A Fu Talisman for Improving Physical Health

The following Fu talisman uses only glyphs, symbols, and principles covered in *The Tao of Craft* to demonstrate the application of the book’s instruction in actual sigil crafting. This talisman is for improving physical health and helping to facilitate physical healing. It is a double-sided square paper sachet to be printed on heavy yellow or white cardstock. The template for printing out the sachet pattern is on the last page of these instructions.

The following explains the symbolic imagery on the sigil:

**Front of Fu Talisman**

Framing the four corners starting with the top right corner and going counter-clockwise are the characters for sun, moon, Qi energy, and healing written in Chinese oracle bone script. The eight trigram Ba Gua is the Later Heaven Ba Gua and at the center in dark red is a stylized glyph for “壽” (shòu) meaning longevity, long life, great vitality, and extended wellbeing.

**Back of Fu Talisman**

Repeated in the background in vermillion red ink is the phrase, “身體健康” (Shēn Tǐ Jiàn Kāng) for “Physical Health and Vigor.” The phrase is a blessing for good health and wellness and incorporated into sigils for healing. You can find this phrase and its indications in Appendix B, page 352. The center line drawing of a lotus blossom is Figure 11.5 found on page 254 in the text. The lotus is a symbol for overcoming adversity, injecting you with strength and perseverance, and to bring healing.

Print out the final page of these instructions for the foldable sachet template. Use yellow or white paper. Cut out the pattern along the light gray lines. This can then be folded into a paper sachet. After you have cut and prepared the paper talisman pattern, perform consecration on the paper per Chapter 7, starting on page 165, “General Consecration Techniques.” In lieu of sprinkling water on the sigils, sprinkle the consecrated water in the four directions surrounding the paper talisman. Do this during a
new moon. When complete, leave the consecrated talisman pattern in your sacred space or altar for the subsequent fifteen days, until the next full moon.

On the night of the full moon, establish sacred space. Then, within that space or at your altar, light incense, choosing one that corresponds with health and wellness per Table 6.3 in the text, page 135. E.g., use chamomile, cedar wood, sandalwood, or lavender, etc.

You will need one seed pod of star anise, a dried peony (alternatives: yarrow, rose, cornflower, geranium, lavender, lily of the valley, or rosemary), dried catnip, dried echinacea (or empty the contents of one echinacea teabag; alternative: contents of a chamomile teabag), piece of dried garlic or dried garlic chives, and about one centimeter stub of dried ginger root. If possible, also include a few pinches of sand gathered from a sacred or religious site.

During the full moon, grind all of these items together with mortar and pestle while repeating the following recitation:

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Bai lian que bing zhi yu: the power of the lotus cures my suffering.
Its nectar restores my health and physical vigor.
Na mo Yao Shi Fo: I call upon you to bless me with wellness and longevity.
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The recitation is symbolic and calls upon the following references: 白蓮 (Bái Lián), “White Lotus,”; 卻病 (Què Bìng), “Cure; Eradicate Illness and Symptoms”; 治愈 (Zhì Yù), “Cure; Alleviate Suffering,” see page 353. Linked together with the intent of improving physical health and bringing
physical wellness and comfort, the incantation becomes magical and serves to manifest the intent. Then you invoke a deity. Here it is the Medicine Buddha and the mantra is “南无薬師佛” (Ná mó Yào Shī Fó). The honorific “Na Mo” was covered on page 307 and more information about the Medicine Buddha is provided on page 310 of *The Tao of Craft*.

Continue repeating the recitation until all of the listed items are fully grounded and blended. Fold the paper sachet flaps and apply glue along all edges for a tight seal. Pour the grounded powder carefully into the center of the sachet you’ve created, and then fold one side over to seal shut.
Optional: If you’re afraid the contents might spill out, you can laminate the entire sachet.

If the incense you lit previously is out or about to go out, light a fresh stick at this time (chamomile, cedar wood, sandalwood, or lavender, etc. for health and healing) and pass the completed and sealed paper talisman sachet through the smoke of the incense.

As you do so, envision the power of Heaven manifesting in the smoke, getting infused into the talisman. Meanwhile, from your hand holding the talisman, envision your own personal energy and power channeling through your body, concentrating at the tips of your fingers, and getting transferred over and absorbed into the Fu talisman. That is the visualization to focus on. Now proceed with the same recitation noted earlier and repeat 108 times for 108 recitations. For reference, here is the recitation again:

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Bai lian que bing zhi yu: the power of the lotus cures my suffering.
   Its nectar restores my health and physical vigor.
Na mo Yao Shi Fo: I call upon you to bless me with wellness and longevity.
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Repeat the above recitation 108 times while you pass the completed talisman sachet through the smoke of the incense. The power of Heaven and the called upon Divine manifests through the smoke and that healing energy is absorbed into the talisman, charging it like a metaphysical battery for healing.

If needed, to keep count of the 108 recitations, use mala prayer beads strung with exactly 108 beads, as further explained in “Tools of Craft” in the book.

**Activation of the Fu Talismans**

Keep the Fu talisman sachet in a nightstand drawer by the bed, slipped into a pillow cover, or slipped underneath bedsheets close to the mattress. The talisman can also be kept on the person as a pocket charm.
Modifications to the Sigil Instructions

Yes, of course you may (and probably should) make modifications to the sigil design and instructions noted here so that it aligns better with your personal practice and also with what resources you have available on hand. Be mindful of the 13 principles addressed in Chapter 3 for powerful, effective craft.

Important Note

I encourage anyone who seeks to use this Fu talisman instruction to first order a copy of *The Tao of Craft* and help support the book’s success. The spirit behind this note is akin to the beneficiary’s vow, discussed in Chapter 8, page 221. Use of the sigil design provided here and/or executing the instructions for crafting this Fu talisman without first having purchased a copy of *The Tao of Craft* is not advised.

Using tape to seal the sachet.

On Fu Talismans

For over thousands of years, sigil crafting has been an integral part of the Chinese collective consciousness. Rooted in Neolithic shamanic practices when oracle bone script was inscribed on peach wood to communicate with the gods, the craft became integrated into esoteric Taoist practices in the first century AD. Today, the practice of paper Fu talismans still endures.

To learn more about the history and cultural practice of Fu talismans and sigil crafting in the Eastern esoteric traditions, get your copy of *The Tao of Craft: Fu Talismans and Casting Sigils in the Eastern Esoteric Tradition* (North Atlantic Books, 2016).
FU TALISMAN FOR IMPROVING PHYSICAL HEALTH