

THE ESSENCE OF TAOISM - INNER ALCHEMY JOURNEY

Mt Huashan China – Sacred temples and Taoist Masters

1 /12 May 2020



You might have noticed that our China trip used to be a Leadership training. Because of the unique depth of this journey and the need for this in the 'Inner Alchemy' work, I decided to transform it from 2020 on, into an Inner Alchemy journey, open for any motivated alchemy student.

This journey will be a unique experience for those of you who want to experience the essence of Taoism. There are more and more Taoist teachings in the West, and as a lifelong practitioner I am truly happy with that. I also remember as if it was yesterday, my first experience on Mt Huashan. It has deeply moved me and completely changed my understanding and approach of Taoism.

This happened because during my stay in some of the temples and during the meetings with the masters, although subtle, I started to experience and re-align with the essence of Taoism. With 'the essence' I mean the original pure intelligence. Based on my experience I believe that this is what many modern practitioners of 'the way' are missing.

Long before Taoism became a religion, there where people in China (known as the Wu people) who practiced 'the way' in a very pure, natural, shamanic form. These people used the narrow trails to move through the steep mountains and often lived in natural caves. They lived a simple life and some of them in a direct unity with the source.

It is this simple and conscious experience of oneness with nature and the source of life that forms the foundation of Taoism. It is the love for this pure experience of alchemy that I share with the masters of Mt Huashan. The spirit of their teachings and the essence of Taoism is very present in the places we are going to visit.



We will visit 2 areas around Xian. The first is Louguantai, an area that is completely dedicated to Lao Tzu. Just like in the case of Merlin, chances are high that Lao Tzu was not 1 person but a fusion of different sages melted together into one person. That does not make it less valuable. The energy here is strong, but rather yin, which is ideal for arriving, cleansing the body and mind and opening up the energy channels.

After that we continue to Mt Huashan, one of the 5 sacred Taoist mountains in China. It is also called the “flower mountain”, because it has the shape of a flower. It is the home of the Western branch of the “Taoist Complete Reality School” that was deeply influenced by the teachings of the famous immortal “Lu Dongbin”.

It is one of the most powerful energy vortexes on this planet and our focus point for this trip. The energy here is rather Yang and vertical. I experience the whole mountain as a giant vortex shaped crystal rising from the earth, blending with a strong violet/purple vortex coming down from heaven. And lucky us, we will be right in the middle!

In this and other lives, I have visited Mt Huashan many times. I know my way around and several of the masters treat me like an old friend, which opens doors that for the regular Chinese, and certainly the foreign visitor, stay closed. One of them is Master Cheng Yu Ming who has been the vice abbot of Jade Spring Temple and is the lineage holder of this sect. Although he left the monastery some years ago, he is willing to teach us during the first part of our trip. A unique chance I can tell you!

Meeting Cheng and Kwekwe had a deep effect on me. Look at this clip to pick up his silence and energy.

<https://www.youtube.com/watch?v=uffGeD755eg>

Unique about Mt Huashan is that there are 5 peaks, shaped in the cross like the Taoist representation of the 5 elements. Each of these peaks have their unique energy. Long ago the monks carved and chopped a path in the granite rocks that runs over the 5 peaks. Now these paths are broadened and secured for the thousands of Chinese people who have Huashan on their bucket list and want to visit this sacred place at least once in their life. So, we won't be alone there, but that's part of the experience. Foreigners are less than 1% of the people we will meet.

Each of the chosen stopping places on this trip has a unique quality and will take you simultaneously to different places in your body and your consciousness. As mentioned, Louguantai will open the Yin and the intelligence field. Huashan is literally a vertical walk up, into yourself. The main temple is like the dantien or belly center, the old temple higher up is the heart center and once we come to the 5 peaks we have arrived in the 5 elements and cosmic portals of the skull (Crystal chamber).

Planning:

1 MAY

Flight BRU (or..?) to Xi'an.

