

The Biology of Consciousness

One Mind, Five Intelligences

By Gilles Marin

Beta version for students, May 2021

A three-part book to help you:

- Turn internal conflicts into self-support
 - Acquire emotional solidity
 - Achieve mental clarity
 - Access spiritual guidance

Part 1: The Tao of Consciousness – One Mind, Five Intelligences, a Taoist perspective of biology

Part 2: The Lock and Key to Healing – Emotional digestion, sleep, and mental sanity

Part 3: Biological Resonances from the Sources of Existence – a unified field of consciousness

Also, by Gilles Marin:

Healing from Within with Chi Nei Tsang – North Atlantic Books 1990

Five elements, Six Conditions for Healing – North Atlantic Books 2007

Healing Buddha Palms (with Elise and Kaleo Ching) Book and DVD 2014

Audio recordings of directed Functional Meditations:

Bone Dreaming Meditations CD

Sunning Meditations CD

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Part I

The Tao of Consciousness

**One Mind, Five Intelligences
and the Internal Alchemy of our Mind
A Classical Taoist Perspective of Biology**

a unified theory of the biology of cognition and its processes

*Lectures and functional meditations to acquire mental clarity,
emotional solidity, and peace of mind and spirit*

"Your vision will become clear only when you look into your heart. He who looks outwards dreams. He who looks inwards awakens."

Carl Gustav Jung

Part I

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Notes and practical considerations

This book is not modeled on any other previously written book on Taoism. It is rather made of the empiric information gathered by a whole life as a Taoist Holistic Healing Practitioner. It is the intention of the author to help the reader to explore the practice of self-healing and mind liberation to become a healthier and better human being. This book is not intended to be just a scholarly work about the legendary powers of classical Taoism and its true holistic healing approach but is designed to be practical and useful to anyone regardless of spiritual orientation or scientific knowledge. This book is also designed to start you right away into your healing process with basic information, guided practices, and the essential steps to get you inside your own healing path, into the field of healing, regardless of the quality of your health.

Taoism has been studied, practiced and experimented along the ages to acquire power, longevity, clairvoyance, mastery of different arts, including martial arts and other legendary capacities. In my opinion it is more important to heal first. To enter, or reenter, the healing path of the natural evolution of our existence toward the fulfilment of our life purpose. From a holistic perspective, every healing process is unique and proper only to the individual going through it at the moment. The same procedure will not work on someone else the same way. All treatments have to be adapted to the particular needs of each subject treated. Therefore, understanding why and how will only serve to satisfy our curious mind but is not at all required for healing. In fact, and in the tradition of my lineage of Taoist healers, we don't need to be intelligent to heal. It is much better not to understand why we heal than to understand why we don't.

N.B.

All foreign terms are capitalized, meaning that such terms, even though written in English, are not easily translatable with one word and carry with them their corresponding foreign concepts (Chi, Fire, Earth, Metal, Wood, Water, Spleen-Pancreas, Liver, Heart, Kidneys, Lungs, etc...). Such names of internal organs don't only translate into their corresponding anatomical body parts but include the whole of the informational and energetic meaning in classical Chinese medicine, hence the capitalization. The author decided to use only the English written form rather than to borrow the Romanized spelling of Chinese characters such as qigong for Chi-Kung, pronunciations being varied according to different Chinese dialects (Mandarin, Cantonese...) or languages (Japanese).

INTRODUCTION

for part I

Our Western civilization, as a culture, lacks both a true philosophy of life, and a solid and a biologically unified science of consciousness. That's what makes us, civilized people, most often very unhappy and dissatisfied in life and always hungry for more distraction and entertainment. We do study humanities, religions and psychology but none of these subjects is primarily oriented toward cultivating our already existing natural mental capacities to access personal knowledge through introversion and self-discovery. Instead, we were taught that introversion is a not a healthy attitude and we have learned to replace mental self-observation with what we should think and how we should feel. Furthermore, everything we learn is based on belief, with the fundamental belief that what we are taught is true and is the only truth. Believing is not knowing. Believing is nothing else but exercising our already over-inflated capacity for imagination rather than experiencing true knowledge. We construe a make-believe world of existence and, somehow, somewhere, inside the depth of our being, we know it, and we don't like it! That's why, as well-educated Westerners, we live in a constant fear of what we don't allow ourselves to know about our own deepest feelings. And because of a deep lack of knowledge about the most essential facts of life, we are, as a nation, obsessed by sex, and in absolute terror of death.

What saved me from being trapped into that alienating mental loop has been a constant and progressive integration of general consciousness provided by the regular practice of meditation formulas and Chi-Kung exercises from the Taoist White Cloud temple, practices that I have been very lucky to learn as a young man from two different Taoist masters: Dr. Stephen T. Chang and Master Mantak Chia. Dr. Chang studied the texts of the Taoist Canon the classical scholarly way and Master Chia grew up in a Taoist temple and learned to practice these formulas directly from one of the last White Cloud monks in existence who escaped to Hong Kong after the destruction of their temple by the Chinese Communist regime in the mid-twentieth century. These formulas, called enlightenment formulas, are designed to awaken the spirit and to cultivate the mind. They were passed down from numerous generations and came all the way from a time and a place where what we call now shamanism, the capacity to be in immediate contact with the spiritual world, was not only much more common but taken as a fact of everyday life. The philosophy supporting such practices is a most natural and universal perennial knowledge that keeps reemerging in humanity when people are open to it. So, for me, Taoism is not Chinese and I don't care much about imitating or appropriating the practice of ancient Taoists or Buddhist Chinese, Tibetan, Mongol, or Indian monks. What interests me is to rediscover a spiritual practice that can be

completely adapted and relevant to our personal mental needs today, here and now, in our Western civilization in the twenty first century.

Before studying and practicing Taoist meditations I went to college and I got a good formal Western education myself. I studied linguistics and the philosophy of education. Furthermore, I was fortunate to also have been deeply involved, during that time, with Eastern disciplines and philosophies including Aikido and Buddhism. Both prepared me for the Taoist functional meditations and Chi-Kung disciplines that I practice today. This also allowed me, much later in life, to understand what I had been doing in my youth in terms of energy-work and I took for granted then, because of being able to perform extraordinary things and seeing other practitioners also being able to do them. For that reason, I can understand that for anyone non-initiated, Aikido and Chi-Kung can look either completely fake or miraculous. These are great disciplines that teach to accept as normal fact what the rational mind considers impossible. Even to this day I can recall experiences that I still can't explain but are nevertheless part of my personal experience and enriched greatly my belief system.

I used to read a lot about psychology, especially the works of Sigmund Freud, Wilhelm Reich and Carl Jung. As a young man, in my early thirties, I even took a general psychology class at City College in San Francisco, where I lived. Being a professional in the relatively young but rapidly growing field of the healing business in the 1980's in California, I wanted to have a better understanding of the mental aspects of the healing process and a better academic perspective than the most generally accepted view on psychotherapy, a discipline that had already started to repel me. The class was so uninteresting and the teacher so boring that half the students had left after the first few days of this weekly course. I kept going to class until we were just a handful in attendance and at about halfway into the program. Then, with no hope that the class was going to do anything else but add to my growing dislike for the subject, I quit. I was not only dissatisfied but disappointed with the most cutting-edge perspective on psychology, including what was starting to be called, during the mid-1980s, "somatopsychology". In my opinion, at that time, this was a heroic attempt to reconnect the pieces of a fragmented approach to psychology split between a contemporary philosophy more interested in sociology than medical sciences and a biology that didn't differentiate between the mind and the brain. I started to realize that, maybe, true psychology, as the study of consciousness, did not really exist yet in our culture. To understand the mind, we have to cover much more than analyzing the brain and the thinking process, or barely observing and registering behavior. I was also getting very frustrated with all the terminology around what is supposed to be the "ego", what is "unconscious", "subconscious", "non-conscious", "in denial", "personal", "collective", and profoundly dissatisfied with everything connected with the non-understanding of the memory process, looking for storage cabinets in the brain. In my opinion, not only

psychology was missing something essential, it was deliberately avoiding the most central points about life and existence: the existence and the importance of the self, the individual, the personal.

I started to believe that a study of consciousness could not even begin to exist in our culture because of such a resistance to and such a poor appreciation of the workings of the mind as a whole. All of this because of a traditional and ancestral general lack of respect for the most basic fact of life: the wholeness of life through its different aspects of consciousness, physical, mental, emotional and spiritual. By moving away from a holistic perspective and by becoming more allopathic and behavioral, as well as neurologically oriented, psychology was copping out of the study of consciousness altogether¹.

I couldn't abide either by the general trend to make psychology a science because of its deference to what is commonly accepted as "the" scientific approach. "The" scientific approach of double blind and third person method. How can we possibly study and improve our consciousness if we adopt a method of study that denies the value of the self and of personal experience? Denying personal experience represents for me a form of personal censorship on research and on the need to improve. If we study psychology without the slightest intention of improving oneself and our consciousness, what is the point of studying it?

I was very distraught. I found myself cornered between a scientific approach I didn't fully trust, a spiritually and emotionally disrespectful and mechanical medical way of thinking, and an emotionally depressed academy, with all of them denying the pragmatic existence of spirit, the individuality of the soul, and the very source of life. I felt mentally triangulated by a conventional scientific approach denying the existence of a living force, oriented toward the artificial, the synthetic and the robotic; or a chronically depressed view of life of an academy so traditionally and diametrically opposed to spiritual and religious influences that it became mentally rigidified by its inability to accept what it did not understand; and by an allopathic medical view with no or little understanding of life processes, health and healing, being still under the spell of puritan legacies left by castigatory and punitive religious influences of the past, with their pathological attitudes toward purity and what is aseptic, still, white and stainless as opposed to what is alive, growing, colorful, joyful, and thriving. With such a self-imposed censorship on the understanding of the mind, psychology, for me, was never able to establish a comprehensive and satisfying description of the different

¹ Rupert Sheldrake: The Science Delusion

components of cognition, and I was left with very little value in terms of understanding consciousness.

After my disappointment with academic psychology, a personal factor that made me also negatively react to the subject was the fact that my conjugal life was being less than satisfying at the time, and, since my spouse had studied psychology and was involved in it, I decided to go through personal psychotherapy myself. Eventually, we also followed couple counseling, which ended by separation and divorce. Divorce was rationally the right path to take for both of us, at the time, but the therapy sessions left me nonetheless with an empty hole in my soul and a bitter taste in my mouth. So, it became obvious then that psychology was not for me. I learned that lesson the hard way. I am not saying here that psychology is worthless. There is actually an urgent need for more and better psychology and psychotherapy, not less. I really believe, considering the troubled times we are living in, that we need more psychology today and more appreciation for our emotional life than ever. However, people need to know that they have an emotional mind completely independent of their rational thinking. Indeed, conventional psychology, as well as our conventional medical approach, needs to become less oriented toward correcting behaviors and more respectful of the emotional needs of individuals. This can only be achieved by a clear discernment of the different components of our consciousness, at least between our rational thinking and the non-rational and highly demanding emotional aspects of our mind.

Fortunately, my involvement with Buddhism, Aikido, Taoist meditations, Chi-Kung, Tai Chi Chuan, Classical Chinese Medicine, and my practice of holistic healing arts in general, made me relatively comfortable with the facts that there are many things in life that cannot be rationally understood but can nonetheless be experienced, appreciated, and can even be successfully repeated with quite good frequency and accuracy. Moreover, not understanding something does not prevent it from existing. This a good lesson that I had already learned in technical high school where I learned electro-technology and electronics while still a teenager: Scientists don't know much about the nature of the electro-magnetic field and the electric current, but that does not prevent us from using it!

My mind and spirit were also saved by my practice and studies of Classical Chinese Medicine and Taoism, mostly with Dr. Stephen T. Chang, and the subsequent practices of Chi-Kung and what I called much latter Taoist Functional Meditations, especially the practices called "The Healing Buddha Palms" and the "Human Potential Fusion Meditations" - previously esoteric monastic disciplines from the tradition of the White Cloud temple of imperial China, with my Taoist Chi-Kung Master Mantak Chia. Thirty plus years of following these disciplines allowed me to espouse a different perspective on the mind due to a much broader understanding of the nature of life itself.

I was also very lucky to meet very early and during my whole life high spirited individuals who blessed me with their strong influences: Master André Nocquet, first foreign in-house student of O'Sensei Moriei Ueshiba, founder of Aikido; Don José, venerated medicine man of the Huichol Nation; Kittowa, head shaman of the Cherokee Nation; Lama Zopa, a close companion of the Dalai Lama, whom I met at the land of Medicine Buddha monastery near Santa Cruz, California; and other medicine people from all over the world like Elie Yen from the upper Volta river in the West African Burkina Faso, and other medicine persons from the sources of the Amazon river in the Andes, whom I kept miraculously meeting during the times of my life when I needed most spiritual support and guidance. This is without counting the innumerable clients and students from whom I still keep learning every day, through shared experience, the most valuable facts about life, health and healing. I keep you all dearly deep in my heart.

This book is an attempt to share my understanding of the workings of the mind from a pragmatic, first person experience-based perspective, hoping that it might encourage more individuals in that direction, especially, but not exclusively, members of the scientific and academic community. I made a life commitment to keep developing practices that I don't necessarily understand completely but from which I experience the positive effectiveness on my clients and myself on a daily basis. Whatever it is that brings us better health, more inner calm and peace of mind, more power for love and enjoyment of life, clearer intelligence, more emotional wisdom and maturity, higher and warmer spirit, in short, whatever it is that makes us better human beings.

To maintain that perspective, I had to distance myself from the most widely accepted approach that the path to knowledge mandates to study and understand first, then practice. So, this book is not a scholarly product based on research and studying the history and the stories on already published work about Taoism. My knowledge of Taoism comes primarily by lineage transmission, through direct practice of meditation, and through the systematic applications of the most basic principles of Taoism. I am also a Taoist scholar, but I am, above all, a Taoist practitioner. Therefore, in this book, I won't discuss, argue, or adopt any school system, but simply share the product and realizations that came to me during these years of daily practice in the hope that it will help others to better understand the nature of their mind and consciousness.

CHAPTER 1

Taoism, the perennial philosophy

This book is an attempt to connect you with your own inner wisdom. There is nothing in what I say here that you don't already know somewhere within yourself. Consciousness is universal and human consciousness is part of an informational grid which is accessed by every human individual on earth. Every individual yearns to delve deeper into that source of knowledge. This is a lesson I learned throughout a life-long practice of meditations. The main obstacle I encountered to being connected to the source of wisdom is a so called good academic education, an education based on understanding rather than knowing, an education focused on rational thinking and problem solving - which, in itself would be good if it allowed the acceptance of what is not rational instead of making it another problem to solve - an education based on imitating, repeating and memorizing rather than connecting to the source of knowledge, an education provided by a rather violent educational system that abuses the natural biological mental order already existing within oneself instead of respecting, supporting and enhancing its natural capacities. The mental dangers resulting from such a good academic education are mental rigidity, lack of true identity, emotional fragility, and the loss of spiritual self-guidance.

Also, people are taught to identify with their thinking process, with what we have called intelligence, which implies restricting our mental functions to rational thinking only in order to look at things from an analytic standpoint. Actually, our rational thinking process is the least personal of all the mental capacities we have. Every piece of knowledge, every thought we have, every analytical method we have adopted, we learned from someone else. Everything we memorized was written by someone else. And yet, rational thinking is still a very important part of our mind because that's where our consciousness, this extraordinary capacity to step out of the present and take a detached perspective of the world, resides. But this capacity for thinking is not the only intelligence we have and it certainly should not be abused into usurping other mental functions. As we will explore deeper later, we have five distinct intelligences that compose our mind:

1 - Yes, we have rational thinking, that extraordinary ability to step out of the present, step back, to consider, ponder, contemplate and analyze. This is the capacity to know better all the time by bringing knowledge to consciousness. This intelligence is here to give us the widest range of choices possible, to solve problems, to understand always more clearly, and even to explore further possibilities beyond reality through pure imagination. There is no end to understanding better, to imagining more, to creating.

This gives us knowledge, understanding and clarity of mind and brings us also into the infinite realms of imagination and entertainment. But most importantly, rational thinking gives us the belief system that we keep building and adjusting throughout our life.

2 – However, we also have an emotional intelligence, which is non-rational, but has the fundamental of giving us social wisdom and maturity along with our capacity to grow as a person in order to build emotional solidity, honesty, personal dignity, and a solid sense of ethics and of responsibility. What we call maturity is what gives us the social skill of sharing feelings by developing our capacity for connecting meaningfully to others and also to ourselves. This is our capacity to listen, to respect, and to be true to ourselves as well as to be able to respect the feelings of others. Feeling good about oneself is not coming from the same place of the mind as rational thinking. There is no calculation here, there is no choice to make. We don't choose our feelings the same way we can choose our thoughts. This emotional intelligence gives us a social presence, self-respect, respect of others, dignity and pride, as well as an appreciation for beauty that completely eludes the rational mind.

3 - We also have a spiritual intelligence that guides us toward our life purpose by making us drawn to and love specific things. This is another non-rational part of our mind moved by what we find attractive, lovable, admirable and beautiful. Spiritual intelligence guides us into making the most important decisions in life including the choice of mates, friends, place to live, our work, and our way of life. Because of not being always rational, spirit involves taking risks, taking chances, daring. Spirit is shared like fire is shared. It is love and human warmth and gives us enthusiasm for life.

4 – Furthermore, we also have an instinct, this intelligence coming from the depth of our congenital, ethnic and cultural background that gives us familiarity with a whole system of habits, integrated knowledge, and ancestral lessons hard-wired into our system. This is our Water intelligence coming from knowledge acquired within the depth of ancestry. Water intelligence gives us the respect for old traditions and admiration for antiquities. Every single live cell in our body contains DNA, a generic term I will use to cover the wide spectrum of genetic information held within ourselves, not only at the chromosome level, but also at the protein level, the morphogenetic level, and so many more physical levels that we might not be able to bring them all to mind. This is a cosmic sized collection of information covering not only our personal genetic background but the whole history of the evolution of life.

5 - And, we also have this basic earthy physical intelligence that allows us to take our time, to catch a ball, to enjoy being with ourselves and others where we are. This physical intelligence allows us to be present and to spontaneously connect with the right

idea at the right time, at the right place, with the right people. That intelligence, which we often call cleverness or smartness, spontaneous thinking, we find by being present and open to what is happening here and now. It gives us conviviality and the pleasure to share things in the present moment. This Earth intelligence is the grand central intelligence of the mind. It is where all other intelligences meet. This is the place of the “I am”; the place of self-recognition; the place of presence and the awareness of the extension of that presence throughout our whole zone of influence. This is a place in our mind where no question arises, only answers reside. Our body knows everything about health and life. Our body is holding a tremendous amount of information. So, true knowledge does not need to be sought anywhere else than within oneself. Now, to reach for information into the depth of the subconscious and to be able to bring it to the surface of our consciousness requires education, cultivation, training and practice, but it is accessible to all.

This series of booklets is designed to uncover information you already have within yourself. It is composed in a way to allow a precise and progressive reintegration of a perennial wisdom that has always existed but has been covered up by a cultural weight that put in doubt the validity of such knowledge. So first, before we get involved into practice, let's check the origins, the cultural lineage, and what makes Taoism an efficient way to tap into that source of knowledge.

History

Taoism is the philosophy at the origin of Chinese civilization. It predates by a long shot the first recorded early Chinese dynasties, arising about 7000 years ago. Oral tradition, markings on turtle shells, carved scapulae, and tally sticks relating to the I'Ching, the mathematical and philosophical foundation of Taoism, were found from the very beginning of Chinese civilization. However, there is no record of the development of Taoism during the whole history of China. Only discourses, commentaries and different ways of interpreting the I'Ching. Yet, the practice of Taoism brought to China agriculture, writing, literature, an exquisite form of art mixing painting and poetry and brought also the development of sciences, mathematics, astronomy, astrology, geology, architecture, medicine, and even some esoteric sciences for us like Fong-Shue, or the art of geomancy, as well as different forms of Kung-Fu and other martial arts. Taoism brought Chinese culture to the highest level of refinement, all by following the directive of the I'Ching, the same I'Ching we continue to study to this day. Theories abound about the existence of an ancient and highly developed human civilization responsible for passing on a treasure of wisdom encoded into the I'Ching and the practices described inside the Taoist Canon (Tao-Zang), a civilization which disappeared long

before China ever existed. However, Taoism left a deep impression inside Chinese culture and it is finding its way today into our modern Western way of life².

