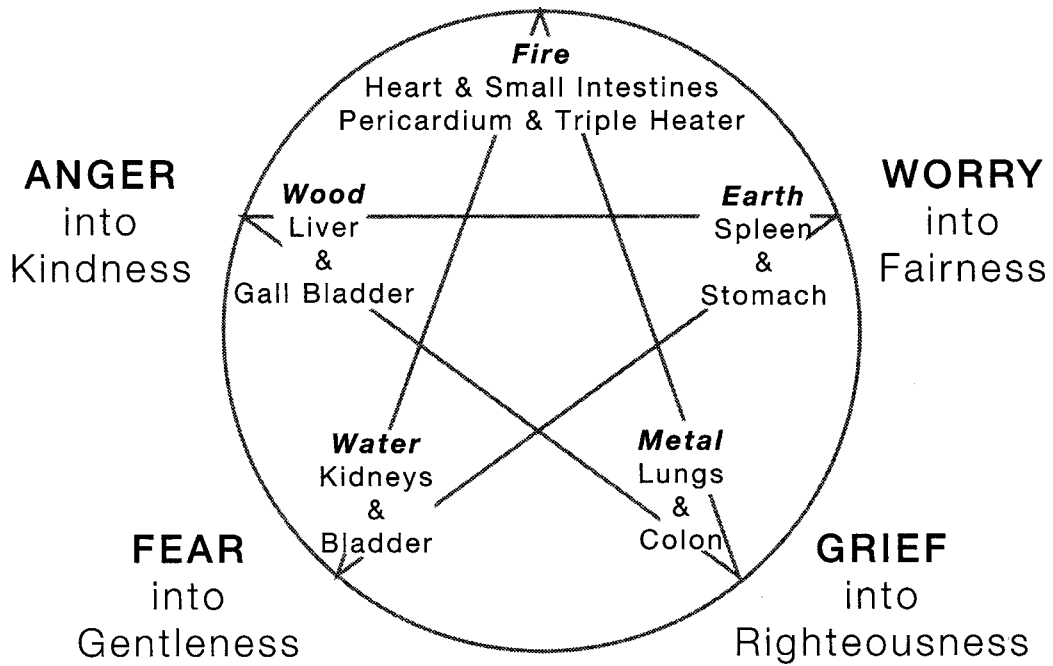


ANXIETY
into
Honor and Respect



Practice 4.

CLEANSING THE EMOTIONS

The Purpose:

To clean negative emotions out of the organs.

Overview and Explanation:

The following information on the Qi/Energy function and structure of the emotions is a major 'missing piece' of Western civilization. It answers many questions. Given this, it may be impossible to overstate the importance of the following - therefore this practice is more involved and extensive than most, and is presented in different sections.

According to the classical theory of 'The Table of Correspondence' each of the five Yin organs of the Liver, Heart, Spleen, Lungs, and Kidneys has a particular primary emotion related to it. This is one of the major differences between the 'East' and the 'West', and the way that they each understand and describe what we are and how we work.

Because the West has no concept or model of the Energy-System, there is no understanding of this most important relationship and interaction, so the West tends to describe and understand emotions in terms of what it calls 'Psychology'. Western Psychology has great value and wisdom, but without this essential understanding and inclusion of the energy system it is only part of the picture - and it is incomplete.

Adding the dimension of the Qi/Energy completes the picture.

This is of great significance because it is often the case in the West that we are 'driven' by our emotions, and they can create all manner of disturbance and turmoil. Yet, we have no clear understanding of what our emotions are or how they work. Indeed, there is no common agreement in Western Psychology of even how many emotions we have - only various theories and opinions. Our emotions are a mystery. And they tend to determine and drive what we 'Need', and what we 'Want'.

Doing this simple practice, which anybody can perform, can change how we feel and what we need and want. Cleansing our emotions can lead to a state of calm, peace, and satisfaction. This is not theoretical, it is very practical and real. Try it yourself, and see from your own response and experience.

Our 'Emotions' can be considered to be a specific 'state of being' - the way that we 'feel' at a given time and how we experience ourself. There can also be combinations of emotions, with different proportions or amounts mixed together. Although each culture has its own words to describe these in its own language and alphabet (this document was originally written in the English language), the primary energy of the emotions is essentially the same experience for everyone in every time and culture because of our common shared human anatomy and physiology - everyone, everywhere, knows the difference between happiness and sadness.

