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法奇門 SPIRITUAL QI MEN
WISHING UPON THE
NORTHERN STAR

FOR CULTIVATING LONGEVITY, GOOD HEALTH & PROSPERITY

JOSEPHINE PHANG

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

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Under BaziChic.com flagship, Josephine published BaziChic Feng Shui & Chinese Astrology, the first digital magazine dedicated to classical Chinese Metaphysics teaching. Bazichic Digital Magazine is a lifestyle magazine focusing on how Chinese Metaphysics tools such as Bazi and Feng Shui can be used to enhance quality of life. Bazichic Digital Magazine provides a different take on the self-improvement genre. Filled with practical tips on love, career, business, wealth and health, monthly outlooks and good dates' calendars, it is both informative and entertaining for believers and non-believers alike.

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Hello Readers,

Good luck and tons of best wishes. May the universe bless you in whatever you do. This is my heartiest wish just for you.

Best Regards

Josephine Phang

TABLE OF CONTENTS

INTRODUCTION	5
Introduction to Spiritual Qi Men	6
Prolonging Life With The North and Big Dipper Stars	7
The Benefit of Practicing the Northern Seven Stars Path	9
THE RIGHT TIME	11
Selecting the Right Time	12
THE SEVEN STARS LAMPS	15
Seven Stars Lamps	16
Three Easy Steps to seek blessing for Longevity	17
THE SEVEN STARS PATH	21
The Seven Stars Path for Longevity & Good Health	22
Exercise and Breathing Technique	23
Chanting the Protection Mantra	25
The Seven Stars Path	26
Putting All Steps Together	27
Visualization Technique	29
THE SEVEN STARS ON YOUR PALM	30
Seven Stars Path Hand Exercise for Good Health	31
Three Easy Steps for Seven Stars Path Hand Exercise for Good Health	31
KONG MING LANTERN	33
孔明灯 Kong Ming Lantern	34
Three Easy Steps to fulfill your wishes with Kong Ming Lantern	35
FLOATING THE WATER LANTERN	36
水燈 Water Lantern	37
Three Easy Steps for fulfilling your wishes with Water Lantern	38
APPENDIX	39
Special Selected Qi Men Hour Chart on 甲 Jia Day	40
Fa Qi Men Stems' Attributes	41
Fa Qi Men Doors' Attributes	42
Fa Qi Men Stars' Attributes	43
Fa Qi Men Dieties' Attributes	44

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

INTRODUCTION

INTRODUCTION TO SPIRITUAL QI MEN

Qi Men Dun Jia was originally developed to help to form military strategy and tactics during the period of the Warring States some 3,500 years ago. It was famously known during the Battle of Redcliff against Cao Cao where Zhuge Liang summoned the east wind. The knowledge of Qi Men Dun Jia was strictly restricted to the ruling class or the Chinese emperors in the old days. Commoners were prohibited to studying the art for fear of overturning the emperor.

Qi Men Dun Jia can be divided into five main usages:

1. Mapping the Qi of the environment and land formation
2. Strategizing and executing
3. Forecasting
4. Destiny analysis
5. Spiritual cultivation

Out of these five usages, Spiritual Qi Men or Fa Qi Men is heavily associated with Taoism. Taoist priest ingrained this knowledge into their prayers and rituals for spiritual and self-cultivation. It was only through the Taoist priest that commoners were able to access a small part of this highly sophisticated knowledge of Qi Men Dun Jia, which was mainly Spiritual Qi Men.

In simple term, Spiritual Qi Men is about reconditioning and focusing your mind, body and soul to connect with the vibration of energy from the Universe so that you can create and get what you need and desire. The basis of all things in the Universe is Qi or energy. In the Taoist's beliefs and practices, the most powerful source of energy comes from the North Star and the Big Dipper. The Big Dipper is the vehicles for the energy of the North Star. It holds and transmits the North Star essence through its seven stars formation.

One of the famous rituals of the Taoist practices that tap into the North Star's energy is lighting the seven lamps to prolong a person life span. This seven lamps ritual is still popularly practices in Taoist temples in Asia especially China, Taiwan and Japan. This ritual was made famous by Zhuge Liang who wanted to prolong his life to fulfill his mission.



Artwork by Ye Xiong

Zhuge Liang 諸葛亮

Zhuge Liang was a chancellor of the state of Shu Han during the Three Kingdoms era.

PROLONGING LIFE WITH THE NORTH AND BIG DIPPER STARS

The story of Zhuge Liang uses the seven lamps ritual and tapping into the North Star to prolong his life span near his final days at Wu Zhang Plains was recorded in the history. It should not be a surprise that Zhuge Liang who was knowledgeable in the art of Qi Men used this ritual together with Fa Qi Men, a branch from Qi Men Dun Jia, to prolong his lifespan. Here is how the story goes.

In the year 234 AD at Wu Zhang Plains...

One late night a lone figure sighed to himself, “My life may end at any moment and yet I have so many things undone.” With a very tired and haggard look, the man who was 54 years old, then told his subordinate and friend, “I saw in the Big Dipper constellation, that the guest is doubly bright, while the host star is dimmed. The surrounding supporting stars are obscure too. With such a heavenly aspect, I know my fate is going to end soon.”

Startled, Jiang Wei said, “If the aspect looks so bad, sir, why not pray in order to avert it?”

“Ahh... Yes. Yes. I do know a way to pray for it,” he replied.

The man further says to Jiang Wei, “But what is the Heaven’s will? Anyhow, help me prepare forty armored men to guard my tent. Let them be dressed in black and hold a black flag. Within my tent, I will pray to the North Dipper. If the seven lamps stay lit for seven days, then I know my life will be pro-longed by another 12 years. If the light goes out, I will certainly meet my end. Keep all idlers out of my tent for seven days, and only let two boys do my errands and bring me what is necessary.”

Jiang Wei made preparations as directed. In the autumn of the month of August, when the stars were bright like jade and diamonds up in the Milky Way, forty strong men stood guard around the tent. Seven big lamps were arranged on the floor in the mirror image of the North Dipper. Forty nine smaller ones were placed outside the tent.

Thus, Zhuge Liang knelt and prayed, “I, Liang, born in this troubled age, whose emperor sought my services and advice to care for his son, I do not dare to fail in my effort to terminate those traitors to the empire. Contrary to my expectations, my star is declining and my end is near. Humbly I appeal and pray to Heaven, please listen graciously to my prayer and extend my lifespan so that I can repay my lord, bring peace to the people and restore the empire to the rule of Han.”

One night before the seven days were over, Wei Yan rushed into the tent in his urgency to warn Zhuge Liang that the enemy’s army is advancing. He accidentally kicked one of the lamps spilling the oil as the light went out and the saucer flew into a corner. Seeing this, angry Jiang Wei pulled out his sword, intending to slay Wei Yan. Zhuge Liang stopped him saying, “This is my fate as decreed by the Heavens. It is not his fault.”

In the year 234 AD, Zhuge Liang passed away on the Wu Zhang Plains because of illness and fatigue at the age of 54. On his death bed, he banned all forms of mourning to deceive the enemy. If the enemy were to invade, he ordered that a wooden statue dressed as him be put in a chariot within easy sight of the enemy. Sima Yi fled the war when he saw the wooden figure thinking that it was Zhuge Liang. The famous quote, “A dead Zhuge Liang can outwit a live Sima Yi,” came about from this incident. When Sima Yi observed the Shu camp later, he remarked that Zhuge Liang was indeed the most intelligent man under heaven.

UNIVERSE

HEAVEN

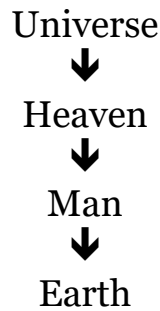
MAN

EARTH

THE BENEFIT OF PRACTICING THE NORTHERN SEVEN STARS PATH

The Chinese astronomy had long in the belief that the stars and planets have energy that can effect and influence people. The North Star at the Universal Plane is always looks upon as the source of most powerful celestial energy. The Chinese emperors were regarded as Heavenly Children. Many stars around the North Star were named after the great emperors or one of his family members. The great emperors of China were always depicted as the Big Dipper or North Star.

The Taoists have created many prayers and rituals to tap into the North Star and Big Dipper's energy for spiritual and self-cultivation as well as to attain enlightenment. The ritual helps one align and connect the energy of the Universe, Heaven, Man and Earth together, so that one can attain the alpha state or higher faster, a pre-requisite state best for cultivation.



In Taoist practice, the North Star and Big Dipper energies are connected to the bones of skulls. Through meditation, prayers and rituals integrating these energies to the self, it brings about the following benefits:

1. Manifesting his or her dream and destiny as well as fulfill wishes quicker.
2. Attaining clarity of mind. The ritual helps one to become aware and become mindful of the surrounding by bringing one thoughts to the present. A clear mind helps one to focus better in achieving his or her goal.
3. Simple exercise in the ritual that channel energy from the Heaven and Universe can help one to attain good health and longevity. Longevity is a part of Taoist practice to attain enlightenment too.
4. Spiritual cultivation. This is important for spiritual people who want to attain enlightenment.

There are five main rituals that can use together with Qi Men for manifesting longevity, good health, prosperity and wealth:

1. The Seven Stars Path – Footsteps
2. The Seven Stars Path – Hand gesture
3. Lighting Seven Lamps
4. Lighting the Hung Ming lantern (also known as the sky lantern)
5. Lighting the water lantern

Each of the rituals above can be practiced alone or together.

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

THE RIGHT TIME

SELECTING THE RIGHT TIME



Utilizing Qi Men Dun Jia is about putting the right person at the right place, doing the right thing at the right moment to achieve desired result. This is part of strategy execution.

The purpose Fa Qi Men practices are to manifest one dreams, wishes and desires. Since it is about your dream and desires, you are considered the ‘right person.’ You represent the Man Luck – body, mind and soul.

