



THE MAGICKAL PASSES

WESTERN TAI-CHI

TENSEGRITY SERIES I

HEALTH AND VITALITY

Acquiring Energy

There is an inherent amount of energy existing in each one of us, which is not subject to the onslaughts of the outside forces for augmenting or decreasing it. This quantity of energy is sufficient enough to enable the individual to break those parameters of normal perception and on into states of heightened awareness wherein resides true magickal power.

All of humanity is innately obsessed with such a goal; hence the profusion of drugs, stimulants, religious rituals and cultural rites that are usually, feeble attempts to rush at such a barrier. Such rushes are inadequate attempts to re-deploy this energy that must first be precipitated by a superb physical and mental balance.

So the first work is to restore this energy that has been displaced from the centers of vitality in the body, which has been so clearly mapped in the system of Chakkras. Learning to see the flow of energy through the Sushumna is the primary and essential task of this working.

More specifically, the 6 physically vital centers are:

1. Area of liver and gall bladder (right side)
2. Area of pancreas and spleen (left side)
3. Area of kidneys and adrenals – (both sides of the back; adrenals sit on the top of both kidneys and regulate stress¹)
4. Hollow spot at base of neck in frontal part of the body.
5. Around the womb
6. On top of the head

The serious Student should take the time to find these organs on one's own physical body. Success at the Middle Pillar Exercise allows you to see the Chakkras as a spiritual whole. And there may be some connection between these vital centers and the Chakkras that could prove to be valuable knowledge. Indeed, there could be links also with the Tunnels of Set. From this, a completely Shamanistic level of the work could be developed.

And now you must learn to perceive this as energy to be directed and controlled by saturating your body with the movement of this energy. This is the other half of the equation that was initiated with the stillness of your Asana practice; developing as an ebb and flow.

There is a duality in each of us, the self and the energy body; each can be transformed into the other. Through these passes, one can re-establish an unused link with the life force that sustains the self. Success is noted by the practitioner, as an ephemeral quality that comes of one's physical and mental state. Others may observe a brighter aura or a light seeming to emit from one's eyes. This is the Aethyric menstruum that formulates the Khu, that energy that gathers around us and can be seen as a luminous field of energy.

¹ This is a part of the endocrine system. They produce cortisol as part of the hypothalamic-pituitary-adrenal axis. The adrenals also produce testosterone and estrogen, as well as regulate water and electrolyte concentrations. The pituitary and hypothalamus regulate the Adrenal Cortex by secreting neuroendocrine. This is how one's gender takes its energy in the body.

The Magickal Passes

General Posture:

Return to this posture after completing each of the Passes

- Positioning of torso - Spine Erect.
- Positioning the feet - Put two feet close together
Pivot tips of heels opening into a v-shape
Shift weight to tips and pivot heels out bringing feet to parallel alignment.
- Positioning the legs - Bend kneecaps slightly so that they block view of tips of feet.
Back muscles of legs must remain tense.
- Positioning the arms - Arms are slightly bent at the elbows.
Thumb is locked by folding it over edge of hand towards the palm.

Turning on the body

Tense all muscles of body, specifically the diaphragm in one instance and release.
Begin series of deep inhalations and exhalations
This process may be repeated any number of times before resuming normal breathing.

THE MINOR MOVEMENTS

Warming Up

Begin by twisting torso and letting arms flail freely; continuing this for a short period. Include with this, the first minor movement:

1. Forging the Central Power of the Body

Benefits: Brings the energy of the right side of the body into the head and the energy of the left side of the body into the adrenals and then vice-versa; mixing the energy of the adrenals with the head.

Bend over, keeping back straight and fully extended.

Left arm over kidney.

Right forearm is over the Sahasrara Chakra, palm facing outwards.

Shift arms back and forth; turning head to face shoulder of arm over kidney.

2. Two Prongs on the Face

Benefits: Promotes youth and clears out the toxins that are held in the face from stress and tension.

Replaces old cells with new and vital ones.

Place thumbs under chin and push upward while placing index fingers and middle finger next to eyes, pressing inwards.

Hold and release pushing or pulling hands outwards, about six inches from the sides of your face.

