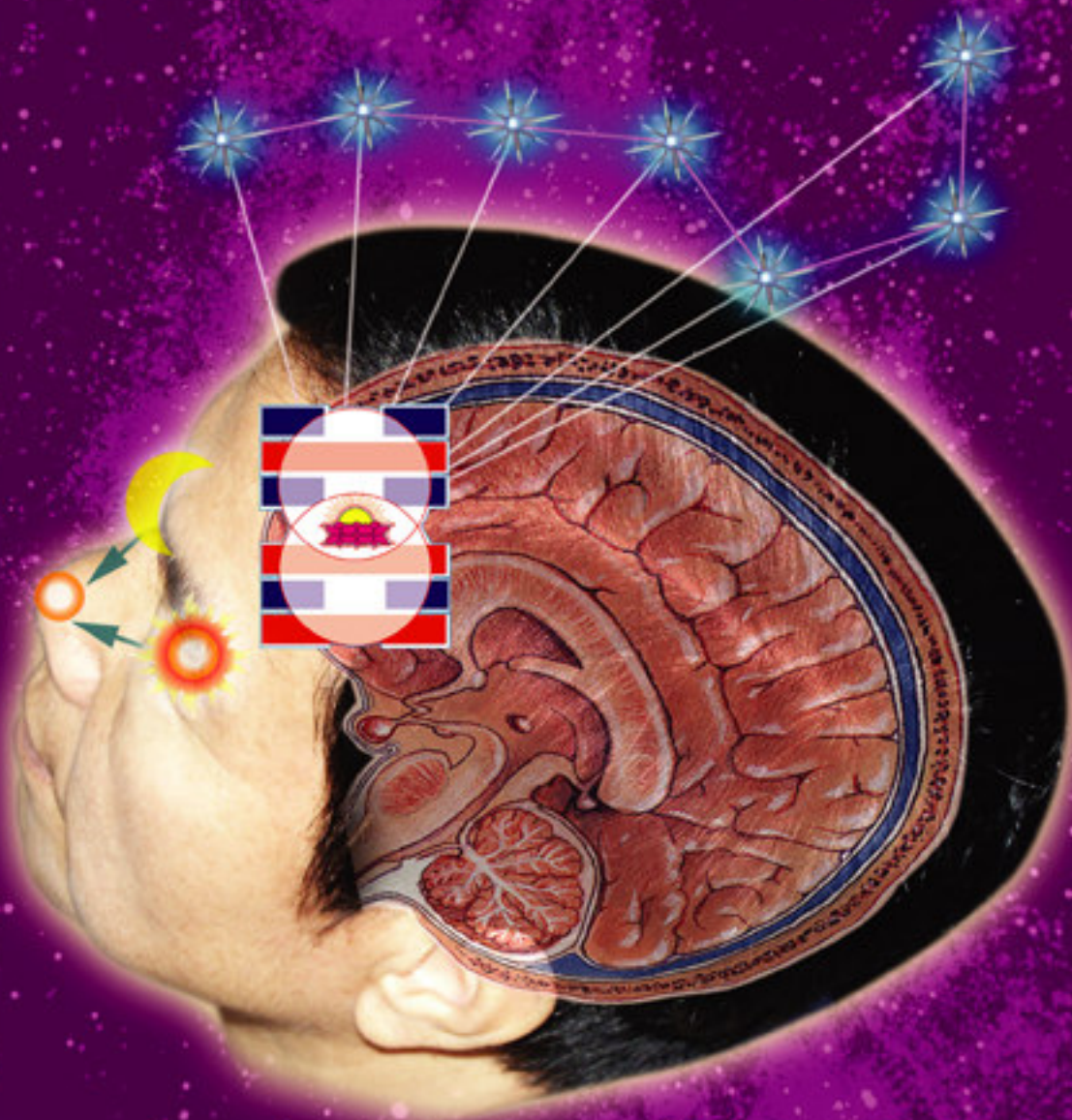


# Sealing of the Five Senses Opening the Crystal Room



**Mantak Chia**

# ***Sealing of the Five Senses***

## ***Opening the Crystal Room***

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***Mantak Chia***

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**Edited by:**

**Saumya Comer**

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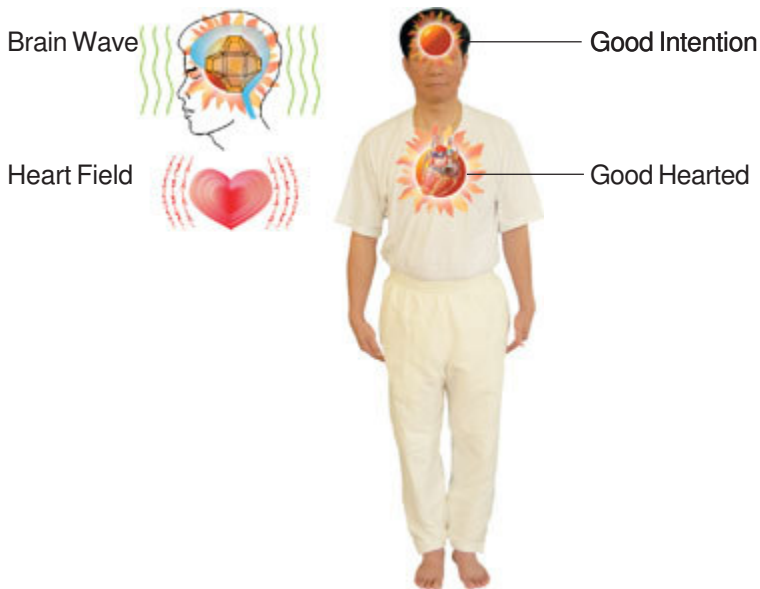
The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

# Sealing of the Five Senses

Our senses are like antennas which receive waves of vibration, sound and light that come to us. If that wave makes sense, our brains will start to think. Thinking consumes more energy than any other bodily activity. As humans we can not stop thinking, looking and listening nor stop fantasizing. This sensory-linked brain function in reaction to the external world is known as the monkey mind.

Our mind connects with the heart. When the mind is disturbed, the heart too will become disturbed. The good-minded good heart is the compassionate heart (harmony), therefore its good intention connects to the earth and nourishes it. When the wood meets the earth, the wood will grow. When the water meets the earth, the water will gather. When the metal meets the earth, the metal will condense. When the fire meets the earth, the fire will tone down.

If we can make the senses stronger, and seal the senses with external and internal force, we can accumulate profound energy.

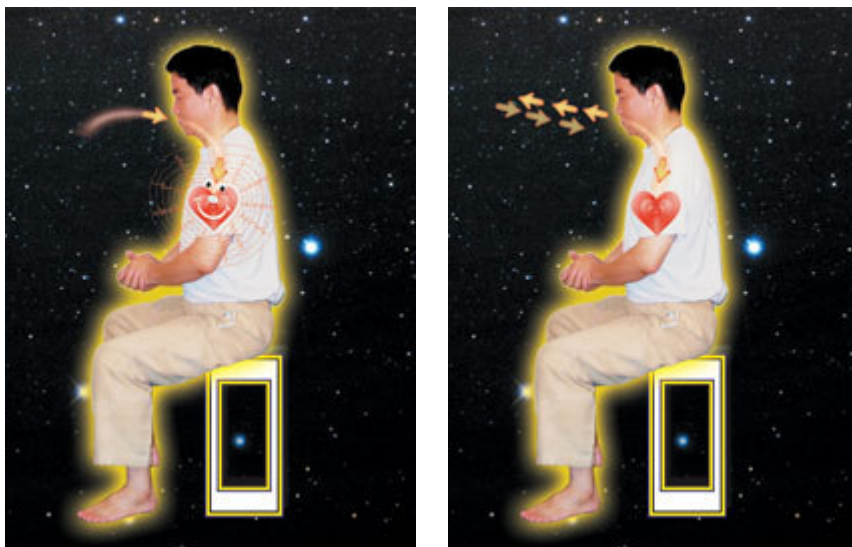


*Fig. 1 Waves of Vibration Coming into Senses*

1. First, we will strengthen the senses.
2. Second, we will make the connection.
3. Third, we will seal the senses.

The formula of Sealing the Five Senses effects a literal transmutation of the warm current or Chi into spiritual energy or energy of the soul. To do this, we must seal the five senses, for each one is an open gate of energy loss. The power flows out from each of the sense organs unless there is an esoteric sealing of these doors of energy. They must release energy only when specifically called upon to convey information.

