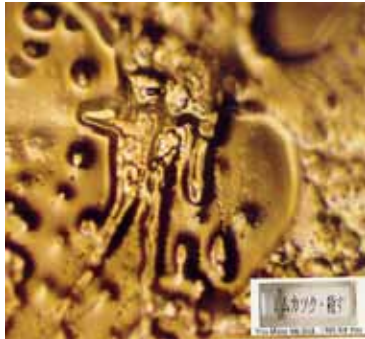


CHI-LEL™ Medical Qigong

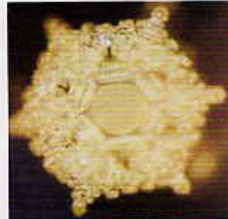
TAPPING METHOD

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From the book *Messages From Water* by Dr. Masaru Emoto of Japan
See www.hado.net Order his books and DVD at www.sacredspaces.org



REIKO: Have you come across a particular word or phrase in your research that you have found to be most helpful in cleaning up the natural waters of the world?



Love plus Gratitude

DR. EMOTO: Yes. There is a special combination that seems to be perfect for this, which is *love* plus the combination of thanks and appreciation reflected in the English word *gratitude*. Just one of these is not enough. Love needs to be based in gratitude, and gratitude needs to be based in love. These two words together create the most important vibration. And it is even more important that we understand the value of these words. For example, we know that water is described as H_2O . If we were to look at love and gratitude as a pair, gratitude is the *H* and love is the *O*. Water is the basis that not only supports but also allows the existence of life. In my understanding of the concept of yin and yang, in the same way that there is one *O* and two *H*s, we also need one part yang/love to two parts yin/gratitude, in order to come to a place of balance in the equation.

“You make me sick, I will kill you”

The power of the words “Love and Gratitude”

Dr. Emoto filled each jar with distilled water and placed a computer printed label on each one. He took 50 samples of water from each jar. The results were the same. The angry statement revealed no crystalline structure and the words “Love and Gratitude” in *any language* created the most magnificent water crystal. Our thoughts, feelings and words have the power to harm or heal.

Dr. Emoto’s research proves that what you think or feel affects the structure of water. Your body is over 70% water! What you think, feel or say affects water, and so you affect your body and your health. Imagine how we must affect our environment!

7,000 years ago, ancient qigong masters knew that all our cells are listening and that all knowledge of the Universe is in one cell! Today, Quantum Physics is catching up and validating the wisdom of ancient healing techniques, like the Tapping Method. Using your Inner Vision, focus on, be present, and “see” inside each body part. See golden sparkles or imagine the area lighting up with bright light at each tap. **Tap fairly hard with the healing center of your inner palms (laogong) to deliver Qi. This brings up the blood to the surface of your skin and then the Qi follows the blood.** This tapping method is the ancient way of acupuncture without needles. You are giving yourself a free acupuncture treatment for your whole body.

In Medical Qigong, each organ is a different emotional center. Qi is your intention, thought or connection to that place, and your qi unblocks any area where energy is stuck. Speak the name of each body part and then say “Thank you, I love you, Brighter!” out loud with feeling to each body part as you tap. Ex: “Kidneys, Thank you! I love you. Brighter!”

Tap with a regular rhythm, to music or a song, as Mind in sync with Body and Spirit increases your Qi. Use this method of “barehanded acupuncture” daily on waking or before bed on your whole body or for at least 5 -10 minutes on a specific area that you want to heal.

Read Dr. Chao’s healing story, No. 41 “An Acupuncturist Became a Barehanded Doctor”, in CHI-LEL Master Luke Chan’s book 101 Miracles of Natural Healing.

