

ghetto sutras

remaining in the light

expanded program

Maghaan-Rooh
Medical Qi-Gong and Mindfulness
(for mental wellness)

VOLUME I
THE CONSCIOUSNESS
OF TRANSCENDING
SUFFERING AND COLOR

By Professor K. A. Shakoor, MAOM
(Israafiyi El-Ishvara Karma Minjur Tarpa)

Jannah Press



*"You are the treasure of your parents, your friends, and yourself.
Take care of your body and mind!
You can be anything that you desire through patience, consistency
and repetition" - K.A. Shakoor*

American Universal Medicine presents

Maahaah-Rooh Medical Qi-Gong and Mindfulness (For mental wellness)

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Remaining in the Light Vol. I

Expanded Program

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*The subjects and topics of these practices are in no way intended to encourage participants to discontinue or replace their current medical program. Those with medical conditions are encouraged to consult their primary care physician before engaging in any of these practices. This information is for educational purposes only.

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About the Facilitator

Grand Master Shakoor has been a student, practitioner and instructor of energetic and internal systems for 50 years. He was a private student of several masters from Asia, Europe, Africa and America. Shakoor has lectured and conducted workshops in hospitals, universities, public and private schools, mental health facilities, governmental agencies, and health clubs in Michigan, Pennsylvania, Maryland and Florida.



Shakoor currently teaches Qi-Gong, Tai Chi Chuan and meditation at Dragon Rises College of Oriental Medicine, at Santa Fe College (Community Education) and at the Karma Thegsum Choling Tibetan Buddhist Meditation Center, in Gainesville, Florida.

Shakoor has been teaching his system of Qi-Gong for 30 years (Maahaah-Rooh) to a variety of populations in a multitude of settings: educational, law enforcement, religious, and mental health facilities.

Mission Statement

To deliver an easy and cost-effective mind-body and energetic exercise program that provides methods of health self-improvement, stress reduction and aging

Objective

Our objective is to present mind-body and energetic exercises in a step-by-step method to enhance a person's lifestyle, so that both the body & mind will be in optimal condition to handle the challenges of daily living.

History

Maahaah-Rooh Energetic Mind-Body Exercises have their basis in ancient cultures. The ancestral origins of energetic mind/body medicine have revealed themselves to be worldwide. Maahaah-Rooh combines Qi-Gong, Tai Chi Chuan, Yoga, Oriental Medical Philosophies and Reiki principles in a way that students can learn, retain and practice methods that serve to benefit preventative and post-operative health practices

Maahaah-Rooh Medical Qi-Gong represents the accumulation of 50 years of study, practice and instruction by Grand master Shakoor, who integrates techniques from a variety of traditional internal systems

Western science research validates the effectiveness of this healthcare approach:



- Improves balance and agility
- Lowers blood pressure
- Increases circulation
- Improves muscles and joint flexibility
- Aids digestion and balances weight
- Reduces stress
- Enhances clarity and peace of mind
- Helps lower glucose levels
- Lessens Anxiety disorders
- Reliefs Asthma
- Lowers Depression
- Reduces pain
- Curves sleep problems
- Enhances the immune system
- Staves off cancer and heart disease
- Lessens pain sensitivity and disability of arthritis sufferers

“When learned correctly and performed regularly, Tai Chi can be a positive part of an overall approach to improving your health. The benefits of Tai Chi may include:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition
- Enhance quality of sleep
- Enhance the immune system
- Help lower blood pressure
- Improve joint pain
- Improve symptoms of congestive heart failure
- Improve overall well-being
- Reduce risk of falls in older adults” - **Mayo Clinic**

“Regular Tai Chi exercise program may help lower blood glucose levels, allowing people with diabetes to better control their disease. Studies such as hers have demonstrated the practice’s vast health benefits.” - **Beverly Roberts, PhD, RN, FAAN, FGSA, Annabel Davis Jenks Endowed Professor for Teaching and Research in Clinical Nursing Excellence at the University of Florida College of Nursing.**

