

## The Operation Method of Air Digestion in Taoism Bigu

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### Abstract

Bigu method of Taoism has long been considered a mysterious operation, and people who master this method, enter this sphere of the world are seen as symbols of immortals. The most important technology in Bigu is air digestion, which means to digest each kind of energy source, information source inside the bodies. The source exists inside the universe, from the earth to the sky, from the sun, moon to the stars, and any other objects. Digesting air between the earth and the sky, so that nutrition can be digested and, the inner potentials can be motivated, the physical and spiritual shortcomings can be overcome, the inner vitality can be fostered and improved, above all, the supreme realm of man being an integral part of nature can be achieved.

**Key words:** Bigu; Taoism; Air digestion; Operation method

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### INTRODUCTION

The so-called Bigu, is meaning of grain refrainment, which is a supreme method of being immortal and cultivate vital energy in traditional Taoism health preservation. It has important functions of curing diseases, strengthening bodies, prolonging lives, improving vitality, and motivating the potential functions inside our bodies.

The most important technology in the method of Bigu is air digestion. The overall life opinion of Taoism says that as the biggest source of human activities, the healthy atmosphere of the universe is different from the vitality brought to people by grain, The atmosphere of the sun, the moon, the stars and planets above, the true vitality inside bodies, and the atmosphere from the mountains, rivers, grass and trees below, their living vigor, energy and information are all connected and functioned between each other. The light wave from the sun, the moon, stars and planets, which including visible and invisible light, has greatly advanced function towards human living vigor. Through getting rid of inner distracting thoughts, peaceful meditation, calm mind, our minds and bodies can enter into the world of Qigong status, in which people can forget all inside and outside matters. In Qigong status, the intimacy level between human bodies and the planets will increase tremendously. As we are digesting air and cultivating vital energy, we are under a relaxing status, with a peaceful mind, open collateral channels and acupuncture points. Under the guidance of spiritual god, we actively embrace and achieve the various energy and information issued from the planets. As a consequence, air digestion is an exercising sport through which “spiritual god ”and” corporal body” can both be improved to a fitter status, as in an enjoyable stage of “cultivation for temperament and health”. Learning to digest air between various subjects between the earth and sky, inexhaustible and infinite energy can be used to replenish the consumption of human bodies. The basic mechanism of air digestion is through the mind function of cultivators, fur pores, body apertures, and acupuncture points can be automatically open by themselves, so that the bodies’ containing field can stay open to the outside world. In this moment, the ability for bodies to digest all kinds of energy flows and information sources can be enhanced, exchange between inner energy flow and information can occur more frequently, the inner energy flow will be

purified and high levels of energy flow can be digested. As a result, the potential abilities inside human bodies can be motivated, thus various exceptional function appears.

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## **1. AIR DIGESTION PREPARATION -BODY PURIFICATION**

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### **1.1 To Stand Up Straight, Sit on a Chair Or Lay Down Calmly on Bed Is All Okay**

In general, the straight standing position can be applied. The two feet spread as widely as the length of our shoulders. The relevant position of feet can be slightly as toes out. The knees can be slightly bent. Both arms naturally put down beside the body. The body should stand still and straight, so that Baihui point can be in a line with Haiyin point the lower jaw should be slightly backward and tongue should resist against the upper jaw. The lips should be slightly closed eyes looking straight ahead, and slightly closed with smiles on the face, naturally breathe and eliminate all distractions.

### **1.2 Imagine Yourself on a High Mountain With Beautiful Natural Scenery**

Consider your body keep swelling into infinite big size, and lengthen the body towards the stars and plants above in the universe. Your head points to the galaxy system in universe while your feet grow roots into the center of the earth, then across the plant. Around it, foggy white air flows beside your feet. Right at this moment, there is only me left in the whole universe, except the sun, the moon, the stars and light. My body has filled the whole space of the room, with all your skin gone, and joints disappeared. Then imagine your body steadily rises to the direction of where your head points to, and connects with the light energy of the sun above the universe. Consider the sun above in the sky, the moon in front of your chest, and the earth on your feet, light streams from all the earth on your feet, light streams from all three sources shine your body bright and vacuum from inside to outside. At this time, body is like a bright object swelling and shining in the whole universe space. In the later cultivation, you should keep yourself under this atmosphere, so that the cultivation ability can improve much more quickly.