Abuse of the senses leads to far more energy loss and degradation than people ordinarily realize. Examples of misuse of the senses are as follows: if you look too much, the seminal fluid is harmed; listen too much the mind is harmed; cry too much, and the blood is harmed; have sexual intercourse too much, and the marrow is harmed.



**Fig. 2** Sense Energy Turning inward. Content Person sitting in Meditation. Vibration turned Inward.

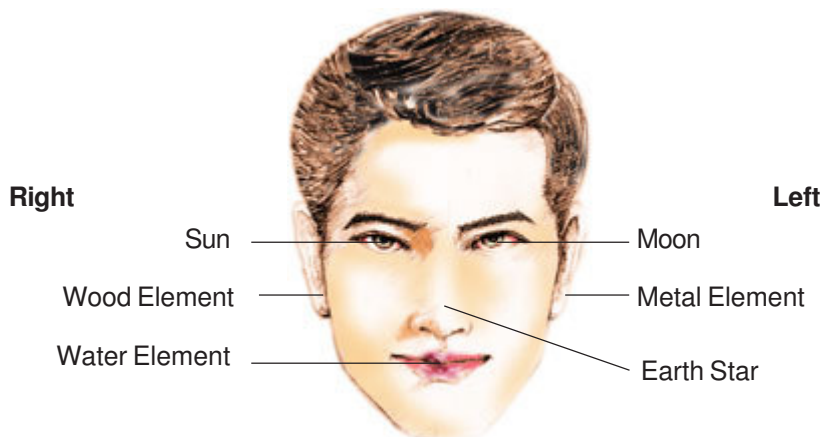
## A. First Formula Strengthening the Senses

The first step of strengthening our senses is very important. When the senses are strengthened we will be less affected by the stimuli coming from the outside world as criticism or praise. This strength leads to a connection with our center, where the mind becomes still, and the thoughts rest. A great deal of energy is spent thinking warring. Sealing the senses conserves this energy to be used for spiritual development.

Turning the senses inwardly to the center of the brain and down to the navel, and use the three cauldron coupling to help the suck in the natural and universal force.

1. The left ear corresponds to the metal element force.
2. The right ear corresponds to the wood element force.
3. The chin and the mouth correspond to the water element.
4. The nose corresponds to the earth star; this will tonify the earth.
5. The left eye corresponds to the sun.
6. The right eye corresponds to the moon.

(Raise the water and lower the fire, and let it couple on the tip of nose.



**Fig. 3** Elements Connected to Senses



## Practice Formula One

- a. Be aware of the left ear and the metal force.
- b. Be aware of the right ear and the wood force.
- c. Draw these two forces together into the crystal room, combine them into the fire force.

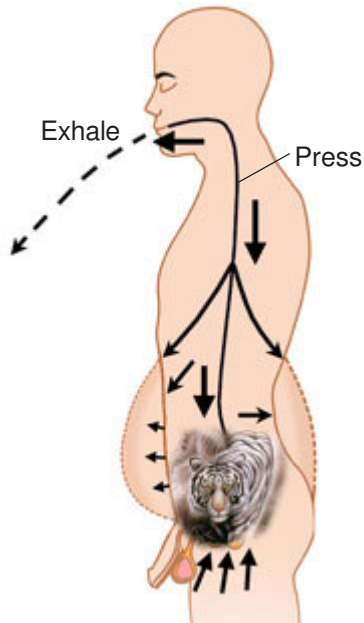


*Fig. 4 Metal and Wood Transforming to Fire Crystal Room*

- d. Be aware of the mouth and breath into the throat center and the lower abdominal suction and the tiger and the dragon breath to create the suction, and feel the Chi entering the mouth and gathering the water force into the Chi Ball.
- e. Create the collection points to contain the water in the mouth.



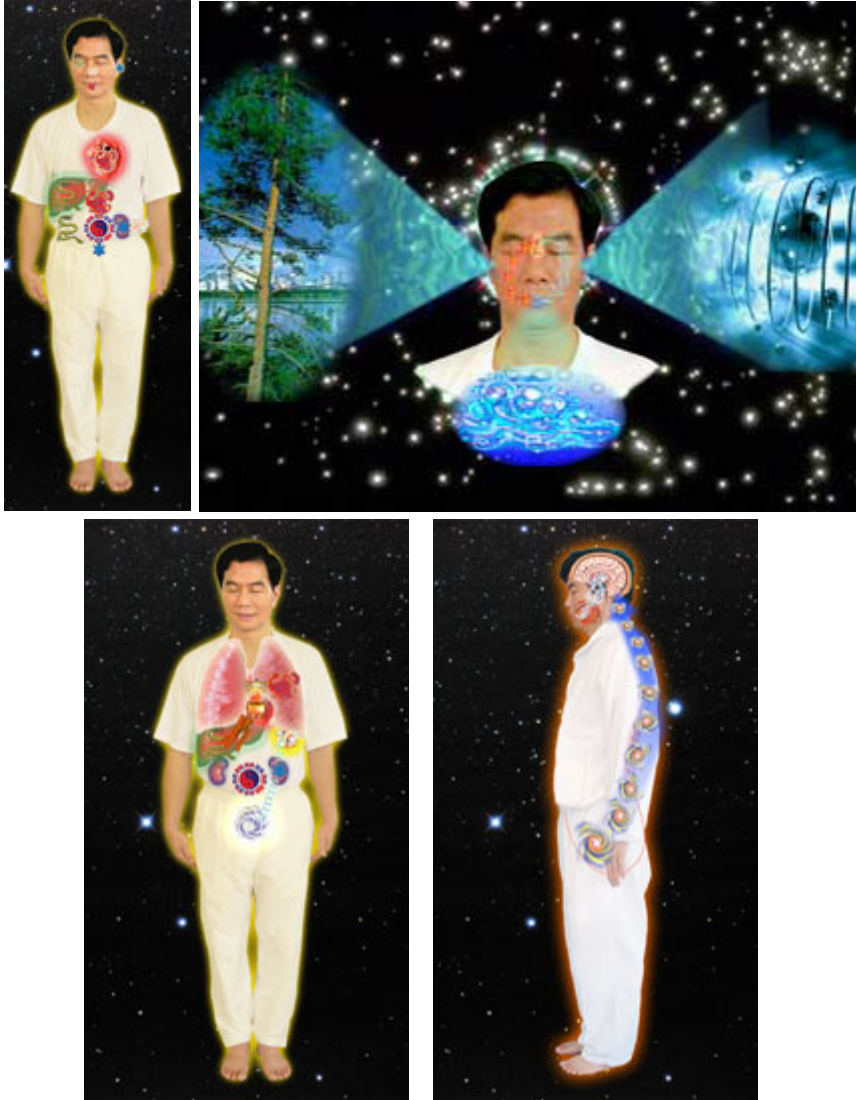
*Fig. 5 Coupling of Five and Water*



**Fig. 6** Dragon and Tiger breath. Exhale and compress the Chi down to lower abdomen.

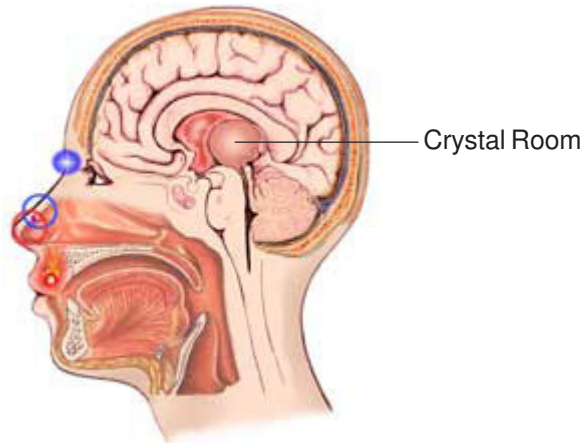


f. Let the water rise up, and lower the fire down and couple at the tip of the nose. Turn the awareness inward and feel the three-cauldron coupling at the same time.



