

Laughter is the Best and strong medicine for mind and body

Laughing Chi Kung

by Master Mantak Chia



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.

***Here are some of the content
of the Cosmic Orbit book***

Laughing Chi Kung

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Gathering, 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 and store 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 villi in the large and small intestines have properties that are similar to a storage battery. Through hundreds of years of practice the Taoists have discovered that bones and cells can also store energy.

Electrical Polarity is in our Intestines. Villi serve as the Storage Battery of our Energy in the Lower Tan Tien.

The body can store an instant form of energy like “Chi” or “Ki” in the Lower Tan Tien. The only other way we can store energy is in the form of fat. We can activate the energy in fat by fasting. However, often then the body panics and, as soon as we eat again, it tries to store even more energy in the form of fat. There are also other ways to store energy Chi, for example in the bones. But we always have to begin with storing energy in the Tan Tien.

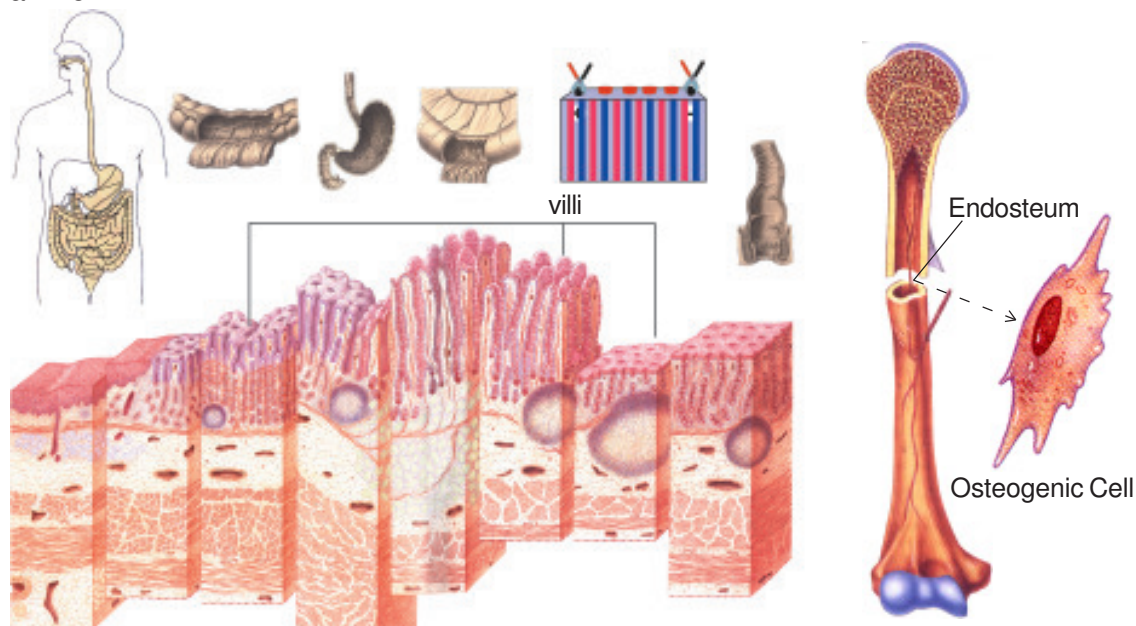


Fig. 1 Energy in Lower Tan Tien and Bone Cells

Note: The villi in the intestines act like cells in a car battery. Bones and cells also can store energy.

Gather, Collect and Store the Energy

At the end of a laughing meditation or practice, we want to collect the energy in the Lower Tan Tien so we follow a specific procedure. Men follow the energy outward as it spirals clockwise 36 times and next bring in the energy, spiraling counterclockwise 24 times. Women first spiral outward counterclockwise 36 times and then collect the energy, spiraling clockwise 24 times. In Tao practice, the gathering and storing of energy is very important. Energy can be stored for everyday use, for emergencies or used to protect the body from sickness.

