

40 Gates

An Inner Acupuncture



40 Gates

An Inner Acupuncture A forty breath practice

Forty Gates is an ancient Taoist practice which is said to have predated acupuncture with needles.

It can accomplish some of the same results. That is, to redistribute the psychic energies in your body to achieve balance.

It has a calming effect and helps to remove worldly thoughts which distract the mind.

Indications

This practice is done with forty inhalations and exhalations of the breath.

With each inhale, the breath is imagined to enter into an opening (or a pair of symmetrical openings) on the surface of the body, traveling through the body in hair thin channels to a point about two inches behind and below the navel (the lower tan-t'ien in Taoist alchemy).

Upon exhaling, imagine heat and light radiating in all directions from this point.

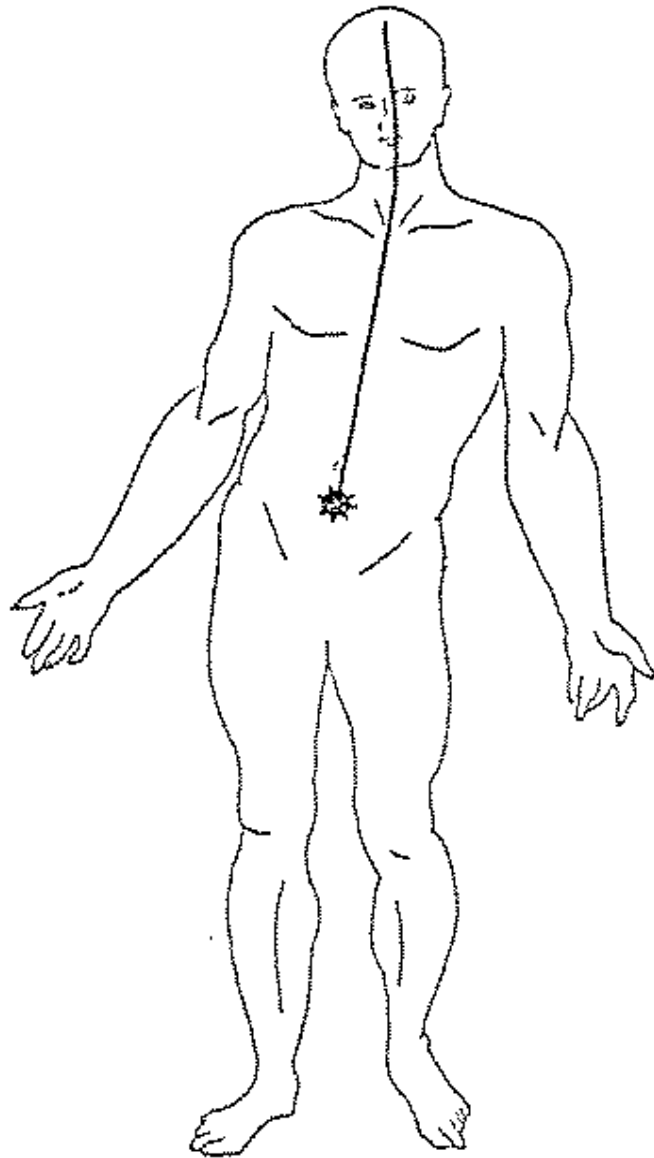
This is repeated forty times as directed in the following pages. It is advised to spend a few minute each day for a week memorizing a handful each day.

Then the practice may be performed anytime with eyes closed.

After you attain proficiency
try all forty at once!

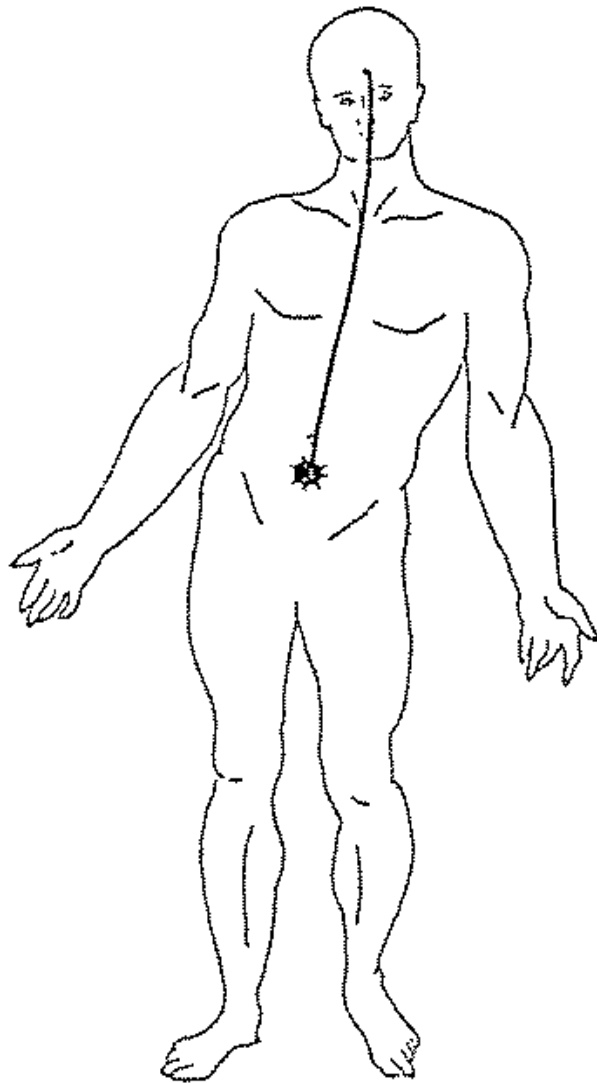
I

Enters through an opening at the top of the head, moves down through the center of the body to the center point.



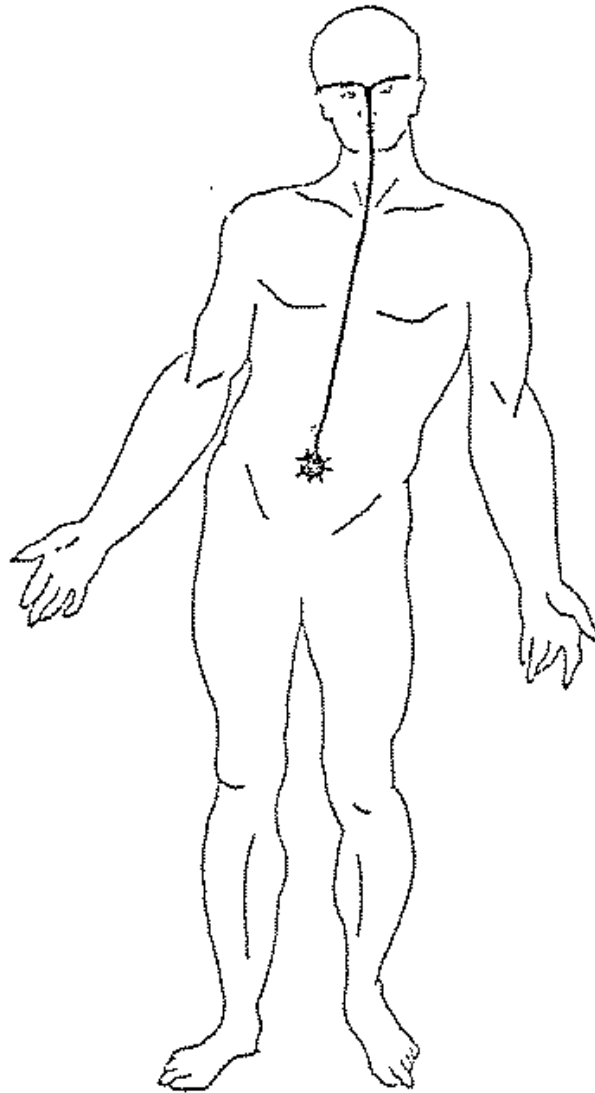
2

Enters an opening in the center of the forehead, moves back and curves down through the center of the body to the center point.



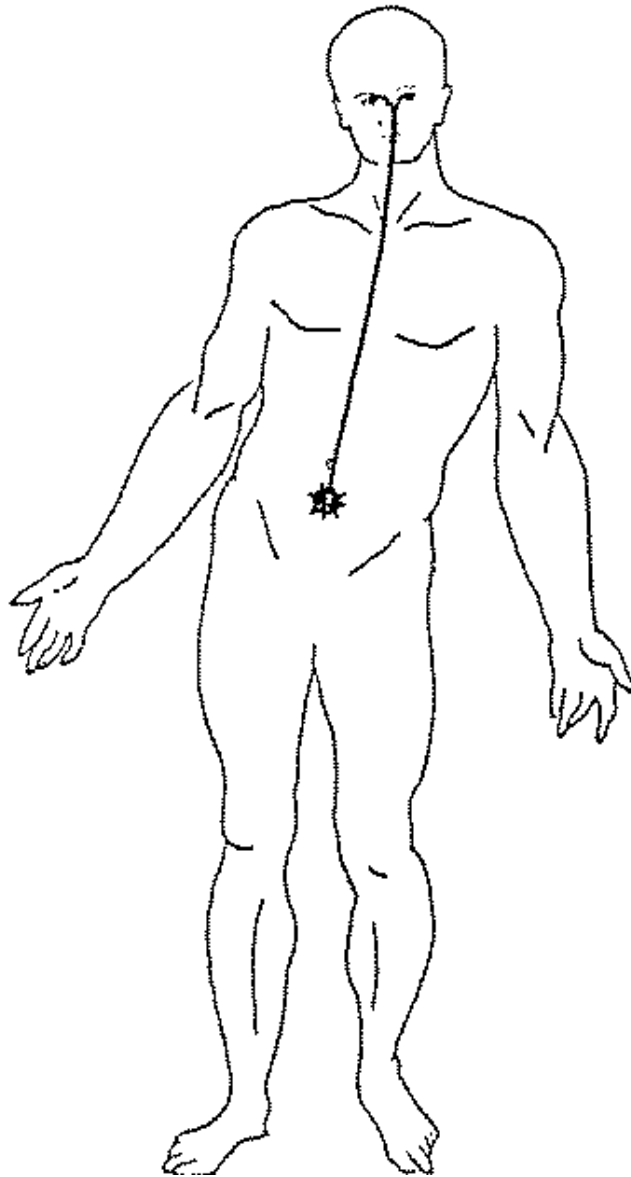
3

Enters at the opening in the temples, moves towards each other, curves down; joins in the middle of the head, down through the center of the body to the center point.



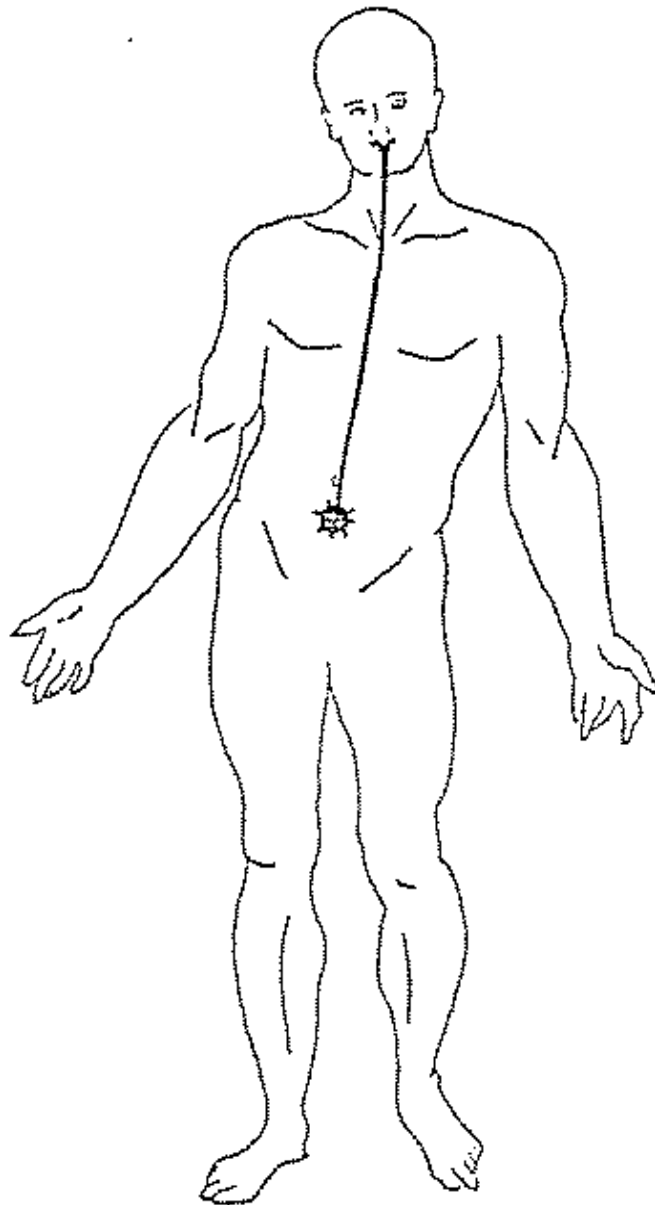
4

Enters through the eye balls, moves back and curves down and joins in the middle of the head, through the center of the body to the center point.