During the complicated and inexact history of the translation of Acupuncture and Oriental Medicine from the pictographic language of Chinese to the Greco-Roman language of European and English, which happened primarily in the 19th and 20th centuries, the Emotions were described in a one-dimensional way by one word only. It may, indeed, take a number of English words to correctly and adequately express what is contained in one Chinese character - the problem is like trying to describe a painting in one word. So, the range and subtlety of the true Chinese meaning was sometimes "Lost in Translation".

The commonly used words for our emotions - chosen by Western individuals, committees, and general consensus - were Anger, Joy, Sympathy, Grief, and Fear. However, as we are all aware from our own experience, and yin yang theory, each of our emotions has both a positive and negative aspect - its opposite and counter-balance. The selection of the following complementary words are the author's own - there has been no common discussion or agreement on this, and other people may have their own preferred descriptions.

The following are presented as the opposite polarities of our emotions, with the 'positive' aspect first, and the 'negative' aspect second - followed by the appropriate physical organs. These are listed and outlined in the Table of Correspondences in the Introduction.

Power	&	Anger	-	Liver
Joy	&	Anxiety	-	Heart
Sympathy	&	Worry	-	Spleen
Letting Go	&	Grief	-	Lungs
Awe	&	Fear	-	Kidneys

Cleansing the Emotions is like a complete and comprehensive system of psychotherapy, which you do by yourself - just sitting in a chair with your eyes closed. And it is free, it already belongs to you.

Each of these related emotions and organs also have a corresponding sense organ - a "Window" - through which a deep pathway connects the outside to the inside, the external to the internal. These sense organs are as follows:

Liver	-	Eyes
Heart	-	Tip of the Tongue
Spleen	-	Cavity of the mouth
Lungs	-	Nose
Kidneys	-	Ears

Any disharmony in the organ can show, possibly as symptoms, in the corresponding sense organs - liver problems effect vision, heart problems effect speech, spleen problems effect eating, lung problems effect breathing, and kidney problems effect hearing. Doing this practice helps to refresh and cleanse your senses, and thereby keep them healthy and strong.

Re-cycling Your Negative Emotions

In the following practices, fresh clean Qi, from Heaven and Earth, will be drawn through the sense organ Window to cleanse negative emotions out of the organs themselves, and thereby purify them. The negative emotions are then drawn from the organs to the Ba Gua.

Once in the navel the emotions are 'broken down' into their harmless component parts, their purified essence, so that, like any toxin or poison, when they are reduced into their basic components they can no longer do any harm. In fact, the energy contained and locked up in them is released and your negative emotions are thereby 'Re-cycled', adding to your store of positive Qi.

As you do this practice you are going to drain and cleanse negative emotions from your organs - Anger from the Liver, Anxiety from the Heart, Worry from the Spleen, Grief from the Lungs, and Fear from the Kidneys - and bring each of these emotions into the Ba Gua at the Navel.

Once in the navel they are broken-down by a process comparable to turning on a vortex, like turning on a high-speed blender or washing machine inside your Ba Gua, moving in every direction. You do this by just using your mind and deciding to do so. Remember, your mind leads your Qi. You are in control.

Collection Points

In order to safely bring your negative emotions to your navel you have to first bring each one to what is called a Collection Point. Collection Points are like empty cups. You form them with your mind, use them to contain your negative emotions, and once they have been used you make them disappear - simply by turning them off. There is nothing left, and no residue. These are located at particular places on the surface of your body.

The location of the Collection Points has to be learned. There are five places, as follows:

1. At the perineum, in between the legs, between your genitals and anus. Although this point is 'private' it is one of the two most important points on the body - the other is the Crown point on the top of your head. Together they are the Yin and Yang ends of the primary pathway known as The Thrusting Channel/Chong Mo which runs up and down the center of your body.

The Perineum is the Collection Point for the negative energy of Fear from the Kidneys.

2. The center of the chest. This is on the mid-line of the chest/sternum, horizontally level with the nipples on a man.

This is the Collection Point for the negative energy of Anxiety from the Heart.

3. At the level of the navel on the right side, two-thirds of the distance from the navel to the right side of the waist.

This is the Collection Point for the negative energy of Anger from the Liver.