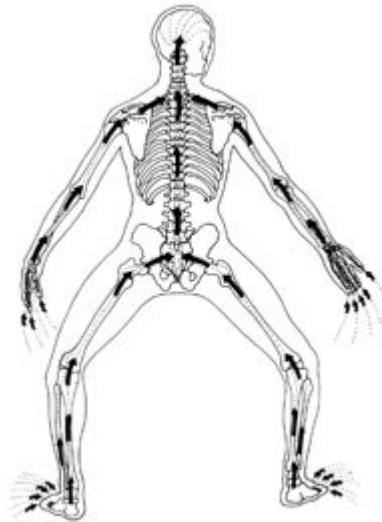
**Fig. 7** Coupling of Five and Water

g. Let it steam to the crystal room. The lower cauldron steams to the organs and the glands.



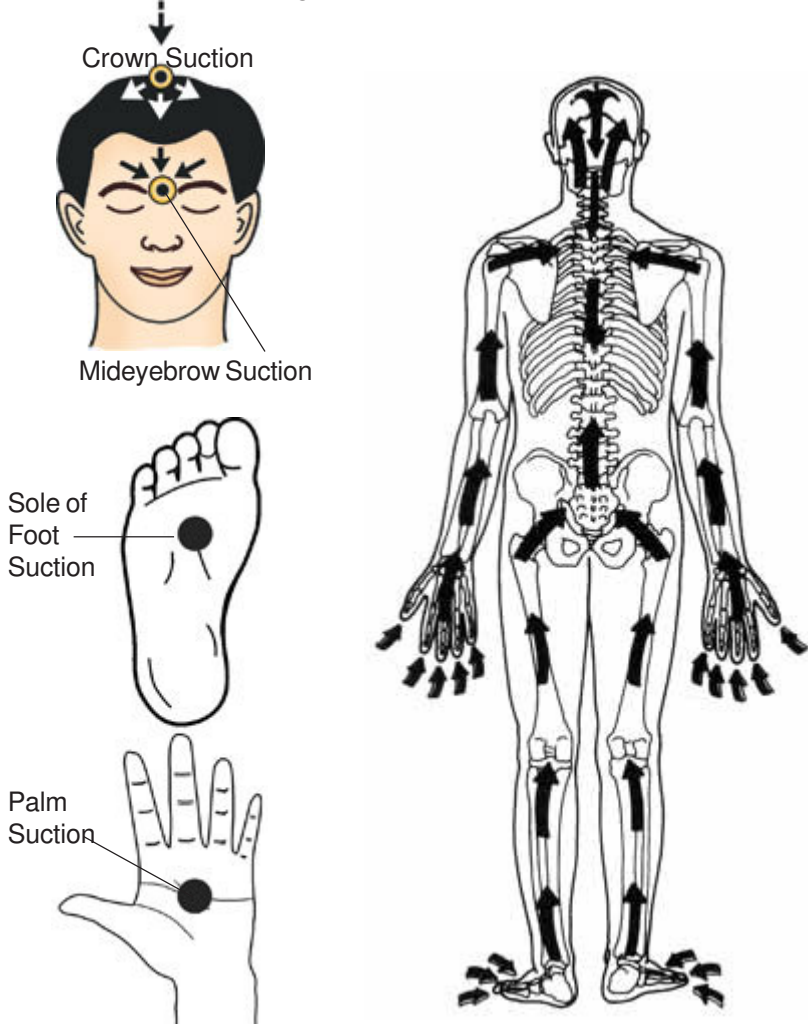
**Fig. 8** Steam to the Crystal Room

h. Feel the four cauldrons couple at the same time, the normal breath stop and the true breath begin. Let the skin start to breath first, and the bones in the arms and the legs.



**Fig. 9** Skin, Bones Breathing

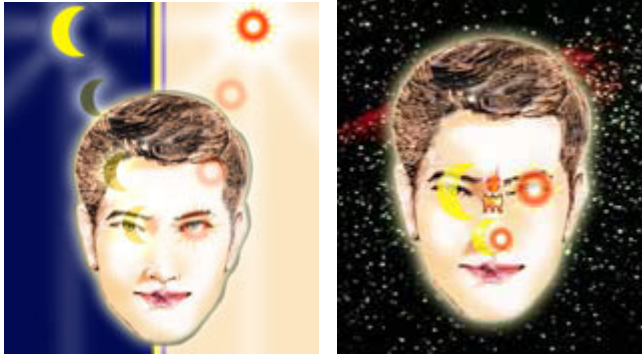
i. Suck in the crown and expand to the nature and the universe. Suck in the mideyebrow, the third eye, the palms the soles of the feet, the perineum, the sacrum and the Door of Life. Eventually the whole body is breathing.



**Fig. 10** Whole Body Breathing

## B. Practice Formula Two

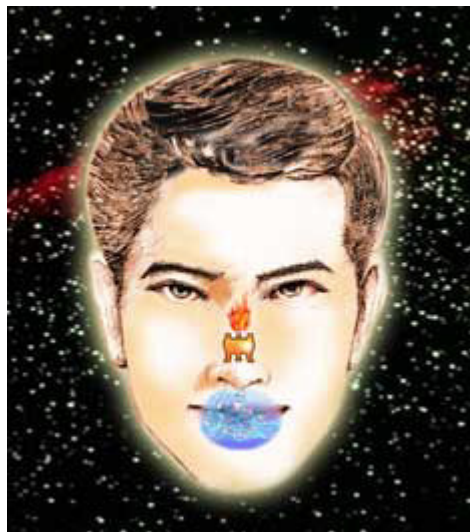
- a. Be aware of the left eye as sun power.
- b. Be aware of the right eye as moon power.
- c. Combine these two forces into the bridge of the nose and let them become fire force.



*Fig. 11 Combine to Nose*

d. Be aware of the Chi in the mouth, use the throat center and the lower abdominal and the Tiger and Dragon breath to create the suction to breathe in the external Chi to form a chi ball in the mouth.

e. Raise the water and lower the fire and let them couple at the tip of the nose.



*Fig. 12 External Chi*

f. Feel the four cauldrons couple at the same time, the normal breath stop and the true breath begin. Let the skin start to breathe first and the bones in the arms and the legs.



*Fig. 13 Skin and Bones start to breathe.*

g. Suck in the crown and expand to the nature and the universe. Suck in the mideyebrow, the third eye, the palms the soles of the feet, the perineum, the sacrum and the Door of Life. Eventually the whole body is breathing.

