

# Yuanji Energy Treatment Program --Guanding

## **Background**

Yuanji was developed over 800 years ago in China as a secret practice handed down a family lineage. This meditative healing discipline was closed to the public until 1987, when the present Grandmaster PUREN opened Yuanji to the world, setting up an educational and training center, as well as a large hospital complex in Hubei Province. Until 2001, this center offered intensive workshops that combined Yuanji energy meditation, herbal medicine, acupuncture, nutrition, and the Yuanji therapeutic dances and exercises.

As a treasure now available to the global community, our goal is to establish an equally formidable Yuanji Center in the West that would heal those most seriously ill, as well as those seeking health and freedom from disease.

## **Guanding and Activating the Celestial Eye ([Third Eye](#))**

Guanding and activating the celestial eye is a standard procedure in the Yuanji teaching program. The qualified Yuanji teacher transfers his/her energy to the receiver (student/patient) through the top of the receiver's head, celestial eye, navel and vital gate (between L2 & L3, opposite the navel). The following is a brief introduction of the principles and effects of this procedure.

Yuanji finds its essence in traditional Chinese culture, studying the relationship between the human being and the Universe. The Yuanji diagram represents the core of Yuanji science. According to the Yuanji diagram, the primordial substance of the Universe is Yuan (chaos), which contains three components, the 3Es: the element Qi (E Qi), element Light (E Light), and element Sound (E Sound, the information code).

Human life (the physical body) originates from parents, and is an expression of the Universe's energy field. This field forms our prenatal energy system (identified as meridians and Chiao-energy centers). The parents' sperm and egg form the physical (postnatal) body. Inside the womb, the growth of the fetus's physical body depends on the blood from the mother through the umbilical cord.

The fetus' accumulation of prenatal energy depends on the ability of its pores, energy gates and Chiao centers to harvest energy from the Universe. The energy gates and centers for harvesting prenatal energy closes gradually after

birth. The human body absorbs energy through breath, drink and food (postnatal energy). Human life mainly depends on the prenatal energy and is complemented by postnatal energy. Health and longevity relies mainly on the abundance of prenatal energy. The exhaustion of prenatal energy leads to death, and the imbalance of prenatal and postnatal energy results in disease.

Unity between the human being and the Universe is realized through the 3E components and their movements. Prenatal and postnatal are related terms, like yang and yin. For example, Heaven is yang, Earth is yin; Qi is yang, blood is yin; day is yang, night is yin; the five internal hollow organs are yang (i.e., stomach, large intestine, small intestine, gall bladder, urinary bladder); the five internal solid organs are yin (i.e., spleen, lungs, heart, liver, kidneys); the left side of the body is yang, the right side is yin; the back of the body is yang, the front is yin. The Yuanji theory of human-- universe unity reveals the origin of human life, and the cause, prevention and treatment of disease.

Within the Yuanji system, disease originates from imbalances in a person's life. The sources of the imbalance can be disruptions in the environment (e.g., weather related, pollution related) or disruptions in one's daily life (e.g., excess work, food, alcohol, drugs and/or sex). However, emotions are considered to be the greatest factor in inducing a diseased state (e.g. stress, anxiety, sadness, worry, fear, depression, and anger). These imbalances disrupt the continuity of the bodily systems and drain the prenatal energy, and in the diseased patient, exceed the body's natural ability to compensate. As a result, circulation is compromised, cellular function is altered, the information system is in disorder, and disease develops. Yuanji treats the disease condition by supplying prenatal energy, readjusting the bodily systems and strengthening the healing process. It has been successful in reducing cancer, alleviating chronic diseases, as well as increasing immune responses.

Yuanji Guanding and activating the celestial eye are shortcut methods that heal and strengthen the human body very quickly. The Yuanji approach harmonizes prenatal/postnatal energies to prevent and heal diseases. During Yuanji Guanding and activating the celestial eye, the Yuanji teacher/medicine doctor transfers prenatal E Qi energy to the receiver through the top of the receiver's head, and transfers prenatal E light to the receiver through the receiver's celestial eye. The Yuanji professional opens his/her energy gates/Chiao and pores to harvest the Universe's prenatal energy. Such energy is gathered in the professional's body and sent out through the meridians.

How can E Qi and E light be sent out through the fingers where there are no breathing outlets? The Yuanji Scripture says: "Nature has the function to

develop Chiao, and the Body has the essential material to form Chiao. Therefore Chiao can be formed through connecting Nature's function with the energy of the internal organs". The human fetus breathes through its Chiao. Practitioners throughout history have been seeking the highest stage of "Fetus breathing" which is Chiao breath. Some animals in the wild hibernate (like the snake and turtle), living without food and drink in Winter. When Spring comes, they come back to life. They have a long life span. Hibernation is a kind of Chiao breathing.

