

*Emerald Tablet Number XIII.  
The Keys of Life and Death. The  
Energy of Qi Gong, Microcosmic  
Orbit and Hands on Healing.*



*Secrets of the Emerald Tablet revealed*

*Scott Rauvers*

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*Scott Rauvers,  
Author and Founder of the Solar  
Institute*



## DEDICATION

*This book is dedicated to Dr. M. Doreal*

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## Controlling Lifespan Through Spiritual Understanding

According to ascended masters of longevity, an individual's lifespan is one aspect of human existence that can be influenced through spiritual knowledge and application. By understanding how creation functions on a spiritual level, and how the human spirit interacts within that system, it is believed one can exercise a degree of control over how long they live.

Those who have mastered the spiritual laws governing life are able to influence their lifespan by consciously thinking in alignment with natural and universal principles. Such aligned thinking generates a unique form of radiation or energy frequency emerging from the spirit. This spiritual force, as it is called, oscillates in a way that produces immense power within the individual. This internally-generated force directly impacts the cells of the physical body. By maintaining aligned thought in accordance with higher laws, one is able to stimulate their cells in such a manner that it prolongs life significantly compared to those lacking such spiritual awareness and mastery. In short summary, how we think on a spiritual level determines the vitality and longevity of our human experience according to this perspective by controlling our lifespan using the assistant of spirit.

Death is an inherent process within the physical form. However, through dedicating oneself to spiritual practices and disciplines, one is able to transcend the typical limitations of the body. The corporeal structure is composed of five basic elements—earth, water, fire, air, and ether—which are continually fluctuating and transforming. According to the natural laws of this world, all things which have a beginning must also have an end. Yet certain advanced techniques allow an individual to

attain complete emancipation from the inevitable physical degradations of aging and mortality. This supreme state of perfection over the material vehicle is an essential key for long life. By following the simple yet profound guidelines of nature and directing one's energies towards higher evolution, it is possible for one to surmount even the phenomenon we understand as death.



*All seasons and star constellations displayed  
in this book relate to the Northern  
Hemisphere. Hence, for those living in the  
Southern Hemisphere, seasons are reversed  
& some constellations may not be visible from  
your latitude*





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## Introduction

*Being the only book of its kind from a practitioner practicing the exercise stated in the ancient tablet - Tablet XIII, the Keys to Life and Death - I have put my discoveries and experiences made over the past 10+ years into this text in a straightforward manner as possible, giving anyone the opportunity to use this information as a guide to working with Tablet XIII and to understand how to use these energies to bring health, vitality and longevity to the body.*

It has been over 10 years since the first edition of this book, an introduction to understanding Tablet 13, the keys to life and death was published and almost 3 years since the sixth revision from its original title: Deciphering Tablet Number XIII The Keys of Life and Death by Thoth the Atlantean. This book contains a QI generation exercise which I have named "*The Emerald Tablets Exercise*" which has been perfected over the years via my research of having practiced it on an almost daily basis..

### Why Do You Call It The Emerald Tablets Exercise?

I have named this method the "*Emerald Tablets Exercise*" because during the right conditions, the restorative wave of energy turns to a beautiful emerald green during the most powerful periods of restoration. Also in the Taoist practice of Energy of the Stars the chart titled: Resonant Planet Colors and the 5 Thrusting Channels, it shows that Jupiter is the prime planet during spring, which is connected with the color green. Also the anti-aging QI Gong process results in an accumulation of revitalization energy in the lower dantian (*cauldron*). The word dantian represents the color green.

In today's ever stressed way of life, where stress is one of the major causes of disease and ill health, practicing QI generating exercises not only helps improve one's vitality, but one of the major

positive side effects is a relaxed body, as the Emerald Tablets Exercise or the Microcosmic Orbit Exercise acts as a stress "re-set key", restoring the body's metabolism back to healthy levels.

There are 15 ancient stone tablets in all covering a range of subjects; however this book covers only Tablet #13. These tablets may have been ancient knowledge from the lost civilization originally known as Atlantis. Among numerous translations, the latest version was transcribed into the English language by Dr. M. Doreal in 1939.

Now in its fifth edition (*September 2020*), with new discoveries and most of all the ability to perform the exercise in just 10 minutes or less, either once or twice a day, the generating of QI can now be generated faster and with far greater ease than ever before. The major discovery of this information is that the exercise that has been outlined in Tablet 13, the Keys of Life and Death, is actually an exercise that generates QI or Chi energy in the body. This means that around the time that the Tablet was published, whoever wrote this tablet knew of the existence of Chi energy over 38,000 years ago. Also because the tablet is called *Keys to Life and Death*, and healthy levels of QI or Chi in the body are good for health, and we have somewhat limited evidence that Mr. Li Ching Yuen (*who allegedly lived to over 200 years of age*) practiced a form of QI known as Bagua. Hence the Emerald Tablets the Keys to Life and Death could be an important exercise for anyone wishing to discover the ancient secrets to physical longevity.

*Highlights in this edition include:*

- Proper use of the Jade Pillow (C7) and its important role as a gateway for QI energy flow in the body.
- Alchemical Weather Charts
- Taoism Tables of Correspondences, including Season, Properties, Life Cycle, Attributes and much more.

- Biophotons. How QI energy plays a major role in producing healthy levels of photons in the body.
- Overnight regeneration exercises used by ancient QI masters which restore health and longevity to the body overnight.
- The 10 p.m. Rejuvenation Exercise
- The Lunar Essence Exercise.
- The re-generation frequency of 10Hz.
- Future full and new Moon dates including perigee and apogee moon dates.
- How to restore lung balance during spring, creating strong healthy lungs during the spring time.
- Biophotons and QI Gong
- How to properly perform the Microcosmic Orbit Exercise, one of the most powerful QI generating exercises that extends lifespan and was reputed to have been one of the main exercises used by ancient Taoist Immortals.
- How to use the QI energy generated for healing and the relief of pain or stiffness.
- The best soil types to practice QI generating exercises.
- Using anti-aging constellations to create feelings of rejuvenation.
- Seasonal variations of QI and how this flow interrelates with seasonal variations of the body's susceptibility to contract diseases such as diabetes, asthma etc.

- Herbal formulas that help the mind focus while practicing the Emerald Tablets Exercise.
- How to use the Microcosmic Orbit Exercise for Hands on Healing.
- How to find monthly dates the Restorative Energy Peaks

### Exploring QI Gong in Ancient Times

The word “QI Gong” originated from a combination of two concepts: “QI,” meaning vital energy of the body, and “gong,” meaning skill of working the QI. Together, QI Gong means cultivating energy. The practice is based upon Taoist philosophy and traditional Chinese medicine theories to cultivate QI which is used not just to generate health and wellness to the body, but also for healing others<sup>(1)</sup>.

QI Gong is the contemporary offspring of many of the most ancient (*before recorded history*) medical and healing practices of Asia. If you look far back into the early founders of healing, various forms of QI Gong make up the historic roots of Traditional Chinese Medicine (TCM). Many variations of QI Gong practice have a medical focus which has been refined for more than 5,000 years and empowers individuals to cultivate the natural force (“QI”) to nourish physiological and psychological functionality. QI is also the conceptual foundation of herbal medicine, Traditional Chinese Medicine in acupuncture, and Chinese physical therapy, and is widely believed among these practitioners to be a ubiquitous resource of nature which sustains overall human well-being and assists in healing. It is believed to explain the orderly function of celestial mechanics as well as many of the mysteries of physics.

A standard QI Gong exercise consists of a series of practices which involve body posture/movement, meditation and breath practice which draw upon natural forces in the surrounding environment in order to restore balance through the attainment of deeply relaxed states <sup>(2)</sup>.

### The Natural flow of Qi

Traditional Chinese Medical theory and Qi Gong emphasize breath is linked closely with Qi energy because the body's lungs, in association with the kidneys, act as a battery for generating Qi Energy. The complementary action of these two disperse and move Qi through the body via specific channels. The natural flow of Qi energy is for it to want to descend to the lower parts of the body, where it fuels digestion and the cleansing of blood. This energy generated by the lungs also move just below the surface of the skin, helping strengthen cells responsible for protective barriers protecting the body against foreign invasion by external pathogens. Specific breathing techniques act as a spiritual link between the spiritual and physical worlds. There is not one major ancient spiritual traditions in either the West or East that utilizes breathing methods to develop a more intense experience of spirit and its associated energy.

The practice of the Emerald Tablets Exercise is all about allowing the body to go with flow, to adapt to the new movement of new cycles in nature. For example, as Spring begins to emerge, so do the new spring winds. With breathing the body adapts to this new cycle by tuning into these new winds, allowing them to enter one's state of being.

Season and Sensation					
Element	Fire	Earth	Metal	Water	Air / Wood
Environ-ment	Heat	Dampness	Dryness	Cold	Wind
Colors	Red	Yellow	White	Blue / Black	Green
Season	Summer	Late Summer	Autumn	Winter	Spring
Taste	Bitter	Sweet	Pungent	Salty	Sour
Sound	Laughs	Sings	Cries	Groans	Shouts
Sensory Organs	Tongue	Mouth	Nose	Ears	Eyes
Emotions	Joy	Pensiveness /Worry	Sadness / Grief	Fear	Anger

Always remember when encountering the results of this energy that more is not necessarily better. Excess energy stimulation generated in the body by this energy can intensify any pre-existing medical symptoms. What may be the right amount of energy generated by one person, may not be the right intensity of energy for another person. This can also depend upon lifestyle, diet and environment. Trying to force the energy just weakens it by overloading the weak organs of the body. It is important to remember here the concept of cultivation, a slow, yet gradual growth via consistent, intentional activity, is the key and never practice such exercises when you are sick or your immune system is compromised.

**The Lungs' Transmutation of Oxygen**  
As we breathe in, the air we take in becomes electrically charged. This affects our lungs which in turn charges our body's cells with electromagnetism. Our cells are like tiny electrical storage batteries that contain within them a positive pole in their nucleus and a negative pole in their cytoplasm. Our body's internal organs act like electric capacitors, which store vast amounts of bioelectric energy. Deep breathing combined with focused mental concentration, accumulates natural bioelectric energy in the body.

**Biophotons and QI Gong**  
While there are hundreds of studies confirming the many beneficial effects of practicing QI Gong, is this energy visible to the naked eyes and can it be measured? The closest we have to document QI may be the existence of biophotons, which have been scientifically confirmed<sup>(3)</sup> to be at healthy levels in people who practice meditation and QI Gong when they projected intention to increase their levels of photons

The Energy Healing Experiments (*Schwartz, 2007*) as well as The Intention Experiments (*McTaggart, 2007*) have proven conclusively that human intention – both collective and individualistic, exerts local and distal effects on living systems. Long-term Zen meditation practitioners have also been found to exhibit a reduction of biophoton emission as well as lipid peroxidation<sup>(4)</sup>.



## What are Biophotons?

Living cells continuously absorb and emit photons. A means of releasing energy as electrons change energy states during a biochemical reaction is via biophoton emission. Biophoton emission may be a mechanism for intra- and intercellular communication (*transfer of information*). It may also regulate biochemical and biological functions in cells.

The scientific literature states that photons (*also known as Ultraweak photon emissions (UPE)*) are a form of light emitted by the body. Biophotons are made up of tiny luminescent sources of glowing light that can be measured using a photomultiplier and are also referred to as low level chemiluminescence.

Biophoton emissions are not visible to the naked eye. They exist just below the range of visible light, with a spectral range of between 350 and 1270 nm <sup>(5)</sup>. Hence, some people who are sensitive to specific spectrums of light may be able to see biophotons which is where the term '*second sight*' originated from, as some intuitive psychics are able to intuitively feel the health of an individual.

Bioelectromagnetic studies have confirmed that specific types of ultra weak no ionizing electromagnetic fields stimulate healing responses <sup>(6)</sup>.

Researchers of biophotons have concluded biophotons contain coherent light and are measurable from the UV spectrum all the way through to the near Infrared. Studies have found resonance effects take place between the parts of plants when observed with a low noise, cooled CCD in total darkness. A plausible explanation for these resonance effects may be through dynamical systems theory <sup>(7)</sup>.

One can think of biophoton emission as a crude Geiger counter. The closer one gets to a radioactive source, the more energy is received and the further away one gets the less radioactivity occurs (*good*). Biophotons appear to behave as a type of pressure valve, having a dose dependent relationship upon the body. The weaker and less there are, the better the body's health. It may be that less biophotons are the result of the body's health returning to normal via homeostasis. The more intense the biophotons the more stress the body is experiencing (*because too much pressure has built up*). One thing about biophotons is very interesting. Dead organisms exhibit no biophoton activity. Further Reading

Detection of extraordinary large bio-magnetic field strength from human hand during external QI emission. Seto A, Kusaka C, Nakazato S, Huang WR, Sato T, Hisamitsu T, Takeshige C. *Acupunct Electrother Res.* 1992;17 (2):75-94.

### QI Healing and Biophotons

A research study found that the largest amounts of biophoton emissions from QI healers came from the "sword fingers" of the hands, with emissions coming from the right hand emitting slightly more biophotons than the left hand. Interestingly, the patients who received the biophoton healing did not register any changes in their biophoton count. However a trend towards reduced biophoton emission took place <sup>(8)</sup>.

However another study showed <sup>(9)</sup> that the emissions of biophotons of remote targets which were mentally targeted by healers, which involved a sibling or partner, exhibited discernible changes. So one can see that biophotons can be transferred non-locally and that the effects vary.

Biophotons and ROS  
Biophotons need energy and they obtain it from ROS production, which is one of the many natural chemical reactions occurring in the body. Hence intense mental concentration and effort, result in increased energy levels, which raises ROS production.

For example, the herbal adaptogen *Rhodiola rosea* reduces the body's production of ROS <sup>(10)</sup> and *Rhodiola rosea* has been shown to not only reduce biophoton emissions <sup>(11)</sup> but also extends lifespan <sup>(12)</sup>.

Reduced levels of biophotons are also common in people after they have finished meditating <sup>(13)</sup>.

Further Reading  
Life-span enhancing effects of plant adaptogens in *C. elegans*. In Abstract Book of the International Association for Adaptive Medicine. Wiegant FAC, Surinova S, Ytsma E, Langelaar-Makkinje M, Post JA, Wikman G. 2006. (VIII World Congress). ISAM: Moscow.

Plant adaptogens increase lifespan and stress resistance in *C. elegans*. *Biogerontology*. Wiegant FAC, Surinova S, Ytsma E, Langelaar-Makkinje M, Wikman G, Post JA. 2008b. DOI: 10.1007/s10522-008-9151-9.

### QI Gong's Effect on Genes

A study <sup>(14)</sup> found that a QI Gong practitioner was able to change 39 genes by practicing external QI Gong.

Exploring the History of the Original Emerald Tablet  
Besides the translation conducted by Dr. M. Doreal in 1939, Sir Isaac Newton also translated the Emerald Tablet into English. His writings can still be found at King's College Library at Cambridge University.

The Tablet is first mentioned during the 7th century Smaragdine Tablet, claiming the author was Hermes Trismegistus or "Hermes the Thrice-Greatest", the discoverer of Alchemy and founder of Astrology. It can be said with some confidence that the Emerald Tablet greatly influenced Newton's world view of physical matter due to its association with creating the philosophers stone, which Newton had written about extensively in his unpublished works.



### The Placebo Effect and Healing

I firmly believe that the intention stated by a doctor shared with his or her patient has a big effect upon how the disease will progress. This is partly attributed to the placebo effect.

Our body heals itself through frequency, resonance, vibration, information, light and entrainment which returns our body to a state of wholeness. Our DNA is the software and our brains the hardware. Our thoughts go where our consciousness is. As we allow ourselves to let go and enter new fields of consciousness, the field expands and becomes more.

Every year on average there are approximately 650,000 knee surgeries for arthritis of the knee, costing on average \$5,000 per surgery. A study conducted by Dr. Bruce Moseley in 1996 <sup>(15)</sup> discovered that participants given a fake sugar pill for a knee problem recovered almost just as well compared to a group that was given a real pharmaceutical pill. This study is key, showing that the

power of belief can heal. Research has also discovered that the placebo effect is effective in one third of the human population <sup>(16)</sup>.