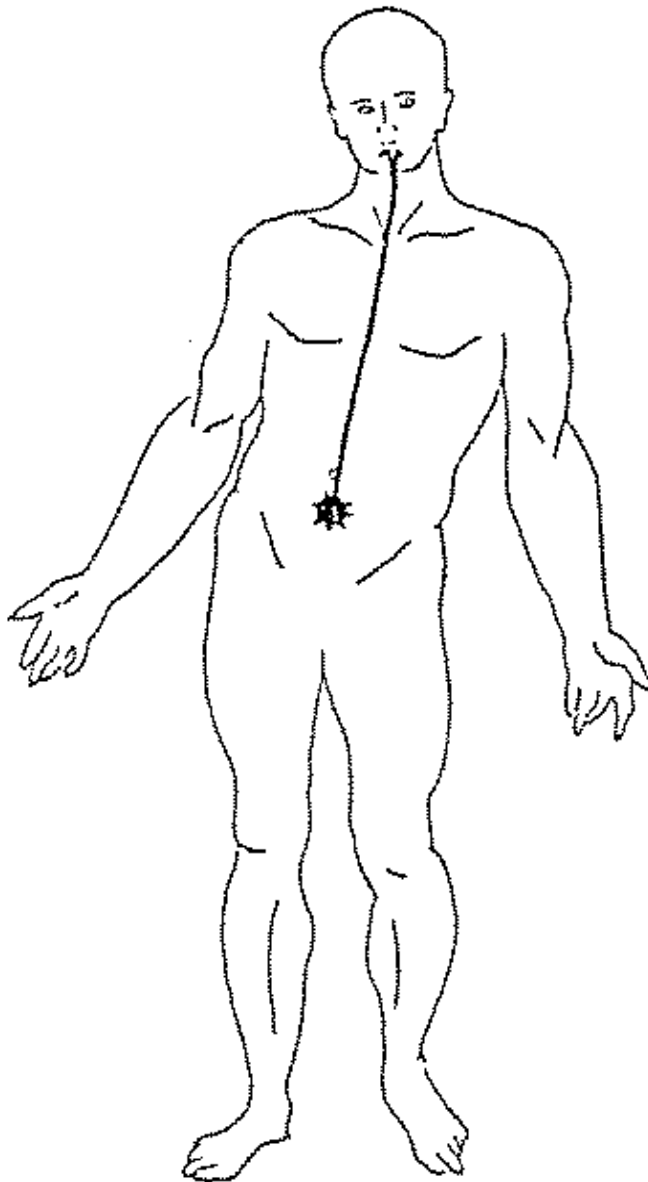
5

Enters through a pair of openings in the upper gum, moving back toward each other along the upper palate, curves down and joins in the middle of the neck, down through the center of the body to the center point.



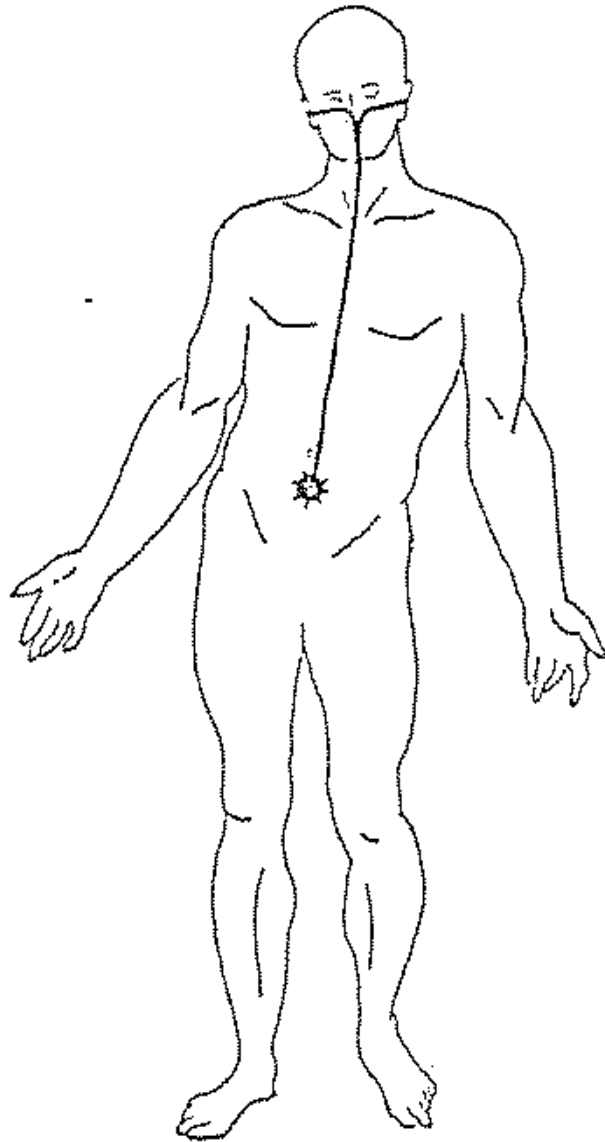
6

Enters through a pair of openings in the lower gums, moving back toward each other through the jaw, curves down and joins in the middle of the neck, through the center of the body to the center point.



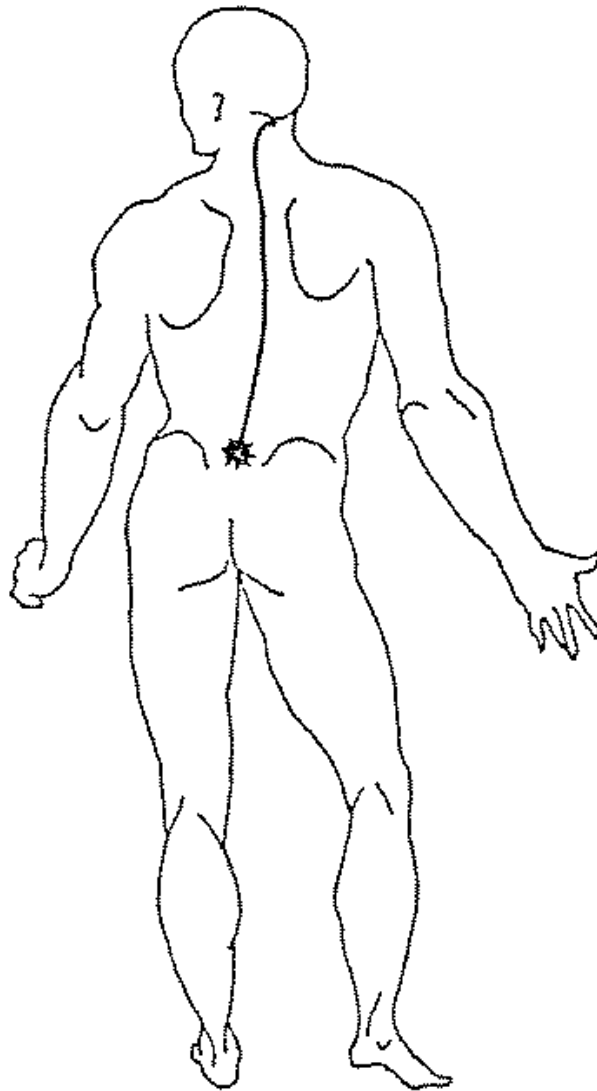
7

Enters through the ears, moves toward each other, curves down, joins in the center of the head, down through the center of the body to the center point.



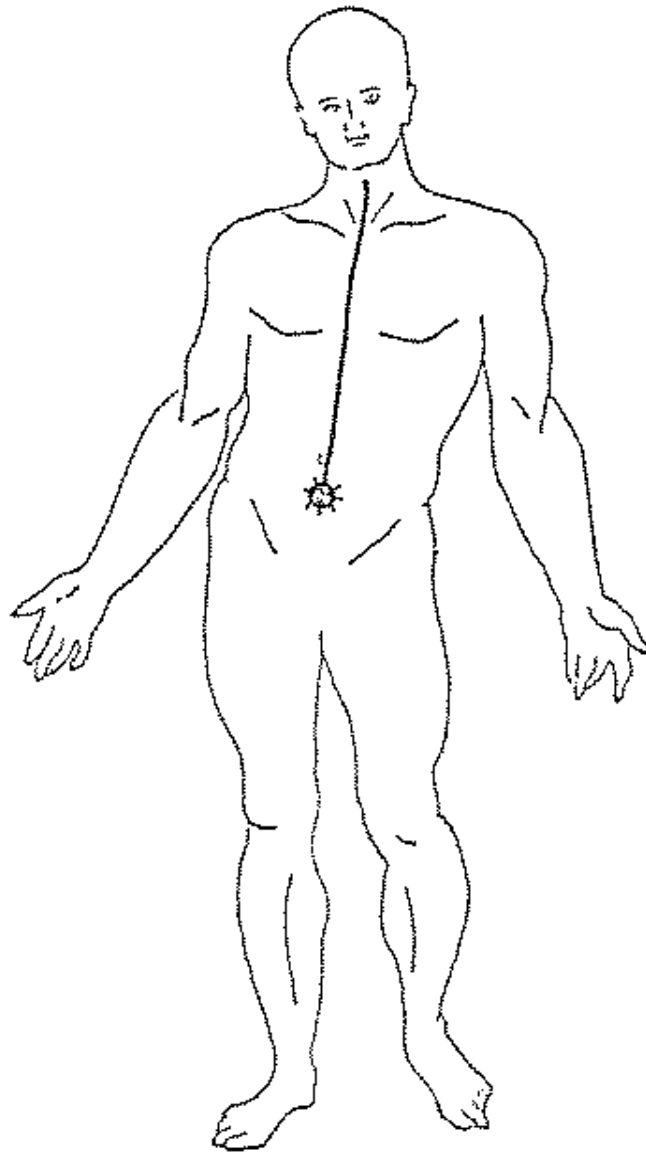
8

Enters an opening at the base of the skull in the back of the head, moving forward, curves down and through the center of the body to the center point.



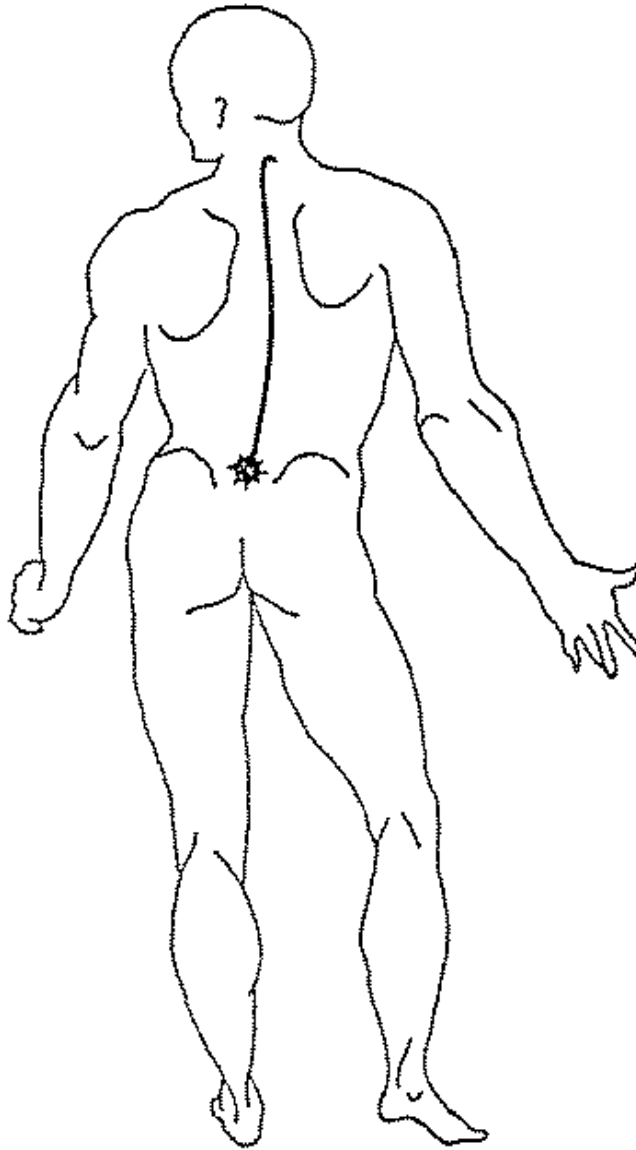
9

Enters an opening in the front of the neck, moves back and curves down, through the center of the body to the center point.