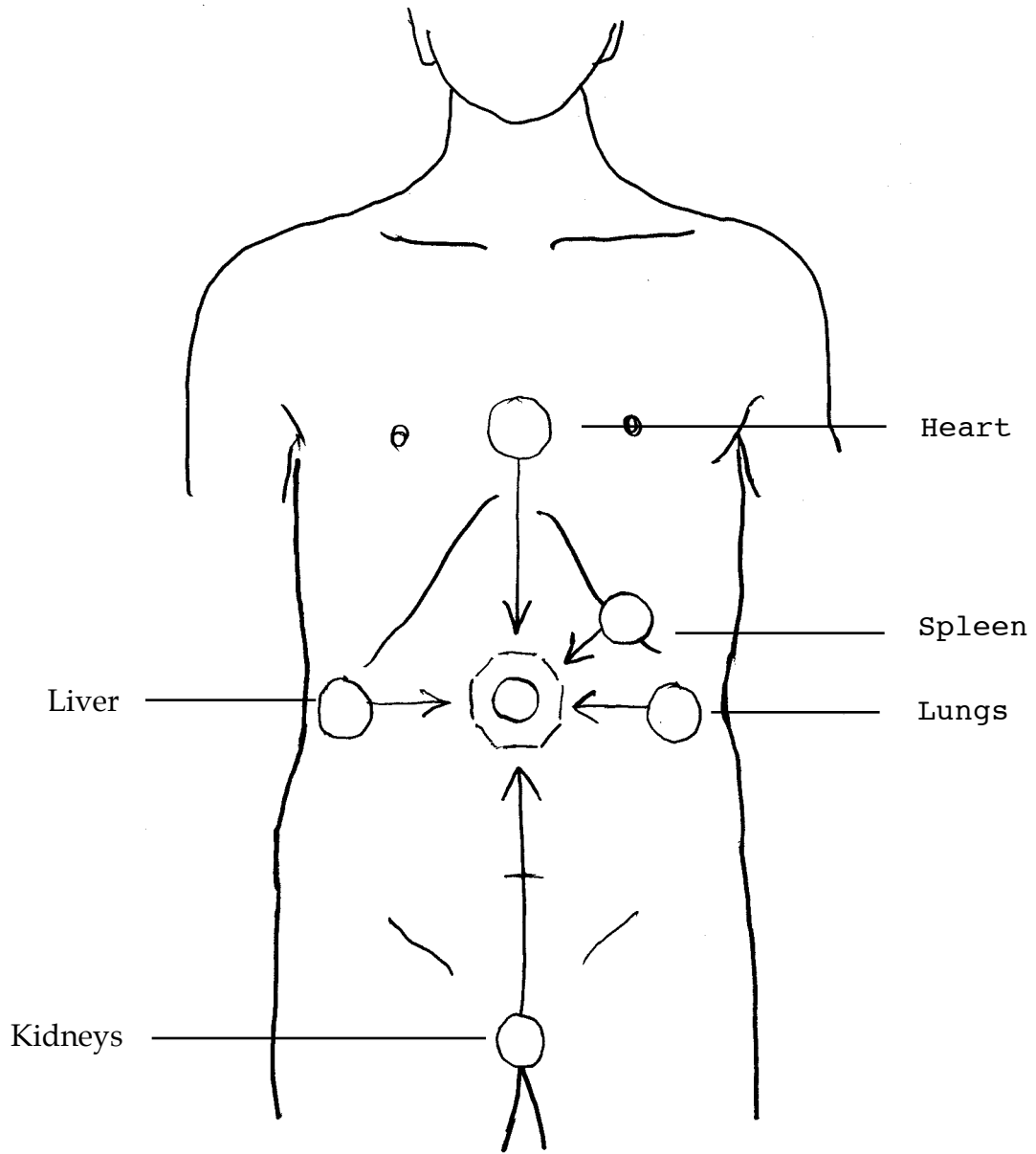
4. At the level of the navel on the left side, two-thirds of the distance from the navel to the left side of the waist.

This is the Collection Point for the negative energy of Grief from the Lungs.

5. Below the bottom of the rib-cage on the left, half-way between the center line of your body and your left side. This sits directly above your Spleen.

This is the Collection Point for the negative energy of Worry from the Spleen.

Locate each of these Collection Points, just with your mind, by focusing and holding your attention there and breathing in and out slowly for six breaths or more. Or locate them by touching them lightly, then register their position with your mind.



Collection Points

Repeat this exercise a number of times until it is clear and strong, and you can feel your Qi there.

You are now ready to continue with the practice of Cleansing The Emotions.

Opening The Windows

Connecting the Sense Organ with the Internal Organ

To begin each stage of this practice, it is necessary to open the external "window" of each organ - its corresponding sense organ - in order to bring fresh Qi into that particular internal yin organ.

This can be done by the following process, which opens the connecting pathway between them. This procedure allows the fresh Qi to flow from the outside into your inside, like air normally does from the nose to the lungs.

Holding 90% of your attention in the sense organ, put 10% in the corresponding internal organ, then slowly increase your attention in the internal organ, while at the same time decreasing the attention in the sense organ - 20/80%, 30/70% and so on, until you have have 90% in the internal organ and 10% in the sense organ. Hold it with your mind, and pay attention to how it feels. Be aware of the sensation and your sense of it.

