

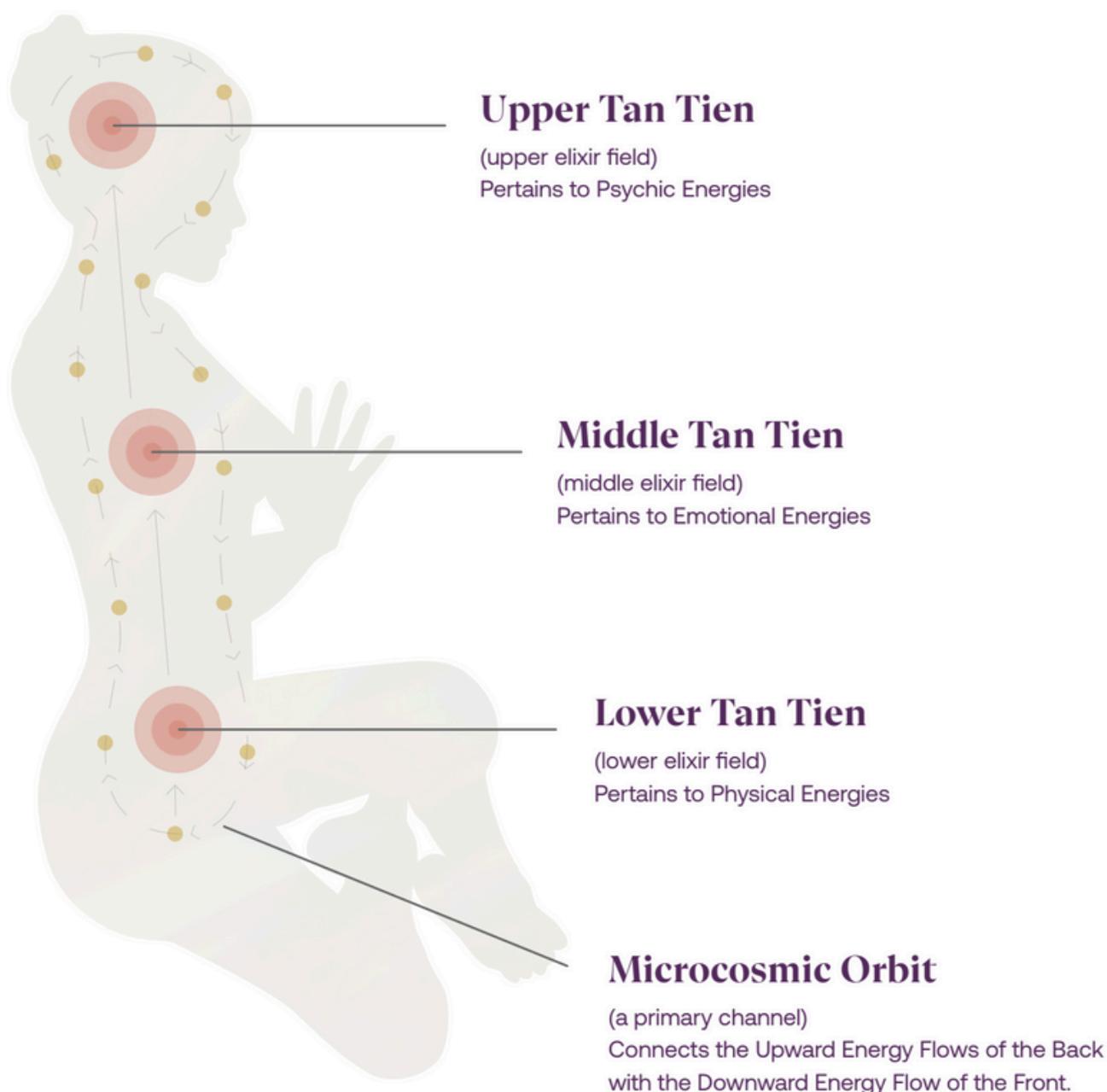


LAYLA MARTIN PRESENTS

CRYSTAL PLEASURE
THE MICROCOSMIC
ORBIT AND THE
THREE TAN TIENS

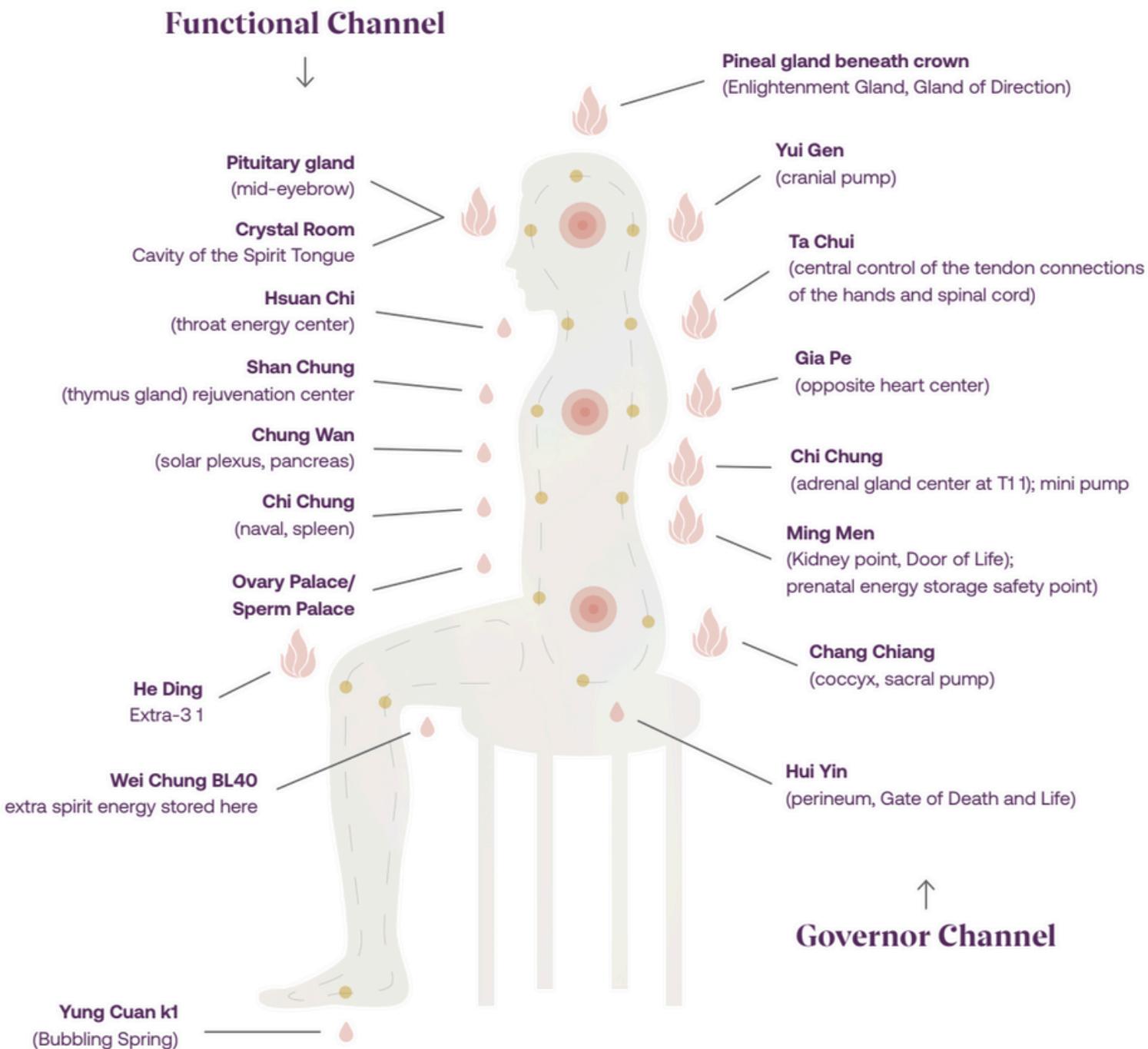
The Microcosmic Orbit and the Three Tan Tiens

These images illustrate part of the Taoist Energy System, as referenced in Layla's lectures.



