



## Practice 8.

### THE THRUSTING CHANNEL / THE CHONG MO

#### The Purpose:

To open the central core channel that came into existence in the first division of the original single cell - from one into two.

To clear the central channel so that it is even, balanced and equalized.

To activate the primary channel that all others organize themselves around.

To open your personal yin-yang polarity, and cascade your Qi/Energy around you.

#### Overview and Explanation:

The Thrusting Channel/Chong Mo is one of the most important routes in Qigong practice. It is the basis of all higher level Inner Alchemy practices. It penetrates many of the vital organs, the glands, and the brain. It also integrates and balances the cauldrons/chakras, which is vital for good health.

As previously stated, the human body is like a simple bar magnet, with a positive pole at one end and a negative pole at the other. The Thrusting Channel/Chong Mo is the core of the body's bar magnet. It runs internally, vertically like a hollow tube, in front of the spine, from the crown point/Governor 20 to the perineum/Conception 1.

These two points, GV 20 (at the top of the head), and CV 1 (at the bottom of the torso), are two of the four most important points in the body. The others are CV 8 at the navel, and GV 4 in the center of the back opposite the navel. Together these four points define and describe the top and bottom and the front and back of a body. They are said to originate in the first division of the fertilized egg.

The top and bottom polarities of the Thrusting Channel/Chong Mo are opposite for men and women.

- Men are positive/yang at the perineum, and negative/yin at the crown

- Women are positive/yang at the crown and negative/yin at the perineum.

Along the Thrusting Channel/Chong Mo are seven major centers of energy which are known in Qigong as the 'cauldrons' (more familiarly referred to as the 'chakras' of the yoga system). Around and outside the body is a bio-electro-magnetic field, similar to the energetic field surrounding a bar magnet, which the Chinese refer to as Wei Qi Field, but it is more commonly known in the West as the 'Aura'.

The Chong Mo is, in fact, three separate and distinct routes. They are most readily accessible at the Perineum. At this point the Chong Mo is oval shaped and approximately 3 inches/7.5 cm left-to-right, and two inches/5 cm front-to-back. There is a left/Yin channel, a center/Dao channel and a right/Yang channel. These are equivalent to the Ida, Shushumna and Pingala in Yoga.

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The detailed and more complex version of this practice involves moving the Qi up and down each of the left, middle and right channels separately. However, for the sake of simplicity and ease of learning and doing, these three channels are combined into one here. Do this practice lightly at first, and increase in strength and intensity as you gain proficiency.

The practice is in four stages:

Stage 1. Perineum to diaphragm

Stage 2. Perineum to neck

Stage 3. Perineum to crown

Stage 4. Out one end of the channel and around the body, to re-enter at the other end.

The first three stages correspond to the lower, middle and upper energy centers, known as The Three Tan Tien / The Three Elixir Fields - that house Jing, Qi and Shen, which are the three basic types of energy as described in Part I - An Introduction.

- The first stage corresponds to the lower energy center in the abdomen, which stores the Jing.
- The second stage corresponds to the middle energy center in the chest, which stores the Qi.
- The third stage corresponds to the upper energy center in the head, which stores the Shen.

Preparation:

Minimal: The Ba Gua, The Microcosmic Orbit, The Belt Channel.

Optimal: Everything so far.

#### THE PRACTICE:

If you are continuing from the previous practice of the Belt Channel/Dai Mo, then begin this practice by forming the pearl at your navel.

If you are beginning with this practice, start by creating a Ba Gua around the navel. Open it by spiraling out, then back in.

Then, using your mind, move the pearl from the navel to the perineum, as in the Microcosmic Orbit. Breathe in and out a few times. Feel the Qi presence there and let it spread out and fill the oval area in the perineum. Hold your Qi there with your mind.

#### A Special Note About Breathing.

Coordinate moving the Qi with your breathing. As you breathe-in draw the energy up and as you breathe-out send the energy down.

As you do these practices, move your Qi up and down to each area three times - coordinated with your breathing - very lightly at first. As your channel becomes clearer you can increase the number of repetitions to six, then nine and increase the intensity with which you practice, like you can close your hand very gently, or as strongly as you are able to using all of your strength and power - just because you decide to.

To aid in beginning to learn these practices it is helpful to reinforce the practice with hand and arm movements. Use the Lao Gong point in the center of your palms, which emits extra Qi, to focus, direct and lead your energy, your mind and your attention.

To do this, hold your hands 9-12 inches away from your body, and face your palms towards you, with the Lao Gong point in the center of your palms directed to your perineum, as if you were pointing two flashlights to overlap at this point.