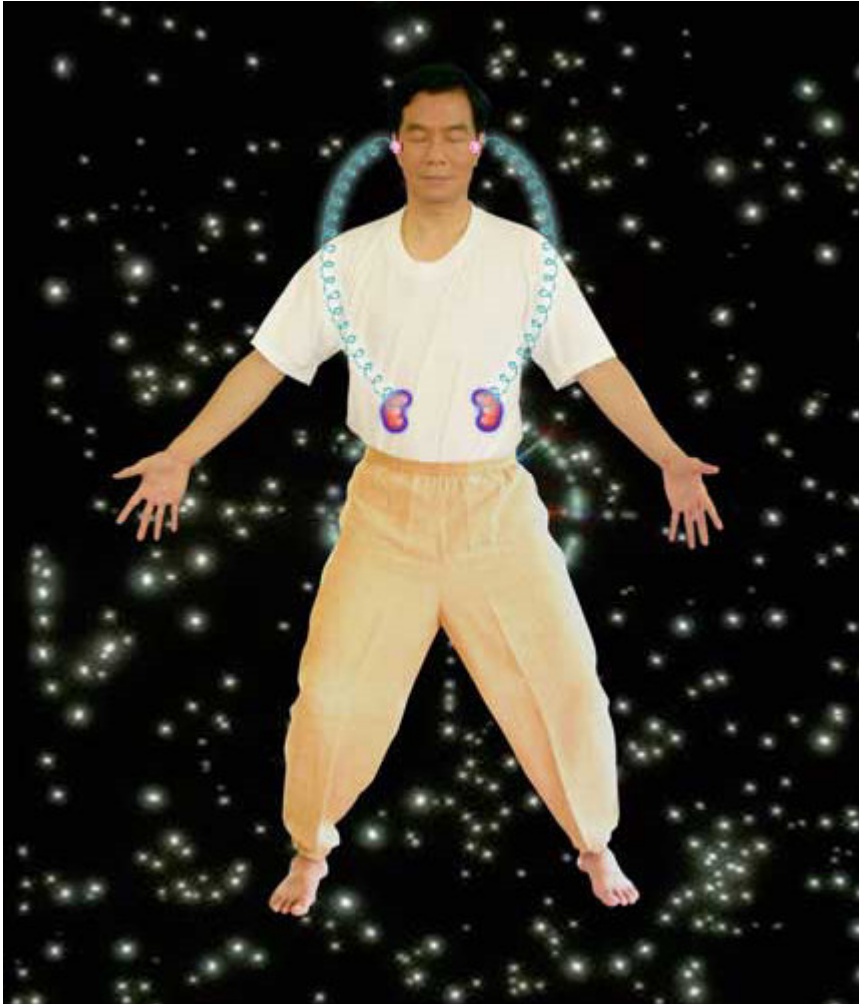


*Fig. 14 Eventually the whole body is breathing.*



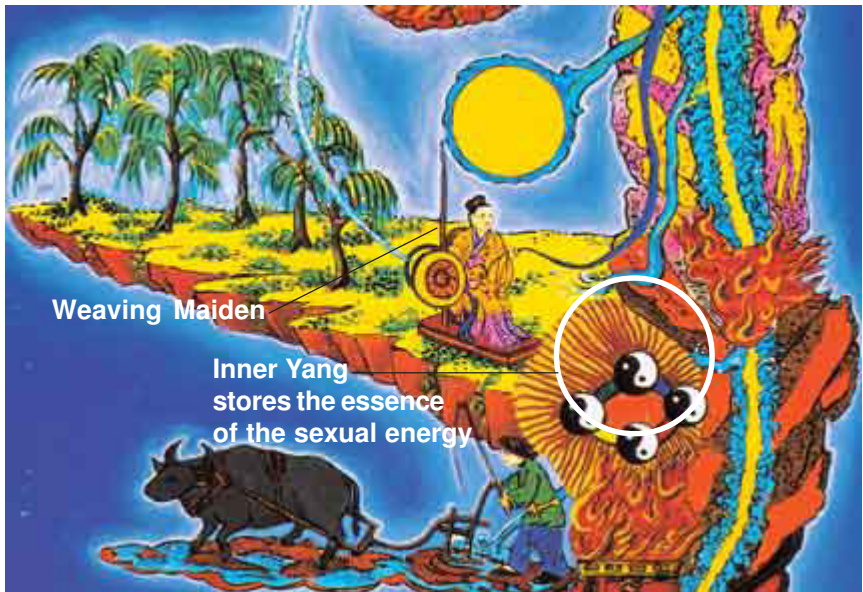
### C. Practice Formula Three: Sealing of the Five Senses

a. The left ear connects to the left kidney, known as the true kidney, the activator of the stored energy of the kidneys.



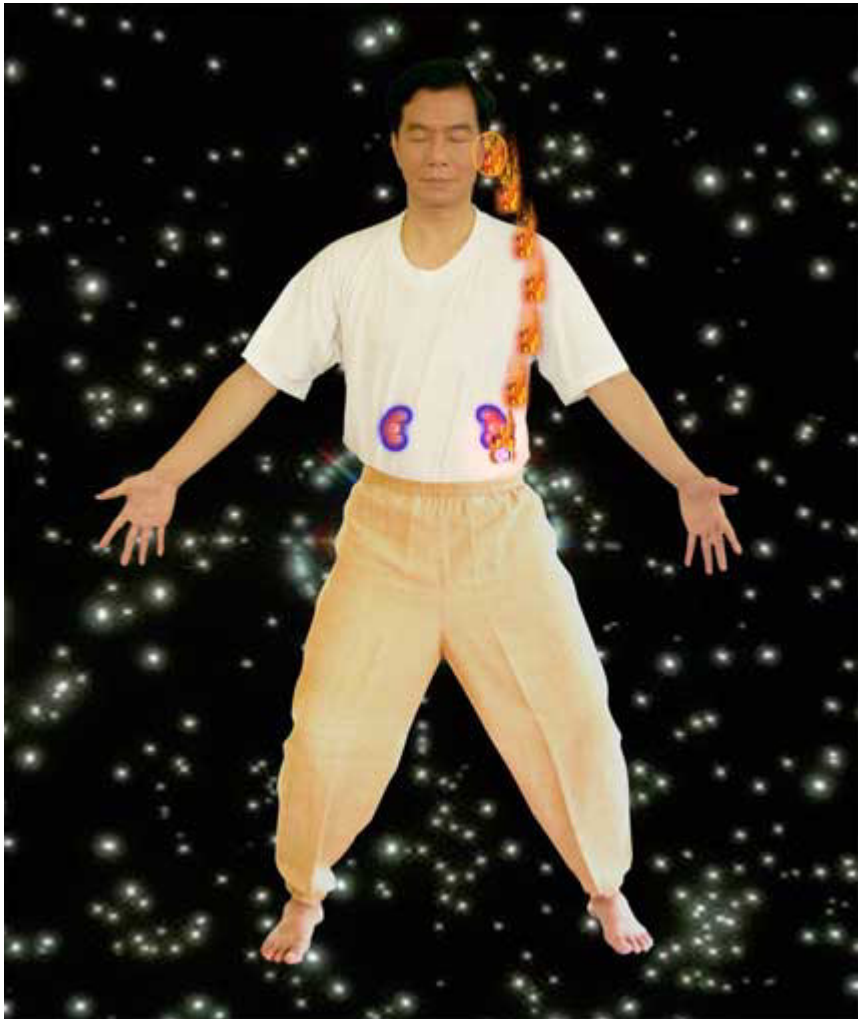
*Fig. 15 Stored Energy of the Kidneys*

b. The right car connects to the right kidney, which is yin, and is represented by a Weaving Maiden who stores the essence of the sexual energy (sperm and ovum), as well as the inner yang that attracts the active yang known as the Gate of Life.



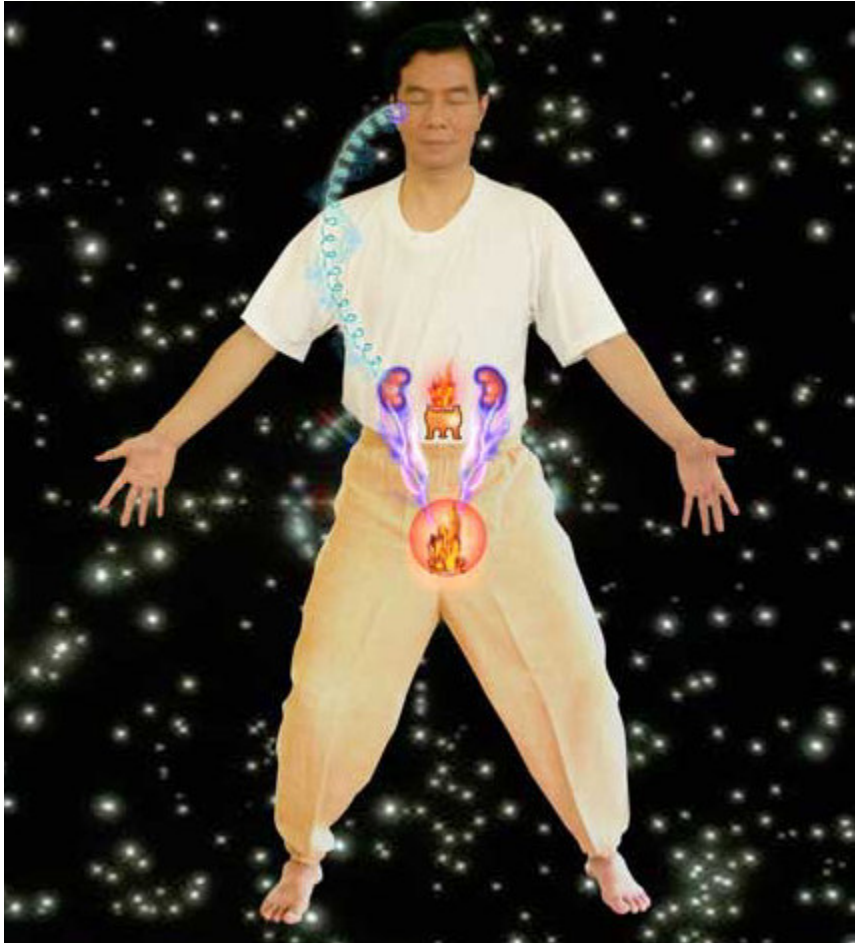
**Fig. 16** Weaving Maiden who stores the essence of the sexual energy.

c. Be aware of the left kidney as fire force and let it gradually rise up to the left ear, creating a collection point to contain the fire force.



