build and move energy inside our body but we move Qi outside our body and establish realms within heaven and earth. The most important requirement to be able to cultivate is the skill of moving the Qi in the outside world. This is the skill of moving and manipulating nascent qi. As we continue our journey in cultivation realms will start to open up in the outside world, as we are working with the outside energy. One sign that this is happening is noticing that when projecting qi, the qi hits objects from above them (from the sky) rather than from the side. This means the heavenly realm is awakening inside and outside oneself.

What do you mean by realm?

The path of cultivation opens up realms between heaven and earth. As you begin Haotian cultivation you may soon start to notice the divine light of Haotian above you in the sky at all times. This is the Haotian heavenly realm that you are starting to connect to. As you cultivate more you will that when you project your energy, it will not just come from your palm, but from heaven as well. You will notice light coming down from the sky as you project your energy. Cultivation establishes realms not just in the inner world, but in the outer world as well. These

realms can be seen in perception as well as felt during cultivation or when projecting one's energy. When you cultivate with celestial qi the heavenly realm grows not just within you but around you.

Why is it important to cultivate Celestial Qi?

If you are not cultivating celestial qi you are not practicing heavenly Taoism. Absorbing yin and yang qi through the breathing is not heavenly Taoism at all. Merging energies together as in inner alchemy is also not heavenly Taoism. Cultivating heavenly Dao qi, for example is heavenly Taoism. In cultivation for the energy to become strong enough to advance to the next realm one must cultivate the highest celestial energy possible. Cultivating the energy from the nine heavens, cultivating the energy of the Heavenly Dao, or cultivating Haotian qi are forms of heavenly Taoism. In cultivation terms, to practice Dao is to cultivate Dao. This is not symbolic. You actually have to cultivate the Dao. As you continue cultivating celestial qi, your energy will start to look more like a 'light'. You may start to 'see' more than 'feel' your energy. This is a lot different than yin or yang qi which is more 'felt' than 'seen.' Your energy will have an intensity that is not earthly. One can only advance to the next realm when one uses celestial qi.

What role does talent play in cultivation?

First of all, in the ancient times it was not easy to learn to cultivate. Most were either born cultivators or born as a so-called normal person. To be able to just absorb or tap into energy was an innate gift only for the select few. Those who already knew how to cultivate could then join a lineage to learn how to progress higher. Cultivation was not open to the everyday person. However in this day I have systemized the methods in a way that it is easy enough for anyone to follow given that they practice daily. Each part of the cultivation course is structured in a way that each level builds on the skills and abilities learnt in the previous level. I am also guiding you in every step of the process which is not commonly done. For example let's say someone knows how to cultivate qi but not necessarily a higher level energy like Guang Ming. Traditionally it would be up to them to figure it out based on their talent. Methods were really kept secret. Instead in my teaching I show you these hidden methods that access higher level energies. However talent still plays an important role. For example are you able to distinguish if you are simply moving your hands about or if you are actually moving energy. Are you able to actually activate your shen so it produces energy and fuse it with the qi of heaven and earth. Are you able to see the qi at the perception realm and cultivate it. Some will progress quicker and some slower. However if you keep doing the techniques you are guaranteed to make progress. In cultivation it is between you and the Dao. You have to walk the path.

Why is it important to cultivate Guang Ming?

In the Haotian path Guang Ming is the most important energy to cultivate. Through Guang Ming one connects to Haotian. When one builds more and more Guang Ming it turns into an even higher form of energy known as Heavenly Luminescence. As the connection to Haotian deepens one can hold the power of Haotian within oneself. This is known as the divine skill of Tian Qi. When one starts reach Tian Qi one always feels like the light of Haotian coming down from the sky when one cultivates. It is said that Tian Qi is one of the most important skills in Haotian cultivation.

Why is it important to do Pulse Condensation?

Pulse condensation is based on the theory that working on the inner universe activates the outer universe. It is possible to advanced ones cultivation by leaps and bounds if one does pulse condensation. Pulse condensation is able to open the realm of the specific energy one cultivates in the outer world. For example if one does pulse condensation with Dao qi, the realm of Dao will be awakened in the outer world. You see one is not using lower level energy to awaken one's channels when one does pulse condensation. One is actually using the forces of heaven and earth and the Dao instead. One is awakening not just channels but an actual realm between you and the universe. IF one does pulse condensation with guang ming one can start to advance and achieve Tian Qi very quickly.