Tao

Tao means "the way", the way things are. The first line of the Tao-Te-Ching, Lao-Tzu's attempt to describe the Tao as precisely and concisely as he could before he left China, around 600 BCE, defines it primarily as alive and present. Lao-Tzu, the "Old Master", the first Taoist historical philosopher who wrote the foundation of philosophical Taoism, was, and still is, a central figure in Chinese culture. Since then, Lao-Tzu's philosophy has been adopted by many progressive, non-violent and anti-authoritarian movements in many countries. A legendary character, he is the subject of many stories. One of my favorite versions represents him as a court official in charge of the keeping of the imperial archives. He therefore knew all the classics. He was the Grand Historian and the astrologer in charge of rituals for the royal court. However, because of the decline in morality around him and in the kingdom in general, and because he probably predicted the warring that was going to happen in the next centuries following the past hundred years of relative peace, he decided to leave China. He went West, sitting on a buffalo, to leave the country for good. The legend says that during these ancient times, the guardians of the gates, at the border, were highly educated in meditations, Chi-Kung, and all kinds of Taoist disciplines such as the Kung-Fu of reading the clouds. Reading the clouds was a necessary art on the borders to be able to detect invading armies, bandits, and spies, or even unwanted individuals of poor moral qualities, before they could be seen with plain eyes. Hence, the guardian of the Western Gate, remembered as a legendary character named Yin-Hse, saw one day an unusually beautiful cloud approaching the gate from the inside of the country. According to his knowledge, such beautiful cloud could only be generated by the presence of a person of great wisdom. When he saw the old man sitting on his buffalo asking for the gate to open to let him go toward India, Yin-Hse recognized him as the cause of the beautiful cloud. Yin-Hse went down on his knees to beg the old man to be his guest and to spend some time with him, to share his solitude at the gate and to teach him, or to write something, anything, in order to leave some of his wisdom behind. The legend says that Lao-Tzu first refused. But Yin-Hse was so persuasive and probably showed so much strength and rectitude of character that Lao-Tzu finally accepted to spend a month with him and to write a book. That's how and when the Tao-Te-Ching was written. While in India, legends describe Lao-Tzu as prince Siddhartha's teacher, and Siddhartha became to be known as Gautama Buddha.

² Fritjof Capra: The Tao of Physics, J.F. Yan: DNA and the I'Ching, Gary Zukav: Dancing Wu Li Masters, An Overview of the New Physics

" The Tao that can be told is not the eternal Tao.
The name that can be named is not the eternal Name."

Right there, at the first line of Lao-Tzu's Tao-Te-Ching, we are already confronted with the limits of our consciousness: Tao represents the change eternally established in the present. However, thinking is not designed to apprehend the present: the present is gone as soon as we can think of it! The delayed reaction accompanying the thinking process is long enough to take us away from reality, from "the way" things are in the present. This is the Tao, this is the way things are.

"The Tao is the way things are right here and now
and this will change
by the time we can verbalize the first attempt to define It. "

Tao is what rules existence, it is non-local and non-temporal, meaning that it is nowhere and everywhere at the same time (nowhere and now here), and it is the absolute source of energy and information at the origin of existence. It is creation in the making, it is existence right here, right now. This is a scientific definition for the Creator, or God, or whoever or whatever is responsible for existence. The translation in Chinese for the word God, in the Chinese Christian bible, is Tao.

道
TAO

What is present in life is submitted to the power of Tao - The Way Things Are - The Order of The Universe, God, which gives it its constant change. Change is the only constant in the universe: the law of change, whose description is defined in the I'Ching, the study of universal laws, of numerology and mathematics, the language of Mother Nature or God.

Life forces, chemistry or alchemy?

In the West, we know of the four forces of physics: Gravitational, electromagnetic, strong and weak nuclear forces, but these forces are studied for mechanical purposes only, not biological. Furthermore, we will see later that these four forces are only partial attributes of only one elemental power, which is Earth power, and this is far from being

complete since we still need to address the biological attributes of the Earth power rather than just its mechanical attributes in order to understand its function in life.

To understand life energy, from a true scientific perspective, we need to understand what is alchemy as opposed to chemistry. Chemistry is the study of the elements we find in our universe, the building blocks of matter and the components of all things. However, no matter how reactive or even explosive certain elements are in relation to each other, no amount of chemistry can create the energy of life. To have life we need to have biological forces. It is the study and the use of these biological forces that we call alchemy.

Alchemy is the study of the natural sources of life. This is why the terms sorcerer or sorceress exist. Etymologically speaking, a sorcerer is someone who knows how to get to the spiritual source of life. As you probably know, the terms sorcerer, or sorceress, have been properly demonized long ago by our culture so they would not interfere with either religion or academy.

Life comes from life. It is a transmission. It is a transmission called reproduction and reproduction comes from the interaction of male and female principles. This interaction of genders, seen from a Taoist perspective, is universal. The interaction of male and female in the world of living is nothing else but the repercussion of a more universal mode of interaction called Yin and Yang interaction, which is the very engine of all movements and the very essence of life and existence.

Yin and Yang

Yin and Yang are the manifestation of the perpetual law of change, the unchanging law that rules existence. There is no Yin without Yang and no Yang without Yin. They both create the engine that moves the wheel of life and are responsible for cyclicity such as birth and death, wakefulness and sleep, the cycle of days and nights, weeks, month, seasons, years, and everything else cyclical and changing.

Yin is that which is essential, like the unmoving central point of a turning wheel. Yin gives support but is hidden at the center of things, it is the shadow made by the light, it is hidden in the dark and, therefore, lives often in the cold. It is in the depth and at the heart of things. It is also stillness, passivity and the resting time that allows high periods of activities.

Yang is that which is substantial, visible, on top, superficial, active and, therefore, often hot and bright, it is most apparent, the visible parts of events. It represents the period of activity that follows passivity and rest.

Yin and Yang continuously alternate and are manifesting the perpetual change experienced by existence. For example, when you use your hand and make a fist, the Yang part, the active part, is your knuckles and back of the hand while the Yin part is your palm hidden inside your closed hand. However, when you are slapping something with your palm, your palm inside your open hand then becomes Yang, active and directing, while the back of your hand becomes Yin, passive and following but nevertheless supportive and deeply involved. Yin or Yang depends on the action and the way things are interacting with each other and they can alternate according to the nature of the function.

Yin and Yang are also the polarities creating the difference of potential responsible for the flow of biological energy called Chi, with its accompanying field of information that allows life to exist. Like electricity, Chi follows a direction given by the difference of potential (Negative-Positive, Yin-Yang) created by Nature. Yang Chi goes down like the light on earth and Yin Chi goes up like water from the ground. It is the constant marriage of Yin and Yang that keeps the life-force (Chi) circulating.

The source of life

What is the real difference between a live being and a corpse? Well, it is pretty obvious at first sight: A living being is moving around, talking, and is full of life. A corpse has turned into an empty inert object. However, if we give it a closer look, especially just after death occurred, there is not much difference between a living body and a corpse in terms of anatomy and physiology. Same body, same organs, even some metabolical functions still working, but no real life. A corpse is like a machine left unplugged from the source of energy. So, what represents the plug in a living being, and what kind of energy runs through that plug?

It is difficult for rational thinkers to believe what they don't see, however, even though we don't see thoughts or emotions, we know we have them, and, at the age of wireless communication and Wi-Fi, we are aware of the reality of virtual communication and wireless electronic connectedness. Through Asian culture, and especially with Traditional Chinese Medicine, we know of an internal biological wiring system called the meridian system that we can't see, but that we can often feel through acupuncture or acupressure and introspective internal exercises called Chi-Kung. It does not matter

how stubborn we can be about “not believing” in it, we can't deny the experience of more sensitive individuals and thousands of years of practice that have kept whole civilizations in good health for so long.

Going back to our empty corpse, what is it that animates in a living being? It is a person filled with a personality and a mind: it is the information carried by the energy running through the body of the person. In a corpse the mind and the personality are gone along with the energy that carries them. We would like to believe that a corpse is still a person... We offer flowers, prayers, candles and incense, and a nice resting place. However, the person is gone, and what's left is just the empty physical manifestation and it is fast decomposing. Now, somehow, the person has left. He or she checked out of the body, and by doing so, turned the power off or pulled the plug from the energy source. Like the best computer or electric appliance when left unplugged, nothing responds to commands. Even the most sophisticated program is out of service without a connection to a reliable source of energy. That energy is the source of life.

Now, there is always that question that remains, especially to the best educated among us, rational thinkers, where is the person? What's after death? More on that later.

Chi



Chi, breath and rice pictographs

We do not have a word in English to translate the Chinese pictograph: Chi. We have to use paraphrases like "life force", "energy and information of life", "biological energy", "breath of God", or just "breath power", which do not carry its full meaning. In Japanese, we have the same pictograph pronounced differently: Ki. In Polynesian Hawaiian it is called Mana, in Ayurvedic medicine it is called Prana, and there are many other names in the world meaning the same thing. Not so in English, French, Spanish, German, or any of the languages constituting our Western culture.

The classical Chinese character for Chi is composed of two ideographs: the first on the top, formally written in four strokes, represents a flow meaning vapor, or air, or breathing, which we translate as "the flow of breath" and the second ideograph, on the

bottom, formally written in six strokes, represents the notion of “essence”, as well as “rice”. The rice ideograph symbolizes the presence of the life force in food, the energy contained in every grain of rice. It is the spark of life. Together the two ideographs composing the pictograph Chi represent the flow of the life force: the energy and the information that brings life. Chi is therefore not neutral as in electrical power or energy. Chi is the energy carrying the deliberate intent to promote life and existence. It is a power that comes with a purpose. It is a very intelligent power. It is the breath of creation. For this reason, Chi is often translated as "The breath of the Creator", “the breath of the Divine”, "The breath of Tao”, or “the breath of God.” It is then understandable why the essentially atheist Chinese Communist ideology chose to “simplify” the character Chi by removing the spiritual “spark of life contained in a single grain of rice” ideograph, keeping only the “flow of breath” ideograph, thereby eliminating any connection with the concept of life creation, divinity and God, and translating it as the more neutral medical concept of energy contained in breath.

Even though the presence or absence of Chi determines the difference between a live person and a dead body, Chi is not yet recognized in contemporary conventional Western biology. Nevertheless, Chi is constantly used in acupuncture treatments and in hands-on Asian healing modalities where its flow and directions have been very precisely described by Chi-Kung experts and put in very well-known acupuncture charts recognized the world over. However, since these recognitions were made at the first-person level - instead of the third - Chi is not recognized by our Western scientific system - the same way that we, in the West, don't have yet a system of recognition of all the components of consciousness, it being the domain of philosophy and psychology, a department belonging to the humanities and not really accepted as scientific by a community more attached to something more substantial and visible such as neurology.

Chi is energy pregnant with information and this energy is inseparable from the information that it holds: the principles of life and the laws of existence. Chi feeds the various functions in our body and takes on the qualities of these functions. The energy and information that constitute our Chi are subject to evolution and improvement through learning, growing and self-cultivation. When applied to a skill, it is called Kung-Fu, and when applied to health, Chi-Kung. When applied to hands-on healing of internal organs it is called Chi-Nei-Tsang.

The nature of Chi in the body

The Chi permeates an array of metabolic functions from the depth of the cellular level to the surface of the skin, animating all different organs, tissues, cells, cell organelles,

and their multiple tasks. So, Chi in the body is divided and defined according to its multiple functions.³ We can roughly compare it to the energy system of a house where the electric power comes from a main source and is transformed into light, heat, refrigeration, air conditioning, information, music, and can feed power tools, and all kinds of electronic equipment. But at the difference of electricity where the energy carries information in its magnetic field, it is the information of life, in biology, that allows the life force to flow: it is, by itself, alive! Life comes from life. Dead electricity can only give the illusion of life through motion and programmed functions. There is no live person there, no sentiment, no thoughts, just applications of programs disconnected from the rest of existence and the network of life.

The protective layer of Chi around us is called Wei-Chi and the internal nutritive Chi from digestion is called Ying Chi. The Chi flowing downward to our feet is called Yang Chi and the Chi rising from the ground is called Yin Chi. This flow of energy circulates very similarly to the flow of blood divided into arterial flow and venous flow. Yin Chi runs our vital force upward from the nurturing ground and Yang Chi carries used-up energy and its by-products downward, back to the ground to be recycled.

Each metabolic system follows information given by their corresponding energy system or energy grid distributed by their corresponding meridian system. This energy grid feeds vitality to the different body systems and it also carries the energy holding the five intelligences of the mind.

³ Healing from Within with Chi Nei Tsang – Gilles Marin 1990 North Atlantic Books

CHAPTER 2

Internal Alchemy

The Five Alchemical Elemental Forces

The Taoist cosmology speaks of the Five Elemental Forces, described in Traditional Chinese Medicine (TCM) - the post revolution remnants of Classical Chinese Medicine - as "The Five Elements". These elements, in Classical Chinese medicine are not dead elements. They are described as alchemical rather than purely elemental, meaning that they are alive, have personality, character, behavioral tendencies, intelligence, responsibilities and feelings. They are the energetic and informational manifestation of what is closest to animist deities responsible for life and existence in other cultures. These five forces of nature, when interacting together, bestow life and give their constitution and behavior to their corresponding element. They are forces with intention, the intention to interact with each other to manifest life, and to run it according to the laws of life and the Way things are, the Tao. Thus, these Five Elemental Forces are integral parts of the Tao and manifest Nature's laws in anything alive⁴.

The Five Principles of Existence

The whole universe, the whole of creation, the whole of existence, as well as our own mind follow the five principles of existence:

1 - An origin transmitted by the universal Water principle holding the memory of life

2 - A direction and a purpose given by the universal Fire principle of attraction of life

3 - A location in space and time given by the universal Earth principle of manifestation of life

4 - An upward expanding phase for youth, awakening, growing, belief system building and for the expansion of consciousness given by the universal Wood principle

⁴ Five Elements, Six Conditions for Healing – Gilles Marin 2007 North Atlantic Books

5 - A downward condensing phase for refining, perfecting, crystalizing, taking shape, aging, acquiring respect, maturity, glamour, dignity, and fulfilling responsibilities given by the universal Metal principle

The three essences of life

In a living being, the five principles of existence animate the three essences:

Spirit = Inner Fire + Inner Water = Informational potential for life

Body = Inner Earth = Physical manifestation of life

Soul = Inner Wood + Inner Metal = Personification of life

This is the way the universe is set up by the Tao. This is The Way (Tao) things are.

The origins of the Five Intelligences of our mind

1 - The power of Water: Everything in existence has an origin

- We are born from our parents, who themselves had parents and grand-parents, a long lineage with no beginning like a long, cosmic energetic river. The principle of origins is led by the spirit of Water feeding our roots, carrying the heritage of our past, the patterns of our ancestral habits, genetic background, and our instinctive knowledge. Our inner Water intelligence carries what is most familiar to us including all our patterns of habit. Habits imprinted in our genetic background, cultural, educational, ethnic heritage, social status, geographical influences, and more...

Water power gives us our instinct from the accumulated ancestral knowledge and carries the issues we need to work out in our lifetime by clarifying and changing our used Water energy from the past. This is a big part of our growing and healing process. Hence, Water, through our instinctual intelligence, allows us to pay attention, to be careful, because the results of positive experiences from the past will not necessarily be repeated in the present, and mistakes from the past are not to be repeated. So, our Water intelligence, somehow, in a subconscious way, remembers all of our ancestral and personal life lessons.

2 - The power of Fire: Everything in existence has a purpose

- We are born for a reason. We all have a life purpose. The principle of purpose is led by the spirit of Fire that gives us our own spirit and a direction toward our future and our destiny. Fire gives us our heart and our capacity for love.

The light of our inner Fire guides us throughout our life and gives us intuition and enthusiasm for what we are supposed to do. Our inner Fire intelligence, our intuition, the voice of our spirit, guides us through our most important decisions in life and makes us choose our mate, our career, a place to live, our lifestyle, our social life, and our way of life. If, for some reason, we fall out of this way of life set up by our inner guide, our spirit gives us a sickness or an accident so we have to go through a healing process to get back on track. Our spirit is responsible for both admitting a disease in ourselves when we need a healing crisis to make us grow, and for curing it when the necessary changes happened.

3 - The power of Earth: Everything in existence is contained and shares a time and a space

- We are born to be part of this world. Our presence is needed here. The binding principle of the Earth force harmonizes our presence in the world with others and within ourselves. Earth gives us presence, solidity, consistency, balance, rhythm, a frequency, and our space and time in life. The Earth power gives us the present, the singularity at the center of space and time along with its ability to provide maintenance, sustenance and the support that is holding us in place in existence.

Our inner Earth holds our sense of self, our identity, our sense of belonging and our personal tastes. Earth makes us clever, practical and functional with the capacity to be at the right place, at the right time, doing the right thing, for the right purpose, with the right people. For us to exist, the Earth power has to feed us from this universe, so we can be part of it. So, Earth power gives us our digestive system to sustain our body so our mind can manifest itself through our physical body in the physical world. The vitality in our physical body is what gives our mind its power but also its limitations.

4 - The power of Wood: The whole universe is in a state of constant expansion, so is human consciousness

- We are born to know and to learn more. The expanding principle of Wood makes us grow, produce, reproduce, and multiply. Wood gives us our mental capacity

for always learning more and knowing better. Wood is the green power of youth, of ever expanding knowledge, the power of creativity, better understanding, and clarity of perception. Wood intelligence gives us the ability for problem solving, obstacle surmounting, and the potential for perpetual prosperity, generosity and abundance. In Wood we find also our sex drive and our urge to reproduce and multiply that is fed by Water.

The Wood mental power can bring us beyond the limits of reality: Wood gives us the extraordinary capacity for imagination, fantasy and entertainment.

5 - The power of Metal: Everything in existence has a shape with boundaries and a surface contact clearly defined to differentiate it from the rest of the world and also to carry the light of life everywhere. The Metal Force manifests the shape, the character and singular beauty of everything alive and non-alive. Everything has a given space to breathe. That space to breathe, regardless of how subtle it can be, is the essence of the Metal force. Within that surface contact are the inner bridges that we make to establish a connection with all levels of consciousness. Metal conducts energy from the breath to every membrane in our body and makes us feel alive and well.

- We are born to feel alive, to enjoy it, to share the joy, and to participate in existence. Metal carries the Chi, the breath of creation. It induces life by providing breathing, the capacity to inhale the new and to exhale and eliminate the old. That movement of breath is the physical inner bridge that connects both the flow of consciousness and the life-giving force to all parts of a living body.

Metal provides the power of abstraction, sophistication and elegance with its accompanying spectrum of feelings and sentiments. Metal creates the soul that crystallizes the identity in every being. As we live, we refine and condense the emotional product of our life experience into our soul.

The essential principle of Metal constitutes the surface tension that gives shape to every part of the universe. It has the refining capacity of very precisely differentiating the world into parts and gives the whole universe its morphology. Metal is finely polished to reflect the light of Fire and spirit so we can see brightness and beauty in every part of the world. Metal is the power of reflection of the mirror, which depends on the shine of the metal behind the layer of glass, and the quality of the light that reflects the picture.

In a landscape, the power of Metal represents the surface tension between each two elements: ground, water and space. Between the wind and the waves, between the leaves of the tree and the sky. For that reason, in other cultures, and also because of breathing, Metal is often called Air or Ether. But even though associated with air, Air is not air, no more that Metal is scrap metal. Please stop confusing the element (chemistry) and the elemental force (alchemy). I believe that this confusion is at the origin of the spiritual dark age we fell into ever since the Renaissance.

These are the five principles of the dynamics of existence, bound together into five powers resulting into five life forces and five life intelligences. Let's now explore how these five principles translate into consciousness.

CHAPTER 3

Mind, Body, Soul and Spirit

The two axes of our mind

Our mind works on two different fields based on time and space.

1 - The temporal axis of our spirit:

There is the temporal field of the past, future and present with our instinct from the past, and intuition leading us to our future, both anchored into the present within our physical consciousness. This establishes our spirit that we share with others.

2 - The non-temporal axis of our soul:

This is the non-temporal mental space of thoughts and emotions. We accurately call it “spacing out” when caught up there. Its Yang manifesting aspect of thoughts can be so active and go so far that it can be completely disconnected from space and time, and from reality itself, in the realms of pure imagination. It is the realm of other potentials and possibilities. At the opposite of thoughts, the totality of its Yin emotional aspects lives inside the eternity of the here and now, in the depth of the unconscious and the subconscious, only letting surface to consciousness that which the coordinating down-to-earth, central, and functional physical intelligence judges appropriate for the present moment.

The soul, thus made of both our thinking and feeling powers, establishes what we recognize as being personal. Our character. Even though we might share our thoughts with many, we are responsible for the way we coordinate them into a personal belief system of opinions and paradigms, and, in terms of emotions, no one feels exactly the way we do. This establishes our personality and our identity as a person.

I believe that this differentiation into two different mental fields allows for a better integration of what we have called the collective unconscious, which is not so unconscious if we pay enough attention, and is not so collective because not shared exactly the same way with everyone.

In any case, such awareness of the differentiation of the mind into five intelligences, allows for the creation of a clearer mental space, better detailed mental perception, allowing each intelligence to be heard and respected for what they really are: Five different voices coming from five different origins, each of them needing to be heard, validated, and acknowledged; behavior and decisions taking place only from an integrated centered intelligence in agreement with the different factors that establish our personality according to the needs of the moment.