### Learning about Earth's Schuman Resonance

The Schuman resonance is made up of numerous frequencies produced by lightning strikes around earth. These energies produced by the lightening resonate in earth's upper ionosphere which creates a series of frequencies. One of the frequencies is 10Hz (*alpha brainwaves*), which happens to be the brainwave that occurs most often when the person is awake, alert and resting. The Schuman resonance has peaks which occur at 8, 14, 20, 26, and 33 Hz. These frequencies vary with geomagnetic activity <sup>(17)</sup>.

### The Schuman resonance and Distant Healing

A study <sup>(18)</sup> examined distant healing sessions whereupon the healer was found to exert high amplitudes at the frequency of approximately 8 hertz. The remarkable similarity of the healer's dominant burst frequency to the Schumann resonance was very close to earth's Schuman resonance frequency of 7.83hz. This allows one to ask the following key question: During the right conditions, could the Schuman resonance be one of the prime mechanisms for distant healing?

### From Internal to Outer Alchemy

During the 1700's alchemy was popular and practiced by many people, including Sir Isaac Newton. Alchemy is where today's chemistry originated from. The original Emerald Tablet is first mentioned during the 7th century Smaragdine Tablet, claimed to be authored by Hermes Trismegistus. The way the tablet reads is very much like the flow of the practice of Internal Alchemy.

Advanced forms of Qi Gong, including the Emerald Tablets Exercise (*shown in this book*), involves the process of what's commonly called in Taoism "Internal Alchemy", a process where rejuvenation of the body takes place via an internal transmutation of energy that is absorbed from nutrients contained in the air. This process can be done in as little as 10 minutes, when one practices what's known as the Emerald Tablets Exercise or the Microcosmic Orbit Exercise (*shown in later chapters*).

## Daoism and Alchemy

In a report published by Evgueni A. Tortchinov at St. Petersburg State University in Russia titled: External and Internal in Ge Hong's Alchemy, Evgueni details how the founding history of Daoism can be understood by understanding the history of shifting from internal alchemy to external alchemy. Internal alchemy meaning the practicing of QI exercises such as the Microcosmic Orbit or Emerald Tablets Exercise and External Alchemy meaning the practicing of Alchemy in the Laboratory. The art of practicing external alchemy is far older than laboratory alchemy. Nevertheless it is the techniques of internal alchemy which created a coherent whole that was vital for creating the foundations of external alchemy.

During the Six Dynasties (Liu chao), it was a time of perfecting internal alchemy, as it was practiced by Daoists. It was also during this time that the founding principles of external alchemy was born. Evgueni A. Tortchinov presents evidence of transition from internal to external alchemy based upon the works by Ge Hong's "Baopuzi nei pian", which is dedicated entirely to external alchemy.

In Chapter 18 of Baopuzi nei pian, titled: Di zhen, or "Earthly Truth", it states signs of the presence of the True One exists in all things as "signatures" in some substances allowing them to be spiritualized, or shen, which makes substances suitable for the preparing of various elixirs; a kind of QI.

## The Power of The One

Ge Hong goes on to speak of the manifestation of the True One within the human body. It is here that the signatures of Dao exist as cinnabar fields (dan-tian). This refers to three main regions of the body; between the eyes, the chest and the lower abdomen, beneath the navel. Ge Hong states these have the purpose of "preservation of the One". Practicing preservation of the One allows one to obtain various supernatural powers. He goes onto state the resulting energetic forces from these regions protect one from demoniac attacks and negative influences, including armed enemies and protection from infections and illness. Chapter 18 goes onto say that the only way to prolong life and attain immortality is to cut off evil influences by contemplation of one's inner spirits. It is interesting to note that California born María Branyas Morera who was born in 1907 states the secret to her longevity is to stay away from toxic people

(19). One can see these rejuvenation energies displayed in the original Emerald Tablet that was written by Hermes Trismegistus thousands of years ago –

*That which is above is also below. That which is below is also above, working all miracles, because all came from The One. The Earth carries it within her belly, as the Wind nourishes it and as Earth becomes Fire which feeds the Earth. Separate the Earth from the Fire; the subtle from the gross, with great ingenuity and with gentleness, having the greatest of all powers, ascending from Earth to heaven and descending again to Earth, thereby receiving the force of both things superior & inferior, becoming ruler over all which lies above and that which lies below. This is how you obtain the glory of the entire world and having the greatest power darkness flees before you. This is the true force of all forces that penetrates into every and subtle thing It is way in which the world was created.*

The accomplishment of miracles by the One is via the Moon, Sun, the Wind and the Earth with the 5 elements: Earth, Fire, Water, Air and ether representing the sequence of the creation of miracles. This is similar to the Qabalah in which four worlds are associated with the four "cosmic elements" which include Atziluth for Fire, Yetzirah for Air, Assiah for Earth and Briah for Water.

To create the One, through mediation of its Mind, moves from Fire to Earth as a downward spiraling movement, converting Fire to Earth, allowing for its force to pervade everything in different forms or substances. Hence during the practicing of internal alchemy we can state that states of consciousness relating to the Sun and the Moon act as a focal point for an ellipse of sustained consciousness just like the moon eclipsing the Sun acting as an illusion of its own solitude and isolation. These spiritual states of the Sun and Moon help one stay attached to the physical plane, allowing one's physical consciousness to rise quickly above the lower vibrations of the stratum of the universe. The manifested Dao acts as an "eye" through which the Dao contemplates the Universe, from which evil forces cannot penetrate.

Ge Hong states one must master the tone of one's body, so as to master Qi, nourishing the pneumata as the state who takes care of their subjects. Ge Hong states this gives one peace and stability,

leading to the prolongation of life and the elimination of all evil influences. Chapter 17 goes on to list charms and amulets that can be used for exorcisms in remote wilderness environments and mountain forests where Daoists would come under attack while cultivating their alchemical skills.. These techniques provide the beginning practitioner of internal alchemy with tools with which to practice with safety and ease. Ge Hong states elixirs alone cannot contribute to immortality, but it is a combination of chemical and technical methods along with purification, fasting and prayers (Chapter 4 jin dan pian).

Throughout *Baopuzi nei pian*, it emphasizes the importance of control over pneumata, sacral bathing, gymnastics and sexual techniques in order to master internal alchemy. Certainly, Ge Hong was sure that all those methods could not lead the adept to his final goal, that is, immortality but nevertheless, he believed that all of them were extremely valuable, helpful and even necessary as subsidiary and additional means to prolong adept's life or to protect him from evil and harmful influences.

In Chapter 3 of *Baopuzi nei pian* it states a verse taken from an unknown classic of immortals (*xian jing*) which states: "Those who eat medicines and preserve and keep the One (*shou yi*) obtain the longevity of Heaven. Those who practice the embryonic breath' (*tai xi*) as well as the returning of semen' (*huan jing*) can prolong their life, thus making it unlimited in years (*wu ji*)."

In Chapter 5 of *Baopuzi nei pian* it states "The cause of death is from a deficiency, which is old age, harm that stems from illness or inner venoms or from the influences of the bad pneuma or wind and wind. Hence antidotes to this include returning of the semen in order to nourish the brain, gymnastics, control over pneumata, regulation of diet, adhering to one's intuition when urges of rest and action come calling, contemplation of spirits (*si shen*), eating of medicines and preservation of the One."

In summary, Ge Hong's works clearly illustrate the beginning of the shift from internal alchemy to external alchemy. It is obvious that the inner practices of alchemy were adapted in such a way to jumpstart the practice of laboratory alchemy. In closing, the cultural and religious institutions during the Six Dynasties produced some of the core founding principles for alchemy are of crucial importance for understanding the history of the Daoist tradition.

Fast forward from 38,000 years ago to the early 1700's and man has learned to harness external alchemy to live in good health for an extremely long period of time, perhaps even cheating death. It was during this time that some masters of the art decided that the process of external alchemy could be applied via a physical chemical process. Because the cycles of Chi or Qi energy have their own cycles, the masters of external alchemy began experiments involving heated chemical reactions (*pressure based chemistry*) based upon these cycles and created what's known today in Alchemy as the "Red Powder".

In this publication, I explain that the energy responsible for the feelings of revitalization come from what's called the "white light of critical mass" which results from the body's transmutation of energy that has been gathered and then compressed. After it has been compressed, it naturally creates a critical mass reaction which results in the feelings of revitalization. This is the energy that rejuvenates the body. The miracle of this energy is that it immediately removes the body's aches, pains and in some cases premature illness. These effects are similar to meditation, yet are a different form of energy compared to that of meditation.

The Red Powder utilized by the Alchemist requires just a few grains added to half a glass of wine, which is drunk daily to keep the body biologically young. You can read more about Alchemy and my many discoveries in my latest book *The Official Guide to Reversing the Aging Process. Rashnya Herbs, Alchemy & Taoist Longevity Secrets (2018 edition)*.

### Further Reading

External Qi gong for chronic pain. Vincent A. et al. 2010.

If you want a more extensive in-depth explanation of Alchemy and Longevity, you can read my book titled: *Lifespan Extension and Longevity Secrets through Alchemy, SIRT1 & SOX9 genes and the Maillard reaction*, that was published in August of 2023 which shows in-depth the connection between Alchemy and the latest anti-aging studies.

### How Spiritual Toxicity leads to Disease

In the text titled: *Immortality in the Daoist Tradition*, which was



written by Pablo Vazquez in 2019, it states the human body contains within it multitudes of spirits and interloping monsters which contribute towards a person's progress and physiological makeup (Wong, 1997, p. 54). If the human body cannot maintain harmony with the good spirits in the body, it slowly creates negative emotions, which in turn cause adverse health conditions or even death (Wong, 1997, p. 54). The text goes on to state that these toxic beings can be purged from the human body through specific physical regimens, rituals or spiritual activities, or in extreme cases, exorcisms. Chapter 10 of the Dao de Jing refers to how breathing can be used to reclaim this harmony. "In concentrating one's breath, are you able to become as supple as a baby? Are you able to polish your mind, and leave no blemish?" Other techniques (160) which expunge these undesirables include specific breathing techniques, external alchemy, meditation, special plant based diets, interior alchemy or by the adherence to a just and moral lifestyle (Philtar, 2019).

#### **Angelica Dahurican root**

This plant was used by the famous military physician Zhang Cong Zhen (1156 to 1228). He believed disease was the result of evil factors (pathogens) which unknowingly entered the human body <sup>(20)</sup>. Zhang Cong Zhen recommended Angelica dahurica (Bai Zhi) be used to purge the body of negative influences such as dryness, cold on the skin, heat or clamminess.

## Chapter 1 – Biophotons, QI Gong and the 3 Tan Tiens.



hen I first began practicing the ancient art of Chi longevity practices, I had no guidebook to follow and limited information to the actual changes produced by the body, what experiences I was feeling, and how often or how long these exercises should be practiced to get the most out of them. After 10+ years of practice, as well as researching tidal waves of newly revealed information just made available recently, I have found the answers to all these questions and much more. I openly share these secrets with you the reader, allowing anyone to practice Chi longevity exercises successfully.

Today there are more and more emerging forms of meditation, QI Gong, Yoga, Taoist exercises and the like that claim to lengthen lifespan, boost longevity and improve overall wellness emerging on an almost monthly basis. How do you know which one is right for you? The key is whether an exercise you perform gives you feelings of higher frequencies in your body, mind and spirit after practicing it. This can be verified by your own bodily experience of inner peace, joy and physical vitality after practicing such an exercise.

The human spirit is constantly evolving to become a self-realized and grounded soul. Part of this process includes ethical behavior and harmony with the social order. Any practice that purifies the mind over time will create a healthy body that gradually becomes refined into a spiritual body of pure inner light resonating with healthy inner sound. The key purpose of this book is to teach simple easy to use techniques that anyone can use to extend their lifespan via Chi energy (*also known as QI energy*). The techniques shown in this book are based upon a method thousands of years old recorded by an Ancient Egyptian Priest named Thoth. In Ancient Egyptian mythology, Thoth was associated with the system of writing, the development of science, the arts of magic and the judgment of the dead. Thoth also served as a mediating power between good and evil and was credited with the writing of Egyptian hieroglyphs. About 4,300 years ago, the saint known as Peng Zu was reported to

have lived for 880 years (*much like the super-centenarians mentioned in the bible*). He was one of the founders of today of what is known as Taoism. His process of longevity was based on the following principle: *Rejuvenate one's soul first, than rejuvenation of the mind and body will naturally follow*. His practice involved valuing peace and quiet, and he abstained from worry, misery and bereavement. He also used stretching, breathing and visualization exercises. When a part of his body was starting to become affected due to old age, he would focus on that afflicted part using his exercises to revitalize it.

My Personal Journey

This book is a personal journal detailing my 10+ years of performing the exercise discussed in Tablet 13 called the Emerald Tablets of Thoth, the Key to Life and Death of which the technique has very strong parallels to Mr. Peng Zu's Taoism. It was not until 5+ years of personal practice of the Emerald Tablets Exercise that I accidentally discovered that the revitalization energies experienced during the exercise felt stronger at different times of the year (*seasonal variation*). These restorative energies were found to peak strongest at sunset during fall every year with a second peak occurring during the mornings in spring. It was only after many years that I learned that this seasonal energy pattern happened to match the same seasonal cycle as the peaks in original QI energy that was recorded by the ancient Tao Masters. This cycle was most likely utilized by Mr. Peng Zu.

What is QI? Many of us have seen the power of karate experts who are able to break solid wooden boards with their hands, or even their heads, and QI Gong masters that are able to heal others by projecting infrared heat at a distance by focusing their minds. This QI energy is extracted from the environment and rises and falls at various times according to seasonal and lunar cycles. This same energy can be generated by anyone with the right skills and knowledge.

Circulation of Chi

When the body is in good health, Chi energy, generated by QI generating exercises, circulates freely without restriction. If the Chi energy is not replenished by doing specific exercises, the circulation of this Chi begins to slow down causing blocks in the channels of the body. This results in restricted circulation which eventually leads to sickness. The first symptoms are emotional disturbances which then eventually leads to physical ailments and fragility, especially if the person is old. There already exist some types of Tai Chi and Martial arts exercises that tap into this energy flow and use it for various purposes. Here is a quote from the [www.williamcccchen.com](http://www.williamcccchen.com) website explaining the process of a type of QI Gong called "*Internal Chī*".

*"The energy pressure comes from an internal intrinsic energy of Chi; Chinese call it Yuan-Chia, the original life energy that is inherent with our birth. It is a mix of chemical energy, is highly concentrated, and exists inside the body. Mental awareness is required for the pressurization of the energy; this combination and interaction is very important to us: without it we cannot think, talk or walk. Life would be like a living death e.g., (a coma or vegetative state).*

*When we are sleeping, the body has no energy pressure inside; it is like a flat tire; if anything crashes down, the body will be easily crushed. When we are standing up or walking around, the energy pressure inside the body is moderately relaxed. Stress causes the energy pressure inside the body to over-expand and the person becomes uptight.*

*The way the energy pressure changes in the body is controlled by the mind through a progressive awareness. If used in martial arts, it can result in powerfully quick punches and kicks. It is called iron shirt by Chinese martial artists. If used when adhering to a life of longevity nutrition, it can result in better intuitive knowledge of the right herbs to take and foods to eat.*

*The pressure force begins from the center of the body in the lower abdomen, which connects the bottom base of the foot and goes to the tip of the fingers. This center of the energy is known as Tan Tien, which literally translates as Field of Cinnabar. It is located*

*two inches below the naval; this is the field to be produced or cultivated for nourishment essential to the sustenance of life. It is a very important point.*

Bagua

Circle

Walking

Bagua Circle Walking is an exercise that involves a specific walking posture to bring harmony to the mind and body. While the person walks with steady, fluid steps in a circle, her rate of breathing remains relaxed and smooth as the circle walker's gaze is focused upon a pole or object that has been placed in the center of the circle. The practitioner also may chant any of the 4 seasonal sounds, which are shown later in this book, while doing so.

