



# The Practice of Greater Kan and Li: Techniques for Creating the Immortal Self

By Mantak Chia, Andrew Jan

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## **The Practice of Greater Kan and Li: Techniques for Creating the Immortal Self** By Mantak Chia, Andrew Jan

A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body

- Includes illustrated instructions to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body
- Provides warm-up exercises and a complete daily Kan and Li routine
- Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state

Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body. Used by Taoist masters for thousands of years, these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality.

Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun, Moon, Earth, North Star, and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body. They explain how to reverse yin and yang power through energetic work at the solar plexus, thereby activating the liberation of transformed sexual energy. They explore how to open the heart center and how to connect astral energy with the energies of animals, children, and plants to grow the immortal fetus, or spirit body.

The authors provide warm-up exercises, including the Inner Smile and Fusion practices, and outline a complete daily Kan and Li routine for mental and physical health, longevity, astral flight, and realization of the Wu Wei state.

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### Editorial Review

#### About the Author

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world and is the author of 50 books, including *The Taoist Soul Body* and *Chi Self-Massage*. Andrew Jan is a senior instructor for the Universal Healing Tao and former Australian National Tai Chi Champion. The coauthor with Master Chia of *Tai Chi Fa Jin* and *Tai Chi Wu Style*, he lives near Perth, Australia.

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