The Anatomy of Consciousness

What tissue in our body is holding our consciousness? Where is our soul? What holds our spirit?

In order to establish an anatomy of consciousness, we must deduce from Classical Chinese Medicine and Taoist bio-dynamic meditations that we exist at the informational and energy levels first; then, we manifest at the physical level. Meaning that the physical body is the infrastructure holding the person. Vital energy runs through the body through a meridian system that feeds all different tissues according to their respective power of origin, Water, Wood, Fire, Earth and Metal, each carrying its own intelligence. Furthermore, I believe that the endocrine functions present in the endocrine glands and in all tissues have a major role in carrying the information of each intelligence to our whole system, integrating them into one mind.

- **Instinct** = Water power: Genetic background, DNA, bone tissue, reproductive glands = **Carries ancestral memory, habits and what is familiar**
- **Intuition** = Fire power: Heart, endocrine system, hormones and blood, thymus = **Attracts toward life purpose and building an ever better future for the next generations**
- **Cleverness** = Earth power: Digestive system, flesh, pancreas = **Establishes personality and presence by doing the right thing at the right time, with the right people for the right purpose**
- **Thoughts** = Wood power: Brain, nervous system, liver = **Grows a belief system**
- **Feelings** = Metal: Lungs, diaphragm, mesentery, large intestine, skin, and fasciae = **Refines emotional maturity**

The integrity of a person is the resultant of the relationship between these different forces within their respective organs, which forge our personal body, soul and spirit.

Anatomy of the spirit

Our spirit manifests itself through the temporal axis of Water, Earth and Fire. Past, present, future. Water power carries the old and ancestral part of our spirit to the present while the Fire power attracts it toward our future. Our spirit is personalized in our body in the two physical manifestations of the Water-Fire axis.

- At the Water level our spirit is stored in our DNA and shapes our bones. At the Fire level our spirit manifests itself through our endocrine system, our heart, and our blood.
- At the Water level, communication and information can be found in the cellular DNA. DNA, here generically, is a term used for anything connected with a genetic, cultural, ethnic, historic and geographical background. It encompasses a much wider range of physical aspects than the human genome.
- At the Fire level communication and information can be found in the hormones and carried by the blood. Hormones are secreted not only by the main endocrine glands but also by all the endocrine functions found in every tissue in the body. Hormones are what the body uses to know instantly what is going on in every body part, and for every body part to know what the whole person is about. Hormones can be understood as a very sophisticated and wide-ranging communication system much like the essential oils in plants that allows a wide range of inter-species communication. Every cell in the body is able to “smell” instantly what is going on in the matter of feelings, emotions, state of the body, mind and spirit.

Our spirit guides us toward procreating via sexual attraction, enhanced social communication, sharing genes and spirit. This is done by one of the fundamental functions of our spirit: to guide us and to communicate. Finding our life companion by sharing the spirit, sharing enthusiasm for certain things, sharing passions. This is being in love.

Anatomy of the soul

Our soul manifests itself through the non-temporal axis of Wood and Metal, of thoughts and emotions being solidly anchored inside our body while alive. Our soul

ranges from our nervous system, which brings us awareness and consciousness along with our capacity to think and analyze, to our breath, which carries our specific psychological profile and establishes the inner bridges that bring the consciousness of emotions and physical sensations as well as physical awareness to every part of ourselves. We find in our soul the characterization of ourselves, our personality, our identity.

Our soul is manifested in everything that contributes to breath and movement, to the awareness of feelings, and to the processing of emotions into the making of the character and the level of maturity of a person. That includes our lungs, our diaphragm, our skin and the whole enteric nervous system involved in the distillation of feelings into emotions and their digestion in order to feed our soul. It is the ability to extract the quintessence of these feelings and to eliminate, or recycle the rest into independent particles of pure energy liberated from any negative emotional charge that might make emotional digestion difficult. This involves in a big part our intestines and mesentery, and especially our large intestine, the most enervated internal organ of our body after our brain. Our large intestine, as well as the enteric nervous system and the whole of the mesentery, are our organs of emotional life.

Anatomy of our personality: Where are we in our body?

Well, this depends upon which part of our mind, which intelligence, we focus our attention on at any moment in time. Unfortunately, mostly because of lack of practice and adequate education, our attention can be quite volatile and jump from one intelligence to the next without warning. Similarly to the quantity of blood in our body that can't allow us to run, digest and think at the same time, we don't have enough energy in our body to pay attention to all of our intelligences at any given moment. We have to choose and prioritize or we get poor results in any of these activities.

- When we don't pay much attention we easily fall back into old patterns of habits, our Water intelligence, connected to the depth of our ancestral genetic background. No reflection needed there. We walk, run and move exactly like our ancestors did before us. Then we react by reflexes according to a system of habits that's older than we are, without thinking. We are then more into our bones and our adrenals and behave by instinct.
- When involved in doing things we like and being with people we care about, with passion, with love, doing nice things for ourselves and others we like, we are more inside our heart and blood and behave through our spirit.

- When taking care of every day's necessities, when present for oneself and others, we are more inside our Earth intelligence, inside our solar plexus, our stomach, and we function from a perspective of bringing comfort and satisfaction to oneself and others. Taking care of priorities. Only then are we fully present, at ease, and sure about what we do.
- When thinking, reflecting, analyzing, planning and inventing, we are more within our nervous system, our brain, and the parts of us that nourish such functions such as our liver (Chinese medicine). That makes us behave in a way that's so detached from the present that we often feel hesitant and awkward.
- When completely in touch with our emotions, we are more inside our breath, our lungs, our skin and deep inside our guts. Then our behavior is spontaneous but can easily be out of control, too fast for our thinking mind.

Where are our memories?

Because of our controlling Wood dominant consciousness, we have the tendency to associate memory to what we have learned and what we have to do. So, we have established as long term memory what is essential and what we learned to memorized, what is essential to know all the time such as our ID and phone number, date, time of the year, social situations, names of family members and close friends, etc. And short-term memory about what we just decided to do, where we parked our car, what we had for lunch, etc.

However, from the Taoist perspective, there is no such thing as forgetting. Nothing is ever forgotten. Everything is deeply and clearly imprinted into the tapestry of existence without any possibility of ever hiding or erasing anything. The real question is, how can we possibly forget anything? Somehow, we don't forget anything, we choose not to remember. A so-called loss of memory always comes from a definite strategy of our mind aimed either at saving energy for other tasks at hand or at choosing to protect the current mental state, either belief system or emotional stability, because of it not being the right time, the right place, or because of not enough energy, or not enough maturity. In the case of the young child, for example, it is important not to remember traumatic events as long as the child does not have the maturity, the energy and the support system for a healing process to take place.

In the case of the elderly, what is important is the healing process taking place at the emotional level, mostly subconscious, going over old events and preparing for the spiritual transition that approaching death requires. All this takes a tremendous amount

of energy and leaves the short-term memory on the back burner. This is actually close to the loss of short-term memory of the young children who can't remember where they put their shoes while gone playing. Memory has nothing to do with the age of neurons. Young and old will have different needs of putting less energy and less attention into matters less important at any given moment.

“Memory loss” is often due to emotional blocks connected with how the person feels or is made to feel at the time. The kind of anxiety, when passing examination, that makes people not remember anything they just learned, for example, can be seen as symptomatic of the need to outgrow criticism and to affirm oneself as a person.

The different memories according to their corresponding alchemy

- **Water memory:** Memory of life, ancestral memories and memory of habits, of the traditional. Manifests through DNA and all aspects of genetic heritage. Spiritual access to ancestral lives, previous lives, all lives.
- **Metal memory:** Memories of sensations, smells, feelings, emotions - Manifests in the breath, in appearance, through shape and form. Memory of smell and touch. Spatial memory, spaces and boundaries, morphic resonances. They manifest through epithelial tissue, connective tissue, diaphragm, lungs and skin, and hold the memory of the psychological profile of the person.
- **Earth memory:** Physical memory, memories of the familiar, memory of taste, movement and rhythms. Manifests through muscle tissue. Central intelligence management. Responsible for choosing not to remember something in particular. Holds the memory of the self, of identity.
- **Wood memory:** Memory of the acquired, the learned, the understood. Manifests in the nerve organization through the brain. Holds the memory of the belief system of the person.
- **Fire memory:** Memory of communication and intimate relationship. Manifests through the endocrine system and hormones, Heart and blood. Memory of love, passion, spiritual access to collective consciousness.

What about our brain?

The brain, in our highly mechanized and materially oriented Western civilization, has been over rated to the point of being a synonym of the mind. However, our brain is no more and no less than any other parts of our body, no more and no less important than the rest of our physical body to keep us alive and to carry and manifest our mind. Our mind expresses itself, but not exclusively through our brain. Our brain, without our mind is just dead meat. As the main part of our central nervous system our brain is, of course, extremely important to manifest not only the Wood intelligence with its capacity for rational thinking, logic and clear consciousness, but also to establish the connections with feelings, emotions and the whole axis of our soul and spirit bodies. Our brain is the organ of choice for our ancestral spiritual axis to transmit instinctual intelligence with the justly named reptilian brain. Our brain establishes a wonderful switchboard for our mind. Furthermore, our brain connects to the whole chain of endocrine glands through the base of our hypothalamus with the pituitary and pineal glands. The chain of endocrine ganglia is composed of the pituitary and pineal in the cranium, the thyroid in the throat, the thymus in the chest, the pancreas in the solar plexus, the adrenals over the kidneys and the reproductive glands in the lower abdomen. This chain of endocrine glands connects our personal spirit to our guiding spirits. It has been called Fountain of Life, Tree of Life in the Jewish tradition, Chain of Chakras in the Ayurvedic culture, Stem of the Sacred Pipe in Lakota and other American First Nations, Heart Controller in Traditional Chinese Medicine, the Central Spiritual Channel in Taoist practices and The Seven Levels of Individuation of the Fountain of Life in my TaoTouch system.

Our brain is extremely resourceful in terms of being able to grow more synapses, and to adopt new circuitry. As it grows more synapses our knowledge improves, our mind expands, and our consciousness arises. During neurological healing processes our brain is able to let go completely of old connections and old neurons, and replaces them with an updated operating system of new neurons and synapses. It is the organ that allows us to improve connections among all of our intelligences and, eventually, to expand our consciousness. So, yes, taking care of the health of our brain can allow us to expand our mind as we are able to make more synapses, to establish more and better nerve connections with all the other parts of our body. These connections are used by our whole mind to manifest itself into higher skills, proficiency, and mastery. However, our brain cannot grow on its own. It needs to be supported by a strong endocrine system - especially to be able to reverse the stress response by replacing excess adrenaline by more serotonin. So, even though our brain plays a major part in our cognitive abilities it is far from being the unique organ used to manifest our mind.

CHAPTER 4

The serotonin-adrenalin axis

Excess adrenalin is created when under stress and mental pressure for too long. When on adrenalin response, you can't walk, meditate or eat slowly as your body is flooded with stress hormones and functions on a fight or flight, or freeze mode. You have to hurry, no matter what, or you feel stuck. Things have to be done fast... You are always anxious about something, you are constantly either ahead of yourself, thinking of what to do next, or in the past, ruminating on your last misadventure, thinking while holding your breath. You are never present, never aware of the color of the sky, or, that there are such things like roses to be smelled around you. If you want to be healthy and live a long and happy life, this has to change.

Serotonin is created by order of your pineal gland, which is photo sensitive: when the light turns on and the sun rises your pineal gland awakens your consciousness and tells the rest of your body that you are alive, that this is a new day and you need to enjoy it. When on serotonin response, even though you might feel more awake and alert than ever, you are much calmer and are able to take your time, to walk slowly, to meditate, to eat slowly and taste the food, and appreciate life without needing constantly to remind yourself to do so. And, you are able to sleep on command!

The whole production of new serotonin in your body during the day turns into melatonin at night to make you sleep better. When you sleep deep at night and are able to put energy into dreamtime your pineal gland makes melatonin. Melatonin turns into serotonin during day time allowing you to be more awake, energized and vital. Dreaming is essential for your emotional health. For this you have to invest into your sleep time and go to bed not too late after sunset, way before 10pm in order to avoid being caught into the insomnia cycle that kicks in at 11pm.⁵

If you are in a healing or recovering process, especially if you want to recover from nerve and brain damage, brain surgery, Lyme disease, Parkinson's, Multiple Sclerosis, Alzheimer's, Cerebral Palsy, there is no fixing the old system of damaged nerves any longer, only an upgrade can bring recovery. You need to go to bed according to the season, following the length of night, going to bed earlier and earlier toward Winter so you can sleep around the clock, up to 12 to 15 hours, during the time of the Winter solstice. Then, you'll be able to shorten your nights as you go toward Summer solstice, maybe down to 8 hours, but rarely less in order to have a satisfying recovering sleep. This is the only way for your nerves to heal. You use the plasticity of your brain to

⁵ The bio clock, Five Elements, Six Conditions - Illustrated central section

build a new set of synapses, and to upgrade the operating system of your whole nervous system from the old, inefficient, and damaged neurons.

Sleep and Sunning can do what no amounts of drug, herbs, and other treatments can. However, Sunning and sleeping to satisfaction will enhance any and every therapeutic approaches.

Getting started with physical training

First thing first: Chemistry

The most difficult part of meditation and Chi-Kung exercises is not so much the practices themselves because they all are very simple and not difficult to perform. What is difficult is to take the time to do them. Why is it so difficult for us, well-educated Westerners to sit down and meditate, or to do repetitive movements slowly and consciously without straining? Or even just to take some time to do some art work, play music, or dance? To take the time to cook, to attend daily to a small backyard vegetable or flower garden? Or just to take the time for a cup of tea and to listen to music, read a book or just have a nap?

It boils down to a very simple thing: chemistry.

If the ratio adrenalin-serotonin leans toward adrenalin, which is what happens more increasingly in our civilization, we can't even eat slowly. Everything we do, we have to do fast because we are already thinking about what we have to do next.

There is nothing wrong with adrenalin and about doing certain things fast. However, when you can't help but do everything fast that means only one thing: There is so much stress in your life and you are so tired as a result, that your organism does not have the energy to rest completely and deeply enough before you have to crank up your nervous system again. Your nervous system, then, stays cranked up and saves the energy it takes to go back and forth from a tensed up active response to a relaxed and recovery response. To go back and forth would require the firing of two different branches of the nervous system - sympathetic and parasympathetic – requiring a change in body's chemistry.

A sympathetic nervous response requires the acidic adrenalin production for faster nerve transmission, while the parasympathetic nervous response needs the more alkaline serotonin for a slower calming down, resting and recovering process. That means that the more tired we get, the more difficult it is to calm down and rest, the

more difficult it becomes to sleep soundly and even to get any rest out of sleeping. This is the dangerous vicious cycle that brings us to insomnia, unrest, chronic anxiety, depression, and a propensity to get early symptoms of Alzheimer's, Parkinson's diseases and dementia as a result of the brain not being able to rebuild fast enough the neurons that are burned during an unrelenting stress response.

What to do???

There are two natural ways to produce serotonin and both are triggered by the pineal gland at the base of the hypothalamus of our brain. This tiny gland shaped like a pine cone is responsible for our well-being. It is photo-sensitive, meaning that the light and the appreciation of light makes it trigger the production of serotonin. It is the gland of enjoyment of life. It is the gland of awakening in a good mood. If you wake up with not enough serotonin, you will be most likely tired, upset to have to get up, with a list of chores and things to be done today. Excess adrenalin is already putting you ahead of yourself. However, with a healthy level of serotonin collected from the previous days and a good night of sleep, you will wake up thinking about how you are going to enjoy your coffee and what you are in a mood for in order to enjoy your day.

Two efficient ways to produce more serotonin:

1 – Sunning functional meditation

2 – Sleeping more: going to bed earlier and staying in bed longer.

The Sunning Functional Meditation is a must for everyone going through any kind of transition time, growing, healing, or both. It helps replace our usual stress related adrenaline response, that ends up weakening us, by the calming and healing serotonin response that makes us stable, stronger and healthier. Sunning awakens and uplifts the spirit. It is also quite impossible to function on serotonin mode and remain depressed. Some years ago, I used to prescribe the Sunning Functional Meditation only for insomniacs and depressed people. It helped them to get effortlessly and efficiently to sleep regularly and to become independent from their serotonin re-uptake inhibitor medications without the debilitating side-effects that come when you forget to take your daily dose. It was so successful that, since then, I have been prescribing this exercise to anyone going through their healing process, no matter what the main symptoms are, with amazing results.

Beside the benefits to the entire mind, the list of metabolic benefits is so long that I will just mention a few most important here.

The Sunning Biodynamic Meditation

- Unlocks and enhances serotonin production with its calming and healing process.
- Enhances the production of skin protectant and skin cancer fighting melanin
- Enhances the production of vitamin D
- Anchors calcium into our bones
- Promotes all functions of the whole endocrine system and balances up the productions of all hormones by the main endocrine glands and endocrine functions including pituitary, thyroid, thymus, pancreas, liver, adrenals, kidneys, ovaries, and testicles
- Enhances the production of the sleep hormone melatonin
- Inhibits the production of adrenalin, and other stress hormones
- Helps relieve anxiety and depression
- Inhibits the production of cortisol
- Reduces inflammatory conditions
- Inhibits the over-production of insulin for hypoglycemic people
- Allows for a better functioning of the insulin receptors for diabetic people
- Improves our nerve-endocrine relationship
- Enhances the production of pain-relieving endorphins
- And, most important, all the serotonin produced during day time turns into melatonin at night. Melatonin is the hormone of sleep. The more awake you are and the better your mood is during the day the better and deeper you'll sleep at night, to find yourself more awake, better rested and in a good mood in the morning.

Basic description of the Sunning practice⁶

- Closing your eyes and facing the sun slowly count to 200.
- Allow the warmth and the light to slowly penetrate your eyeballs through your closed eyelids.
- Mentally draw the light and the warmth along the optic nerves at the back of your eyeballs all the way to your brain and let the warmth and the light bathe your brain in a calming and soothing manner.

⁶ Different levels of the Sunning meditation audio recordings downloadable at: <https://www.chineitsang.com/audio-downloads>

- Expand the feeling into the back of your brain and down your spinal cord to all the nerves in your body all the way to the surface of your skin.
- Feel your skin becoming translucent and absorbing the light directly from the sun.
- After three minutes open your eyes and look around. You should feel like you are wearing sunglasses and are not affected by glare.
- If the glare is still too bright, do an extra minute. But don't worry, you'll get better and better day after day. There is no failure possible.

What happened?

In order not to be affected by sun glare, your pupils have to shrink. To shrink your pupils, you have to be on the parasympathetic mode. To get down to the parasympathetic mode in three minutes you have to have had a raise of serotonin. This is how you can coerce your body into making more serotonin.

Recommendations:

1 - No melatonin supplement. Any hormonal intake confuses the body and interferes with the natural production and use of that hormone; meaning that the body will not produce the hormones when it feels invaded by it.

2 - Doing the Sunning at least three times daily to get the body into the habit of producing more serotonin and less adrenaline.

3 - Going to bed earlier and earlier as the serotonin production turns into melatonin production at night. 8 hours minimum recommended time of sleep during Summer and up to 12 hours and more during Winter. This might include daytime naps. In my opinion sleeping is the only way to recover from nerve damage. It is imperative to go to sleep not too late after sunset. There are laws in Chinese medicine based on the flow of the life force into the meridian system that explains the need for the body to be asleep between 11pm and 3am to rebuild our nervous system, to be asleep between 3am and 7am to process emotional charges through dreams, and to take naps in the afternoon between 3pm and 5pm to recover from exhaustion.

4 – Adopt the serotonin attitude. At the beginning you might feel tired or without energy. It is because, in fact, you will have less energy from adrenalin. So, you will be slower. This is good. Being driven by frenzy, especially when you get used to it, is not a healthy attitude. To lose that frenzy habit might feel awkward first, but soon, you will be able to appreciate your newly acquired solid presence and calm efficiency.

**The Biology of Consciousness:
One Mind, Five Intelligences
By Gilles Marin**

Part 2

**The Lock and Key of Healing:
Emotional Digestion**

To acquire maturity, emotional solidity and spiritual guidance

“There is no understanding required for healing. To heal, we don’t need to be smart, we don’t need to be good, and we don’t need to deserve it. Healing is pure grace. To heal we do need honesty. We need to be true to ourselves. We need to be able to admit that we have feelings we wish we didn’t have. We need to own these feelings so we can outgrow them, and so we can mature as a more humane human being.⁷”

G. Marin

⁷ G. Marin, *Five Element, Six Conditions* – North Atlantic Books

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INTRODUCTION of part 2

Emotional digestion

Emotions are not mere thoughts going through our head. They are not just ephemeral ideas that can come and go and change easily on demand. They are much more substantial, physical, and immediate than thoughts. As opposed to thoughts, which take a step out of the present to manifest, emotions live in the present, the full spectrum of them, meaning that they are there all the time. Emotions affect our physical body to its very depth in permanence. Not only do they affect our behavior, they affect also our posture, our gait, our general facial expression, and the way we breathe.

