

# Core Health

## A Scientific Adaptation of Daoist Cultivation

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Core Health™ is an easy and enjoyable way to reconnect to our energy system's pure core of health. Working from the inside-out and expanding our inherent in-power, it combines modern Western science (notably quantum physics and behavioral kinesiology) with traditional Eastern cosmology and methods as well as with universal visions of spiritual attainment and human perfection. In the following, I outline the main points of convergence with Daoism in terms of theory and practice and the key features Core Health adds. An apparatus provides further materials: Core Health sequences; bibliography, and web resources.

### Convergence: Theory

1. The universe (*dao*), holographic in nature, is ultimate oneness. It consists of pure cosmic energy in a state of continuous creation. This energy (*qi*) is always present and always good. The universe is totally abundant and always for expansion and fuller expression. It always says "yes," whether we say "I can" or "I can't." The goal of manifest existence is for the universe to become conscious of itself as pure continuous creation.

2. Cosmic energy (*qi*) flows in a constant rhythm: to and fro, forward and back, in and out, rising and falling, giving and receiving (yin-yang). This natural rhythm is present in all things, in our breath and in the beating of our hearts, as much as in night and day, summer and winter, and so on. It is predictable, measurable motion that follows the law of circulation. All things, ideas, and people keep on changing, ever moving along their course. Any effort to stop or reverse circulation is doomed to fail: the law of circulation always prevails.

3. Human beings, as much as all existence, are nothing but cosmic energy. They share in the cosmic purity (*Dao*) and have a pure core (primordial *qi*) that remains with them no matter what. However, through their will and intention (*zhi / yi*) human beings have the tendency to block the cosmic flow (*qi*) and obstruct their own full potential, consciously or subconsciously. To participate fullest in universal abundance, human actions should match the cosmic flow, so that "to receive one must first give," to move forward one must first withdraw, to be strong one must first be weak (*Daode jing*).

4. The human body consists of major energy centers and energy lines that connect the centers and also link organs to extremities. The centers (*dantian*) are located in the head (brain), chest (heart/thymus gland), and abdomen (center of gravity/abdominal brain). They are connected through major meridians that run up and down as well as around the torso (*chongmai, daimai, renmai, du-mai*). The major organs in the body are particularly prone to store emotional baggage blocking energy flow; their functioning—as much as the working of every cell in the body—depends entirely on the conscious and subconscious input people provide upon reaction to environmental stimuli.

5. This (sub)conscious input comes from the human mind which has several aspects: emotions (*qing*), will & intention (*zhi/yi*), and spirit (*shen*). The practice clears the energy flowing through these agents with the help of visualization, so that they let go of all kinds of junk and debris and become 100% free and clear, bright and shining. Your free and clear emotions, will, and spirit then join each

other in one integrated structure. All on the same team, they become more powerful: synergistic, integrated, the whole is greater than the sum of its parts.

6. The goal of the both Core Health and Daoist cultivation is to live as part of universal flow, to be whole in Dao. Health is union, oneness, wholeness. The main thrust of all practices is to get ourselves out of the way into a state of nonaction (*wuwei*), so that the natural power of the universe can be ever present and participate and share with us. The practice makes it possible to shift into a state of permitting “yes” from the universe, to allow the universe to play in and through our lives. Universal goodness emerges fully in everyday life.

## Convergence: Practice

1. Relaxation is the foundation of practice. It stills the chatter of the conscious mind and allows us to tune into our energy. It begins with breathing deeply into the abdomen and letting go of stress and tension on the exhalation, then focusing the attention on the feet, whether by “breathing all the way to the heels” (*Zhuangzi*) or by imagining them immersed in a bubbling spring of water. It then moves through the entire body, systematically guiding practitioners to let go of all tensions in the muscles, joints, and organs. Inhalation and exhalation move energy in and out of the body (*tugunaxin*). As in hypnotic induction and in yoganidra, the verbalizing is positive throughout and colors may be used to enhance the experience.

2. To bring positive energy into the body, we see the cells light up in certain key places, notably the heart and the brain (*xingqi*). Beginning with a single cell that sparks brightly, we let all our cells glow and radiate brightly both inside and outside the body.

3. Our organs and their related meridians store tense emotions and negative energy patterns. We smile at our organs (Inner Smile), thank them for their good work, and elevate their functioning to top level. We let negative energy decisions (*xieqi*) go from our hearts and bellies, release toxic patterns and replace them with positive energy flow (virtues).

4. From here, we connect to the cosmos and bring the flow of universal energy into our organs and cells (Five Sprouts). We also see our energy expand outward into the vastness of the universe (Dao), all the way to the far reaches of the galaxy and beyond. Energetically we are part of the stars, the planets, and the Milky Way (ecstatic excursions).

5. The ultimate spiritual vision is realized in continuous meditation, whether standing, walking, sitting, or lying down. Always in a state of Perfect Moment (oneness), whole within self and closely connected to the universe (Dao), we live free and in optimum health—forever and ever (immortality).

## New Features

1. Perfect Moment (PM)—a time in childhood (or later) when everything feels all right with life and the world, a moment of experienced oneness: riding a bike, playing with the dog, baking cookies. We light up from the inside-out, when we remember or experience it. Being in our perfect moment, our world is whole, our energy is complete. We can be in our perfect moment internally no matter what the world is doing to us on the outside.