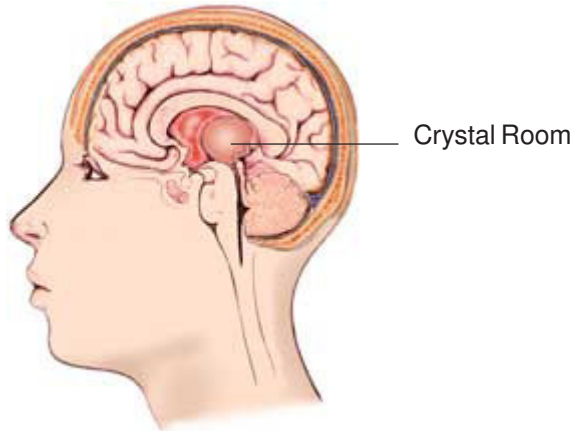
*Fig. 17 Left ear creating a collection point to contain the fire force.*

d. Be aware of the lower cauldron. Feel the fire start to warm the abdomen. The fire and steam power goes down to the sexual organs to transform the sexual energy into Chi or arousal sexual energy. Let this energy rise to the right kidney to activate the stored essence of sexual energy, the inner yin. Feel the connection of the right kidney to the right ear and let the essence yin energy rise up the ear. Create a collection point to contain the energy.



*Fig. 18 Create a collection point to contain the energy.*

e. Let the left and right ear, fire and water couple in the crystal room (middle of the ear).



**Fig. 19** Fire and water couple in the crystal room

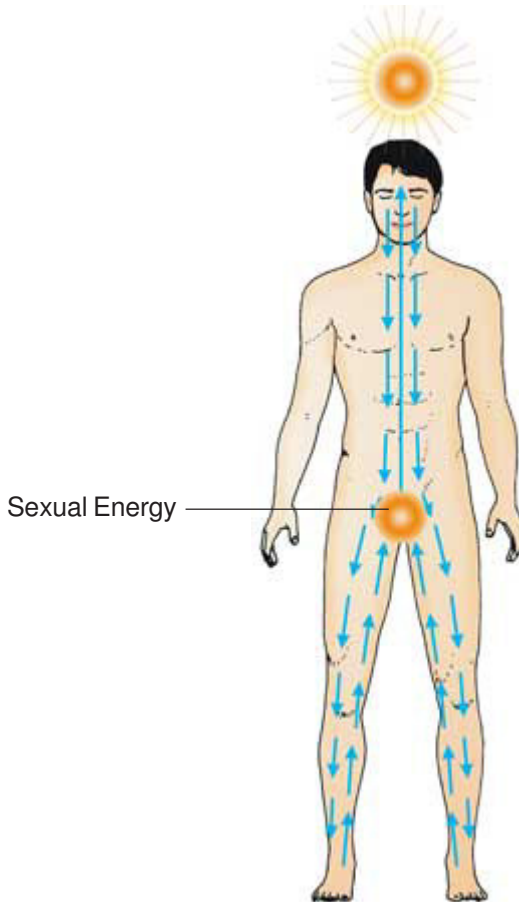
- f. Be aware of the mouth and gather the water force into a Chi Ball.
- g. Let the water and fire couple at the nose, the earth.



**Fig. 20** Connecting to Earth

## D. Practice Formula Four: Sealing of the Five Senses

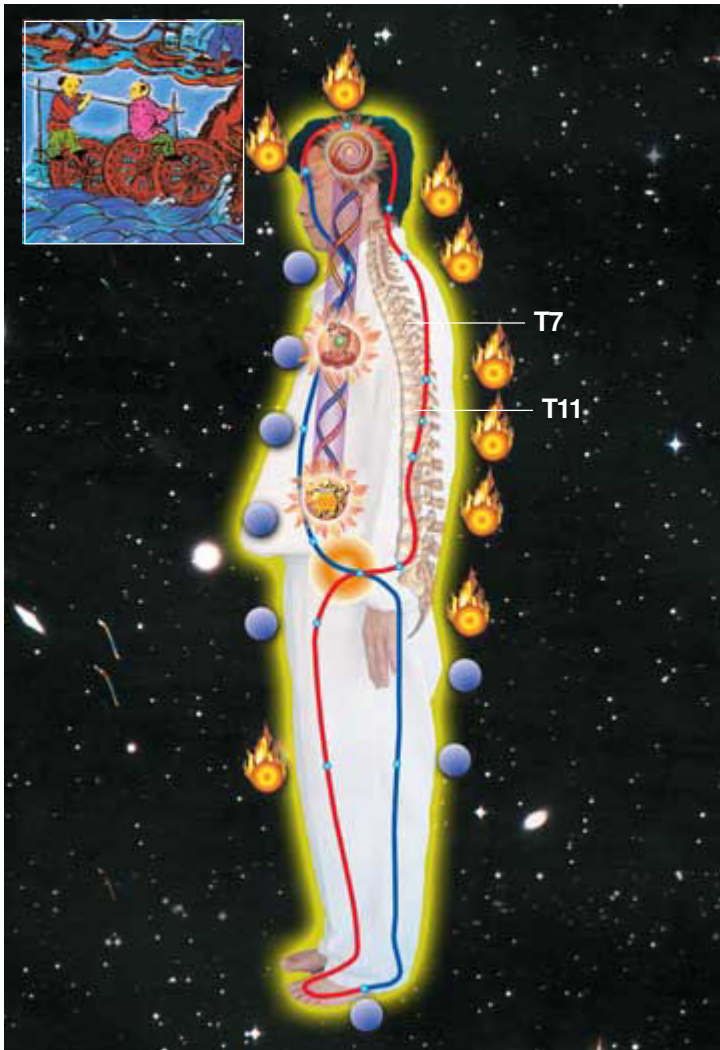
1. Clean out the Thrusting Channels. Be aware of the sole of the feet and feet, the universe force and earth force, rising up to the left side of the sexual organ and up the left thrusting channel and up to the left side of the crown.
2. Activate the Sexual Energy in the Lower Tan Tien.



**Fig. 21** Activate Sexual Energy



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.