### **1.3 Then Breathe In**

Imagine the skin overall the body. Along breathing air out, repeat the word “relax”, imagine the overall amplifying ability of skin surface steadily disappeared with the repetition of “relax”. The breath should be deep, long, slight and steady. After three times of breathing relax. You can begin to relax the whole muscle, fascia, skeleton, joints, lungs, kidneys and brain, each part should be relaxed for 3 times. In the end, relax three times as a whole from top to bottom. The detailed operation is along with breathing out, recite silently the word “relax”, and imagine to relax from

top to bottom. Such a cycle can be seen as a relaxation method. If you feel the relaxation effect is not good enough, you can do the relaxation method once again.

### **1.4 Turn Your Hand Palms Outward**

Twist the hand palm from bottom to top in both sides and draw arc circle along the universe horizon. Both hand palm lift up steadily as breathing air in, imagine gathering all intelligent light in the universe above the star sky above in the universe. Along with breathing air out, hand palms turn downward, imagine intelligent energy flow move along with the downward action of palm hands, and then gather together above the Baihui Point on top of the head. At this moment, both fingertips more down along the relative front of the body. Imagine the light energy flow through the head, neck, chest, abdomen, along the things and towards crotch, down towards the Yongquan Point in the sole of foot and foot toes. Then the energy flow leaves the body, across through the planet, and enters the planetary space in the universe. At the same time, both hands more towards the diaphragm till they go back along the two sides of the body. Use the methods mentioned above for 30 minutes or so.

Most of the air digesting methods are required to put the body into space, imagine the air to be digested around the body. As to the selection of the intelligent light color, at first the majority should be golden yellow and golden white. The cultivating time can be above 30 minutes, but can even be shortened to 10 minutes or so, or even a few minutes. This method of air digestion can be used at any time, like walking, sitting, lying etc.. The breathing method can be natural breathing or reverse abdominal breathing. After cultivation for long periods, the perseverance can be strengthened. While the intelligent energy flows in the universe are gathered, functioned through the Baihui Point on top of patients’ skull, and towards the ill organs, or directing enter the ill part, as to diffuse the unhealthy atmosphere, and cure the disease. Thus the patient’s biological sphere is adjusted, and the patient can be cured. Otherwise, this method can also be collectively used to transfer energy and cure diseases.

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## **2. SOLAR DIGESTION REFINED METHOD**

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The first step: Tip of tongue lightly resist to the upper jaw, imagine the sun inside your heart is in size of a copper cash, red and shining. When you breathe in, the red light comes up from the heart through the throat to the tongue tip, hold it for a minute, then swallow it along with saliva, then breathe out. When the red light comes into the stomach, red light fills the whole space in heart and stomach, and shines brightly the whole body. Taking breath better adopts the way of reverses abdominal breathing. Through imagining repeatedly, swallow each time along with breathing each time. If the saliva is too little, just swallow it imaginatively, and do it for 39 times. The appropriate timing for doing it should be sunrise.

The second step: Imagine silently that the sun rays come in through the nose, then stays at Tianmu Point, sitootes at the crossing of eyebrow bones, slight hollow space in ophryon. Then shine light to enlighten the entire body, with the body thoroughly fiery. This step should be breath in for a longer time while breath out shorter, in all, you should do 39 breaths.

### **3. LUNAR DIGESTION REFINED METHOD**

The first step: Imagine the Niwan Palace inside your brain, resides the moon whose size is like the copper cash, and enlightens the whole body, like michelia alba. When you breath in, imagine the moon goes down to the throat, then through the throat, arrives at the tongue. Close your mouth and swallow the saliva, breathe out. Imagine the moon enters stomach, brain and shines. The whole body is illuminated bright as michelia alba. The sense of cool comes through, do it repeated for 39 breaths. The best timing is till the full moon at night.