Most people do not have the luxury of being in ‘right place’ whereby all the right tools and resource are ready to be used. Some may not even have the right skills and knowledge to do what is needed. Qi Men Dun Jia, a map of energy, provides a short-cut so that you can be at the right place and doing the right thing. By selecting the positive Qi Men Dun Jia chart and strategically execute your plan at the right direction, doors of opportunities open up for you. People accept ‘who you are’ and ‘what you have’ readily.

Similarly, when you want to make your wishes come true selecting the positive Qi Men Dun Jia map to manifest your wishes accordingly, it makes your wishes appear faster and easier. When you send your intention to the Universe, it delivers the right people and resources to fulfill your wish.

Wishing upon the Northern Star is about tapping into the North Star and the Big Dipper energy to cultivate for longevity, good health, wealth and prosperity. In this book, we assume these are what you desire and wish for.

The following positive combinations of Deity, Star, Stem, Door and Structure (as shown in Table 1: Combination of Deity, Star, Stem, Door and Structure) selected in Qi Men Dun Jia

Hour or Day Chart are essential to achieve positive result.

Table 1: Combination of Deity, Star, Stem, Door and Structure

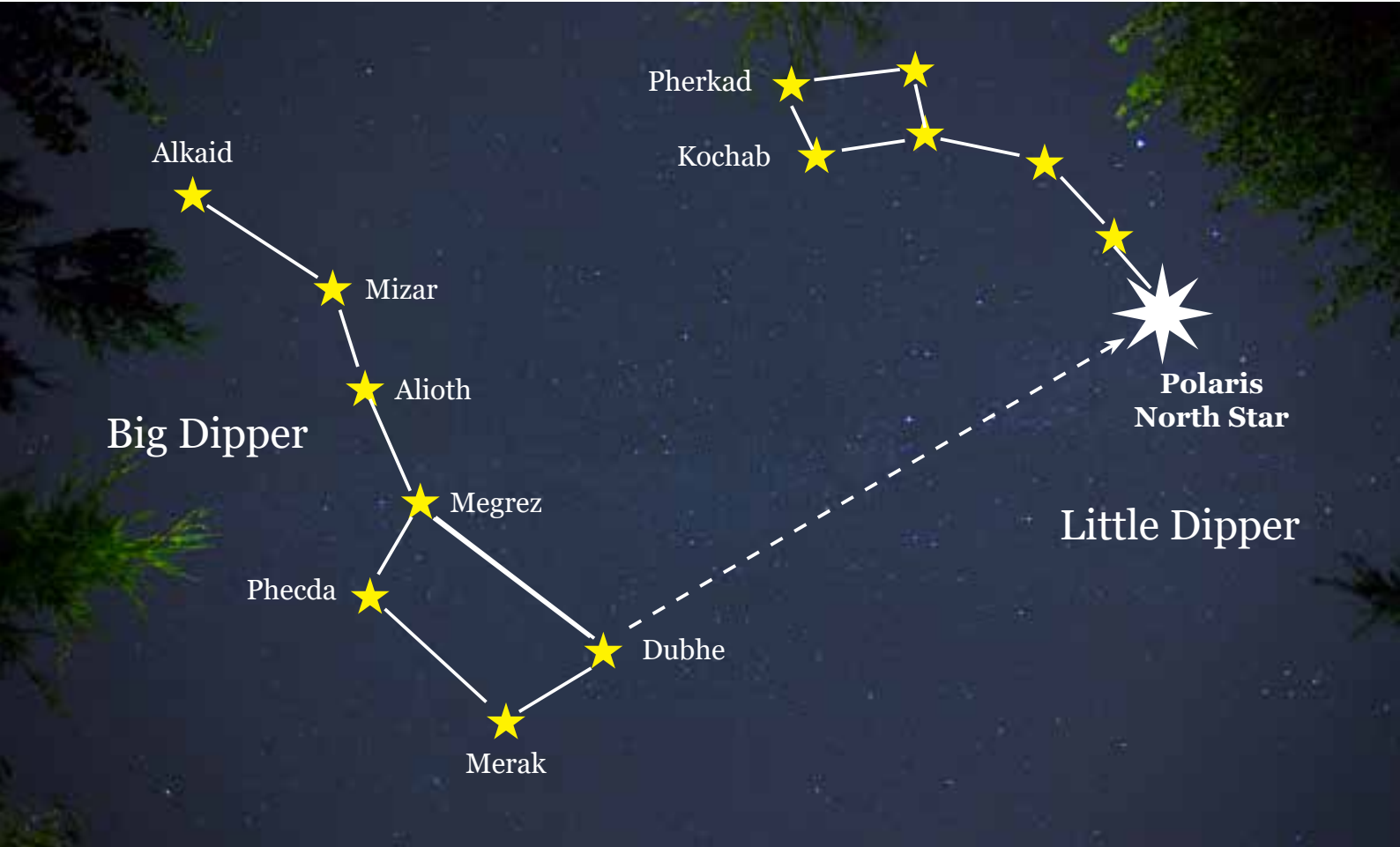
Wishes / Desire	Combination Attributes
Longevity	<p>Chief Deity: 符 Chief Deity grants all wishes. Under the Qi Men practices, when in an emergency or in a life and death matter, always follow the Chief Deity.</p> <p>Positive Star: 天心 Heavenly Heart</p> <p>Life Door: 生門 Life Door represents life itself.</p> <p>Jia Day: Select an auspicious 甲 Jia Day. Wood represents growth and continuity. Jia Pillar is also the beginning of all Pillars especially 甲子 Jia Zi.</p> <p>Good Stems: The Stem in Qi Men Dun Jia represents the final outcome. Only positive Stems should be selected such as 甲 Jia, 乙 Yi, 丙 Bing and 丁 Ding.</p> <p>Good Structures: Good Structure is an added bonus. It ensures further good outcome. There are many good structures but the three below are the most preferred:</p> <ol style="list-style-type: none"> 1. Jade Maiden 2. Dragon Return 3. Bird Falling
Good Health	<p>Chief Deity: 符 Chief Deity grants all wishes. It has healing abilities and is always regarded as the nobleman.</p> <p>Positive Star: 天心 Heavenly Heart represents doctors or healer in Qi Men Dun Jia.</p> <p>Door: 生門 Life Door or 休門 Rest Door. Rest Door is associated with healing energy and rejuvenation.</p> <p>Auspicious Day: Select any auspicious day that falls in Success, Stable and Balance Day of the Zeri Twelve Day Officers (建除十二神).</p> <p>Good Stems: The Stem in Qi Men Dun Jia represents the final outcome. Only positive Stems should be selected such as 甲 Jia, 乙 Yi, 丙 Bing and 丁 Ding. 乙 Yi Stem is preferred for enhancing good health.</p> <p>Good Structures: Good Structure is an added bonus. It ensures further good outcome. There are many good structures but the three below are the most preferred:</p> <ol style="list-style-type: none"> 1. Jade Maiden 2. Dragon Return 3. Bird Falling

Wishes / Desire	Combination Attributes
Wealth	<p>Deity: 符 Chief Deity grants all wishes. Besides the Chief, 九地 Nine Earth and 九天 Nine Heaven are also suitable.</p> <p>Positive Star: 天心 Heavenly Heart or 天任 Heavenly Ambassador</p> <p>Life Door: 生門 Life Door represents wealth, business income, unexpected money and investment gain.</p> <p>Auspicious Day: Select any auspicious day that falls in Success, Open, Full, Receive and Stable Day of the Zeri Twelve Day Officers (建除十二神).</p> <p>Good Stems: The Stem in Qi Men Dun Jia represents the final outcome. Only positive Stems should be selected such as 甲 Jia, 乙 Yi, 丙 Bing, 丁 Ding and 戊 Wu. 戊 Wu Stem is preferred for increasing wealth.</p> <p>Good Structures: Good Structure is an added bonus. It ensures further good outcome. There are many good structures but the three below are the most preferred.</p> <ol style="list-style-type: none"> 1. Dragon Return 2. Bird Falling 3. Jade Maiden
Prosperity	<p>Chief Deity: 符 Chief Deity grants all wishes. Besides Chief Deity, 六合 Six Harmony or 九地 Nine Earth are also suitable. In the Chinese society, prosperity refers everything is smooth sailing. A person who enjoys good life. He or she has enough of everything of he or she so desires.</p> <p>Positive Star: 天心 Heavenly Heart, 天任 Heavenly Ambassador or 天芮 Heavenly Grain</p> <p>Door: 生門 Life Door represents growing.,or 開門 Open Door represents smoothsailing.</p> <p>Auspicious Day: Select any auspicious day that falls in Success, Open, Full, Receive and Stable Day of the Zeri Twelve Day Officers (建除十二神).</p> <p>Good Stems: The Stem in Qi Men Dun Jia represents the final outcome. Only positive Stems should be selected such as 甲 Jia, 乙 Yi, 丙 Bing, 丁 Ding and 戊 Wu.</p> <p>Good Structures: Good Structure is an added bonus. It ensures further good outcome. There are many good structures but the three below are the most preferred:</p> <ol style="list-style-type: none"> 1. Jade Maiden 2. Dragon Return 3. Bird Falling

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

THE SEVEN STARS LAMPS



SEVEN STARS LAMPS

The Seven Stars Lamp ritual is used to pray or wish for vitality, good health and longevity. This practice is highly popularized by Taoism until today. You can find it in any Asia countries especially China, Japan and Taiwan, and employ the guardian of the temple to help you light the Seven Stars Lamps for you and your family.

The Seven Stars Lamp consists of seven lamps. It is lit for seven days.

