

Exploring Preventive Power of Ten-Mailuns Actuation in Chan Ding

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Abstract

Traditional Chinese Medicine (TCM) emphasizes more the prevention treatment through Yin-Yang energy balance. Chan practitioners discover the exclusive mailun-driving meridians and heart-brain intervention scheme for achieving Yin-Yang unification in Taoism belief, WuJi state. Wu Ji is the ultimate state that transcends the Yin-Yang balance (Tai-Ji) principle in TCM. This paper for the first time reveals the intrinsic mechanism of heart-to-heart imprint sealing (HHIS) Chan Ding that activates ten-mailuns system to reform the brain and revitalize the physical body. Differing from meditations with brain and mind involved, orthodox Chan-lineage practice aims to liberate true heart inside the organ heart by alternating the dominant role between brain and heart. Through triple-mailuns harmony that effectively universalizes all brain neurons, our brain and mind can be cleansed and reformed into a detached brain manifested in Diamond Sutra. Wu Ji heart for Shen cultivation is accomplished when Yin-Yang energy unifies inside the heart. More than merely brain-neuroplasticity, Chan Ding completely changes the normal brain traits and regenerates a new brain with superior self-healing capabilities that may provide valuable insight into its potential treatments for various physical, psychological and mental ailments. Some remarkable cases including Chan Ding for drug rehabilitation are presented. The basic concept was originally proposed in Heart Sutra and Diamond Sutra that revealed the ultimate guide for liberation from all suffering upon the brain unbinding from five skandhas (five traits of normal, dominating brain). Hypotheses in this paper bring forwards the futurology of probing a detached brain driven by WuJi heart, that actually has been advocated in ancient practices. Ten-mailuns system, the new spiritual anatomy in human body, possesses ultimate prevention ability and therapeutic efficacy, based on the evidences and experiences of thousands of Chan-Ding practitioners.

Keywords

Ten-Mailuns System, Meridians, Yin-Yang, Chan Ding, Meditation, Detached Brain, Tai-Ji, Traditional Chinese Medicine (TCM)

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1. Introduction

Disease prevention surpassing medical intervention is one of the most important principles in TCM practice. TCM has evolved over 3,000 years and been fertilized by Buddhist, Taoist, and Confucian concepts in life, nature, and health maintenance. Stress, being the core cause of all illness, is rooted in the brain response of “fight or flight.” On the other hand, stress harms the brain, mind, and physical body. Human

health and well-being become tied up in this negative cycling. Aiming to disclose true nature (true heart, true self) inside the heart, orthodox Chan-Ding (Appendix) practitioners disclose the ultimate solution to the problem – converting the “stress-generating brain” into a detached brain and unifying Yin-Yang energy in the heart.

TCM has well developed to be a complete medical system of theory and practice. On the basis of cosmology, TCM declares human life system represents a microcosm of the

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universe. Human health and wellbeing are accordingly closely influenced by the surrounding ethereal field resulted from the energy interactions of sun, moon and stars in different seasons and climates. The major theory of TCM describes that, inside human body, the immaterial, vital energy (qi) circulates through the meridian system connected to bodily organs and functions. The Yin-Yang interactions of qi yield Wu-Xing (Figure 1), the five-element theory describing the mutual generation (restriction) of five Zang-Fu organ pairs, wood (liver – gall bladder) → fire (heart – small intestine) → earth (spleen – stomach) → metal (lung – large intestine) → water (kidney – bladder). Brain is not included in the essential Zang-Fu organ system. It is the heart that drives the entire organ system instead.