The second step: Imagine the refined energy flow digested from the sun and the moon gathers together at Tianmu Point and breathes slightly. Imagine the energy goes through the spinal column behind the brain, then arrives at Mingmen, and then reverse to go upwards, through the Niwan Palace, goes down through the forehead. Hold slightly at the tip of the tongue, then swallow along with saliva, and send the energy to the belly, the whole takes 39 breaths.

### **4. PHYSIQUE AIR DIGESTION METHOD**

Physique Air Digestion method is a sophisticated air digestion method. It requires main collateral channels and meridian acupuncture points of the cultivators to correspond fluently. Another requirement for the cultivator is to have formed the body breath or physique breath.

Physique breath is to breathe through the blood capillary. Breathing in, imagine the skin pores across the body are opened, along digesting in the natural clear and intelligent air between the earth and sky. Breathing out, imagine the waste, ill and polluted air spread out. Physique air digestion method can be used anywhere, anytime, even when you are sleeping. To have cultivated to a certain extent, you may often feel like flying, which is relaxing. Pleasant, floating, usually an effective way to cure the trouble-sleepers.

### **5. SKY AIR DIGESTION METHOD**

The cultivators should stand still, any direction is okay. The whole body should be relaxed and peaceful. The eyes can slightly open, along with natural breath. Imagine to put yourself into universe. Then accept the physique breathing method, enhance the imagination, digestion

the entire air from the sky into your body. During the digestion, cultivator should first digest air from the brain, and then expands to the whole body.

When the whole body feels the air digesting in, cultivators can enhance the imagination, digest the air at their will. Let the imagination flushes flow the physique acupoints, and intend organs of the body. Using this method may feel swelling across the body.

### **6. EARTH AIR DIGESTION METHOD**

The cultivators should stand still, with the whole body relaxed and peaceful, the breath should be natural. Entering the peaceful mind, imagine the air from the earth to the sky goes up from bottom to top. In the process of the earth air rising, the cultivators should let the earth air enter the body. When the air digestion feeling is strong, the cultivator may feel physically light, along with the rising and stimulating feel.

### **7. SUNLIGHT DIGESTION BREATHING METHOD**

Cultivators can sit, lie still at their will. Relax and stay calm, naturally breathe and face the sun. During the process of entering the peaceful world, imagine the air from sun enter the human body from top to bottom. When the cultivators feel swelling across the entire body, they can enhance the imagination, and put the body under the sun for cultivation, which is called "Body Cultivation". The method can last for over half an hour.

### **8. MOONLIGHT DIGESTION BREATHING METHOD**

This method works the same way with sunlight digestion breathing method. The mere difference is, when the cultivator feels swelling and clearance, he should not put himself inside the moonlight. In turn, he should lead the air flow inside gathering to the belly for cultivation.

The body selects to digest the air of the sun, the moon. Cultivators can choose to turn their back to the sun, the moon. Then imagine the air from the sun, the moon enters from the Mingmen Point, right through to the kidneys. Women had best to choose sunlight for digestion source.

### **9. DIRECTIONAL PHYSIQUE DIGESTION BREATHING METHOD**

East Direction Digestion Breathing Method. Cultivators can stand still, relax and stay calm. Naturally breathe, and then imagine air from the east enters the top right side of the body from far to near, till it reaches the liver.

The south, west, north, directional air digestion breathing method works the same as the previous one. But air from the south direction enters from the chest to the heart. Air from the west enters from the chest to the lung. Air from the north direction enters the belly till reaches kidneys.

The center air digestion breathing method. The cultivators should stand still, relax and stay calm across the whole body. Breathe naturally, imagine the center air from bottom to top, and let the air from outside flow across the whole inner organs of the body.