Now you can light the Seven Stars Lamp ritual on your own too. Select an auspicious day and the right Qi Men chart to start the ritual and seek blessing from the North Star (also known as Mother Dipper, 斗母 Dou Mu) While this ritual is usually performed on a clear night sky on the first and fifteen days of the lunar month, with Fa Qi Men, you can select the best date and direction to perform the ritual.

THREE EASY STEPS TO SEEK BLESSING FOR LONGEVITY

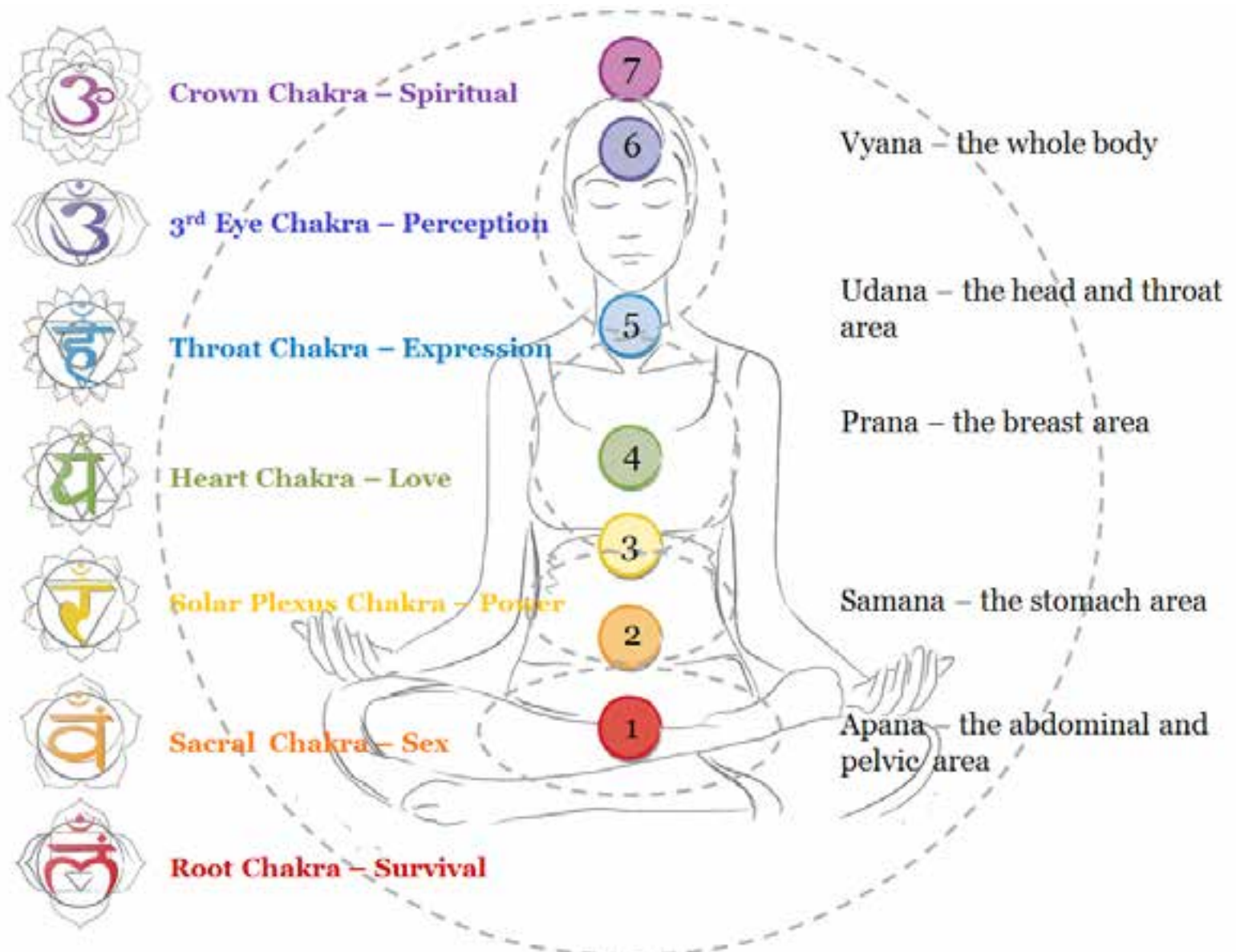
Step 1: Lighting the Seven Stars Lamp

The Seven Stars oil lamp is usually shaped like a tree or lotus-shaped. Light the seven lamps for seven days. Alternatively, you can arrange seven burning candles according to the North Dipper (Little Dipper). Ensure the candles are lighted during the whole rituals.

1. Seven Stars Lantern / Oil Lamps:



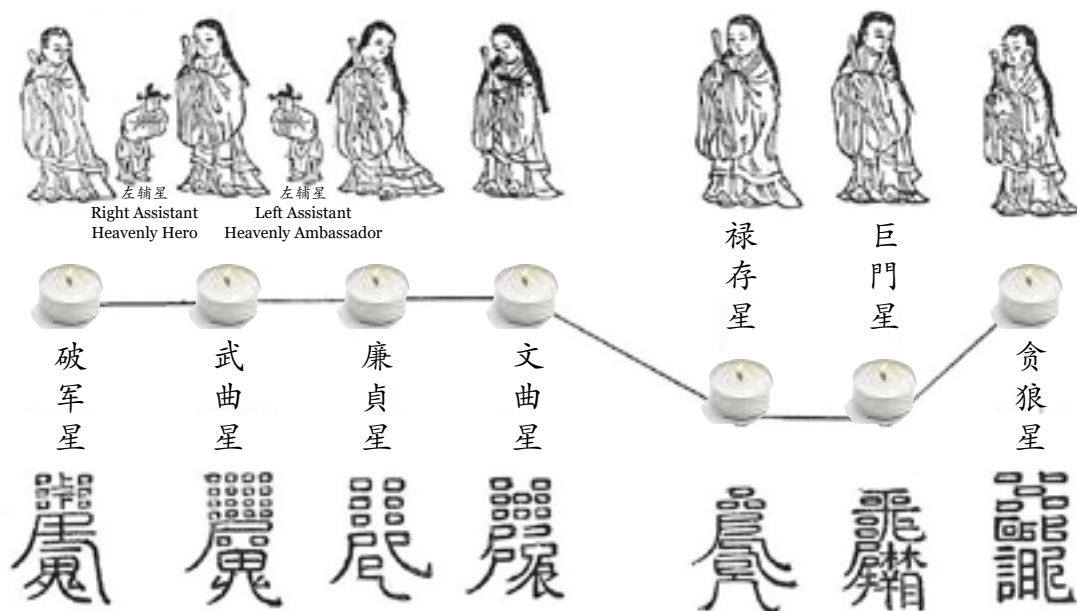
Figure 1: Chakra Points



2. Seven Stars Lanterns/Candles:

Alternatively you can light candles or lanterns and place it according to the Big Dipper Star (Figure 2).

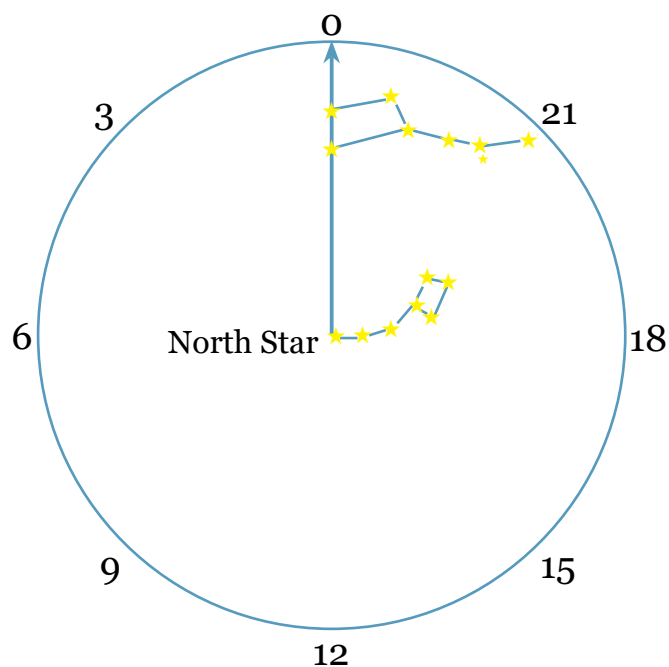
Figure 1: North Dipper Stars Position



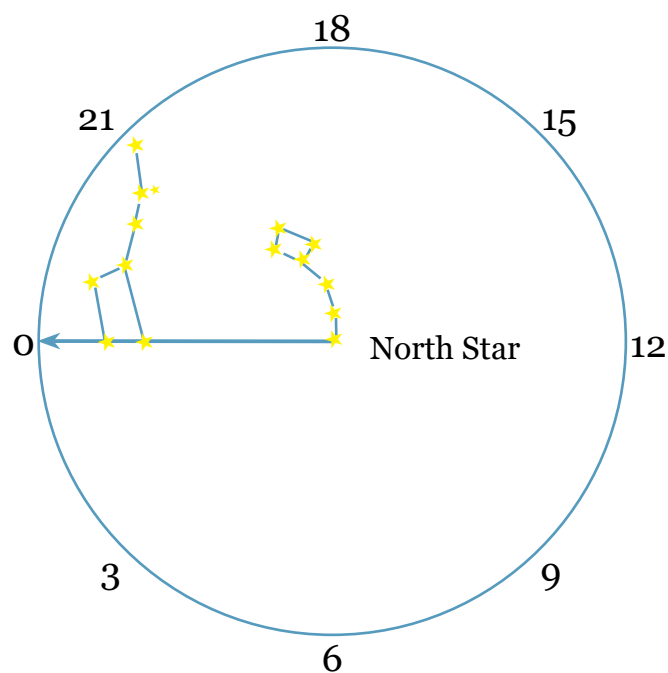
Seven Star Lights	天罡星灯 Tiāngāng xīng dēng	武曲星灯 Wuqūxīng dēng	廉贞星灯 Lián zhēn xīng dēng	文曲星灯 Wénqūxīng dēng	禄存星灯 Lù cún xīng dēng	巨门星灯 Jù mén xīng dēng	为贪狼星灯 Wèi pín láng xīng dēng
Star	Broken Soldier	Military Arts	Chastity	Literary Arts	Fortune Treasures	Huge Door	Greedy Wolf
Qi Men Star	Heavenly Pillar	Heavenly Heart	Heavenly Bird	Heavenly Assistant	Heavenly Destructor	Heavenly Grain	Heavenly Grass
Seven Chakra	海底穴 Kaitei ana	丹田炁穴 Dāntián qì xué	命门穴 Mìng mén xué	夹脊穴 Jiā jí xué	泥丸穴 Ní wán xué	天目穴前方 虚悬一穴 Tiānmù xué qiánfāng xūxuán yī xué	膻中穴 Shān zhōng xué
	1 Root	2 Sacral	3 Solar Plexus	5 Throat	7 Crown	6 3rd Eye	4 Heart

The direction of the Big Dipper and Little Dipper Stars change accordingly to the season. Place your Seven Stars candle according Big Dipper position following the seasons as shown in Figure 3.