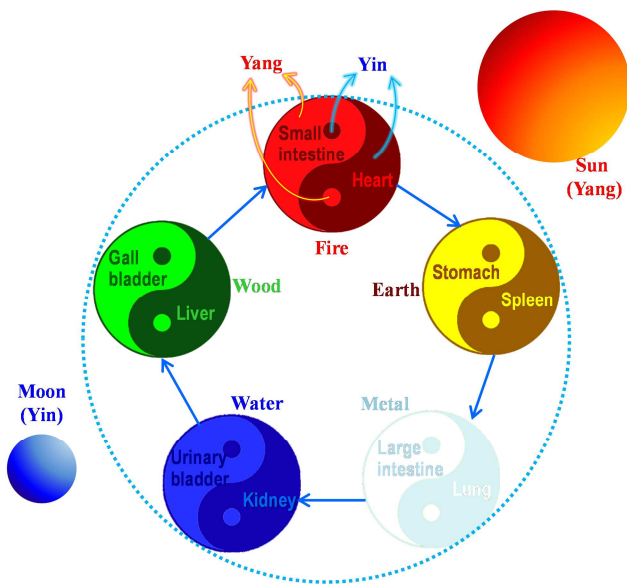


Figure 1. Yin-Yang interactions of five elements (Wu-Xing)

Zang organs (liver, heart, spleen, lung, and kidney) and their meridian channels are Yin-natured, whereas Fu organs (gall bladder, small intestine, stomach, large intestine, and urinary bladder) and their meridian channels are Yang-natured. Yin and Yang are two opposite yet complementary and co-existed energies in the materialist world. Yin is rest and Yang is action. Accordingly, the parasympathetic (sympathetic) functioning reflects Yin (Yang) process. In TCM, balancing interactions of Yin and Yang processes are considered to be the essential guideline of treatment.

Chan as formless realm and Ding as tranquil heart together indicate the unique spiritual state upon disclosure of the formless realm inside the tranquil heart. Since 1990s, a large number of practitioners have proved the efficacy of Chan Ding in preventing diseases and treating many chronic diseases, infections, acute symptoms, and mental and psychological problems. As a consequence, more people began to practice Chan Ding in Taiwan. Remarkable health benefits of Chan Ding in the physiological, mental, and spiritual aspects arouse

our attention. Through years of investigation, we disclose the significant distinctions of Chan Ding from those worldwide popular meditations including Yoga, transcendental meditation, Japanese Zen, and Tibetan Buddhism [1][2]. Although with the same leg-crossing, sitting posture, Chan Ding follows the “heart-dominating” principle while meditations are mostly “mind-cultivating” practices.

A number of analogies exist among Chan Ding, TCM, and Taoism. Human life is composed of three entities, physical body, spiritual entity, and true nature. The predominance of physical body hinders spiritual awareness through the whole life span, not to mention the entity of true nature. Pure and unified spiritual power of the heart is the medium for accessing the realm of true nature with life vitality and eternal wisdom. Mundane people easily get sick or feel depressed without true-nature nourishment. True nature is no more conceptual. Its external energy, Shen, was first mentioned in Huang Di Nei Jing which is esteemed as the bible of ancient TCM. In TCM, three treasures constituting our life include Jing (the essence), Qi (the life force), and Shen (the spirit). Shen in TCM correlates to the radiance of true nature in Chan Ding, instructed by current Chan patriarch Wu Jue Miao Tian. The doorway to true nature is in the heart, and the key for the door is the spiritual entity. Orthodox Chan Ding requires the guide of Chan-heart Imprint (ChI) from Chan patriarch. At present dozens of thousands of practitioners in Taiwan are practicing orthodox Chan.

Meditations practiced worldwide are aimed to better manipulate the brain and physical health through mindful concentration and respiratory regulation [1]-[12]. We reported our results of scientific study on Chan Ding using the term “Chan/Zen meditation” in [13]-[22], yet, without digging into the mechanism. With the increasing acknowledgement of TCM, this paper presents the mechanisms of Chan Ding based on the model and framework of TCM, Yin-Yang balance in Tai-Ji and Zang-organ harmony in five-element theory.

