

# Da Da Meditation Consists of Five Levels

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The Da Da Meditation consists of five levels, guided by the instructor who activates the chakras, known as concentration points, and envelops them with the kindness and blessings of Grandmaster Dasira Narada. This approach is important to ensure an optimal flow of chi within the body before beginning the actual meditation practice. A significant advantage of this is that practitioners can immediately focus on learning how to circulate chi without the added effort of unblocking their own concentration points.

The theory of Essence, Chi, and Spirit (mind) or 'Jing, Chi, Shen' is the principle of Chinese medicine and Taoist philosophy, and meditation is a practice of these three treasures. Effectively circulating the essence, chi, and spirit (mind) can support the body and mind in their self-healing abilities. This can lead to avoiding the need for medicine or reducing the side effects caused by medicine/drugs, as well as increasing overall physical and mental well-being.

The ancients classified essence, chi, and spirit into two categories: innate and acquired. Innate essence is the fundamental substance passed down from one's parents along with genetic inheritance. This core substance is stored in the kidneys and plays a crucial role in building and maintaining bodily and reproductive functions.

Qigong has a classic saying: 'In circulating the body's energy, the essence emerges as chi and chi emerges as spirit'. When our inner spirit, or state of mind, is in a balanced state, it creates a powerful energy force that sparks the vitality of life.

On the other hand, the acquired essence, chi, and mind are considered to be derived from sources such as diet and nutrition, sufficient sleep, ancestral chi (obtained from food and breathing), nutrient chi (circulating within vessels to nourish organs), defense chi (circulating in muscles and skin to protect the body surface from pathogenic factors), and the coordinated functions of the brain and nervous system to maintain physical mechanisms and metabolism for good health.

The innate and acquired natures of the three elements work in harmony to create a balanced flow of energy, promoting circulation and purifying both physical and mental health using the power of the inner mind. Therefore, it is very important for beginners to establish a daily meditation habit.

Practicing consistently can help maintain adequate storage and distribution of internal chi, increase its circulation speed, refine the flow of magnetic field energy inside and outside the human body, and the body becomes energized and strong!

Da Da Meditation is a breathing exercise that aims to cultivate inner peace and unity, without any aim for supernatural abilities. It is a gradual, step-by-step process that is very down-to-earth and practical.

When we close our eyes to meditate, we bring our fluctuating thoughts together and focus on a concentration point while coordinating our breath. With guidance from our mind, we direct cosmic energy inward and downward in repetitive cycles. As our brainwaves shift to the alpha state, our bodies begin to vibrate in harmony with the Schumann resonance at 7.83 Hz, which is the natural rhythm of the earth. In this state, we merge with the universal energy to promote physical healing and connect with the essence of heaven and earth through our inner spirits. Through meditation, we find peace and fulfillment in both body and mind.

In Chinese history, rival kingdoms fought endlessly during the Warring States Period until the rise of the Qin Dynasty, which conquered and unified them under its rule. This involved the use of one written language, transportation, and culture. This concept of unification can be extended to our physical, brain, and mind power in terms of achieving a state of balance and well-being. To bring these three elements into alignment, we must maintain a tranquil mind through meditation. This practice allows the body to vibrate with cosmic energy, enabling us to detect and rectify any illnesses, both known and unknown.

Example 1: If we find ourselves feeling tired and sleepy during meditation, it is perfectly fine to allow ourselves to rest and go to sleep. If exhaustion and sleepiness occur every time we meditate, then it is an alarm, and our body is signalling that we have been under a lot of stress for a long time. In that case, allow the body to rest and recuperate. It is important to listen to the body so that our brain and heart can communicate with each other and work together to promote a healthy and vibrant life.

Example 2: If we have undergone surgery before, it is likely that we may feel discomfort in the inner areas during meditation. It is important to be patient and endure the discomfort because eventually, the chi will circulate, detoxify, and purify the meridians and organs, resulting in complete healing of the wound.

Circulating, guiding, and practicing chi are effective in healing the body, brain, and heart. The unification of the power of the mind and breath naturally heals illnesses and gradually resolves all troubles. When the body and mind are harmoniously cultivated, the spirit is shown.

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