- “Tai Chi probably is one of the best interventions to curb the sky rocking health care cost, which already counts 18% of our Gross Domestic Product or GDP and continues to balloon. Dr. Wayne provides logical scientific reasons why Tai Chi is a suitable low-cost (or no cost) long-term solution for disease prevention and rehab/recovery.”
- “Andrew Weil, MD and Professor of Medicine at University of Arizona, commented, (this book is) “a significant milestone in the integration of Eastern and Western medicine”.
- Herbert Benson, MD and Professor at Harvard University, a pioneer of Mind-Body medicine in the western medicine and world-renowned author of the famous bestseller “The Relaxation Response”. Herbert Benson praised Dr. Wayne by saying “he gives us a magnificent and useful contribution for the betterment of our health and well-being through the proper integration of Tai Chi into our lives”.

- **“The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart & Sharp Mind”, Harvard Health Publications, Shambhala, 2013, Peter M. Wayne, PhD, Mark L. Furst**

- “A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age,” says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center.”
- Muscle strength: Tai Chi can improve both lower-body strength and upper-body strength. When practiced regularly, Tai Chi can be comparable to resistance training and brisk walking. “Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body,” says internist Dr. Gloria Yeh, an assistant professor at Harvard Medical School. “Tai Chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen.”
- Flexibility: Tai Chi can boost upper- and lower-body flexibility as well as strength.
- Balance: Tai Chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai Chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai Chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that Tai Chi training helps reduce that fear.
- Aerobic conditioning: Depending on the speed and size of the movements, Tai Chi can provide some aerobic benefits.”

- **Harvard Health Publications, Harvard Medical School, The health benefits of Tai Chi**

- “Independent Component Analysis (ICA) of Electroencephalography and Electrocardiography shows elevation of Theta, Alpha, and Beta waves during Qi-Gong meditation, indicative of a dual state of mental relaxation and concentration.”
- “Measurement of Cutaneous Blood Flow with Laser Doppler Flowmetry, shows that many Qi-Gong/Tai Chi movements are highly effective in increasing cutaneous blood flow, particularly when coordinated with deep breathing cycles.”
- “Our on-going studies show that the mind-body practices of Qi-Gong/Tai Chi can induce a state of relaxation by conscious alteration of the sympathetic/parasympathetic balance of the autonomic nervous system. In the comparative studies on the effects of various activities and therapies, we have found a close relationship between changes in blood flow and body energy measured as heat, light, and electricity”

- The Laboratory for Mind-Body Signaling and Energy Research is affiliated with the Department of Developmental & Cell Biology, the Department of Biomedical Engineering, and the Susan Samueli Center for Integrative Medicine at the University of California, Irvine (UCI).

- “with the mounting evidence for health benefits and the current progress in research methodology, it is likely that Tai Chi and Qi-Gong will play a strong role in the emerging integrative medicine system as well as in prevention based interventions in the evolving health care delivery system.”
- “lead author, Dr. Jahnke stated, “This highly visible review of the research literature on the wellness practices of Asian medicine demonstrates that there is a profoundly rich “evidence base” for the efficacy and safety of Qi-Gong and Tai Chi.”
- “This is an historic and immense contribution to the research base of integrative medicine, wellness, gentle exercise, mindfulness, health promotion, health-self-reliance, self-care, stress mastery, mind-body practice and energy medicine.”

- The Institute of Integral Qi-Gong and Tai Chi, a training division of Health Action Inc., in collaboration with Arizona State University and the University of Arizona published in the prestigious American Journal of Health Promotion (AJHP).

“Multifaceted physical activities such as Tai Chi, Qi-Gong, and yoga involve varying combinations of neuromotor exercise, resistance exercise, and flexibility exercise. Neuromotor exercise training is beneficial as part of a comprehensive exercise program for older persons, especially to improve balance, agility, muscle strength, and reduce the risk of falls. Neuromotor exercise training is beneficial as part of a comprehensive exercise program for older persons, especially to improve balance, agility, muscle strength, and reduce the risk of falls”

- American College of Sports Medicine

“Meditation programs - particularly mindfulness programs designed to focus attention and awareness on inner and outer experiences with acceptance, patience, and compassion - are beneficial for reducing psychological stress including anxiety, depression, and pain. ”

- U.S. Department of Health & Human Services, Agency for Healthcare Research and Quality (AHRQ)