The body is always seeking restoration and repair and it occurs much faster when the mind has increased its awareness and is in the proper state of mind. The main energy source for any Chi energy exercise is focus combined with an increased amount of oxygen brought into the body. Beneficial side effects of generating Chi in the body include increased awareness, a more balanced outlook on life and a stronger immune system. This new expansion of awareness brings with it the power to heal ourselves. This in turn causes us to subconsciously heal others in the process (*be the change you want to see in the world*).

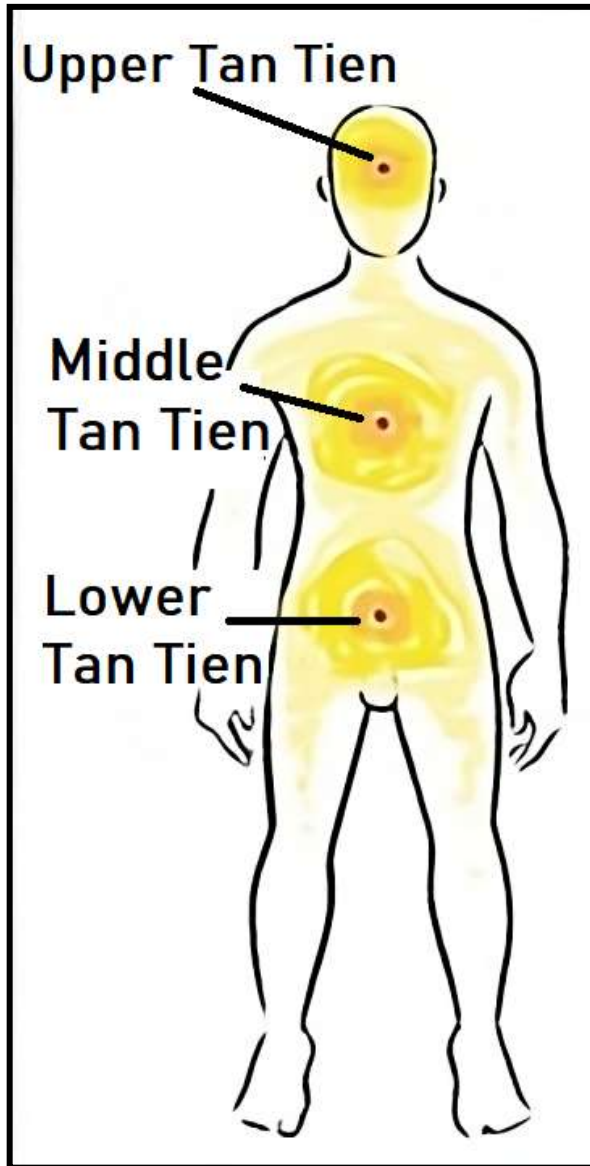
### The 3 Main Energy Revitalization Centers inside the Human Body

The human body contains 3 points where Qi type energy flows and is transformed. These areas are often referred to as *Tan Tiens*. The 3 main Tan Tiens are:

Upper Tan Tien. This is located at the forehead between the eyebrows or third eye. The upper Tan Tien stores our spiritual intelligence and mind energy.

Middle Tan Tien. This is located at the level of the heart. The center Tan Tien is associated with spirit. Energy here peaks at Summer solstice.

Lower Tan Tien. This is located below the navel. The lower Tan Tien is like an empty universe or ocean. It is where inner transmutation (*internal alchemy*) takes place, much like fire, or the rumbling volcano under the ocean. I will refer to this region of the body later on as the cauldron. The energy in this region peaks during Fall.



What is most interesting about these 3 regions is that two of these regions exist where biophoton activity is lowest. As stated in a 2017 research paper <sup>(21)</sup> their analysis of biophoton counts in regions of the body found the following regions emitted Biophotons, showing the strongest emissions listed first:

Right Palm  
Forehead  
Abdomen  
Heart

The heart emits the least number of biophotons, and low biophoton emissions are associated with health. In addition to the above study, researchers found that after two patients were immediately healed, biophotons counts from their forehead, right palms and abdomen regions were immediately lower after the healing. Another interesting fact is that the 3 main Tan Tien regions of the body also contain neurons. For example, your brain contains neurons. However I bet you didn't know that your heart <sup>(22)</sup> and your solar plexus <sup>(23)</sup> region also contain the same type of neurons that are found in your brain. This could be why when we sometimes remember past feelings that our solar plexus responds by either contracting or expanding, depending upon the emotion associated with it.

### Summary

Conscious intention creates bio-energetic changes, with clear intent acting as the rejuvenative catalyst. Hence the ancient Oriental Philosophical phrase - "*Where mind goes, Qi energy flows*".

### How Gravity Generates Magnetism and Electricity

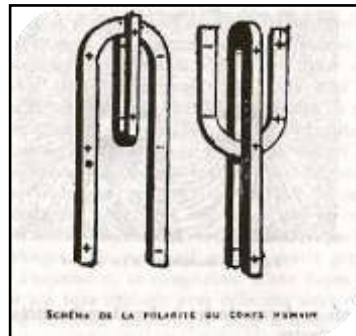
Earth generates a natural 7.83hz signal frequency due to its rotation around the sun. This frequency is known as the Schumann resonance. It is both the gravitational pull of the moon and the earth's rotation which creates earth's north and south magnetic poles, which is why the moon has no magnetic field. These gravitational forces generate a potential power total of 3,700 billion watts of electrify as

the Moon and Earth rotate around our Sun <sup>(24)</sup>. If interference takes place in these magnetic fields, it can cause one to become psychically and emotionally disturbed. The more one evolves in consciousness, the less these interfering influence a person, which reduces them becoming dominant forces in one's life. This means we don't have to be slaves to disturbances that take place in earth's electromagnetic field or the electromagnetic disturbances that take place in our Sun.

I have found from personal experience that by listening to a Schuman Resonance binaural beat that it I sleep deeper. This has also been scientifically proven where a device that artificially stimulated the Schuman resonance was effective in relieving insomnia <sup>(25)</sup>.

The Human Body is a Magnet  
The earth is essentially a giant magnet that contains a large south magnetic pole. Earth's magnetic north and south poles go through cycles of change known as Pole Reversals, which occur on average every 200,000 to 300,000 years. This means north will turn into south and south into north (*roughly speaking*).

Our body's cells also contain north and south polarity. Henri Durville, author of *History of the Magic Stick*, has done numerous experiments demonstrating that the human body has a north and south polarity. The image (*pictured*) shows the polarity of the human body which he spent years researching. As the image shows the top and bottom



resemble a bar magnet.

The Emerald Tablets of Thoth the Atlantean, Tablet #13 are about reversing the aging process through a simple exercise in which you lay the head of your body aligned with the magnetic north of earth for a period of time, then change your body 180 degrees so your head faces south and your feet face north for another set period of time.

Speaking from personal experience, the first year was spent performing the exercise for 2 hours each day, until the "gateway" of energy in the lower abdomen was opened from which "Jing" was



tapped. From doing the exercise for such a long time, a special "wavelength" was observed that corresponded to the body's aches and pains disappearing more rapidly during some periods compared to other periods.

Another discovery made was when the wave is "off key" and you perform the exercise, the body becomes more susceptible to illness. However the opposite was also discovered, when doing the exercise at the right times, the body feels absolutely refreshed and revitalized and you can really get a feel of what Tablet 13 of the Emerald Tablet is talking about when it discusses "*cheating death*".

So the effects felt are quite real, however it does take experience to know how to do the exercise properly. That is the purpose of this book; to act as a guide on how to properly perform the exercise.

Magnetic	Fields	Affect	Genes
Recent studies have found changes occur in the body's gene cells when they are exposed to magnetic fields that are weak. A study concluded that solar cycles as well as geomagnetic field perturbations influence genes or mechanisms of virus replication responsible for influencing the occurrence of influenza and possibly other epidemics <sup>(26)</sup> .			

As you practice the Emerald Tablets exercise, you release trapped negative emotions not only in your body's magnetic field, but also those trapped in magnetic fields nearby. This causes the environment that you practice the exercise in to become one of more harmony, well being and elevated consciousness. Your body's endocrine system uses hormones to regulate your reproductive, growth, metabolism, energy and response to mood, stress and injury. Magnetic fields have been shown to exert subtle effects on the human endocrine system <sup>(27)</sup>. Parts of the endocrine system include: the adrenal glands, the pineal and pituitary glands and the thyroid and thymus.

### Using Magnets for Wound Healing

An extensive search of the scientific literature related to magnets was conducted through the Ovid and PubMed databases searching for research studies pertaining to wound healing with magnets. The researchers found that magnets used to heal wounds healed so an

average 15.3 days significantly faster, compared to groups that were not using magnets. The repeaters concluded that low-power, externally applied static magnetic fields increase healing.

Going with the Flow of Nature  
As the Emerald Tablets Exercise is practiced, you will begin to become more and more aware of the following energy flow during the seasons:

- During Winter, energy is closer to the core of the body. During Winter it is best to practice The Emerald Tablets Exercise at sunset into night and to practice it at early dawn towards the season of spring.
- During Spring the energy begins expanding outwards. During Spring, practice The Emerald Tablets Exercise in the morning heading into mid to late morning towards summer – This is the time of year the revitalization energies peak.
- During Summer practice The Emerald Tablets Exercise at noon heading into afternoon towards Fall.
- During Fall the energy begins sinking inwards. During Fall/Autumn, practice The Emerald Tablets Exercise in late afternoon towards early evening heading into sunset towards winter. This is the second time of year the revitalization energies peak.

Yin and Yang Energy Flow Variation According to the Hours of the Day and Seasons				
Place of Eternal Frost	Winter Solstice	Furthest Southward of Equator	Maximum Yin/Shortest Days/Longest Cold	Midnight peak of lunar energy
Golden Gate	Spring Equinox	Crosses Heavenly Equator	Light and Darkness/Yin and Yang Balanced. Yang Qi is expanding	Sunrise peak of solar energy
Palace of Universal Yang	Summer Solstice	Furthermost Northernmost Point from Equator	Maximum Yang or Brightness, Longest Days, of light and heat	Noon
Gate of the Moon	Autumn Equinox	Crosses Equator	Light and Darkness, Yin and Yang in Balance, Yin Qi is increasing	Sunset peak of lunar energy

In regards to the northern and southern hemispheres, I have found that in the Northern Hemisphere the rejuvenative energies are strongest during the morning in spring (March / April) and in the southern hemisphere, strongest during the afternoon in spring (September / October).

People Born in Autumn / Fall Live Longer Lives  
A research study <sup>(28)</sup> examined over 1 million people examining their date of birth in relation to their lifespan. The study discovered that the majority of people born from October to December lived longer on average compared to people born in spring (April–June).

The study also found that those born during spring were more susceptible to chronic diseases and that looking at the weight of those born in Vienna, Austria, that the infants born between September and November also had significantly higher birth weights, compared to those born during other months of the year. Could this mean that the peaking revitalization energy experienced during this time of year is fighting free radicals in the body? Free radicals are one of the major components of aging. Another interesting observation is that during above average geomagnetic activity, suicides and depression are more common especially during geomagnetic storms that occur in the spring time <sup>(29)</sup>.

### Practicing Meditation Reduces Free Radicals

Researchers have concluded that biophotons may be associated with the generation of free radicals. A study found that after a person has practiced meditation that biophoton emissions decreased and hypothesized that this decrease may be due to free radicals become reduced while the person is meditating <sup>(30)</sup>. In another research study <sup>(31)</sup>, researchers from the University of Chicago analyzed data of over 1,500 people that were born between 1880 and 1895 and lived to over 100 years of age. The data included comparisons of their backgrounds with 12,000 of their siblings and spouses. The study found that people born in September, October, or November, outlived people born during other times of the year. Perhaps there is something to the Taoist texts mentioning the air being a source of nourishment after all.

### The Seasonal Variation of Biophotons

Biophoton emission was found to be weakest during the month of autumn (fall) each year, except for the palms of the hands, which did not exhibit a strong seasonal variation <sup>(32)</sup>. As stated earlier, cosmic rays also exhibit a seasonal variation, as does earth's geomagnetic activity <sup>(33)</sup>.

### Summary

If biophotons show the lowest counts during the fall season, it may mean the revitalizing energies experienced during fall are due to the body adapting to the new influx of newly generated cosmic energies (*enhanced cosmic ray activity and enhanced geomagnetic activity*).

The situation is the same for spring. Research shows that biophoton levels are lowest during the morning hours. Hence, practicing QI Gong / Emerald Tablet exercises during the mornings in spring may be having similar effects.

#### Why Going with the Flow Enhances the Body's Resistance to Aging

The going with the flow of the energy is related to the changing energy of the seasons. For example, the season of spring, is ruled by new winds and as you breathe in and out you will more easily be able to see your body adjust to the new rhythm of the energies emitted during spring. These energies are usually felt strongly at the lower region near the back of the head, as the energy flows up the spine.

Learn to become one via multiform, hence becoming multiform allows one to become one; to be visible, or invisible; to flow without hesitation to the further side of a fence, mountain or wall as if through open air; to penetrate down and up through solid ground, as if through standing water; to walk on the water without it dividing, as if on solid ground; to ride upon the sky like birds on wings; to feel and touch with the hands, just as the gravity of the moon and sun feel the earth.

By going with the flow and adapting to the changes of these 5 elements as nature changes, it enhances one's latent abilities through the wise utilization and communion with nature, acting as a medicine to help offset disease and aging. This natural elixir triggers inner evolutionary circuits such as the neuro-endocrine system to clear out blockages and remove cellular memory obstructions and cleanse neuro-psychic pathways. This allows one to become more deeply interconnected with the cycles of regeneration as they occur in nature. My book titled: *Farmer's Almanac Secrets. Correspondences of Feng Shui, Lunar and Alchemy* has an abundance of charts that show how each element is related to the 4 seasons. On the following page are a few charts taken from my book.

Colors, Sounds Elements and Sensations					
Element	Fire	Earth	Metal	Water	Air / Wood
Colors	Red	Yellow	White	Blue / Black	Green
Season	Summer	Late Summer	Autumn	Winter	Spring
Taste	Bitter	Sweet	Pungent	Salty	Sour
Sound	Laughs	Sings	Cries	Groans	Shouts
Environment	Heat	Dampness	Dryness	Cold	Windy
Emotions	Joy	Pensiveness /Worry	Sadness / Grief	Fear	Anger

Element, Season and Shape					
Element	Air / Wood	Fire	Earth	Metal	Water
Direction	East	South	Center	West	North
Season	Spring	Summer	Change of Seasons ( <i>last 45 days of season</i> )	Autumn	Winter
Shape	Rectangular	Angular	Square	Round	Undulating
Climate	Windy	Hot	Damp	Dry	Cold
Color	Green	Red	Yellow	White	Black

Seasonal Weather Changes		
Note: <i>In the Southern Hemisphere, dates are reversed</i>		
Season and Effect	Approx Date	Environmental Effect
Lesser Cold (Xiao Han)	Jan. 5th	It is rather cold
Greater Cold (Da Han)	Jan. 20th	The coldest moment of a year
The Beginning of Spring ( <i>Li Chun</i> )	Feb. 4th	Spring begins
Rain Water (Yu Shui)	Feb. 19th	It begins to rain
The Waking of Insects (Jing Zhe)	Mar. 5th	Hibernating animals come to sense
The Spring Wind	Mar. 10 <sup>th</sup>	Early Morning Winds Begin
The Spring Equinox ( <i>Chun Fen</i> )	Mar. 21st	Day and night are equally long
Pure Brightness (Qing Ming)	Apr. 5th	It is warm and bright
Grain Rain (Gu Yu)	Apr. 20th	Rainfall is helpful to grain
The Beginning of Summer (Li Xia)	May 5th	Summer begins
Lesser Fullness of Grain (Xiao Man)	May 21st	Kernels plump
Grain in Beard (Mang Zhong)	Jun. 6th	Wheat grows ripe
The Summer Solstice ( <i>Xia Zhi</i> )	Jun. 21st	Longest day / shortest night
Lesser Heat (Xiao Shu)	Jul. 7th	Torridity comes (Parched heat of the sun)
Greater Heat (Da Shu)	Jul. 23rd	The hottest moment of a year
The Beginning of Autumn (Li Qiu)	Aug. 7th	Autumn begins
The Arrival of Damp	Aug 15 <sup>th</sup>	Wind Carries Damp Heat
The End of Heat (Chu Shu)	Aug. 23rd	Heat hides
White Dew (Bai Lu)	Sep. 8th	Dew curdles
The Autumn Equinox ( <i>Qiu Fen</i> )	Sep. 23rd	The mid of autumn
Cold Dew (Han Lu)	Oct. 8th	Dew is very cold
The Dry Winds	Oct 10 <sup>th</sup>	Air is very dry

Frost's Descent (Shuang Jiang)	Oct. 23rd	Frost descends
The Beginning of Winter (Li Dong)	Nov. 7th	Winter begins
Lesser Snow (Xiao Xue)	Nov. 22nd	It begins to snow
Greater Snow (Da Xue)	Dec. 7th	It snows heavily
The Winter Solstice ( <i>Dong Zhì</i> )	Dec. 22nd	Shortest day / longest night

As shown earlier in the research study <sup>(34)</sup> where people born from October to December lived longer than people born in spring (April–June), could it be that during this time of year human genes undergo a shift or change of some sort? The study also found that those born in September also lived longer <sup>(35)</sup> and September 21<sup>st</sup> is the time of the Fall / Spring Equinox, depending upon what hemisphere you live in. Perhaps it is the frequencies of sunlight that are responsible for this “*genetic switch*” that occurs around this time of year. Further research is necessary to validate this hypothesis.