HHIS Chan Ding includes four different stages, the beginning, the deep, the righteous, and the Prajñāpāramitā (perfection wisdom) Chan Ding. Chan Ding explores a totally new, ultimate blissful and healthy body-mind-spirit state. Chan patriarch enlightens practitioners’ spiritual heart with ChI to help them reform the brain and revitalize the physical body in Chan Ding. Current Chan patriarch firstly disclosed the ten-mailuns system capable of effectively governing the operations of entire meridian network to achieve the best five-element harmonious equilibrium under Yin-Yang unification. Figure 2 illustrates the locations of ten mailuns from bottom to top, WuShi, WuMing, JiXiang, MingSe, RuYi, MingXin, ErKong, ZhiHui, FaYan, and ChanXin mailun. Ten mailuns corresponding to ten spiritual realms are the passages that connect the physical life bound by time and space to the

spiritual entity of formless realm and finally to the true nature of eternity.

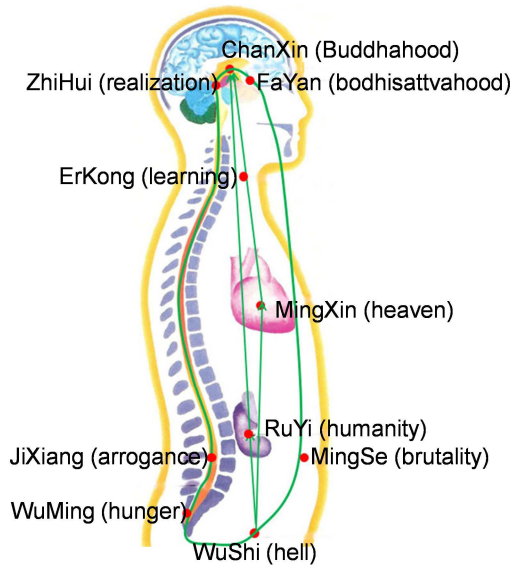


Figure 2. Ten-mailuns system

Ten-mailuns system governs the major Jing-Luo network in TCM, particularly the twelve regular meridians, conception vessel (Ren mai), and governor vessel (Du mai). The intrinsic prevention and healing power of ten mailuns can be well interpreted from the principle of TCM, considering the meridian network as the transportation system for transmitting qi, blood, body fluids throughout the body. A number of successful evidences of mailun therapy are presented later. In Chan practice, mailun signifies the wheel center of all lives in reincarnation process. Every mailun has its spiritual power and correlates with specific physiological, mental, and spiritual functions. Chan Ding mechanism is described in next section.

2. Significance

This paper reports the scientific basis and evidences of ancient Chan-Buddhist practice aimed to liberate the true heart. Chan-Ding practitioners discover the exclusive brain-functioning scheme, documented in Diamond Sutra, for the most healthy and blissful life. Detached brain driven by WuJi heart, realized by ten-mailuns purification Chan Ding, could provide solution to many physical and psychological problems. Significance of this report is reflected in 1) the logical propositions based on our studies and basic principles of TCM, 2) empirical results and evidences experienced by thousands of Chan-Ding practitioners, and 3) theories and doctrines practiced and validated in Chan Ding for thousands of years. Differing from the mind-body intervention in meditations, Chan Ding is exclusively heart-dominant. In our study on EEG, Chan-Ding brain demonstrates rather

persistently focalized and stationary cortical inter-regional interactions in comparison with resting brain.

3. Methods

To the practitioners, HHIS Chan Ding is undoubtedly a scientific scheme for maintaining health and cultivating spiritual entity. Figure 3 illustrates the mechanisms of Chan Ding. ChI enlightens true heart and ChanXin mailun as well as activates ZhiHui mailun to initiate the entire ten-mailuns system. Among ten mailuns, ChanXin inside the third ventricle of the interbrain and MingXin inside the heart are especially important because true heart in MingXin needs to be liberated with the assistance of ChanXin power. ChanXin is required to be always “on” to energize the other mailuns. ZhiHui at corpora quadrigemina enables the connection of qi passage from Du to Ren meridian, as illustrated in Figure 3(b).

