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Five: Recommended References for Studies

Essence of Life, Qi, Spirit and the Theory of Qi – Excerpts from The Grand Dictionary of Chinese Qigong.

The Taoist Theory of Essence of Life, Qi, and Spirit – Excerpts from The Grand Dictionary of Chinese Qigong.

Section Two: Questions and Answers

1. Why can't I achieve the initiation in the art of controlling and swallowing breath through mouth?
2. Is there a simpler and faster method to achieve the initiation in the art of controlling and swallowing breath through mouth?
3. Is it correct to recite silently the litany of "Bright Muti" while doing the exercises in controlling and swallowing breath through mouth?
4. What is the reason that the light of nature has not appeared yet?
5. We know that the light of Nature is the key to arriving at the other shore. Would you, our great teacher, please be so kind as to enlighten those of us who have not attained the light of nature?
6. What is the phenomenon of Ma Yin Cang Xiang?
7. Will the phenomenon of Ma Yin Cang Xiang affect a person's sexual life?
8. How to reduce or eliminate lusty thoughts through exercises?
9. I think I have reached the stage of ignoring the worldly entanglements, but I still cannot sit quietly and meditate. I can maintain tranquility when I sit quietly, but after a while I will fall asleep. In addition, I cannot adjust well physically, and I always feel tired. Our great teacher, please tell me what to do.
10. How to solve the problem of a dry mouth?

11. Why is there a sense of contraction in the body when I am doing the exercises?
12. How to rectify the problem of having a heavy head?
13. Why does nose bleeding sometimes occur during the exercises? How to solve the problem?
14. Why do I feel a sense of suppression in my chest, shortness of breath, and sometimes even irregular breathing during the exercises? How to solve these problems?
15. How to solve the problem of failing to concentrate during the exercises?
16. Why is there sometimes a swelling lump on the top of the head during the exercises?
17. Why does a person sometimes cry, laugh, or sing along involuntarily?
18. Why does there occur knocking sound, including the teeth and head knocking involuntarily?
19. Why is there a sense of weighing down in the head, waist, and bones after the exercises?
20. Why is there a sense of hidden pain, piercing pain, itching, or burning in the interior organs?
21. Why is there a sense of burning, discomfort, stimulation, coldness, or an outburst of qi in the relatively large systems such as lymph nodes, thymus glands, mammary glands, sexual glands, or hypophysis cerebri?
22. What should we do if some trainees have begun to have the ability to make predictions?
23. Why is there a stifling sense in the chest?
24. What measures should I take if I feel there is a cold air penetrating the center of the bottom of my feet?

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Guidelines on Topics on “Elicitation of the Original Spirit” (Four): July 14, 1999

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Section Four: Questions and Answers

1. What signals a successful integration of Heart and Kidney?
2. What are the relationships among the yin spirit, yang spirit, and the original spirit?
3. How to distinguish the yin spirit from the yang spirit?
4. For those who have successfully elicit the yang spirit, besides the essential steps about “let-go” and the parts for maintaining the spirit, what are the other measures that need to be adopted in the cultivation?
5. For those who have successfully elicited the yin spirit, how do they cultivate it into the yang spirit?
6. What is the key to the cultivation of the Taoist Baby?
7. Who do women differ from men in Yuandun Dafa exercises and cultivations?
8. For a person who has succeeded in the elicitation of the yang spirit and is exercising to attain the integration of heart and kidney, when he sees sparks with his eyes closed, does it indicate that he is back at the beginning?
9. Is there a way to know that the Taoist Baby has matured so that preparations can be made before the appearance of symptoms of his successful elicitation?
10. Are there other signals or indicators of the successful elicitation of the yang spirit?

11. Why is there a sense of apprehension when the spirit is elicited, or a sense of fear after its elicitation?
12. Please explicate in detail the methods of cultivating the baby.
13. In the white-sun method of cultivating the baby, why do we adopt conceptual lotus flowers and white sunlight?
14. In the middle of doing the exercise, how to deal with horrors or shocks?
15. Why is there cracking sound in my head when I am absorbed in the exercise? I'm somewhat upset.
16. Sometimes I can see myself flying, but I feel tired when I wake up. Can I call it elicitation of the spirit?
17. Can the art of controlling and swallowing breath from the mouth be used to treat menalgia?
18. When the elicited spirit has been fixed in the niwan acupoint, is great stabilization of seven days still needed?
19. Can we lie down flat when doing the exercise of void and grant stabilization?
20. When a baby-like image appears during the meditation, can we let go immediately?
21. Besides doing the exercises of void and grant stabilization as well as absolution and warm cultivation, do we need to take care of the baby frequently?
22. In "Letting-go" of the yang spirit, should we add the procedure of "avoiding the power line and building skyscrapers" before the "let-go"?
23. Will taking a cold-water shower affect the warm cultivation?
24. Spermatorrhea at night makes me uneasy when I wake up in the morning. What does it cause no regression in my exercises?
25. Should women let go of the yang spirit during the menstrual period?
26. Should women practice Yuandun Dafa and at the same time doing feminine Dan exercises?
27. During the exercise, why should we conceptualize the high energy of life in our lives as a baby? Is there any level difference between the ego and the baby?

28. If one is unable to fall asleep after the emergence of the Tao Baby, does it mean that he or she is not on the right path?

29. Having just recovered from a cold, can a person immediately practice the elicitation of the spirit?

30. If a small human figure emerges in the mental vision, should one let it exit directly from the top of the head?

When the Tao Baby comes back, if one reduce its size and receive it into Niwan Acupoint, will it affect the elicitation of the spirit next time?

How to deal with abnormal physical reactions?

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5. Both the yin spirit and yang spirit belong to the category of the original spirit. The Yang spirit is the sublimation of spirit and qi after mingling; it is a vacuous non-substance, but it assumes a form and is useful.
6. The Gain and Loss of “Bigu” and the Gain after the Loss
7. The Important Role Played by Mental Adjustment in Yuandun Dafa Research and Cultivation – Jiayuan Yuandun Dafa Training Session, Fourth Phase
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Five. A Shortcut to Climb the “Everest” – Sheng from Fourth Yuandun Dafa Training Session in Zhongnan Second Industrial Base

Six. A Final Report on Fourth Lanzhou Yuandun Dafa Research and Cultivation Session – Gu Zilong from Lanzhou Yuandun Dafa Training Session

Seven. A Final Report on Yuandun Dafa Research and Cultivation Session

Eight: Trainee of the First Session of Yuandun Dafa Research and Cultivation, Bao Shushan, Trainee number: 38

Nine: “My Destiny depends on me, not on Heaven” – A Final Report on Research and Cultivation

Ten. Trainee of the First Session of Yuandun Dafa Research and Cultivation, Zhang Shaoze

Eleven. The Absolution of Heart and a Breakthrough in Rationality – A Final Report on Research and Cultivation, by Wen Jun

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Sixteen. A Final Report on the Fourth Session of Yinchuan Yuandun Dafa Research and Cultivation -- Trainee of Research Cultivation Class, Xu Hua