2 MAY

Arriving early in Xi'an. Bus trip to Louguantai. Taoist Master Cheng Yu Ming will give us a welcome lecture and introduction into Huashan 'Nei Dan Gong' or Internal Alchemy. We will regularly practice with him during the next 3 days. Rest, get used to the China vibes and catch up on some sleep. Hotel to be decided.

3 MAY

After our morning practice we visit Louguantai Monastery. This place is seen as the birthplace of Taoism. It's also the ascension place of Lao Tzu and where he transmitted the famous 5000 character 'Tao Te Ching'. There is a unique energy all around this place.

4 MAY

Next day we also visit the Yin Xian Temple and the amazing natural platform above the temple. The view here is exceptional.



In the afternoon we make the bus trip to Mt Huashan. We will sleep in a hotel at the foot of the mountain, close to the entrance of the Jade Spring Temple.

5 /6/7 MAY

Visit to the Jade Spring Temple. This is the old main entrance to the mountain and the main temple of Mt Huashan. There is a beautiful symphony there between temples, old trees and rocks, the smell of incense and music. You literally step into another world here. The communist party has, in the attempt to control the Taoist community, built a high speed train straight through the temple grounds. It disturbs some visitors, but remarkably enough, it leaves the Taoist monks completely undisturbed. Here we will be welcomed and guided by local Taoist Masters.



Climbing up to “Qing Ke Ping Temple”. It lies at the foot of the steep climb to the top. This old temple is a very powerful place for meditation. It breathes the spirit of Mt Huashan, of the old Taoist lineage of wisdom. In this area there are less visitors then on the top. But during the night many pass by the monastery on their way to see the sunrise on the East Peak. It is their habit to scream on their way to scare away evil spirits. So earplugs are needed. We will live, eat and sleep with the monks. A great experience!

Notice the beautiful Bagua door.



Apart from the temple, there are 3 unique caves in the neighborhood, available for meditation. These caves are made by hand in the granite during the 13th century. Staying in one of these caves for a few days has made a deep impression on me. Many, many monks have been meditating on this mountain and in these caves for over a period of more than 800 years. It has created a stillness and depth of spirit you just need to surrender to.



8/9 MAY

Climbing up to the South peak of Mt Huashan. Right behind the temple the steepest part of the Mt Huashan climb begins. At some places, the stairs have an angle of 60°. They make it possible to get on the almost vertical wall that brings you to the top level.



When arrive to the top, you really enter another world. Thousands of exited people crawling like ants on the narrow paths (they came by cable car). We have arrived to the peak of our journey. The crowd there is symbolic for the business of our head and the constant flow of thoughts. By now I am sure you can enjoy it. We will stay at the South Peak temple, “Jing Tian Gong”. The local Master Chen is a good friend and he will be our host. We will meditate with him. The South peak is the highest point on Mt Huashan and a unique place for meditation, watching the sunset and sunrise. From here we can explore the other peaks of Mount Huashan.



10 MAY

Watching the Sunrise from the South peak. Thousands of Chinese people will have gathered to see the sunrise. For us it will be a moment to consciously start our new life.



In the afternoon we will take the spectacular cable car ride down and head back to the hotel at the base of the mountain where we started. Time for a good shower, massage, rest, some shopping,...

11 MAY

Morning meditation together and sharing our experiences. Drive to airport Xi'an. Flight to Brussels (or...?)

12 MAY

Arrival flight Xi'an -Brussels (or.....?)

Accommodation:

The first 3 nights and the last night we will sleep in hotels. The other nights we sleep in sleeping bags in the monasteries in different group chambers with men and women separated. In case we would sleep in a cave you must provide a small inflatable mattress.

Who can participate?

It is open for Life Projects students with alchemy meditation experience, who are also practicing. Since you will be introduced in truly holy places, a serious commitment of the participants is required. This is not a vacation or a sightseeing trip! Be ready for a life changing experience. If you know people who have not worked with our method and are sincerely open to learn let them e-mail us.

Practical:

- please register **before 16/12**. This is because it takes a lot of time to prepare your passport, and especially your visa
- the trip will happen if we have at least **10 participants**, so do not book a flight yet, we will do this after 16/12 when the registrations are complete
- you will then also receive more information about what to take with you.