

Practice 7.

THE BELT CHANNEL / THE DAI MO

The Purpose:

To activate and strengthen the field around your body.

To smooth, repair, balance and equalize your protective personal energy envelope.

To access the only horizontal channels circling and spiraling around your body.

Overview and Explanation:

The Belt Channel/Dai Mo is the meridian that circles horizontally around the body. It is the only meridian that moves on a horizontal level, and it wraps around all of the other channels, holding them together like a belt.

This practice may be used to clear your field, and make you feel good. There are different ways of doing this practice - you can slow down and do the rotations closer together and in more detail, or you can open them up as one big cocoon. It strengthens and clears your field around your body. It acts as a protective field, an envelope, and can function as an energy 'overcoat' to keep out undesirable energetic, psychic and emotional influences.

The human body is like a simple bar magnet, with a positive pole at one end and a negative pole at the other. Outside and around the body is a bio-electro-magnetic field, similar to the energetic field surrounding a bar magnet - most children are aware of this from the simple classroom experiment of sprinkling iron filings on paper which covers a magnet. The Chinese refer to this bio-electro-magnetic field as Wei Qi, but it is commonly known in the West as the 'Aura'. This extends roughly as wide as your arms can reach.

Your Wei Qi Field/Aura is an extension and reflection of your energy system. It is said to have seven distinct layers of increasing refinement and subtlety as it extends outward, each one corresponding to one of the seven energy centers along the

central Thrusting Channel/Chong Mo. These energy centers are known in the Daoist system as 'Cauldrons'. In the yoga system they are familiarly known as 'Chakras'. It is considered that the lowest cauldron relates to the first layer, closest to the body, while the highest cauldron relates to the outermost layer, the one furthest from the body.

This Wei Qi Field is like an antenna and connects you with the external energy outside of you - for instance, it resonates with the Earth's magnetic field. It is also affected by such natural events as the weather, the seasons, and the moon cycles, as well as the location you are in. Being in the Grand Canyon at midnight on a full moon is a different 'energy' than being in the center of London on Monday morning in the 'rush hour'. There is a very real reason and purpose for people wanting to 'be in nature' - the 'energy' is better.

It is most important for your health and well-being to keep your Wei Qi Field clear, clean and strong, because it reflects and affects your meridian energy, and can be beneficial or detrimental to all of your organs, functions and overall health. However, you do not need to be in nature to do this, you can do it just using your mind.

The following practice can help you check, clear and balance your whole Wei Qi Field, and also help repair any irregularities or disturbances in your whole energy system. Checking your Field can put you back into good order, and prevent imbalances before they become physical problems. You use your mind and awareness to 'scan' your Field, like a personal internal radar.

Preparation:

Minimal: The Ba Gua, The Microcosmic Orbit.

Optimal: Everything done so far.

THE PRACTICE:

There are three stages of development in the Belt Channel/Dai Mo practice:

- Around the core Thrusting Channel/Chong Mo inside you (see the next practice)
- Around the surface of your body
- Around the external Wei Qi Field that surrounds the whole body

Once you are proficient at working with your own Wei Qi Field you can extend outward into Heaven and Earth. Then you can draw the fresh clean energy of Heaven and Earth directly into you. However, to do this it is first necessary to learn the following practices.

Begin at the navel. Moving your Qi with your mind, activate the Ba Gua by spiralling out and back in again to turn it on. Condense your Qi into a pearl.

Using your mind and intention to direct and control your energy, start at the level of your navel. Your navel is 'home base' and the safest stablest location, where you start and end this practice. So, to begin, first do the following at the navel.

Focus the Qi Pearl at your navel on the surface of your skin. Directing it with your mind, let it flow from the navel to the left side of the waist, then to the Gate of Life/Ming Men point on the center of the spine at the back opposite your navel, and on around to the right side of the waist, then back to end again at the navel. Repeat this for total of 3 or 9 times.

To develop the ability to do this practice, first begin by circling three times each, at three levels - 1) around the central core Thrusting Channel, 2) around the surface of the body, 3) and around the outside Wei Qi Field.

Move the Qi Pearl from the surface of the navel inwards to the surface of the Chong Mo. At the central core of the Thrusting Channel/Chong Mo, rotate horizontally three times around to your left. However, it is important that you do not penetrate inside the Chong Mo itself, but see it as a 3 inch diameter tube and only circle around the outside of it. The reason for this is that inside the Chong Mo are the Cauldrons/Chakras, the centers of energy, which contain powerful, refined Qi, and which can be

difficult to control without advanced experience. So only circle around the outside.

Next, move outwards to the surface of your skin, and again rotate horizontally, three times around to your left.

Then, extend outwards, from the surface to the outermost edge of your field, about as far as your fingertips could reach, and once again rotate horizontally, three times around to your left.

Finally, join all the three layers - core, surface and field - together, and rotate all of them to the left at the same time, like a lighthouse beam or a radar scan.

To end, come back to your navel on the surface of your skin.

You can now continue on upwards, repeating this process at every level of the Microcosmic Orbit, tying together the front and back points at each level - solar plexus, heart, throat, brow and crown.