“The main physical benefits of Tai Chi are better balance, improved strength, flexibility and aerobic endurance...” “Psycho-social benefits include less depression, anxiety and stress, and better quality of life.” - **Ruth E. Taylor-Piliae, Ph.D., R.N., the study’s principal investigator and assistant professor at the University of Arizona College of Nursing in Tucson, Ariz. Co-authors are: Tiffany Hoke, R.N.; Bijan, Najafi, Ph.D.; and Bruce Coull, M.D. Author disclosures are on the abstract. An American Heart Association Scientist Development Grant and a Robert Wood Johnson Foundation Nurse Faculty Scholars Grant funded the study.**

- “Virtually all major health organizations - including the Arthritis Foundation -recommend Tai Chi because it provides balance of body and mind.”
- “both Tai Chi and Qi-Gong are martial arts that can help your circulation, balance, and alignment. They can also help restore your energy...”

– WebMD

- “A compelling body of research emerges when Tai Chi studies and the growing body of Qi-Gong studies are combined. The evidence suggests that a wide range of health benefits accrue in response to these meditative movement forms”
- “the perceived ability to handle stress or novel experiences and exercise self-efficacy were enhanced ”
- “This review has identified numerous outcomes with varying levels of evidence for the efficacy for Qi-Gong and Tai Chi, including bone health, cardiopulmonary fitness and related biomarkers, physical function, falls prevention and balance, general quality of life and patient reported outcomes, immunity, and psychological factors such as anxiety, depression and self-efficacy. ”
- “When both Tai Chi and Qi-Gong are investigated together, as two approaches to a single category of practice, meditative movement, the magnitude of the body of research is quite impressive.”

- National Center for Biotechnology Information

“Of the many outcomes identified by the reviewers, current research suggests that the strongest and most consistent evidence of health benefits for tai chi or qi gong is for bone health, cardiopulmonary fitness, balance and factors associated with preventing falls, quality of life, and self-efficacy (the confidence in and perceived ability to perform a behavior).”

- NIH, National Center for Complementary and Integrative Health

“Reported benefits for Parkinson’s students include:

- Improves balance and agility
- Lowers blood pressure
- Increases circulation
- Improves muscles and joint flexibility
- Aids digestion and balances weight
- Reduces stress
- Enhances clarity and peace of mind”

- NCCAM, The National Center for Complementary and Alternative Medicine

“Tai Chi exercise appears to be associated with improved quality of life, mood and exercise self-efficacy in patients with chronic heart failure...”

-April 25 issue of Archives of Internal Medicine, one of the JAMA/Archives journals.

Maahaah-Rooh Program

Maahaah-Rooh Medical Qi-Gong Program

Qi-Gong, or Nei-Gong, is a set of breathing exercises designed to cultivate life force energy (Qi/Ki/Proana.) The objective of Maahaah-Rooh Medical Qi-Gong is to teach a step-by-step method of exercise to keep the body and mind in optimal fitness. This is a very low-impact form of exercise that includes standing movements (Zhan Zhuang) and slow-motion movements similar in style to Tai Chi Chuan.

Individuals will enhance their fluidity of movement, coordination and balance, resulting in greater flexibility and stress reduction, through the application of deep relaxation, breathing techniques and methods of stillness. The purpose is to detox the body’s organs of impurities and toxins, then regenerate and invigorate the body so that one feels refreshed, both physically and mentally.

This highly effective and easily retainable system of Qi-Gong is designed for everyone: families, working adults, students and seniors.

Maahaah-Rooh Yoga

This system teaches a series of physical postures that promote internal health and the opening of energy

channels in the body, strengthening muscles, increasing lung capacity, helping blood pressure and calming the mind. It is taught in a series of patterns: meditative, slow flow, aerobic and power. There are seven different sets that encompass a series of yogic postures (asanas). All of these sets are the result of a creative combination of Yoga styles from all over the world.

Mindfulness & Meditation (Mind Fasting)

By calming the mind, one can reduce stress, anxiety and be able to free one-self from depressed mental states. The purifying aspects of sitting meditation allow one to eradicate poisons of hate, anger, fear, greed and envy. These mental poisons are transformed into contentment. One develops the sense of peace, which is the fertile ground for a feeling of joy. The key to these interdependent aspects of mind-fulness is to live in the realm of optimism and enjoyment.