According to the ancient book of traditional Chinese medicine, "Huang Ting Ne Jin Jing", the inner side of the middle finger is connected to the heart meridian, the outer side of the middle finger to the small intestine meridian. These two meridians are connected at the tip of the middle finger to complete the energy flow channeled through the heart and small intestines. Likewise, the inner side of the ring finger is connected to the liver, the outer side to the gall bladder; the inner side of the small finger is connected to the kidneys, the outer to the urinary bladder; the inner side of the index finger is connected to the lungs, the outer is to the large intestine; the inner side of the thumb is connected to the spleen, the outer to the stomach.

The internal organ systems are connected when internal E Qi and E light are being sent out through the fingers of the Yuanji practitioner. This energy is the force of life. It is pure yang sought by practitioners throughout history. The Yuanji practitioner transfers the pure yang energy to the student/patient through the top of the student/patient's head, where there is a major acupuncture point called BAI HUI (joint of a hundred meridians), and where 12 meridians merge and connect five solid and six hollow internal organ systems. The energy of a Guanding treatment can reach the internal and external parts of the whole body to clean up the energy and physical systems.

From 1992-2000, the Yuanji hospital in China set up a database to systematically monitor and record the clinical results of Guanding treatment. These results show that some ailments were alleviated or cured instantly; some people achieved a clearer intellect; some paralyzed people became capable of walking; some deaf-mutes had their hearing and ability to talk restored; some tumors were diminished/reduced; hypertension was normalized, etc. Due to the differences of the receiver's age, health condition, and ability to absorb and assimilate energy, some of the patients had healing effects immediately, some in a few hours, some in a few days, etc.

What kinds of diseases can Yuanji treat? Yuanji is a tradition. The "Yuanji Scripture" does not contain any records about what kinds of diseases it can cure

or cannot cure. Yuanji is not just treating the head when there is a headache, treating a foot when there is a problem there. Yuanji views the human being and Universe as one, which includes the Qi, blood, and visceral systems, as well as the internal and external energy systems. Imbalance in any of these systems causes disease. Guanding treatment supplies prenatal E Qi and E light to the receiver, harmonizes the energy system, smoothes the flow of Qi and blood, balances the yin and yang organ systems, and also connects and harmonizes the human being with the Universe. The "Yuanji Scripture" states: Curing and return to health are the outcomes of accumulated prenatal energy.

In activating the celestial eye, the practitioner transfers E light directly to the student/patient's pineal gland, which secretes melatonin. The pineal gland is thought to control all functions in the human physical body and energy system. Modern medical science has recently discovered that the pineal gland and [melatonin](#) play a very important role in the human 'bio-clock' and other functions.

The Yuanji system includes the concepts of yin and yang. The front of the body is yin, the back is yang. The yin channel in the front is the conception channel; the yang channel in the back is the governor channel. These channels are the main tracts of the extra-ordinary meridians and connect with the 12 cardinal meridians of the body. Activating the celestial eye balances the yin and yang of the body. The ancient Chinese Medicine scripture, "Yellow Emperor's Text of Internal Medicine" states: 'How can disease come when one focuses the mind (celestial eye) internally?' Partially paralyzed cerebral hemorrhage patients gain their walking abilities after this treatment because their energy channels are unblocked, and the left and right sides of their body are balanced.

Many spiritual figures and sculptures have a bright spot on their celestial (third) eye. These figures are practitioners who have achieved extraordinary wisdom and energy, and have made great contributions to mankind and civilizations, and are often referred to as Gods, Sages, etc. Through Yuanji practice, the celestial eye becomes bright and recovers its eye function. After Guanding and activating the celestial eye, some student/patients can see an inner bright spot at their celestial eye. Some may even develop remote vision and X-ray vision. These phenomena can be explained by applying modern scientific principles in the study and research of Yuanji science.

According to Yuanji principles: "Every body is the same body as I/me; every thing originates from the same root as I/me; the Universe is from the same source as I/me. Set aside negativity and move forward towards harmony and

good." Guanding and activating the celestial eye is performed on each receiver one by one. There is no difference between those who receive it first and those who receive it later. Imported prenatal energy harmonizes the receiver's body, and forms a bright Qi and light line (antenna) above the top of the receiver's head. Zen master Dharma says: "Form a golden line on the top of the head, to shine all over heaven and earth".

**During Guanding treatment, please:**

1) Relax the whole body. Put your hands on lower Dantian (RN4) (four finger widths below the Navel (belly button)). Place the tip of your tongue on the upper roof of your mouth just behind your front teeth (forming a bridge connecting the conception and governor channels of energy). Focus your mind on your navel, slightly closing your eyes. Do not wear a hat or glasses. The Guanding treatment takes several minutes. For optimal results, after your Guanding treatment, bring your mind to your tailbone pass and continue sitting with your eyes gently closed for about 15-30 minutes.

2) Each receiver can only receive one Guanding treatment every session. Elderly and weak receivers should sit down. Remain silent, as talking distracts the attention of both the practitioner and you, the receiver.

3) You may monitor your blood pressure, eye sight, breast tumor, hearing ability and all other symptoms before and after Guanding. You also can go to your medical doctor to assess the healing effects after a course of treatment. Guanding is followed by an energy coordination session, which further harmonizes the input of prenatal energy and cleanses the energy channels in your body.