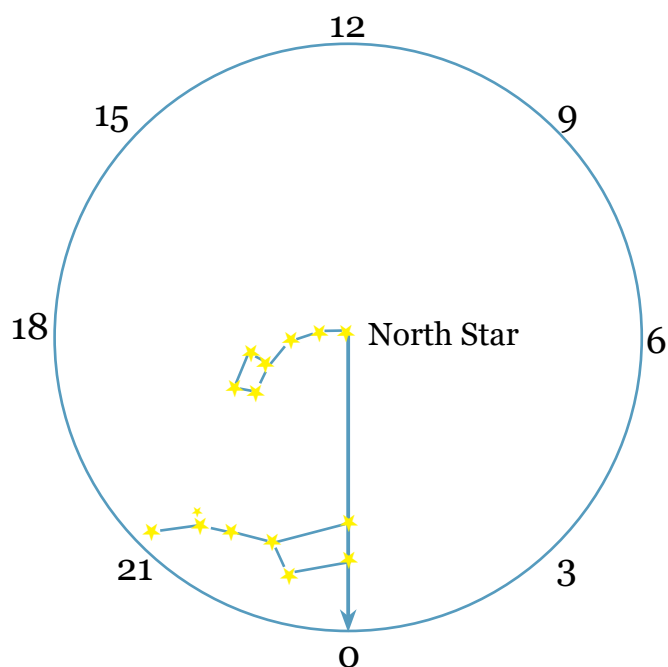
Figure 3: Big Dipper and Little Dipper Stars Position By Seasons



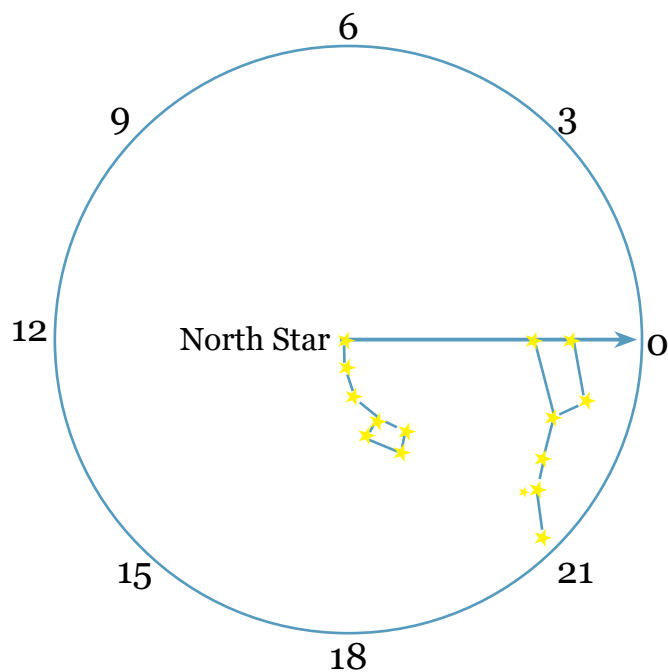
Looking North in the Spring



Looking North in the Summer

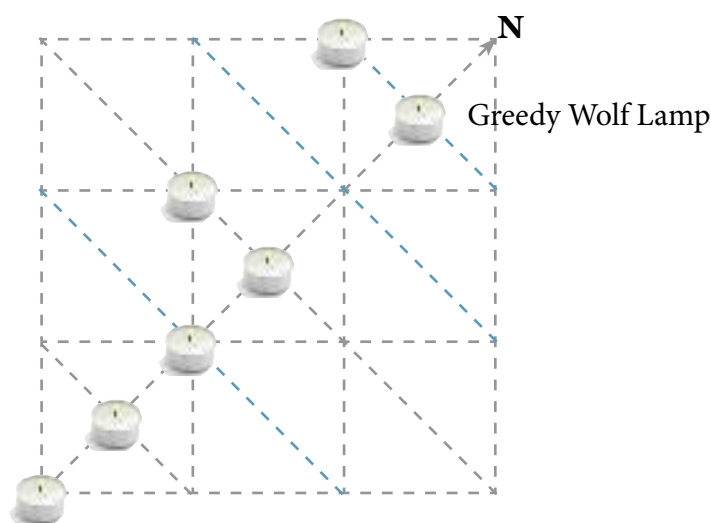


Looking North in the Fall



Looking North in the Winter

Simply Tips: Ignore the seasonal position of the Big Dipper. Follow the arrangement of Seven Stars lanterns/candles blew with the Greedy Wolf Star lamp (为贪狼星灯 Wèi pín láng xīng dēng) pointing to the North direction.



Skip the seven days of keeping the Seven Star oil lamps alight. Just keep the candles alight throughout your 'ASKing,' and let it burn off thereafter.

Step 3: Getting into Alpha State

Inhale and exhale three times to clear your mind and calm your heart. ASK from the Universe.

Alternatively, follow the Seven Stars Path walking ritual (refer page 21). At the end of step 7 where you should be facing North direction, ask for good health and longevity. Repeat this whole process seven times. If you are doing the 'ASKing' you do not need to chant the Longevity and Protect Mantra, and vice versa.

Or you can follow the Seven Stars hand exercise (refer page 30). Sit with your back toward the direction you have chosen from Qi Men Dun Jia chart. At the end point no. 7, ask for good health and longevity. Repeat this whole process seven times. If you are doing the 'ASKing' you do not need to chant the Longevity and Protection Mantra, and vice versa.

Step 3: Writing down your wishes

In the Taoist practice, wishes are usually written in a yellow paper and kept in a folded triangle talisman. The ASKer will carry the talisman with him or her.

You can simply write down your wishes for good health longevity and protection against harm in a paper together with your name and date as well as time of birth.

Hang the paper with your wishes on the Hung Ming lantern and send it up to the Universe (refer page 33). Alternatively you can it on the water lantern and let it float out to the sea or river (refer page 36).

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

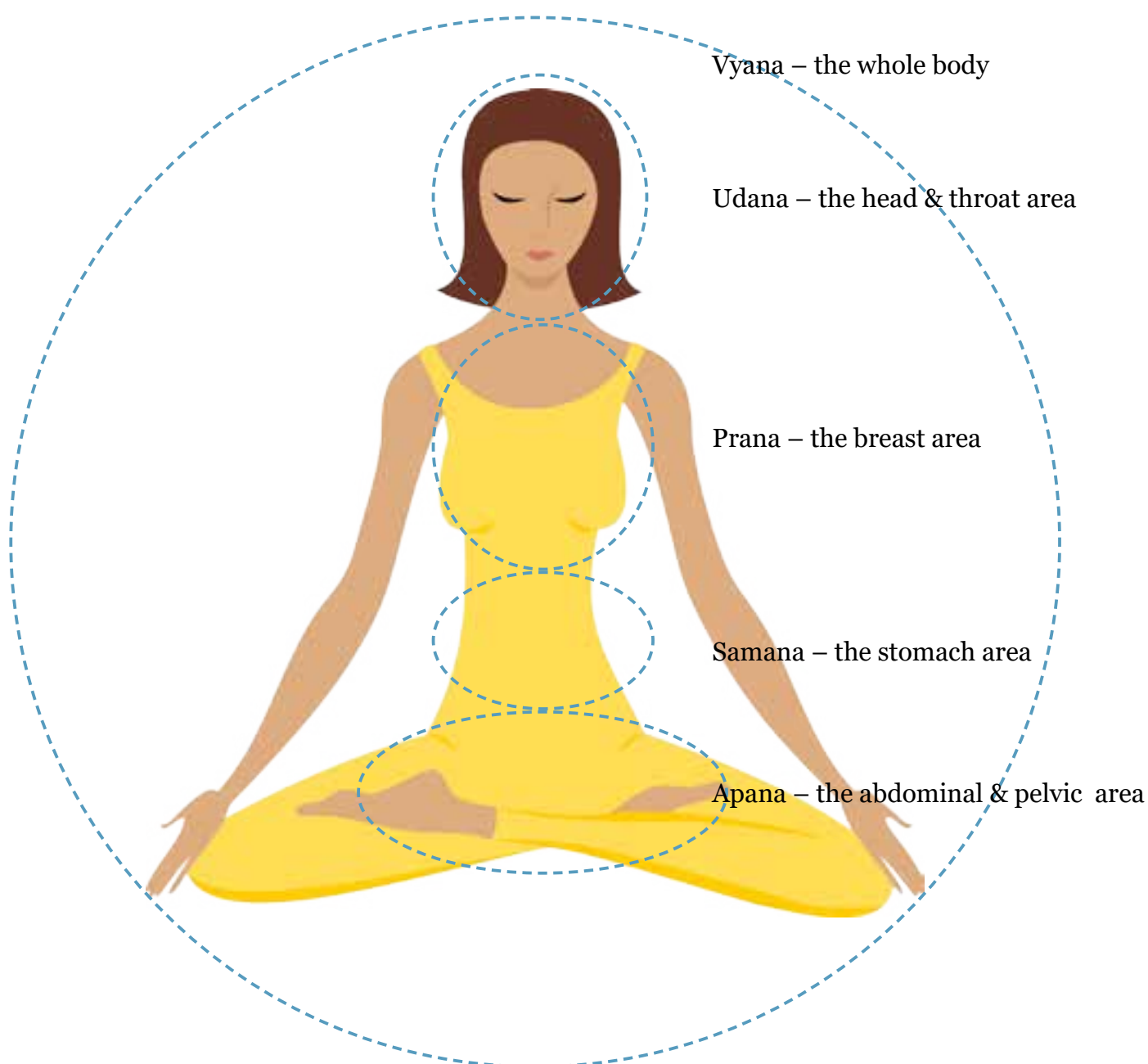
THE SEVEN STARS PATH

THE SEVEN STARS PATH FOR LONGEVITY & GOOD HEALTH

The Seven Stars Path is a footsteps exercise. The footsteps connect the energy from North Star channel through the Big Dipper to your body, mind and soul. It keeps you grounded with your step on the Earth.