Fortunately, we keep emotions under the surface of our consciousness, a consciousness we spent a long-time training to put most of its attention on our thoughts rather than our feelings. In extreme but not so uncommon mental conditions, we even get to the point to think ourselves into feelings, constantly looking for good reasons to justify them. However, feelings come first and thoughts are shaped by them, not the reverse. Our cerebral cortex, the evolutionary most advanced region of our brain, the part of our brain in charge of thinking, has to work hard to concentrate and to take the time to analyze, process, and come to conclusions.... This takes time. Any action needed by our thinking process will always be a delayed reaction.

Emotions, on the other hand, go through parts of our brain that are deeper and much more ancient on the evolutionary scale, and which function without effort, instantly. Emotions travel through our brain much faster than thought and are fed by an instinctual power that's older than we are, deeply seated inside our genetic background. While emotions are already mentally labelled and hold a name, feelings come from the straight physical level of undefined sensations. Feelings are from the domain of the abstract with little or no other reference than coming with a familiar bodily sensation. They are often a reaction from our body to an emotion that's familiar enough to our mind to trigger a whole series of behavioral reactions, called reflexes, change of breath and cardiac rhythm and other metabolic reactions, body's structural attitude, facial expressions, even vocal tones that can appear before the thinking, conscious part of our mind can catch up with an interpretation or even an acknowledgement. Thinking will come much later after realizing what we did as a reflex reaction to these emotions. But the most important difference between thoughts and emotions is that emotions are not rational, so they cannot possibly be treated like thoughts. We cannot make a problem out of something that's not rational, so we cannot treat emotional issues as problems

to solve. Besides, being faster than thoughts, they reside in our subconscious, hidden, but holding the control of our behavior.

Furthermore, emotions are what allows thoughts to be manifested into action. Emotions are what sets us into motion. It doesn't matter how much we know what has to be done, until we "feel like it", it won't happen. This is the origin of procrastination. For people involved in Taoism and immersed in the internal alchemical processes of meditation this form of interaction between thoughts and feelings is clear: Thinking is a Wood principle, while emotions are Metal. Metal cuts Wood. The reverse is not possible. Emotions will always get the upper hand over any form of thinking. Thinking comes and goes and can change at any moment. Feelings don't change so easily, it takes a whole process to change them. Furthermore, we don't choose our feelings the way we can choose our thoughts. We can always "think positive", but that does not make us change feelings, it just adds a layer of protective denial on our consciousness. Feelings, as opposed to thoughts, we don't choose. We just get them....

The only thing we can do with the feelings we have that we don't like is to wait until they change. Yes, wait! Sometimes they do, but sometimes they don't. What makes them change? What can make someone not feel depressed or angry? What could help someone get rid of hatred? When someone gets hurt, when someone is subjected to abuse and injustice, when someone loses someone very dear, there is not a good reason in the world that could bring joy any longer. There is no solution. There is an emotional wound and the wound is bleeding and even festering. There is no efficient antibiotic for this kind of infection, and this kind of pain is unbearable. Most people would choose physical pain over such emotional pain anytime, and often, it is easier to die.

Feelings don't actually change, we do as a person. With time, we are able to be less and less affected by the unacceptable. This is how psychology really works. This is why psychotherapy takes time. It takes time for individuals to outgrow themselves and emotionally evolve beyond the point of being negatively affected by such emotions. This is called acquiring maturity, it is called healing.

Nothing regarding feelings, sentiments and emotions is solvable. So, we won't do that. We are not made to solve emotions, but we are designed to outgrow them naturally. Like everything in the universe, to grow we need to feed on something. To outgrow our emotional issues, we have to be able to literally digest them: extract the very energy they are made of, absorb what will help us to grow, and eliminate what we don't need, to contribute to our growing process and to acquire maturity.

That emotional energy is substantial and holds all the information acquired, to feed and grow what we call our soul. It can eventually become consciously mental, yes, but it is

a mental state fully integrated with a very real and substantial personal growth deeply imprinted within our biological being. We aren't learning something we have to remember, we changed by fully integrating something that was not digestible by the previous self. This is the place of "So what?" We still remember the event, we can actually remember all the details much more easily now that we don't hurt any longer. But we no longer get negatively affected.

What is the biological aspect of that mental digestion? It follows exactly the same biological process as our purely physical digestion. It uses our digestive system. Our language has it already: some emotions we can't swallow, others we can't stomach, and still others weigh heavily in our system and we won't be able to be free from them until we can finally relieve ourselves through an actual satisfying elimination. My career of working on my patients' abdomen with TaoTouch taught me without a doubt that our colon is our organ of emotional awareness. As Dr. Michael Gershon explains in his book, *The Second Brain*⁸, there are more nerve connections made from the large intestine (colon) than anywhere else in the body beside the brain. There is no way that so many synapses can exist to only justify the biological process of elimination alone.

Emotional charges can manifest in any location along the digestive tract where they are significant. In many languages, defecation is mentioned when emotions are difficult to pass. Emotional charges also resonate in other significant places in the body in form of pain. In chronic cases of emotional stagnations the contained emotions can form an emotional cysts, causing arthritis, inflammatory conditions in the lungs (chronic bronchitis, asthma), in the large intestine (Colitis, Crohn's disease, irritable bowel syndrome), or any other parts of the body, forming ulcers, cysts and tumors as encapsulated emotional charges that have a hard time being admitted, recognized, or validated, and that manifest in parts of the body that carry the symbolic significance of such emotional charges. From there we can easily make up a basic map of the emotional body from function to meaning.⁹

Tumors are most often encapsulated denial needing enough energy, maturity or support to be recognized, validated, and outgrown. Think about the energy spent by the body to maintain such a pathological factor in place. In case of a malignant tumor, for example, the body has to hide it from the immune system. It has to feed it, isolate it, and grow it continuously. It is much easier and more economical to be healthy. As a matter of fact, when we are able to outgrow the need for denial and are able to let ourselves feel the hidden emotional content of a tumor, it instantly self-destroys. It decomposes from the inside out. I have seen such cases of so-called spontaneous

⁸ Michael Gershon, *The Second Brain*, (Harper Collins, New York, 1998)

⁹ G. Marin, *Five Element, Six Conditions* – North Atlantic Books

remission several times. And, often, the content is too painful, too ugly, to emotionally violent to face. Or the support system is not solid enough, or not trustworthy enough to support such a piece of awareness to arise. It is then easier to die.

In my opinion, any pathology needs an emotional trigger to manifest. This is the main reason why not everyone exposed to the same pathological factor reacts the same way. As we saw in my previous books¹⁰, to get sick, we need to have a reason, and also, the means to heal. Any pathological factor needs to be invited to develop in order to push the host to go through a healing process that will force him or her to evolve beyond the capacity to be affected any longer by the original emotional trigger, allowing their immune system to work toward full recovery. The evolutionary need of the emotional body of the person was met.

Healing is simple but difficult to go through for most of us, well-educated Westerners, to even try to understand. Something is not making sense. Something feels “not right”. Indeed, it is difficult to understand a concept that belongs to an unfamiliar paradigm.

To make it easier to understand and to be able to use efficiently such a simple approach to healing we need to explore first why the mindset of many Westerners prevents them from healing from within themselves.

¹⁰ G. Marin, *Healing from Within with Chi Nei Tsang* – North Atlantic Books

CHAPTER 1

East and West Holistic and allopathic paradigms

Healing involves emotional digestion

To be able to begin to understand such a concept as emotional digestion it is indispensable to step out of our conventional medical allopathic paradigm into the less conventional mental framework of holistic approach to medicine, which is not foreign at all to our Western culture¹¹. Holism always has been an integrated part of our Western approach to medicine until the mechanization and industrialization of our world overtook our mental framework.

The traditional Eastern way of stepping out of this modern dominant paradigm is to say: “I cannot make you appreciate the flavor of my tea if you keep your cup full of coffee.” So, I would humbly ask you to gently empty your mind of a little of what you have been taught to believe as the only truth, and to make a little room for something new to you that you might want to try and maybe adopt for yourself. Please allow your mind to understand first that there is no judgement there. Both paradigms have their good and not so good sides. It is not the role of this book to put allopathic and holistic approaches to medicine in competition. Rather, it is to open your mind to more possibilities giving you more choices. Both approaches have their beneficial roles to offer everyone in this world.

Holistic Healing

Understanding what healing means from the holistic Taoist perspective as opposed to the conventional medical allopathic perspective.

Holism

First of all, we are not talking about two different concepts here but about two different paradigms. What’s the difference? An enormous one. Two different concepts require perspectives from the same conceptual framework, the same belief system, meaning from the same paradigm. So, both concepts can be debated and it can be decided how

¹¹ Parmenides, 5th C. BCE; B. Spinoza (17th C.); G. Hegel (20th C.); B. Lipton (21st C.)

to take only the very best of both concepts and discard the negative aspects. This is, for example, what Chinese people have been doing while integrating Western medical techniques in their medical practices. They kept their belief system about healing, which is by tradition holistic, and integrated the use of Western synthetic drugs and surgical procedures while respecting their holistic principles to support the natural tendency of our system to heal and to work in association with it, never against it. They also kept the use of traditional herbal remedies, acupuncture, medical massage (Tui-Na), and medical Chi-Kung (internal exercises) within their paradigm of healing, even though traditional Chinese medicine has been heavily “reformed” and standardized, to be adapted to the allopathic Western mind since the Communist revolution of the mid-twentieth century.

We, in the West, are coming from a completely different belief system and the word “healing” means something very different than in parts of the world where the medical approaches are traditionally holistic. This is where there is a separation of thought systems based on different beliefs, a differentiation of two paradigms. In the West, holism, making whole, means mostly adding things up to add more variety, to make things more complete. For example, a holistic medical center, in the West, would comprise a medical doctor’s office, a chiropractor’s, maybe an acupuncturist, a physical therapist, a podiatrist, a pediatrician, and, sometimes, even, a naturopath, a massage therapist, and even more rarely, if not by accident, a dentist, an orthodontist, an optometrist, or a psychotherapist. So, clients, in such a place, will be given a wide variety of choices to address their particular health issues. But, none of the health professionals would consult each other about the clients they have in common, and the clients, most often, forget to mention that they are being treated with a different health care practitioner for other symptoms.

In other parts of the world where holism belongs to a different paradigm, such a healing center cannot exist, because, for them, to have so many choices of different modalities in a same place is the representation of a fragmented rather than an integrated health care system. Instead, you would find a medical doctor who practices psychotherapy in addition to his pharmaceutical prescriptions, and a dentist, or an orthodontist, who would get patients who come to them to address not only their teeth problem, but also back pain or feet problems. The orthodontist would work at changing the alignment of their spine and the weight distribution on their feet by working on the quality of their bite and the alignment of their teeth according to the major emotional events in their lives, accidents, diseases, major emotional distress, relocations, breakups, etc. (Spinal Mandibular Equilibration¹²). This is a true holistic approach to medicine as it addresses

¹² SME is part of the advanced post graduate classes in TaoTouch, originating from a French orthodontic modality

the whole existence of the client. Even though in existence for a long time, such approaches are neither very widespread nor well understood in the West yet.

Belief differences between the Western mind and the Eastern mind

In my opinion, the big dissimilarity we have between the Western and the Eastern worldview resides in fundamental belief differences. These differences, in my opinion, go all the way back to the concept of zero, 0, something that, in the West, means nothing, the void, the vacuum of emptiness, nonexistence... While in the Eastern way of thinking, 0, zero means one, 1. Not one as the algebraic singularity, 1, but as The One, the whole thing, the unifying one, the totality of all existence, the dynamic universal void or vacuum that contains all potentials of all possibilities that everything is coming from and will eventually return to. It is the O – 0, painted on Zen centers and Buddhist temples. It is that nothingness that is at the center of everything in rotation. It is that solid, unmovable still point at the center of every rotating wheel that you can't find on your car's turning wheel - everything looks like it is rotating - but, without that still point at the center, the whole turning wheel cannot mathematically exist. It is the Zero Point (quantum mechanics) at the origin of infinite energy present everywhere but nowhere to be seen.

This explains why the very concept of antibiotics is foreign to the Eastern holistic approach and is seen, in most Asian countries, as something strange, working like magic though, but is little or not understood at all. In the world of bacteria there is no empty space. If you try to eliminate a population of bacteria by poisoning it, you create a vacuum that will automatically fill up with other bacteria, most of the time with a stronger bacterium, creating a new population of bacteria more resistant, more adapted than the previous, a well-known phenomenon that creates super resistant bacteria or super-bugs. There is no such thing as an “empty” space in the world of bacteria, the same way that “empty space” does not exist in real life but only in a laboratory where a place with no life can be created artificially. But such a place is hard to maintain and to keep in place because even in such a vacuum the potential for life cannot be removed. A more progressive approach is to work with the bacteria instead of against them, using pro-biotics instead of anti-biotics. However, antibiotics can save lives, which, of course is very good. But, make sure that any antibiotic treatment is followed with a vitality rebuilding probiotic-based diet. As soon as a life is saved, we have to support this life with pro-biotics in order to continue to make that life better.

Furthermore, the conventional Western scientific mental framework is based on building blocks, starting with a clean slate, 0, then one. From the classical Eastern

scientific perspective such a concept is not possible. Within the classical Eastern scientific mental framework there is no such thing as a clean slate, and the singularity one, 1, has always its origins within the absolute one, according to the Eastern understanding of 0. One, 1, as singularity, exists only for ease of differentiation. There are different singular seeds for different trees but within each of these seeds exists the potential for a whole different tree, notwithstanding the species of tree. This is the kind of singularity that makes a Big Bang possible. This is a true perspective of holism: to be able to consider the whole of existence implicated in every singularity.

This is how to differentiate the paradigm of Eastern holism from the conventional Western allopathic medical paradigm. Now, how about healing?

Healing

Allopathic

Now, what about healing, what is healing, really, for the Western mind? The word healing is found in Western medical textbooks only in one place: the healing of a wound, where healing is defined as the process describing how a cut on the skin repairs itself. The whole concept of healing, in the West, is based on a mechanical perspective, from the viewpoint that the body is made of building blocks and all pieces are working together to, eventually, create a whole live person. How life happens in that person, how the mind of that person is held in there, no one knows. There is no official definition for life or for mind in medical textbooks, so we avoid the subjects. This is why when a person heals from a severe disease, called “terminal” in the West, it is seen as a miracle.

Holistic

From a holistic perspective, and, especially from a Taoist perspective, miracles do not exist. Or, rather, all of life is in itself a miracle, and that's the only miracle there is. Healing is the normal process that results from stepping out of the field of pathology. Pathology belongs to a field, a field of information that comes from the life of the person, a field of information that needs to change in order for that person to upset the conditions that created the pathological factors. This understanding allows that person to step into the healing field, which is the transition time toward full recovery. This process transforms the whole person so that he or she is no longer affected by the reasons why they got sick, and the disease no longer has a grip on them. The disease is then naturally chased by the recovered good health.

Allopathic

From the Western allopathic perspective nature makes mistakes, nature is often wrong, and needs to be corrected, so we have to create something called anti-biotic, meaning anti-life, and to wage a war against natural diseases and kill them by killing all bacteria, viruses and germs. It is a fight between man and nature.

Holistic

Such an attitude leaves the holistic practitioner quite perplexed. A disease, like cancer for example, is understood as death spreading. So, what do you want to do? Kill death? Moreover, man is part of nature, so waging a war against natural diseases is waging a war against our own inner nature... Who is going to win? Instead, such an attitude should be reserved for fighting unnatural diseases caused by the weakening of our defense system by artificial means such as the poisoning of our foods with artificial fertilizers, pesticides, and other added toxic chemicals, or for fighting against pollution and for avoiding exposure to dangerous chemicals, radiations, electro-magnetic dissonances, and other industrial byproducts. Eliminating such poisons out of our life would be much more productive and less dangerous than trying to eliminate life supporting bacteria.

Moreover, from a holistic Taoist perspective, we don't fight diseases, we outgrow them. Healing is a growing process that involves working with the five intelligences of the person, the five intelligences that are the manifestations of the same five forces that compose our physical body, our metabolism, our health, and our whole life. To heal, we have to work with our body's intelligence, with our mind, and our spirit, not against them. So, when sick, we have to do everything possible to strengthen our body and uplift our spirit, and avoid everything that would compromise them and make us upset. We then send a strong message to our inner Earth intelligence that we are determined to pursue our life purpose with the added strength and maturity acquired through the transformation brought on by our healing process.

Etiology (origins and reasons for diseases)

Why do we get sick?

Why do I get sick? Why me? Why am I suffering? These are questions that probably come to everyone's mind at one moment or another when going through a health crisis.

Allopathic paradigm response

We have an immune system, so, since we are immune, we are not supposed to get sick! And, indeed, when exposed to a potential field of pathology some people get sick, some don't, and some get sicker than others... So, from the conventional allopathic medical perspective, there must be something wrong with some people's immune system that needs fixing.

Holistic paradigm response

We have an immune system, so, since we are immune, we are not supposed to get sick! We have a lymphatic system with anti-bodies, we have bodily filters like our skin, our liver, kidneys and spleen, and we have a brain that lets our mind tell us not to get exposed to filth. And yet, we do get sick, although not everyone gets sick the same way, if at all, when exposed to the same pathological factor... But nature is always right. If our inner nature allows a disease to develop in spite of the fact that we have an immune system, there must be a reason, and this reason must be good! So, what could be a good reason for our inner nature to want to inflict suffering upon us? Since we have all these filters to prevent diseases, in order to get a disease, we would need to drop our protective shield for a while and invite a pathological factor to develop inside of us... Why is that? Is a part of us committing treason? This is when we have to open our mind to perceive a wider spectrum of existence. Also, that's where we are going to need to remember to differentiate our mind into the five different intelligences.

Let's go back to basics: we were born for a good reason, to enjoy life, and we all have a life purpose to fulfill. We are guided toward that life purpose by our spirit, our Fire intelligence, which is making us like what bring us into that direction.

However, life happens, and, sometimes, something might come and distract us from the path that was set by our spirit. Our rational intelligence (Wood), for example, might be coerced into benefitting more by getting involved in something against our heart consent (Fire). This would trigger bad feelings (Metal) coming from our emotional side that we might not want to listen to and would thus establish an internal conflict and create the grounds for a physical manifestation of that discontent.

Another way thing can go wrong is when we get too comfortable in our old ways (Water) and too lazy to change to adapt to the needs of the present. We get seduced (Metal) into going against our best judgement (Wood) and we end up veering off the path of our future set by our higher guiding spirit (Fire), and dropping into the hands of lower, not so good spirits making us afraid to progress and evolve. This, again, brings some interferences with the healthy going of our lives. Then a pathology or some other transitional events such as accidents, or a relationship crisis are necessary to push us into upgrading our spiritual connections.

And another way, still, is to suffer a deadly blow from destiny and to find ourselves overwhelmed with sadness, grief, and despair. Spirit has no mercy. If we can't enjoy life any longer, if we are not able to fulfill our life purpose any more, we die. Spirit can kill us instantly either by a heart attack, a stroke, or an accident. We'll come back for it under better conditions another time, or someone else will get assigned to it.

However, spirit has patience. If there is any chance for us to be able to change and get back on the right track, spirit will wait, but it has to give us a strong jolt to steer us into the right direction. So, either we get a disease of some kind that becomes chronic and would require us to change dramatically and grow into the right direction through a healing process, or we get into a series of "accidents" or misadventures that are symptomatic and would also require us to revert to the right direction. If we change and heal, we get stronger and happier than ever. If we are not able to change, then we might die from the disease or the accident. For the spirit, death is not an issue. Death is not a pathology. Death is part of life. No death, no life, no life, no death.

So, this means something extremely important. It means that the stronger the disease, the stronger our spirit. If the spirit didn't kill us, it is because we have all it takes to heal, even if it is going to take all we have! This is the reason why, in terms of healing, the first thing to do is to connect to our spirit, to validate it, and to follow its voice of intuition into the field of healing.

Collective pathological field - Collective healing field

Healing is to allow the natural expansion of the mind following the natural development of the universe and of existence. Thus, personal consciousness is intimately part of a larger field of consciousness covering the whole of humanity beyond the racial, ethnic and cultural levels into what I can only describe as the collective human consciousness to complete the collective unconscious of psychological fame since Carl Jung introduced it one hundred years ago. This collective consciousness is what drives the collective healing field. Then, the pathological field of consciousness is designed to get

people to have to evolved or face termination. It is the adaptation system. Humanity cannot live in the familiarities of the past, it has to keep evolving toward a better future, toward a better appreciation of existence, toward a more refined belief system, and more appreciation of the beauty of nature within oneself.