By learning the simple steps of mind calming, one will find themselves mentally renewed and refreshed to face the challenges of daily life.

Student Training

- Students will become proficient in all three **Maahaah-Rooh Energetic Exercises methods**: Power, Rhythm and Flow.
- Students will learn how to use **Maahaah Yoga** to help their ailments.
- Pranayama Yoga: in-depth study and practice of breath work.
- How Pranayama Yoga can be used for physical, mental and spiritual benefit.
- Mantra work for sound healing and mind calming
- To show how Kundalini and Raja Yoga can be used for self-healing and energetic realignment

You will Learn

- Health and wellness strategies for daily living
- How deep relaxation, breathing techniques and mindfulness are natural aids to address physical limitations, mental frustrations, and stress.
- How form techniques can increase mobility and coordination.
- How flexibility and stress reduction exercises can enhance fluidity of movement, balance, and relaxation

What is Qi?

“Qi is vibrating in constant energetic motion within all things.”

Qi (“chee”) is the primal force in the universe internally and outwardly. It is the eternal life force that permeates through all existence. This vital energy, flows throughout the body, animates it and protects it from illness, pain and disease. A person’s health is influenced by the quality, quantity and balance of Qi.

How does Qi move?

Qi flows through specific pathways called meridians. There are fourteen main meridians inside the body. Each of these is connected to specific organs and glands.

Meridian pathways are like rivers flowing inside the body. Where a river flows, it transports life-giving water that provides nourishment to the land, plants and people. Similarly, where meridian pathways flow, they bring life-giving Qi that provides nourishment to every cell, organ, gland, tissue and muscle in the body.

How is Qi disrupted?

An obstruction to the flow of Qi is like a dam. When Qi becomes blocked up in one part of the body, the flow

becomes restricted in other parts. This blockage of the flow of Qi can be detrimental to a person's health, cutting off vital nourishment to the body, organ and glands.

Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, poor diet, accidents or excessive activity are among the many things that can influence the quality, quantity and balance of Qi.

Normally, when a blockage or imbalance occurs, the body easily bounces back, returning to a state of health and well-being. However, when this disruption is prolonged or excessive, or if the body is in a weakened state, illness, pain or disease can set in.

How does Qi move in the Human Being?

The ancient Chinese believed that all physical transformations happened under the guidance and influence of Qi. In the material world Qi manifests in five realms:

- 1) Mineral
- 2) Plant
- 3) Animal
- 4) Human
- 5) Divine

According to T.C.M. (Traditional Chinese Medicine), Qi flows in the body through specific pathways called Meridians. There are fourteen main Meridians or channels inside the body and eight extraordinary channels that connect energetically to specific organ and glands. Meridians pathways are like energetic rivers, flowing inside the body. Where a river flows, it transports life giving water that provides nourishment to the land, plants and people. Similarly, where Meridian pathways flow, they bring life giving Qi (life force) that provides nourishment to every cell, organ, gland, tissue and muscle in the body.

Qi flows throughout the whole body. When flowing through the channels unobstructed one has wellness. When there is stagnation and obstruction one has deficiency of life force. Lack of blood can also be a cause of Qi blockage or obstruction.

"An obstruction to the Flow of Qi is like a dam when Qi becomes blocked up in one part of the body, the flow becomes restricted in other parts. This blockage of the flow of Qi can be detrimental to a person's health cutting off vital nourishment to the body, organ, and glands."

The Qi is the motive force that moves the blood throughout the body which nourishes the organs. The heart pumps the blood. The mind (Shen) travels through the blood of a person.

The constitution of the human being

Traditional Chinese Medicine divides the human being into three bodies:

- 1) Shen - The Mind body
- 2) Qi - The Energy body
- 3) Jing - The Physical body

Disease can manifest itself in any one of the above bodies and there are treatments to operate at every one of these three levels. Each one of these bodies have a Daitien or energy center.