**Conscious intention creates  
enhanced energy fields = alters  
the torsion field = causes  
distortion of the vacuum =  
Restoration of tissues and  
re-vitalization of the body, by  
returning it to healthy  
homeostasis.**

### **Published Scientific Studies of QI Gong and their Numerous Health Benefits**

Below are just 2 of the best out of hundreds of published scientific studies conducted during the past decade on the health benefits of practicing QI gong. These peer reviewed papers show evidence that



QI energy can influence, heal and improve overall general well-being.

QI Relieves Chronic Fatigue  
A 2015 study <sup>(36)</sup> concluded that after people practiced QI Gong for 3 months that their physical and mental fatigue showed significant declines. Also there were improvements in their spiritual and psychological states of mind.

QI Gong Yangsheng  
Another type of QI Gong practice called QI Gong Yangsheng has been shown to help people suffering from asthma. Another study <sup>(37)</sup> stated that QI Gong Yangsheng was of significant benefit to people suffering from asthma. QI Gong Yangsheng is a health-promoting form of traditional Chinese medicine combining movement, breathing technique and mental exercises.

Hence, it may be that QI Gong strengthens the lungs and allows more nutrients to be absorbed from the air. It may be that during spring time the air is naturally cleaner, which is why a peak in QI energy occurs around this time of year.

Asparagus tips, especially harvested in May, moisten and strengthen the lungs and are also used to relieve asthma. Asparagus goes well with fried eggs. Asparagus is commonly combined with Ginseng or FO TI for longevity.

#### Further Reading

Astragalus and Ginseng Polysaccharides Improve Developmental, Intestinal Morphological, and Immune Functional Characters of Weaned Piglets. C. M. Yang et al. Apr 2019.

Systematic exploration of Astragalus membranaceus and Panax ginseng as immune regulators: Insights from the comparative biological and computational analysis. JunQlu Liu et al. Aug 2019.

Effects of Creatine, Ginseng, and Astragalus Supplementation on Strength, Body Composition, Mood, and Blood Lipids During Strength-Training in Older Adults. Michael E. Rogers et al. Mar 2008.

#### Heartmath Increases the Effects of Intention

Studies conducted by Atkinson, Tomasino and Mc Craty at the Heartmath Institute <sup>(38)</sup> found that people were able to increase or decrease the rate of samples of DNA when they held the samples in their hands or when the DNA was in a laboratory half a mile away.

This was only made possible when the person's heart and brain were in a state of coherence.

To accomplish this, the participants were trained in Heartmath, which is a protocol designed to generate strong coherence between the mind and heart. The study found that only the individuals who practiced Heartmath were able to cause significant measureable changes to DNA compared to the control group. One of the beneficial side effects of Heartmath is improved Heart Rate Variability, which is an indicator of good health. This study proves that mind / body coherence enhances the rate / clarity at which information can travel via non-local methods.

### QI Gong and Heart Rate Variability

A 2005 research study <sup>(39)</sup> found that people practicing QI Gong experienced calmer and more pleasant emotions as well as a reduced heart rate and increased heart rate variability, as shown by reduced low freq / high freq power ratios.

Element	Season	Climatic Factor	Organ Affected
wood	spring	wind	liver
fire	summer	heat	heart
earth	long/late Summer	dampness	spleen
metal	fall	dryness	lungs
water	winter	coldness	kidney

## Chapter 2 – An in-depth examination of Tablet #13 and QI Energy

First let's explore in-depth the history of the Emerald Tablets. These tablets are strange and beyond the belief of most modern scientists. Their antiquity is stupendous, dating back some 36,000 years B.C. The tablets have been translated over the years by various linguists with a recent translation by Dr. Michael Doreal during 1925. Dr. M. Doreal founded the metaphysical church and institute. He was the author of the organization's writings and was granted permission to be remitted to the public forum by the Great White Lodge and Elder Brothers of mankind, who create writings to assist spiritual evolution of mankind. Besides deciphering the Emerald Tablets, Doreal studied the Kabbalah and translated many ancient texts into English and various other languages to assist in the purpose of mankind's spiritual evolution.

### Exploring the Revitalizing Energy that Comes From the Practicing the Emerald Tablets Exercise

The exercise is named the "Emerald Tablets Exercise" because during the right conditions, the rejuvenative light turns to a beautiful emerald green. The strongest energy flows after you visualize yourself "*balancing*" on a pole (*akin to a tightrope walker*) which compresses the abdomen area, which creates the critical mass revitalizing light; AKA "*holding in thy balance*". This occurs as a result of the energy emerging from the lower center of the body coming from a feeling of trying to balance oneself. This is similar to a top or earth's angular momentum which causes a change of seasons each year.

Sending the critical mass of white light rejuvenation energy to the chest / heart region causes a step up in our vibrations utilizing this subtle energy like a food. These higher vibrations polarize and organize themselves as new information beings flowing throughout cells.

After you have performed the exercise a number of times, you will find that you will have lower blood pressure and increased feelings of vitality and wellness.

QI                      Gong                      lowers                      Blood                      Pressure  
Below is a quote from a research study titled: The Effect of Three Different Meditation Exercises on Hypertension: A Network Meta-Analysis, which was published by Hongchang Yang and colleagues in April 2017.

*"QI Gong may be the optimal exercise way in lowering SBP and DBP (Blood Pressure) of hypertensive patients"*

It is interesting to note here that the Heartmath Institute has found that geomagnetic activity affects blood pressure.

Examining Tablet XIII in closer detail

Here is part of the original tablet translation translated by Dr. Michael Doreal.

*Deep in Earth's heart lies the flower, the source of the Spirit that binds all in its form. Know ye that the Earth is living in body as thou art alive in thine own formed form. The Flower of Life is as thine own place of Spirit and streams through the Earth as thine flows through thy form; giving of life to the Earth and its Children, renewing the Spirit from form unto form. This is the Spirit that is form of thy body, shaping and molding into its form.*

*Know ye, O man, that thy form is dual, balanced in polarity while formed in its form. Know that when fast on thee Death approaches, it is only because thy balance is shaken. It is only because one pole has been lost. See ye not that in Earth's heart is the balance of all things that exist and have being on its face?*

*The source of thy Spirit is drawn from Earth's heart, for in thy form thou are one with the Earth. When thou hast learned to hold thine own balance, then shalt thou draw on the balance of Earth. Exist then shalt thou while Earth is existing, changing in form, only when Earth, too, shalt change: Tasting not of death, but one with this planet, holding thy form till all pass away.*

*then shalt thou draw on the balance of Earth.*

In this reference we see that energy is drawn from the earth. Because as one grows older and becomes more susceptible to geomagnetic disturbances, the opposite is also true. When geomagnetic activity is in the sweet spot, practicing the Emerald Tablets Exercise is more beneficial. The geomagnetic and sunspot sweet spots can be found in Chapter 4 under the subheading titled: Sunspot Healing Energy Sweet Spots and in Chapter 9 under the subheading titled: The Geomagnetic Sweet Spot

Continuing to look at the first paragraph we come across the text *“as thine own place of Spirit and streams through the Earth as thine flows through thy form; giving of life to the Earth and its Children, renewing the Spirit from form unto form.”* This sounds a lot like the flowing energy generated by QI Gong.

The next paragraph

*“Know that when fast on thee Death approaches, it is only because thy balance is shaken. It is only because one pole has been lost. In Earth's heart is the balance of all things that exist and have being on its face”*

This sounds much like the body has a north and south magnetic pole. There are many documented cases, including some good online videos where QI Gong masters are able to make a compass needle move via QI energy (Video Title: *QI Gong Master Zhou compass spin*).

QI Gong breathing alters the needle of a magnetic compass

A research study <sup>(40)</sup> that involved 12 different experiments found that QI Gong breathing emitted a magnetic field each time measuring 800–1500 mT (8–15 mGauss). This was strong enough to move the needle of a compass. In order to make a compass needle move, you need to have an external magnetic field. This proves that the human body, and possibly the flow of QI Gong energy itself contains within it a magnetic component to it and that it can be revitalized with the right technique. In summary, just as the human body has stored Jing Energy which can be tapped into for revitalization, the earth also has its own “Jing”.

Also where it states that the balance has been shaken, this balance is restored when the new energy is sent into the cauldron, as shown

in Chapter 4 under the subheading Advanced Microcosmic Orbit Exercises.

### What is Geomagnetic Energy?



Geomagnetic energy is a result of earth's geomagnetic field. It is a magnetic field extending from Earth's interior which meets up with the sun's solar wind. When solar activity is stronger, geomagnetic energy becomes stronger, causing earth's beautiful aurora borealis. Geomagnetic energy has 2 seasonal peak periods each year.

They are spring and fall. Later on I shall go into more detail about how the human body goes through specific changes during these two equinoxes. For example, geomagnetic storms are stronger during the season of spring <sup>(41)</sup>. And practicing the Emerald Tablets Exercise may be helping neutralize negative health conditions that occur after a geomagnetic storm.

The next paragraph

*"See ye not that in Earth's heart is the balance of all things that exist and have being on its face. The source of thy Spirit is drawn from Earth's heart, for in thy form thou are one with the Earth. When thou hast learned to hold thine own balance, then shalt thou draw on the balance of Earth. The source of thy Spirit is drawn from Earth's heart, for in thy form thou are one with the Earth"*

The above paragraph makes strong references to the advanced portions of QI in an exercise known as the Microcosmic Orbit where the circulated energy is sent into the cauldron. During this exercise, revitalization energy springs forth from a location behind the navel known as "Jing Energy" via the "earth force", which feels like a nice cool, blue, gentle breeze associated with being in a clear pristine mountain forest.

The QI energy is what circulates the Jing energy to various parts of the body, creating the revitalization effect which I call the "Critical Mass". When the tablet talks about the source of thy Spirit, it is talking about the geomagnetic energy (spirit) of earth. Geomagnetic energy rises and falls according to solar activity and

there is a sweet spot where the energy is just right. When practicing the Emerald Tablets Exercise during these sweet spots, the revitalizing energy is much, much stronger.

This book has unlocked those key periods of where and when these geomagnetic energy periods occur. Though they are not necessary for successful feelings of revitalization, they do occur strongest during Fall and Spring each year (*which may reversed if you live in the southern hemisphere*). If you perform the Emerald Tablets Exercise during these seasons when geomagnetic levels are stronger, the restorative feelings are significantly enhanced because the energy that is accumulated in the body from practicing the exercise acts as a type of antidote against illness and aging by helping the body's genes and immune system to better adapt to various forms of future illness. Let's examine the magnetic components that make up the body a little further.

#### The Concluding Paragraph

*"changing in form, only when Earth, too, shalt change"*

As mentioned earlier, when geomagnetic activity is in the sweet spot, practicing the Emerald Tablets Exercise is more beneficial (Chapter 8; The Geomagnetic Sweet Spot), so once again we see a reference to the changes of earth and changes in the human body. The revitalizing energies of the Emerald Tablets Exercise vary by season. The strongest revitalizing energies are felt during the morning in spring and the late afternoon in fall (*the yearly equinoxes*). Hence this peak and low of energy is related to the 4 seasons. For example, depression has been shown to peak two times per year, both in spring and fall <sup>(42)</sup>. It is interesting to note that depreenyl not only relieves depression, but also extends lifespan <sup>(43) (44)</sup>. Could this mean that depreenyl has some sort of ingredient in it that is reducing the effects of geomagnetic storms on the body? Thus people who live longer lives are less likely to suffer from depression and possibly have an increased resistance to the effects caused by excessive geomagnetic activity. It is interesting to note that California born María Branyas Morera who was born in 1907 states the secret to her longevity is to stay away from toxic people <sup>(45)</sup>.

Diabetes and the Equinoxes  
A study <sup>(46)</sup> identified a pattern of risk involving the insulin gene in births of future diabetics. The pattern exhibited a maximum around the fall equinoxes. In the families' relatives, another pattern was discovered with a maximum risk in births occurring around the fall equinox and again shortly after the winter solstice. In summary, risk prediction for type 1 diabetes exhibits a predictable cycle (*insulin gene pattern*) due to the insulin gene showing a repeating semi-yearly pattern <sup>(47)</sup> <sup>(48)</sup>.

### Biophoton Emissions are Stronger in the Evenings

Research has shown <sup>(49)</sup> that biophotons are higher during the evenings, with the lowest rates 11 a.m. in the morning. They remain at high levels throughout the night and then begin a decrease during the early morning. This could imply that free radical activity peaks during the evening hour and is lowest in the morning. Until new technology that can measure free radical activity in real time becomes available, this is an early hypothesis.

Hippocrates wrote 2,500 years ago that in autumn, diseases were the most acute, and people would die more often than usual, with spring being the healthiest. Indeed studies show that people who died at age 50 or more tended to have a longer lifespan when they were born in the autumn <sup>(50)</sup>. Perhaps their immune systems inherited this adaption from their environment. This could also mean that the reason the stronger revitalization energies experienced practicing the exercises during autumn are due to the fact that the body's genes are undergoing a recharge or an enhanced ability to combat future disease and illness (*rapid adaption*).

### Summary

In summary, as changes take place on earth around the equinoxes, the Emerald Tablets Exercise helps the body better adapt to these changes, resulting in a more balanced immune system. It may be that because changes caused by the equinoxes on the body are so strong that practice of the Emerald Tablets Exercise helps the body build more resistance to these outer influences as the new season approaches.

In Traditional Chinese Medicine, aging is the result of out of control fire within the body. During the season of Fall, summer heat



starts cooling down and the effects of Fire upon the body are not as intense. This could be why people who are born during Fall live longer lives. I hypothesize that the body is less susceptible to the attacks by free radicals during this time of year. Hence specific seasons must be affecting our genes in such a manner that not only is our immune system naturally stronger in the winter because our bodies naturally produce more T-cells, but possibly that because of genetic variations that take place during the season of fall, we may be able to do more exercise and more intense training without having to worry about attacks by excess free radicals. This would make it a great time of year to train for heavy exercise and endurance.

**Magnetic Fields and Alkalinity**  
When water is exposed to high magnetic fields, negatively charged hydroxyl (OH-) ions are formed (*good*) which creates calcium bicarbonate as well as other alkaline particles <sup>(51)</sup>. The pH of average water is approximately 7 (*neutral*). However magnetized water can reach an alkaline pH of as high as 9.2 when it has been exposed to a 7000 Gauss magnet <sup>(52)</sup>. If pH levels drop below 7, the water turns more acidic, which does not allow the body's cells to detox waste as efficiently.