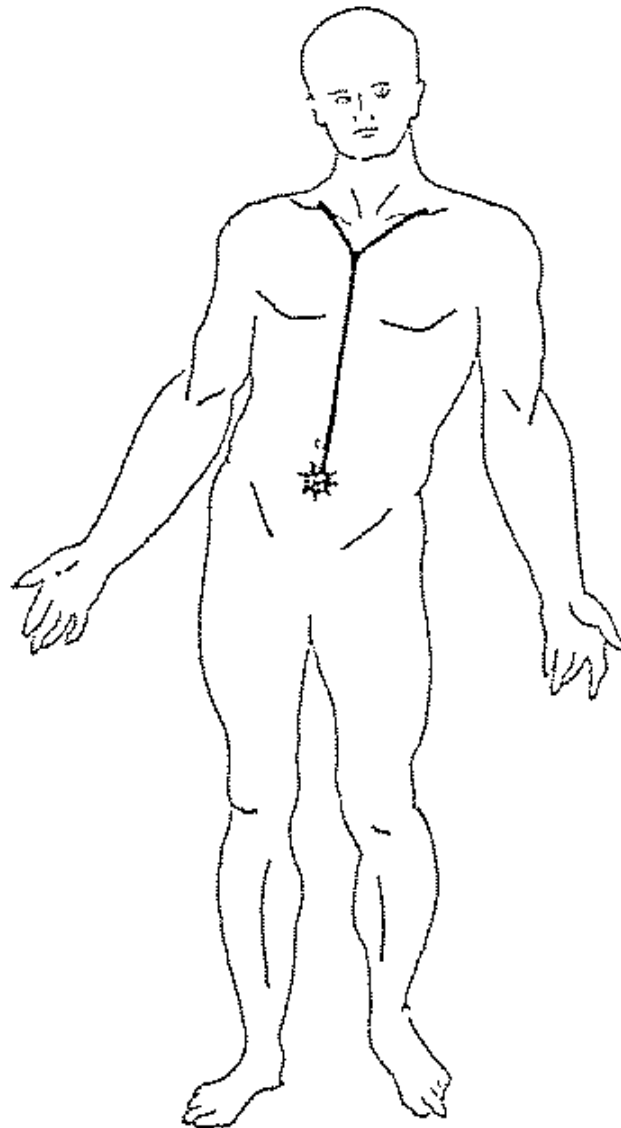
IO

Enters an opening at the base of the back of the neck, moves back and curves down, through the center of the body to the center point



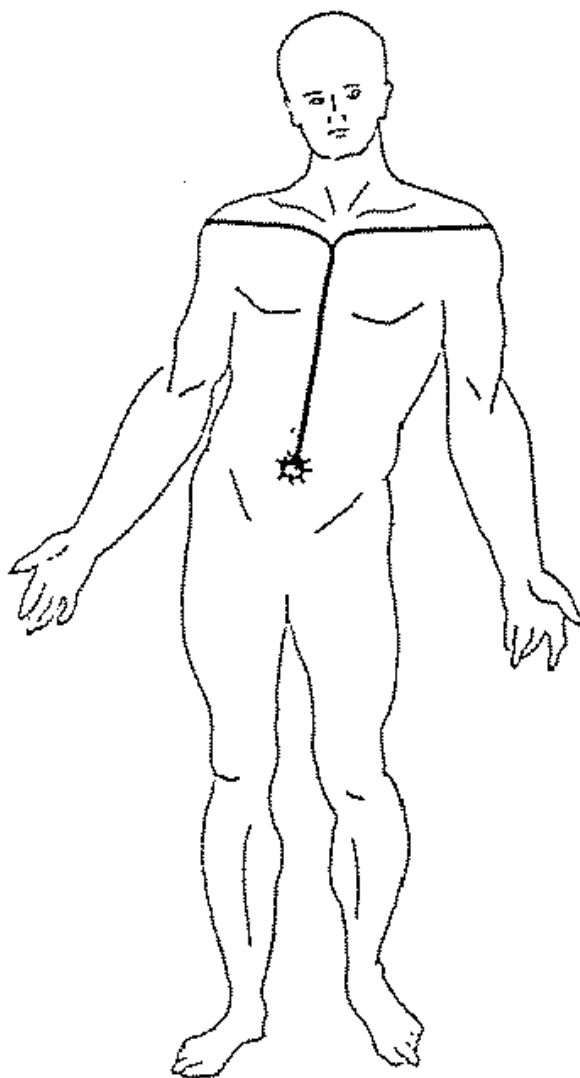
II

Enters over the top of the clavicle on both sides, moves back and down, joins in the center of the chest, through the center of the body to the center point.



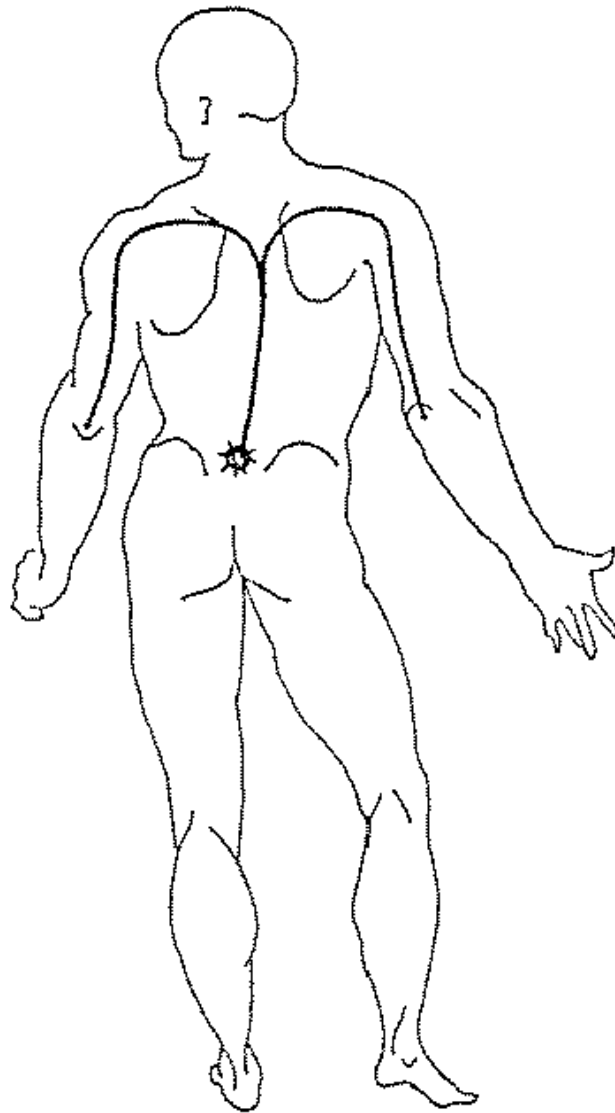
I2

Enters at the end of the shoulders, moves toward each other, curves down and joins in the middle of the chest, through the center of the body to the center point.



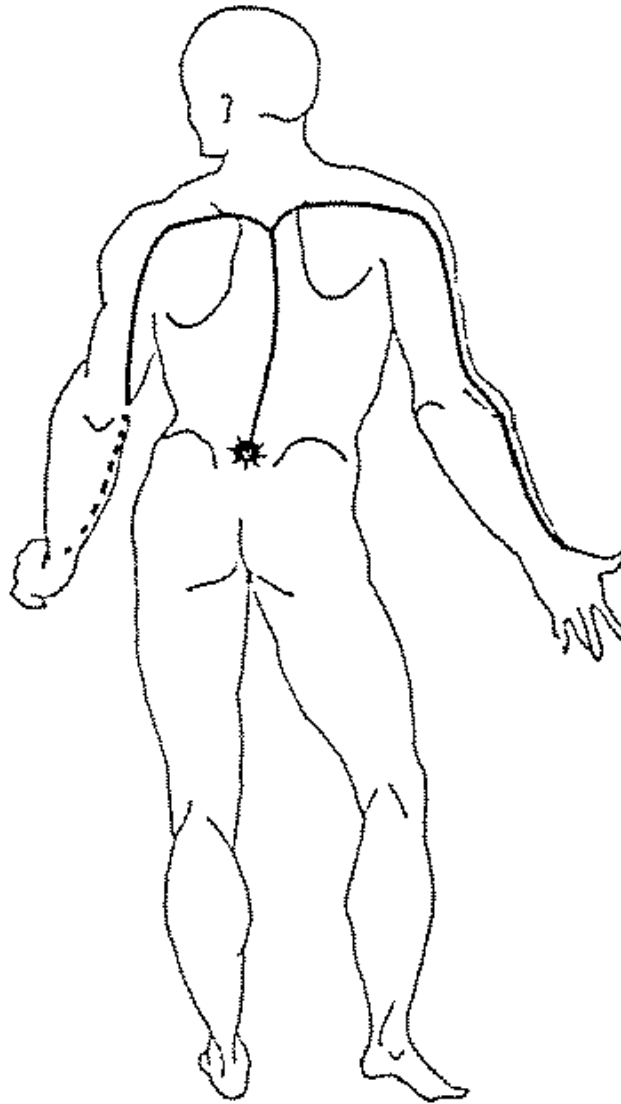
I3

Enters at the elbows, travels along the outside surface of the arms, through the shoulders, towards each other; curves down and joins in the middle of the chest, through the center of the body to the center point.



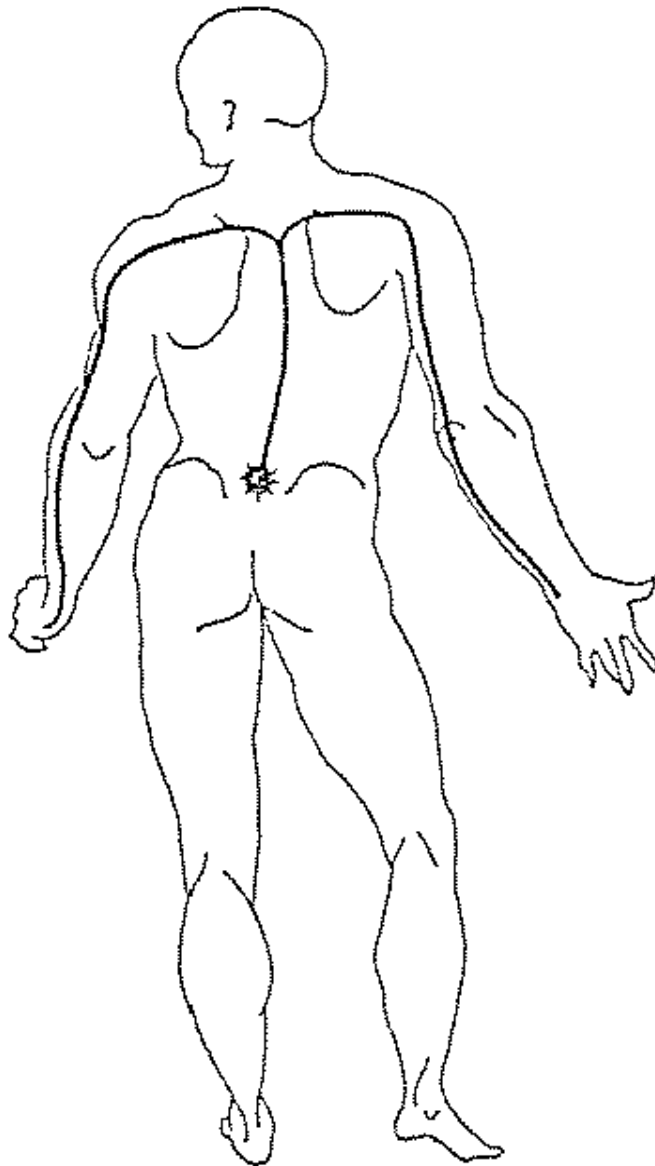
I4

Enters at each wrist on the inside of the hands, travels the inside surface of the arm; through the shoulder, moves towards each other, curves down and joins in the middle of the chest, through the center of the body to the center point.