The movements with the right breathing technique and residing the mantra helps you get into alpha state faster where you 'ASK' for good health and longevity. Your message is send to the Universe.

The exercise which connects the energy from Universe, Heaven, Man and Earth has a healing power. It is used by Taoist priest to cultivate for longevity.



EXERCISE AND BREATHING TECHNIQUE

Before mastering the Seven Stars Path footsteps, you need to familiarize with basic exercise with breathing technique.

Step by step exercise and breathing technique:

1. Choose an open field to do this practice.
2. Stand straight with hand resting downward and relax your eye, mouth and facial expression.
3. Adjust your breathing to the environment.
4. Inhale and exhale until it reach your belly button to integrate with universe energy.
5. Inhale and strongly exhale, integrate and feel the energy on your body.
6. Inhale and strongly exhale and feel the energy on your cosmic energy.
7. Inhale and strongly exhale 4 times until the energy from your Prana settle on Samana area.
8. Feel the Universe energy around you.
9. While you move according the 7 Stars Path using the breathing technique, push your hand outward to 80% (refer to Figure 1) and press your hand inward to a prayer palm position. (refer to Figure 2)

Figure 1: Push Hand Outward

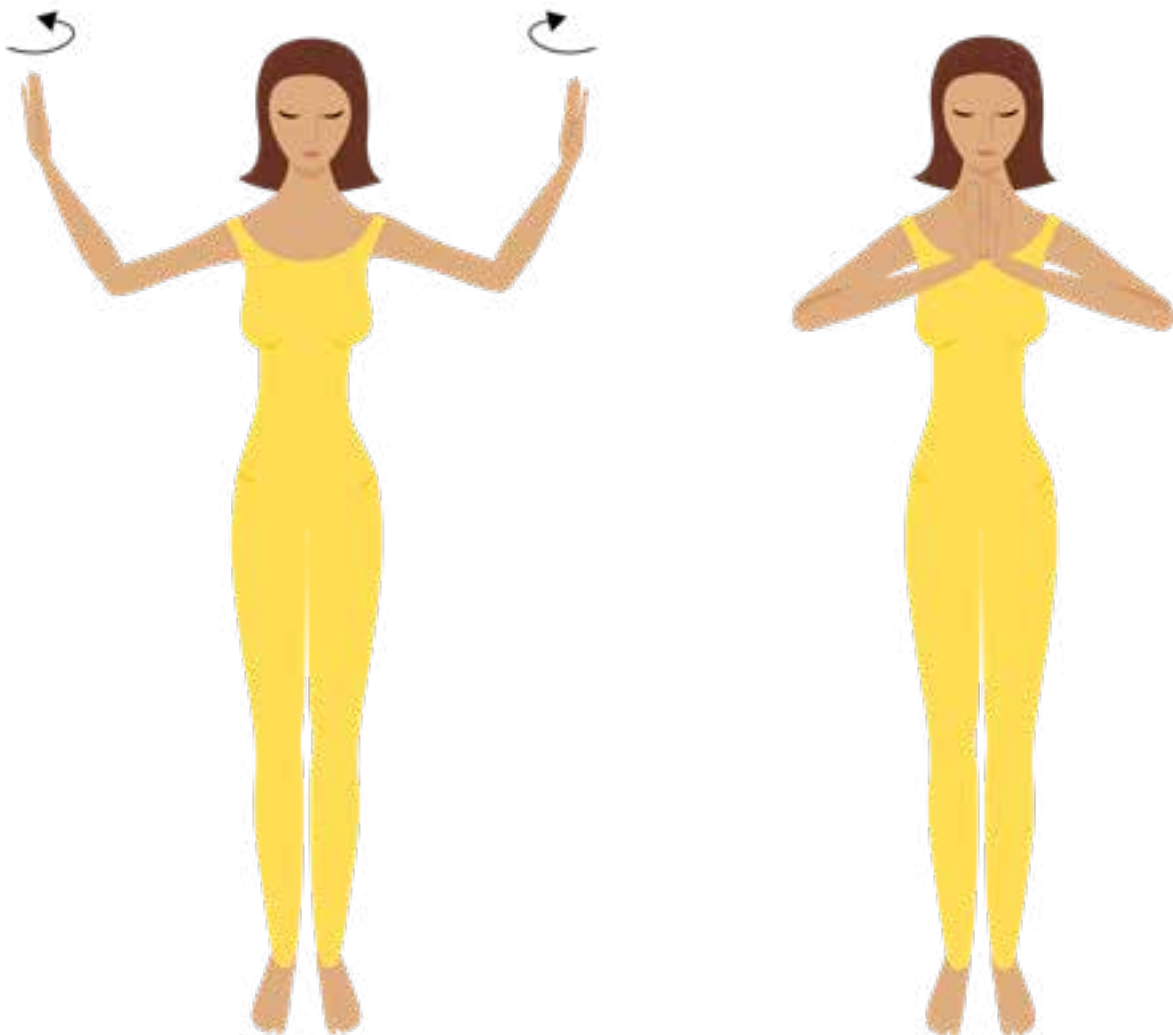
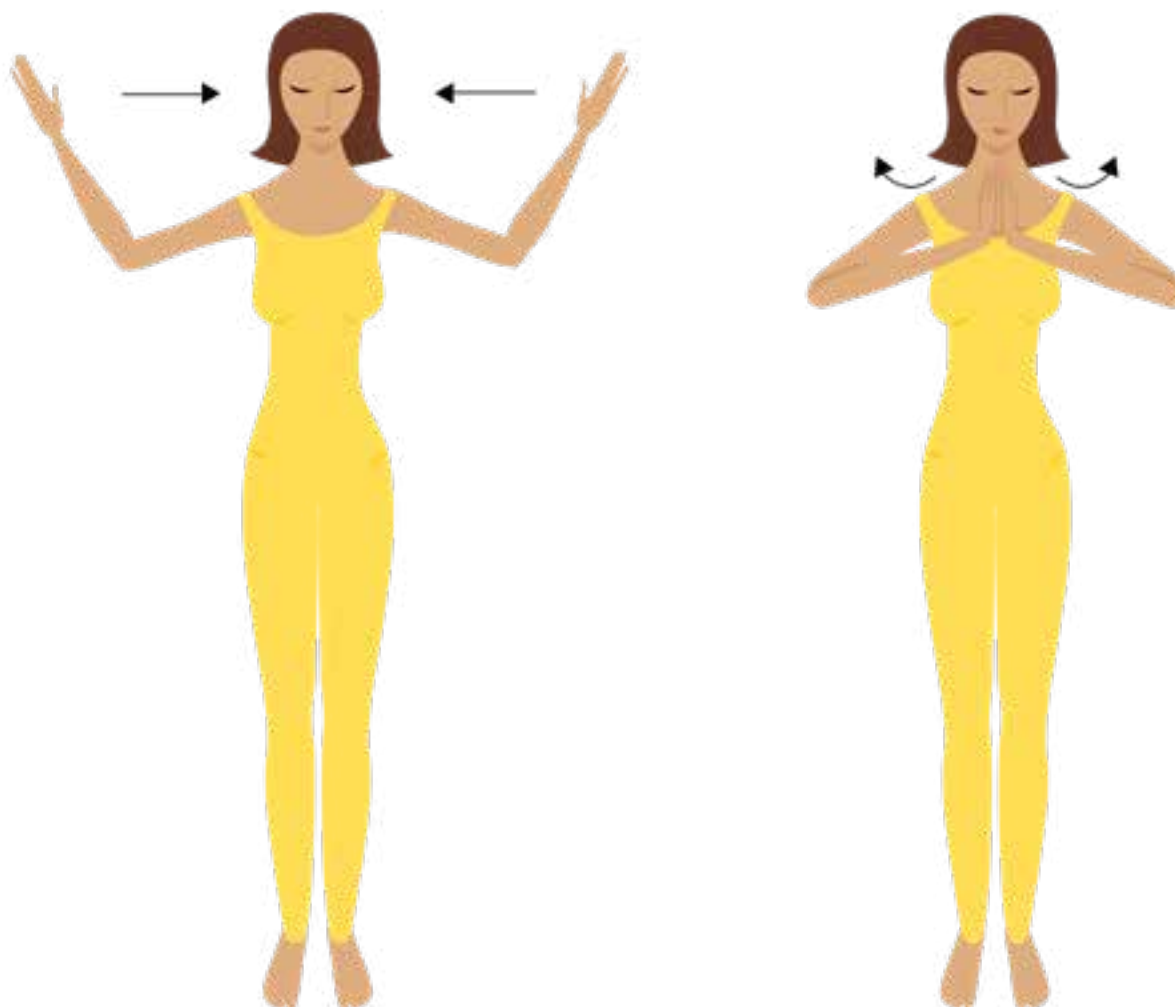


Figure 2: Press Hand Inward to a Prayer Palm Position



CHANTING THE PROTECTION MANTRA

You can chant the mantra for protection in Table 1: Longevity and Protect Mantra. The table shows the chanting on the left column and translated meaning at the right column. This mantra goes along with the North Dipper Seven Star Paths. It represents your 'ASKing' from the Universe for good health, longevity and protection from harm. You can chant the mantra in Chinese pinyin or in English language.