An alkaline pH has been shown to destroy cancer cells <sup>(52)</sup> due to the fact that cancer cannot survive in an alkaline environment. This could be why exercise reduces the risk of colorectal and breast cancer by up to 40% because exercise makes the body's PH slightly more alkaline <sup>(53)</sup>.

### Why Relaxation is the Key to a Healthy Body

Studies confirm <sup>(54)</sup> that relaxation via diaphragmatic breathing not only increases antioxidant levels in the body, but also increases the body's levels of Melatonin, which an antioxidant used for the treatment of aging. Melatonin has been found to be better at fighting free radicals than Vitamin C, beta carotene or Vitamin E <sup>(55)</sup>.

The more you are able to put your body into a deeply relaxed state, the more rapid and better the results from performing the Emerald Tablets Exercise, especially when your body is aligned north. When first starting, making a concerted effort to go into a deeper state of relaxation every 4 days or so. This will help your body to learn to relax more deeply. If you do not relax your body enough

unnecessary tension will start forming in your body.

With regards to moon cycles, there is naturally more emotional stress and tension in the air during a super-moon, and because excess negative emotions can cause disease, it is a good time to allow the body to go into a deeper state of relaxation during these period; using the energy of the super-moon to enhance healing and rejuvenation, rather than generating stress, especially around the time of a full super-moon.

### Yoga and Meditation reduces Cellular Aging and increases Telomere Length

Telomeres are located at the end of your DNA and gradually shorten themselves over time as you age. The results of a research study <sup>(56)</sup> that sought to determine if Yoga or Meditation reduced aging, that was published in January 2017 involved 96 participants and measured their aging biomarkers over the course of 3 months. Aging biomarkers included rate of DNA damage, oxidative stress levels, telomere lengths, ROS and antioxidant levels.

The researchers in the study found that those who practiced Meditation or Yoga exhibited significant improvements in the biomarkers related to cellular aging compared to baseline values. Cortisol, ROS and IL-6 levels were observed to be significantly lower and sirtuin-1 and telomerase activity was significantly increased. The researchers in the study concluded that Yoga and Meditation exhibited significantly reduced levels of cellular aging in healthy individuals.

### Why Relaxation is good for your Genes

Studies by Bhasin et al. <sup>(57)</sup> measured gene activity of participants practicing relaxation exercises over an eight week period. They discovered to their amazement that the participants exhibited significant temporal gene expression changes compared to the group that were not experienced at practicing relaxation. The genes that were up-regulated were genes associated with telomere maintenance, mitochondrial functioning, insulin secretion and energy metabolism. Other genes that responded included genes that lower inflammation and reduce stress and reduced expression of genes linked to inflammatory response and stress-related pathways. The researchers of the study concluded relaxation exercises are of

benefit to people who wish to reduce their psychosocial stress and that Tai-Chi and QI Gong may be beneficial for reducing anxiety and depression.

Other studies <sup>(58)</sup> show that people diagnosed with chronically ill anxiety or depression may benefit from practicing QI Gong and that it may also help one better manage stress, promote exercise self-efficacy and improve quality of life.

So now that we have confirmed scientific studies that QI energy has numerous health benefits on the body, let's examine the magnetic forces which are associated with QI energy and how it relates to healing and well being.



## Chapter 3 – Understanding the Forces of Magnetic Energy in the Human Body

The primary mechanism that creates the energy in the body necessary for the feelings of revitalization while practicing the Emerald Tablet exercise is earth's magnetic field. Instructions for performing the Emerald Tablets Exercise will be shown later on in this book, but first let's examine the data on how magnetic fields affect free radicals.

Research by Carlos F Martino of John Hopkins University <sup>(59)</sup> <sup>(60)</sup> discovered even subtle changes in the intensities of static magnetic fields would cause changes in cell culture by affecting the number of cells. He hypothesized these effects may be due to free radical mechanics. He also stated the effects of static magnetic fields are possibly dependent upon how well the geomagnetic field is eliminated and a static magnetic field of 3 mT combined with an electric field has been shown to affect the generation of free radicals via radical-pair recombination <sup>(61)</sup>.

Over time, aging and lifestyle contribute to altered or mis-aligned magnetic fields that exist around and inside the body's cells. These may be partly responsible for aging. Part proof of this is the fact that heat destroys magnetic fields, as demonstrated in magnets. In my 2019 anti-aging publication titled: Reverse Aging Naturally. Alchemy and Ayurveda Longevity Anti-aging Secrets, I show that summer is the season the body ages the most rapidly due to the summertime heat. Research studies show <sup>(62)</sup> that a strong positive correlation exists between temperature and cellular levels of both ROS and oxidative stress with heat affecting the cells in mammals by depleting ATP activity. Hence these factors influence the survivability and longevity of animals. Other researchers discovered that a rise in temperature above 20 °C-24 °C decreases reproduction, life expectancy and survivability of aphids <sup>(63)</sup>. This is possibly why the rejuvenation energy is also strong in fall because the body is adapting more rapidly to changes occurring in earth's magnetic field.

Emotions and the Body's Magnetic Field  
Besides our heart emitting a magnetic field <sup>(64)</sup>, David Hawkins M.D. (<https://discoverhealing.com>), author of the Emotion Code, discovered

that emotions have energy that can be measured. He discovered that the amount of activity in a person's magnetic field either increased or decreased according to the emotions the person experienced. He found that a person's cells were dramatically reduced in their operational function when emotions of hate, scorn, anxiety, regret blame, shame and humiliation was experienced.

#### Magnetic Fields boost BDNF up to 200%

When post-stroke patients were exposed to 15 min sessions for a total of 10 sessions of an extremely low-frequency magnetic field (40 Hz 5 mT), their plasma BDNF levels increased 200% <sup>(65)</sup>. BDNF is a measurement of the health of a person's neuroplasticity and synaptic activity and can also act as a marker for a person's ability to properly adapt to and cope with stress. These parameters play crucial roles in memory and learning as well as for controlling and stimulating neural growth. The study also found that excess chronic exposure to extremely low-frequency magnetic fields induces depression-like effects. Other studies have found that when rats diagnosed with Alzheimer's, were exposed to extremely low-frequency magnetic fields that it caused a reversal in their learning and memory disabilities.

#### Summary

Geomagnetic storms are stronger during the season of spring <sup>(66)</sup>. Spring is the time that depression / suicides occur most often <sup>(67)</sup>. Hence, earth's electromagnetic field could be influencing the body in certain people who are deemed "*solar weather sensitive*" and the elderly, as research has now confirmed that geomagnetic storms can affect elderly populations <sup>(68)</sup> <sup>(69)</sup>.

#### Mental Visualization Changes Genes

Studies <sup>(70)</sup> have found that different forms of meditation and visualization affect genes differently <sup>(71)</sup>. Other studies <sup>(72)</sup> have found that External QI projection produces opposite effects on the same targets separated by distance, which is dependent upon the intent of the operator, with the effects of QI reaching as far as 100m.

### Using Visualization to Strengthen your body's T-Cells

In studies conducted in the early 90's by Achterberg and Rider, they demonstrated that training participants in cell specific visualization of either neutrophils or T lymphocytes caused a statistical increase in their cell blood levels. The increase was correlated with the type of visualization used (NIH 1992).

### Further Reading

Manipulation of the electromagnetic spectrum via fields projected from human hands: a QI energy connection? Subtle Energies Energy. Waechter RL and Sergio L. Med J Arch. 2002;13:233.

### How the Mind affects our Cells and Genes

Studies have found <sup>(73)</sup> that when experienced meditators focused their intention on remote targets they altered the rate of many of the effects associated with aging, which included; mitotic activity, cell differentiation and mutagenesis as well as genes and chromatin and proteins. Chromatin are histones that anchor themselves to DNA and prevent the DNA from being damaged. They also are important regulators of gene expression as well as play a vital role in the replication of DNA. Cell differentiation has also been found to take place in Tai Chi practitioners <sup>(74)</sup>.

### Further Reading

Can meditation slow rate of cellular aging? Cognitive stress, mindfulness, and telomeres Elissa Epel. et al. Aug 2009.

### Scientific Confirmation Earth's Magnetic Field Affects the Human Body

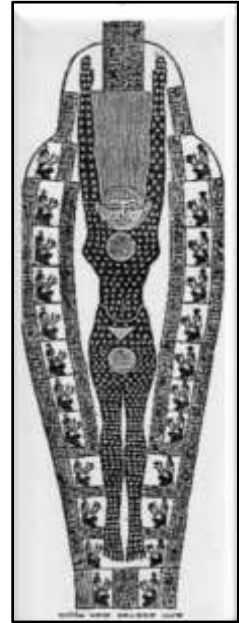
Geomagnetic storms have been found to cause heart problems as well as melatonin/serotonin imbalances <sup>(75)</sup>. Research studies conducted by Kirschvink and colleagues used an aluminum enclosure with walls containing coils through which electric currents passed through which produced magnetic fields which were of about the same strength as Earth's magnetic field. The volunteers (*a total of 34 adults*) sat still on a wooden chair in the darkness, facing north. During this time, researchers measured the volunteers' brain waves

as the magnetic fields were fixed in a single direction, with other magnetic fields being rotated. Other volunteers were subjected to no artificial magnetic field, but only exposed to Earth's natural magnetic field. Research revealed a drop in the volunteers' alpha brain waves if the magnetic field was pointed north, then swept downwards or upwards or if it was directed face down while rotated anticlockwise and pointed north. This is similar to being in the northern hemisphere and nodding one's head, or turning the head to the right respectively. The study concluded that the human mind is able to tell north from south, theorizing the mechanism involves special cells in the body that contain iron-based crystals which are thought to rotate like a liquid filled compass needle. The study also theorized that birds utilize a type of internal "quantum compass" based upon molecules that contain unpaired electrons which respond to Earth's magnetic field and that this process may play out similar mechanisms in the body's cells <sup>(76)</sup>.

## Chapter 4 – How to Properly Practice the Emerald Tablets Exercise

Now that you dear reader have a firm understanding of where the energy comes from that brings revitalization to the body, as well as scientific evidence of its effects, let's examine a technique of how to apply it to the body.

The information contained on Tablet Number XIII The Keys of Life and Death by Thoth the Atlantean has survived for over 36,000 years, so there must be something special about it. Truth is strength which allows it to remain present, being immune to the eroding sands of time. People who meditate or practice Yoga will find The Emerald Tablets Exercise extremely easy, fun and beneficial, because they can already readily relax and focus their minds. The image shown on right is known as the “starry one”, shown on some ancient tablets.



The Emerald Tablets Exercise is a simple process where you lay down with your head facing north for between 20 minutes to 1 hour and then rotate your body and stay aligned south for the next 20 minutes to 1 hour. After this session you feel extremely revitalized and fresh. It is like a supercharged form of meditation. I have a put up a video online titled: New Book Release Deciphering Tablet XIII the Emerald Tablets by Thoth the Atlantean that shows the positions in greater detail.

When you perform the Emerald Tablets Exercise, your body generates a bubble or field of energy that seems to alter the flow of time passing outside of this bubble (*or possibly in certain cellular processes*). To put this into better perspective, it is helpful to think of a person in a canoe going down a fast flowing river of water with waves all around him with the waves representing the passage of time. The canoe in the middle of the fast flowing river appears to be moving slowly. As this energy is flowing all around, from your point of observation, time appears to slow down as you observe the person in the canoe because the waves outside of the bubble are moving



faster relative to his position and speed. There is an excellent Star Trek Episode titled: Star Trek: Voyager Season 6 Episode 12 titled: Blink of an Eye, that has an excellent example of this process where the ship is stuck in a bubble where time slows down and they can watch entire civilizations rise and fall from the comfort of their spaceship.

The Emerald Tablets Exercise acts as an anchor to this flow of energy, positioning one's body relative to the fast flowing energy. One creates a "*no zone*" of time, where cells are no longer locked into the flowing rate of *aging time*. Instead, white light slows down time just long enough to "*overtake*" the faster flow.

Aging is the result of decay occurring in the body faster than the body is able to replenish decaying cells. By practicing the Emerald Tables Exercise, the body gains an advantage on the war on aging.



### A Quick Primer on the Emerald Tablets Exercise

It is extremely important that your body is totally relaxed before practicing this exercise or you risk manifesting aches and unnecessary tension in the upper part of your body.

To begin, lay down with your head facing north and both arms straight at both sides of the body. Next start focusing your conscious awareness between your chest and head for 15 minutes. It is key to not push your conscious awareness, but instead just relax and allow the energy to flow via subtle intention (*power through gentleness*).

Next then get up, turn around and face south for another 15 minutes and imagine your thoughts between your stomach and feet. While facing south, you will feel an accumulation of energy occurring. As this energy reaches a plateau, pause and imagine a flowing of both the north and south poles of your body coming/merging

together at the center of your body at the same time, balancing out perfectly, independently of each other.

After you do this, you will feel a "connection" start flowing from both ends. This energy "*bubbles*" forth like a "*fountain or spring*" and feels restorative to the body. In your mind you will feel a white electricity starting to emerge. During periods when the solar, lunar or seasonal energies are right, your body will be able to absorb and hold more of this light. You can also tap your abdomen after this energy has occurred.

Take pauses after each cycle of revitalization occurs. Then repeat. When laying south after the revitalizing energies have been circulated, it can also help to place the elbows on the ground with the arms facing straight up with the palms open and facing the sky.

Other positions that help increase the flow of this energy are to place your arms above your head, then bring your arms outwards, returning them to both sides of your body.

What is Critical Mass?  
Critical mass occurs once the circulation of the white light electrical energy has been established. Once this circulation has been achieved, the energy is refined and finally transmuted. The transmutation stage is the critical mass stage. In Chinese Qi Gong, this stage is also known as the Microcosmic Orbit Stage. There are many different ways to circulate this energy; however this book is only going to deal with the technique discussed in Tablet 13.

#### How to achieve the final Cycle of Revitalization – *Critical Mass*

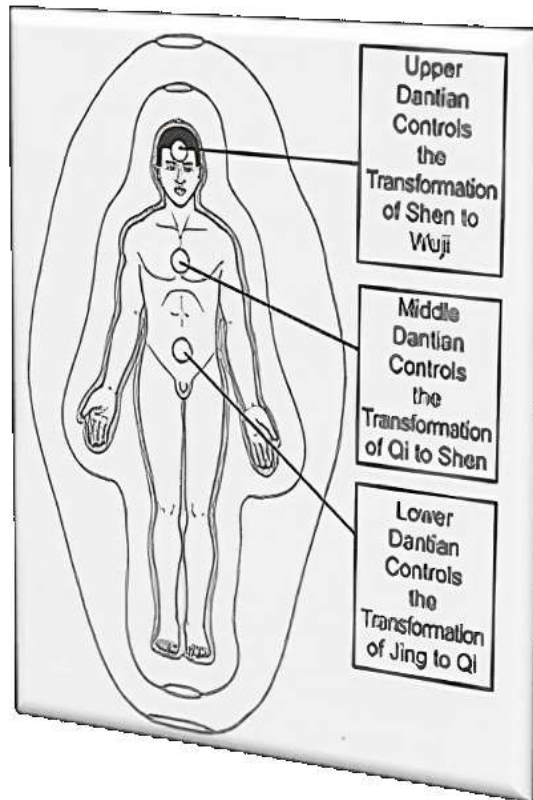
Critical mass is the next stage after you have learned to generally circulate the white light throughout the body.

As the critical mass of white light rejuvenation energy is sent to the chest region it transmits its energy to all the endocrine systems of the body, enhancing the strength of the immune system. Many people think that a stronger immune system is better. This is not so. A proper functioning immune system is one that adheres to balance, which is why practicing the Emerald Tablets Exercise when you are sick is not recommended because it can over-stimulate it.