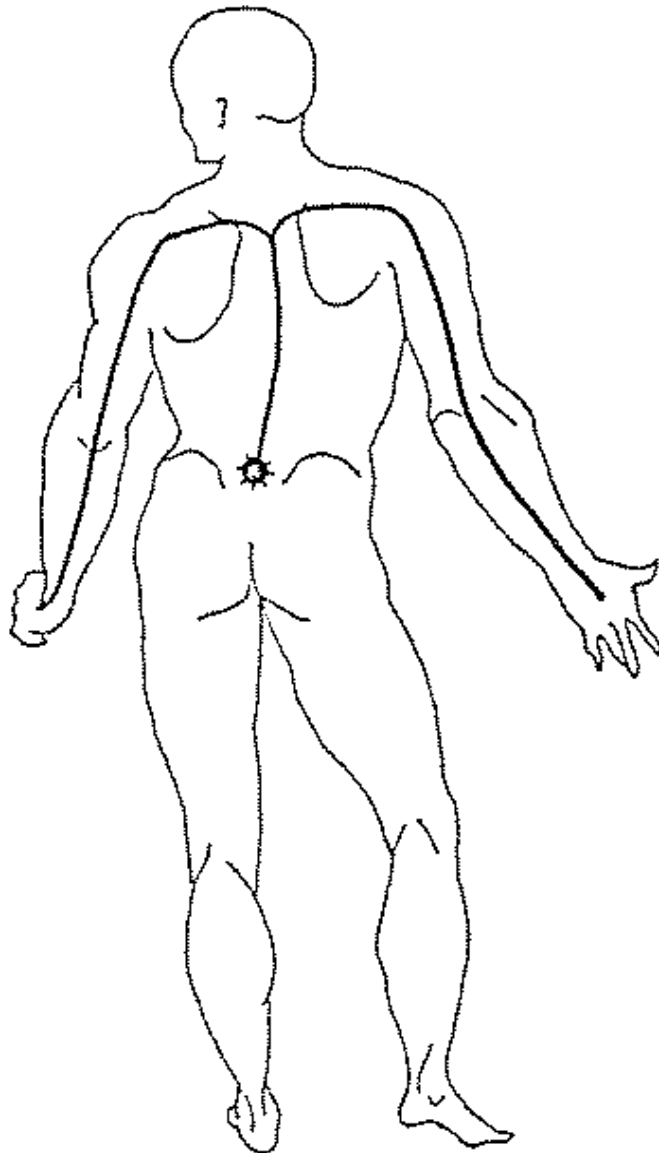
I5

Enters each wrist on the outsides of the hands, along the outside surface of the arm, through the shoulder toward each other, curves down and joins in the middle of the chest, through the center of the body to the center point.



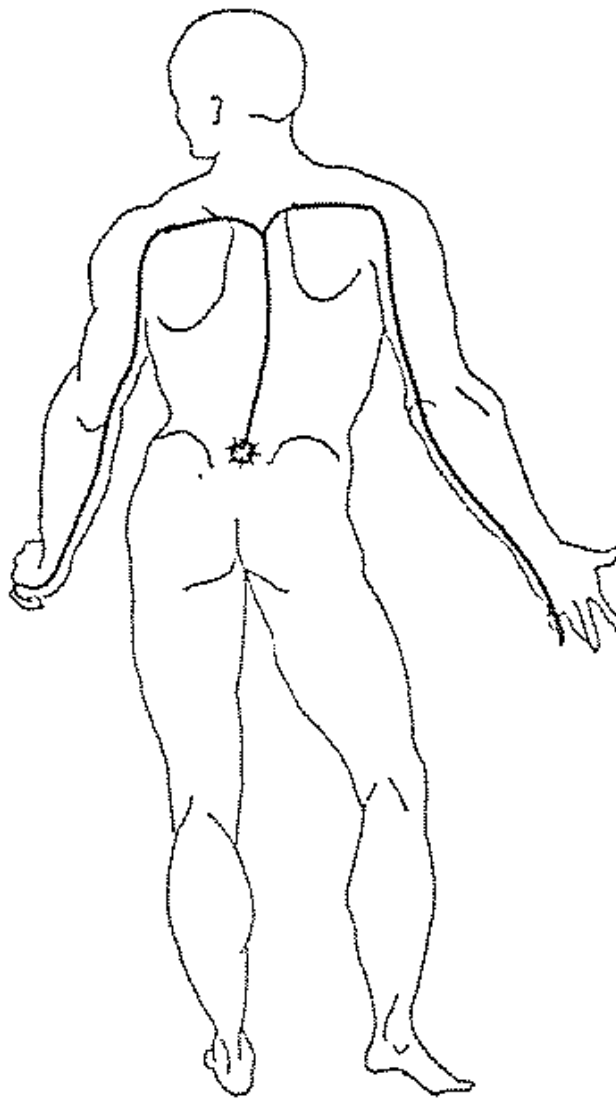
I6

Enters the opening in the center of the palms, through the center of the arm and shoulder, moves toward each other; curves down and joins in the middle of the chest, through the center of the body to the center point.



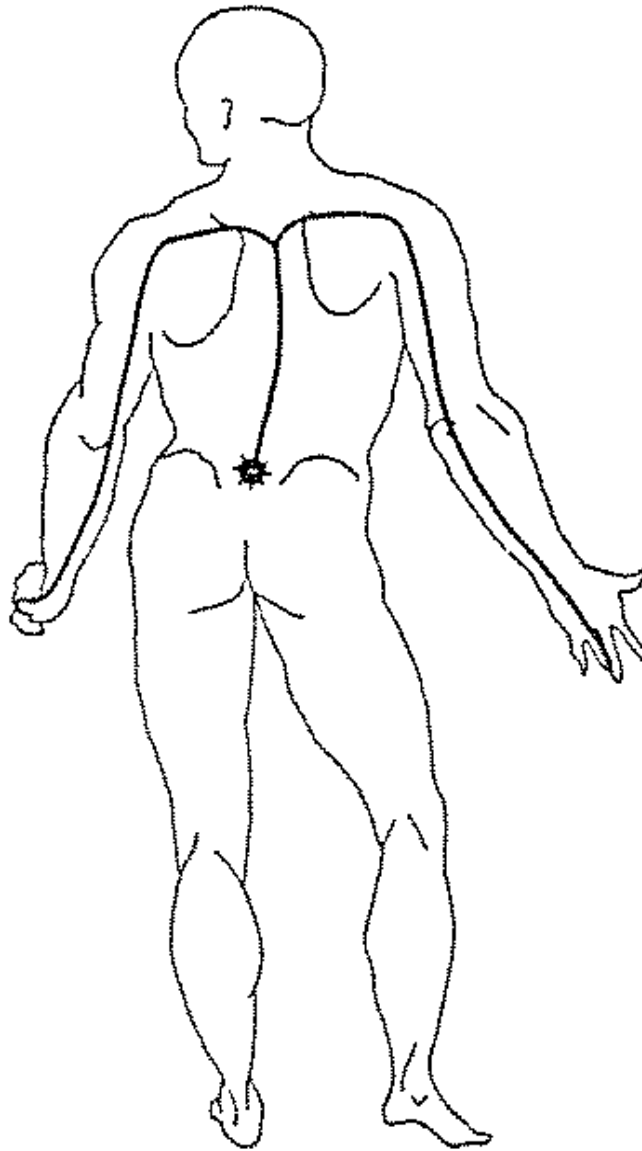
I7

Enter the tips of the little fingers, travels along the surface of the hands and arms near the outer edge, through the shoulders toward each other, curves down and joins in the middle of the chest, through the center of the body to the center point.



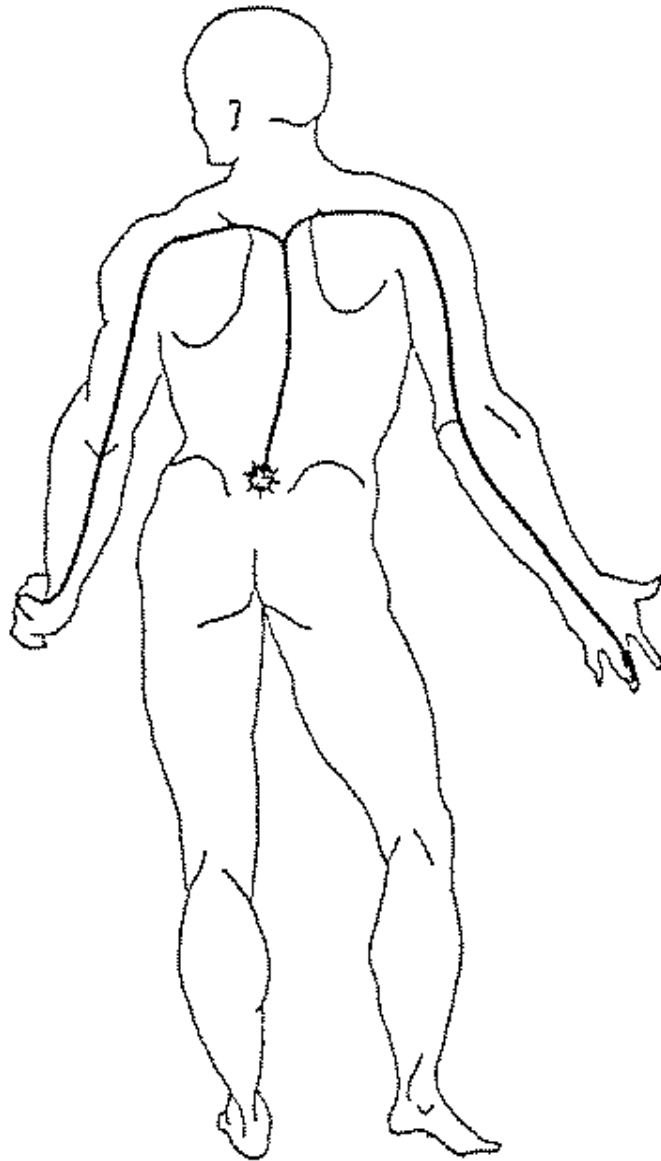
I8

Enters the tips of each ring finger, travels along the surface of the hands and arms midway between the outer edge and the center, through the shoulders, moves toward each other, curving down and joins in the middle of the chest, through the center of the body to the center point.



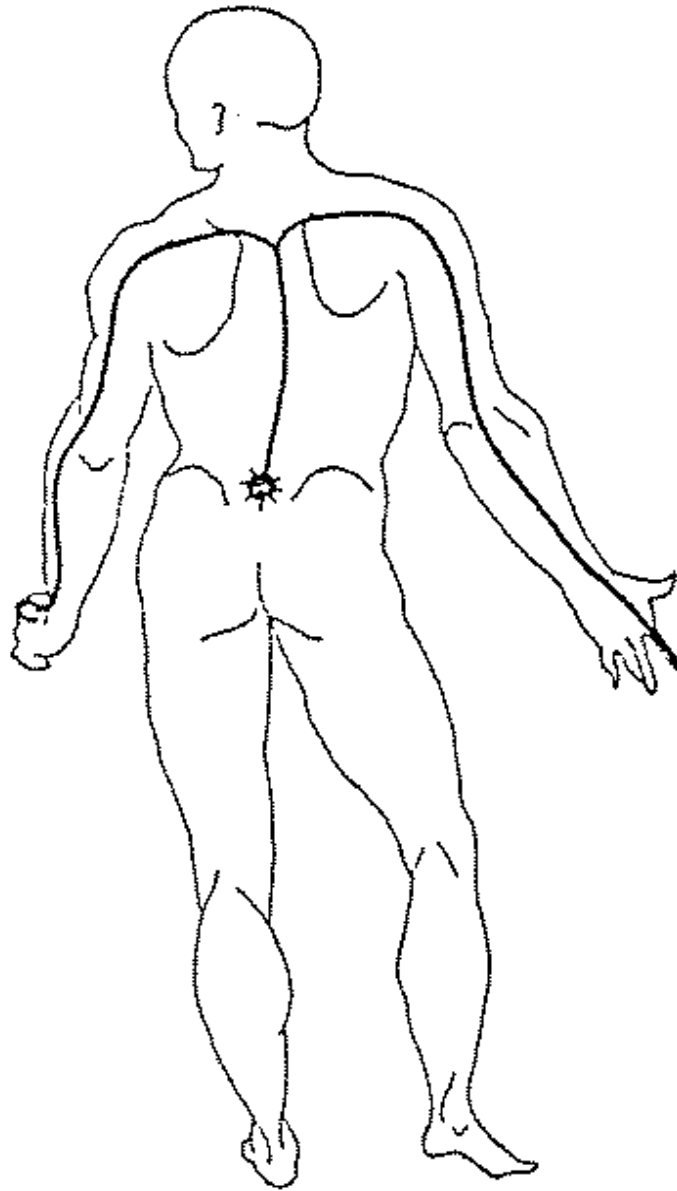
I9

Enters the tip of the middle fingers, travels along the surface of the hands and arms along the center, through the shoulders and moves toward each other, curving down and joins in the middle of the chest, through the center of the body to the center point.