Alternatively focusing your on wishes for good health, longevity and protection from harm. You can also create your own mantra for longevity.

Table 1: Longevity and Protection Mantra

Protection Mantra	Translated Meaning
一炁混沌灌我形， Yī qì hùndùn guàn wo xíng,	One energy from the universe fills my body,
禹步相推登陽明， yǔ bù xiāng tuī dēng yángmíng,	follow the path to cultivate longevity,
天回地轉履六甲 tiān huí dì zhuàn lǚ liùjiǎ,	the sky changes and the land shift stepping to path sixth,
躡罡履鬥齊九靈， niè gāng lǚ dòu qí jiǔ líng,	chasing the bright path to fight the nine spirits,
亞指伏妖衆邪驚， yà zhǐ fú yāo zhòng xié jīng,	suppressing and frighten the evil spirit and demon,
天神助我潛身去， tiānshén zhù wo qián shēn qù,	the Heavenly Deities protects my body, mind and soul,
一切禍殃總不侵。 yīqiè huòyāng zong bù qīn.	blocking every curse and evil energy.

THE SEVEN STARS PATH

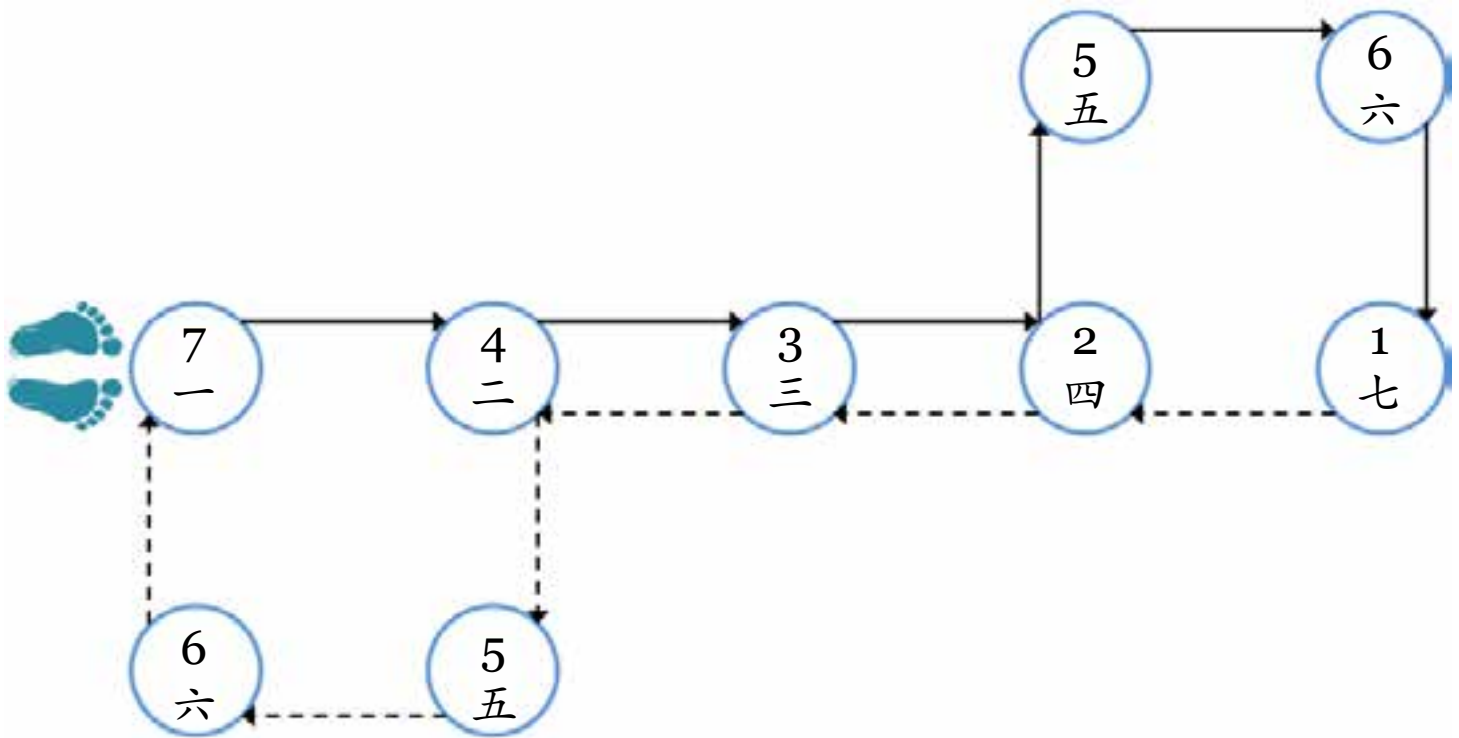
Ensure there is a lot space to practice the Seven Stars Path movement. It best to do it in a an open field where you can receive from Qi from the Universe without and disruption and disturbance.

Step by step guide for Seven Stars Path movement:

1. Start from 0 heading to the direction you have selected from the Qi Men Chart.
2. Moves your left foot to position 一.
3. Move your right foot position 二.
4. Make similar steps to 三, 四, 五 and 六.
5. Your final step where your left foot should rest on position 七.
6. At position 七 turn 180° left on the opposite, step your right foot on 2, and right foot on 3.
7. Repeat the above movement for position 4, 5, 6 and 7.
8. Continue the loop repeatedly for 7 times.
9. Your feets must be firmly planted on the ground. Drag you foot to the next position and do not lift your foot and heel from the ground while you move along in the Seven Stars path.

天罡七星步法

The Seven Stars Path



PUTTING ALL STEPS TOGETHER

1. At step 0, moving left foot forward to the direction you want. In the same instance, inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside the mantra in the same instance: One energy from the universe fills my body (一炁混沌灌我形, Yī qì hùndùn guàn wo xíng).
2. Left foot step into 1, right foot moving forward. Inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside mantra: follow the path to cultivate longevity (禹步相推登陽明, yu bù xiāng tuī dēng yángmíng).
3. Right foot step into 2, moving left foot forward. Inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside mantra: the sky changes and the land shift walking forward to the sixth path (天回地轉履六甲, tiān huí dì zhuàn lu liùjiǎ).
4. Left foot step into 3, moving right foot forward. Inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside mantra: chasing the bright path to fight the nine spirits (躡罡履鬥齊九靈, niè gāng lu dòu qí jiǔ líng).
5. Right foot step into 4, moving left foot forward. Inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside mantra: suppressing and frighten the evil and demon (亞指伏妖衆邪驚, yà zhǐ fú yāo zhòng xié jīng).
6. Left foot step into 5, moving right foot forward. Inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside mantra: the Heavenly Deities protects my body, mind and soul (天神助我潛身去, tiānshén zhù wo qián shēn qù).
7. Right foot step into 6, stepping left foot forward to 7. Inhale with your hand pressed inward with praying palm position (Figure 2) and exhale with your hand pushing out (Figure 1). Reside mantra: blocking every curse and evil energy (一切禍殃總不侵, yīqiè huòyāng zong bù qīn).
8. Turn 180° to the left and return to position 0. Adjust to natural breathing. You'll receive powerful energy from the universe to protect you.
9. Repeat the same steps again in the loop until the movement are smooth.
10. Repeat the path 7 times according to Northern Stars every time you practice the Seven Stars Path.
11. Remember to plant your feet on the ground. Drag your foot to the next position and do not lift your foot and heel from the ground while you move along in the Seven Stars path.

The Seven Stars Path is to request the Heaven so to be one with the universe energy. It is also an exercise for cultivating good health. The best time to practice is during midnight where the energy in the Universe best match with the energy at the Prana. These give the best result. Do not practice at other time.

Pay attention to your movement while dragging your foot forward. Usually you will feel the subtle changes in this movement.

Inhale and exhale normally when you first started to practice the path. Get familiar with the Seven Star Path, breathing technique and hand exercise. Then as you move forward, inhale and exhale to your nose follow by inhale and exhale to your mouth. Follow this order while moving in the Seven Stars path loop.

When your palm pushes outward, exhale. When your palm pressing inward, inhale. Do this accordingly; otherwise you may feel chest tightness and physical discomfort.

VISUALIZATION TECHNIQUE

If you have a good imagination you can follow the visualization technique to get your body inline with the North Star. When practicing the Seven Stars path movement, to be one with the North Star, one must use the head, eyes, arms, hands, body, back, foot, leg movements, to show a body line with the star.

Visualize yourself in these images:

1. Hand as goose: Hand is like goose drifted leisurely, palm straight, the wrist should be flexible.
2. Arms as an eagle: arms are like the wings of eagles, launch your hand like the wing taking off, it looks good without power and arms not hard
3. Body as Tiger: The head move forward on the right, while refining the feet
4. Back as Bear: Like the bear give and make a deep, steady the image.
5. Foot as the ostrich feet: feet in the ground like an ostrich walking.
6. Foot as Crane: Crane foot hanging up just the same;
7. Head like a leopard: Like a leopard's head is always alert.
8. Eyes like a monkey: The eyes are always moving back and forth scanning the environment in details.
9. Movement: Like the wind it must gentle smooth flowing;
10. Body such as clouds: Body is light with elegant posture.
11. Shape such as fog: Shape is liked a mist.

