



Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation

12

*Part of the
2010-2014 Teachings for Women
of Sunyata Saraswati*

Ma Shakti Amrita Saraswati

(Writings and teachings of Master Sunyata Saraswati)

Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation

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Unless indicated as from Amrita, all information in this manual was originally spoken by, written by, or transmitted by Sunyata Saraswati, even if not presented in quotation marks. His words in this manual may be used; please quote from:

“Sunyata Saraswati”.

Thank you.

Please read before using this manual and practices

This manual is a reference guide only. Practices should only be attempted after you have received instruction from a teacher or video, following the directions and cautions.

The exercises and practices in this manual promote well-being and energy and are not data-proven methods. Please use this information with caution, intuition, and common sense, as no outcome is guaranteed.

These practices are not meant to replace competent medical advice. Consult your health practitioner if you are unsure of the suitability of these practices.

Do not force or strain yourself when practicing. If you feel pain, discomfort, dizziness, or anything else unusual, stop practicing immediately. Do not practice after surgery until you are allowed by your health practitioner. Check the *Restrictions* and *Health Concerns* throughout the manual.

Thank you!

For current information, please visit
www.spiritenergymovement.com

To read about the complete system, the *2010-2014 Teachings for Women of Sunyata Saraswati*, please reference the manual *Becoming...*

Sunyata Saraswati's memorial website
www.sunyatasaraswati.com

May all be safe.
May all be happy.
May all grow to their fullest spiritual expression in this lifetime!

Part 4 - Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation

“The only thought that’s worthwhile holding for one moment is love.”

~ Sunyata Saraswati

Experience a new way of being human(e).

Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation became an important practice for Master Sunyata at the end of his life, when he was focusing on the heart. Some of its attributes and results are purifying emotions, bringing clarity, positively affecting glands in the brain, developing compassion and heart opening, building a magnetic type of Chi to store for healing, changing the personal vibration, and activating the energy grid around the body.

Some possible benefits of Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation include

- Change the personal vibration or frequency
- Create and activate a current of water, magnetic, and purifying internal energy
- Activate the energy grid or the light body grid around the body (Yantra)
- Balance all four sides of the body using the Infinity symbol
- Build a magnetic type of Chi, to store for healing
- Clarity
- Compassion
- Create a whole brain by merging both hemispheres of the brain

Sequence

1. Gate Gate Pāragate Pārasaṃgate Bodhi Svāhā (optional)
2. Om Ah Hum (Opening Salute)
3. Standing Vajra Yoginī Yoga
4. Three-Part Clear
5. White Crane Salute (Opening Salute)
6. Kuan Yin Magnetic Nei Gung
7. Kuan Yin Tai Chi
8. Three-Part Clear
9. White Crane Salute (Closing Salute)
10. Kuan Yin Meditation
11. Three-Part Clear
12. Om Ah Hum (Closing Salute)
13. Meridian Cleanse (Eight Psychic Channels Massage)
14. Tapping and Massaging (optional) (please use the *Foundation Warmup* manual)

Restrictions

- Menstrual Period - Yes, please see *Health Concerns* below for restrictions
- Pregnant - No, cannot practice
- Postpartum - Wait six weeks
- Breastfeeding - Yes, may practice

Part 4 - Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation

Health Concerns

Pregnant

- If you are pregnant, please do not do this practice

Menstrual Period

- Some women may become dizzy or have menstrual period issues if practicing the *Vajra Yoginī Yoga* before *Kuan Yin* practice. If so, resume the *Vajra Yoginī Yoga* a couple days after the menstrual period has ended.
- Master Sunyata suggested that women switch to *So'Ham* or *Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation* (without the *Standing Vajra Yoginī Yoga*) during the menstrual period and one to two days after it is ending. As an alternative, only do *So'Ham* (no *Anal Contraction*) or no practices at all.

