



Greatest Kan and Li: Gathering the Cosmic Light

Mantak Chia, Andrew Jan

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A fully illustrated guide to the most advanced Kan and Li practice to birth the immortal spirit body and unite with the Tao

- Explains how to establish the cauldron at the Heart Center to collect cosmic light, activate the Cranial and Sacral Pumps, and align the Three Triangle Forces
- Details how to merge energy at the Heart Center to birth the immortal spirit body, allowing you to draw limitless energy from the Cosmos
- Discusses the proper Pi Gu diet and herbs to use with Kan and Li practice
- Reveals how to expel the three Worms, or “Death Bringers,” that can imbalance the three Tan Tiens, leading to misdirection in your sexual, material, and spiritual goals

After mastering the Inner Alchemy practices of Lesser Kan and Li and Greater Kan and Li, the advanced student is now ready for the refinement of the soul and spirit made possible through the practice of the Greatest Kan and Li. With full-color illustrated instructions, Master Mantak Chia and Andrew Jan explain how to establish the cauldron at the Heart Center to collect cosmic light, activate the Cranial and Sacral Pumps, and align the Three Triangle Forces. They detail how merging energy at the Heart Center then leads to the birth of the immortal spirit body, uniting you with the Tao and allowing you to draw limitless energy and power from the Cosmos.

The authors explain the proper Pi Gu diet and herbs to use in conjunction with Kan and Li practice and provide warm-up exercises, such as meditations to expel the three Worms, or “Death Bringers,” that can imbalance the three Tan Tiens, leading to misdirection in your sexual, material, and spiritual goals.

Revealing the ancient path of Inner Alchemy used for millennia by Taoist masters to create the “Pill of Immortality,” the authors show that the unitive state of oneness with the Tao made possible through Kan and Li practice represents true immortality by allowing past and future, Heaven and Earth, to become one.

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