How Traditional Chinese Medicine approaches dis-ease

"Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, poor diet, accidents, or excessive activity are among the many things that can influence the quality, quantity and balance of Qi. Normally, when a blockage or imbalance occurs, the body easily bounces back, returning to a state of health

and wellbeing. However, when this disruption is prolonged or excess, or if the body is in a weakened state, illness, pain or disease can set in.” (From Acupuncture Medwork 2011)

According to T.C.M. the Qi becomes stagnant due to the mind being stuck on past memories repressions and compartmentalization’s trauma of various types, personal, social.

T.C.M. theory manipulates the 14 channels and 8 extraordinary channels that the Qi flows in order to effect change and treat disease in a person. Their names are the same as the physical organs, Jing body. But do not necessarily match up anatomically on the anatomical human body.

Negative emotions create imbalance in the energetic channels, which can create physical disease and mental disturbance. And these can cause a person to do or act socially inappropriately, or self-destructively, becoming a danger to themselves and others.

Imbalances can be diagnosed based on the energetic elements of cold, dry, fire, heat, phlegm.

The primary tools for diagnosis used in T.C.M. are the observation of characteristics of the tongue, taking the pulse, and other physical observations. Of these, the tongue observation is the most accurate. By observing the color, shape and size of the tongue accurate diagnosis can be made.

The Dantians

The Dantian, is loosely translated as "elixir field", "sea of Qi", or simply "energy center". Dantian are the Qi Focus Flow Centers, important focal points for meditative and exercise techniques such as Qi-Gong, martial arts such as Tai-Chi Chuan, and in Traditional Chinese Medicine (TCM). The center of gravity (COG) of the human body is a hypothetical point around which the force of gravity appears to act. It is point at which the combined mass of the body appears to be concentrated.

In each one of the T.C.M. bodies the seat of the primal energy is located at a different place.

- 1) For the Shen - Mind body: **Yintang, (third eye, or wisdom eye located on or near the forehead)**
- 2) For the Qi - Energy body: it is located at the **acupoint DU4** inside the physical body
- 3) For the Jing - Physical body: physically **between the two kidneys**

There is a correlation between mental health conditions and the physical body

Some factors bring about mental health conditions:

- 1) Genetics: a family history of mental illness.
- 2) Trauma: horrendous experiences or events. Many times, a person is unable to erase the events from one’s mind or successfully repress it.
- 3) Drugs: Trauma can bring about the misuse or over use of drugs and alcohol to numb the mind. The side effect of this are usually damaging to the nervous system and physical organs.
- 4) Grief: The loss of jobs, divorce, death of friends and loved ones can also bring about a debilitating disease or illness which can disfigure or permanently change one’s physical abilities.

Conversely, each of the following Qi channels in the physical body can be negatively affected by different Shen (mind emotions).

- 1) Heart: lack of joy or too much excitement.
- 2) Liver: Anger, rage, impatience, emotional turmoil.
- 3) Gall Bladder: resentment
- 4) The spleen: worry, remorse, obsession, deficient, memory loss, inattentive, absent minded.
- 5) The lungs: grief, sorrow, despair, shame, despair
- 6) The kidneys: fear, insecurity, loneliness, shock
- 7) The Large Intestine: inability to let go of the past, sadness, grief, worry
- 8) Stomach: manic, anxiety, insomnia, mental confusion, hyperactivity

- 9) Small Intestine: sarcasm, sexual perversion, inability to distinguish right or wrong.
- 10) Urinary Bladder: jealousy, suspicion, long standing grudges, habitual fear, lack of ability to make decisions.
- 11) Pericardium: intimacy, energetic circulation.
- 12) Triple Burner: supports a person's negative emotions.

According to Dr. Jerry Johnson in *the Secret Teachings of Chinese Energetic Medicine*, humans have a shadow body or a negative energetic field that houses, sustains, and supports the person?

The ancient book of Chinese medicine, *Neijing*, states, "feelings and fatigue, as well as, the physical and mental environmental affects the individual."

Huang D asks, "Is it true that the Qi in the channels of man changes according to his habits in life, his activities, and his constitution?"