About

- Water, Kan, magnetic
- The circular movements in slow circle patterns build a magnetic type of Chi
- Kuan Yin is an energy of compassion which takes form as male or female Bodhisattvas (enlightened one) or God or Goddess of compassion
- One does not have to change religion, take a Bodhisattva Vow, chant the Kuan Yin Mantra, or become a follower of Kuan Yin in order to practice; it is a practice to focus on developing clarity and compassion

Symbols

- Master Sunyata would set up an altar in *Kuan Yin* class consisting of a tiny bowl of dried rice, a small glass of water, a small green plant, and red candles. It is completely acceptable to not make altars or use anything during a practice. He did this as his devotional offering.
 - Rice - Metaphor for fertility and sustenance
 - Water - Healing “Water of Life” (Amrita), with which all living things are blessed with physical and spiritual peace
 - Dragon that Kuan Yin may be shown atop - Ancient symbol for spirituality, wisdom, strength, and divine powers of transformation

Part 4 - Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation

Full Sequence

1. Gate Gate Pāragate Pārasamgate Bodhi Svāhā (optional)
2. Om Ah Hum (Opening Salute) (from the *Salutes* manual)
3. Standing Vajra Yoginī Yoga (from the *Preliminary Energy Movers* manual)
 - a. Vajra Yoginī Open and Close
 - b. Fingers to Toe
 - c. Elbows to Knees
 - d. Bend and Swing
 - e. Turn with Sniff
 - f. Triangle Side Bend with Three Mudrās
 - g. Vajra Pose
4. Three-Part Clear
 - a. Clear (Wash the Chi) (from the *Foundation Warmup* manual)
 - b. Mixing Kan and Li
 - c. Scoop and PHAT! (from the *Foundation Warmup* manual)
5. White Crane Salute (Opening Salute) (from the *Salutes* manual)
6. Kuan Yin Magnetic Nei Gung
 - a. Kuan Yin Magnetic Nei Gung - Part 1
 - b. Kuan Yin Magnetic Nei Gung - Part 2
 - c. Kuan Yin Magnetic Nei Gung - Part 3
 - d. Kuan Yin Magnetic Nei Gung - Part 4
7. Kuan Yin Tai Chi
 - a. Left and right legs
 - b. Little Knee and Big Knee
 - c. Over head
 - d. Sides - One palm
 - e. Sides - Two palms
 - f. Open arms
 - g. Little Knee
8. Three-Part Clear
 - a. Clear (Wash the Chi) (from the *Foundation Warmup* manual)
 - b. Mixing Kan and Li
 - c. Scoop and PHAT! (from the *Foundation Warmup* manual)
9. White Crane Salute (Closing Salute) (from the *Salutes* manual)

Part 4 - Kuan Yin Magnetic Nei Gung, Tai Chi, and Meditation

10. Kuan Yin Meditation
 - a. Namo Kuan Sher Yin Pusa
 - b. Shum
 - c. Crane Beaks
 - d. Vajra / Buddha Offering Palms
 - e. Balance Energy Mudrās
 - f. Right Hand on Navel, Left Hand on Top
 - g. Shiva's Triad (from the *Meditation Techniques* manual)
 - h. Yoni Mudrā (from the *Meditation Techniques* manual)
 - i. Ah-ni-hu

11. Three-Part Clear
 - a. Clear (Wash the Chi) (from the *Foundation Warmup* manual)
 - b. Mixing Kan and Li
 - c. Scoop and PHAT! (from the *Foundation Warmup* manual)

12. Om Ah Hum (Closing Salute) (from the *Salutes* manual)

13. Meridian Cleanse (Eight Psychic Channels Massage) (from the *Foundation Warmup* manual)

14. Tapping and Massaging (optional) (please use the *Foundation Warmup* manual)



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Before Sunyata Saraswati’s (Gosvāmī, Sifu, affectionately called “Master”, Grandmaster, SiGung, Lao Sui, T’ien-Tao Lung) energy left the body, he told Amrita that she was to document these practices taught in the last four years of his life. This instruction led to the compiling of this manual, which is part of the *2010-2014 Teachings for Women of Sunyata Saraswati*.

May future generations benefit from these teachings.

May all people be happy and be able to grow into their most expanded self in the world.