Tip: The visualization technique is optional. It helps you to maintain a good natural posture so that your steps and movements along the North Dipper Seven Stars path go smoothly. As you practice and become accustomed to the path, your body will flow according to nature as described above. Check the good posture on image below.



法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

THE SEVEN STARS ON YOUR PALM

SEVEN STARS PATH HAND EXERCISE FOR GOOD HEALTH

This Seven Stars Path hand exercise is very convenient to practice. You can do it at any places and at any time. Both your hands contain many meridian points that connect to your whole body. The hand exercise activates the meridian point in your body.

THREE EASY STEPS FOR SEVEN STARS PATH HAND EXERCISE FOR GOOD HEALTH

Step 1: Seating position

For this exercise, it is easier for you to sit down on a chair or on a meditating position. Ensure your back face the direction you have chosen.

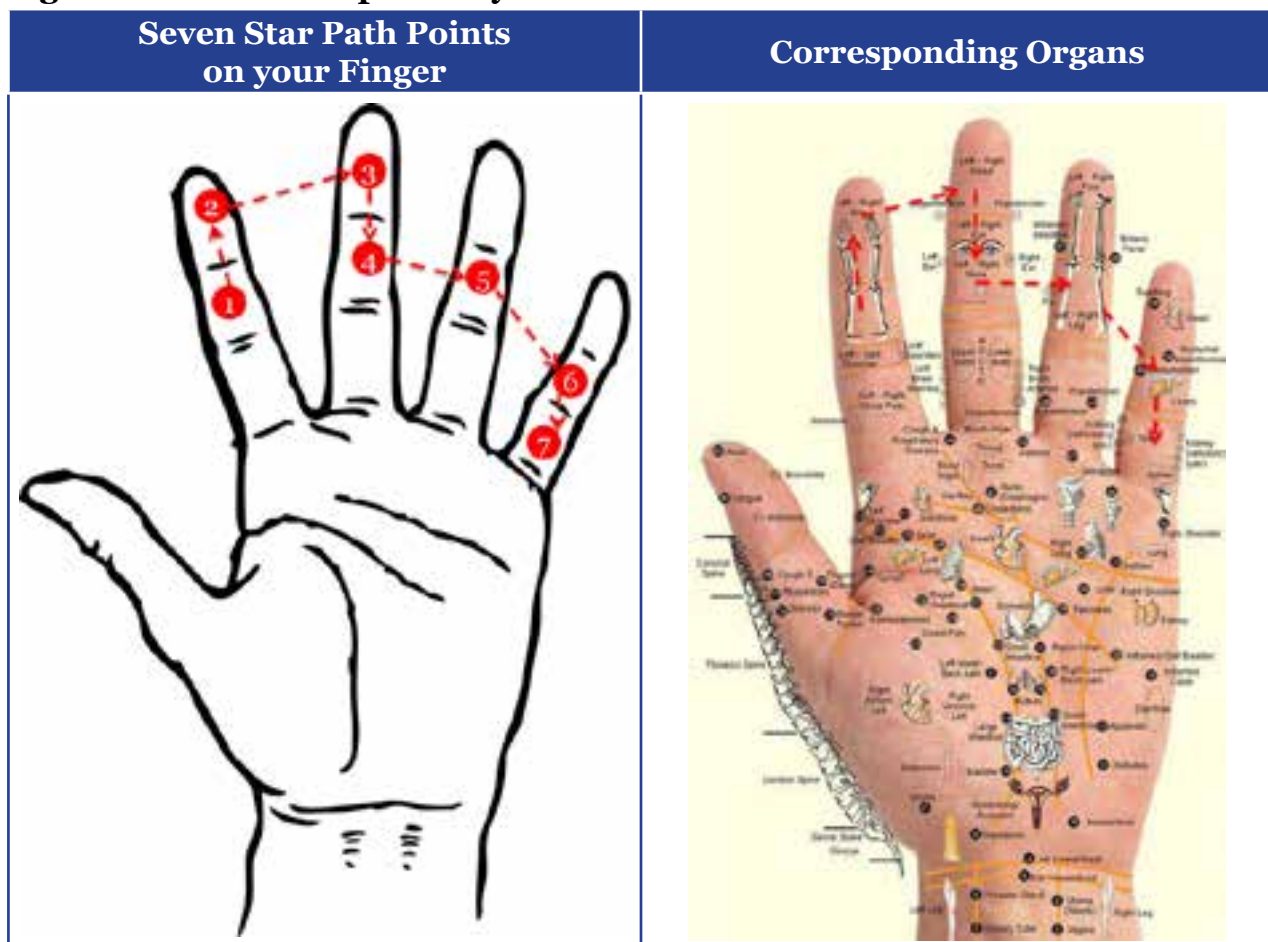
Step 2: Get into alpha state.

Inhale and exhale, every time you pinch or press your thumb on the finger on the left hand according the Seven Star Path fingers points as shown in Figure 1 below. Follow the same process with your right hand. At the point no. 7 on your right hand, 'ASK' the universe for good health, longevity, prosperity or wealth.

Alternatively you can chant the Longevity and Protection Mantra while pressing your thumb along the Seven Stars point on your fingers.

Repeat the process seven times.

Figure 1: Seven Stars path on your Palm



Step 3: Writing down your wishes

In the Taoist practice, wishes are usually written in a yellow paper and kept in a folded triangle talisman. The ASKer will carry along the talisman with him or her.

You can simply write down your wishes for good health longevity and protection against harm in a paper together with your name and date as well as time of birth.

Hang the paper with your wishes on the Hung Ming lantern and send it up to the Universe (refer page 33). Alternatively you can it on the water lantern and let it float out to the sea or river (refer page 36).

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

KONG MING LANTERN

孔明灯 KONG MING LANTERN

The story of fulfilling wishes of the Kong Ming Lantern started on one sunny morning in the warring period.

The morning sun had just risen and shining on a clear blue sky that faithful day. The gate to the ancient city of Pingyang was widely opened. Everything was quiet inside the city without the bustling business and busy morning market. The atmosphere outside of the city was tensed. Two hundred thousand troops marched near toward the city ready to attack. The General felt amiss when he heard the scout report of the situation in the city.

“Sir, the city looks deserted. There were a few sick and tired old men sweeping the street. A soft tingling music was heard. The music came from a man, leisurely playing his guzheng entertaining some kids at the street near the gate. There were no soldiers to be seen,” reported the scout.

The ever suspicious General became more fearful. Remembering the cleverly plotted strategy by his nemesis, he decided not to attack to avoid the risk of being ambushed. Instead he ordered his soldiers to camp further outside the city.

In actual fact, the man who was playing the guzheng earlier on, know that he was in trouble. Having sent the bulk of his soldiers on an expedition, he had kept only ten thousand soldiers to guard the city. The city can be sieged at any moment with that powerful opposing force. He had quickly ordered all soldiers to hideaway and open-up the city gate before dawn. When the scout of the enemy spies on the city, it was already emptied.

As the night came, many lanterns were seen flown-up the sky from the inside of the city. Zhuge Liang used the lantern to summon for reinforcement from alliance forces nearby. General Sima Yi, Zhuge Liang’s enemy, seeing those lanterns up the sky, knows that reinforcement will come to help the city of Pingyang soon. Afraid that he might be surrounded by opposing forces without a way out, ordered his soldier to retreat.

This strategy, used by Zhuge Liang to escape from being trapped in Pingyang with only ten thousand soldiers, is among the most well-known strategy of the 36 Stratagem. It is called the "empty fort strategy." The story of Zhuge Liang is popularly found in the classic literature of the Romance of the Three Kingdom.

As a result, the Chinese have always associates the Kong Ming lantern is a wish fulfilling lantern because Zhuge Liang used it to ask for help was being answer. It has been adopted into Chinese Confucius culture and festival to wish for protection against harm, good health, love and intelligence as passing the imperial scholar exam was very important in the old days.

The lantern was invented by Zhuge Liang in the desperate time. The lantern was named after him as Kong Ming. Kong Ming is a courtesy name for Zhuge Liang which mean brilliant. Kong Ming Lantern is also known as sky lantern.
ot air ballong



Tips: Make a wish with hot air balloon instead of Kong Ming Lantern to avoid fire hazard.

THREE EASY STEPS TO FULFILL YOUR WISHES WITH KONG MING LANTERN

Step 1: Position

Ensure your back face the direction you have chosen.

Step 2: Getting into Alpha State

Inhale and exhale three times to clear your mind and calm your heart. ASK from the Universe.

Alternatively, follow the Seven Stars Path walking ritual (refer page 21). At the end of step 7 where you should be facing North direction, ask for good health and longevity. Repeat this whole process seven times. If you are doing the 'ASKing' you do not need to chant the Longevity and Protect Mantra, and vice versa.

Or you can follow the Seven Stars hand exercise (refer page 30). Sit with your back toward the direction you have chosen from Qi Men Dun Jia chart. At the end point no. 7, ask for good health and longevity. Repeat this whole process seven times. If you are doing the 'ASKing' you do not need to chant the Longevity and Protection Mantra, and vice versa.

Step 3: Writing down your wishes

You can simply write down your wishes for good health longevity and protection against harm in a paper together with your name and date as well as time of birth. Hang the paper with your wishes on the Hung Ming lantern and send it up to the Universe.

法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

FLOATING THE WATER LANTERN

水燈 WATER LANTERN

The Spirit Festival is when the Chinese pay homage and offer thanks to their ancestors. The festival is celebrated during mid-August each year. The Chinese also give food offerings to deceased, and wandering spirits may return at night to visit from the netherworld.