Qi Bo responds, "frights, fear, anger, fatigue and lack of rest can all influence changes. In strong people, Qi circulates, and therefore, illness is reduced. In weak people Qi becomes stuck and the result is illness. Therefore, the attentive observation of the constitutional tendencies of the patient, his strength or weakness, his bones, muscles and skin order to understand his condition is a part of the ability to diagnose properly."

T.C.M.'s seven modes to address disease

- 1) Acupuncture
- 2) Acupressure
- 3) Herbal Medicines
- 4) Cupping
- 5) Tui Na, which literally means "pinch and pull," refers to a wide range of T.C.M. therapeutic massage
- 6) Dietary Awareness
- 7) Qi-Gong and Tai-Chi Chuan

Qi-Gong and Tai-Chi Chuan is one of T.C.M.'s seven modes to address disease

Qi-Gong means to work energy using various psycho-physical techniques, many scholars and experts debate whether Qi-Gong came first or Tai-Chi Chuan. However, Qi-Gong and Tai-Chi Chuan are basically the same practice with the same benefits. Tai-Chi Chuan is primarily movement and done standing. Qi-Gong can be done standing or sitting, static or movement forms. There are many forms and routines that have been developed for persons that are debilitated, due to injury, structural weakness, or aging.

It is the Qi-Gong practice that purifies the physical, energetic and Shen mind, body of these negative emotions. It's these negative emotions that serve as the root of mental emotional imbalances. Asian philosophies purport the emotional damage that influences a human is created at the time of conception, in the womb, traveling down the birth canal and actual birth.

Shen mind disturbances with Western Psychological Terminology

Mood Disorders: Disorders that affect a person's feeling such as persistent sadness or feelings of euphoria, depression, manic depression.

- 1) Anxiety Disorders: Anticipation of future danger or misfortune, with a feeling of being ill, panic, obsessive compulsive (O.C.D.), Phobias, P.T.S.D.
- 2) Substance related Disorders: The misuse of Alcohol, nicotine, substance dependence, caffeine or drugs.
- 3) Psychotic Disorders: Disorders that impair the sense of reality - Schizophrenia

- 4) Developmental Disorders: A wide range of problems that appear during infancy. Learning disabilities, attention deficit disorders (ADHD)
- 5) Personality Disorders: enduring pattern of inner experience and behavior that is dysfunctional and leads to distress or impairment: Borderline, Antisocial, Narcissistic personalities.

Most commonly used T.C.M. diagnosis equivalents

- 1) Liver Qi Stagnation
- 2) Blood Stagnation
- 3) Liver Fire
- 4) Heart Yin Deficiency
- 5) Phlegm Wind Heat
- 6) Liver Kidney Yin Deficiency
- 7) Heart Blood Deficiency
- 8) Phlegm misting the offices.

As can be seen, there is not a one-to-one correspondence since many western terms are covered by more than one T.C.M. diagnoses

Clear Light Meditation

Clear Light meditation is, in its own way, the hidden synthesis of the many methods of spiritual practices. Although technically, practicing the clear light meditation is a method itself, its aim is to gather the fruits that been harvested (Qi or life-force) in the practitioner's spiritual path for the ultimate realization of one's true nature. When aiming to practice the clear light meditation, it is best done at the end of your practice routine to receive the most benefits. This is similar to launching a rocket. If there is not the necessary amount of fuel, a rocket will only be able to go so far. However, when there is enough fuel, a rocket is steady and can reach its intended destination. The "fuel" of your previous practices supply the Qi or life-force needed to reach your ultimate destination, the clear light of wisdom. The practitioner is then able to open the door to the absolute realm landing one in a state of total Oneness.