Follow this movement with an elucidation of the whole face:

- a. Begin by rubbing the thumb-side of the index fingers; generating some heat. Then hold these along the sides of the nose and rub gently.
- b. Pinch lightly along the eyebrows
- c. Pull at the ears, starting from the lobes and working your way up.

3. Helping the flow of Immunity

Benefits: Stimulates sights of energy that keep one awake
Stimulates the flow of Saliva
Stimulates the glands under the chin that flush toxins out.

Bend over slightly with chin jutting out.

Place right hand index finger under chin and vibrate back and forth while breathing in;

Palm held tight and thumb as usual. Index finger extended and other fingers curled in.

Opposite (left) arm pulled high up behind the back; back of palm held against kidney and palm

Open; facing outwards.

Using a snapping motion that forces the exhale, switch left hand to the under the chin position, and right hand to kidney area on back.

Repeat this returning the right hand to the chin.

Do this three times.

Then do both hands.

4. Lobster's Strike

Benefit: Vibratory movement that shakes entire body and keeps it in an optimum state of well-being.

Arm bent at 45-degree lateral angle;

Palm down and open, flat with fingers stretched.

Wrist straight and fully extended.

Opposite arm, elbow is pulled all the way back and up palm facing up.

Strike each arm forward and back in alternation with strong jerks.

The strike should come from the kidneys, with forced exhales through the nose and shaking the entire body.

5. Massaging the Glands Around the Shoulder Blades

Benefit: Glandular Stimulation

Elbows out to shoulder level on a flat plane on side of and in front of chest; palms toward the floor.

Isolate and squeeze muscles around the shoulder blades.

6. Monkey Breath

Benefit: A general stretching exercise

Exhale and bend the knees slightly; holding the torso in a vertical position. Inhale and grab the knees with both hands; held like claws, and pull the energy up the body; straightening the legs and stretching the arms high above the head. Reach for the sky with each hand in an alternating pulse—holding your breath.

Exhale and bring the hands down and bend at the waist until the hands are reaching at the floor; this time, pushing towards the ground in an alternating pulse—holding your breath. Inhale and return to starting position.

THE MAJOR MOVEMENTS

1. The Ball of Energy

Benefits: Rounds up dispersed energy that exists around the body; and makes it into a concrete unit.
Exercises the glands around the pectoral muscles and the maxilla. Essential for prodding the immune system.

Hold each wrist fully extended backwards; perpendicular to each other; right over left.
Elbow is mobile and follows the hand.
Fingers shaped so that hands are postured like claws.

Pretend you have a ball of energy in your hands, and slowly move the hands to shape the ball; moving hands to the opposite position (left over right).
Move your hands around the ball in a swift jerky motion, with forced exhales through the nose and shaking the entire body.
The elbow follows the hand.
Do this five times and repeat with the right hand on top.
Then take both hands and scratch over corresponding lung on chest.
Do the same for the areas of the liver, gall bladder, pancreas and spleen as well as the area of the genitals.

2. Teasing the Web

Benefits: To excite countless sights of energy on the wrists and hands.
Prepares palm chakkras for the Formula of ON.
To promote general health and well-being.

a. Snapping the Web

Holding hands at the level of the cheek; fingers of left hand interlaced between fingers of right with left pinky between ring finger and pinky of the right hand; grabbing the web of hand pulling out and letting go of energy so that it snaps back. (Do this 5 times)
Do same for the opposite hand. (Also, do this 5 times)

b. Dispersing Energy

Grab again and squeeze 5 times for each hand; pressing on back of hand.

c. Getting Rid of the Excess

Hands clasped, fingers extended; left thumb on top, then right thumb on top.
Bring both hands to stomach and snap or shoot forward, forcing the breath out.
Do this 5 times for both positions.

3. Rolling Energy

Benefit: Gives body its energy depth and width.

Elbows out in front of chest.

Palms are straight and flat; facing the floor.

5 short rolls to front and 5 long rolls to front, moving one over the other in a circular motion, like a water wheel..

Push out to sides 5 times with Arms bent at 45-degree angles to the body, opening up the chest; fingers pointing toward the ceiling, palms out, hands snap outwards toward the walls, forcing the breath out through the nose.