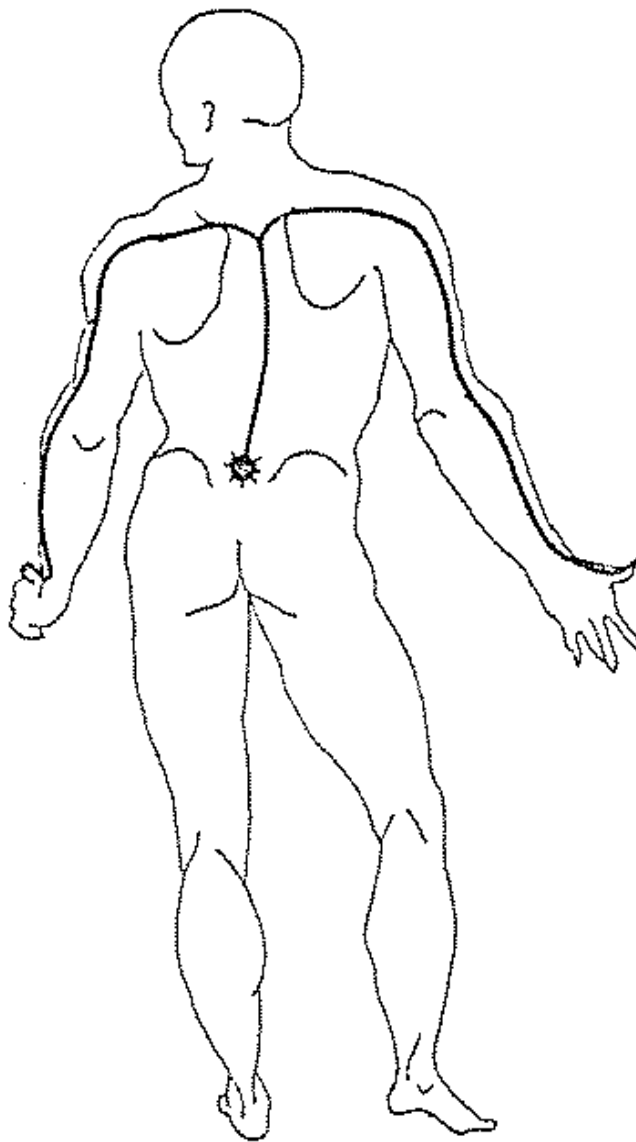
20

Enters the tips of the index fingers, travels along the surface of the hands and arms between the center and the inner edge, through the shoulders, towards each other, curves down and joins in the middle of the chest, through the center of the body to the center point



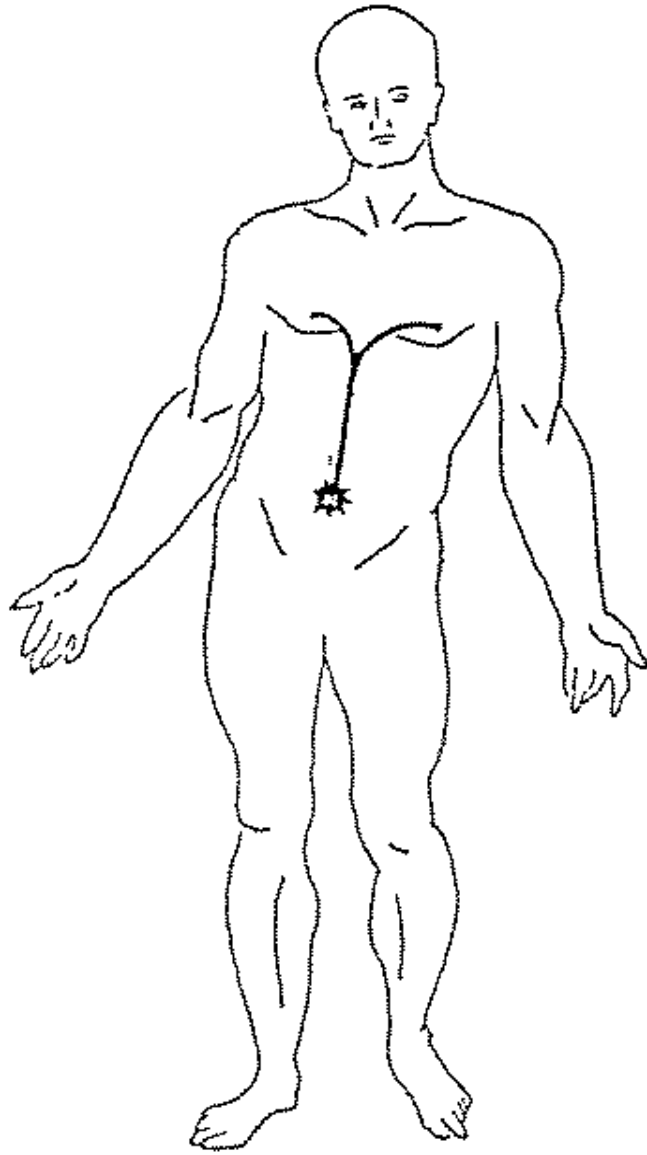
2I

Enters the tip of the thumbs, travels along the surface of the hands and arms along the inner edge, through the shoulders toward each other, curves down, joins in the middle of the chest, through the center of the body to the center point.



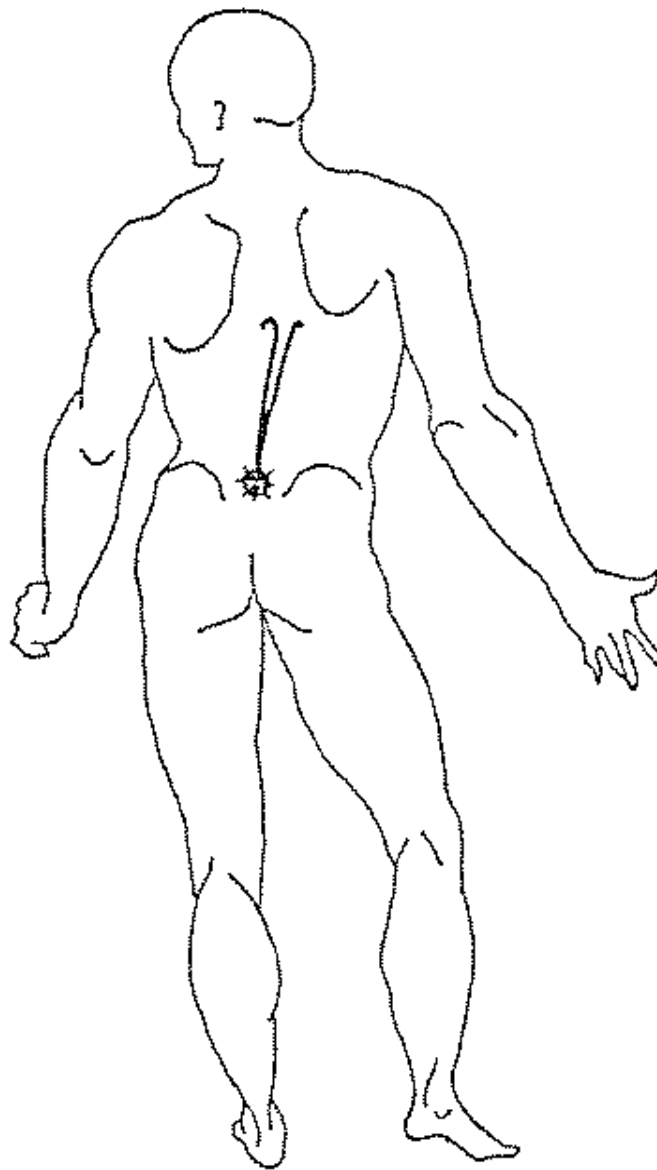
22

Enters at the nipples, curves back and down, joins in the center of torso behind the diaphragm, through the center of the body to the center point.



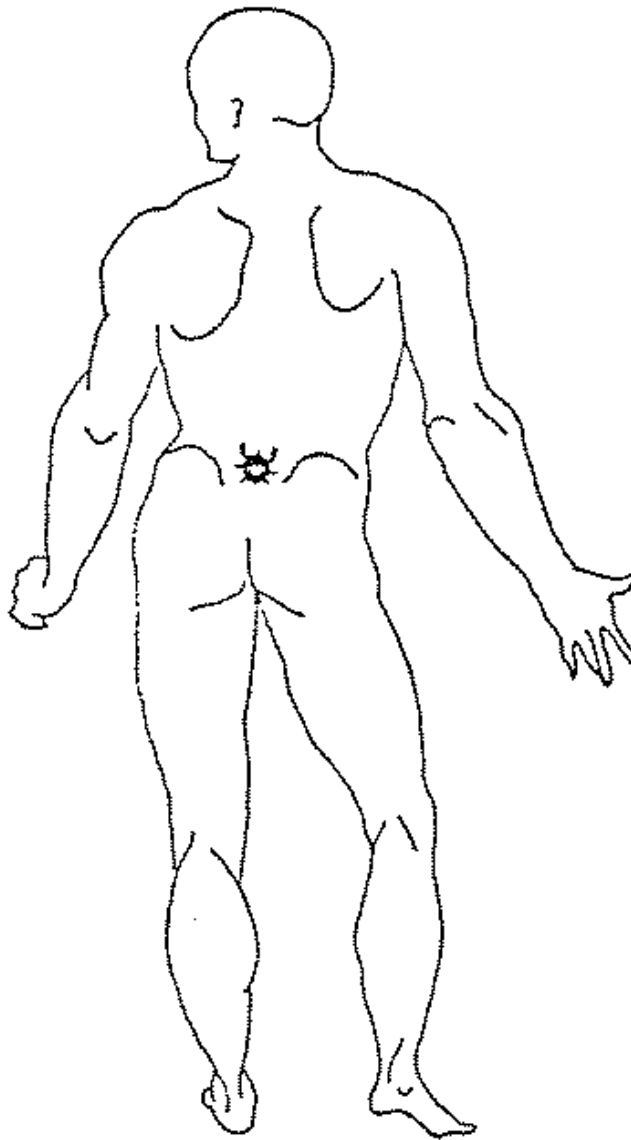
23

Enters at the back on both sides of the spine and between the shoulder blades, curves forward and down through the center of the body and joins at the center point.



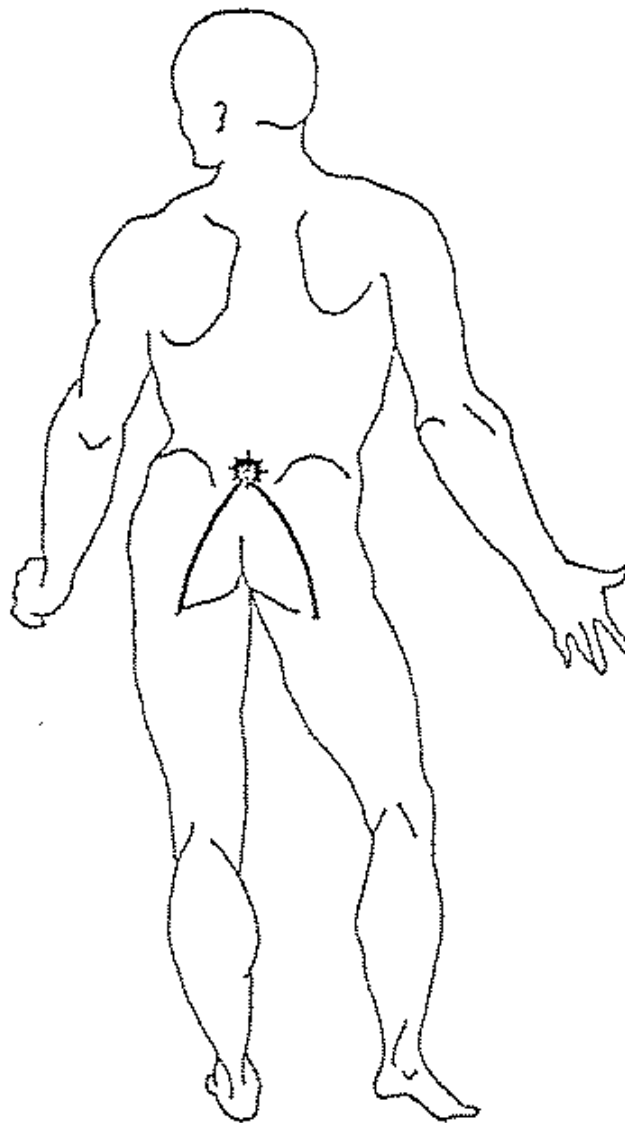
24

Enters at the back on both sides of the spine and between the kidneys; moves forward and joins at the center point.