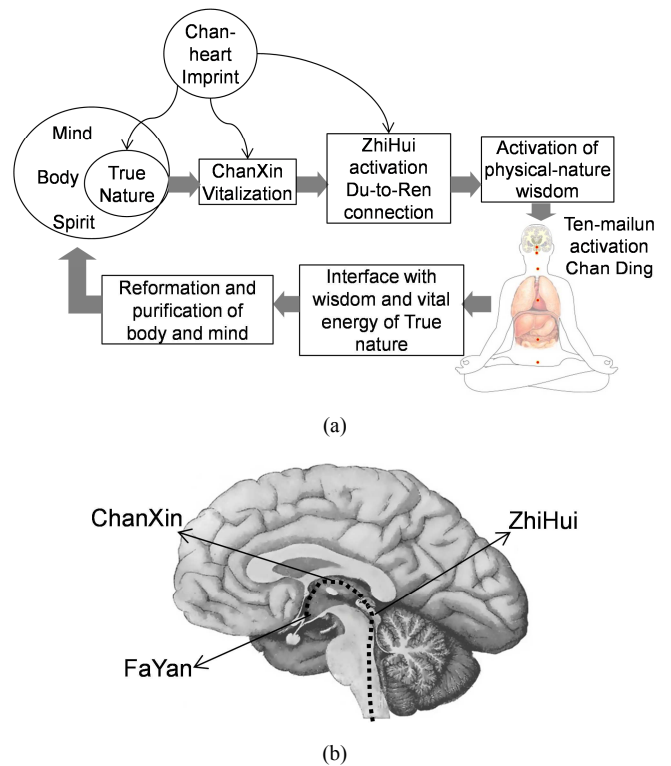


Figure 3. (a) HHIS Chan Ding mechanism, and (b) connection of Du-Ren meridians at ZhiHui

Qi plays the crucial role for health maintenance. Without qi circulation in the body, life cannot be sustained any more. According to Huang Di Nei Jing, human life originates at the intercourse of heaven-qi (Yang) and earth-qi (Yin). Unfortunately, modern people are not aware of the importance of such Yin-Yang unification. ChI helps practitioners successfully connect earth-qi to heaven-qi by activating ZhiHui mailun (Figure 3(b)), accomplishing “Du-to-Ren connection” in Taoist practice. Practitioners can perceive subtle vibration from corpora quadrigemina outspreading to

occipital cortex. Du-Ren connection evokes the intrinsic nature to best harmonize all the physiological and mental functions with nature (sun, moon, and stars, as illustrated in Figure 1) and slow the aging process. Activation of ZhiHui also strengthens pineal body just above corpora quadrigemina. Most importantly, the body-mind-spirit system begins the reformation and rejuvenation process. In our previous study [14], the frequency of hospital visits significantly reduced with the number of years of Chan-Ding practice. Frequency of hospital visits was evaluated by the average number of using the healthcare cad: 8.95 (0 – 1 year), 5.8 (2 – 3 years), 4.60 (4 – 5 years), 2.22 (6 – 7 years), down to 2.17 (> 7 years of Chan-Ding practice), based on the pool of 193 voluntary Chan-Ding practitioners.

HHIS Chan Ding enables practitioners to arouse the intrinsic, natural-latency capabilities that bridge the physical with the spiritual realm. Mailun system plays a critical role in converting energy of physical entities into energy of spiritual entities for all the cells, tissues, and organs, and vice versa. This is the mailun-purification process. Materialistic air (oxygen) breathed in can be converted into qi which is further converted into electricity, and light energy via the mailun purification process. Advanced practitioners often perceive spiritual light in Chan Ding.

ChanXin-FaYan-ZhiHui (triple-mailuns) resonance harmonizes all the brain neurons to purify the mind. FaYan locates at hypothalamus. Decreasing metabolism and oxygen consumption induces the particular fetal-like respiration at MingSe with almost no pulmonary breathing. Practitioners are ready to enter the righteous Chan Ding with WuJi (Yin-Yang-unified) heart, tranquil mind, and detached brain.