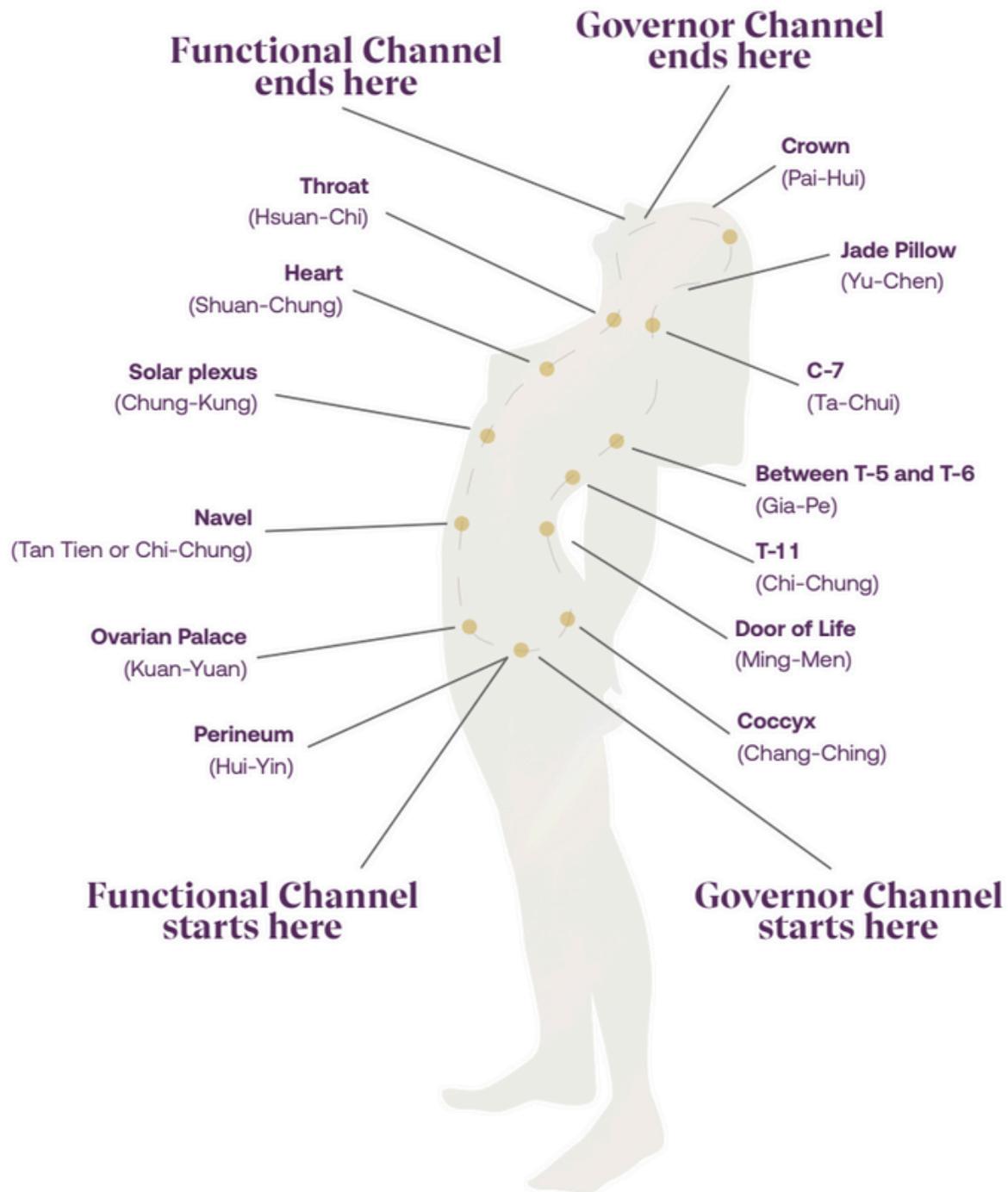
* This image is influenced by the work and illustrations of Mantak Chia and Joseph Zeisky.

The Points of the Microcosmic Orbit



Adapted from Mantak Chia's book Healing Light of the Tao: Foundational Practices to Awaken Chi Energy, Fig. 5.1 (p. 167)

The Microcosmic Orbit's Functional and Governor Channels



* This image is from the book "Healing Love Through the Tao - cultivating female sexual energy" by Mantak Chia. (It is Fig. 4.2 on page 39 of that book.)