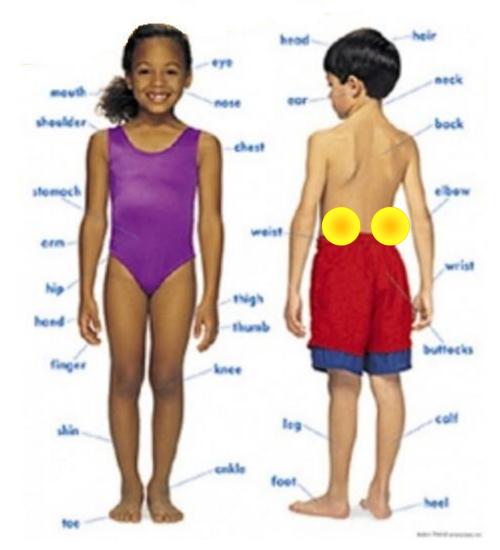
Produce Jing

Sound Power:

Chant silently (one time only): *Produce* jing. Then hold your breath while chanting silently (four times only): *Produce* jing. *Produce* jing. *Produce* jing. Then exhale fully, while chanting silently (one time only): *Produce* jing.

Repeat this process six times, for a total of seven cycles.



Jing -> Kidneys

Transform Jing to Qi

Sound Power:

Chant silently (one time only): *Transform* jing *to* qi. Then hold your breath while chanting silently (four times only): *Transform* jing *to* qi. *Transform* jing *to* qi. *Transform* jing *to* qi. *Transform* jing *to* qi.

Then exhale fully, while chanting silently (one time only): *Transform* jing *to* qi.

Repeat this process six times, for a total of seven cycles.



Qi -> Spinal Column

Transform Qi to Shen

Sound Power:

Inhale deeply and chant silently (one time only): *Transform* qi *to* shen. Then hold your breath while chanting silently (four times only): *Transform* qi *to* shen. *Transform* qi *to* shen. *Transform* qi *to* shen. *Transform* qi *to* shen.

Then exhale fully, while chanting silently (one time only): *Transform* qi *to* shen.

Repeat this process six times, for a total of seven cycles.

heir head 472 neck m-a w t 0014 shoulder bock chest elbaw stomoch * weist em wrist hip والمشاولة hord buttecks finger cold Len nin cakle ا م م 104

Shen -> Brain

Transform Shen to Xu

Sound Power:

Chant silently (one time only): *Transform* shen *to* xu. Then hold your breath while chanting silently (four times only): *Transform* shen *to* xu. *Transform* shen *to* xu. *Transform* shen *to* xu. *Transform* shen *to* xu.

Then exhale fully, while chanting silently (one time only): *Transform* shen *to* xu.

Repeat this process six times, for a total of seven cycles.



Xu->Heart

Transform Xu to Tao

Sound Power: Chant silently (one time only): *Transform* xu *to* tao. Then hold your breath while chanting silently (four times only): *Transform* xu *to* tao. *Transform* xu *to* tao. *Transform* xu *to* tao. *Transform* xu *to* tao.

Then exhale fully, while chanting silently (one time only): *Transform* xu *to* tao.

Repeat this process six times, for a total of seven cycles.



Tao -> Soul

Homework

For your homework and your enjoyment, please go to Master Sha's Youtube Channel and search for "Master Sha teaches jing qi shen xu tao". There is a 5-part series of videos with the jing qi shen xu tao practice and wisdom.

Master Sha Teaches Jing Qi Shen Xu Tao

https://youtu.be/I-zVEqVpAQ0 (part 1)

https://youtu.be/0Z3DDiRhlig (part 2)

https://youtu.be/D8FY_Surnw8 (part 3)

https://youtu.be/vRP5ilrK_88 (part 4)

https://youtu.be/lfYeKKSqoxo (part 5)

https://youtu.be/cvz_3YPvxFU = Soul Healing Miracles

- everything is made of Jing Qi Shen, p. 20