4. Results

Mailun Therapy and Opto-neuroplasticity Treatment Case Report Since 1990s, a large number of high-tech engineers in Taiwan suffering anxiety or depression disorders caused by job stress have found Chan-Ding practice effective in treating their problems. Approximate 90% beginners are able to experience more gratitude and contentment with optimistic vision and attitude in everyday life after three-month Chan-Ding practice at Chan centers. After twelve-hour intense work during the day, they are able to rapidly restore and power up their brain by immersing their jammed brain in the light at Chan center. According to their narratives, light inside the heart acts as the crucial role in their Chan-Ding practice. Such light is formless, immaterial, and certainly non-electromagnetic. Chan Ding discloses the light that is the invaluable remedy for revitalizing the body, cleansing the mind, and purifying the spirit and soul. Liberation of true heart via HHIS Chan Ding would be the greatest miraculous

metamorphosis in the universe. In our previous study, 14 we reported the alpha-blocking phenomenon during Chan Ding at the onset of the light-perceiving experience. Most recent study [23] probes the potential of optogenetic techniques for treating depression problems by clearing or altering bad memories. Through orthodox Chan-Ding, practitioners may disclose ChI light inside their heart and implement such light in optimizing physical and mental health. They can efficiently employ mailun therapy that provides a powerful yet natural way for health maintenance and even treatment for some chronic diseases. A number of cases are presented below.

Mr. Yu, age 60, was diagnosed with palpitations caused by neurosis in 1987. Medications prescribed for treating the problem caused severe drowsiness and retardation. He then stopped the medications and tried to exercise to cope with the 200 mmHg high blood pressure and 120 bpm heart rate caused by palpitations. Palpitations still bothered him on and off not until 1994, one year after his Chan-Ding practice. Yu experienced a spring-like spouting energy that originated from MingSe and flowed upwards to relieve his heart (MingXin). Since then, his palpitations have been totally cured. Yu finally figured out the chronic hypertension problem since his teenager was caused by the blockage of (Leg Shao-Yin) kidney and (Leg Yang-Ming) stomach meridian channels.

Mr. Luo, age 45, had spontaneous pneumothorax during his senior year in high school. Since then, he was prohibited from his favorite basketball and jogging. Without therapeutics for spontaneous pneumothorax, Luo lived under threat of unpredictable attacks. He started to practice Chan Ding at 23. Frequency of attacks was reduced afterwards. He finally got rid of the annoyed problem after about 1.5 years of practice. His recovery owed to mailun therapy by ChanXin and ErKong mailuns that actuated the (Arm Tai-Yin) lung meridian.

Ms. Chien, age 41, had chronic insomnia and migraine during her stressful law-school college years that occasionally induced uncontrollable temper tantrums. Medical treatments could not relieve her insomnia and headache. After two-year practice of Chan Ding, her psychophysiological problems were completely cured by ChanXin-MingXin resonance.

Ms. Chiu, age 45, was affected by rheumatoid arthritis at 30, the age of launching her career. She spent six years in different medical treatments yet all in vain. She could not walk and relied heavily on steroids and immunizing agents to cope with the acute pain in many joints. HHIS Chan-Ding practice with ten-mailuns activation indeed brought her back to life. She started to replace steroids, immunizing agents, pain killers, etc. with mailun therapy in Chan Ding. Now Chiu not only can walk but can live a normal healthy life.

Mrs. Hung, age 84, got dementia six years ago. Since then, she always could not find the way home. The situation became too serious to worry her family. Hung started practicing Chan Ding in 2009. Triple-mailuns resonance inside her brain enhanced her brain power and improved the mental health. She does not lose her way home any more.

A senior engineer from South Korea, Mr. Yin was about to lose his sight in one eye due to the retina disorder incurable. He was introduced to Chan Ding practice on his business trip to Taiwan in 2012. According to his self-narration, he experienced the miraculous light therapy on his eye when the Chan patriarch blessed him in his FaYan mailun during his Chan Ding. He perceived the brilliant light at the particular moment and, afterwards, his sight was restored. Many practitioners actually have been able to vitalize their eyes and reduce such decaying problems as nearsightedness, farsightedness, or astigmatism by FaYan mailun therapy.