As you breathe-in and draw up the Qi with your mind, also lead it with the Qi from the Lao Gong point in your palms by raising your hands in front of you, until you reach the specific level described below. Then as you exhale, send the Qi back down with your mind, and descend with your arms, hands and palms pointed back to the perineum. Repeat this each time you do the practice. In this way you are reinforcing the movement of your Qi with your own energy from your Lao Gong point.

Perform this through the following three stages. At the end of each stage take at least three breaths before continuing, to gather and stabilize your Qi at the perineum.

Stage 1. Perineum to the Diaphragm.

This is the Lower Tan Tien area. It involves all of the organs in the area, including the sexual organs and the adrenal glands.

As you draw up your Qi to your diaphragm with your mind, reinforce your focus with the Lao Gong points in your palms - then send your Qi back down again.

Stage 2. Perineum to Neck

This is the Middle Tan Tien. It includes the heart and the lungs and the thyroid and parathyroid glands.

As you draw up your Qi to your throat with your mind, reinforce your focus with your Lao Gong points in your palms - then send your Qi back down again.

### Stage 3. Perineum to Crown

This is the Upper Tan Tien. It includes the brain and the pituitary and pineal glands.

As you draw up your Qi to your crown with your mind, reinforce your focus with your Lao Gong points in your palms - then send your Qi back down again.

Finally let your mind and Qi open and balance the whole Thrusting Channel, integrating it as one whole.

Pay attention to how this feels. Remember it.

When you become proficient in this practice you can do it with your mind alone, without using your hands and palms, but they may also be included any time because it helps the practice and feels good.

When you first do this practice repeat the entire sequence at least 3 times. Later increase to 6, then 9 times.

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Stage 4. The final stage of the Thrusting Channel/Chong Mo practice involves sending the Qi out one end of the channel around your body in the Wei Field, then gathering it at the other end to return back into the channel inside you.

As previously stated, the direction of flow is different for men and women:

Men are positive/Yang at the perineum and negative/Yin at the crown.

Women are negative/Yin at the perineum and positive/Yang at the crown.

As before, reinforce this movement with your hands and palms, so that the Lao Gong point leads and follows the Qi.

Men:

Begin at the perineum. As you breathe-in draw the Qi up the central channel to your crown. As you breathe-out send it down your Chong Mo to emerge at the perineum into the Wei Field around your body. With your mind direct it outside of you then direct it to rise upwards, to enter again at the crown point as you breathe-in and gather it there. As you breathe-out send it back down the Chong Mo to the perineum. Hold and gather it there with your mind, and breathe-in and out. Repeat this sequence three times, or more.

To add hand movements...

Follow and lead the Qi with your palms and Lao Gong point, as described earlier. When you reach the perineum, as your hands and palms descend down the front, turn the palms so that they are facing away from you, then extend your arms out to the sides left and right, and with palms now facing upwards raise them on either side until they come up and over your head so that they are first facing towards each other above your head, and then bend your elbows and wrists so your palms are pointed to your Ba Hui point at your crown. Direct them to the Chong Mo as your return downwards to the perineum. Reinforce the practice with these complementary arm and hand movements.

To end, bring your Qi to the perineum, then raise it up the front Conception Channel/Ren Mo to your navel. Close down and seal your energy at your navel.

Women:

Begin at the perineum. As you breathe-in, draw the Qi up the central channel to the crown. As you breathe-out, send it up and out from your crown outside you, like a fountain, to cascade down around you in the Wei Field around your body. As you breathe-in again draw it in at your perineum. Gather it at your perineum and hold it there as your breathe-out. Repeat the sequence three times, or more.

To add hand movements...

Reinforce the practice with these complementary arm and hand movements. Follow and lead the Qi with your palms and Lao Gong point, as described earlier. When you reach the crown turn your palms to face upwards and push the Qi up and out. Then let your arms fan out naturally to either side with the palms now facing down, and as you breath out draw your arms down between your knees so that your palms face towards your perineum again.

To End.

To end, draw the Qi from the perineum up the front Conception Channel/Ren Mo and gather it at your navel in the Ba Gua.

Close and seal the Ba Gua.

Spiral out 9 or 36 times  
- men to the left/clockwise  
- women to the right/counter-clockwise

Then reverse and come back in to your center 6 or 24 times  
- men to the right/counter-clockwise  
- women to the left/clockwise

Your energy has now returned to your center, and is stable and secure.

End the practice. Continue with your everyday life, refreshed and strengthened.

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To Continue:

To continue, you can proceed to the Bridge and Linking Vessel practice. To do this, draw the Qi to the perineum then up the center of the back along the Governor channel to the Crown/ Ba Hui point on top of the head.