Figure 1- Sitting Meditation

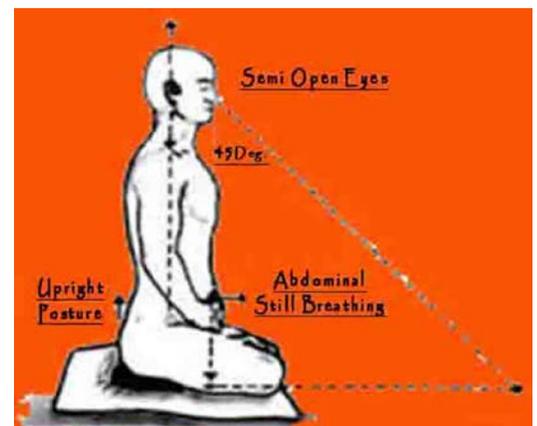
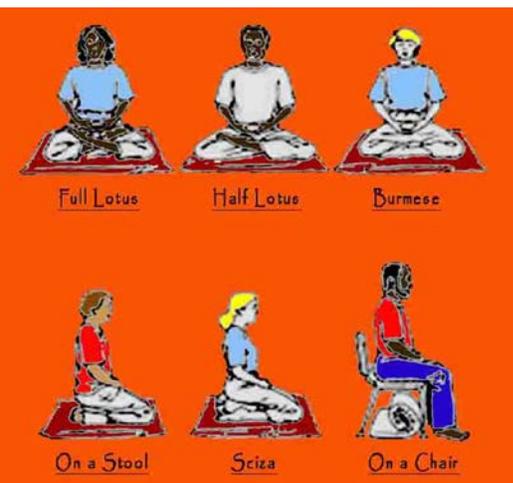
Part A

1) Choose a *sattva* or posture

Begin by assuming one of the postures displayed in the figure below. Pick one that is most comfortable to you such as the sitting lotus posture with your feet crossed, or sitting on the edge of a chair or the bed with your feet firmly planted. Lying down should be avoided. Next, you can fold your hands and place them in your lap or place your palms on the knees. While doing so, keep the back straight and the chin slightly tucked in and the tongue placed at the roof of the mouth.

2) Keeping body erect and back straight.

By straightening the spine, this allows the spiritual energies to align. (If this is uncomfortable at first it will strengthen the back muscles and in time it will get easier.)



- 3) **Thumbs touching the base joint of the ring fingers.**
Fold the four fingers over the thumb and rest both hands face down on your thighs or knees. This is a *mudra* or hand posture meant to retain the “wind” which aids in taming the mind. (see glossary for definition of mudra and wind)
- 4) **Tucking in the buttocks and tightening the anal sphincter.**
By tucking in the buttocks, this helps align the spine and by tightening the anal sphincter, this encourages spiritual energies to activate.
- 5) **Third Eye Gazing.**
With your eyes closed, gently raise the eyebrows while looking slightly upwards at the area between the eyebrows or just above the eyebrows. From here, maintain your awareness on the lightest thing you can perceive. Remain in this position as long as you are comfortable, beginning with a few minutes at a time. With time and practice, you can sit an unlimited amount of time. Remember, more time spent doing spiritual practice isn’t necessarily better. What is more important is that practice stays consistent. Even just five minutes a day performed consistently can make a greater difference than short-lived bursts of practice. Pull the chin back (slightly tucked in)
- 6) **Pull the chin back slightly**, further aiding the alignment of spiritual energies in the spine.

Part B

- 1) **Intoning Mantra**
After following Part A, inwardly intone either of these two mantras: *Om Mani Padme Hum* or *Om Ah Hum* (see glossary for mantra meanings). Mantra means “to save the mind.” These mantras here are meant to erase negativity such as envy, hatred, laziness, lust, jealousy and/or any negativity that may be obstructing your happiness and wellbeing. There is no specific number of times you need to do these mantras.
- 2) **Tongue at the roof of the mouth**
By touching the tongue to the roof of the mouth, this helps align energies between the mind and heart. When the heart is clear, so is the mind. When the mind is cleared, the heart is clear. The connection between the heart and the mind creates inward harmony.
- 3) Make an effort not to engage with any thoughts or images that may arise and simply be the witness. If this becomes too difficult and you are getting swept away, you can place your attention back onto the breath and count up to twenty-one breaths.
- 4) Try to aim for twenty minutes, twice daily. If there is not enough time or you do not feel comfortable with this much, you can do five or ten minutes per day and work your way up from there. With time and practice, Clear Light Meditation can become increasingly easier and more enjoyable.

Some Acupoints stimulated by Mindfulness (mind fasting):

- Du-20
- Yintong
- The lower Gate: Du-4 Du-16 Ren 1, Du-1
- Activating- Ren 456- Ren 12
- With tongue touching roof of the mouth**
- Du20 Ren22
- Palms Pc8 Ht 8
- Patella (knees st-35 BI-40)

Some Acupoints activated by Mindfulness and their benefits according to T.C.M.