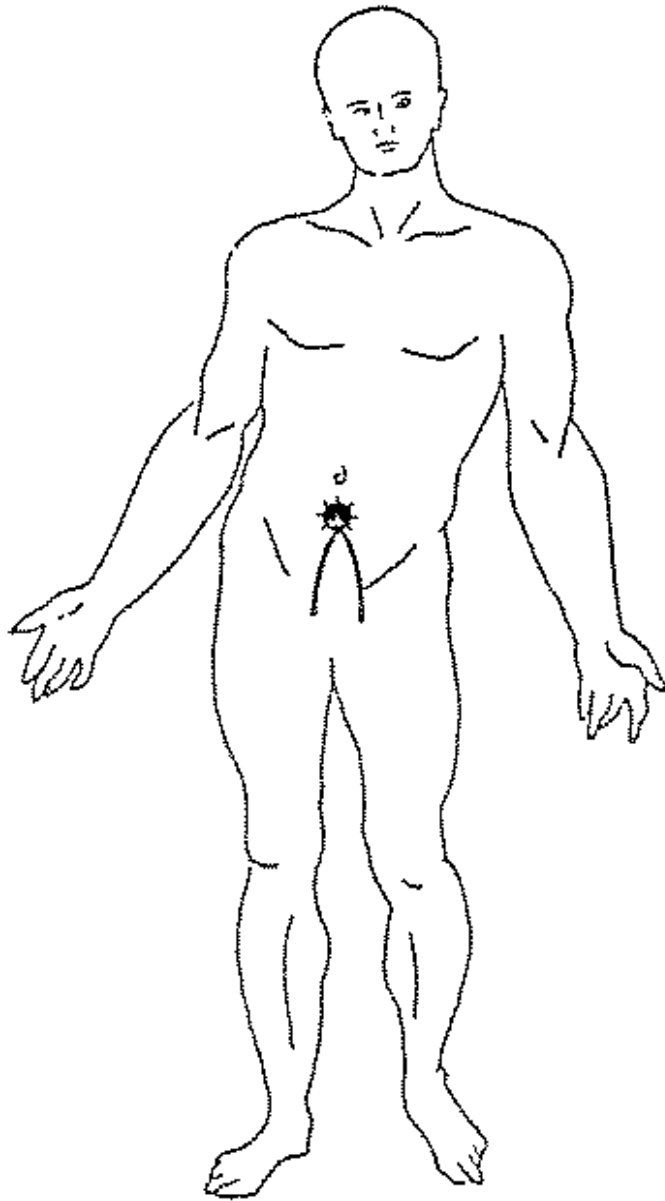
25

Enters at the bottom of the buttocks and curves up and forward and meets at the center point.



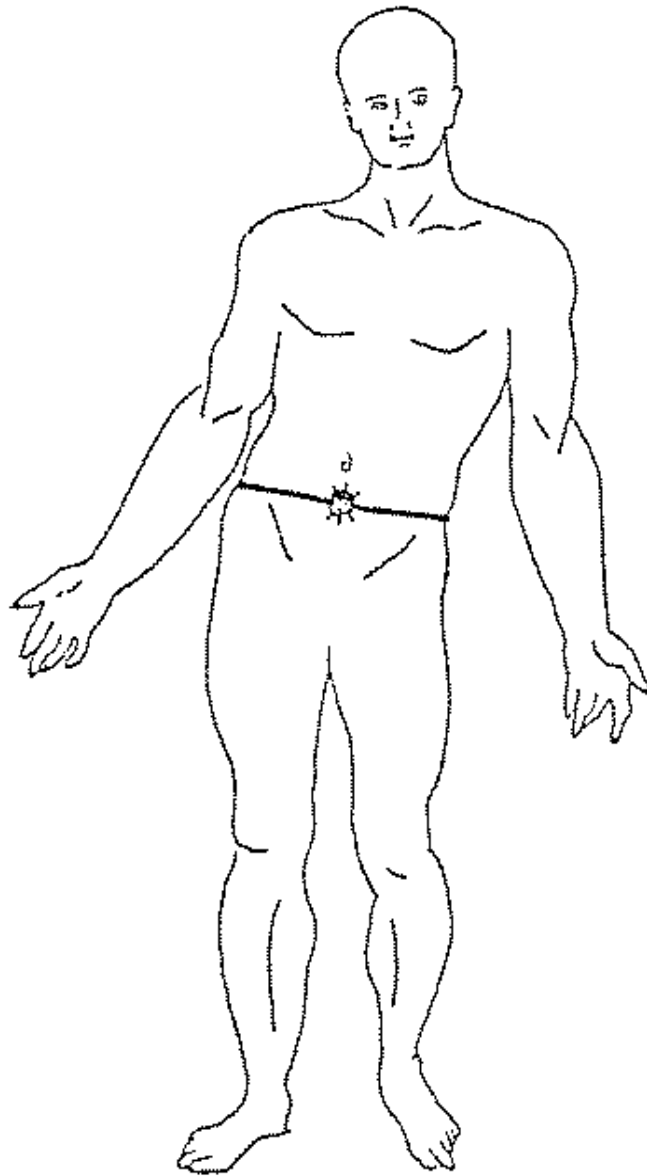
26

Enters at the two points just where the inside of the legs meet the torso at the sex organs, moving back and up and meets at the center point.



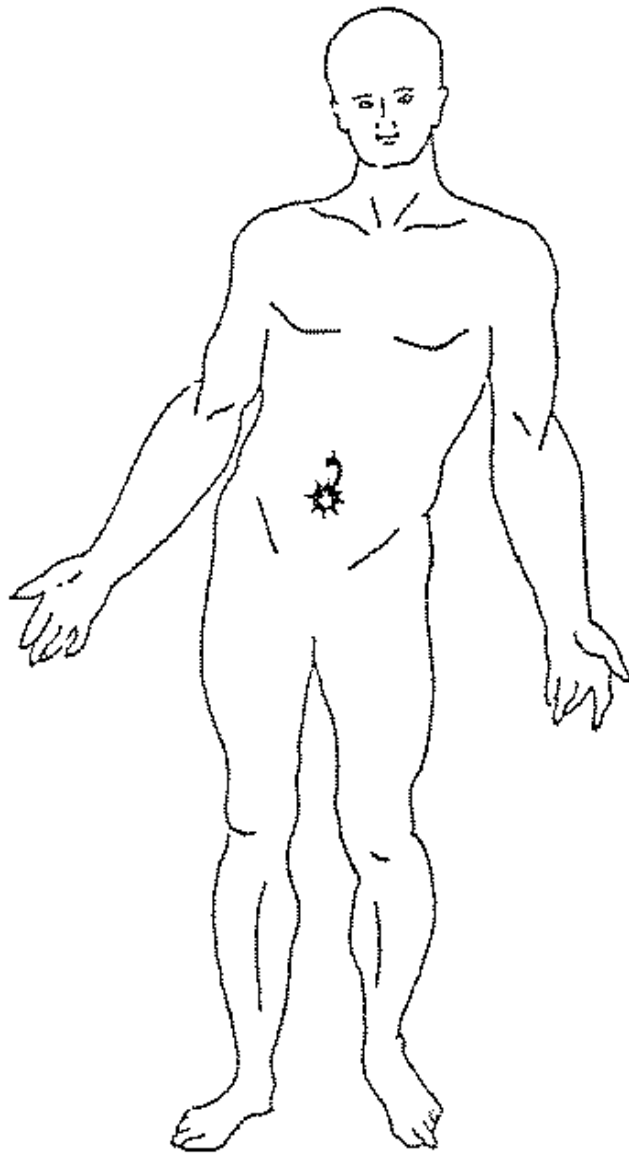
27

Enters each side of the hip, moving straight in, joins at the center point.



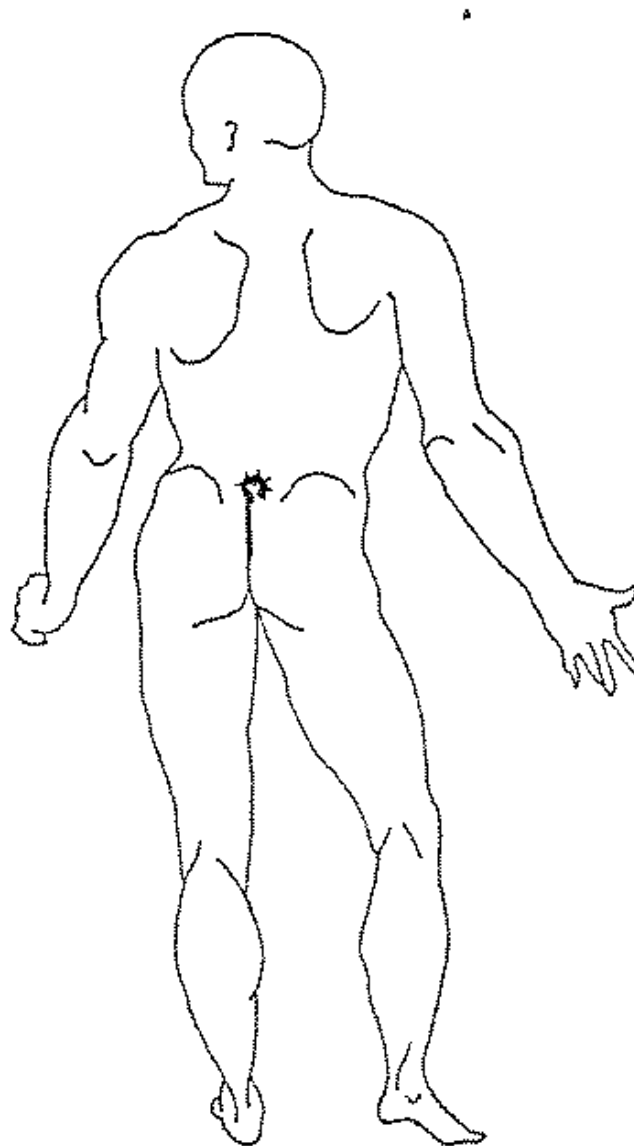
28

Enters at the navel, moves back and down to the center point.



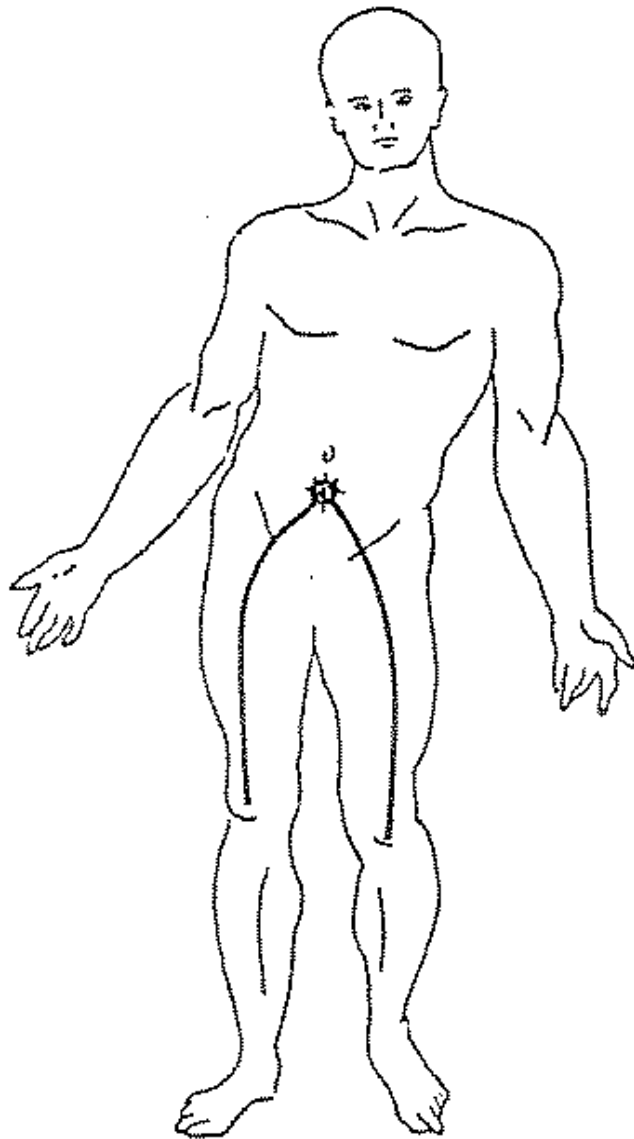
29

Enters at the tip of the tail bone, moves up and forward to the center point.