There have been plenteous successful cases of mailun therapy. More new evidences and stories will be continuously reported especially after the establishment of Taipei Special Education Care & Support Association (TSECSA). Under the supervision of Shakyamuni Buddhist Foundation, TSECSA offers some particular programs for helping children with brain disorders including cerebral palsy, autism spectrum disorders (ASD), attention deficit hyperactivity disorder (ADHD), Down syndrome, and slow-learner symptoms. Upon ChI blessings by Chan patriarch, the pupils exhibit dramatic improvements. Some are able to speak a complete sentence with complicated vocabularies to express their subtle sensations that, according to their parents, have never happened before. Some ADHD students, for the first time, are capable of paying attention on doing the tasks. The underlying mechanism of light-blessing therapy might be interpreted as the vital energy of the blessing light that induces the promising changes of neurochemistry, cerebral blood flow, and cerebral functional activities of the youngsters.

TSECSA in cooperation with Ministry of Justice in Taiwan launched the program of Drug Rehab via Chan Ding some years ago as the drug-addiction prevalence rate doubled that of a decade prior. In 2013, under the supervision of Shakyamuni Buddhist Foundation, TSECSA sent three experienced Chan-Ding instructors to help 37 drug inmates between the ages of 40 and 60 years in a Drug Rehab Center in central Taiwan. After 4-month Chan-Ding lectures, the result revealed by the questionnaire survey showed remarkable effectiveness of Chan Ding in enhancing physical health, improving emotional manipulation, and boosting their confidence in drug rehab (Figure 4). Following the report in 2014 [19], more encouraging results continue to be recorded.

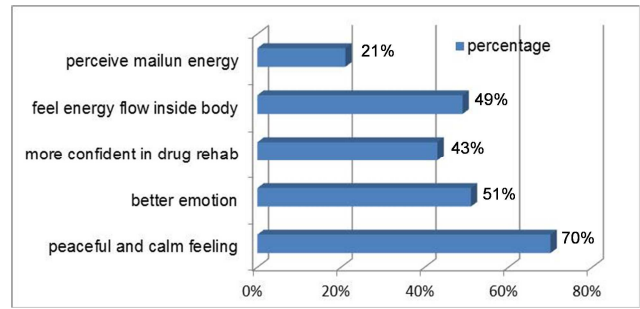


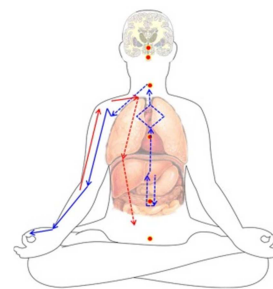
Figure 4. Performance of drug rehab after four-month Chan Ding practice

5. Conclusion and Discussion

Acupuncture treatment based on meridian theory began to attract the attention of mainstream medical professionals since 1990s. More scientific studies and reports emerge in recent decade [24]-[27]. NHIS (National Health Interview Survey) reported in 2007 that 6.5% of Americans had ever used acupuncture. The fundamental principle of acupuncture is rooted in the scheme of Yin-Yang balance of qi circulation in meridian networks. Qi governs the blood flow, fluid regulation, operation of nervous system, and functions of many other organ systems. Meridians distribute internally to Zang-Fu organs and extend exteriorly to the body surface. Disclosure of the anatomical structure of meridians enables the manipulation of acupuncture at the acupoints on body surface to regulate qi circulation for Yin-Yang balance.

Chan-Ding practitioners implement the potency of ten mailuns for better energizing the meridian system, nervous system, and circulatory system. Purification and strengthening of mailun energy promotes the state of Chan Ding from physical, form-binding state (beginning Chan Ding) to detached, formless realm (righteous Chan Ding), and finally to eternal reality state. Simultaneously, body and mind will be synchronously upgraded to a supreme life system with Yin-Yang balance of Zang-Fu organs. The detached brain and balanced Yin-Yang energy further lead Chan Ding into higher level of WuJi (beyond Tai-Ji) Ding with more subtle spiritual energy for probing the higher spiritual realm of true nature.