The Water Lantern Festival is celebrated along the Spirit Festival. It says that the spirits of ancestors will come back during mid-August and bring their offspring good luck in the New Year by the guide of floating water lanterns.

The Chinese believe that sending their wishes out to the sea or river on the floating lantern they will receive blessing from their ancestors. The light acts as a guardian of the Heaven. The practice of sending out written wishes on a floating lantern can be traced back to Han Dynasty.

The practice is famously depicted in the story of Empress Wei Zifu, known as the most virtuous Empress of Western Han Dynasty, sending written well wishes on a small little wooden boat with lighted candle.

When Zhu Yuanzhang of the Emperor Ming Dynasty moved the capital to Nanjing, tens of thousands of lanterns were launched along the Qinghuai River to receive blessing from the Heaven.

Similar water lantern festival is celebrated in Japan and Thailand which is known as Obon Lantern Festival and Loi Krathong respectively.



THREE EASY STEPS FOR FULFILLING YOUR WISHES WITH WATER LANTERN

Step 1: Position

Ensure your back face the direction you have chosen from the Qi Men chart.

Step 2: Getting into Alpha State

Inhale and exhale three times to clear your mind and calm your heart. ASK from the Universe.

Alternatively, follow the Seven Stars Path walking ritual (refer page 21). At the end of step 7 where you should be facing North direction, ask for good health and longevity. Repeat this whole process seven times. If you are doing the 'ASKing' you do not need to chant the Longevity and Protect Mantra, and vice versa.

Or you can follow the Seven Stars hand exercise (refer page 30). Sit with your back toward the direction you have chosen from Qi Men Dun Jia chart. At the end point no. 7, ask for good health and longevity. Repeat this whole process seven times. If you are doing the 'ASKing' you do not need to chant the Longevity and Protection Mantra, and vice versa.

Step 3: Writing down your wishes

You can simply write down your wishes for good health longevity, protection against harm in a paper, prosperity and wealth luck together with your name and date as well as time of birth in a paper. Attached the paper in the water lantern and release it to the sea or river.



法奇門 SPRITUAL QI MEN

WISHING UPON THE NORTHERN STAR

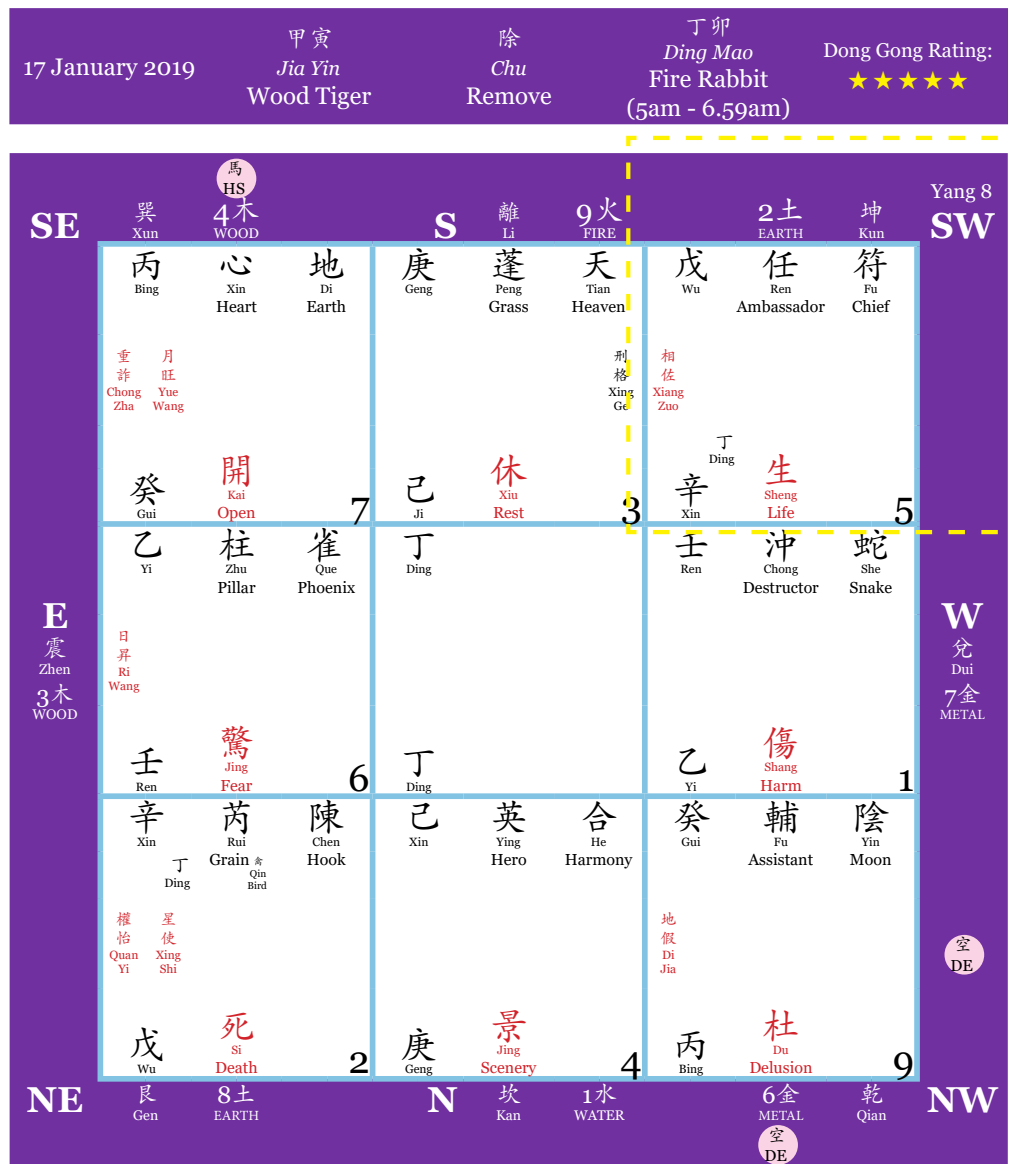
APPENDIX

Sample of Special Selected Qi Men Hour Chart

(Latest Qi Men Charts can be found in Bazichic Digital Magazine)

UNIVERSAL QI MAP *Wishing upon the Northern Star*

SPECIAL SELECTED QI MEN HOUR CHART ON 甲 JIA DAY



FA QI MEN STEMS' ATTRIBUTES

Stem	Attributes
甲 Jia Yang Wood	Power Control Authority Ownership of your mind
乙 Yi Yin Wood	Security Peace of mind In the state of Alpha state
丙 Bing Yang Fire	Wealth Business matters Achievement Success Manifesting / materializing object, item & stuff
丁 Ding Yin Fire	Wisdom
戊 Wu Yang Earth	Manifest trust in ourselves and manifest trust in others of us.
己 Ji Yin Earth	Sentimental Become lovable Caring
庚 Geng Yang Metal	Longevity Power of the mind Mind over matters
辛 Xin Yin Metal	Path System Order / Organize Know how Manifesting action
壬 Ren Yang Water	Winning Self-control Absolute breakthrough
癸 Gui Yin Water	Philosophical Ability to teach with words Teach by example Education

FA QI MEN DOORS' ATTRIBUTES

Stem	Attributes
開門 Open Door	Smoothsailing, career related matters
休門 Rest Door	Networking, rejuvenate, heal, calm yourself, have peace
生門 Life Door	Life, wealth, more money, business deals and matters, investments, abundance
景門 Scenery Door	Inspiration, hope, charm and motivation
傷門 Harm Door	Competition
杜門 Delusion Door	Hiding, close or conceal
驚門 Fear Door	Fear, sadness, depression, mental instability
死門 Death Door	Death, ending, unhappiness, letting go, restarting from zero

FA QI MEN STARS' ATTRIBUTES

Stem	Attributes
天蓬 Heavenly Grass	Leadership
天輔 Heavenly Assistant	Knowledge / Nobleman
天任 Heavenly Ambassador	Wealth / Resourceful
天冲 Heavenly Destructor	Physical power and strength
天英 Heavenly Hero	Fame
天芮 Heavenly Grain	Assets / Nobleman
天柱 Heavenly Pillar	Effective Communication
天心 Heavenly Heart	Healing
天禽 Heavenly Bird	Healing / Nobleman / Asset

FA QI MEN DIETIES' ATTRIBUTES

Stem	Attributes
直符 Chief	Nobleman, deity that grant all wishes
太陰 Great Moon	Knowledge, wisdom
六合 Six Harmony	Love, connection, networking
九地 Nine Earth	Infinite wealth
九天 Nine Heaven	Vision
騰蛇 Surging Snake	Intuition, senses
白虎 White Tiger	Physical and mental strength
勾陳 Grappling Hook	Healing, property and land
玄武 Black Tortoise	Influential, courage, status and power
朱雀 Red Phoenix	Effective communication

About Jsephine Phang



Josephine Phang is the Founder of BaziChic Chinese Metaphysics Consultancy, a consultancy devoted to the teaching of Feng Shui, BaZi, Mian Xiang, QiMen and other Chinese Metaphysics subjects. She is also the Chief Consultant of the BaziChic.com specialising in Feng Shui and Chinese Astrology services and audits.

Under BaziChic.com flagship, Josephine published BaziChic Feng Shui & Chinese Astrology, the first digital magazine and e-TongShu dedicated to classical Chinese Metaphysics teaching. Bazichic Digital Magazine is a lifestyle magazine focusing on how Chinese Metaphysics tools such as Bazi and Feng Shui can be used to enhance quality of life. Bazichic Digital Magazine provides a different take on the self-improvement genre. Filled with practical tips on love, career, business, wealth and health, monthly outlooks and good dates' calendars, it is both informative and entertaining for believers and non-believers alike.

She also published an e-book, "Wishing Upon the Northern Star." The e-book provides hands-on guide to fulfilling wishes easily using the ancient art of Qi Men Dun Jia.