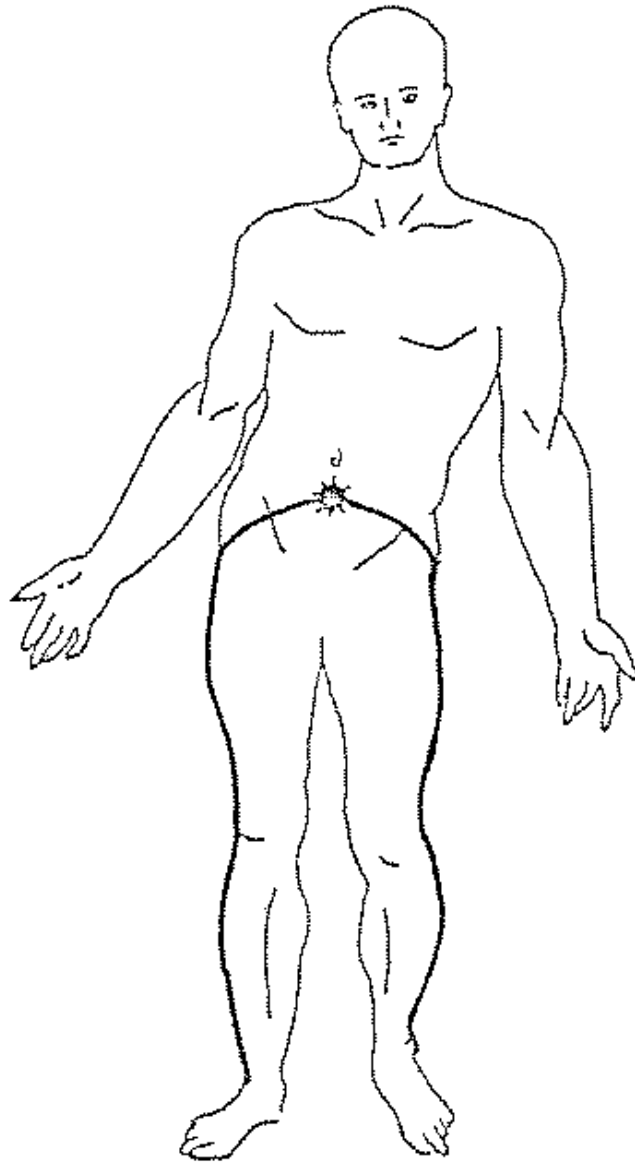
30

Enters at the knees, moving up the front surface of the legs, into the hip and joins at the center point.



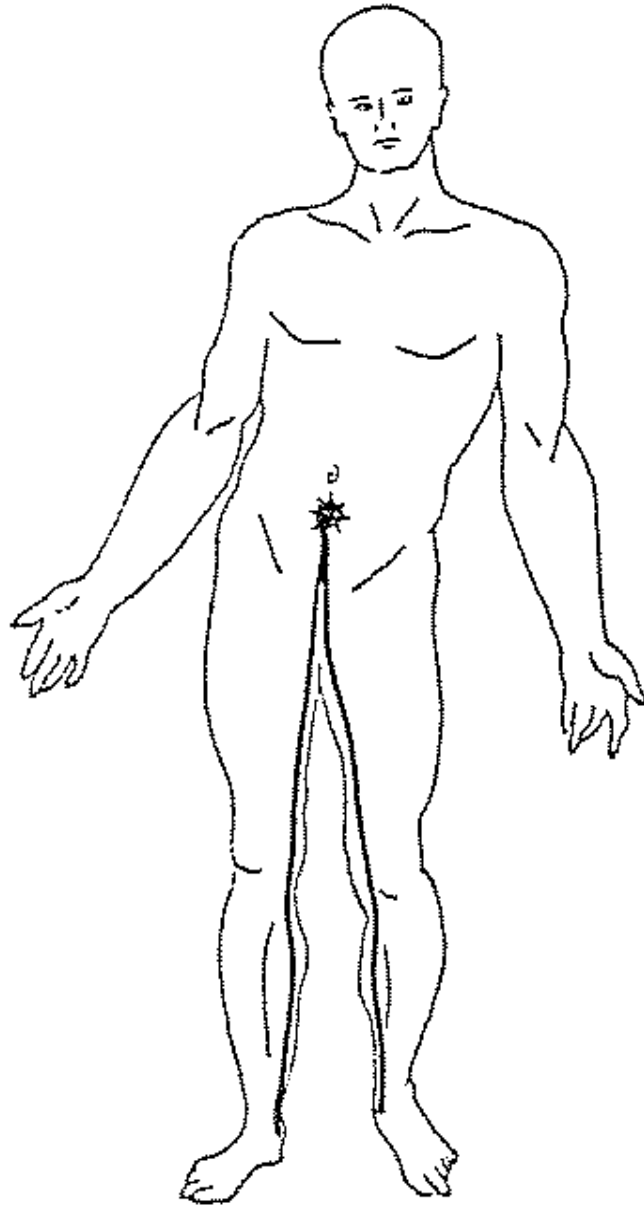
3I

Enters the outside edge of the ankle, moves up the outer edge of the legs and into the hip, joins at the center point.



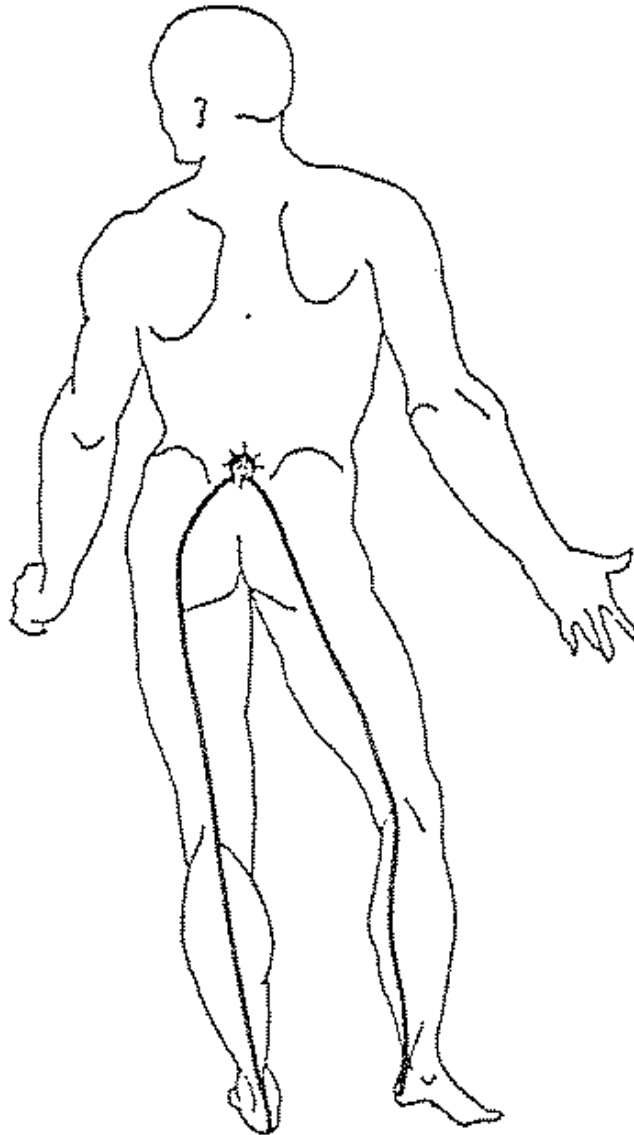
32

Enters at the inside edge of the ankle bones, moves up the inside edge of the legs and into the center point.



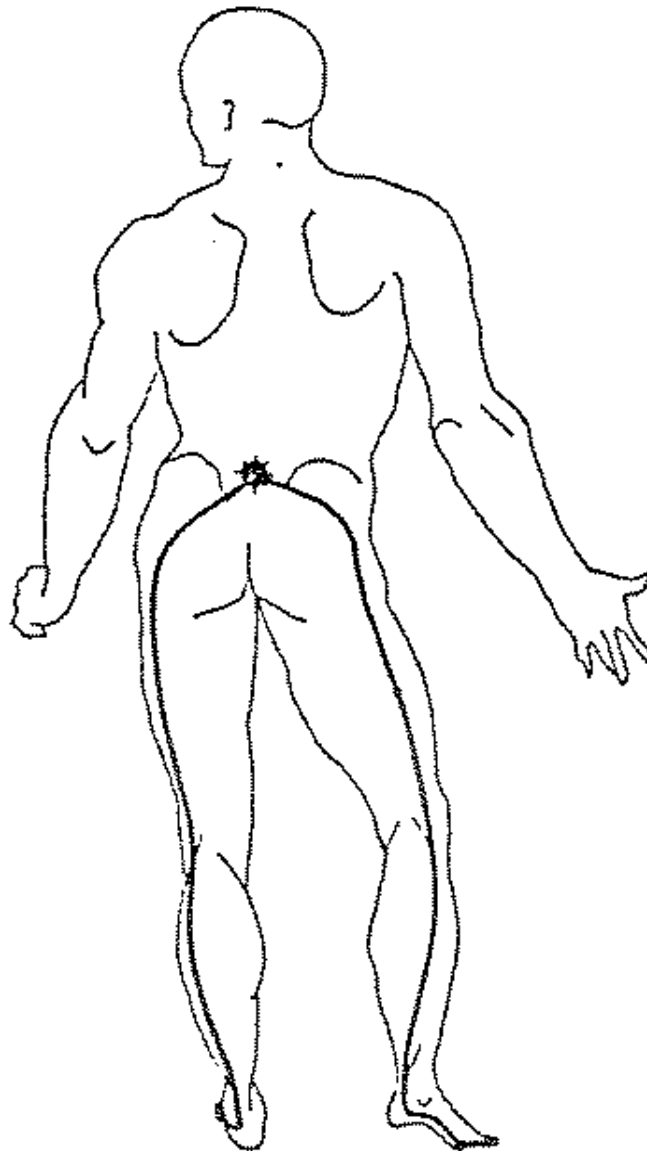
33

Enters at the tip of the heels, moves up the back surface of the legs, into the hip and joins at the center point.



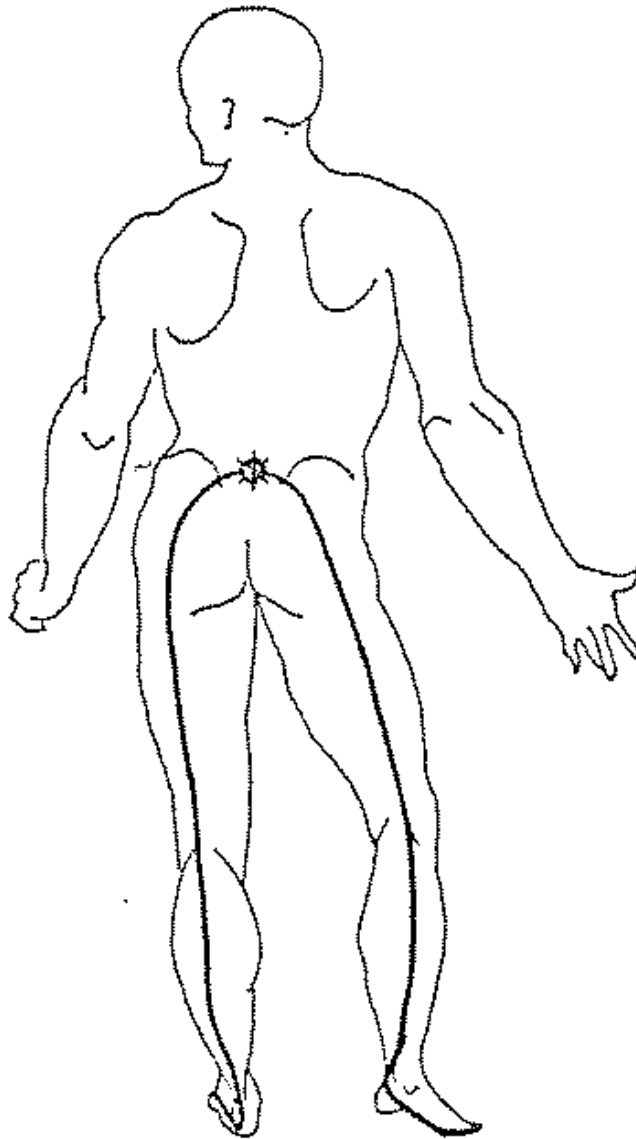
34

Enters at the tip of the little toes, moves along the outer edge of the soles, up the back side of the legs (along the outer edge) and into the hips joining at the center point.