Now reverse and increase back into the sense organ to 90/10%. Then again reverse back into the internal organ so that you end up with 90% of your attention in it.

For added effect and impact you can coordinate this with your breathing. As you breathe in draw the Qi into the internal organ. As you breathe out send it back to the sense organ.

Then divide your attention equally, 50% in the sense organ, and 50% in the internal organ.

Finally, let your attention flow equally between them until the whole of the pathway is completely opened from one end to the other.

This practice opens up the whole internal pathway, the connection between the external "window"/sense organ and the internal organ, and allows you to draw fresh Qi into the organ to cleanse and purify it.

This process of connecting the external sense organ "window" to the corresponding internal organ, is then applied in the following practices.

Preparation:

Minimum: The Ba Gua.

Optimal: Smile at Yourself, The Ba Gua and The Six Healing Sounds.

THE PRACTICE:

Sitting in a comfortable and relaxed position. Close your eyes and clear your mind. Put your attention into your navel, draw a Ba Gua, and concentrate your energy there.

The KIDNEYS - Purifying FEAR

Put your attention into your kidneys. The "windows" are the Ears. Your kidneys are Cold and Blue/Black. The negative emotions are Fear/Self-consciousness/Paranoia... The coupled Yang organ is the Bladder. The related season is Winter.

Feel the quality of the Qi in your kidneys.

Holding your attention in your kidneys, focus on your ears. The ears are the sense-organ "windows" of the kidneys - there is an internal pathway between them. Using the sequence described above, open up the pathway between them.

Left ear to left kidney.

Right ear to right kidney.

Breathe in fresh, clean Qi into the kidneys, and feel the old, stale, dirty energy of Fear float to the surface of the kidneys, as if a stream of fresh, clean water was flowing into an old, stagnant pond, flushing out the stagnant energy.

Feel the Cold-Blue-Fear energy in the kidneys being drawn out and released. Using your mind bring this fear energy from the kidneys to the collection point at the perineum and hold it there.

The HEART - Purifying ANXIETY

Put your attention into your heart (which also includes the pericardium). The "window" is the tip of the Tongue. Your heart is Hot and Red. The negative emotions are Anxiety/Hastiness/Impatience... The coupled Yang organs are the Small Intestine and the Triple Heater. The related season is Summer.

Feel the quality of the Qi in your heart.

Holding your attention in your heart, focus on the tip of your tongue. To accent it, gently squeeze it between your teeth. The tongue is the sense-organ "window" of the heart - there is an internal pathway between them. Using the sequence described above, open the pathway between them and draw fresh Qi into the heart.

As you breathe in fresh, clean Qi into the heart, feel the old, stale, dirty energy of Anxiety float to the surface.

Feel the Hot-Red-Anxiety energy in the heart being drawn out and released. Using your mind bring this Anxiety energy from the heart to the collection point at the center of the chest and hold it there.

Cleanse Fear And Anxiety In The Ba Gua

Bring fear and anxiety into the Ba Gua, and break them down:

Now, at the same time, as you breathe-in draw the Cold-Blue-Fear energy from the perineum collection point and the Hot-Red-Anxiety energy from the chest collection point, into the Ba Gua.

Turn on your Ba Gua, as if it is a blender or washing machine vortex, and feel the Fear and Anxiety being mixed together and broken-down into their purified components, just like a poison can be broken down into harmless molecules.

As they are broken down, the negative emotions of Fear and Anxiety are dissolved and the energy locked up in them is released.

Return to your heart and bring a drop of Joy and Love from it into the Ba Gua to harmonize the purified energy there.

Pay attention to what your purified energy now feels like.

The LIVER - Purifying ANGER

Put your attention into your liver. The "windows" are the Eyes. Your liver is Warm and Green. The negative emotions are Anger/ Frustration/Resentment... The coupled Yang organ is the Gall Bladder. The related season is Spring.

Feel the quality of the Qi in your liver.

Holding your attention in your liver, focus on your eyes. The eyes are the sense-organ "windows" of the liver - there is an internal pathway between them. Using the sequence described above open the pathway between them and draw fresh Qi into the liver.

As you breathe in fresh, clean Qi into the liver, feel the old, stale, dirty energy of Anger being released from deep inside the cells of this organ, and float to the surface - as if it was debris being washed out from the bed of a stream by clean fresh water, and rising to the surface where it could be cleaned away.

