

Ascending in Broad Daylight

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Nourishing life is an important aspect for Daoist practitioners. In fact, a good majority of Daoist practices are focused on the goal of “ascending in broad daylight” which means to achieve enlightenment and complete unity with the Dao. Upon reaching this stage of enlightenment a Daoist would return to the higher planes of existence not only in spirit (shen) and qi, but also in body (jing). In essence, they would integrate with the wuji permanently taking their physical body with them thereby eliminating any trace of separation in form/substance and enduring for an eternity as an immortal. As an immortal, a Daoist would then be able to commune in a deeper way with other Spirit and Celestial immortals continuously reaching higher vibrations of realization.

Naturally, this type of accomplishment requires great discipline and mindfulness in the daily choices made by those seeking to reach this type of enlightenment, and so the concept of nourishing life rises to the forefront of consciousness. But what does it mean to nourish life? Daoist practitioners recognize that the human form is composed of 3 bodies- jing, qi and shen. So from a simplistic point of view “nourishing life” could mean making healthy choices regarding the foods we eat or even finding balance with rest and activity in our daily life. However, once the jing body is operating in harmony then the focus of nourishing life should shift to include qi and shen meaning paying equal attention to our thoughts, emotions and spirit in addition to our body.

To nourish life and ascend in broad daylight a practitioner must realize that there is no separation between jing, qi and shen. That there is no separation from being and not being. The illusion of separation, on all levels, must be abandoned. The illusion of duality, or in this case, triplicity, is the veil we must dissolve to find complete realization. But just like shen-gong is not qi-gong or jing-gong it takes time and practice to vibrate the jing at the level of shen. Thus, every choice made at every moment is of essence and the training to ascend in broad daylight only starts, it never stops. And like adding coal to a fire, the process of transmutation must never die down or extinguish for then you must restart the fire.

There are countless books and articles which discuss the proper foods to eat, the qigong to do for different conditions and purposes and the spiritual practices for attaining the Dao. All are great methods for working on different levels and effective tools for making the journey to discover our true nature. The point LaoTzu and the Celestial Masters bequeathed in their legacy of scripture is that the only way to The Way is by completely integrating your entire being into the wholeness of that which surrounds us... is us. This instruction is important as it is the very substance of who we are. We are life.

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