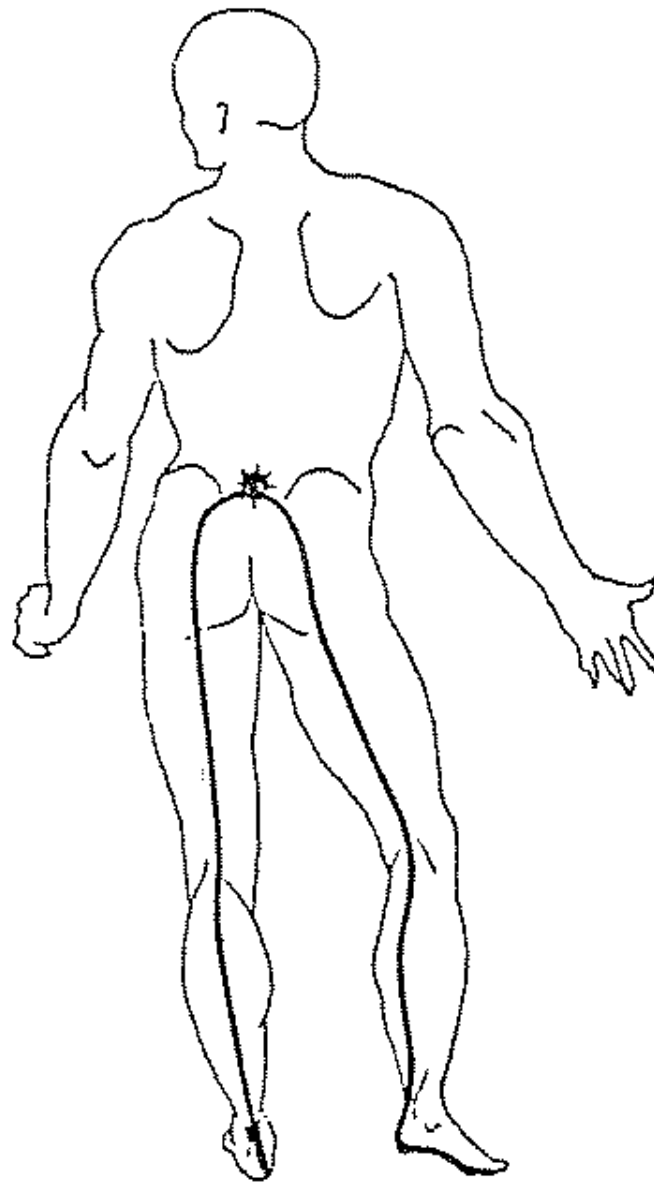
35

Enters at the tip of the toes (next to the little toe), moving along the soles (between the outer edge and the center), up the back side of the legs (between the outer edge and the center), into the hip and joins at the center point.



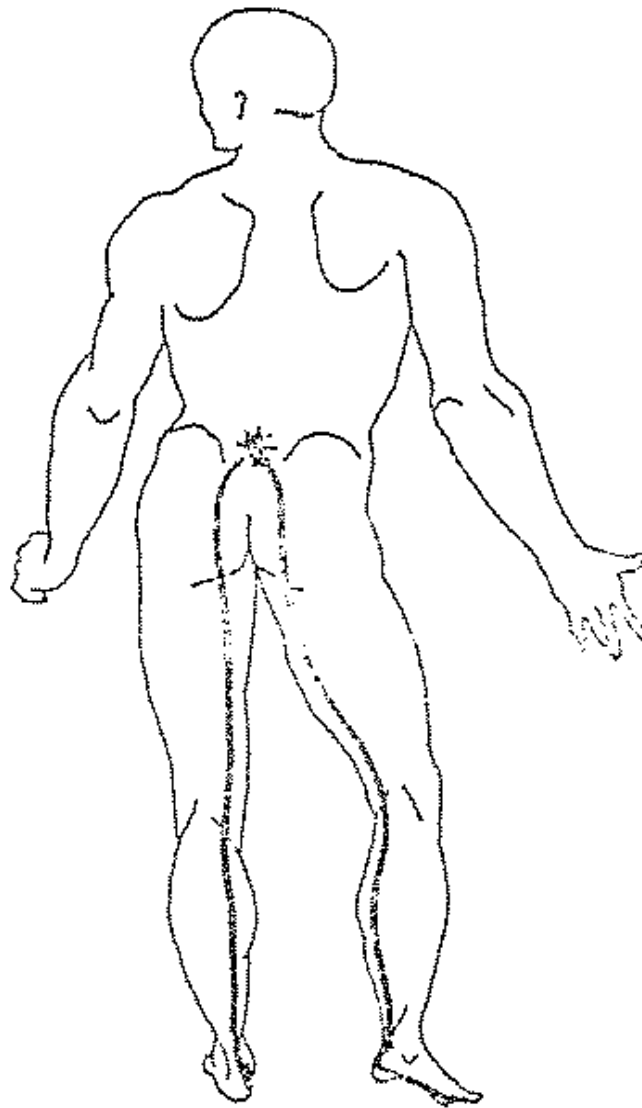
36

Enters at the tip of the middle toes, moves up the surface of the sole along the center, than up the back of the leg into the hips and joins at the center point.



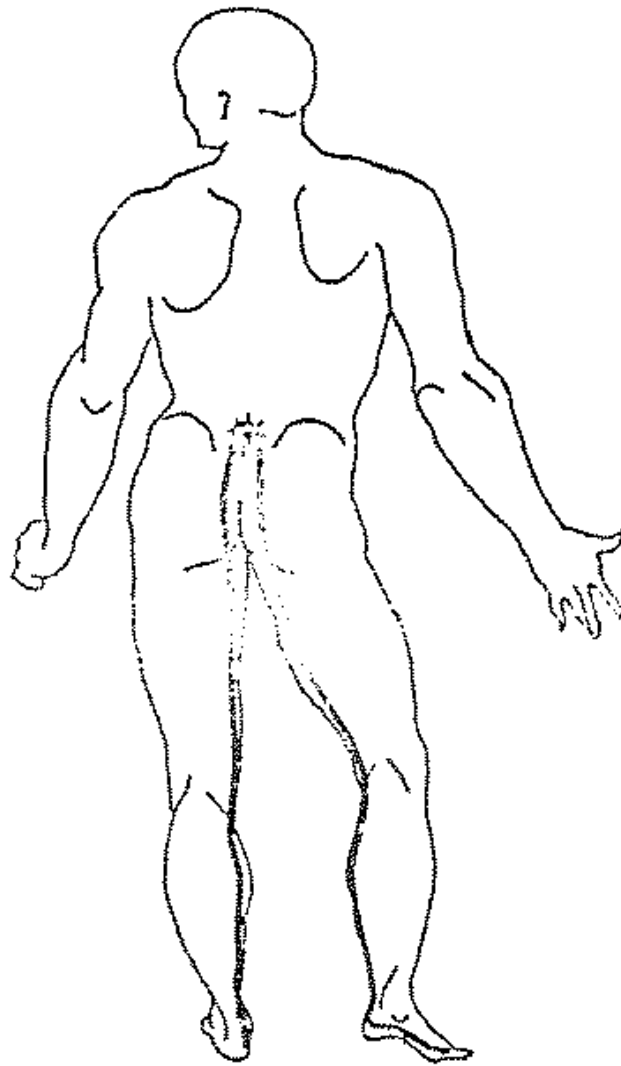
37

Enters at the tips of the little toes, moves along the outer edge of the soles, up the back sides of the legs along the outer edge into the hip and joins at the center point.



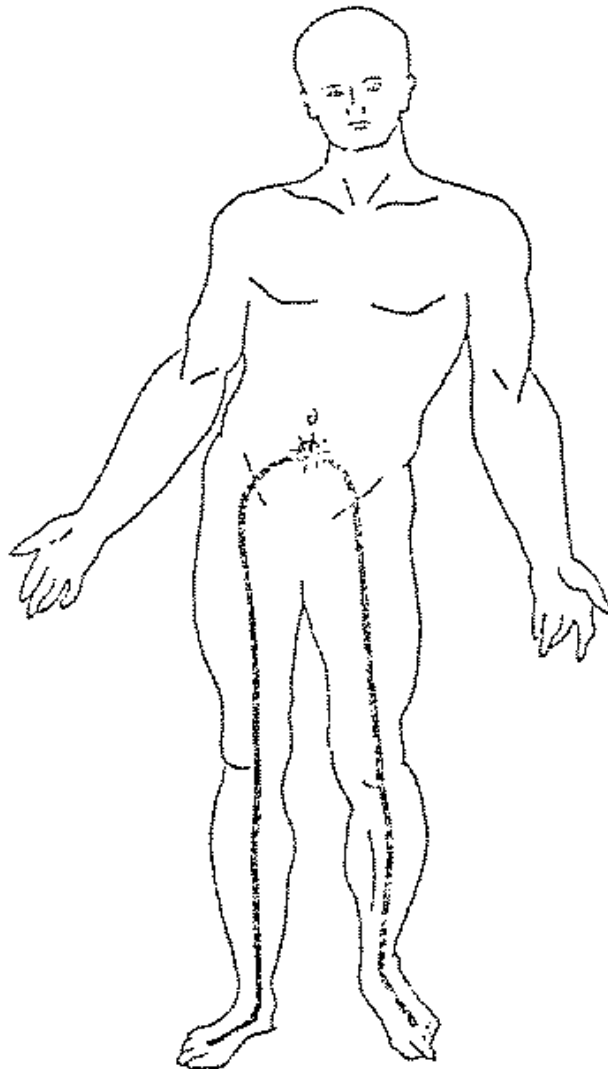
38

Enters at the tip of the big toes, moves up the inside surface of the sole, up the back of the legs, into the hip and joins at the center point.



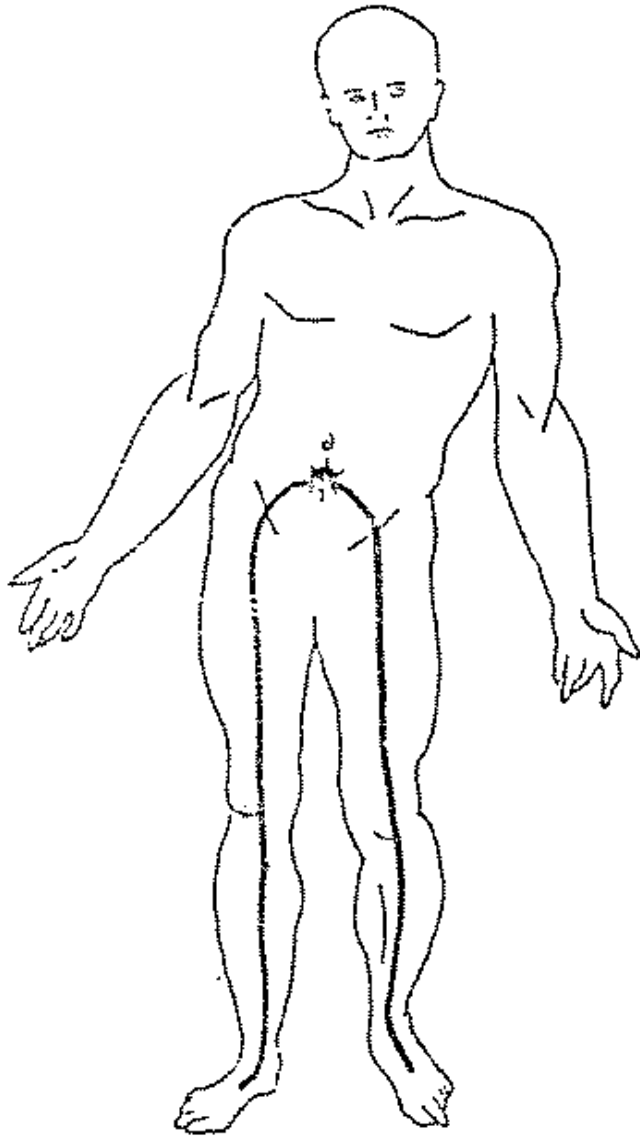
39

Enters in the center of the ball of the feet, moves through the center of the foot, up the center of the foot and leg, into the hip and joins at the center point.



40

Enters an opening in the center of the forehead, moves back, down through the center of the body to the center point.





Bodidharma

Twenty-eighth Indian Patriarch
First Chinese Patriarch

Chan Pil by Dr Seo, Kyung Bo
Seventy-sixth Patriarch

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