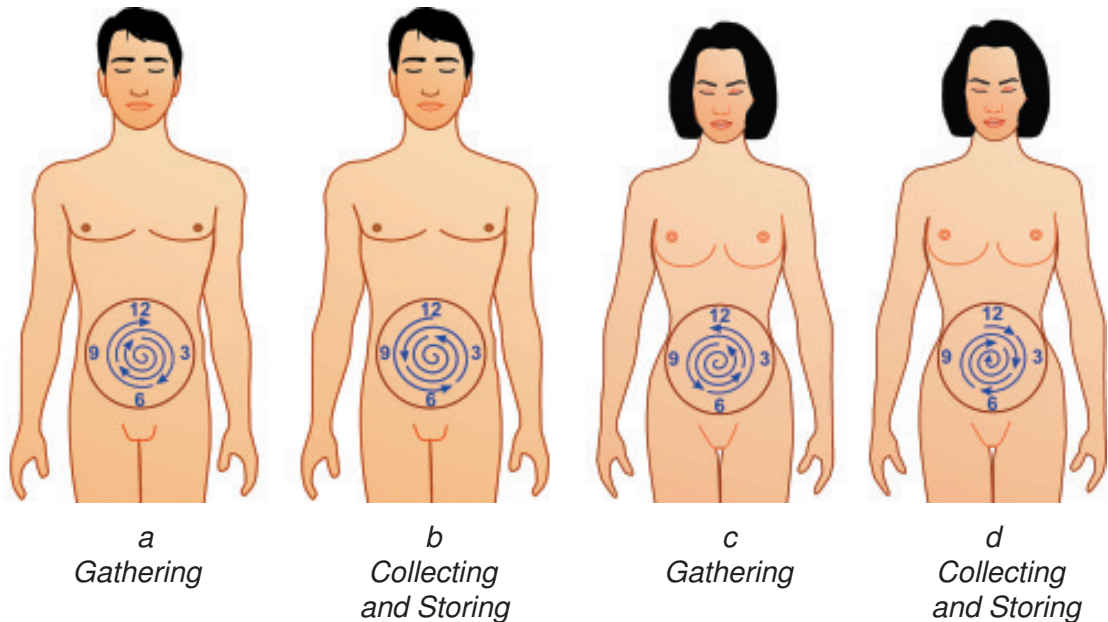


Fig. 2 a. Men collect the energy by spiraling outwardly from the navel 36 times clockwise.
b. Then they spiral inwardly 24 times counterclockwise, ending at the navel.
c. Women collect the energy by spiraling outwardly from the navel 36 times counterclockwise.
d. Then they spiral inwardly 24 times clockwise, ending at the navel.

Boisterous Laughing

1. Place your hands over your lower Tan Tien and laugh loudly from your belly. Feel your laughter shake the sternum and the lower abdomen 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. Turn the eyes down to the lower abdomen. Spiral counterclockwise like the earth spiral around the sun. Keep on spiraling until the area becomes warm and fill with Chi, and the Chi starts to move by itself up to the crown, then pushes down to the nose. Feel the nose open and breathe deep as the Chi starts to flow down to the tongue. This will help open the orbit.

