

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. 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.

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/l-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