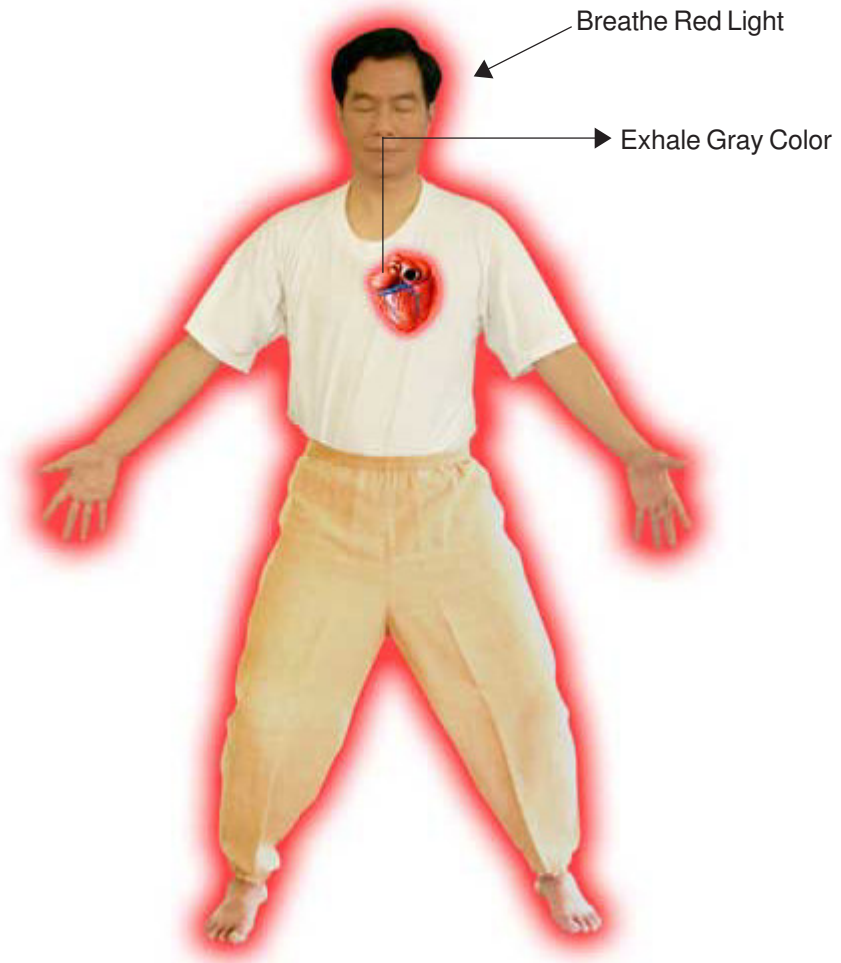


*Fig. 22 Turn the Wheel*

4. Build the Aura

a. Breathe red mist into the heart.

1. Breathe out any gray color.
2. From the heart, send out the red mist to create an aura around the body.



**Fig. 23** *Breathe into the heart.*

- b. Breathe yellow mist into the spleen.
1. Breathe out any gray color.
  2. From the spleen, send the yellow mist to all over the body and send radiance out around the body.
  3. From the mouth, breathe out the yellow mist to create an aura.



*Fig. 24 Breathe into the Spleen.*

- c. Breathe white mist into the lungs.
1. Breathe out any gray color.
  2. From the lungs, send the mist to the nose and out the nose and the skin.
  3. From the nose, breathe out the white mist to create an aura.



*Fig. 25 Breathe into the Lungs.*

- d. Breathe blue mist into the kidneys.
1. Breathe out any gray color.
  2. From the kidneys, send the mist to the ears and send radiance out for whole body radiance.
  3. From the ears, breathe out the blue mist to create an aura.



**Fig. 26** *Breathe into the Kidneys.*

- e. Breathe green mist into the liver.
1. Breathe out any gray color.
  2. From the liver, send the mist to the eyes.
  3. From the eyes, breathe the green mist out to create an aura.



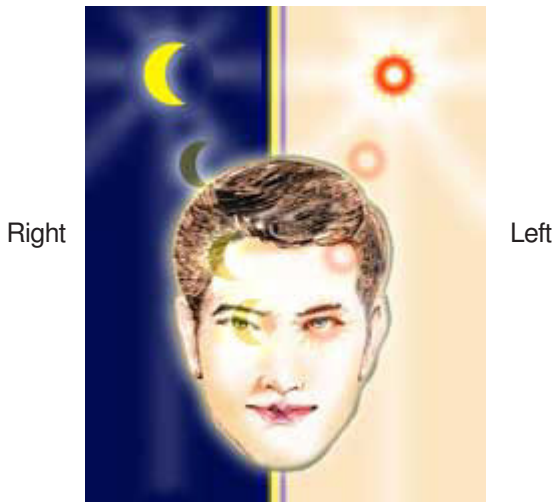
*Fig. 27 Breathe into the Liver.*





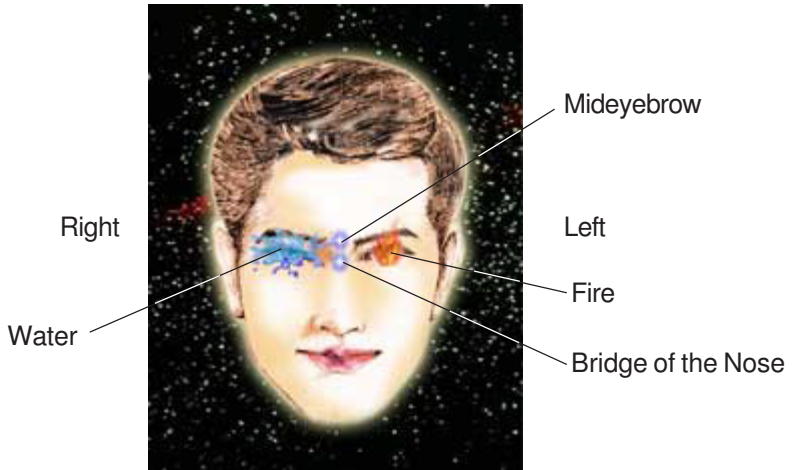
**Fig. 28** Finish building the Aura.

4. Bring the sun down to the left eye to be the fire.
5. Bring the moon down to the right eye to be the water.



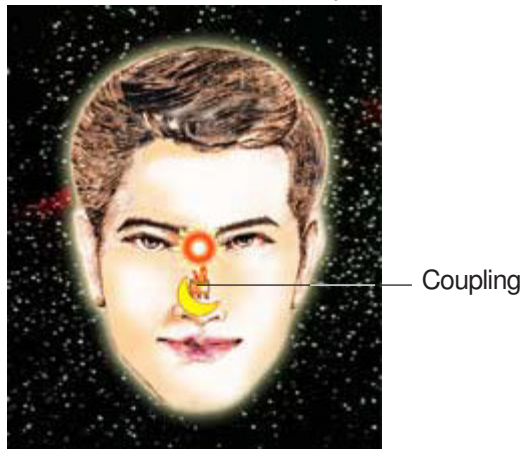
**Fig. 29** Sun and Moon down to the Eyes

6. Bring the fire from the left eye to the bridge of the nose.
7. Bring the water from the right eye to the mideyebrow.



**Fig. 30** Sun and Moon down to the Eyes

8. Start the coupling (this differs from practice formula#2 where we just combined the sun and moon to create one fire energy, now we couple two different energies).
9. The steam will come out the third eye.



**Fig. 31** Combine the Sun and Moon

10. Gather the sexual Energy from the sexual organs and bring it to the collection point in the mouth.



*Fig. 32 Gather the Sexual Energy.*

11. The steam produced from the sun and moon coupling will now become the fire for the coupling at the tip of the nose. Bring the fire energy down to the upper lip.



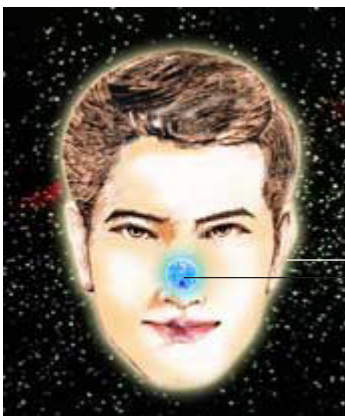
*Fig. 33 Energy down to Upper Lip.*

12. Bring the water energy from the mouth up to the bridge of the nose.



*Fig. 34 Energy up to the bridge of the nose*

13. Start the Coupling at the tip of the nose.



Fire Cooling

*Fig. 35 Coupling Tip of the Nose*

14. This coupling does not produce steam, yet you will clearly feel the suction.
15. Let the fire cool.
16. Bring the energy down to the Lower Tan Tien.

## E. Practice Formula Five: Sealing of the Five Senses

The harmonizing of the four forces (stopping the draining of the essence)

1. When the eyes (green dragon, east, wood) are not seeing, the eternal soul will stay in the liver. Turn the eye power inward.

2. When the ears (Tortoise, north, water) are not hearing, the sexual essence stay in the kidneys. Turn the ears inward.

3. When the tongue (red pheasant, south, fire) is not speaking the spirit stays in the heart.

4. When the nose (white tiger, west, metal) is not smelling, the corporal soul (pui) stays in the lungs. Holding the tongue power inward regulates the breath.