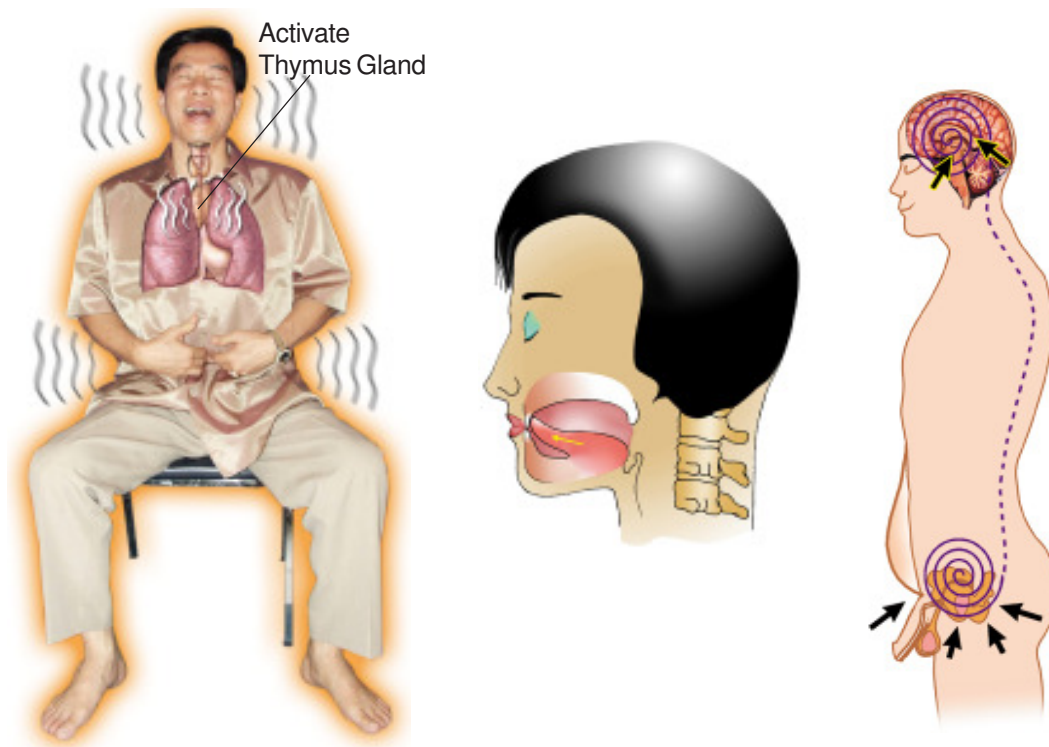


Fig. 3 Laughter Shake

5. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.

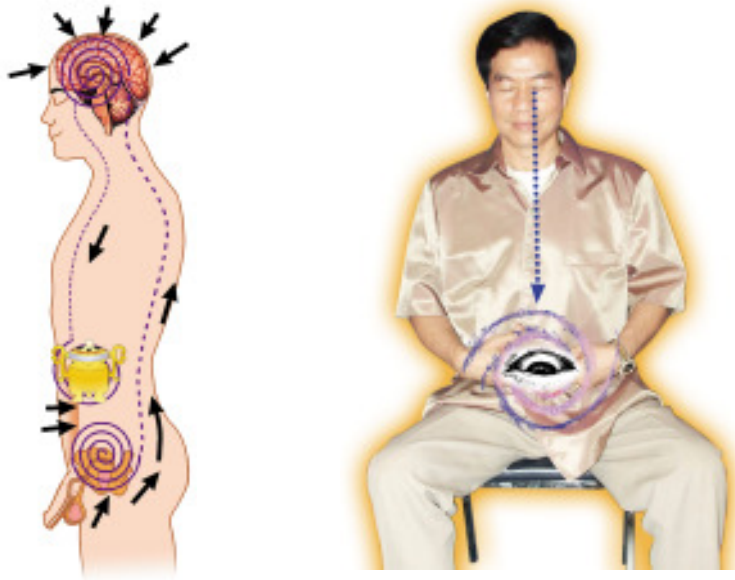


Fig. 4 Turn mind and eyes down to lower abdomen.

Giggling

Rest at the lower abdomen and start to laugh again.

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 the 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. Turn the upper mind down.
5. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.



Fig. 5 Giggle from your Belly.

Silent Giggling

Hit the belly drum, feel it vibration inside.

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. Rest feel energy rises up to the crown.
2. Rest and place the tip of your tongue on the 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. 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.
5. Rest and enjoy the sensations of lightness and peacefulness. Feel the spaciousness inside your body and mind.
6. Hold both hand near your heart and smile to the heart, breathe into the heart, and feel the heart calm. Feel peace, and feel that all three Tan Tien are alight together.



Fig. 6 *Silent Giggling*

After the Laughing

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. Be aware of your star above your crown. 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.

1. Smile and breathe to connect with your personal star. Be aware of your mideyebrow in front of you and be aware of a good feeling (smiling face, a nice place, your favorite thing). Smile at this and breath into the mideyebrow and into the brain for 36 breaths.