The collective pathological field comes from a field of consciousness that manifests itself on individuals where consciousness is ready to evolve, working one piece of consciousness at a time, that allows to know better, feel better and live better.

one example of collective piece of pathological consciousness comes from a very conventional Western perspective: the concepts of “responsibility”, “retribution”, and “punishment”. Are we then responsible for getting sick? What did we do to deserve this? Is it our fault? What is it we have to do to correct, to redeem ourselves? This is crazy making. This is one Western concept that does not belong to any scientific approach at all, neither holistic nor allopathic.

**NO ONE IS RESPONSIBLE. NO ONE IS AT FAULT.
THERE IS NOTHING AND NO ONE TO CORRECT, TO PUNISH, OR
SACRIFICE.**

From our Tao'Touch perspective the reason for diseases is the need to heal, to change, to evolve. This is a universal law. A disease is always the product of a healthy reaction coming from an unhealthy situation. We don't only carry personal issues that need to be healed. As a matter of fact, there is very little there that we are responsible for. Many chronic conditions are genetic, passed down from previous generations as much from the physical level as the emotional level. Also, in the matter of emotional triggers, we don't choose our feelings the way we can choose our thoughts. We are not our feelings, we are not our thoughts either. We are only having them. They are passing through us like water through a hose. In order to heal, it is very important not to identify with the pathological factors. Our belief system, our feelings, as much as our behavior are the product of a lot of ancestral inheritance, education, cultural and ethnic influences, institutionalized education, political propaganda, cultural conditioning, economic and social aspects, reactions to others, and more....

The Water force, therefore the Water intelligence, is dominant in us. We live more from inherited instinctual and atavistic tendencies than from personally reflected upon behavior. We have to deal with feelings that we are not responsible for having. Sometimes, we like to do things that are against our common sense (crazy Fire), or driven to do things by pure habit before we have time to even think about what we are

doing (old stagnant Water). We are not responsible for most of the behavioral negativity we have.

We are only responsible for owning these feelings, recognizing them, validating them and taking the steps necessary to be able to change for the better, which is the most difficult part of the healing process.

Furthermore, healing without fixing anything, without working hard, without fighting, is not part of our modern Western tradition. Taking the time to let oneself heal naturally by respecting our inner nature and listening to the voice of our body's wisdom can easily be interpreted as self-neglect and can be perceived as dangerous. To change such a mental set up requires transforming the dominant paradigm by changing our collective mindset from complete ignorance and disregard for our inner nature to absolute respect and undivided attention, from fighting oneself to unconditional support, from hatred of the "bad part" of oneself, to listening to oneself with compassion all the way to self-love. Not an easy task for our civilized, well-educated being. This is the source of resistance to introspection, to meditate, to practice Yoga, Chi-Kung or Chi Nei Tsang exclusively for self-attention and self-improvement with total disregard for what others would think. To overcome such resistance to self-listening is the essence of TaoTouch and any healing practices.

Healing is all about critical mass: every time someone enters the healing field, it makes it easier for others to do so, making healing more conventional rather than extraordinary. Once we know better, we cannot not do better. By increasing the healing field at the individual level, by understanding ourselves better, and by listening to ourselves without necessarily understanding, meaning to develop faith in ourselves, in our body's wisdom, in our soul, and in our spirit, we are making it easier for anyone else to get it. We are then consolidating the capacity for healing collectively and for humanity to form and become better integrated into a more humane civilization.

Let's upgrade our living condition by mentally evolving and by growing emotionally. Healing is natural and contagious. Let's heal and spread healing. It is highly and urgently needed!

CHAPTER 2

PATHOLOGICAL MANIFESTATION OF UNDIGESTED EMOTIONAL CHARGES

From the TaoTouch perspective, any pathology needs an emotional trigger to manifest. This is the main reason why not everyone exposed to the same pathological factor reacts the same way. Again, from that viewpoint, to get sick we need to have a reason to heal. Any pathological factor needs to be invited to develop in order to prompt the host to go through a healing process that will compel her or him to evolve beyond the capacity to be affected any longer by the emotional trigger.

Even in cases of epidemic or exposure to radiations, pesticides and other pollutions, not everyone gets sick the same way, and some people escape the epidemic untouched. We will also find here collective emotional issues to be worked out beyond the individual level; emotional issues affecting the social structure of a nation; historical, political and social issues that need to be addressed, validated and outgrown as a society the same way it is done for healing individually.

Dealing with trauma

When exposed to the violence of traumatic events, unacceptable physical and emotional transgressions, such as sexual abuse, extreme psychological manipulation, and other violation to dignity, we learn to escape our body, voluntarily or involuntarily. We “blank out”. We even erase the events from our conscious memory.

Or, sometimes the violence comes out of a tremendous sudden fright from a dramatic car accident as in the case of one of my patients who was driving and crashed, but at impact, witnessed herself from the rear passenger seat of her car while being projected through the windshield. She later saw herself regularly asleep in bed from the ceiling or from a corner of her bedroom. This is not a matter of belief, this is not a matter of making things up. When a patient comes to me to be treated for “body escape”, when they describe, voice shaking, their fear of being out of their body, I choose to respect the person and take what they say seriously.

But, in most cases of victims of traumas, everything stays below the level of consciousness. There is a self-censorship at work which brings to memory only what can be healed at a certain point in time requiring the three fundamental factors for

healing to be met: energy, support system, and maturity¹³. However, we might not know the facts. It is said that, in cases of sexual abuse, the only answers to the question “Have you ever been sexually molested?” is either “yes”, or, “I don’t know”. Such is the power of our mind over our brain.

Fortunately, our body knows best and cannot forget anything. It does not require “the truth”, it does not require remembering, understanding or fixing anything. In case of childhood trauma, it will take getting far within adulthood in order to have the support system and the maturity to be able to address and heal such emotional damage, if ever possible. In case of wars, the emotional charges are so strong that they cannot be healed by the victimized population, not even by the next generation. It usually takes at least three generations in order to be able to engage the healing process of a wartime. But, eventually, and hopefully, the work will be done, one bit at a time, one generation at a time will work out what they are able to process, passing to the next generation what’s left to be done. There is no stopping the evolution of human consciousness and the healing that such evolution requires. This is done through the spiritual axis of the body.

SPIRITUAL AXIS

From WATER to FIRE

Healing our spirit from negative ancestral issues of the past toward an upgraded life purpose for the future generations

Healing our inner Water intelligence, our instincts, the voice of our ancestors - The deepest phase of healing

Being in charge of carrying the memory of life, the Water power in us is also in charge of carrying all the patterns of habit we have. This memory might not always be conscious, but it is present, constant and immediate, ready to manifest as a reflex, a non-predictable reaction coming from the depth of our being. By instinct and habit, we walk and move in a way that’s proper to us only. No one else walks or move the way we do, unless we share the genes... We might not have noticed it ourselves, but, during family reunions, someone else might point out a cousin, a grand-child, a nephew or a niece that looks “just like you”, who moves like you, who laughs like you... But we don’t know how we look, sound, and move until someone else points it out. It is so hard-wired and natural to us that we don’t notice, we don’t even pay attention. Yet,

¹³ G. Marin, Five Element, Six Conditions – North Atlantic Books

we can be sure that there are ancestors in our bloodline who looked just like us and carried the same behavioral pattern. So, where did it start? Did someone in particular start to carry that gait, or even that limp we find in other descendants? What happened to that person who has created that marker in our genes, imprinted that structure, that pattern of tension, and especially, that emotional tendency that fits the looks? How did it get passed down the generations? We might not really know how, but we know it happened. Some informational attitude has been transmitted. What else gets transmitted in such a way? ...

We have a past. When we are born there is no “blank slate”. First, at birth, we are already a nine-month-old. These nine months are the longest months of our life. A whole lifetime! So much happened in these nine months, not only to you as a growing fetus, but to your mother, whom you are a part of, sharing the same breath, the same feelings, the same moods, the same emotions, the same life, the same memories, for nine months... Then, comes birth, a first level of differentiation from your mother with the cut of the umbilical cord, a process of separation that will continue throughout your whole life. But are we really separating from our genes the same way we are separating from the patterns of habits that get us differentiated from our parents?

Water carries memories, water carries information. The main attribute of the Water elemental force is to carry the memory of life all the way to the depth of the cellular level, into the cellular nucleus, into that inner space holding the cosmic dimensions of our strands of DNA. It is where our chromosomes are coiled. But the memory of life is also within that whole biological field that Rupert Sheldrake names the morphogenetic field of resonance¹⁴. That means that we are carrying patterns of behavior into our structural attitude, learned we don’t know when, we don’t really know how. All we know is that this information is controlling us now in a way that’s hardly resistible.

Most of what we need to heal from, all the mental attitudes we need to change are not really ours. We didn’t put them there ourselves. It is all birth gift, inheritance, passed-down patterns of habits, traditions, customs, rules and laws written and implemented long before we were born...

All these repeated attitudes, are they still useful or are they carrying tendencies that we don’t like in ourselves, that are counterproductive in our daily lives, useless? Can we change them? Can we free ourselves from our genetic heritage? Can we change our DNA, can we create a different morphogenetic resonance from within ourselves?

¹⁴ Rupert Sheldrake: “The Presence of the Past”

Yes, we can! It is difficult to change, but this is what healing is all about. As we are designed by nature to change and evolve, we are designed to transform to heal.

It is the need for change that allows for the plasticity of the brain to adopt a new operating system, a new belief system, a new paradigm, and to enter a new operational field of existence. This requires an informational update, an opening up to mental awareness with the resulting physical and behavioral transformation of having to grow new neurons, new patterns of dendrites connecting to new sets of synapses within our brain and whole nervous system.

In the Taoist medical system, the brain belongs to the Water elemental force (being encased within our skull, it is considered a marrow in Traditional Chinese Medicine, thus consisting of Water element even though functioning like Wood, allowing completely different kinds of treatment for brain injury and psychological issues). Stagnant intelligence, like stagnant water, gets rapidly corrupted and poisonous (the broken record syndrome). However, if we run that water for just a few minutes, oxygen will kill the bacteria, and the soil, the sand, and rocks in the ground will filter the residues. Likewise, our brain has the capacity to upgrade itself just by being active, by running thoughts and developing its capacities to enhance awareness and clarity in our mind.

This starts with the process of mental differentiation of old patterns of habits, of being able to change them into new more useful ones, allowing for brain plasticity to take place, abandoning old patterns of connection of the brain not used inside the new operating system connected to the healing field.

Also, water, when exposed to sunlight, will add that extra molecule of oxygen (H_2O_2 , hydrogen peroxide), this will eventually create ozone (H_2O_3), and continue the purification process through evaporation and condensation in a cloud as the newly discovered water phase of the Exclusion Zone, beyond liquid, vapor and ice, which structures the water molecules into H_3O_2 , called Living Water. Water is then electrically charged and can deliver powerful lightning and thunder, thus charging the purified water molecule with life giving potential.

Similarly, under the influence of the light, our pineal gland, the photo-sensitive endocrine gland at the base of our hypothalamus, is triggered to make the body produce more serotonin, the health producing hormone of awakening and of enjoyment of life. This enhances the working of the whole of our central endocrine system, our seven main endocrine glands, establishing a bridge of consciousness between our physical-spiritual axis contained in our endocrine system and our brain and central nervous

system. Such enhanced connection allows to upgrade our spirit. This is what has been described as spiritual awakening by all the esoteric traditions in the world.

Fire intelligence, our intuition, the voice of our spirit

The spiritual phase of healing

When I work with people who have been diagnosed as “terminal”, especially cancer patients, I know right away that we have a chance to successfully make them enter the healing process if I am able to make them laugh within the first few minutes of our initial interview. I first let them explain the reason of their visit and their diagnosis, which usually boils down to a death sentence. As they describe their symptoms they get more and more dispirited. Then, I describe my approach to healing and, given their life history, especially the amount of emotional stress they have been through during the years prior to their diagnosis, I explain to them how their disease is actually a healthy reaction to an unhealthy situation. Given the emotional hardship they went through, it would not be normal for their spirit to remain undisturbed and let them live their life as usual. They have gone through something that prevented them either from enjoying life any longer, or from fulfilling their life purpose. This is not acceptable to their spirit. So, their spirit gives them a disease so strong that it requires them to change dramatically and grow in the right direction through a very strong healing process. By emotionally growing and physically transforming through their healing process they won't get affected any longer by their pathological factors.

This disease has to be strong enough to force them to change. So, this means that the stronger the disease, the stronger their spirit. If their spirit didn't kill them, it is because they have all it takes to heal, even if it is going to take all they have!

In short, the reason why they are so sick is because their spirit is so strong!

When the spirit is recognized and validated in such a way it can't help but come out spontaneously and shows itself as a smile or even a laugh, even in the worst of circumstances. Then, they might also cry. Laughing and crying are emotionally very close to each other and are both signs of the spirit being awakened. This is a very good sign.

By the same token, I also take them out of the helpless, hopeless victim response, and their emotional body snaps to attention. It means that their spirit is reignited and ready to lead us through the necessary steps toward full recovery.

Fueling the spirit

However, to reignite the spirit is not enough. We have to keep the Fire energy going in order to keep feeding the spirit, and, like for any fire, we need fuel. Our inner Fire uses support from all the other forces, including ancestral and higher spiritual forces, but it has also its own main physical source of fuel: the sun. Sunlight is the fuel for all life-giving metabolic processes, and its influence on the endocrine response is strong and immediate. Sunlight stimulates the pineal gland into triggering the production of serotonin and endorphins, while inhibiting the production of adrenaline and other stress related hormones and neurotransmitters. This is why the daily practice of the Sunning Functional Meditation is so important, on its own, in supporting any other kind of treatment.

The Sunning Functional Meditation is a must for anyone going through any kind of transition time, growing, healing, or both. It helps replace our usual stress related adrenaline response, that ends up weakening us, by the calming and healing serotonin response that makes us mentally stable, physically stronger and healthier. It awakens and uplifts the spirit. It is also quite impossible to function on serotonin mode and remain depressed. Some years ago, I used to prescribe the Sunning Functional Meditation to insomniacs and depressed people only. It helped them get to sleep regularly, effortlessly, and efficiently, and become independent from their serotonin re-uptake medications (Prozac) without the debilitating side-effects that come when you forget to take your daily dose. It was so successful that, since then, I have been prescribing this exercise to anyone going through a healing process; no matter what the main symptoms are, the results are amazing.

Please go back to Part 1 chapter 4 for a reminder of the serotonin-melatonin hormonal axis and the Sunning practice. Also, go to the website chineitsang.com to download the audio recordings of the different levels of the sunning and of other guided healing practices.

Changing mental habits (Water) to upgrade our mind (Wood)

Changing, filtering, cleaning our inner Water

We cannot just throw water away. Water has to be filtered out, clarified, purified, refreshed and reused. Similarly, we cannot get rid of habits, all we can do is change them. How? The same way we do with water. First, we have to be aware of the mental habits we have, so that we can filter them out and clarify them from the new habits we choose to adopt instead. Not all old habits are bad. Some of them are very necessary

for life. Some are very pleasant and it is necessary to reassert them to make us feel comfortable and satisfied by adapting them into our present needs. However, some of them we don't like to be identified with. Like the good familiar habits we want to keep, these unpleasant ones are inherited or acquired, but, unfortunately, somehow, we might also "like" these bad habits! ... We might feel compelled to "misbehave". Of course, our emotionally repressed and mentally violent upbringing leads us to want to correct, fix, and terminate these habits without even trying to understand why we have them. This can only bring internal conflict and perpetuate a pathological pattern into a chronic condition.

We are coming from a historical past that's quite violent. And, for many, this violence has been rewarded by acquired power, bestowed privileges, rewards, medals, and being proclaimed a national hero. And, for others, this violence has been the source of unbearable suffering through unjust punishments, tremendous grieving, dispossession, and indescribable horror. Imagine the hardship, the suffering, the physical, mental and emotional pain experienced during war, the trauma deeply imprinted into the souls of the military and civil populations from both sides of the conflict. When involved in war, no matter from which side, military or civil, we are all victims. We all bear the ugly emotional scars of the violence inherited through ancestral historical pathological situations, violence that requires the healing brought by a social change in consciousness about the "need for wars". It does not matter how conscious, subconscious or unconscious, this information is present, weighing on everyone's soul like so many emotional bricks, directing the spirit into uncontrollable behavior, being passed down to the next generations waiting to be healed, to change, to outgrow the trauma, in order to feel good, changed, relieved, clean, and dignified anew.

We have so many ancestral issues to heal from... There are two key words to help us outgrow the emotional negative aspects resulting from them: consciousness and respect. Being clearly conscious of the feelings we wish we didn't have and respecting ourselves for having them. We all have good reasons to feel the way we do. We wouldn't feel that way without reasons. This has to be respected. Respect will direct the beneficent light of spirit, from our cultivated inner Fire through the Sunning practice to oxygenate and purify our dark, stagnant Water energy from the past. Only consciousness, enlightened by the light of spirit trying to attract us toward a better future, can bring out the old hidden ghosts from the dark recesses of our ancestral history. For example, the tendency to ignore neighbors, the tendencies to be envious, jealous, competitive, elitist, the tendency to lie, to steal, to appropriate, entitlement issues, the tendency to voracity, rapacity, predatoriness, the tendency to hate past sexual relationships, the tendency not to like the children of our spouse which are not ours, the tendencies to be racist, homophobic, xenophobic or sexist, the tendency to be cruel, to like violence, to be abusive, invasive, to be sadistic, to be sexually perverted, all kinds

of tendencies that most of us feel unable to deal with, find very little or no support from the medical community and not enough support from applied psychology, psychiatry, or psychotherapy. So, there is no other solution but to go introverted, to hide the issues and deny them, to cover up, dissimulate, and live in shame and hatred of others with the same perversions, or to go extroverted and find an activity, a job, or create a life situation which would allow the use and the abuse of such perversions. These are pathological mental patterns of the highest grade that are negatively affecting the well-being and the healthy evolution of human consciousness, our humanity, our ecosystem, and our planet.

There is no rational solution for such emotional issues (Metal) coming from the depth of our ancestral heritage (Water). Our behavior reacts naturally to a program hard wired into our Water intelligence that's fed by our emotional body (Metal). Fortunately, the works of psychology have been able to shine some light on the issues. However, no amount of reasoning and understanding can change feelings and the behavior that comes with them.

Behavior, from a rational thinking viewpoint, can only change at the cost of an enormous amount of mental effort and continuous internal conflict. In short, that does not work. At best, we get conscious of what we need to change without the capacity of changing it. At worst, we use pseudo-science to justify these reptilian tendencies as the proof of the "superiority" of the very people suffering from these pathologies, which then can claim the right to abuse others. For example, affirming that eight billion people is not sustainable for the resources of the planet is to deny the most cutting edge of biological science (Bruce Lipton, Rupert Sheldrake and many others). Eight billion people is not only eight billion mouths, it is also eight billion brains, and sixteen billion arms and hands. This critical mass represents quite a threat to the old oppressive imperialistic world order, which can only control and keep at their service a much smaller portion of the population. In the meantime, eight billion people are still not enough to create the next step into a natural human organism¹⁵, a truly humane humanity, based on the natural evolution of human consciousness. Such human organization can bring humanity to its next level of organism based on association and cooperation aimed at creating abundance and sharing rather than on a system based on man-made scarcity and poverty aimed at provoking suspicion, envy, speculations, and competition, and thus preserving and protecting a status quo with its elite ruling class.

Old Water has to change. But there is no such thing as new water molecules. Water is eternal. It's a mineral like granite. The same water we drink now has been drunk before by all our ancestors, and keeps evaporating and keeps coming back fresh again. Our

¹⁵ Bruce Lipton – The Biology of Belief

inner Water follows the same principles as Water in the universe. It evaporates, and by doing so it leaves behind all the crud, all the mud and all the impurities, including viruses, bacteria and parasites and comes back fresh and purified. This is done by the action of the sun and the earth and the natural movement of water. This is the natural representation of spiritual healing using the spirit axis of our mind from Water to Fire, from past to future, from old habits to new life purpose, from reptilian to angelic. The metabolic reaction from exposure to sunlight, represents the natural evolution of our consciousness to mentally aspire to a higher spiritual plane.

Healing our spiritual axis as a nation, a society, a collective, a family, will help tremendously to heal as individuals, one social emotional issue at a time, one person at a time. This will be done from the individual level toward the collective by healing the soul axis of our mind from emotions (Metal) to belief system (Wood).

THE SOUL AXIS

METAL - WOOD

Healing our emotional body, growing our soul

Once we nourish our system with the serotonin producing Sunning biodynamic meditation, our spirit is activated. The Yang aspect of Spirit is manifested in our inner Fire that delivers the voice of intuition, which becomes able to talk more loudly to us. The added serotonin during the day turns into melatonin at night allowing us to catch up with sleep debt and fatigue. Sleeping and spending more time within the parasympathetic response allows for deep healing to take place, and most important of all, dreaming is enhanced.