5. When all four are not moving, these four essences will harmonise at the earth and will be nourished, strengthened, and sealed.



*Fig. 36 Five Sealing of the Five Senses*

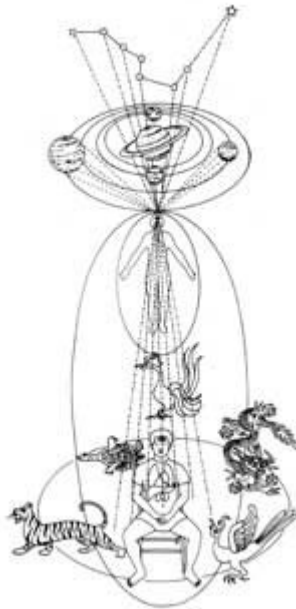
When all the four essences are not draining out, sexual essence - water, spirit - fire, eternal soul - wood, and the corporal soul (pui) - metal all will gather at the earth, at the tip of the nose.

When there is no desire in the heart - fire is not activated, the green dragon in the liver will sound, the red pheasant will close its wings, and the sexual essence stays and gathers. Wood burns to become fire, and thus gives birth to the heart energy. The white tiger (Lung) gives energy to the water (kidney) which is the life essence (body). If we do not drain out the life essence (take care of our body) the white tiger will sound, the wind will start to move. The tortoise will stay dormant, the sexual essence will be conserved and stay in. When the sexual essence and the Chi stays in us, the metal, wood, water, fire forces will harmonize together and not leak to the earth. So the sexual essence, spirit, eternal soul will gather in the good intention.

1. Clean out the Thrusting Channels.
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.
4. Build the Aura
  - a. Breathe red mist into the heart.
    1. Breathe out any gray color.
    2. From the heart send out the red mist to create an aura around the body.
  - b. Breathe yellow mist into the spleen.
    1. Breathe out any gray color.
    2. From the spleen, send the yellow mist to the nose.
    3. From the nose, breathe out the yellow mist to create an aura.
  - c. Breathe white mist into the lungs.
    1. Breathe out any gray color.
    2. From the lungs, send the mist to the nose.
    3. From the nose, breathe out the white mist to create an aura.



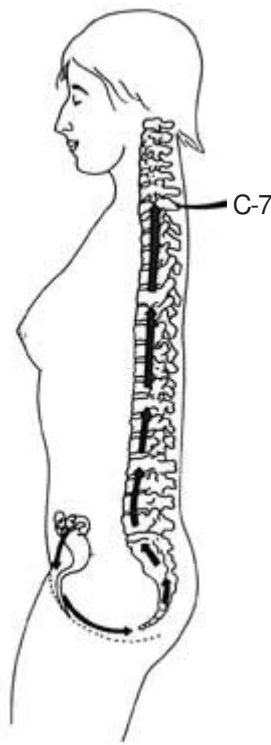
- d. Breathe blue mist into the kidneys.
  1. Breathe out any gray color.
  2. From the kidneys, send the mist to the ears.
  3. From the ears, breathe out the blue mist to create an aura.
- e. Breathe green mist into the liver.
  1. Breathe out any gray color.
  2. From the liver, send the mist to the eyes.
  3. From the eyes breathe the green mist out to create an aura.



**Fig. 37** *The Pill Connecting to the Dipper*

4. Send out the pill to connect with the Big Dipper.
5. Bring the Big Dipper down and connect it to the left and right temples, left and right mastoid, the chin, the base of the skull, and the crown.
6. Bring the North Star into the crystal room.
7. See the Big Dipper full of violet light; that light is now pouring into your crown.

8. Draw the Sun down to the left eye to collect the fire energy.
9. Draw the Moon down to the right eye to collect the water energy.
10. Bring the fire to the bridge of the nose.
11. Bring the water to the mideyebrow.
12. Draw the fire and water together and begin the coupling and simmer slowly and send the steam up to the third eye.
13. Draw the fire energy up from the left kidney to the left ear collection point.
14. Draw the Sexual Energy up from the sexual organs and the right kidney to the right ear collection point.



**Fig. 38** Sexual Energy Rising Up

15. Draw the fire and water into the crystal room and begin the coupling. The steam produced here will become the fire for the next coupling.
16. Bring the Sexual Energy up to the Pineal Gland and allow it to drip down to the mouth. Mix it with the Saliva and fill the mouth with the sexual energy.
17. Draw the Fire Energy down from the Crystal Room to the upper lip.
18. Draw the Water Energy up from the mouth to the bridge of the nose.
19. Couple at the tip of the nose.
20. Be aware of the ears. Feel the blue energy turning into the tortoise in each ear to seal and protect the ears.
21. Be aware of the nose. Feel the white energy turning into the white tiger in the nose to seal and protect the nose.
22. Be aware of the eyes. Feel the green energy turning into the green dragon in the eyes to seal and protect the eyes.
23. Be aware of the tongue. Feel the red energy turning into the red pheasant at the tongue and in the mouth to seal and protect them.
24. Draw the green, wood energy of the eyes down to the tongue (fire) and combine the two to create one fire energy. Send the fire to the crystal room.
25. Draw the white, metal energy from the nose over to the ears (water) and combine the two to create one water energy. Send the water to the crystal room.
26. Start the coupling in the crystal room.
27. Slowly simmer for a long time.
28. Empty your mind into the Lower Tan Tien anytime thoughts arise. Feel the stillness of your senses. Feel how they are sealed.
29. Slowly let the fire cool down.
30. Gather the energy in the Lower Tan Tien.

## **F. Practice Formula Six: Sealing of the Five Senses**

1. Clean out the Thrusting Channels.
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.
4. Build the Aura
  - a. Breathe red mist into the heart.
    1. Breathe out any gray color.
    2. From the heart send out the red mist to create an aura around the body.
  - b. Breathe yellow mist into the spleen.
    1. Breathe out any gray color.
    2. From the spleen, send the yellow mist to the nose.
    3. From the nose, breathe out the yellow mist to create an aura.
  - c. Breathe white mist into the lungs.
    1. Breathe out any gray color.
    2. From the lungs, send the mist to the nose.
    3. From the nose, breathe out the white mist to create an aura.
  - d. Breathe blue mist into the kidneys.
    1. Breathe out any gray color.
    2. From the kidneys, send the mist to the ears.
    3. From the ears, breathe out the blue mist to create an aura.
  - e. Breathe green mist into the liver.
    1. Breathe out any gray color.
    2. From the liver, send the mist to the eyes.
    3. From the eyes, breathe the mist out to create an aura.
    5. Send out a pill to connect with the Big Dipper.

6. Connect the Big Dipper to the various points on the head (L&R mastoid, L&R temples, chin, base of skull, and crown), bring the North Star to the crystal room.
7. See the Big Dipper pouring violet light down into your crown.
8. Wash the whole body and especially the marrow with the violet light.
9. Bring the left kidney up to the left ear and make a collection point in the ear for the fire energy.
10. Bring sexual energy from the sexual organs and up from the right kidney to the right ear. Make a collection point in the right ear for the water energy.
11. Bring and fire and water energies into the crystal room.
12. Start the coupling in the crystal room.
13. Bring the Sun down to the left eye to collect the fire energy.
14. Bring the Moon down to the right eye to collect the water energy.
15. Bring the fire energy from the left eye to the bridge of the nose.
16. Bring the water energy from the right eye to the mideyebrow.
17. Bring the fire and the water together and start the coupling.
18. Draw the sexual energy up to the collection point in the mouth.
19. The steam from the crystal room coupling will now be used as the fire energy for the coupling at the tip of the nose. Bring the fire energy down to the upper lip.
20. Bring the water energy from the mouth to the bridge of the nose.
21. Bring the water and fire together at the tip of the nose and start the coupling.
22. Be aware of all three couplings simultaneously, the steam at the crystal room will form a pearl and open the third eye.

