

Each human's activities and emotions can affect the ZhongHe Qi. Given the consequences of this, people should mindfully do things by following the Tao of Heaven and Earth. If humankind's activities do not follow with the Tao, or people cannot resolve conflicts on their own, the Heaven Qi (cosmic energies) attracted to our living space will bring natural disasters, sweeping away homes and countries on a large scale and bring traumatic injuries and diseases on a small scale. People's lives can be swept away from heaven Qi quickly. Following the Tao, life flows effortlessly. Going against the Tao increases lives difficulties and complications. Thus, human's activities should follow "Heaven's Tao," in all aspects of human life.

This belief of "Heaven—Human Unity" is a ubiquitous (universal) principle of living that is common among all the aboriginal tribes and cultures around the world. Similarly, this way of living is also seen within all the spiritual belief systems where heaven is called Father and the Earth is called Mother. It is not a unique belief in Chinese culture. This understanding demonstrates that individual consciousness can affect universal consciousness.

8. Nine Consciousness Levels of Human

Taoist systems believe that there are nine levels of human existing in the universe. If all of them are aligned with each other, the universe can maintain its Yin Yang in balance as a result. When the levels are aligned, countries are peaceful, their leaders are support by many wise sages and knowledgeable and organized people Xian Ren, 贤人. At each level, "Human is at the head in regulation of all things" (*Tai Ping Jing*).

- 1) Shen Ren, 神人, is a formless energy whose job is to regulate the Yuan Qi.
- 2) Da Shen Ren, 大神人, has a form similar to Heaven, thus its job is to regulate Heaven.
- 3) Zhen Ren, 真人, is focused and trustworthy, similar to earth, thus it regulates Earth. Understanding the Yin Yang changes of Heaven and Earth, one can regulate the breath, absorbing the pure clear Qi, creating inward focus instead of worldly focus, keeping spirit and essence inside. Exercising with such meditation makes the bones strong and muscles highly coordinated in

- order that their lifespan can be as long as Heaven and Earth exists without end.
- 4) Xien Ren, 仙人, changes all the time and is similar to the four seasons, thus it regulates the four seasons. It has a deep virtue and understanding of the Tao of living, is always synchronized with the four seasonal changes, and thus avoids all the disruptions from worldly life that people get caught up by in society. Xien Ren focuses on the accumulation of physical vital essence and Qi as well as spirit and its essential essence. Doing so it is fully immersed in between the Heaven and Earth, reaching to places of unlimited possibility. With these, it is a means of reaching longevity. As one can see, Xien Ren is similar to Zhen Ren.
 - 5) Da Dao Ren, 大道人, is good at predicting things. It knows when times are lucky and when they are dangerous. It is similar to the five motions; thus, it regulates the five motions.
 - 6) Sheng Ren 圣人, controls ZhongHe Qi, and is similar to Yin Yang, and thus it regulates Yin and Yang. Sheng Ren can focus on following the Heaven Qi, understanding Yin Yang and its changing principles.
 - 7) Xian Ren 贤人, focuses on writing papers and articles, giving speeches and teaching people. It is similar to language and books, thus it regulates words and books and offers teachings to people.
 - 8) Ordinary people 凡人, lack order at various levels, mostly due to ignorance. They need a higher work force to regulate their behavior and keep them in order. In this way, they are similar to all things on earth, thus, they are regulated like all things on earth. They farm and by doing so, they regulate grasses and trees.
 - 9) Servants, 奴婢, are similar to merchants. If rich, they have more things and, if poor, they have nothing. Thus, they are intimately connected with buying and selling, and thus, they regulate trade and mercantile activities.

If the servants and ordinary people do not follow the Tao, they will be greedy and steal from each other. There will be fighting and no harmony; the planet will be destroyed rather than flourish. Thus, Xian Ren starts to emerge. If Xian Ren is not able to do effective jobs teaching, that is because Xian Ren may not be able to receive the wisdom from Sheng Ren, or it may be because Sheng Ren has not arrived yet at that period of time. It may be because a higher spiritual level of human has not formed yet. Thus, this is the result of Yin Yang being unbalanced in the universe. If one of the Qi's is not in harmony, then Yin Yang can be disrupted, and world will not be peaceful.

9. The Spiritual Path from Ignorance to Immortal Being

People who teach others to become kind are teachers. People who are kind to their teachers and listen to their teachings and follow their guidance will develop their true natures of Heaven and Earth within themselves. Thus, people can transform themselves into higher spiritual levels of kindness by practicing Tao. If one practices Tao continually, an ignorant person can grow to become a sage; if this practice is undisrupted and continues, the person can grow indefinitely and reach to immortality. Following the Tao and practicing the Tao ceaselessly, an ordinary person can transform oneself as follows:

- An ignorant unkind person is transformed into a kind person; if ceaselessly practicing the Tao,
- A Kind person can deepen one's kindness. One is motivated to learn more about the Tao. Doing more kind acts motivates him or her to teach Tao and become a Xian Ren 贤人; if Xian Ren never stops doing more kind things, the person will offer more loving and greater level selfless kindness.
- A Xian Ren will become a Sheng Ren (sage); a sage continues doing more kind acts without end. In doing so, this person will understand at a much deeper level of the True Tao.
- If a Sheng Ren keeps following the Tao without end, he or she will transform into a Da Dao Ren. If Da Dao Ren continue to practice Dao,

- A Da Dao Ren will become a Xien Ren 仙人, then there is no death for him or her.
- After becoming an immortal Xien Ren and continuing to follow the Tao, a Xien Ren will become Zhen Ren;
- After becoming Zhen Ren and continuing follow the Tao, a Zhen Ren will become a Shen Ren.
- A Shen Ren who continues following the Tao will become a Shen Ren that receives the nature of Heaven.
- After receiving the nature of Heaven, this person carries the nature of Yuan Qi and becomes the Yuan Qi itself.

Taoism believes that everyone can cultivate their spiritual nature and their physical body to reach a higher level, becoming an enlightened being. One can even reach immortality and becoming immerse in the universe. It is hard to imagine what it would be like to become an immortal being immersed with universe. What we learn from this Taoist belief is that every human being has the potential to lift him or her spiritual level and become an immortal being. The Tao will remove any obstacle in the way of the goal for one who is truly sincere and selfless in their quest. The only thing holding us back is our lower baseless human nature, tendencies and conditioning.

Unlike other religions, Taoism does not think that there is suffering in human life or that people have sin because people were born into human life. Instead, it sees human life as a great chance to cultivate the highest human nature and provide positive impact to the universe and realize enlightenment. Taoism holds that an ordinary people, after accumulating a great amount of deeds, can reach to the level of deities, becoming immortal, and ending the cycle of rebirth here on Earth.