Dreaming is a large portal into very different worlds, but something most important to me, is that dreams are, most often, the manifestation of emotional processing. As we saw earlier about Metal intelligence, our large intestine is the organ of emotional awareness. When we allow ourselves to sleep longer our emotional body can catch up with the processing of emotions that had to be put on the back burner because of the lack of knowledge, lack of maturity, lack of energy, lack of time, and because of having other more immediate life priorities when dealing with too much mental stress and social pressure.

However, the work of emotional digestion needs to be done. We can't just accumulate emotional indigestion without reaching our limits. When this happens, we fall into the vicious cycle of an insomnia-causing strategy in order to avoid nightmares, or of having our nightmares during waking time with chronic anxiety, delusions, panic attacks and other scary mental episodes.

Emotional digestion

Dreams speak the esoteric language of the soul. Every feeling, each emotion has a logic of its own following the personal logic of the emotional intelligence of each individual. This logic follows the rules of nature and speaks the language of the five elemental forces. This is a language that's understood by anything alive. We all know this language. It is the language we all spoke when too young to know a human language. It is the language understood by all animals including mammals, birds and reptiles. It is the language you use every day with your dog or cat. It's the emotional language of smiles, laughs and cries, the language of music, of tones, pitch, and rhythms, of

expression, accents, of ways to express things through touch, facial expressions, and body's attitude. It is all symbolic, so deeply personal, but at the same time, very universal. It is the universal symbolic language of the five elemental forces. To know such language from our rational Wood intelligence allows to decipher and translate dreams very precisely.

A dream often represents the validation of some emotional processing. When we are not yet at the stage of recognition of such emotions, then our dreams guide us into a progressive acquisition of enough maturity to be able to face these emotions as easily as possible according to the amount of energy we have for their digestion, the mental support we have in our belief system, and the maturity we have acquired by digesting previous emotional charges.

The dreams become recurrent when we are confronted with emotional issues that are not evolving fast enough. They turn into nightmares when we are conflicted and when emotional digestion is difficult. Most often, the most difficult phases of emotional processing occur with tremendous nightmares that can manifest through violent outbursts but with no memory upon awakening. When the memory of the dream is vivid, it generally implies that the work is almost done but still requires a last touch of mental validation to relieve our system entirely of its presence. Often, the memory is vivid but the meaning remains a mystery.... That's ok. It is not important to understand the dreams. It is not even that important to remember them. What is important is to have your dreams. Understanding our dreams comes mostly as a side effect of a complete emotional digestion of a given emotional charge. It is not at all required while going through the process of emotional digestion, the same way it is not necessary to know exactly what it is that our body needs in order to digest food.

Eventually, one day, we might understand. But, by the time we do, we won't get negatively affected by the meaning of the dream any longer. However, understanding a dream can help passing a difficult emotional charge by the validation of the feelings that comes with the recognition of its resonance inside our physical body. It is called being emotionally touched.

What is most dangerous mentally, is to be prevented from dreaming by sleep deprivation either from insomnia, from a work schedule that's taxing on the sleep time, or from some other kind of sleep self-restriction disguised as entertainment like playing video games or going on the internet in the middle of the night. Then, emotional indigestion sets in and it becomes more and more difficult to maintain emotional balance and mental sanity because nightmares start to flare up to consciousness during waking time and disturb our emotional life.

The fact is that we dream all the time, even when awake. There are spiritual practices in many civilizations in the world that require hermits, monks, priests or healers to spend some time, days, weeks and even months in total darkness. I have done that myself at some Chi-Kung retreats. You are actually not experiencing total darkness for long, even in a place that's so dark that you can't see your hand in front of your face. Once your thinking mind (Wood) stops obsessing about being in the dark, you catch yourself daydreaming by actually seeing your dreams in front of you. This is how we learn that we actually dream all the time, not only when asleep.

Now, what is happening at the strict biological level as we process emotions? As we saw in the booklet #1 and my other books¹⁶, emotional processing follows precisely the natural process of digestion of food. Emotions are the food of our soul and our large intestine is our organ of emotional awareness. To eliminate requires awareness of our feelings. Elimination is a very big issue in our modern, civilized world. We are a very constipated civilization suffering chronically from emotional indigestion. No wonder, we have learned from the youngest age to suppress the very emotions we need to eliminate!

We feed our soul with our emotional digestion and thus acquire emotional maturity. This maturity comes out of outgrowing ourselves constantly by slowly digesting the emotions we don't like to keep in ourselves. First, we have to be able to swallow these emotions. Sometimes, they smell and taste so bad we can't even get them to our mouth. Even our breath is affected – it just stinks too much! That's how we can get asthma symptoms or other respiratory conditions as a psychosomatic response. Other times the emotional charges cannot pass our throat – they can't be swallowed, and affect the larynx and esophagus giving symptoms that can damage our thyroid gland, affect our voice, and make swallowing difficult. Then, they get to the stomach where the food starts to break down proteins and to differentiate the nutrients. So do the emotional charges into individual particles of energy and information. This is a crucial stage where the body needs to choose what it needs to digest according to its appetite. If the body cannot satisfy itself with what it finds, either it makes you want to absorb more by making you seek a situation to provoke the desired emotion, or in reverse, it can shut down your appetite entirely and lose your hunger for life all together, provoking depression.

¹⁶ Healing from Within with Chi Nei Tsang
Five Elements. Six Conditions for Healing

WOOD

Rational thinking to the rescue

Recalibrating our mind for an uplifted and expanded consciousness

As we saw earlier and in the first booklet on the biology of consciousness, our feelings and our emotions are not conscious of themselves. They belong to the present with no time for self-awareness. We need the reflective capacity of the rational intelligence (Wood) of our mind, with its extraordinary capacity to step out of the bounds of space and time, “to space out”, in order to be able to bring our emotional processes into recognition, and, eventually, to validate them. This is an indispensable and very valuable step toward our inner healing process and toward establishing a solid mental health.

This is why we absolutely need to cultivate our rational Wood intelligence by always learning about ourselves, the world, and existence, and by being open minded about the needs for evolution progress, and adaptation required in our present time. However, this mental consciousness has to remain uncritical, non-judgmental and, contrary to the best education we ever had, unconditionally supportive. We must use its inquisitive smartness for absolute validation and thus show our emotional intelligence that there is no choice but to feel the way we do. We might feel very bad, that does not mean that we are bad! There is nothing wrong with us. We need to use our rational mind to avoid identifying with the feelings we have.

WE ARE NOT OUR FEELINGS, WE ARE NOT OUR THOUGHTS EITHER. WE ARE THE ONES HAVING THEM. WE JUST CONTAIN THEM. IF WE CAN LET THEM COME, WE CAN ALSO LET THEM GO.

This requires a major resetting of the way we learned to think, changing the mental reflexes acquired while growing up. This means that it is not enough “to understand” from the remote rational standpoint. To systematically support our emotional life, we have to literally change the mental operating system of habit (Water) that supports emotional self-deprecation at the subconscious level. Only our body’s intelligence (Earth) is able to do so. This has to be worked out in our body’s intelligence’s terms. To change a setting, be it physical, mental, emotional or spiritual we need some kind of permission. It is not enough to wish not to be that way. We have to actively enter a healing process by allowing ourselves to feel the pain the deprecation caused and still does to us. We need that consciousness Wood perspective for validation first, (I do feel that way), and reassurance (it cannot hurt more than it already did) to feel safe

enough to surrender to the healing process, knowing that the reward of a better future is right ahead of us.

Fortunately, we don't need to suffer to heal. This is why we need to invest in sleep and dreaming. We have to respect our inner nature and the capacity of our body to heal naturally without any control from our rational mind.

CHAPTER 3

PRACTICE IN DREAMTIME

We need to incubate to grow the wings of our soul

Our emotional body feeds our soul. Our soul has grown from the emotional lessons learned through living. Every emotional issue has to be literally digested: we need to extract what we need and to eliminate what we don't need. What we eliminate makes us emotionally lighter and happier and what we assimilate gives us more maturity and emotional solidity. Our body has to distill the product of this digestion in order to extract the emotional quintessence and feed our soul with pure love and compassion. This is the fuel that's needed for our soul to be upgraded and to be able to reach up where our spirit guides us. It is a natural growing process of refinement that takes lifetimes.

Dreaming is the only time in our life when we can allow ourselves to be one hundred per cent emotional. Fortunately, most of the time, we are paralyzed and anesthetized in bed while asleep. However, when emotional charges are very strong, it is highly recommended to sleep alone while going through heavy emotional digestion. Reflexes can easily be awakened and we might wake up punching and kicking, or, as it is also very frequent, we wake up refreshed, thinking we had a very quiet and peaceful night, but our bed is all trashed out, testifying of a very agitated night.

Dreaming can be exhausting. Especially when you are in a healing process and are sleeping longer, you might feel like the more you sleep, the more tired you wake up! You need to be patient with yourself and be in touch with your needs. Your body is telling you that there is more work to do in terms of healing and emotional processing. Instead of mobilizing all available energy for daytime activities, the new strategy is to invest in sleep, which is good and needed. Nevertheless, it might be useful also to make sure that you have enough energy during daytime to be functional and productive. Your body will serve you well as long as your intention is clear. It is energy management. It is internal Chi-Kung (Nei-Kung). This is when you need the use of dream commands.

1 - Dream commands:

Right before you fall asleep, a window of lucidity often opens up. This is when you remember that there is something important to attend to the following day, or that you forgot to do something today. This is the right time for dream commands. As close as possible to the moment you fall asleep tell yourself at what time you want to get up and

that you want to wake up refreshed, no matter what happens during your sleep. You can also send the dream command to remember a dream, or to solve a problem, or to answer a question you have. But, for starters, there are two dream commands that I highly recommend:

1 – I want to sleep deeply and wake up refreshed at a specific time.

2 – I want to remember a dream or get an inner message guiding me into my healing process.

Sleeping, dreaming, and emotional processing are ruled by Metal intelligence and don't answer to rational thinking. They have a logic and a purpose of their own. But this logic is extremely precise and covers a spectrum of significance as vast, and, in my opinion, more encompassing than its Wood imaginative counterpart. It is the domain of abstraction, symbolism, and feelings that escape description. Just like there is no end to rational understanding and imagination in Wood, there is no end to the richness of abstraction and to the precision and attention to details you'll find in emotional life through its manifestations in dreams.

To help enhance your dream life the two following practices will help you train your rational Wood intelligence to support and validate your emotional Metal intelligence by investing more attention and more lucidity into the non-rational aspects of your dreams.

2 – Make a Dream Journal

Writing is a physical fact. When writing your dreams, you are drawing on the memory of your physical body, which is less inhibited and less affected by your acquired conflict between rational thinking and emotional intelligence. You'll notice that as you write, the memory of the dreams comes back much stronger than if you were just trying to remember by only thinking about them.

1 – Keep a notebook and a pencil, or a tablet, near your bed or even under your pillow so you are not required to get up to write your dream.

2 – Make your dream journal part of your dream commands.

3 – When you wake up, before you move in bed and change your body's position – that could erase your dreams – even before you open your eyes, connect to a dream sequence and write it down quickly on your notepad or notebook. This will be your Ariadne's thread that will lead you back to that memory. Then, you can get up, use the washroom, and try to come back to your dream journal as soon as possible to keep the

freshness in your memory. The few words you wrote down on awakening should be able to lead you back there.

In your dream journal I recommend that you make three columns. The column in the center is to write your dream as accurately as possible. In the column on the left you will write down how you felt during the dream, what your emotions were then. And in the column on the right, describe how you feel now that you are awake and remembering your dream.

Always date your dreams.

3 – Lucid Dreaming Training

It is not difficult to achieve lucid dreaming provided that you respect the five voices of your mind for everything new you want to do:

Earth: is it useful, functional?

Wood: Is it a source of knowledge? Is it interesting?

Metal: Is it respectful of feelings? (yours and everyone else's)

Fire: Is it uplifting, loveable, awakening enthusiasm?

Water: Is it safe and familiar enough to be comfortable? (for you and everyone else)

There is a very good reason why rational thinking is inhibited during dreams: your dreams are not supposed to be under the control of your fantasies. When you reach full lucidity when you dream, if you try to alter the dream, it will work, but your dream will stop right there and then. This happens to everyone who reaches lucid dreaming. The temptation of an immediate reward is too attractive and very hard to resist. Being able to fly, to jump off a high cliff without danger, to have sex... it might work, sometimes, and you might have a great experience, but the dream will stop there, right after your rewarding time, and you'll wake up forgetting what your original dream was about.

To get a better benefit out of lucid dreaming you need to stay in the dream you are having and pursue it as far as you can, as deep as it can bring you within the levels of subconsciousness unreachable during waking time. The dream then becomes very vivid. You feel so awake and conscious that you don't know that you are dreaming. This has been described as hyper reality. You are in full consciousness right in front of the door of your psyche and that door is cracked open. Don't miss it! Follow the invitation but be respectful of your host. You are being admitted in the sacred realm of your own soul.

Lucid dreaming techniques:

The Western mind is not trained enough in meditation to even attempt the most fundamental Eastern monastic technique to enter dream state with full consciousness while asleep. So, I'll skip that one. Instead, I would recommend to train while fully awake, establishing a pattern of habit to the depth of your subconscious.

- Several times a day, I would suggest every two hours, stop, be present, look around you, and ask yourself “Am I dreaming?”
- Take a moment for mental assessment, but don't trust it completely, and test physically.
- The test is to jump in the air. The experience of gravity is the proof of being awake.
- Once done with enough repetition, this exercise will become habitual and will follow you inside your dream state while asleep.
- You will ask yourself if you are dreaming, and sometimes, dreams are so vivid that you can't tell until you jump and float in the air.
- Try not to wake up by connecting intensely to what you see in the dream.
- Follow your dream as far as it can bring you in terms of depth and symbolic complexity.
- Eventually dreams can be translated using the symbolic language of the law of the five elemental forces. It has to be a straight translation which is always extremely precise instead of an interpretation that will be maybe interesting and entertaining but always misleading.

ADDENDUM

In a nutshell

To heal emotionally is to grow spiritually

I really believe that the only efficient way to heal from any disease is not to target the disease itself but to heal oneself as a person. This is done by nourishing our soul and by upgrading our spirit. We nourish our soul by progressively digesting our emotional baggage, which allows us to upgrade our spirit by connecting to our next level of evolution as a person.

This is done by:

- 1 - Changing our PH, our serotonin/adrenaline ratio: **Sunning, going to bed earlier.**
- 2 – Training ourselves to sleep longer and deeper: **Bone Dreaming Meditation.**
- 3 - Investing in dreams: **Dream commands and dream journal.**
- 4 - Allowing ourselves to cultivate our healing field by continuously working at improving our mind, our health, and vitality: **TaoTouch sessions - Chi-Kung – Biodynamic Functional Meditation¹⁷**
- 5 - Listening and respecting the five voices of our mind: **Human Potential Fusion Meditation**
- 6 - Improving our relationship with the sources of the five elemental forces of life within ourselves to turn internal conflicts into mental clarity and emotional solidity, to outgrow ancestral issues, and to acquire spiritual guidance.

¹⁷ www.chineitsang.com

The five pointers for maintaining mental, emotional and spiritual health

- Continuous updating of our belief system and cultivation of our Wood energy by learning more, keeping life interesting.
- Continuous refinement of our emotional and social life in our Metal energy with the intention to participate in making life more beautiful.
- Following our love and passion with our Fire energy and doing things we like, the way we like it.
- Continuous refreshing of our Water energy with recognition and respect of our inherited patterns of habits, and changing or upgrading the habits we don't like.
- Taking care of making existence more comfortable and more pleasant by improving our presence and zone of influence using Earth meditation practices.

The Six Conditions for Healing¹⁸

- 1 - We need to feel safe:** We have gathered the three conditions of energy, support system, and maturity so we know that we have what it takes. We know that we can't hurt more than we already did. We can give ourselves permission to surrender to the healing process.
- 2 - We need to quiet the thinking mind:** No need to understand, no need to figure out anything or to look for solutions.
- 3 – Permission to feel:** Our mental energy has to be completely invested to validate every feeling we get in touch in the present moment.
- 4 - Every feeling we get now is of the outmost importance:** There is no minimizing anything. Giving oneself permission to acknowledge the familiarity of the feelings without the need to understand them. They have been there for a long time, waiting to come out of hiding, waiting to be acknowledged and validated.

¹⁸ From Five Elements, Six Conditions

5 - Let the transformations happen: Let the feelings come, let the feelings go. We can let ourselves feel now. All that energy invested into patterns of tension to protect oneself from feeling bad are no longer needed and collapse and turn into transformative healing energy.

6 - Accept the change: We are no longer the same person. We are not predictable any longer. We are operating on a different system with a freer and lighter emotional body, better connected to our spirit. Let's take the time and the space to recognize ourselves and to affirm ourselves to others. Let's take our new place in the world.

The Biology of Consciousness One Mind, Five Intelligences,

By Gilles Marin

Part 3

The Biological Resonances of the Sources of Existence

One mind, five intelligences in biological details

*Lectures and functional meditations to improve our relationship
with the spiritual sources of existence*

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“How it is that anything so remarkable as a state of consciousness comes about as a result of irritating nervous tissue, is just as unaccountable as the appearance of the Djinn, when Aladdin rubbed his lamp.”

T.H. Huxley (1866)

“The word consciousness has many definitions, some very short and some definitions may take pages to write. I prefer to use the simple definition of the word consciousness: “having knowledge of something; being aware.” However, consciousness can also be measured in terms of “quantity”. A worm is conscious of his environment, a cat is conscious of his environment, and a human is conscious of his environment. However, the “amount” of consciousness in a worm, a cat, and a human are different. For example, the human has “more” consciousness than a worm. The smaller the object, such as molecules, atoms, and electrons, the less consciousness they have.”

Bruce Lipton (2014)

Introduction

In the third part of this book you will find the information I was looking for when I was a young starting holistic healing practitioner. It was the 1980s. I was in my twenties. I had recently moved to San Francisco from my native France. I was right out of college. I had just passed my black belt in Aikido, I had finished the program of classes offered by Taoist Chinese doctor Steven T. Chang, I had also just started training with Master Mantak Chia in Chi-Kung, Chi Nei Tsang, and in the White Cloud Taoist monastic lineage of what I called much later TaoTouch functional meditations. I was practicing Tai'Chi Chuan with Martin Inn and Ben Lo in San Francisco where I had a successful professional hands-on healing practice with Chi Nei Tsang added to a traditional form of Shiatsu I had learned from different Aikido masters. I was taking classes in biology, anatomy and physiology at City College of San Francisco, and in the biology of cancer at UC Santa Cruz.

It was a high time in my life but very cruelly tainted by the starting epidemics of AIDS in the Castro district of San Francisco next to the Mission Dolores neighborhood where I lived. The Castro district, including the Upper Market and lower Haight neighborhoods in San Francisco, at that time, was not only known to be the gay district, it was also the most affordable area of San Francisco where all the students and younger generations from all origins resided. No one knew what was going on. We were scared. Neighbors were all of a sudden dying, gay or straight, drug user or not. At a certain point we didn't even know if we could get contaminated by just a flea or a mosquito bite. Some of the victims were good friends of mine, some of them were clients, especially among performing artists, dancers, poets, singers, musicians, and also young scientists, mathematicians, physicists and other progressive thinkers that were at the cultural cutting edge of the time. A whole very promising population was getting wiped out of existence, men and women, young and old. It was the tragic ending of the times of Harvey Milk. It was like Harvey Milk being assassinated a second time... I believe that the American culture as a whole never recovered from the loss. I had the privilege to work on some of the longest lasting recorded cases of AIDS. I even witnessed a few full recoveries of people who turned HIV negative. Very few. Much too few. I lost many friends. It was a traumatic time of my life....

I was surrounded by death and my mind was seeking, searching, for spiritual guidance and for some kind of understanding of the process of consciousness and the composition of cognition of our mind. I went back to City College for psychology classes, I went through psychotherapy myself.... That's when I realized how poor our Western civilization is in terms of understanding consciousness. So, the subject kept incubating in my mind in the light of my growing understanding of the Taoist principles

and my practice as a holistic healing practitioner. It is only forty years later, in my sixties, following a personal close encounter with death and the successive year I spent in a nursing home, that I finally got a clearer picture of what I have been wondering about for my whole life: A clearer definition of the biology of the mind under the light of a life-long study and practice of classical Chinese medicine and Taoist internal alchemy (Nei-Kung).

Consciousness is universal and human consciousness is part of an informational grid which is accessed by every human individual on earth. Every individual yearns to delve deeper into that source of knowledge but very few ever gets a chance to experience it. This is a lesson I learned throughout a life-long practice of meditations.

As we have already explored, our conventional educational system taught us to identify only with our thinking process, with what we have called intellect, which implies using our rational thinking abilities in order to look at things from an analytic standpoint. Indeed, this is a very important part of our mind because that's where our consciousness first takes place, this extraordinary capacity to step out of the present and take a detached perspective of existence.

