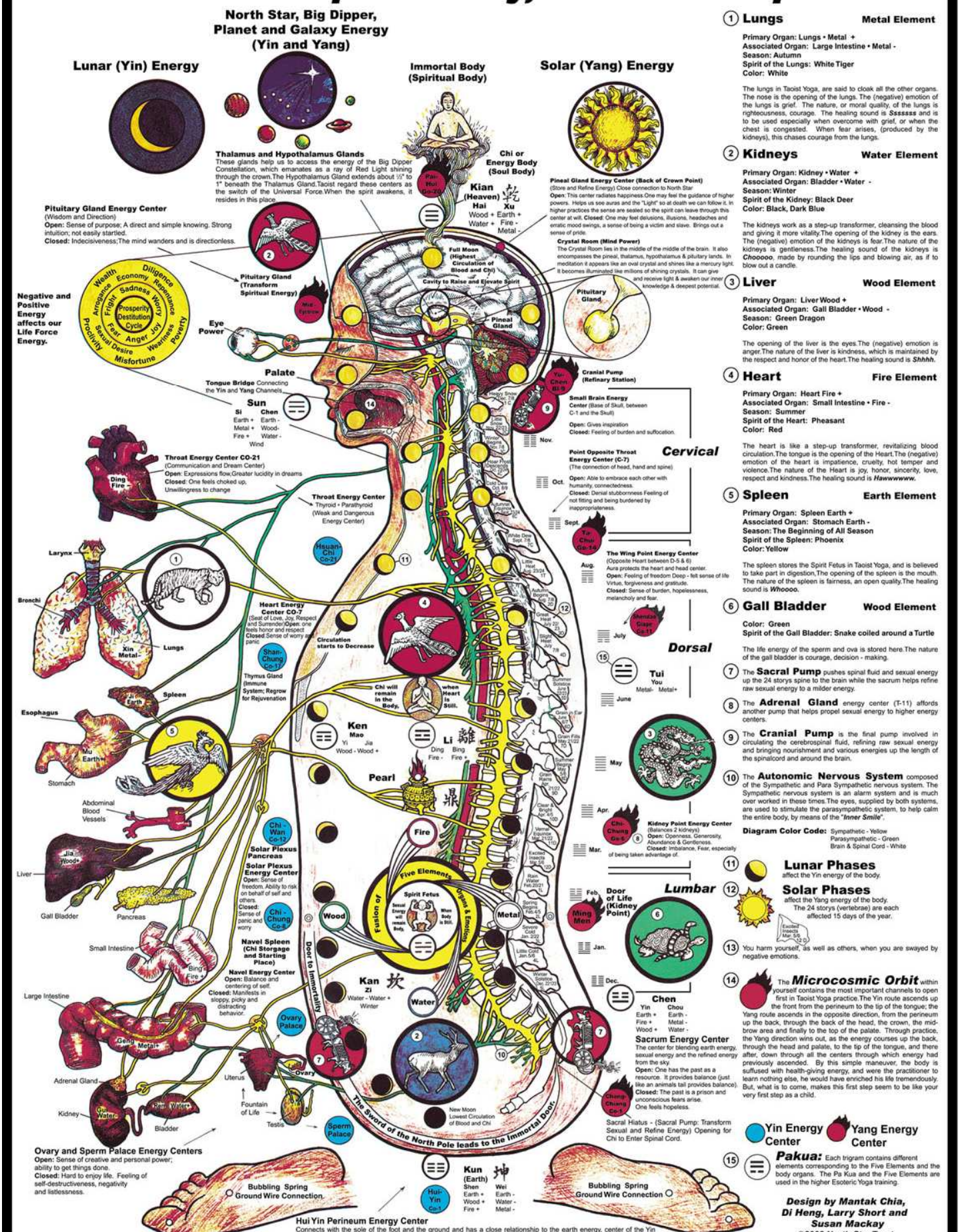
Taoist Inner Alchemy Anatomy Chart

Relationship of Body, Mind and Spirit



1 Lungs — Metal Element

Primary Organ: Lungs • Metal +
Associated Organ: Large Intestine • Metal -
Season: Autumn
Spirit of the Lungs: White Tiger
Color: White

The lungs in Taoist Yoga, are said to cloak all the other organs. The nose is the opening of the lungs. The (negative) emotion of the lungs is grief. The nature, or moral quality, of the lungs is righteousness, courage. The healing sound is ***Ssssssss*** and is to be used especially when overcome with grief, or when the chest is congested. When fear arises, (produced by the kidneys), this chases courage from the lungs.