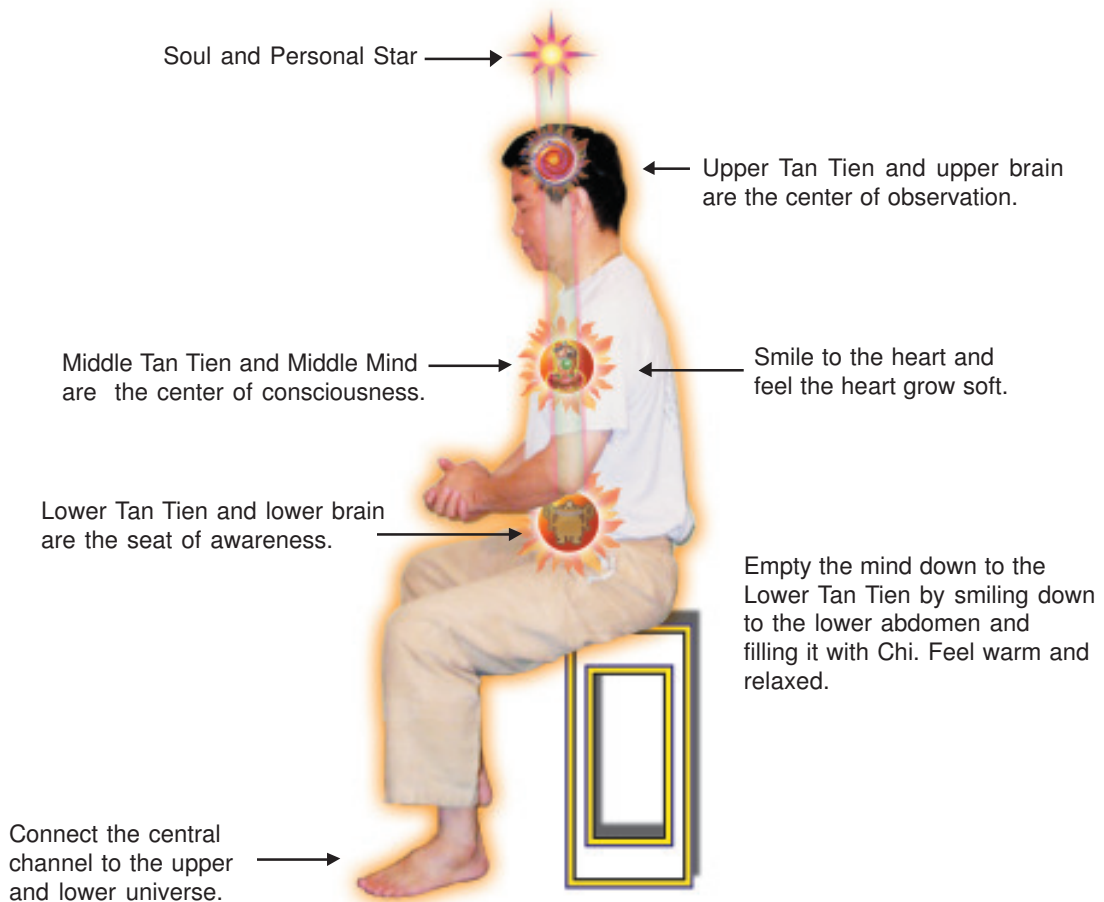


Fig. 7 Empty your mind down to the Lower Tan Tien.



Fig. 8 Smile and breathe in the good feeling to connect with your personal star.

2. Be aware of your heart, smile into the heart and make your heart feel soft. Breathe this good feeling into the mideyebrow and down into the heart. Smile and feel good, keep breathing for up to 36 breaths.



Fig. 9 Breath down the good feeling into the brain and smile down to the heart and make your heart feel soft.

3. Be aware of the Lower Tan Tien, breathe into this good feeling from the mideyebrow and down to the heart and to the Lower Tan Tien. Feel warm and good and again breathe into this feeling 36 times.



Fig. 10 Breathe the good feeling down to Heart and to the Lower Tan Tien.

