

Practice 5.

CULTIVATING THE VIRTUES

The Purpose:

To cultivate the virtues of Gentleness, Kindness, Honor and Respect, Fairness and Righteousness in the yin organs.

Overview and Explanation:

The purified and refined energy in the Qi Ball in the navel, which is the result of cleansing the emotions, can now be used to activate and cultivate the Virtues in the same Yin organs.

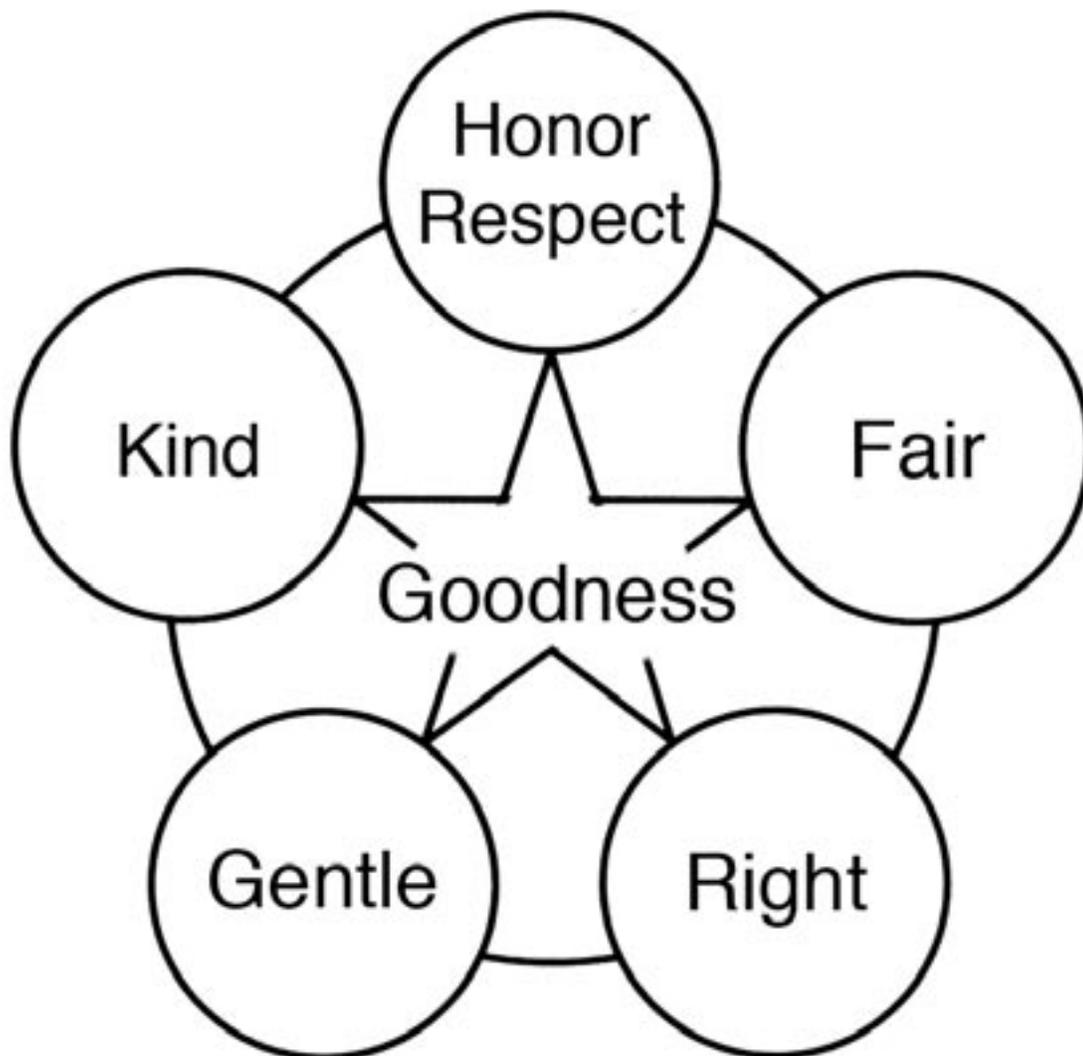
The Virtues are the natural and spontaneous state of health in the organs. Cultivating the Virtues, by cultivating your energy, develops your moral qualities and ethical standards. It is the foundation of all higher level practices for developing what are called in the West, the Soul and the Spirit.