Figure 5 illustrates the front view of six mailuns on anterior midline and six upper-limb meridian systems.



(a)

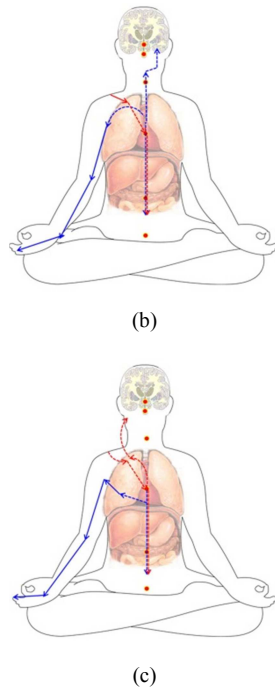


Figure 5. Mailuns and six upper-limb meridian systems, (a) lung (blue) and large intestine, (b) heart (blue) and small intestine, and (c) pericardium (blue) and triple burner.

Apparently, all meridian routes pass through the heart directly or indirectly and accordingly can be driven by MingXin. Six mailuns are, from the bottom up, WuShi, MingSe, MingXin, ErKong, FaYan, and ChanXin. MingSe behind navel may effectively drive lung, heart, small intestine, pericardium, and triple burner meridians. The propositions proposed below reveal a part of the preventive effectiveness of Chan Ding.

Proposition 1 – Mailun therapy scheme Ten-mailuns Chan dingailun system possesses ultimate energies for physical and spiritual growth and, proved by many practitioners, exclusive prevention power and therapeutic capabilities for treating many diseases. For example, MingXin enables efficient blood circulation throughout whole body and effectuates not only nutrition supply but the removal of wastes and poisons. A number of evidences have proved the effect of MingXin in treating cardiac problems and stress syndromes. In addition to regularly cleanse intestinal tract, Mingse energy may treat abdominal pain due to digestive problems, contaminated food, etc. Energy of RuYi successfully helps practitioners smash kidney stones and enhance kidney health. JiXiang strengthens spinal bone marrow.

Yin-Yang balance of qi flow in meridians constitutes the most important essence of TCM. Meridians and Jing-Luo system encompass a complex networks distributing throughout the whole body. The scheme of employing mailuns system in harmonizing energy flow in meridians provides a more efficient mechanism for Yin-Yang balance in which state the meridians conceivably exhibit the ultimately healthy model

characteristics projected for scientific investigation. As addressed in [28], scientific studies on the therapeutic effects of limited acupoints covering a portion of channels implicit the extrapolation of the results to the entire meridian channels.

Proposition 2 – Ten-mailuns system governing the meridian network Ten mailuns manipulate and coordinate all meridian energy flow for Yin-Yang balance. Each meridian channel may efficiently governed by different mailuns. In Figure 6, red dot symbolizes the mailun. Mailuns in the anterior view (left) include ChanXin, FaYan, ErKong, MingXin, MingSe, and WuShi (from the top); while those in the posterior view are ZhiHui, RuYi (a pair inside the left and right kidneys), JiXiang, and WuMing. For the first time, we make the following proposition based on practical experiences and evoked capacities of advanced Chan-Ding practitioners, 1) ChanXin, FaYan, and MingXin effectively manipulate six Yang meridians including gall bladder, bladder, triple burner, small intestine, large intestine, and stomach meridians, and 2) WuShi, WuMing, and RuYi efficiently drive six Yin meridians, including liver, kidney, pericardium, heart, lung, and spleen meridians.

Meridian channels of the head intellectually consist of the complete five elements, wood (gall bladder), fire (triple burner and small intestine), earth (stomach), metal (large intestine), water (bladder). Triple-mailuns resonance harmonizes all brain neurons and five-element meridians to attain the state of detachment. Detachment can relieve and even cure physical, psychological, mental, and spiritual ailments, as manifested in Heart Sutra. Thousands of Chan-Ding practitioners are proving the miraculous capability of mailun, the versatile formless vital energy, and the new life with a heart-driven brain through their Chan Ding practices – the scientific, empirical experiments conducted directly in their body, mind, and spirit.