Soles of the Feet, Sacrum and 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.

Be aware of the soles of the feet and feel the soles breathing. Keep breathing and feel the center of the earth also pulsing and breathing.

1. Be aware of the soles of the feet breathing. Touch your sacrum and feel your sacral holes breathing and pulsating together with the soles of the feet.
2. Become aware of the bone marrow inside your sacrum.
3. Feel the Chi rise up from the earth to the soles, then up to the sacrum and activate all the vertebrae in your spine and up to the crown, pulsing and breathing.
4. Feel the Chi activate your temporal bones. Feel them pulsing and breathing; the temple bones connect to the third eye when activated.
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.

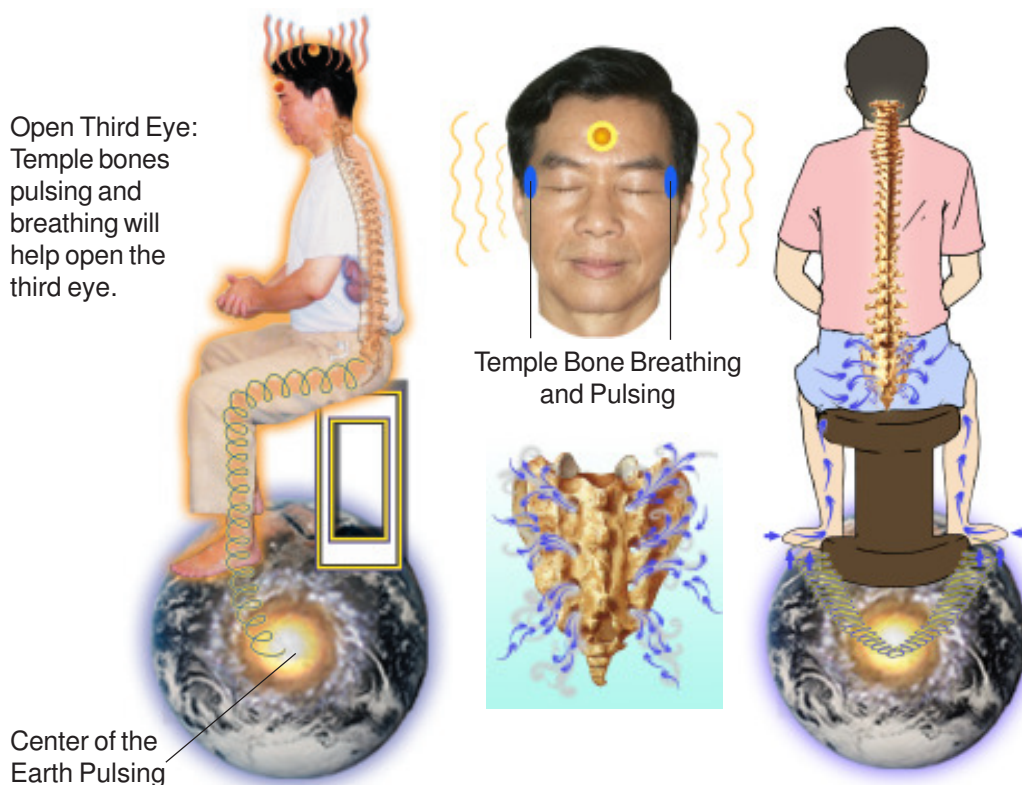


Fig. 11 Soles of the Feet and Sacral Holes Breathing and Pulsating

Practices of Taoism have three main goals:

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

Summary

1. Start with 3 ways laughing each 5 minutes. Rest and spin all the Chi. Move it up to the crown and open the nostrils.
2. Tongue up to palate and let Chi down to heart center and down to mind center.
3. Smile to the heart make it soft and calm breathe to the heart and feel the Three Tan Tien spiral.
4. Breathe into the mideyebrow and down to the heart, and finally down to the Lower Tan Tien.
5. Do sole and sacrum breathing, feel the sacrum activated and the energy raising up the spine to temple bones activating the temple bones and opening the third eye.