Each organ/official contains its own virtue. These are the essence and higher level of the Qi in that organ, the inherent good qualities. They are described in the Table of Correspondences. When the yin organs are purified the virtues arise.

This takes place through the progression known as the Shen Cycle, the Creative Cycle, or the Nourishing Cycle. In terms of The Five Elements it is the Mother-Child Law. This progression follows the sequence of the seasons – Spring, Summer, Late-Summer, Fall, Winter, and back to Spring, as reflected in the progression of Wood, Fire, Earth, Metal, and Water. The corresponding organs are Liver, Heart, Spleen, Lungs, and Kidneys.

Once awakened and activated, the virtue in a particular organ/official can be transferred to the next organ/official in the Shen cycle where it will stimulate the virtue in that organ/official. The virtue is like steam, vapour, or mist that can be led and directed by the mind.

The virtues in each of the organs are defined as follows. However, please note that as with the previous descriptions of



the emotions, these are the words selected by this author - other people have their own words and descriptions. But, as with all such issues about particular words and languages and cultures, the words may differ but the experience of the Qi/Energy is much the same. Also, this is a simplified and abbreviated practice, as the more complicated versions are difficult to describe without personal instruction.

Please note that the sequence of this practice begins with the Kidneys.

This author's chosen words for the virtues are:

- Gentleness in the Kidneys
- Kindness in the Liver
- Honor and Respect in the Heart
- Fairness in the Spleen
- Righteousness in the Lungs

Preparation:

Minimum: The Ba Gua, Cleansing the Emotions.

Optimal: Smile at Yourself, The Ba Gua, The Healing Sounds, Cleansing the Emotions.

THE PRACTICE:

Sitting or lying with eyes closed, focus on the Qi Ball in the navel.

Gentleness in the Kidneys

Put your attention into your kidneys. Using your mind, send the energy of the purified Qi Ball to your kidneys. Hold it there until you feel the refined energy begin to stimulate and awaken

the higher level frequency of the kidneys, like a catalyst. Experience it. Pay attention to how it feels. Observe if it feels brighter, clearer, fresher than before. This is the energy of Gentleness. It is the virtue of the kidneys.

Kindness in the Liver

Put your attention into your liver. Using your mind, send the energy of the virtue of Gentleness from your kidneys to your liver. Hold it there until you feel the refined energy begin to stimulate and awaken the higher level frequency of your liver. Experience it. Pay attention to how it feels. Observe if it feels brighter, clearer, fresher than before. This is the energy of Kindness. It is the virtue of the liver.

Honor and Respect in the Heart

Put your attention into your heart. Using your mind, send the energy of the virtue of Kindness from your liver to your heart. Hold it there until you feel the refined energy begin to stimulate and awaken the higher level frequency of your heart. Experience it. Pay attention to how it feels. Observe if it feels brighter, clearer, fresher than before. This is the energy of Honor and Respect. These are the virtues of the heart.

Fairness in the Spleen

Put your attention into your spleen. Using your mind, send the energy of the virtues of Honor and Respect from your heart to your spleen. Hold them there until you feel the refined energy begin to stimulate and awaken the higher level frequency of your spleen. Experience it. Pay attention to how it feels. Observe if it feels brighter, clearer, fresher than before. This is the energy of Fairness. It is the virtue of the spleen.

Righteousness in the Lungs

Put your attention into your lungs. Using your mind, send the energy of the virtue of Fairness from your spleen to your lungs. Hold it there until you feel the refined energy begin to stimulate

and awaken the higher level frequency of your lungs. Experience it. Pay attention to how it feels. Observe if it feels brighter, clearer, fresher than before. This is the energy of Righteousness. It is the virtue of the lungs.

You can repeat the cycle once again, or more if you wish, to further refine and increase all of the virtues.

The sum total of Kindness, Gentleness, Honor and Respect, Fairness, and Righteousness is Goodness. This practice is a simple, practical way to cultivate Goodness in yourself.

Finally, using your mind, draw the essence of all of the virtues into the navel at the same time, to create a Pearl of Goodness.

Pay attention to how this feels. Remember it. Put it into your energy memory library.

To Continue:

This practice of Cultivating Virtues brings the Qi to a more refined state.

The next step as you learn the development progression of practices is to proceed to The Microcosmic Orbit.

However, once the whole sequence has been learned you can proceed to any other practice from here.