4. The Axis Breath

Benefits: This pass moves the earthly terminal of the vertical axis of the energy that surrounds the body from its sight on the ground and then projects it out into infinity. A vertical axis of energy goes to the ground through the body from a point just behind the genitals continuing upwards, shooting out of the Sahasrara Chakka. The pass elevates the energy to a floating status, rather than grounding it.

- a. Start with crossing your arms over your chest, wrists pressed against each other, and bring hands down, out and around; over head, in a circular motion, while inhaling. Have index finger-tips bent and push against each other with thumbs side-by-side and the other fingers pointing straight out; and bring hands down while exhaling (other fingers remain extended); pausing as hands get to eye level. Once they reach eye level, eyes maintain gaze on fingertips for the rest of the movement. Inhale and slowly bring hands down to pause at center of body and extend out while inhaling.
- b. Exhale while bending body over in a squatting position and extend hands down in order to point fingers at spot on ground in front of feet; forearms resting on thighs. Inhale and exhale 3 times in this position.
- c. Inhale and move up; pulling energy-point with hands out at center of body and exhale. Inhale again and bring hands up and touch middle knuckle of thumbs to the lips resting tips of fingers on the forehead. Extend head back fully and exhale.
- d. Inhale as arms and hands snap upwards, pointing upwards towards the sky in prayer position and use eyes and stomach to send energy out. Exhale and bring arms down to sides.

5. Reaching the Energy Hole above the Head

Benefits: Total revamping of the body. It transfers the energy outside the body to the body itself.

Instruction: There are secret caches of energy right above the head and on both sides of it.

These come as two types of energy, corresponding with the black & white pillars of the tree; the AUD & AUB of Magickal Force:

Outward bound

Above and to the right of the head with a quality that is dark and heavy.

Inward bound

Above to the left of the head with a quality that is light and fluffy.

Start in basic position with arms at sides and palms flat.

3 inward spirals of the hands; close to the legs; turning the wrists.

5 inward spirals upward; using the arms and elbows; last spiral above the head.

Inhale while grabbing inward making fists above and on either side of the head.

And then make 5 inward spirals down with hands as fists.

Return to original position and open palms.

Inhale while arms snap up and open palms with arms straight and fingers pointed towards the ceiling.

Bring hands down to level of pelvis; in front with palms open; facing down and then return to original position.

Repeat this doing outward spirals.

6. Infinity Breath

Benefits: Brings fluidity to the front and strength to the back.

Start in basic position with arms at sides, palms flat and fingers pointing forward; palms facing ground.

Concentrate attention on hands. Inhale, bending forward slightly as you and bring energy from ground (moving palms) facing out, behind the buttocks.

Up the spine bringing hands to back and continue up back (palms face out)

Bring arms behind head as if to continue energy movement.

Circle over head and pause over forehead (palms facing out).

Exhale and bring hands and energy down in front of body; passing over genitals to the ground (bending over with palms facing ground) and from the ground out to infinity by circling palms and hands out and bringing high over head; palms facing up and straightening out torso.

Bring hands down in front of pelvis; palms facing down, and return to General Posture.

7. The Antenna

Lesson: Energy in universe comes from silent and invisible sources; dead stars and what science is now calling Dark Energy.

One can gather this energy by using the hands to act as antenna to pull and reach for that energy.

Warm up: Right thumb rubs at base of left thumb on the palm or inside.

Little fingers and thumbs press together with 3 middle fingers extended.

Snap out to front 3 times with exhales.

Bring arms down and change fingering so that the 2 middle fingers are pressed against thumb with other 2 fingers extended (extended fingers pointing forward).

Inhale and pull arms back, pointing fingers downwards, then bring arms in; bending elbows with forearms parallel to floor and fingers pointing forward.

Reach upwards; exhale.

Inhale and point fingers to ground; bending elbows halfway and then direct arms to point at the floor and exhale.

Do the following, 3 times:

Inhale, making 2 circles in front of torso.

Exhale, making 2 circles in back of torso.

Inhale and pull elbows back.

Snap arms (with exhales) out front

3 x towards the ground

3 x straight out

3 x upwards

Bring arms to shape of cross (Tau)

Inhale and Exhale

Wave and cross arms in front of and overhead 3 times; keeping elbows locked, and bring to Tau position each time while inhaling and exhaling.

Return with palms facing floor in front of pelvis and back to regular position.