The best way to create critical mass is once you have generated the energy by visualizing both the north and south poles of your body coming together (*while facing south*), you next visualize

yourself on a tightrope, walking across two buildings, trying to hold your balance. This forces the muscles in your abdomen to compress themselves which in turn distributes the newly transmuted energy throughout the body automatically. When this happens, a powerful surge of revitalizing energy surges throughout the body a few moments later. It only takes a small amount of critical mass energy to experience the revitalizing energy.

The process of holding in the white light critical mass, seems to be more of a challenge this time of year, perhaps because during December earth is Perihelion, when earth rotates closest to the sun.



Notes on how to Properly Perform the Emerald Tablets Exercise when laying down with the head facing north

As you lay down and align your body with your head facing north and you are concentrating your consciousness between your chest and head, you begin stimulating your body's endocrine gland, which is located just above the heart and just below the sternum. This region of the body contains the thymus and is an integral part of the human immune system, and is where T-cells are formed. This is why you will always see energy healers observing this region of the body and "scanning" the thymus region in order to get a general idea of the health of a person.

As one continues to focus their attention in-between their chest and head, it starts alkalizes tissues, releasing oxygen from their bound state and reverting them back to their natural state. This facilitates energy recovery and accelerates healing through the relief of inflammation, swelling and acidosis. Also your endocrine gland becomes stimulated allowing your body's lymphatic system to be brought into a more neutral alkaline PH state which assists in the flushing out of toxins.

As breathing continues blood pressure slightly increases, which in turn stimulates the heart and lungs to allow QI to move with greater force throughout the entire body. If a person suffers from mental dullness or excessive low blood pressure this is very helpful.

In this section, I will refer to each process that completes a circulation of the flow of energy throughout the body as a complete cycle, with each cycle being made up of a series of stages.

1 - Relaxation. I can't stress this enough. If your body is not relaxed enough when you perform this exercise, you will end up being more stressed at the end of it.

2 - Lay down face up with your head facing north.

3 - After you have used a relaxation technique to completely relax your body and mind, place your hands and arms straight along the sides of body.

4 - Imagine a bluish white sphere located between your chest and head.

- 5 - Allow your thoughts to merge with your breath.
- 6 - Next imagine your consciousness wrapping itself around this bluish sphere.
- 7 - As you do this, allow your breathing to naturally reach a natural rhythm.
- 8 - After a few minutes, you will feel a slight tension starting to occur in the mid regions of your body. This is normal and when this occurs, imagine yourself holding in the energy around your mid-chest region.
- 9 - Next send this energy into the region just above your sternum known as the Upper Tan Tien and imagine yourself holding the energy there. If you like you can imagine yourself holding this energy in the EXACT center of this region as if it was balancing itself.
- 10 - Experience the feelings of rejuvenation.
- 11 - Next after a few seconds you will feel like this energy wants to release itself. This is healthy and normal.
- 12 - Imagine your stomach becoming flat as an iron and relaxing. After the energy has distributed itself throughout the body, imagine your lower stomach region becoming completely relaxed.
- 13 - Release. The time it takes for the energy / air to become gradually let out after holding it in can take up to 1 minute. As the air is slowly let out, it may occur in a series of stages. The most common being 3 stages where stronger breathing starts to take place as the energy is let out.
- 14 - As the air is let out rogue free radicals become dispersed and you may want to stretch your arms straight out up into the air while doing so.

This completes 1 cycle.

After a brief pause after the energy has been released, repeat the

above steps for a total of 7 to 12 cycles over the course of 20 to 25 minutes. These pauses in-between each cycle allow the frequency of the body to adjust to the new evolving energies.

### Notes & Tips

Don't try to focus on a particular type or style breathing when you first begin. After a few sessions you will find that your body will automatically find the right style of abdominal breathing which consists of deep, rhythmic, long, slow drawn out breaths, which increase the levels of oxygen in the blood.

When facing north, you hold in the energy around mid-chest which will begin after the first or second cycle. You can gently tap your chest to locate the rejuvenation area.

You can help direct this energy by gently tapping your upper chest region as it enters it and you hold it in. You can also do the same when facing south by gently tapping the abdomen region to direct and hold the energy in that region.

If you feel you have sore spots in your body or aches and pains, you can send this energy to those regions and holding it there for a few seconds than releasing it. This should only be done after the 3rd cycle.

After Step 8, after you will feel a slight tension starting to occur in the mid regions of your body, you can imagine this energy rotating counterclockwise and flowing to all parts of the body where it is needed most. This can also take place when you are laying down facing south.

Visualize your thoughts coming in from the west at a 90 degree angle into the sphere

This rejuvenative energy will naturally start to begin being felt around the 3rd and 4th cycles.

You must relax the abdomen muscles after the energy has been "let out"

For the first 2 or 3 cycles you may need to “*remember*” the central location where the energy is held in, as it sometimes slightly changes.

Towards the final stages of the distribution of energy, have thoughts of rejuvenation, strength and health. This energy has its own consciousness and goes where directed by mental intent. The depth of the energy has a tendency to go deeper as each cycle progresses.



Tips to help maintain concentration:

Imagine energy flowing in from the west to a sphere located in-between your head and chest.

Imagine neurons that create your consciousness existing as a sphere of energy and imagine it as concentrated form of thought energy representing your consciousness. As you relax, don't over think it, just imagine it. When the moon is in the upper signs the energy wants to gather at the upper regions of the body.

Notes on how to Properly Perform the Emerald Tablets Exercise when laying down with the head facing south

This type of breathing is known as Natural Breathing, Post-Natal Breathing or Baby Breathing. It causes the lower abdomen to protrude forcing the abdominal muscles to relax. When exhaling, the lower abdomen will have a tendency to move toward the center of the body as the diaphragm releases, which causes any intra-abdominal pressure to be released. This is very similar to Embryonic Breathing, also called Pre-Natal Breathing which utilizes an active contraction of the abdominal muscles when inhaling in order to

compress the abdominal cavity, which causes the muscles to relax, allowing the lower abdomen to protrude upon exhalation. This can result in the muscles of the lower cavity around the genital and anus regions to become actively contracted when exhaling providing an added pressure to limit the downward flow of QI to the lower body and genital region, allowing one to gather and store QI more efficiently. Once the breathing rhythm is reached the energy of QI becomes fast acting, produce strong initial responses of revitalization. This powerfully activates QI flow through the channels via an upward direction.



1 - Move your body 180 degrees so your head faces south

2 - Once again relax your entire body, but not as intensely as you did when facing north.

3 - Imagine your emerging thoughts positioning themselves about 4 feet above where your head just was facing when it was facing north. I like to think of them as being close to or near my ankles.

4 - As concentration is held around the ankle region of the body, a natural abdominal diaphragmatic flow breathing begins to take place. This lowers blood pressure and increases overall oxygen levels in the blood. It draws QI Energy down into the lower parts of the body which causes the mind to go into an intensive deep form of relaxation. This breathing type also strengthens the kidneys and activates the body's prime yang energy reservoirs (the spleen and the lungs), which in turn protect the body's respiratory and digestive systems.

5 - Next you will feel an increase in energy occur in the abdominal



region, just as you did when you were laying north. This energy will be felt in your abdomen. As it increases send this energy to the region just below your naval (the Lower Tan Tien) .

6 - Next imagine this new energy gathering in the center of this region as if it was becoming balanced. Hold it there for just a few seconds and do not over do it.

7 - You may also feel the urge to hold up your closed fists and rotate them counterclockwise. This can be done for a few seconds, then send the nergy to be balanced at the Lower Tan Tien.

8 - Circulate the energy throughout your body, imaging the body becoming rejuvenated back to age late 30's or early 40's.

9 - Next you will feel this energy wanting to release itself. As this occurs, imagine the region in your lower stomach being "ironed out" and relaxing. As you feel the pressure being let out, the sensations may feel differently at various times or it may be also occur over a period of stages. The energy may feel the same for 5 consecutive days, or feel more "jagged" for 3 days or more smooth for a few days thereafter. Just note that the energy is not always constant.

10 - As the air continues to be let out, imagine rogue free radicals become dispersed and you may want to stretch your arms straight out up into the air while doing so.

This completes 1 cycle.

After a brief pause after the energy has been released, repeat the above steps for a total of 5 to 8 cycles over the course of 20 to 25 minutes or at times you may want to practice the southern part for 15 minutes. These pauses in-between each cycle allow the frequency of the body to adjust to the new evolving energies.

### Notes and Tips

After the energy begins to build and you take a pause, when facing north rotate the arms counter-clockwise and as the arms begin to rotate, allow them to do so without strain, struggle or effort.

Do this without over thinking it. This energy will occur as a build-up of energy, as if it was going up a ladder as each cycle is practiced.

Remember that the rejuvenation energy is that of the Universe expressing its energy through you as you direct it to that region of the body.

It only takes a small amount of the emotion of belief to act as a catalyst which allows healing energy to begin flowing.

As you approach the 3rd cycle, imagine your thoughts merging with your breath and think of the last 2 main thoughts (belief) and allow the critical mass fusion to form.

When facing north and you have placed magnets near your head, leave the magnets on the north end and when you face south, imagine your thoughts around the magnets, your thoughts will be easy to imagine because the magnetic are holding the resonance from the time you were facing north. This only works for the first 2 or 3 cycles as the resonance from the magnets starts to fade.

When the energy has reached its peak it can also help to clap the hands before placing it on the associated region of body.

After each solstice, especially the equinoxes, the new energy resets the main organs in the body creating and restoring a revised polarity. Hence travelling to the Southern Hemisphere from the north should be done 3 weeks after the March Equinox

After the winter solstice from my experience, when facing south, I hold the energy in the Lower Tan Tien when facing south, than after the summer solstice, I return to only holding in the white light at the Upper Tan Tien when facing both north and south. This takes experience and works well for me. Although practice will determine what is best for you.

After Step 6, you can point your two large big toes towards each other and hold up your closed fists and rotate them counterclockwise or visualize the north and south regions of your body consisting of energy passively coming together.

Visualize both the north and south energies merging with one another until you feel a downwards energy in the middle and then hold it in and pause for 2 to 4 seconds than repeat 3 times.

Do this after the 2nd or 3rd stage. Allow the built up energy to release itself in a series of gradual stages. Focus on emotional stability. Thoughts combined with breath. Imagine your body completely rejuvenated and restored.

Circulating the White Light Energy  
It took me a few years to learn that this revitalization energy created in the body is better off being put into circulation. This happens naturally with the Microcosmic Orbit Exercise. With the Emerald Tablet exercise, once the critical mass has been achieved, send the new revitalized energy up the spine, shoulders and to the tip of your neck.

In the Tao, this revitalization feeling is known as the *Immortal Fetus*. It is the revitalizing energy that flows throughout the body revitalizing every part and erasing pains instantly. The term is also known as the development of the immortal embryo in the lower Tan Tien area (*also known as the dantian in Tao terms*). It is also known as Neidan, or Internal Alchemy.

In the early stages of generating this energy, you may experience what is known as a flash of white light, internal thunderous sounds, or an experience of lightness in the body is felt. Other feelings include a soft, white, cloud like light filling your being, along with a warm glowing type feeling being generated in the lower abdomen. You may also get a tendency to yawn or feel yawning sensations. This is a normal and healthy part of the process showing that you have accumulated enough energy. In the early stages you will also feel incredible feelings of joy, a purging of toxins from your system and feel a burning away of "dark" thoughts and energies followed by a sense of ease. These energies also affect the environment you are performing the exercise in, creating a beneficial uplifting presence affecting people and animals positively nearby.

After attaining "critical mass", the internal lower back region (*where the kidneys are located*) becomes significantly strengthened, creating increased flexibility of the body's limbs. Additional ancient

Taoist texts describe this feeling as Sheng (*or transmuting the Ching into Chi energy*) and that just a few drops of this is all it takes to experience the revitalization effect. Other terms used to describe this stage include; the Supreme Ultimate TAO QI or Immaterial Spirit.

Speaking from personal practice, I only perform the tightrope walking visualization (*to obtain critical mass*) between 3 to a maximum of 7 seconds on good days to really feel a powerful surge of this energy, because overdoing it does more harm than good. As covered earlier at the start of this book, the energy flows strongest during late afternoon in fall followed by mornings during early spring. There are times that even 1 to 2 seconds of critical mass is all that is necessary to experience the revitalization energies. The following table is an ancient chart showing the seasonal flow of Yin and Yang energy; with the peaks occurring at the 2 yearly equinoxes.

Yin and Yang Energy Flow Variation According to the Hours of the Day and Seasons				
Place of Eternal Frost	Winter Solstice	Furthest Southward of Equator	Maximum Yin/Shortest Days/Longest Cold	Midnight peak of lunar energy
Golden Gate	Spring Equinox	Crosses Heavenly Equator	Light and Darkness/ Yin and Yang Balanced. Yang QI is expanding	<u>Sunrise peak</u> of solar energy
Palace of Universal Yang	Summer Solstice	Furthermost Northern-most Point from Equator	Maximum Yang or Brightness, Longest Days, of light and heat	Noon
Gate of the Moon	Autumn Equinox	Crosses Equator	Light and Darkness, Yin and Yang in Balance, Yin QI is increasing	<u>Sunset peak</u> of lunar energy

From my personal experience, the amount of time it takes to build up the revitalizing QI energy, circulate it throughout the body and then "*hold it in the abdomen / balance*" to attain critical mass, varies according to the day. Some days you can generate "*critical mass*" sooner or with much more depth compared to other days where the energy may feel lighter or less intense. In general terms when solar and lunar conditions are optimal, or during the 2 yearly equinoxes, it takes less critical mass to experience bodily revitalization.

How will I know if I have performed the Exercise Correctly? The proof is whether you feel increased levels of higher frequency Chi flow in your body and your mind after each practice. It is normal when you first start practicing to have images of "dark" or "grey" clouds, which eventually burn away after a few days or weeks of practice. This can be verified by your own experiences of your physical vitality. Emotionally you will also feel more joy and inner peace. If your life suddenly becomes filled with more harmony and balance then you know your practice is being performed properly.

It takes practice, but once this energy field is clearly circulating through the QI channels you will literally feel your body restored after each session. When you can achieve "*critical mass*", you have achieved the ultimate in feelings of restoration. Now let's explore some tips to improving the benefits achieved from practice of the Emerald Tablets Exercise.

Once you learn the Emerald Tablets Exercise, the Technique remains with you forever. Once you have learned to gather and circulate the energy, the procedure is like learning any new skill such as typing, riding a bike or swimming. Your mind and body never forget how to gather and circulate this energy. All you do is relax your body and enter the "QI" state of mind and the rest automatically takes over.

Speaking from personal experience, after an 8 month break from performing the Emerald Tablets Exercise, for the first 3 days or so I needed only to re-focus on the critical mass section of the exercise (*which involves the type rope balance visualization*) a little harder than usual in order to re-establish the revitalization energy flowing again. After that everything else re-flowed perfectly.

During these times I have also discovered, as well as after confirming this in some ancient texts, that after the gateway has been opened, as long as you lay north or south and keep your thoughts or consciousness between your abdomen and feet, the energy will flow naturally.

Additional Notes and Observations from laying down with the Head Pointed South while practicing the Emerald Tablets Exercise South is the position where critical mass takes place. If you are having trouble generating the white light, than think of both the north and south poles of your body balancing out independently with each other, than allow the energy to spring forth. It gets easier over time as you practice it because your mind will naturally start to want to follow the energy.

You can also practice the Microcosmic Orbit Exercise to get a feeling of the white light.

Another way to help hold in the regenerating white light energy is to imagine/visualize what it feels like to stand on 1 leg, trying to keep your balance, and allow this white light energy to flow, gather in and hold this light energy in that center/balance area/location of your body, or as the ancient Emerald Tablet says "*holding it in thy balance*". As stated in the original tablet: "*When thou hast learned to hold thine own balance, then shalt thou draw on the balance of Earth.*"

While facing south, the energy can be felt flowing through the soles of the feet, flowing along the inner legs and feet, which is accompanied by a feeling of joy and pleasure, similar to the drinking

of good vintage wine. Other people have described this as a line of force moving through the inside of the pubis, rushing up through the abdomen and circulating with the Chi in the body. Sometimes this energy is accompanied by a high frequency "ring" or "pitch" you might sometimes hear.