However, once we have made the differentiation between the thinking intelligence and the other mental functions of emotional intelligence, instinct, intuition and wisdom, we can start using our intellectual consciousness differently. We can use it to be more aware and to enhance all the other mental capacities. This requires us to switch our attention to each of them, one at a time, so we can fully appreciate our natural mental capacities toward the refinement of our soul and the fulfillment of our spirit (Part 2).

Here we are going deeper into this differentiation of our mind into five intelligences to the point of following them to their specific sources.

So, as a reminder:

1 - We have rational thinking, that extraordinary ability to step out of the present, sit back, consider, ponder, contemplate and analyze. This mental intelligence is here to give us the widest range of choices possible, to solve problems, to understand always more clearly, and even to explore further possibilities beyond reality through pure imagination. There is no end to understanding better, to imagining more, to creating mentally. This gives us knowledge, understanding and clarity of mind, and brings us also into the infinite realms of imagination and entertainment. Rational intelligence is the capacity to know better all the time by bringing knowledge to consciousness.

Because of this extraordinary capacity to step out of the present, to step back and contemplate, this Wood intelligence has the capacity to be self-aware and to be conscious that we are actually thinking.

But most importantly, rational thinking gives us the belief system that we keep building, growing, and adjusting throughout our entire life.

2 – We also have an emotional intelligence, which is non-rational, but has the fundamental role of giving us social wisdom and maturity along with our capacity to grow as a person in order to build character, to acquire emotional solidity, honesty, personal dignity, and a solid sense of ethics and of responsibility.

What we call maturity is what gives us the social skill of sharing feelings by developing our capacity for connecting and interacting meaningfully with others and also within ourselves. This is our capacity to listen, to respect, and to be true to ourselves as well as to be able to respect the feelings of others. Feeling good about oneself is not coming from the same place of the mind as rational thinking, which gets satisfaction from only being able to understand. There is no calculation here in the emotional realm. There is nothing to understand, there is no choice to be made. We don't choose our feelings the same way we can choose our thoughts. Metal intelligence is about being strong enough to be in touch with our most sensitive emotional issues. This emotional intelligence gives us a social presence, self-respect, respect of others, dignity and pride, as well as an appreciation for beauty and a reverence for wonders that completely eludes the rational mind.

3 - We have a spiritual intelligence also, we call intuition, that guides us toward our life purpose by making us drawn toward and loving specific things. This is another non-rational part of our mind moved by what we find attractive, lovable, admirable and beautiful. Spiritual intelligence guides us into making the most important decisions in life including the choice of mates, friends, place to live, our work, and our way of life. Because of not being always rational, spirit involves taking risks, taking chances, daring by following our intuition rather than reason.

Spirit is shared like fire is shared. It is love and human warmth. It gives us enthusiasm for life. But like fire, it does not like to be restrained. Its nature is to shine, illuminate, to expend warmth, to communicate and transmit. This is why spirit will always seek freedom.

4 – We also have an instinct, this intelligence coming from the depth of our congenital, ethnic and cultural background that gives us familiarity with a whole system of habits, integrated knowledge, and ancestral lessons hard-wired into our memory system. This is our Water intelligence coming from knowledge acquired within the depth of ancestry. Water intelligence gives us the respect for old traditions and admiration for antiquities. Every single live cell in our body contains DNA, a generic term I will use to cover the wide spectrum of genetic information held within ourselves, not only at the chromosome level, but also at the protein level, the morphogenetic¹⁹ level, and so many more physical levels that we might not be able to bring them all to mind. This is a cosmic sized collection of information covering not only our personal genetic background but the whole history of the evolution of life. This is where our life generates and with it our capacity to generate life. Procreation and also cultural heritage, education and tradition and everything familiar that brings a sense of comfort and belonging in life.

5 - And, we also have this basic earthy intelligence that allows us to take our time, to catch a ball, to enjoy being with ourselves and others where we are. This intelligence allows us to be present and to spontaneously connect with the right idea at the right time, at the right place, with the right people for the right purpose. That intelligence, which we often call cleverness or smartness, spontaneous thinking, we find by being present and open to what is happening here and now. It gives us conviviality and the pleasure to share things in the present moment. This Earth intelligence is the grand central intelligence of the mind. It is where all other intelligences meet. This is the place of “I am”; the place of self-recognition; the place of presence and the awareness of the extension of that presence throughout our whole zone of influence. This is a place in our mind where no question arises, only answers reside. Our body knows everything about health and life. Our body is holding a tremendous amount of information especially when our Earth intelligence is well watered by a strong sense of ancestry and therefore solidly connected to our genetic informational field.

So, true knowledge does not need to be sought anywhere else than within oneself. Now, to reach for information into the depth of the subconscious and to be able to bring it to the surface of our consciousness requires education, cultivation, training, and practice, but it is accessible to all.

¹⁹ Morphogenesis, the shaping of an organism by embryological processes of differentiation of cells, tissues, and organs and the development of organ systems according to the genetic “blueprint” of the potential organism and environmental conditions.
See also Rupert Sheldrake: Morphic resonance

This third part of the biology of consciousness enters into greater details about the biology, the chemistry and the alchemical aspects of the five elemental forces and their respective intelligences to get you familiar enough with them so you can start enhancing the particular relationship you already have with them. This initiates a true connection to the source of life and the very reason why we live as well as the particular role we all play in existence.

I hope that this information will fall on the lap of those who are searching today, the way I did then, for a better understanding of the processes of cognition and spiritual knowledge.

INTRODUCTORY ADDENDUM

Reminder of basic Taoist biology principles in a nutshell

Chi or bioenergy

To be alive is to be plugged-in to the source of life. The source of life transmits the bioenergy we call universal Chi through a conduction of Yin/Yang alternative current. From the holistic Taoist view point, the energy of life or bioenergy, Chi in Chinese, is believed to be an energy that's alive and intelligent. Universal Chi is the energy that animates all living beings and all living organisms. It enlightens them with a mind of their own so they can set themselves into organized systems within other bigger systems. The first level of organism is a single cell that organizes itself within an organ system, within the next level of organization, which is the whole living being. The next level of organization from the living being is the group to which the individual belongs, within the next level of organism being its social environment within its ecosystem.

The Five Elemental Forces

Universal Chi is composed of five elemental forces or fields of energies we call also alchemical forces because they are the energetic sources of life. Alchemy is the branch of Taoist science that deals with the forces, the energy and information that compose life. Alchemy adds information and energy to chemistry. The alchemical forces provide the intelligence and the behavioral attitude that animate the organism and the chemistry of living beings. They provide the five intelligences that compose their mind along with five distinct roles within the accomplishment of life.

Jing or memory of life

The Jing, according to classical Chinese medicine, is the most essential (Yin) information of life, the memory or blue-print of life that we find in every living cell. The Jing composes the genetic code and holds all the genetic background of a living creature, including the program of its development from birth to death. The Elemental force in charge of carrying this information of life is called the alchemical force of Water. It is the alchemical power that gives water (H₂O) its characteristics and typical behavior. Water power is the essential (Yin) source of vitality and its consciousness is the memory of life that gives us our instinct that repeats the lessons learned and transmitted to us by our line of ancestry in our genetic code throughout the whole of evolution of life.

Shen or guiding spirit

The elemental force in charge of attracting life into being and guiding its actions is called Fire. In the Taoist lore, the Shen is the guiding spirit that attracts individuals into specific places and guides them toward fulfilling their purposes within the landscape of their existence. It is the substantial (Yang) alchemical power that gives to fire (combustion) its warmth and light. In the body, Fire mobilizes both cardiovascular and endocrine systems. Its consciousness is the spirit that gives us intuition and the sharing of love and likes for specific things that brings us to organize with others and share the joys of life together in the present, to create a better future. Shen, the shared spirit of Fire, fuels and guides evolution, progress, and the expansion of human consciousness.

Both Jing and Shen form our spirit and compose the spiritual axes of our mind

We share our Shen spirit with individuals who share our enthusiasm for the same spirits such as the spirit of sport events, of religious celebrations, the spirit of war, the spirit of a geographical locations, the family spirit, the spirit carried by a name, a brand, a school, etc.

We share our Jing with all members of our ancestral, ethnic and cultural blood line. Including traditions and the love and respect for ancestral qualities, earnings and artifacts and for everything that is specifically cultural such as music, dance, literature, food and drinks, and all performing arts in general.

The universal spirit creates and guides the different cultures that establish the organization of the whole of humanity into one complete organism. The cultural and ethnic diversity along with a common goal of sharing the enjoyment of life and constantly creating a better future ensures a dynamic movement of cultural emulation driving the ever-expanding human consciousness toward a better and more evolved humanity.

Hun or intellectual consciousness

The power in charge of consciousness, thoughts, imagination and beliefs is the alchemical elemental force of Wood. In classical Chinese medical lore, it has been called the Hun, the spiritual aspect that allows for vision, understanding and individual consciousness. Consciousness is the mental capacity to step out of the present, take a distance, contemplate, and inform the whole mind of what is going on. Wood consciousness looks also for possibilities in response to these events. The spectrum of vision of Wood is so vast that it goes beyond reality and also includes pure imagination. Wood imagines, thinks, calculates, analyses, estimates, and speculates. Its non-local and

non-temporal capacities allow it to remember the past and to estimate the future. Wood is also in charge of building a belief system for individuals and to share and debate it with others. This requires the capacity for communication through the sophistication of a spoken and /or written language. Wood energy is responsible for the growth, plasticity, articulation, and mobilization of our brain and nervous system into action (Yang).

Poh or emotional intelligence

In Chinese Taoism it is said that the Poh is the mental intelligence that gives us emotional shape, personality, and a sense of responsibility in our existence. It is powered by the alchemical force of Metal. The Metal alchemical force conducts bioenergy through surface contact and thus differentiates every single part and building block of living beings. Metal is the power responsible for the refinement that builds our soul from the processing of the emotions triggered by the experience of life. Metal intelligence refines feelings and emotions and crystalizes personal energy into growing and perfecting our soul as a result of emotional digestion. Metal power is essential (Yin) to the making of our personality and character. It gives us maturity.

Metal intelligence involves social skills and attention in terms of inner communication between powers and intelligences. It is the surface contact that conducts feelings, scents, and physical sensations. Metal power mobilizes skin, fasciae, and all connective tissues and membranes that differentiate, define, create contact, and transmit feelings at the individual level. It also fuels the movement of breath and all metabolic rates, motilities of organs and tissues, as well as the range and quality of movement and motion of individuals.

Metal energy and the quality of the information it carries is transmitted beyond individuals through the quality of the energy that reaches and contact others. It creates emotional atmospheres and degrees of intimacy to establish social relationships.

Both Hun and Poh form our soul. They compose the soul axis of our mind

The Poh composes the internal and essential (Yin) aspects of our soul, or emotional body that supports the more external and substantial (Yang) thinking body, Hun. Feelings support the expression of thoughts. And the expression of thoughts holds in itself and manifests the sentiments of the person. As opposed to the spirit, which is shared with others, the soul is private and often deeply buried within ourselves. Emotional Poh needs protection, support and validation from its more Yang and rational Hun counterpart.

Earth intelligence, physical wisdom. The binding and manifesting energy of life.

Earth power is the alchemical force that is absolutely Yin, is at the very center of all movements, and, at the same time, is holding everything from the periphery to compose a solid universe. Earth is the most essential alchemical force of the universe. This is why the I'Ching, the mathematical base of Taoism, describes Earth power as being an absolute, absolute Yin. In our Western culture, Earth power could be represented by a unifying field of physics encompassing strong and weak electromagnetic, radiation and gravitational forces but also containing a whole informational field which controls a very intricate, but very precisely designed cosmic geometry of a holofractal nature animated by a vibrational system of harmonics, what has been called cosmometry²⁰ by physicists of the new generation. However, we still have to add its specific earthy intelligence, which is able to bind the four others intelligence into the manifestation of existence through not only an exquisite ecological order, but to the specific needs of every individual life.

Earth is the power that holds the opposite polarities of both Yin and Yang together. It is the infrastructure of existence. Earth binds the life-giving energies of Water, Fire, Metal and Wood together and composes the universal bioenergy, Chi. By doing so, Earth power holds, maintains, and harmonizes the existence of the life of every being into the present, the here and now of the whole of the space time continuum within their bodies.

The most essential part of ourselves, while alive and plugged-in to the central source of life, is our physical manifestation within this space-time continuum we call the world or the universe. It is our physical body, which is holding all the powers of life in one place.

The power of Earth is responsible for anchoring mind, body, spirit and soul into individual beings and to allow the manifestation of their presence to extend to their zone of influence within the spectrum of existence. In order to do that, Earth power has to nourish life to provide our body with consistence and vital presence. Therefore, Earth power rules digestion and feeds muscles tissue and body bulk in general.

In term of consciousness, Earth power is the central intelligence in control of our life. It directs the spiritual power of Water in direction of Fire, from past to future and harmonizes thoughts with feelings in order to cultivate a personality from the soul from Wood to Metal.

²⁰ Marshall Lefferts – Cosmometry - 2019

Earth intelligence uses information from all the other intelligences and composes the consciousness of the whole mind according to the priorities of the moment. Its capacity to bring the right kind of knowledge at the right time to the surface of consciousness makes it the source of wisdom.

The Five Principles of Existence

The whole universe, the whole of creation, the whole of existence, as well as our own mind follow the five principles of existence:

We have

1 - An origin transmitted by the universal **Water** principle holding the **memory** of life

2 - A direction and a **purpose** given by the universal **Fire** principle of **attraction** of life

3 - A location in **space** and **time** given by the universal **Earth** principle of **manifestation** of life

4 - An upward expanding phase for **youth, awakening, growing, belief system building** and for the **expansion** of **consciousness** given by the universal **Wood** principle

5 - A downward condensing phase for **refining, perfecting, crystalizing, taking shape, aging, acquiring respect, maturity, glamour, dignity, and fulfilling responsibilities** given by the universal **Metal** principle

The Five Senses of Self

1 - Water intelligence: Instinctual self - The conservative voice of the past - traditions, customs, habits, ancestral knowledge, master of sensuality, sexuality, and transmitter of the genetic heritage and the knowledge of the past. I am made of what I am used to.

2 - Fire Intelligence: Spiritual self - Intuition, the language of the Heart - the guiding light, destiny, life purpose, master of guidance and enjoyment of life. I am the one who loves what I love.

3 - Earth's intelligence: Physical self – Physical intelligence. Wisdom, practicality, down to earth intelligence, spontaneity, synchronicity, master of timing and manifestation. Central gathering place of all the other intelligences into a harmonizing and all-knowing appetite for life. Nurturing, nourishing, comforting. Solidity, consistency, balance and comfort. Presence and zone of influence. The central place of integration of the whole mind. I am what I am according to what I do.

4 - Wood intelligence: Rational self - mental satisfaction, knowledge, problem solving, entertainment, fantasy, imagination, master of illusion, constantly updating our belief system. I am who I think I am.

5 - Metal intelligence: Emotional self - Maturity, Emotional intelligence - Refinement, skillfulness, elegance, esthetics, politeness, master of symbolism and abstraction, social intelligence, feelings, sensitivity, to be true to one's own feelings, brilliance, pride and honor. I am what I feel I am.

The Three Essences

In a living being, the five principles of existence animate the three essences:

Spirit = Inner Fire + Inner Water	=	Informational potential for life
Body = Inner Earth	=	Physical manifestation of life
Soul = Inner Wood + Inner Metal	=	Personification of life

The Five Questions of our mind for everything we want to do

Fire intelligence voice: Is it attractive? Is it uplifting? Does it raise enthusiasm?

Wood intelligence voice: Is it interesting? Is it entertaining?

Water intelligence voice: Is it safe? (for you and everyone else) Is it familiar enough to be comfortable?

Earth intelligence voice: Is it useful? Is it current? Is it practical? Is it functional?

Metal intelligence voice: Is it responsible? Is it beautiful? Is it nice and respectful of your feelings and the feelings of other's? Does it contribute to the beauty of life?

CHAPTER 1

Wood Intelligence Intellectual Consciousness

The Yang, external and substantial part of our soul

**The part of the mind in charge of the intellect,
belief system, problem solving, validation, imagination and
distraction.**

Consciousness: Wood and the power of self-awareness

Wood intelligence is this extraordinary mental capacity to step out of the present to take a distance in order to have the mental perspective for reflection, observation, control, and contemplation, in addition to consider all mental possibilities offered by pure imagination, as well as adjusting our belief system to newly acquired information. The capacity to know, to remember, to reflect, and to be aware that we think. We call it mental consciousness.

Wood intelligence is first about thinking. Our Wood intelligence is first a learner, an observer, a curious observer motivated by the pure spirit of inquiry. To do so, Wood intelligence has to take a step back - in time and space - to consider. We get absent minded. This is why it is so hard to think and be present at the same time. Don't think too much while driving!

If we try to think of the present it's already gone! When we think, we are either in the past or in the future, or, in a limbo out of time and space. Thinking can also take us into this extraordinary flight into the imaginary beyond reality into visions, interpretation, extrapolation, and into pure fantasy.

By this process of mental distancing, Wood intelligence has also an extraordinary capacity for detachment. Wood intelligence has the capacity to attract mental attention and to bring it outside of the reality of the present inside a zone of emotional safety called entertainment. This is a very important capacity to protect the mind from becoming obsessed with the presence of emotional charges too difficult to deal with in the present time. Intellectualism is one efficient way to invest mental energy away from emotional distress. Especially when it is able to draw the Earth intelligence on its side by creating a situation where continuous rational thinking becomes a necessary way of

life through workaholism. Rational thinking becomes then the protector of the mind from destructive emotional reactions such as depression and psychosis.

Because of this power of detachment from the here and now and this extraordinary capacity for perspective, Wood is the only intelligence to be aware of itself and also to be aware of the state of the other four intelligences. This is an essential mental capacity to consider, because, as we will verify later, the evolution of the whole personal mind is proportional to one's capacity to differentiate, recognize, and validate our different kinds of consciousness either coming from instinct by habit and familiarity (Water), intuition by pure attraction (Fire), following our state of emotional and psychological profile (Metal), by calculation (Wood), or by adaptation to the needs of immediate situations (Earth). That gives us Five different mental attitudes that depends on five different aspects of consciousness, following where our mental attention is at any given moment.

This difference of consciousness requires us to switch the operating system of our brain from one intelligence to another according to where our attention, our focused mental energy, is at any point in time. We go from mental intelligence when we think, to emotional intelligence in intimate situations when we feel or communicate meaningfully, to spiritual intelligence when we open our heart to what it is that is most important to us, to instinct and ancestral intelligence when delving into our reflexes and habits, and to functional and practical intelligence when we spontaneously adapt old habits, desires and calculations to the needs of the present.

Unfortunately, we don't have the mental infrastructure, the brain capacity, and enough mental energy to share our attention equally onto our five intelligences at the same time. It takes being able to juggle five balls with only two hands. It is difficult but not impossible. Once we develop the proper training and find the right technique, we can become quite proficient at it.

PRACTICE

Training in differentiation of the mind and contacting the five intelligences one by one:

When at a restaurant, you are looking at the menu and wandering what to order. Recognize the different voices of your mind:

Wood: What should I eat or should not eat according to budget, diet, rules, protocol, or other calculated reasons?

Metal: What do I feel like eating according to what would make me feel good: something gratifying for celebration, something expensive to appear or to make me feel rich, something special to appear different from what I really am? or something I identify with or I am being identified with? Something to fit an image of myself?

Water: What is my comfort food? Something traditional, something that brings me back, something comforting that I can always fall back into without regret.

Fire: What is attractive? Something I would love. Anything tempting? Something new, something I never tried?

Earth: What do I feel like eating according to my appetite? What would bring me satisfaction? What flavor, what kind of taste? What is the specialty of the house? What would fit best according to all the other voices: something I should have, something that gives me good appearance, something comforting, or something tempting?

Let your decision come from general mental consensus and a strong Earth affirmation:

This is what I really want.

However, thinking, just by itself, takes time and effort. We need to take the time to think and to invest some effort into it so we nourish a belief system that our whole mind can accept. It is not enough to remember something because someone with the power of authority told us that it is true and everyone else approves. We have to convince our personal mind that it is so, because until we do, we wouldn't really know. True knowledge comes only after going through the time and effort of proving oneself that what we learned is true and relevant. Then we won't forget it ever. It has become fully integrated into our belief system and as such it has acquired a substantial aspect that shapes our morphology reflecting our mental clarity.

This is why the best way to learn anything is to take the necessary time to decompose, analyze and explore thoughts to give the time for our Wood intelligence to grow and do its work of contemplating, detailing, validating, learning and understanding, as well as getting feed backs from the other intelligences before adopting new ideas and adjusting our belief system accordingly:

- Is it interesting, can it grow and contributes to prosperity? (Wood)
- Is it familiar enough to be integrated into our habits? (Water)
- Is it attractive, loveable, and raising enthusiasm? (Fire)
- Does it feel right, is it responsible, does it contribute to the beauty of life? (Metal)
- Is it functional, comfortable, and contributes to the overall state of harmony? (Earth)

As the patron saint of French education, Jean-Jacques Rousseau, said:

“We never lose our time when we learn anything.”