Feel the Warm-Green-Anger energy in the liver being drawn out and released. Using your mind bring this anger energy from the liver to the collection point on the right side - two-thirds from the navel towards the side of your waist - and hold it there.

The LUNGS - Purifying GRIEF

Put your attention into your lungs. The "window" is your nose. Your lungs are Cool and White. The negative emotions are Grief/Sadness/Loss... The coupled Yang organ is the Large Intestine/Colon. The related season is Autumn/Fall. Feel the quality of the Qi in your lungs.

Holding your attention in your lungs, focus on your nose. The nose is the sense-organ "window" of the lungs - there is an internal pathway between them. Using the sequence described above, open the pathway between them and draw fresh Qi in to the lungs.

As you breath in fresh, clean Qi into the lungs, feel the old, stale, dirty energy of Grief float to the surface - again like dirt at the bottom of a stream being cleaned out.

Feel the Cool-White-Grief energy in the lungs being drawn out and released. Using your mind bring this grief energy from the lungs to the collection point on the left side - two-thirds from the navel towards the side of your waist - and hold it there.

Cleanse Anger And Grief In The Ba Gua

Bring anger and grief into the Ba Gua, and break them down.

Now, as you breath-in, at the same time draw the Warm-Green-Anger energy from the right-side collection point and the Cool-White-Grief energy from the left-side collection point, into the Ba Gua.

Turn on your Ba Gua, as if it is a blender or washing machine vortex, and feel the Anger and Grief being mixed together and broken-down into their purified components, just like a poison can be broken down into harmless molecules.

Feel them being mixed together there and broken-down into their purified component parts. As they are broken down, the negative emotions of Anger and Grief are dissolved, and the energy locked up in them is released.

Return to your heart and bring a drop of Joy and Love from it into the Ba Gua to harmonize the purified energy there.

Pay attention to what your purified energy now feels like.

The SPLEEN - Purifying WORRY

Put your attention into your spleen. The "window" is the whole cavity of your mouth (except for the tongue which relates specifically to the heart, as described earlier). Your spleen is Mild and Yellow. The negative emotions are Worry/Excess Sympathy/Inappropriate Compassion... The coupled Yang organ is the stomach. The related season is Late-Summer/Indian Summer.

Feel the quality of the Qi in your spleen.

Holding your attention in your spleen, focus on your mouth. The mouth is the sense-organ "window" of the spleen - there is an internal pathway between them. Using the sequence described above, open the pathway between them and draw fresh Qi into the spleen.

As you breathe in fresh, clean Qi into the spleen, feel the old, stale, dirty energy of Worry float to the surface.

Feel the Mild-Yellow-Worry energy in the spleen being drawn out and released. Using your mind bring this worry energy from the spleen to the collection point on the left below the ribs, and hold it there.

Cleanse Worry In The Ba Gua

Bring worry into the Ba Gua, and break it down:

Now, as you breathe-in, draw the Mild-Yellow-Worry energy from the Spleen collection point into the Ba Gua.

Turn on your Ba Gua, as if it is a blender or washing machine vortex, and feel the worry being broken-down into its purified components, just like a poison can be broken down into harmless molecules. As it is broken down the negative emotion of Worry is dissolved, and the energy locked up in it is released.

Return to your heart and bring a drop of Joy and Love from it into the Ba Gua to harmonize the purified energy there.

Pay attention to what your purified energy now feels like.

You have now cleansed the five major negative emotions of Anger, Anxiety, Worry, Grief, and Fear from the primary Yin organs of the Liver, Heart, Spleen, Lungs and Kidneys.

Let all of these purified energies blend, purify, and harmonize in the Ba Gua at the navel. Combined together they form an Energy Ball of your refined energy.

Be aware of how this now feels. What differences do you notice compared to before you did this? Find a word, phrase, image or symbol to describe how it feels. Remember it. Add it to your energy memory library.

Also, although it is best to do this whole practice as one complete sequence it can also be done for each individual organ and emotion as needed - that is to say that you can just do this with the eyes and liver if you are angry, or with the mouth and spleen if you are worried, etc. Once you have learned it you can use this practice however you need to at any particular times.

To End

To end the practice at this stage and seal it, spiral out from the center of the navel 9 or 36 times to the 12 o'clock position at the base of the sternum, then back in, to the center of the navel, 6 or 24 times.

- Men spiral out clockwise to the left, and back in counter-clockwise to the right.

- Women spiral out counter-clockwise to the right, and back in clockwise to the left.

To Continue:

Continue with the following practice of 'Cultivating the Virtues'.

Or, proceed directly on to the 'Microcosmic Orbit', which follows after that.