## 10. AIR DIGESTION FROM EARTH TO SKY BREATHING METHOD

Cultivators should stand still, relax and stay calm across the whole body, breathe naturally, at the same time imagine the air of the whole universe fall down from top to bottom, whole air of the earth rise from bottom to top, Cultivators imagine themselves standing between the earth and the sky, and their bodies swill to infinite size. The top of head resist against the sky, so as to connect the root of the sky, while the feet stand on the earth, connect the earth axis, so that let the air between the earth to the sky steadily enters the body. The air of the earth slowly digested into the body from bottom to top, gathering to the Shenque Point in the middle of the body.

Cultivators imagine the gathered air of the universe goes down till the feet bottom, while the air of the earth goer up to the head, so that to mix all the air between earth to sky digested by the entire body. At this time, inside the cultivators, mixing vitally is evenly formed, under the function of air and mental aura, the body combines with the earth, the sky.

## 11. PHYSIQUE LYING POSITION AIR DIGESTION BREATHING METHOD

The cultivators lie down, relax and stay calm, breathe naturally. Cultivators can lie down on ground or the bed, while the best choice is grassland.

Lying still, cultivators imagine the air of universe comes down from top to bottom, entering the body from the front. The enter air of earth rise from the bottom, enters the body from the back. While the two kinds of air combines and forms to be mixing vitality, which goes through the whole bodies of cultivators. Deep in the peaceful mind, the body shapes of cultivators are swelling into enormously large sizes, as to enter the sphere of men being an integral of nature. The cultivation time can be over 45 minutes. After it is done, naturally retrieve the peaceful status.

Each of the main acupoints is also important channels for people to digest air. The main acupoints are Baihui Point, Shenque point Mingmen Point, Laogong Point, and

Yongquan point. In particular, Shenque Point, Mingmen Point, Laogong Point, and Yongquan point are usual air digestion acupoints.

The key of air digestion through acupoints is to get through these acupoints. While to get through the acupoints, the strength of will should be relied upon, with some auxiliary actions. The following methods are ways to get through Laogong Point, Yongquan Point and Baihui Point. Mastering the three methods, other acupoints can also be worked out.

## 12. UNBLOCK LAOGONG ACUPOINT METHOD

Laogong point is an important channel to exchange air inside and outside human bodies. When Laogong Point is unblocked, cultivators can conviniently achieve the function of unleashing inner air, digesting outer air, so as to achieve the balance between the big natural universe with the small physical universe, which is called men being an integral part of nature.

Operation: Two feets stand parallely, with a distance equal to the length of shoulders. The two arms naturally drop beside the two sides of the body, with the head and neck stay straight, eyes slightly close, chest slightly pulls while back slight push. When the whole body feel relaxed, put the imagination inside Dantian Point of the belly for a minute. Then raise the arms parallel to the sides of the body, at the same time, palm fingers point upward. Till the two arms in the position of one, put the ten fingertips upwards. Then spin the two arms outwards, revolve the palm upwards, and raise two hands steadily over the top of heads. Clasp hands, and stick out upwards hardly. Then slowly put the hands down in front of the body to the chest, palm together devoutlt. What should be paid attention is, the hand palms should not stick together too tight, interspace should be maintained. Then, hand palms can slowly sway to the left parallely, imagine the air between two hands in insert to right Laogong Point. Then steadily and faltly move the hands to the right, imagine the air between hand palms insert to leave Laogong Point. Continue this action repeatedly. The swinging span between left and right should not be too big Till you are familiar with this action . The motive can simply be done in the mind, not in the apprance.

Through the previous action, the vitality will be strengthened. Use the mind to guide the air digestion. When breathing in, the air comes up from the Dantian Point, steadily to Shanzhong Point, then the inner sides of arms and legs, finally to Laogong Point. Hold the breath for a moment. When breathing out, the air comes into the other Laogong Point, then the inner sides of arms and legs, then to Shanzhong Point, finally to the lower Dantian Point. When the gesture is over, put the left hand palm against the navel on the belly, put the right hand on the back of the left hand. The action is from inside to

outside for 18 times, then in the reverse direction, from the outside to the inside, wind and message for 18 times. The circumstance is reverse for women. Rub the hands together till they are warm, rub the face several times slightly.