23. Send the liver energy out to draw in the green planet, Jupiter.
24. Bring Jupiter in to seal and protect the eyes.
25. Send the heart energy out to draw in the red planet, Mars.
26. Bring Mars in to seal and protect the tongue (mouth).
27. Bring the eyes down to the mouth and combine the eyes and tongue to create one fire energy.
28. Draw the fire energy up to the crystal room.
29. Send out the kidneys to draw in the planet Mercury.
30. Bring Mercury in to seal and protect the ears.
31. Send out the lungs to draw in the planet Venus.
32. Bring Venus in to seal and protect the nose.
33. Bring the ears to the nose and combine them to form one water energy.
34. Draw the water energy up to the crystal room.
35. Start the coupling of the fire and water at the crystal room.
36. Let go of all thoughts, send them down to the Lower Tan Tien.



**Fig. 39** *The Planets connect to the Organs.*

37. Feel the stillness of all the essences as they are not being used to spend energy. Feel their energy staying with you. (eternal soul, spirit, corporal soul and the sexual essence)
38. Set the fire cool down.
39. Bring the energy down to the Lower Tan Tien.

## **G. Practice Formula Seven: Sealing of the Five Senses**

1. Do the Bellows Breathing.
2. Connect with the Lower Tan Tien.
3. Build the Aura:
  - a) Red mist from the heart.
  - b) Yellow mist from the spleen.
  - c) White mist from the lungs.
  - d) Blue mist from the kidneys.
  - e) Green mist from the liver.



**Fig. 40** Big Dipper and North Star

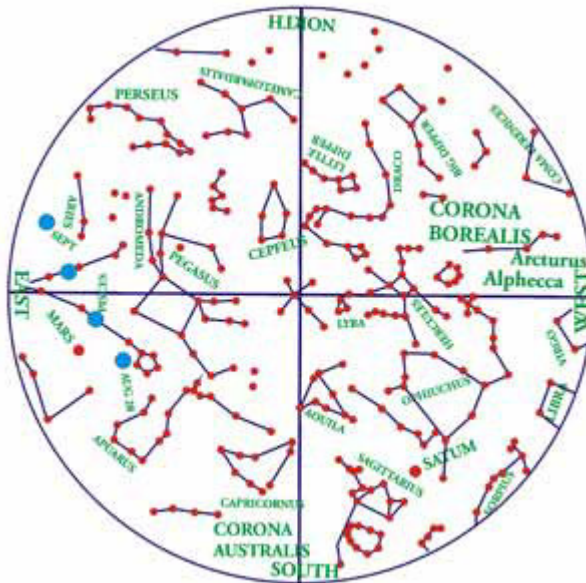


4. Send out the pearl to connect to your own personal star and to attract the Big Dipper.
5. Look for the light.
6. Draw the Big Dipper in and connect it to the head (L&R temples, L&R mastoid, chin, base of the skull, and the crown). Bring the North Star to the crystal room.
7. See the Big Dipper pouring out violet light down into your crown and through your whole body. Wash your body in the violet light and especially the marrow.
8. Feel your body so full of violet light it starts to overflow and create an aura around your whole body.
9. Be aware of the coupling at the mideyebrow, crystal room, and the tip of the nose.  
Give yourself plenty of time to feel the suction in each place.
10. Now expand your mind outward to the constellations.



**Fig. 41** Violet Light and Aura

11. Feel the connection of the constellations to your organs to the elements.
  - a) The east constellations connect to the liver (wood).
  - b) The south constellations connect to the heart (fire).
  - c) The west constellations connect to the lungs (metal).
  - d) The north constellations connect to the kidneys (water).
  - e) The crystal room is in the center.
12. Combine the South Constellation (fire) and the East Constellation (wood) to create one fire energy.
13. Combine the North Constellation (water) and the West Constellation (metal) to create one water energy.
14. Couple the two at the crystal room.
15. Now, feel your aura as another layer of your skin. Feel it move in and out with each breath. Take in the refined energies from the constellations.
16. Let the fire cool.
17. Gather the energy at the Lower Tan Tien.



*Fig. 42 Star Constellations*

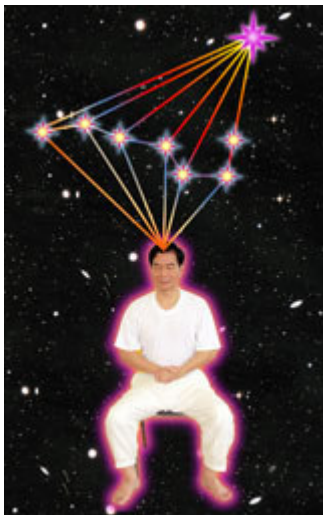
## H. Practice Formula Eight: Sealing of the Five Senses

1. Clean the Thrusting Channels.
2. Turn the Wheel.
3. Create the Auras.
4. Send a pill out to connect with the Big Dipper.
5. Connect with the Big Dipper at the L&R Mastoids, L&R Temples, Base of the skull, Chin, and Crown. Feel the Dipper pouring violet light into your crown and washing your whole body.
6. Create the 3 cauldrons (Bridge of nose, Crystal Room, Tip of nose).
7. Feel your aura as an extra layer of skin. Feel it move in and out with each breathe. Feel your breathe drawing in chi through your skin to your whole body.
8. Be aware of the Planets and Animals protecting and sealing your senses.



**Fig. 43** Energy Body Going Out and Growing.

9. Shoot your energy body out and make yourself very large.
10. Connect with the constellations: Liver, Wood, East
  - Heart, Fire, South
  - Lungs, Metal, West
  - Kidneys, Water, North
11. Combine the East and South Constellations (wood and fire) to create one fire energy.
12. Combine the West and North Constellations (metal and water) to create one water energy.
13. Start the coupling and feel the vast amounts of energy.
14. Beam the energy down to your crystal room, to your heart and see the rainbow beams coming out from your heart to the rest of the body wherever they are needed.
15. Bring your awareness to the Lower Tan Tien and start the coupling there.
16. Bring the energy from above, now into the Lower Tan Tien.
17. Use this energy to heal any part of the body or mind that is in need.
18. Slowly allow the fire to cool.
19. Gather the energy in the Lower Tan Tien.



*Fig. 44 Rainbow Beams Healing Body*

**Notes:**

- 1) The laboratory, inside and outside. The microcosm and the macrocosm.
- 2) Clearing the trusting channel.
- 3) Turning the wheel.
- 4) Building the aura.
- 5) Breathing.
- 6) Connecting to the Big Dipper.
- 7) Sun and Moon.
- 8) Kidney energy, left is fire essence, right is water essence. Ear collection.
- 9) Mixing and collecting the water in the mouth.
- 10) Section on coupling.
- 11) Energy from the four constellations, violet light into the body, North Star.
- 12) Sealing the senses with animals or planets.
- 13) Beginning and ending the meditation.
- 14) Energies of the organs (hun, po, shen, yi,...).





Master Mantak Chia is the creator of Universal Tao System, Healing Tao, Tao Yoga and is the director of the Universal Tao Master School at Tao Garden Wellness Retreat in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

## **Sealing of the Five Senses**

*In this booklet for the first time ever Master Chia has revealed the final level of the Immortal Tao Practices of the Universal Tao System. You can divide your practice into several sections starting with the Three Levels of Kan & Li to set up the alignment of the body for the Opening of the Crystal Room in the Sealing of the Five Senses practices. Your training should be progressive; that is, once you have mastered one section, you can progress on to the next. Be sure to spend at least one or two weeks on each section as shown in this booklet, allowing enough time to thoroughly master each part before adding on the next section. Remember that you should always do the Chi Kung Warmups before going on into the meditation; it is very important to loosen the spine before meditation that helps your focus.*

*In this booklet we have divided the entire Microcosmic Orbit practice into Eight Formulas: Strengthening the Senses, Activating Sun & Moon, Connecting Senses to Organs, Activating Thrusting Channels, Opening the Virtuous Animals, Clearing the Conception Vessel with the Three Tan Tiens, Clearing the Planets, Building the Aura and Connecting with the Big Dipper and North Star. This booklet explains and reveals how to activate the Sealing of the Five Senses by spiraling, touching, coloring and small air sipping techniques.*

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