

Formula 1: Crystal Room Cauldron

1. Be aware of the left ear and the metal force.
2. Be aware of the right ear and the wood force.

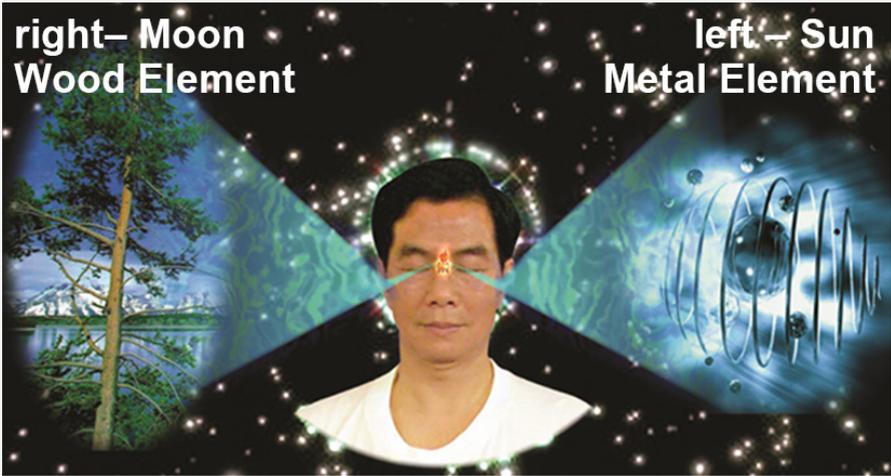
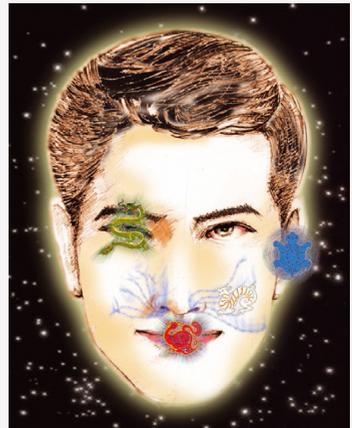


Fig. 4 Metal and wood transforming to fire in the crystal room.

3. Draw these two forces together into the crystal room, combine them into the fire force.
4. Be aware of the mouth and breathe into the throat center and the lower abdominal suction and the tiger and the dragon breathe to create the suction, and feel the Chi entering the mouth and gathering the water force into the Chi Ball.
5. Create the collection points to contain the water in the mouth.
6. Let the water rise up, and lower the fire down and couple at the tip of the nose. Turn the awareness inward and feel the threcauldron coupling at the same time.



*Fig. 5
Coupling of fire and water.*

Formula 4: Building the Aura

1. Clean out the Thrusting Channels. Be aware of the soles of the feet, the universe force and earth force, rising up the left side of the sexual organ and up the left thrusting channel and up to the left side of the crown.
2. Activate the Sexual Energy in the Lower Tan Tien.
3. Turn the Wheel.
 - a. Up the spine to the T-11 and then down to the Lower Tan Tien.
 - b. Up the spine to the C-7 and then down to the solar plexus.
 - c. Up the spine to the brain and then down to the heart.
 - d. Build the Aura

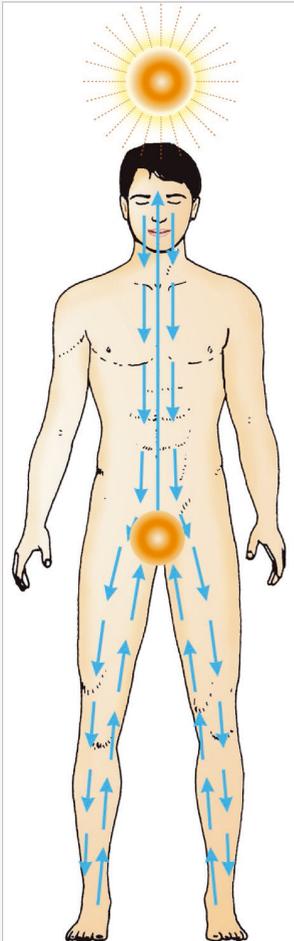


Fig. 21
Activate sexual energy.

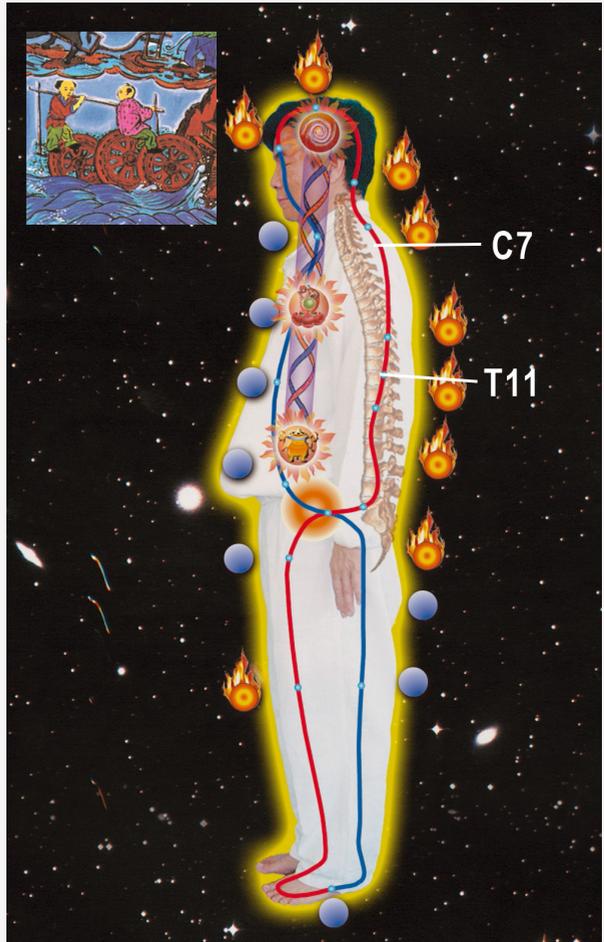


Fig. 22
Turn the Wheel.