### 13. UNBLOCK YONGQUAN ACUPOINT METHOD

Yongquan acupoint situates at the bottom of the feet. The unblocking of this acupoint has the important function of getting rid of illness, digesting earth air. As the special position Yongquan Acupoint situates, the unblocking the special position Yongquan Acupoint can not apply the method of pulling air, only can be attained by the mind. Cultivators can stand or sit at their will. They should stick to Yongquan Acupoint with the mind, till the feeling increases, recite silently in mind "Unblock Yongquan Acupoint, get through to earth vitality, deep to the ninth-fold earth." Then, imagine the inner vitality morning up through, from the feet toes to hand thumbs. Revolve around along the entire feet palm shape. Then the air comes out from Yongquan Acupoint, deep underearth. Then guide the earth air upwards, startd from the Zusanli line up to Dantian Acupoint, later along Zusangang line down Yongquan Acupoint, till it comes down to Yongquan Acupoint, till it comes down under the earth. Recycle repeatedly, and finally retrieve the earth air back to Dantian Acupoint.

### 14. UNBLOCK BAIHUI ACUPOINT METHOD

Baihui Acupoint is on top of the head, functions as the ocean for clear and bright air to gather together. This acupoint is very important in sophisticated cultivation. As soon as the acupoint is unblocked, the entire clear, light, intelligent and bright air across the universe can be gathered together here.

#### 14.1 Air Complementary in Dantian Acupoint Method

Cultivators should stand still naturally, tongue rests against the upper jaw, with mind holding back in Dantian Acupoint to continue cultivating. The palm center of the left hand should press against the navel, while the right hand back points against Mingmen Acupoint. The hand palm and back should keep more or less an inch away from the body. Cultivation for 3 to 5 minutes should reverse once. In all, the method can last for 10 to 20 minutes, this method can enormously increase the vitality power.

#### 14.2 Head Through Method

The cultivators stand relaxing and peacefully, the mind holding on to Dantian Acupoint. Then both hands raise slightly from two sides of the body, upholding air to the top of the head, hand palms face downwards. Left hand should be placed on top while the right hand be placed at the bottom. After pointing to Baihui Acupoint for 3 to

5 seconds, imagine both hands hardly lift up to the top of head, then return to the gesture of natured standing. The second time, put the right hand at the bottom, left hand on top, repeat the action for 3 to 9 times. This method can unblock the Tianmen Acupoint quickly. When Tianmen Acupoint is opened, the appealing power is quite huge, so the air in a large area at a distance can be gathered and digested, the vitality power improves in a quick way.

In all, during the process of air digestion, cultivators should steadily produce intimate relations between the human body and the air from the earth to the sky, from the sun to the moon. At this time, the effect of air digestion is the most ideal. Cultivators will be in a fit physical and spiritual abundant energy, vitality and spirits. Through the spirits of mind, the air of mountains, rivers, grass and trees can all be selected inside the body, as to furnish the core vitality of human bodies, keeping the human bodies under healthy status of "Upright air inside, liberty from illness." The majority aim of air digestion is to unblock acupoints. Once the acupoints are unblocked, no matter the cultivators want to specially digest the air, or they want to select at their free will, the clear, intelligent, light and natural air between the earth and the sky can be digested, and materials of high energy can also be attained. As long as the mind arrivals the air can be digested. The method of air digestion, is the overall reflection of the theme: human bodies being ingegral parts of natures, which are also the core spirit of nature, which is also the core spirit of the theory of coexistence of people and nature. Air digestion means to select the clear and intelligent air between earth and the sky, using spiritual minds which will not only exchange energy and information between human bodies and the earth, the sky, but can also motivate the function of "Vitality spirit" which later develops the potential abilities of human bodies. As a consequence, in the process of human body adjustment, the adjustment of heart is the principle of the method and the key process of cultivation. The period of each cultivation, expands from several minutes to less than an hour, which is decided according to the current personal physical and spiritual statues. The method of air digestion should be done outside the housed, so that to make sure the excellent effects of air digestion. Under harsh weather, like thick fog, dark clouds and lightning, the cultivation process should be canceled.

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