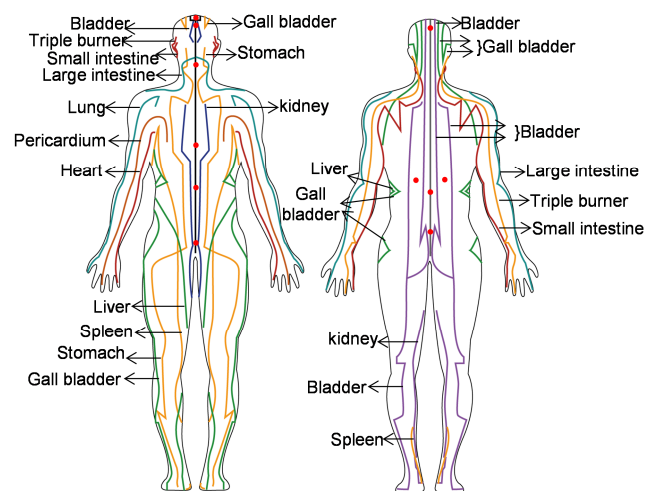


Figure 6. Ten-mailuns system and twelve-meridian channels Left: anterior view, right: posterior view.

The mechanism of realizing a detached brain by thoroughly eradicating the subliminal contamination and addicted traits provides the most fundamental and scientific treatment for such problems as the substance addiction (drug, alcohol, tobacco, etc.), PTSD (post-traumatic stress disorder), and many mental, psychological, and spiritual disorders. In Taiwan, keen competition in education often causes considerable psychological and mental stress in the youth. More college students experience the curriculum stresses and eagerly look for the scheme for stress management. Chan-Ding practice becomes more appealing on campus. As demonstrated in our previous study on college students [29], averages of all three DASS (depression-anxiety-stress scale) scales of Chan-Ding group (depression: 4.45, anxiety: 5.26, and stress: 7.25) were significantly lower than which of the control (non Chan-Ding) group (depression: 9.26, anxiety: 8.35, and stress: 14.28), with $p < 0.001$ based on student's *t* test. In addition, negative emotions and psychological problems could be better resolved with more Chan-Ding experiences (number of years), longer Chan-Ding duration, and higher weekly Chan-Ding frequency.

Diamond Sutra contains many innovative ideas for further research. This paper presents the model of ten-mailun system adopted by HHIS Chan-Ding practitioners for realizing the detachment in Diamond Sutra.

Acknowledgments

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Appendix

Chan Ding originating more than 2,500 years ago has been proved to be the exclusive scheme for liberating the true nature (true self, true heart) while on the way toward the ultimate Buddhahood state. Buddha Shakyamuni disclosed the Chan-heart Imprint (ChI), encompassing the invariant truth, the supreme wisdom, the noumenal and natural powers of creativity of the eternal universe, in ultimate Chan-Ding state under a linden tree. Buddha also realized that everyone owns ChI and everyone can attain Buddhahood. The orthodox Chan Buddhism was originated by such an exceptional affair, known as the Flower Sermon, that Buddha Shakyamuni transmitted the ChI to the Great Kashyapa. Upon receipt of ChI, Kashyapa smiled when Buddha held up a lotus flower. No one knew what actually happened in the affair. Scientifically interpreting,

Kashyapa disclosed his own ChI when receiving the ChI from Buddha, through wireless communication link. This mechanism of Heart-to-heart Imprint Sealing (HHIS), a special transmission outside the scriptures, becomes a must for Chan transmission. The same path towards perfect enlightenment (Buddhahood) by HHIS was promulgated to mainland China in 527 by Bodhidharma, the 28th patriarch. Current patriarch Wu Jue Miao Tian is the 85th patriarch of the orthodox Chan-Buddhism Lineage since the Great Kashyapa.

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