2 Kidneys — Water Element

Primary Organ: Kidney • Water +
Associated Organ: Bladder • Water -
Season: Winter
Spirit of the Kidney: Black Deer
Color: Black, Dark Blue

The kidneys work as a step-up transformer, cleansing the blood and giving it more vitality. The opening of the kidney is the ears. The (negative) emotion of the kidneys is fear. The nature of the kidneys is gentleness. The healing sound of the kidneys is ***Choooooo***, made by rounding the lips and blowing air, as if to blow out a candle.

3 Liver — Wood Element

Primary Organ: Liver Wood +
Associated Organ: Gall Bladder • Wood -
Season: Green Dragon
Color: Green

The opening of the liver is the eyes. The (negative) emotion is anger. The nature of the liver is kindness, which is maintained by the respect and honor of the heart. The healing sound is ***Shhhh.***

4 Heart — Fire Element

Primary Organ: Heart Fire +
Associated Organ: Small Intestine • Fire -
Season: Summer
Spirit of the Heart: Pheasant
Color: Red

The heart is like a step-up transformer, revitalizing blood circulation. The tongue is the opening of the Heart. The (negative) emotion of the heart is impatience, cruelty, hot temper and violence. The nature of the Heart is joy, honor, sincerity, love, respect and kindness. The healing sound is ***Hawwwwww.***

5 Spleen — Earth Element

Primary Organ: Spleen Earth +
Associated Organ: Stomach Earth -
Season: The Beginning of All Season
Spirit of the Spleen: Phoenix
Color: Yellow

The spleen stores the Spirit Fetus in Taoist Yoga, and is believed to take part in digestion. The opening of the spleen is the mouth. The nature of the spleen is fairness, an open quality. The healing sound is ***Whoooo.***

6 Gall Bladder — Wood Element

Color: Green
Spirit of the Gall Bladder: Snake coiled around a Turtle

The life energy of the sperm and ova is stored here. The nature of the gall bladder is courage, decision - making.

7 The **Sacral Pump** pushes spinal fluid and sexual energy up the 24 storys spine to the brain while the sacrum helps refine raw sexual energy to a milder energy.

8 The **Adrenal Gland** energy center (T-11) affords another pump that helps propel sexual energy to higher energy centers.

9 The **Cranial Pump** is the final pump involved in circulating the cerebrospinal fluid, refining raw sexual energy and bringing nourishment and various energies up the length of the spinalcord and around the brain.

10 The **Autonomic Nervous System** composed of the Sympathetic and Para Sympathetic nervous system. The Sympathetic nervous system is an alarm system and is much over worked in these times. The eyes, supplied by both systems, are used to stimulate the parasympathetic system, to help calm the entire body, by means of the "***Inner Smile***".

Diagram Color Code: Sympathetic - Yellow
Parasympathetic - Green
Brain & Spinal Cord - White

11 **Lunar Phases** affect the Yin energy of the body.

12 **Solar Phases** affect the Yang energy of the body. The 24 storys (vertebrae) are each affected 15 days of the year.

13 You harm yourself, as well as others, when you are swayed by negative emotions.

14 The ***Microcosmic Orbit*** within yourself contains the most important channels to open first in Taoist Yoga practice. The Yin route ascends up the front from the perineum to the tip of the tongue; the Yang route ascends in the opposite direction, from the perineum up the back, through the back of the head, the crown, the mid-brow area and finally to the top of the palate. Through practice, the Yang direction wins out, as the energy courses up the back, through the head and palate, to the tip of the tongue, and there after, down through all the centers through which energy had previously ascended. By this simple maneuver, the body is suffused with health-giving energy, and were the practitioner to learn nothing else, he would have enriched his life tremendously. But, what is to come, makes this first step seem to be like your very first step as a child.

Yin Energy Center — Yang Energy Center

15 ***Pakua:*** Each trigram contains different elements corresponding to the Five Elements and the body organs. The Pa Kua and the Five Elements are used in the higher Esoteric Yoga training.

Design by Mantak Chia, Di Heng, Larry Short and Susan Mackay

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Five Elements, Pakua, Lunar, Solar and Star Relationship Chart

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