

**Title: Conversations**

**Subtitle: micro cosmic orbit**

**Second Subtitle: Re: micro cosmic orbit**

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Another name commonly referred to the microcosmic orbit is the snail. He made up of a functional and a governor channel which must be connected ones own body through proper training of Taoist esoteric practice. Once together it becomes a free flowing circuit.

The energy begins to flow from the navel and travels down the front of the spine to the crown at the top of the head. From this point it begins its line of the face and onward toward the navel completing the flowing circuit.

I am in no way attempting to teach you the complete process. I desire for you to find out a qualified teacher who can walk this journey with them in person. I am grateful.

So, pardon me for I will leave out details intentionally meant to trip you up. The only source you are referring too. I expect a seeker to dig deeper, research daily to become proficient. I am only giving you a taste of what is possible. I might say. Please understand this is the correct way. If you are a true seeker, the path where a teacher already awaits your arrival.

Do you have any questions or additions, which would be most appreciated.