The energy can be felt flowing stronger when you remove your shoes and is more intense during certain lunar phases, hours and seasons which I shall go into more detail later on. This is why it is key to remove your shoes when practicing the exercise.

You may also experience the urge to place your palms face up, then rotate them counterclockwise in a descending manner back towards the ground. This is a good way to gather the energy. When you are experienced at obtaining critical mass, you will feel this revitalizing energy fill the lower part of your abdomen as you breathe in. As this occurs, slowly let it out like a balloon. As you slowly let out this energy, you will feel the revitalization energies flood your body. As mentioned earlier, after performing the Emerald Tablets Exercise for about 8 to 9 months, and you lay down on the ground and start to first do the exercise, you will start to feel this restorative life force energy gather in and around your abdomen automatically when facing south. This is good and should be encouraged as this energy that revitalizes the body, saves you having to mentally generate it.

As a final note, when you are facing south generating the critical mass energy, insects that may have been bothering you earlier will ignore you, which is a good thing if you practice the exercise outdoors.

If you perform this exercise in the morning, and you hold in the light, you will see that this "light energy" carries with it information creating a future "*template*" for the day's activities ahead. As we touched on briefly earlier, if the energy happens to "*feel darker*" the day ahead may be filled with more personal challenges.

If the revitalizing light feels dark or intuitively you feel it might be a bad day, than instead imagine that this is the perfect day, and keep this thought simple and clear during your practice and you can turn a negative or bad day into a good day. This stress is normal and healthy. When you are holding this "*white light in*" at times, it may feel like an emerald green light. When this feeling occurs, this is the life energy period maximized. As mentioned earlier, this is where the

term "Emerald Tablet" comes from.

There is an interesting energy/exchange that occurs when you live or perform the Emerald Tablets Exercise in the same location over a period of time. It is like the energetic fields of that location "remember" and retain the energy exchanges that take place. The region starts acquiring a type of self-preservation type effect. So it gets easier to perform the Emerald Tablets Exercise in the same location over time. Birds seem especially attracted to the region when practicing the exercise outdoors.

If you practice the Emerald Tablets Exercise outdoors and there are plants nearby, you will find after a few months that there will be considerably more growth in that region and the plants will be much stronger and vibrant in the region where you lie down and face south.

#### Techniques that Eliminate Negative Thoughts

Here are a few tricks to help reduce or eliminate nagging bad thoughts.

When you try to fight a negative thought, such as making it personal, it gives the thoughts more power. Instead maintain present awareness, remain centered and allow for the spaciousness of your intelligence to observe bad thoughts, rather than becoming entangled with them. Positive change through the neutralizing of negative thoughts can only occur when you become self-aware of them. Over time as you practice this, you will start to form a deeper connection with your subconscious mind. By bringing each unconscious thought to the surface, one at a time, through conscious awareness, one recognizes that bad thoughts are not a definition of your true self.

Thoughts come and go like the wind, and one can let them drift by as an observer rather than becoming identified with them. Bad thoughts cannot be eliminated through sheer force, but only by observational awareness.



### Method #1

Relax your body and when you have completely relaxed yourself, imagine yourself under a crystal clear pure flowing waterfall. Imagine the pristine water fall washing away all negativity, bad thoughts and energies. Imagine the energies flowing out of your body, being swept away downstream.

### Method #2

Imagine a loved one or someone who cares about you. Imagine this person visualizing in their mind a beautiful glowing shield of white light protection surrounding you. Don't feel guilty about this as on an unconscious level we are all helping one another to some extent.

### Dissolving Intensive Irritating Thoughts that Won't Go Away

To eliminate these harder than average ugly thoughts we need to get to the core belief that surrounds that thought. It is key to understand that thoughts alone do not determine your morality. Rather, it is the beliefs that create the substance for that thought that makes them so ugly. This belief creates the fuel that guides our actions. When you can understand that an evil thought is false because the belief behind it has nothing to support it, then the evil thought has no choice but to lose its power. When you understand this and apply it to any situation, you will find that the new energy generated from this will create a personalized mantra that will appear in its own emotional form and that you can repeat this mantra to dissolve obstacles or empower yourself.

For example, thoughts of loving-kindness and goodwill towards others are higher vibration thoughts that have energy that is free flowing and without resistance. Thoughts such as these are clean and pure. When when practiced through regular cultivation, they coalesce into an "angelic" type of energy field. This energy then surrounds the person and their environment which enhances one's state of consciousness and uplifts the energies in their surrounding environment. Some describe this as an almost physical sensation of emotional calm and clarity. This intensity is further influenced by environmental factors - nature in particular seems conducive to generating these higher vibrations.

Repeating negative beliefs, by contrast, originate from beliefs of doubt, fear or past hurts. They can also come from unsupported

assumptions and erroneous judgments which can energize the cycle of perpetual suffering. The next time you have a nagging ugly thought, ask yourself is there any truth that supports this thought?

#### Further

#### Reading

Study of the effect of external QI on the growth of plants. Zhou RH, Wu QY, Xie HZ, (1989). P. 82 in Hu HC & Wu QY (eds) Paper Collections of QI Gong Science. Vol I. Beijing: Beijing University of Technology Press.

#### How Negative Emotions Contribute to Excess Free Radicals

Practice of the Emerald Tablets exercise brings to the surface emotional issues, clearing them out of the body's energy field. It is interesting to note that California born María Branyas Morera who was born in 1907 states the secret to her longevity is to stay away from toxic people <sup>(77)</sup>. If a person lets their emotions get the better of them, a byproduct of this stress causes an increased absorption of oxygen, which can produce excess free radicals causing oxidative damage. This is why oxidative stress has been implicated in several brain disorders such as psychiatric ailments, neurodegenerative disorders and anxiety <sup>(78)</sup> and other studies have found a link between increased psychological stress and higher levels of oxidative damage <sup>(79)</sup>. QI Gong has been found to improve the mental health of college students <sup>(80)</sup>. Free radicals can be generated from excessive exercise, aging as well as mental stress <sup>(81)</sup>. Also studies have shown that practicing Zhan Zhuang QI Gong protects the body from superoxide free radicals as well as help fight aging <sup>(82)</sup>.



Other studies <sup>(83)</sup> confirm that practicing QI Gong WuQinxi slows the aging process, due to it allowing the body to experience an increase in SOD activity, which assisted in delaying injuries caused by free radicals, which increase with age. It was also shown to improve sexual hormone levels and enhance overall feelings of well being.

Most thought exists in swirling forms of potentiality and there exists a force of energy that is of a frequency just above thought, just like lead is slightly above gold on the table of elements. As you generate energy during the Emerald Tablets Exercise, this newly purified energy becomes polarized, with and thought directing this energy as imagination guides it into place.

Negatively charged emotions become caught up in the body's

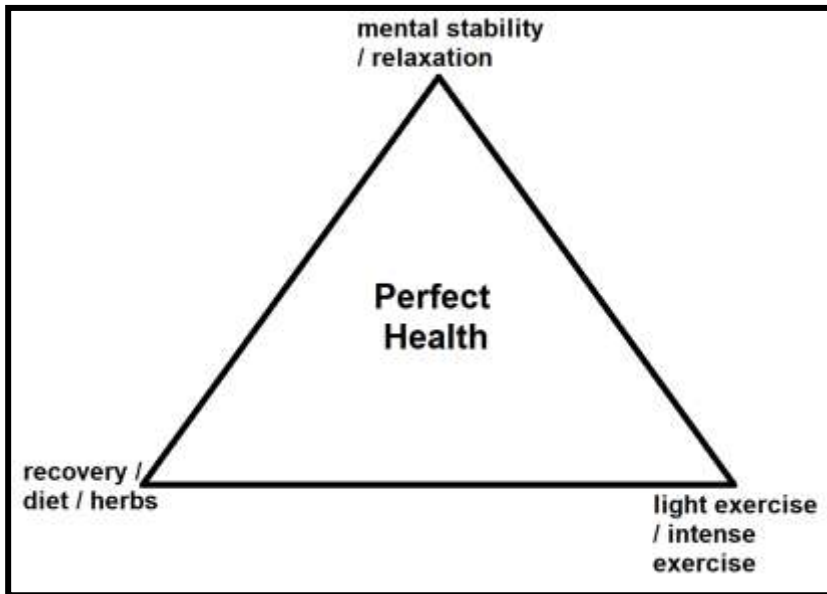
magnetic field. This can contribute to an excess of free radicals and is re-stabilized by practicing QI Gong or the Emerald Tablets Exercise. Because e-motion is energy in motion, using positive emotion can help slow down the effects of aging. Thus one can see that having the right emotions leads to better health. Most human thought and consciousness exists as a tug of war between good and evil. There exists a force of energy that is of a frequency just above thought. This frequency is more dense, just as gold is a more concentrated material than lead. As you generate the energy practicing the Emerald Tablets Exercise, this new and denser energy starts to become polarized, with thought directing this energy and imagination causing regeneration to take place. Using the chart below it can help one better understand how toxic emotions disturb our state of well-being. The chart on the following page shows that the more better we feel about ourselves, the easier it is to manifest our desires, including good health.



Emotional Frequency Manifestation Chart		
FRQUENCIES	EMOTIONS	RESULTS
HIGHEST FREQUENCY	Ineffable – Enlightened	RAPID MANIFESTATION OF INTENTIONS
GROWING FREQUENCY	Bliss – Peace Serenity – Joy	CREATIVE
INCREASING FREQUENCY	Love – Reference	Increasing frequency 
	Understanding – Reason	
	Forgiveness (including self) Optimism – Willingness	
	Trust – Neutrality	
LOW FREQUENCY	Courage – Affirmation Scorn – Pride	LIBERATION FRUSTRATION
LOWER FREQUENCY	Hate – Anger Cravings – Judgment	Decreasing frequency 
	Anxiety – Fear	
LOWEST FREQUENCY	Regret – Grief Blame – Guilt Despair – Apathy Toxic Shame Humiliation	
		DESTRUCTIVE – LITTLE TO NO MANIFESTATION OF INTENTIONS

### Depression and Magnetic Fields

I hypothesize that one indicator that the poles of the body are becoming "shaken" and unbalanced is that feelings of depression will start occurring. It is interesting to note that studies have found that extra-Virgin olive oil improves the symptoms of depression <sup>(84)</sup> and olive oil exhibits magneto-optical properties <sup>(85)</sup>. Magneto-optic effects are the result in which electromagnetic waves propagates through space which is altered by quasistatic magnetic fields. These fields have a slow variance with time and usually consist of low frequencies.



### The Emerald Tablets Exercise for Advanced Practitioners

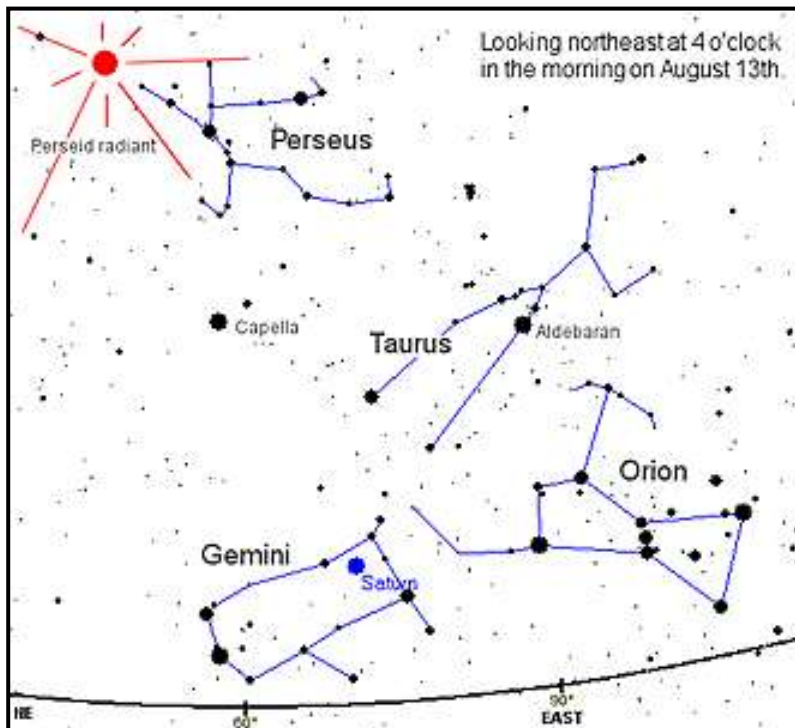
When practicing the Emerald Tablets exercise you will begin to feel the energy flowing. This energy has been described in the original Emerald Tablet which was written by Hermes Trismegistus as separating Earth from Fire, and the subtle from the gross as it is gently guided with great ingenuity. The tablet states this energy rises from Earth and ascends towards Heaven, descending back down again towards Earth, now receiving the force of both things inferior and superior. It is only via this way that one obtains the glory of the whole world with all obscurity flying far away from you. You will notice that after you have been practicing the Emerald Tablets exercise for a number of years that you will come to know how this energy flows and is guided by the mind, according to what Hermes Trismegistus was talking about.

### Distortions in the Fields of Time every August

I have noticed that during the past 15 years of practicing the Emerald Tablets Exercise that there is a sort of time distortion that always takes place between August 8th and 11th of each year. This time distortion effect results in the rejuvenation energies experienced to have a longer lasting effect and being much stronger.

Because the energy worked with is occurring at the quantum level, with some energy going backwards in time to assist in the

rejuvenation of the body, when the moon is in Gemini or Cancer these effects are more strongly felt, especially if it is a full moon. The part of year which these effects are strongly felt is when the Sun enters Leo, which occurs during the month of August. Besides the Quadrantid meteor showers, the Perseids are another powerful meteor shower which peaks every year between August 9th and 14th. The Perseid constellation is located at right angles to the Taurus and Andromeda constellations. I have found that when practicing the Emerald Tablets Exercise when the Moon is in Gemini, whose constellation is beside Taurus that the effects are more pronounced.



Also after a number of years you will find that you will no longer need any herbs to sustain your mental concentration while you start practicing the exercise and that you will want to do it on an empty stomach. Also you will have an urge to face north 75% of the time during the exercise and face south the remaining 25% of the time. Or 25 minutes laying down facing north and 15 minutes when facing south.

### Disappearing Pain Experience

I was outdoors one day performing the Emerald Tablets exercise when I had a small tree fall on me. After having achieved the rejuvenative critical mass, I directed the white light energy to the region of my body that the small tree had fallen upon and found that immediately the pain subsided and the injury healed up remarkably quick.

### The Microcosmic Orbit Explained In-depth

The Microcosmic Orbit Exercise allows the body to adjust to a new frequency of particles that flood the earth just before the equinoxes and solstices. It more readily allows the body to "slip into" this new energy field that encompasses the environment each change of season, which is why stretching exercises are key a few weeks before a change of season.

Practicing the Microcosmic Orbit exercise will also boost your mental concentration necessary for practicing the Emerald Tablets Exercise and practicing the Emerald Tablets Exercise greatly reduces fatigue and accelerates the body's ability to recover from exercise in a vastly shorter amount of time. The energy generated from the Microcosmic Orbit Exercise consists of a soothing warming sensation. This makes it great to practice outdoors during cold weather. When the regenerative energy reaches its peak, it has a tendency to flow along the arms through the hands and out the fingertips. I believe that this energy warms the body, because the circulation of the flow of energy (as it goes from the naval, up the spine than to the head) is similar to the Tibetan exercise known as Tummo, which will be discussed in greater detail later on in this book.

Do this exercise when you have become proficient at both the Emerald Tablets and Microcosmic Orbit Exercises. This exercise really gets QI Energy flowing very, very quickly. It can take as little as 5 minutes to achieve a very powerful and fast generation of QI energy using this Technique.

Because mental focus behaves the same way as a bell resonates after being struck by a hammer, which creates a lasting resonance, sometimes you may only need to concentrate hard at the first or second Orbit and the mind will then be in a state that is more easily able to continue with the remaining Orbits.

1 - Lay down with your head pointed north.