- SJ-5 helps subdues Liver Yang
- GB-21 Relays sinus- painful obstruction of shoulders and neck
- Du-14 Clears the mind stimulates the brain
- Du-4- Tonifies and warms vitality strengthen original (mental)
- Du-16 Expels wind, clears the mind and the brain
- Ren 4- Calms the mind from anxiety
- Ren 6- Mental depression, lack of will power
- St-35- Expels dampness and cold
- Li-11- Clears heat- Internal- liver fire with hypertension
- Si-8 Calms mind, heat patterns with anxiety
- SJ-10- Resolves Phlegm, dampness, dispels masses.
- Pc-6 Depression, irritability
- Pc-7- Anxiety, mental restlessness, manic behavior
- Du-20 Clears the mind, eliminates interior wind
- Ren-22- Clears wind, heat in the lungs- resolves phlegm in the throat, lungs- are by acute bronchitis, profuse sputum.
- Ren-4
- Ren-5- Helps Kidney deficiency
- Ren-6
- Ren-12- Tonifies stomach, spleen, resolves dampness
- Ren-17- opens the chest- dispels stagnation of qi in the chest.
- Ub-10 Helps with concentration
- BL-40 Cools the blood, eliminates good stagnation
- Lu-5- Clears heat in the lungs
- Pc-3- Calms the mind, severe anxiety caused by heart fire
- Ht-3- Clears heat, depression, epilepsy, mental retardation or hypomania due to heat fire
- Si-5- Clears the mind- helps with clarity
- SJ-4- Tonifies chronic diseases of deficient kidney
- Li-5- pain in the wrist

7-Palms, Maahaah-Rooh Heavenly Hands Medical Qi-Gong

- The 7-palm medical Qi Gong exercise is the first sequence in the Maahaah-Rooh Heavenly Hands form.
- The main objective of this exercise is to calm the mind (Shen). By the mind being calm. Qi life force can flow unobstructed to promote detoxification, tonification, and balance to the physical organs (Jing body), and bring harmony to the Shen, Qi and Jing Body.

- 1) Yin Ball
 - 2) Turning Palms towards the heavens
 - 3) Yin Triangle
 - 4) Palms Towards the earth
 - 5) Palms Towards the heavens
 - 6) Yang Triangle
 - 7) Yang Ball
- Flip the hands back to the Yin Ball

Closing of the Seven Palms

- 1) Turn Palms out
- 2) Stretch the arms out
- 3) Turn the palms up

- 4) Intertwining fingers upwards and connecting the two index fingers which are the Chi Points
- 5) Drawing down the energy from the heavens and bringing it down to Chakras 7, 6, 5, 4 and turn palms down at 4 activating the last 3 Chakras (3,2,1).

The key acupoints activated in 7-Palms are on the Yin Channels.

Located on the wrist (Styloid Processes of the Ulna)

- PC-7
- HT-7
- LU-9

Located on the Elbow Bend (Oleacranon Process)

- LU-5
- PC-3
- HT-3
- Yang
-
- SI-5 and 6
- SJ-4
- LI-5
- Elbow
- LI-11
- SI-8
- SJ-10

- GB-21
- DU-16
- Ub-10
- Ren-22
- Ren-17

7-Palms, Maahaah-Rooh Heavenly Hands Medical Qi-Gong



Figure 2 - 7-Palms, #1



Figure 3 - 7-Palms, #2



Figure 4 - 7-Palms, #3



Figure 5 - 7-Palms, #4



Figure 6 - 7-Palms, #5



Figure 7 - 7-Palms, #6



Figure 8 - 7-Palms, #7



Figure 9 - 7-Palms, #8



Figure 10 - 7-Palms, #9



Figure 11 - 7-Palms, #10



Figure 2 - 7-Palms, #11



Figure 33 - 7-Palms, #12



Figure 6 - 7-Palms, #13



Figure 7 - 7-Palms, #14



Figure 56 - 7-Palms, #15



Figure 4 - 7-Palms, #16