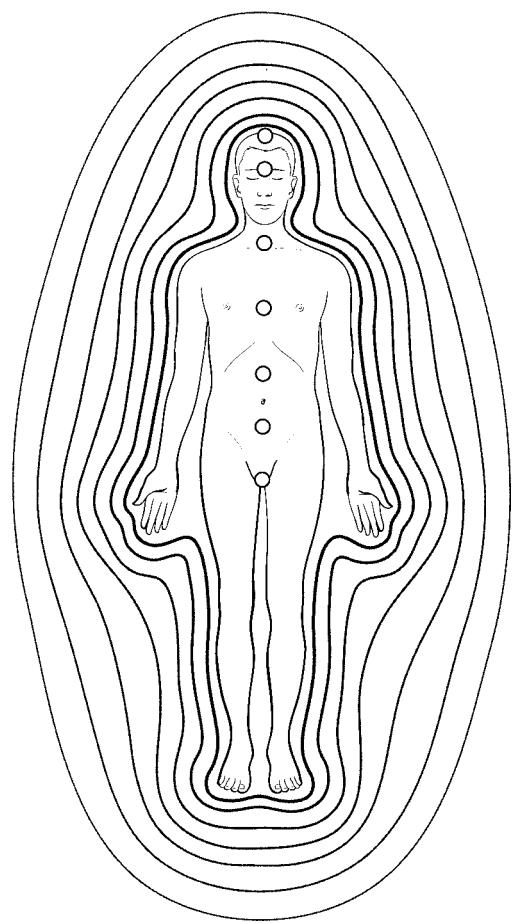
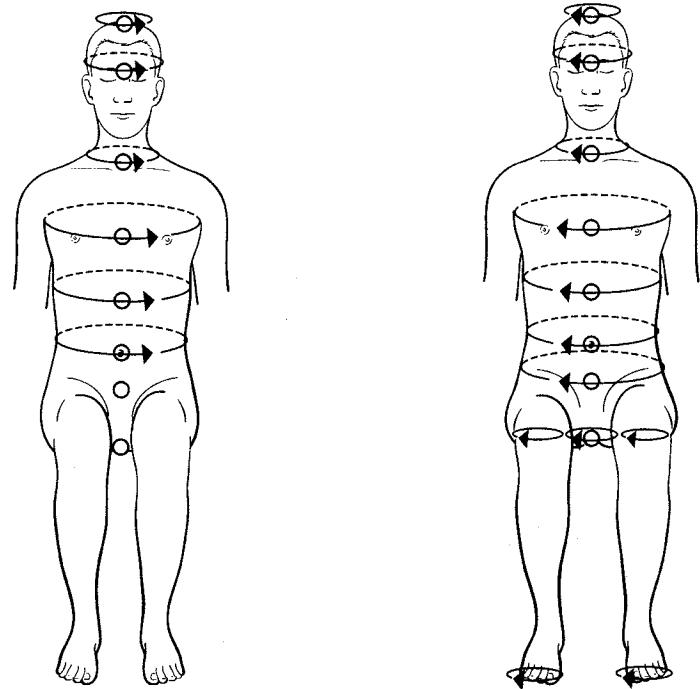
To perform this slowly rotate upwards and to the left in a spiral, and as you go up let your mind scan through horizontal cross-sections of the complete diameter of your whole field. Pay close attention to how you feel, and what you sense. Do this carefully and get feedback. Pay attention to what this feedback means. Use your intuition and your "sixth sense". If your energy is slow or stuck, empty or uneven, too heavy or too light... use your mind to gently but firmly put it right, then continue.

Continue on up to your crown, then hold your energy there for as long as you feel the need to. This point is 3 inches in diameter.

After reaching the crown reverse the direction, so that you are now rotating down and to the right, in a reverse spiral. Now slowly move it down your body.

Descend, scanning as you go, from the top down - brow, throat, heart, solar plexus, navel, sexual point, perineum, then down to the knees and end on the soles of your feet.

As you become more experienced and proficient, if you notice any irregularity in your field remain at that level and continue to rotate your energy until you notice a shift and it runs smoothly and evenly.



Finally, return back upwards. Rotate to the left at the soles of the feet, then continue on up, scanning to the left, through the knees, perineum and sexual point, to finish back at the navel.

To add another level to this practice once you have completed the first stage described above, coordinate it with your breathing.

- As you breathe in rotate up to the left.
- As you breathe out rotate down to your right.

Do this 3, 6, or 9 times. Once you have finished the spirals to the right at your feet, breathe in once more, and rotating to the left bring it up to finish at the navel.

To end, close down and seal your energy at your navel. 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.

Pay attention to how you now feel.

Remember it.

Add it to your energy memory library.

This completes the first stage of the two stages of the Belt Channel/Dai Mo practice, which is focused on rotating your Qi/Energy within your own personal Wei Qi Field.

The second stage involves extending outside of yourself into Heaven and Earth and then drawing this external Qi/Energy into yourself. (see Practice 11).

Begin slowly, learn it carefully, and you will be able to turn your Wei Qi Field/Aura 'On' whenever you wish, or need to, and to correct it so that it operates smoothly and evenly.

To Continue:

The Belt Channel can be a complete practice in itself, and used and applied as and when needed.

Or, you can proceed in the regular progression to the following practice of The Thrusting Channel, and everything after that.

However, you can also proceed directly from here to Drawing In Heaven and Earth, as that is a direct progression.