



Ipsalu Tantra International

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Instructions for Immortal's Wands

This simple, but highly effective, system for health was created over 1000 years ago by Chen Po, an enlightened *I Ching* scholar, for use by the Emperor in the Sung Dynasty. It was used only by the court and not taught to the masses because it was considered too powerful. The knowledge was only made available in the West in the 1970's.

The Emperor wanted the most health value for the least effort. This is the lazy man's way to fitness. The 10-minute effortless practice brings robust vitality, rejuvenation and longevity. It can be performed seated by those unable to stand, or even lying down by those confined to bed. Seniors love to do this practice.

Use a wooden wand of special design, which collects and amplifies the energy of its owner. The ends of the wand press against vital points in the palms that stimulate the immune system. It also creates a circuit so more energy flows through the heart, lungs and thymus, enhancing cardio-vascular function. (The movements can be performed without a wand; or you can use a piece of doweling cut to 10 ½ inches.)

- Relax body and mind, feel calm, so flow of prana is unrestricted. Illness results from lack of prana, or imbalance.
- Breathe with slow deep breaths, in through the nose, out through the mouth, coordinated with movements (inhale when you move the wand up, exhale when you move it down).
- Focus your gaze on the bead in the center of the wand to concentrate attention and manifest prana.
- Perform Kechari Mudra (tip of tongue to roof of mouth) to complete a circuit, connecting the governor channel (flowing up the back of the spine and head) with the conception vessel (down the front). All 12 organ meridians connect to these two channels.
- Hold the wand softly between your palms, fingers cupped. Thumb tips touch index finger tips.
- Tip the pelvic bowl slightly, tailbone forward. Think of a string attached to the pubic bone, lifting it a bit, like just before sitting down.
- In the resting position you can choose to hold the wand at the navel to strengthen body energies. The navel, the source of life, is connected to the major organs and systems. You may choose to hold it at the heart for blissful feelings or in front of the pelvis for more grounding.

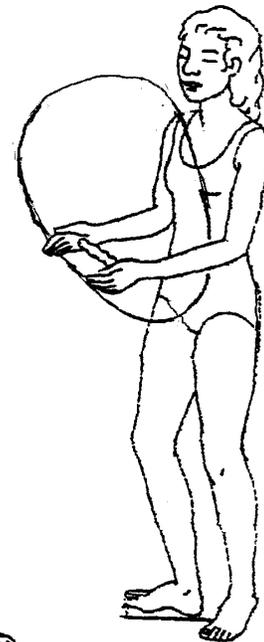
- Move slowly, as if moving through viscous fluid, for 3-8 circles in each position. Finish each part by resting momentarily at the navel.
- Reverse the direction after the first 3-8 circles, for another 3-8 circles. This balances the yin and yang energies. Ascending movement pulls earth energy up into the body. Descending movement pulls cosmic energy down into the body.

Part A: Grounding

Stand with feet parallel, ruler width apart, holding the wand at the navel; Knees are soft, tailbone tucked. Be aware of your connection to the earth. Begin the series this way, and return for a moment to this position between each set of movements, with full awareness of the subtle energy flows within your body.

Part B: Circles Forward

Hold the wand at the lower abdomen. Raise the wand close to the body, up to the throat. Complete the circle (actually an oval) by descending further from the body. Make 3-8 circuits, then pause at the navel. Reverse direction for another 3-8 circuits.

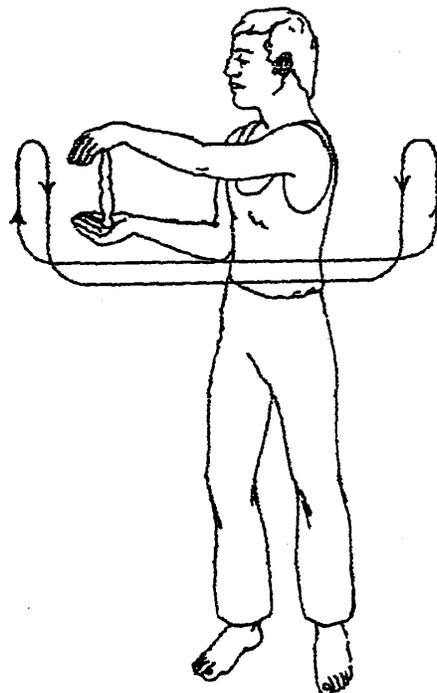


Part C: Rocking Side Circles

Step out with one foot at a 45 degree angle to the other instep. Turn the body to face the extended foot. Make ovals with the wand as before, but rock the body, lifting the front toe as you raise the wand and lean back, lifting the back heel as you lower the wand and lean forward. Torso remains vertical. Repeat as desired, then pause and reverse. Return to center, then step out with other foot. Reverse.

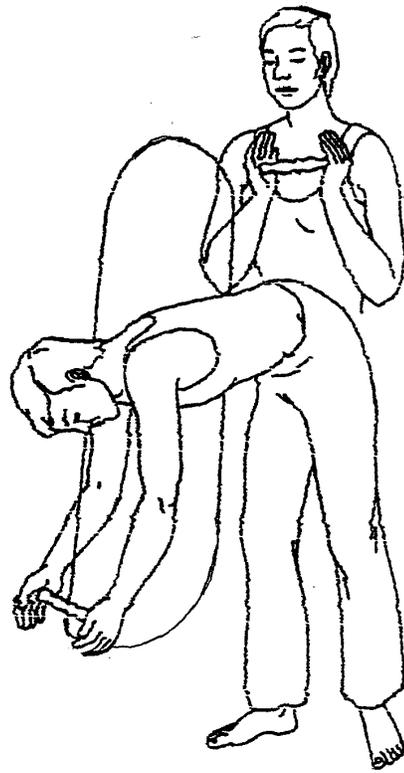
Part D: Torque

Turn the wand to a vertical position in front of the body. Right hand on top, push the wand like a ball of energy from center to left as you exhale. Flip the wand over, left hand on top, and inhale returning to center. Push it to the right during exhale. Flip the wand again and inhale to center. Repeat as desired. These side-to-side movements are fluid and smooth. Feel a good twist in the waist. Keeping the spine supple keeps the body young. This movement also balances the left-right body-brain polarities.



Part E: Twist and Bend

Step out with one foot at 45 degree angle to the other. Turn toward the outstretched leg. Lift the wand to the throat, then bend down drawing the wand to mid-calf. Continue the circle, drawing the wand up the front leg, back to the navel. Continue. Then reverse direction. Come back to center. Repeat on the other side. Keep your weight on the back leg. Front leg stays straight; back leg can bend.



Part F: Lift

Stretch up onto the balls of the feet as you raise the wand overhead. Come flat-footed as the circle descends. The body stays vertical. This stimulates the ankles and an acupuncture point on the soles of the feet called "bubbling spring," the entry point of earth energy into the body, the source of sexual power. Pause at the navel and reverse direction.