2. Energy Measuring (EM)—more commonly known as muscle testing, this uses the out-stretched arm to measure energetic strength or weakness. When the energy is strong, nothing can push the arm down; when it is weak, even a slight push will make it drop. The test reflects

the energy state of the entire body, of all 50 trillion cells. It can also be applied to other parts of the body and shows clearly what is good and bad for us.

3. The Heart—the central organ of feeling and personal identity. We visualize our heart having lips, so it can speak, then have it communicate directly with others or with ourselves at a younger age to release tensions and obstructions. Connecting from heart to heart, we see the pure part in everyone and let go of the craziness around it, the junk and accumulated debris. We also see our heart having arms to embrace others and our younger selves and bring them back into wholeness.

3. The DTQ Process—“deeply, thoroughly, quickly.” With EM, we find what tendencies, patterns, and thoughts weaken our energy. Then we use EM to find at what age we made the corresponding negative energy decision, when we first considered that decision, and at what point we anchored it more deeply into our energy system. Next, we see our younger selves, connect to their hearts, forgive them, release the burden, and bring them back into union. To conclude, we feel our body and mind light up with radiance and be suffused by the inflow of God and the universe.

4. Energy Discoveries—new finds regarding people’s energy system. Examples include the Pane of Glass, a see-through protective shield, which prevents us from fully receiving love and appreciation; the difference between doing something from our heads versus our hearts; the Rearview Mirror, a test that reveals our relationship to authority; the fact that time and again we take on other people’s energy and expertise, testing weak to the statement, “This is me doing . . .;” and Evelyn’s Principle, which means that once we reach a certain level of energetic purity we test strong for any name rather than merely the one we commonly use.

## **Apparatus**

### **Sequences**

1. Heart Forgiveness (4 sessions): clear anger at others, self, universe, and learn to live in inner peace, beyond all offense.
2. Core Health I (5 sessions): establish a strong self in perfect alignment with cosmic energy.
3. Core Health II (6 sessions): clear energetic entanglements with all the people in your life—parents, siblings, relatives, in-laws, friends, teachers, leaders, culture, society, religion, past lives, and more.
4. Are You Funny with Money? (3 sessions): releasing the burden of greed and hoarding, learn to naturalize the law of circulation and clear all blockages concerning giving and receiving.
5. Core Creativity (6 sessions): Seed, plant, grow, and harvest the fruits of your innermost creative powers in the organized clearing sequence.
6. Continuous Meditation & Silent Re-Treat (5 days): Find your Personal Prayer or Breath Prayer from your deepest inner yearning, then become one with it and let it pervade your subconscious to the exclusion of all else.

## Books

- Carlson, Ed, and Livia Kohn. 2012. *Core Health: The Quantum Way to Inner Power*. St. Petersburg, FL: Energy Essentials.
- Diamond, John. 1979. *Behavioral Kinesiology*. New York: Harper & Row.
- Hawkins, David R. 2002. *Power Vs. Force: The Hidden Determinants of Human Behavior*. Carlsbad, Calif: HayHouse.
- Lipton, Bruce H. 2008. *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*. Carlsbad, Calif.: Hay House.
- Lipton, Bruce H., and Steve Bhaerman. 2009. *Spontaneous Evolution: Our Positive Future (and a Way to Get There)*. Carlsbad, Calif.: Hay House.
- Radin, Dean. 2006. *Entangled Minds: Extrasensory Experiences in a Quantum Reality*. New York: Paraview.

## Links

**Core Health:** [www.CoreHealth.us](http://www.CoreHealth.us); [www.HeartForgiveness.us](http://www.HeartForgiveness.us); [www.FunnyWithMoney.us](http://www.FunnyWithMoney.us); [www.ComprehensiveKinesiology.us](http://www.ComprehensiveKinesiology.us); [www.P3Today.us](http://www.P3Today.us) – Essential websites for Core Health and its close affiliates. Find information on programs, facilitators, audio and written resources, personal testimonials, and more.

**Bruce Lipton:** [www.BruceLipton.com](http://www.BruceLipton.com) – The author of *The Biology of Belief* and of *Spontaneous Evolution*, Bruce Lipton is a cell biologist at Stanford University, formerly of Wisconsin Medical School. The website contains updates on the cutting-edge science of the new cell biology that shows how energy-based health therapies work in scientific terms.

**David Hawkins:** [www.veritaspublishing.com](http://www.veritaspublishing.com); [www.nightingale.com](http://www.nightingale.com) – The author of *Power vs Force*; *The Eye of the I*; *I: Reality and Subjectivity*, *Truth vs Falsehood*; and more, David R. Hawkins is a psychiatrist with thousands of patients who widely uses energy measuring. A pioneer in advanced stages of consciousness, he also developed a systematic map of consciousness and a measure of truth versus falsehood.

**Dr. Candace Pert:** [www.CandacePert.com](http://www.CandacePert.com) – The author of *Molecules of Emotion*, Candace Pert researches “new paradigm” healing at Georgetown Medical School, where she is professor of Physiology and Biophysics. Her research reveals how the body-mind functions as a single psychosomatic network of information molecules which control our health and physiology.

**The Tracking Project:** [www.thetrackingproject.org](http://www.thetrackingproject.org) – This documents the internal skills and outdoor leadership of John Stokes, including tracking experiences for children, teens and adults, based on the wisdom of native people around our world.