2 - Next be sure your body is very relaxed by -

a - Concentrate on your muscles in your left arm. Detach, release let go and allow all negative stress and tension to drain away in your left arm.

b - Allow all muscles in your left arm to become deeply relaxed.

c - Next allow all muscles in your left arm to become warm and heavy.

Repeat the above with the right arm, both legs and your upper and lower body, ending with the center of your body. The center portion of your body can take up to 3 cycles to become completely relaxed.

3 - Focus your consciousness between your chest and head.

4 - After a few minutes, when you feel the energy building, send the energy down the front of your body, under your tailbone, up your spine, shoulders and then back down your shoulders, settling at the C7 point.

5 - Become aware of your conscious awareness while staying focused on C7. Do this just for a few minutes.

6 - Next send the energy up your neck and pause it between your eyebrows.



7 - Imagine a ring consisting of a magnetic field capturing the circulating particles and holding them for a few seconds.

8 - Next release these particles from the imagined magnetic field, sending the energy down your throat, vertically down through the inside of your body and into the cauldron.



9 - Perform critical mass. AKA "*holding in thy balance*"

10 - Repeat the above 3 to 4 times, than rotate the energy all the way through without stopping at C7, for a remainder of 3 to 4 times.

11 - Next face south and focus your thoughts between your chest and feet.

12 - Next imagine the energy flowing up your spine, pausing between your eyebrows, than down your throat, through the center of your body, into the cauldron and then onto critical mass. Repeat this 4 to 5 times.

13 - End the exercise by standing up and facing east with palms facing outwards for a few minutes.

*When doing the microcosmic orbit, another way to focus the energy is as follows -*

Send the energy down the front of the body, under your buttocks, than allow it to gather at the tip of the spine for a few seconds. Next see it gradually rise over the top of the head and gather between the eyebrows, and pause for a few seconds. Next send it down through the eyebrows, through the throat, vertically down the internal center of the body and into the cauldron.

Do not push or try to hold the energy into the cauldron, just imagine it gathering and remaining there until you feel a "draining" type action where the energy begins to naturally start slipping through, then gently let out the breath, allowing your body to fully and completely relax.

As the energy builds from the chain reaction occurring in the cauldron, send it to the upper chest point and focus and concentrate on holding the energy in that region until a drain type feeling occurs and starts to fade out. Than repeat.

Relaxation is key. The more relaxed you can be, the more the rejuvenative energy has a chance to "slip-through" and work its magic.

Using Neodymium Magnets to Boost Qi Energy Flow  
Researchers at [www.developyourenergy.net](http://www.developyourenergy.net) have been researching the combined effects of powerful magnets and Qi energy. The researchers stated that the north pole of a magnet = Yang and the south pole = Yin. The researchers also discovered that standing on the South Pole of two powerful neodymium magnets while practicing Zhang Zhuang (*Chi Gung*) exhibited an increase in the revitalization energies experienced. Other experiments involved standing facing the sun while it was rising and setting and the researchers also noted extremely powerful effects, stating it felt like a spiritual dynamo. You can find the webpage by doing a web search with the terms -- developyourenergy.net + magnets

One good experiment would be to sew neodymium magnets into a pair of socks and put the socks on when facing south while practicing the Emerald Tablets Exercise and see if it has any effects upon the generating of critical mass. It is key that when magnets are ordered that you request to have the north and south poles of the magnet clearly marked for identification.

#### How to find the North Pole of a Magnet

1. Use a common compass to identify magnetic north.
2. Next place the compass close to but not touching a magnet.
3. Next watch at where the compass needle points. The point that usually points north (earth) should point to one end of the magnet. That point is the south pole of the magnet.

#### How to use the White Light for Healing

The best way to utilize the white light for healing is while holding the energy in and generating "*critical mass*" send the white light generated to regions of the body that need healing. If you have an excess of restorative white light, than visualize it restoring, renewing and revitalizing parts of your body that require this energy.

To summarize, as the revitalization white light is experienced, at the same time send a part of this energy to a part(s) of the body

There also exist seasonal sounds, that when sounded properly, create beneficial pressure in the abdomen region. When you say these sounds during the right seasons and you have practiced generating critical mass in your body for a few years, you really feel the energy. They are known as the Seasonal Sounds of the 5 Yin Organs or 5-Element Breath Sounds and are covered below:

Kidneys – Winter – *FFFFFFFFFFFFUUUUUUUU*

If you feel emotionally distressed, this exercise will immediately neutralize any toxic emotions.

**3- Next imagine any past event that has you stuck in the present or is causing pain and place it in your heart as you continue humming.**

4- Allow the beating of your heart and humming to transform the past trauma.

5- Next imagine the past event transformed into a bright light, gradually expanding outwards from your heart, until you can't see it any more. When you can no longer see the light, acknowledge that the past experience is completely healed and no longer a part of you. Any memory of it only returns to the brightest glow of white light in your heart. The chart shows further details outlining emotions and other criteria according to season:

Organ, Season and Taste					
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Season	Spring	Summer	In - between	Autumn	Winter
Climate	Wind	Heat	Damp	Dry	Cold
Emotion	Anger	Joy/ Surprise	Worry/ Concern	Sadness / Grief	Fear
Taste	Sour	Bitter	Sweet	Spicy/ Pungent	Salty
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Tissues	Sinews	Blood Vessels	Muscles	Skin	Bone
Sensory Organs	Eyes	Tongue	Mouth	Nose	Ears

### Understanding the 3 Vital Treasures

The 3 vital treasures are also called the 3 Jewels. They the 3 forces that create and sustain life. These are Jing, Chi and Shen. Jing is a nutritive essence in sperm and other substances. Chi is also called Qi, Prana or Life Force energy and is generated from proper cultivation of the breath, spirit and vapor that circulates in the air. Shen is a form of essence that is connected with the soul and the supernatural.

ELEMENT	INTERNAL STRAGE	HOLLOW ORGAN	SENSORY ORGAN	BODY LAYER	EMOTION	TASTE
WOOD	LIVER	GALL BLADER	EYE	MUSCLE	ANGER	SOUR
FIRE	HEART	SMALL INTESTINE	TOUNGE	BLOOD VESSELS	JOY	BITTER
EARTH	SPLEEN	STOMACH	MOUTH	FLESH	ANXIETY	SWEET
METAL	LUNG	LARGE INTESTINE	NOSE	SKIN	SADNESS	SPICY
WATER	KIDNEY	BLADDER	EAR	BONE	FEAR	SALTY

### An Introduction to the Siddhis

Gyanganj is said to be a mythical place in the Himalayan region of Tibet whose kingdom is believed to be where immortal beings are said to reside. It is a region for those who have mastered the art of mental power and are able to use that mental power to utilize specific Siddhis, which are a type of evolved consciousness. The human body is a sacred instrument whose soul must be nurtured if one wants to enjoy a long and satisfying life. If you practice the Emerald Tablets Exercise long enough, some of the following Siddhis will naturally start to appear in your life. The Buddha stated to manifest a Siddhi one must adhere to a strict regimen of meditation and concentration. The final question remains, how many people are able to qualify for such criteria? Aushadhis are where herbs are used to asset in the awakening of Siddhis. This allows one's dormant latent abilities become awakened through the utilization and communion with nature and her elixirs. This allows one's body and consciousness to accelerate their inner evolutionary circuits, removing obstructions in its cellular memory.

The Buddhist tradition states spiritual power is a result of specific states of realization that have been obtained. Earth and our bodies consist of earth, water, fire, air, and ether which are constantly evolving. Specific techniques help one's consciousness drift with this change, making the body flow with the changes of the

five elements, instead of becoming worn down by them. In, yoga, this is known as kaya siddhi.

In the book titled: the Yoga Sutras of Patanjali, Chapter IV, verse 1 states that supernormal perceptual powers of Siddhis are reached through certain herbs, called Aushadhis in Sanskrit, allowing one to attain the ability to generate a short term state of mind-strength, which in turn allows one to execute certain powers. The text of the Kaivalya Sutra cites many of these states. Siddhis may allow one to experience a descent into a phenomenal or actual world that becomes real or noumenal. Listed on the following pages are a list of some of the more common Siddhis.

#### 1. Parkaya Pravesh

This is when one's soul enters the body of another person. This has been used when a person has been deceased for between 15 and 24 hours where a yogi has transferred his consciousness into a younger body that had recently been deceased.

#### 2. Haadi Vidya

In this state a person neither feels thirsty nor hungry and remains so for several days at a time. Certain Yogis in the Himalayas, remain engrossed in this state for months or years. The mysterious wandering Digambara monk Trailanga Swami was said to have been proficient in this Siddhi also Trailanga Swami's was able to spend hours underwater in the Ganges and that a yogi on the peak of Mount Arunachala that has not had anything to eat or drink since 1990.

3. Kaadi Vidya

One is not affected by the weather such as strong winds, rain or cold.

4. Madalasa Vidya

One can decrease or increase the size of their body.

5. Vayu Gaman Siddhi

One can levitate and fly through the skies covering vast distances in mere seconds. In the Sutras of classical Buddhism and Zen it mentions Pindola Bharadvaja who was able to accomplish this and Arthur Osborne, Ramana's biographer writes in the book titled: Ramana Maharshi and the Path of Self-Knowledge that he experienced a similar event.

6 - Laghima:

The ability for one to walk on water or move with extreme speed.

7 - Kanakdhara Siddhi

One can acquire unlimited wealth.

8. Prakya Sadhana

One can cause an infertile woman to become fertile or vice versa.

9. Surya Vigyan

One can transmute items using the rays of the sun. This was reportedly performed by Swami Vishudhananda who transmuted a cotton ball into gold and a paper into a rose. This Siddhi is interesting because today scientists can make gold nanoparticles from cotton peels <sup>(86)</sup>.

10. Mrit Sanjivani Vidya

One can bring a dead person back to life. This was said to have been performed several times by Guru Gorakhnath. There is a video of this being done at [www.realnewsrevealed.com](http://www.realnewsrevealed.com)

**11 - Ishita Siddhi**

One can control the laws of nature. Swami Ramalinga (Vallalar) was said to have moved a mass of his followers from an approaching storm to a distant shrine in an instant.

**12 - Vashita Siddh**

The ability to bring others under one's control.

**13 - Kamavasayita Siddhi**

The ability to attain anything anywhere. This is one of the highest Siddhis and consists of most of the abilities of the other Siddhis.

**14 - Prapti Siddhi**

One can manifest any object using only one's hands. The person is able to do this by removing the space which separates two objects from one other.

**16 - Anima Siddhi**

One can become smaller than the smallest particle, allowing one to enter into a rock or alter the density of one's body, allowing him to through solid matter. This may also involve going back in time as time flows backwards at the quantum level.

**18 - Prakamya Siddhi**

The ability to attain anything one desires.

**The Mysterious Weizzas**

Weizzas are person who has obtained advanced levels of a Siddhi. The mentioning of weizzas first appeared during the Konbaung dynasty. In Sagaing a monk known as Bo Bo Aung uncovered manuscripts revealing the practices of weizza. A weikza or weizza is a Burmese term for an immortal or supernatural mystic who is associated with alchemy and mysticism. The end goal of a Weizza is to achieve immortality. It is rumored that weizzas possess an ability to hear and observe objects and persons from vast distances, see into past lives, teleport, dive into earth, read minds, be in numerous places at once and walk on water. Many of these sound like the miracles performed by Jesus. Some Weizzas work with cabalistic squares to create powerful charms. In The Burman, Sir J. George



Scott writes about (REF) certain charms and squares that were so strong they were able to set a house ablaze. Others, were said to have been embedded in one's skin or engraved in stone to prevent drowning and that simply scratching it onto a tree or house would attract lightning <sup>(87)</sup>.



## Chapter 5 -How to use QI Energy for Hands on Healing

After a number of years of practicing the Emerald Tablets Exercise, you may feel healing energy emerging from your hands after the generating of the white light energy. This energy is drawn to specific regions of the body when the moon is in specific constellations. The 3 strongest constellations that exert the most power are known as the "dry constellations" and are Aries, Sagittarius and Leo and their associated organs are represented by the following constellations -

Aries - the head and eyes

Leo - the heart

Sagittarius - the hips

It is interesting to note that these 3 constellations have 3 attributes associated with them. Aries - hands on healing of the eyes. Leo - The time necessary to practice the Emerald Tablets Exercise is reduced. Sagittarius - Performing the Sagittarius Exercise. See Chapter 7, subheading titled: Connecting with the Healing energy of Sagittarius, a Guided Imagery Exercise

When the moon is in a constellation, its energies behave like a magnifying glass. This energy is more intense because the speed the moon rotates around the earth is faster than that of the earth revolving around the sun. For example, Aries has a natural breathing pattern that is fiery and dynamic. It is energy that is primed for action and outwardly focused. This distinct fiery life force aligns with one's extroverted nature.

Simply put, the regions of the body represented by the sun as it goes through the zodiac also apply to the moon (although at a much faster cycle). You can find out when the moon is in a specific constellation by consulting a Moon Void of Course Calendar, or by using a Skymap AP.

The flow of QI throughout each organ in the body takes place at different times. When one can direct QI energy into these regions

one is able to release built-up energy that occurs during the peaks of this energy and restore balance. Excess use of this technique used to charge the liver may cause it to become overly sensitive. So this technique should be used with extreme caution as it is very powerful. The hands on healing energy seems to be stronger in the mornings compared to the afternoons.

To begin you will need a moon void of course calendar. You can usually find these on line for free. Next match the current constellation the moon is in with the associated region of the body. For example, Aries represents the eyes, therefore you place your hands over your eyes during the session.

March 2023 Void of Course Moon Calendar					
Eastern Standard Time (EDT) / Eastern Daylight Time (EDT)					
VOID BEGINS		VOID ENDS		Sign Moon EntersAfter Void	
Date Void Begins	Time	Date Void Ends	Time		
April 17	2:57 PM	April 17	9:09 PM	Aries	
April 20	12:13 AM	April 20	12:30 AM	Taurus	
April 21	11:41 PM	April 22	6:11 AM	Gemini	
April 24	8:15 AM	April 24	2:58 PM	Cancer	
April 26	7:41 PM	April 27	2:30 AM	Leo	
April 29	6:53 AM	April 29	2:59 PM	Virgo	

The exercise works best when hands are placed upon the body region a few days BEFORE the moon enters the proper constellation. The follow chart shows the constellations with the associated body region (moved 1 constellation ahead) -

Moon in Aries - Neck

- Hands held in this region in the morning (palms on shoulders next to neck facing the back). Than in the afternoon, hands are held over the Eyes.

**Moon in Taurus - Lungs**

- Hands held in this region in the morning. Than in the afternoon, hands are held over the Neck.

**Moon in Gemini - Lower Chest**

- Hands held in this region in the morning. Than in the afternoon, hands are held over Lungs.

**Moon in Cancer - Heart**

- Hands held in this region in the morning. Than in the afternoon, hands are held over the Lower Chest.

**Moon in Leo - Nervous System**

- Hands held in this region in the morning. Than in the afternoon, hands are held over the Heart.

**Moon in Virgo - Kidneys**

- Hands held in this region in the morning. Than in the afternoon, the mind visualizes the energy entering the nervous system.

**Moon in Libra - Reproductive Region**

- Hands held in this region in the morning. Than in the afternoon, hands are held over the Kidneys.

**Moon in Scorpio - Hips**

- Hands held in this region in the morning. Than in the afternoon, hands are held over the Kidneys.

**Moon in Sagittarius - Knees**

- Hands held in this region in the morning. Than in the afternoon, hands are held over the Hips.

*Scott Rauvers*

Thank you for reading one of the best books on Qi Generation. Download this book now in Kindle or look or ask for it at your local bookstore. [Click to order](#) your hardcover paperback from from Amazon.com.



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Author

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Thank you for reading this information assembled from over 10+ years of researching The Emerald Tablets of Thoth Tablet #13. I wish you continued success in your quest for exploring the many amazing benefits of Qi Gong leading to a life of health and longevity! Be sure to visit [www.EZ3DBIZ.com](http://www.EZ3DBIZ.com) for other exciting books and articles!



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