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1. Knuckles, Back of Hand, Wrist, tap along Forearm, Elbow, Bicep, Shoulder:
Start by tapping up outside, and then down inside each arm, 3 times.
Say to joints: "I am flexible and willing to change."
And say with feeling "Thank you. I love you. Brighter!" to the other areas.
2. Thymus gland: On sternum below throat, drum with finger tips:
Immune system "I feel safe."
3. Tap Hands on each side of Neck and Throat : Where illness usually starts.
Drum Thyroid gland at base of Throat, see sky blue.
"I express myself freely and creatively. I am willing to change."
4. Face: "wash face" with hands in circles.
"I accept who I am." Or in China they say "Younger!"
5. Forehead between eyebrows/ Tap Pituitary gland with first 2 fingers
"Hormones are in balance. Emotions are calm."
6. Tap Top of Head: Brain " Memory is excellent. All neurons connect."
7. Back of Head under bump, Pineal gland: serotonin levels (depression)
"I hear my inner guidance clearly."
8. Third Thoracic Vertebrae: (bump at top of spine)Lung point:
"I let go of my grief and accept my past. I breathe in the joy of new life."
9. Tap back up neck, over brain, face, neck, thymus gland,
Repeat above affirmations.
10. Lungs: " I release all sadness and accept my past.
I breathe in the joy of new life!"
11. Heart: " I forgive myself for everything. I love me as I am now. I am OK!"
12. Breasts: "I nourish my self in balance with others."
13. Right front, under ribs:Liver,Gall Bladder
" I let go of resentment and blame. I can laugh at myself and be silly!"
(Laugh! Hawaiian Huna : Ha! Ha! Clears liver)
14. Left front, under ribs: Spleen,Pancreas:
" I let go of worrying and controlling. I enjoy the sweetness of life."
- 15: Stomach: "I accept what is happening now and I accept new ideas"
16. Small Intestines : "I assimilate all present circumstances easily."

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17. **Colon and Bladder:** “I let go of all my negative and wasteful thoughts. I go with the flow.”
18. **Reproductive organs:** “Yay! I feel creatively full and I feel good about myself as a Man or Woman.”
19. **Tap down along inner legs: Lymph nodes, blood vessels**
“ All toxins are gone! All blood vessels are clear!”
20. **Tap soles of Feet, and around Ankles(Kidneys):**
“I let go of all doubt and fear. I feel my courage.”
21. **Tap up the back of legs:** “Muscles relax. All toxins wash away now!”
22. **Lower back: Kidneys** “ All doubts disappear now. All stress is gone. I know what to do! Long life!”
23. **Down outside of legs: Pound bones with fists:** “Bones are strong. I feel my connection to community. I feel supported.”
24. **Up front of legs: think inside bone marrow:**
“Immune system is powerful. I feel protected.”
25. **Back to navel:** Place palm on top of palm on navel:
(man left hand first, woman right hand first)
☺ be calm and feel the peace inside your body for a minute.
26. **Then, open your eyes slowly, just a slit,** and at the same time,
see a Red Ball or Sun turning inside the space in your belly area (Dantien).
- 27 **Now open your eyes slowly until they are open all the way,**
still seeing the Red Ball or Turning Sun inside your Dantien.
28. **Now look through your environment out to the ocean’s horizon**
with your inner eye, at the same time, seeing the Sun inside your Dantien.
Notice how you get instantly involved in what’s around you and your senses.
Stay inside your Dantien ! See the turning Sun...and look out with new eyes!
Notice: Who is watching? Experience this for a minute.
29. **Notice: You are not inside your chest area (emotions) or your head (thoughts).**
You are in a new place...your Center is here..in your Lower Dantien.
This is The Observer , that is always there, quietly watching.
This is who you really are! All the rest is just contrast, a soap opera.
You are this peace. Right now you are in your True Center,
where you can connect with all life and all wisdom. You are Home.
30. **Congratulations! You just gave yourself free Acupuncture and Healing Qi! ☺**

1. TAPPING METHOD: Simple Version: Remember, this method heals!

Use tape with Master Luke Chan for 5 minutes or say aloud alone:

1. Tap hard with center of palm of hand (Lao Gong) on body part.
2. The Group taps together rhythmically 3 taps on each body part.
3. See golden sparkling chi (bright!) inside body part every time you tap.
4. Chant the command below out loud continuously for the full 5 minutes with Master Luke Chan on tape(or without tape).

WAN YAN CHI, POWERFUL, ILLNESSES LEAVING ME! or “Heart chi is plentiful!”

WAN YAN CHI, POWERFUL, ILLNESSES GONE FROM ME!” or “Heart is healthy”