The mental tools of the intellect: Words and numbers

The classical educational system, coming to us all the way from the birth of our civilization, some centuries before the birth of Christ, even before the birth of Plato, talks about the seven liberal arts to cultivate the human mind. These seven arts are divided into two categories: The use of words and the use of numbers.

1 - The use of words: The power of language to develop our mind

The seven liberal arts of the classical educational system

Vocabulary, articulation and sophistication of language.

The intellectual part of our mind is the only intelligence that needs to learn a language to communicate. In a matter of fact, Wood intelligence invented language and writing along with everything that contributes to have a wider spectrum of communication out of the present so we can have records, archives, a standardized educational system, and the recording of history. This requires to know how to speak and write.

As language provides the mental infrastructure for thoughts, writing builds the synapses in our brain that make us understand what we read. “Qui scribit, bis legit”, he who writes reads twice. If you don’t understand what you read, take the time to write it down. To write down anything trains the brain to build the connections between neurons that allows the mind to expand and learn. Anything you want to learn, write it down.

• First liberal arts: Vocabulary and grammar

Learning to speak well, to write well, to find the right words, to develop and refine one’s vocabulary is a prerequisite to develop in our brain the fundamental infrastructure of thinking. Knowing how to use the right words and how to articulate these words into a precise grammar, enhances the development of our consciousness.

• Second liberal art: Dialectic

Understanding how a language works allows us to sort through information so we can differentiate what’s real from what is not real, what is right from what is wrong. Only then can we develop a critical mind that can discriminate what we really know, what we believe is true, and to be able to build a solid personal belief system we can share.

• Third liberal art: Rhetoric

To think and to speak is one thing, to be able to transmit these thoughts to others and to be able to communicate intelligently is another. This is the art of rhetoric. The art of transmitting knowledge. The art of sharing information. The art of making others understand what we know.

The first three liberal arts of classical education to expand the rational mind are about developing the power of language. The next four arts are about learning how to use numbers in order to understand our world.

2 - Numbers and the awareness of time and space to understand the world

Rational thinking, Wood intelligence, provides us with all that is needed to create a society and a civilization. This requires the capacity to know our world and to predict the future such as knowing our needs in food up to the next crop, thus creating agriculture. It makes us know what kind of shelter is needed for every season and thus creates architecture. Thinking, motored by Wood energy, created all kinds of art and crafts, as well as the capacity to exchange and create commerce. Clear thinking requires knowing how to measure and calculate. This is the use of numbers.

- **Fourth liberal art: Arithmetic**

Arithmetic is about learning the use of numbers. It includes all mathematics. It requires setting mental rules in order to build a logic to set and communicate through a shared belief system beyond mere estimations. A good use of numbers is irrefutable.

- **Fifth liberal art: Geometry**

Geometry is about using numbers in space. It allows us to define space and boundaries and to be able to build or construct anything.

- **Sixth liberal art: Music**

Music is the language of the soul, of the emotional body. It is therefore motored by Metal power. However, being a language, in order to be shared, it needs a rational structure that can be calculated, recorded and reproduced. This allows for composition and the sharing of the music. The expression of emotions expressed by the composition changes with time, following a rhythm. The rhythm carries the time factor through the changes of harmonics that creates a melody. Music brings numbers through time.

- **Seventh liberal art: Astronomy**

Astronomy is the use of numbers through space and time, giving the possibility to explore our world all the way to its ultimate limits. To know our world all the way to its outer limits requires also to know the world we live in, all around us, and within us. During the classical times of our civilization as well as during the earliest times of Taoism it was believed that learning about the outer world would help us know our inner world: As above, so below. This was understood as universal laws, what we could call now a unified theory of physics. Understanding our inner world is required to enter the world of health, healing and medicine.

Wood energy gives us rational thinking, calculation and the extraordinary capacity to be able to explore the past, predict the future, to solve problems to always understand better, to improve, and everything else that makes a civilization evolve.

Our thoughts and the Wood elemental force key words:

Consciousness, interest, cultivation, education, training, discipline, growth, learning, belief, concepts, paradigms, mental viewpoint, opinion, knowledge, genius, inventiveness, spectrum of understanding, rational thinking, logic, calculation, analysis, statistics, mathematics, control, problem solving, supervising, managing, planning, prevention, prediction, strategy, analysis, detailing, more perspectives, vision, creativity, inventiveness, imagination, make-belief, fantasy, truth, fiction, entertainment, pastime, more choices, more possibilities, relativity, more varieties, abundance, fertility, generosity...

Biological facts about our intellectual process, our inner Wood

In our bodies the Wood energy manifests through our nervous system, the only system that keeps going and growing without stopping to rest. As for our intellectual process, we can only calm it and slow it down, or change the subject, but to stop it completely would mean death. The only effective way to rest the nervous system is to change activity. The only time thinking can get inhibited is during sleep and dream time, so many other forms of neural activity can be activated, connecting and feeding other mental functions different than the pure thinking process. As a matter of fact, scientific research shows that the brain, in general, is much more active during sleep than during waking hours²¹.

Learning is a biological fact. Wood energy feeds the nervous system inside the body and allows it to grow. Growing a nervous system takes time. It is the same energy that grows trees in the forest and the flowers and vegetables in our garden, that makes our nervous system grow and learn new things. We can't see trees growing. It takes time. Mental speed is actually quite slow. Wood grows slowly at its own pace, so does our nervous system. The curve of learning is not a straight rising line, but rather a staircase shaped line²².

Learning and understanding better takes the time for our nervous system to grow new dendrites and make more synapses between neurons: this is why it is important to learn slowly and to take our time to learn. If we try to learn fast, the nervous connections don't have time to grow strong and we get subject to hesitations, mistakes, and accidents.

²¹ Stephen LaBerge, PhD: Lucid Dreaming

²² Gilles Marin: Five Elements, Six Conditions for Healing

Wood Yin organ: our liver, the powerhouse of our organism, has many functions under the power of the Wood elemental force. In terms of biological function (physiology), many of them pertain to digestion. In Chinese medicine it has been called Spleen-Pancreas. Traditional Chinese Medicine (TCM) grants more importance to physiology than anatomy. So, for us Westerners more attached to anatomy, the part of biology attached to detailing body parts, this perspective can be quite confusing at first. This is why we have to spell the Chinese Yin Wood organ Liver with capital L to differentiate it from the anatomical liver.

The meridian system bringing the energy to the Liver is the Yin Wood meridian from Foot to Chest, this is why our ancestral European predecessors in studying Classical Chinese Medicine and translating it into German, French and English, called this meridian the Liver meridian.

Thinking intelligence energy source organ: The Liver

What has been translated by Liver, includes the pathway of the Yin Wood meridian system as well as some functions of the liver such as being in control of the nervous system. This is the reason why we lose motor and speech control when intoxicated and drunk. It is also the reason why the brain degenerates when there is excess toxicity in the liver. The mind is not able to use the brain efficiently, and in the matter of brain and nervous system in general, what you don't use, you lose!

This is why Yin Wood-Liver has also a very important role in detoxifying. It is designed to store toxicity until the metabolic system is able to break down the toxins and to flush them out. Mentally, that reflects also the capacity of our Liver to store toxic emotional charges until we have the emotional maturity to outgrow them.

Another essential biological Wood energy comes from the fact that the Chinese locate the Liver inside the lower abdomen. Indeed, Liver energy is responsible for sexual drive, rules menstruations and makes pregnancy possible.

Wood Yang organ: Translated by Gallbladder, the Chinese Yang Wood Organ from head to feet, is in charge of the healthy circulation of the Wood Chi inside the nervous system and its pertaining meridians to provide good nerve functions, and therefore, a healthy brain to provide clear thinking.

Keep in mind that it is the energy of Wood that's responsible for the mind to grow, but it is the health of the brain that will allow the capacity for the mind to manifest. It is a two-way street.

Yang Wood has also a very important role in the detoxifying process as it pushes excess toxins out of the body. It also takes the overflow of bile from Yin Wood, the liver, to Yang Wood, the gallbladder. This capacity to take the overflow of bile out of the liver and to store it in the gallbladder translates emotionally by having patience about something persistently negative. Having too much patience for a long time often translates at the metabolic level by a constriction of the bile duct reducing the bile flow to the duodenum. This results in poor digestion, with the backup of excess bile into the gallbladder, which turns with time into gallstones.

Wood sense organ: the eyes. Indeed, our eyesight is the least reliable sense of our body since we actually don't see what is really out there but only what we believe is out there. Recent experiences in microsurgery working on people born blind show that being able to reconnect the optic nerves to the brain is not enough to bring vision on adults. This operation is only successful on very young infants, just after being born. Scientists found out that reconnecting the optic nerves only after a certain age on people born blind didn't get them to see because the operation was performed too late into the developmental stage of the person. This means that our mind has to learn how to see in order for the brain and nervous system to be able to perform its capacity for vision. After a certain age, even though the eyes, brain and nerves are healthy and perfectly connected, the person remains blind if he or she hasn't learned how to see.

So, that means that we can only perceive what belongs to our belief system, and nothing else. This also explains why we are not able to see our keys right in front of us, on the table, when we are in a hurry and emotionally distraught by the belief that we lost them. On the other hand, this also explains why we can see things that are not there just by believing it is there and why it is so difficult to believe reality, even in front of our eyes, when we are made to think that it is not possible, by convention or personal belief. So, by extension, Wood intelligence is responsible for making beliefs, lies and pretenses when we need something that is not true, and to conveniently create taboos and memory loss in the attempt to make us forget something we wish out of existence.

However, even though our Wood intelligence has a strong control over what we are able to perceive, if we ask our mind to open and see beyond the limits we set on our belief system, it will. But we need to give ourselves permission to step over these boundaries to verify for our own mental sake, what attracted our eyesight and our mental curiosity. We need to make that little extra effort, to open our mind to take that

little extra step toward the unknown, the unconventional, the not permitted. Then, we see! We see more clearly what is and what has been there all along. And, most often, it is not what we originally supposed it to be.

Example: Have you ever sat by a riverside, contemplate nature, and let your mind wander and wonder? Water, the source of life, so much lush so much life thriving because of water.... But, now just look and open your mind. We are being told that the river is feeding the land.... But what do you see really? What do you know? Where is all that water coming from and where is it going? The river is getting bigger as it goes down from the mountains toward the ocean, not smaller. Water is being drained from the land by brooks, and rivulets, by the mere power of gravity and the path of least resistance. What does that mean? It means that, unless there is a seasonal flood or an irrigation system that pumps out or diverts water from the river toward the fields, the natural direction of water is from the land toward the river and not the reverse. That means that the land feeds the river and the river does not feed the land. The lush and richness of the land comes out from the water that's already there brought by rain and resurgences coming from deep inside the ground, but all of it is converging toward the river, and ultimately, to the ocean where evaporation will continue its life sustaining cycle.

A river like the Colorado river, or the Rio Grande, crosses entire deserts without fertilizing them. Even the grounds touching the water is not growing grass. During the droughts, in California, we can see the sides of the lakes going down. But, even though the drought can last for years, nothing grows on the parts of slopes touching water, leaving the marks of drought where the water of the land stopped feeding the lake.

It is not only the snow pack and the rains in the mountains that grows rivers and feeds the land. It is the rain that pours everywhere that feeds the land, and rivers are only the returned blood to the ocean, the venous circulation, or, better yet, the lymphatic system of the land like the lymphatic system in our body that drains all the used cellular water and mucus to be filtered and recycled into freshly renewed fluid, which is raining back inside every cell in the body to renew their content of water through the circulatory system feeding water through interstitial tissues all the way to the cellular level.

Wood tissue

Nerve tissue is the only tissue that keeps growing and can't stop working. Even though we lose neurons by the thousand as we get older, the remaining neurons keep growing

new connections. The only neurons we lose are the ones we don't use. The others keep working and growing. This explains why master crafts persons and artists are better when old. They have practiced longer, and their nervous system had time to develop better and stronger synapses than younger practitioners. A neuron that stops is a dead neuron. The brain, our biggest mass of neurons, is the only organ to keeps functioning without rest. It keeps growing and keeps changing, adapting to the different uses of our mind. The only way of resting for our brain and the rest of our nervous system is the change of activity. This points to the Yang nature of Wood growing from Water to Fire. From cold to hot, from deep to superficial, from essential to substantial.

Wood vital expression

Mentally animated, fast thinking, clear minded, perceptive, understanding, knowledgeable, traveled, inventive, progressive

Wood mental attributes

Manifesting the whole phase between Yin - Water and Yang - Fire, the Wood spirit is an ever-rising force. It is about cultivation, culture, development, expansion, and the ability to learn and grow. Wood power gives abundance, luxuriance, variety, diversity, richness, and the capacity to the mind for always finding more ideas, more possibilities, and more capacities, and to know better. It is the ability to develop skills, amass knowledge, to invent and re-invent, to register information, to solve problems, and to set a way toward perpetual progress and more abundance. It is the capacity to see clearly, to visualize, to focus, to understand always better, and to always update, fix and correct.

The symbol of Wood is the tree. To reproduce, the tree needs only one single seed. But a tree has so many seeds just inside one fruit, so many fruits, and bloom, and foliage providing sustenance, shade and shelter to a whole ecosystem, and even dead branches to provide fuel for fire and compost for the ground. The Wood force is all about production, abundance and generosity.

The spirit of Wood is generosity itself, kindness, goodness and perseverance in improvement. The Wood spirit has the extraordinary capacity to escape the present in order to fulfill its capacity for imagination. It is able to extrapolate and to come out of the bounds of reality. Wood can imagine something not present. Because of this extraordinary capacity Wood is the spirit of distraction, recreation and entertainment.

Wood energy holds also the scary energy of the jungle with the depth and darkness of its woods, its dangers of wilderness, with its beasts and dark spirits. The danger of getting lost, of not being able to see beyond what is just in front of us, to lose landmarks

and perspective. The danger to walk in circles, of losing track, of getting mad! All these fears are indeed mind related. The fear of the unknown, the fear of thinking out of the box, the fear of getting lost into unconventional considerations where there is no way back.... The fear of being rejected for thinking differently.

However, the law of the jungle is also the exquisite ecological order of nature that allows for the maximum of life within the minimum of space, with everything connected within an osmosis holding, helping, and nourishing each other into a thriving and self- sustained environment. This means that we need to keep and preserve a little wilderness in a protected corner of our mind, like a special nature preserve, to allow that ecological order to manifest within ourselves, so we can surprise ourselves in the discovery of new a plant, an unknown flower, a never seen butterfly, the sight of an unexpected animal, a rare bird.... The magic place in our mind undisturbed by conventional education. A place of pure abstraction where the wildest dreams and brand-new ideas arise. A place of completely personal perspective, allowing ourselves to be surprised by the hidden capacities of our own mind.

Playing for learning

Wood intelligence needs to learn and to understand. It wants education in order to have information and choices in terms of knowledge, paradigms, concepts, systems of thoughts, and logic. It establishes the belief system we rely on. Wood intelligence is traditionally pictured as a monkey. The monkey's mind. It is the curious monkey that can't stop moving around. You can't ask a monkey to sit down and don't move - no monkey can do that. Likewise, Wood intelligence is a learning machine that can't stop playing.

Because of the biological slowness of the learning process we can't possibly learn without making mistakes. Actually, we only learn through making mistakes. This is why the most natural way of learning is through playing like kids do all the time. Then, mistakes become fun and can even become more entertainment and adds to the playing.

When nothing else can be learned from a game, once we know all the tricks, then it becomes boring and it is time to change the subject and play with something different. Or, an upsetting mistake is finally committed and results in a fit of crying.

It is amazing to observe that natural process of simultaneous change of activities with young kids or young animals: they won't stop for a pause. They jump from one fun activity to another until they collapse for lack of fuel: either food or sleep.

And on the contrary, when we don't allow ourselves to make mistakes and become too serious, we stop learning, life becomes boring, and, of course, that's when the worst mistakes are often committed because of lack of enthusiasm, lack of importance, and, by extension, lack of attention. Such mistakes are symptomatic of a need to change, to evolve, to heal from an unhealthy, and most often, stagnant situation.

Positive aspects: Productive, generous and cooperative

When healthy and abundant Wood spirit gets imaginative, open, clear minded and constructive. It gets involved, cooperates, and develops productive networks and associations for the benefice of all. A healthy Wood intelligence gives without expecting payback. Healthy Wood uses emulation for the ongoing mental evolution of humanity. Because it can produce so much, its generosity has no limits. The Wood power creates, what we have called, the order of the jungle, the exquisite ecological order of nature, which is to provide the maximum of life within the minimum of space with each living component enhancing the quality of the network of support of the entire living system.

Negative aspects: Lying, avariciousness and thievery

When unhealthy, weak or corrupted, the Wood spirit finds another extraordinary way to get by: Lies and theft, appropriation, exploitation, abuse, fraud and robbery. It then becomes a very strategic, tricky, and creative self-centered parasite seeking dominance with self-given entitlements. Because of its capacity for reinventing reality, Wood is the only intelligence capable of untruthfulness, dishonesty, and deceit. It will even make up laws to justify its perspective of reality. Unhealthy and corrupted Wood is the reason why there are so many laws to justify so much injustice. It is the result of developing the art of legality (Wood) to cover up for a lack of moral ethics (Metal). Then, instead of promoting abundance, diversity and generosity, corrupted Wood will impose restriction, austerity, competition, repression, discipline, law and imposed order, with the dominance and appropriated privileges of the dishonest, the incompetent, the greedy and the violent.

Thoughts and our spirit - Wood and our inner Fire

The Function of Wood is to nourish the Fire so our beliefs can fire our spirit. However, when we use our mind without spiritual purpose or proper guidance from our spirit, our wood intelligence becomes a past time and mere entertainment. Rational thinking needs to satisfy its thirst for new ideas. However, knowledge without the guidance of good purpose is empty of real meaning and will turn toward self-serving calculations and profit-making skims.

A good spiritual purpose is not necessarily charged with the idea of spiritual belief, devotion, or religion, even though spiritual texts from all religions have kept humanity's mind occupied and preoccupied for the longest of times. But our Wood intelligence, rational thinking, will provide us with all the possibilities, and it is our Fire intelligence, our spirit, that should make a warm satisfying choice guided by the right spirit about what decisions to take in life, as opposed to a choice made from a cold and calculated decision coming from our Wood intelligence.

Rational thinking (Wood) is not supposed to take a decision or to make a choice. Its job is to cover the widest range of possibilities and to suggest. To oblige rational thinking to decide what choice should be taken, especially in important case of life changing situation, obliges the voice of our intuition (Fire) to shut off. It is a form of mental abuse and it is often the cause of chronic and systemic diseases. Such diseases are the result of a healthy and natural reaction from the unhealthy situation of turning away from our guiding spirit, from our passion, from our love. Such resulting symptoms are the attempt from a deep recess of our subconscious mind to make us go through a healing process and to get us back on our spiritual track toward fulfilling our life purpose.

When this knowledge applies to the present and is functional in terms of serving the right purpose at the right time, Wood intelligence, when hard and sturdy, can burn for a long time and maintains high heat, as acquired wisdom. Wood intelligence is at the service of the spirit who requires the capacity to bloom and guides the person toward happiness in life. For that purpose, Wood has to dry out and burn, meaning to integrate knowledge into a belief system. Then, it delivers back the energy accumulated given by the sun (Fire). This is the sacred fire that feeds the charisma of the dedicated artist, craft person, performer, teacher, doctor, or spiritual leader, and, more commonly, that motivates the dedicated parent and true friends.

But, if our inner Wood is not able to burn, it will rot under the influence of fear found in overused, negative patterns of habits found in stagnant Water energy. Soaked with fear, or immersed into an old tradition, or an old pattern of habit (Water) that lost their meaning, a Wood intelligence holding on watert will remain too green to burn, will create a lot of protective mental smoke, and will get lost within its own reasoning, not being able to keep the guiding light of spirit in sight.

Thoughts and our instinct - Wood and our inner Water

Water power feeds Wood power. Wood grows out of Water. Wood absorbs Water. Water makes the seed sprout, but Water is also the program already hard wired within

the seed, the potential for the whole tree, a whole plant. In order to evolve properly, rational thinking (Wood) has to come from an original idea (fresh Water, new seedlings) and integrate completely the traditions and knowledge of the past, the ancestral legacy, history, culture, traditions, customs, and patterns of habit of the old Water in order to outgrow it, to keep evolving. Whatever lesson is not been assimilated will have to be learned while evolving into a new frame of mind. This is not easy. This is why it is so important not to rush an education. It is important to take the time to learn things that we apparently don't really need just for the sake to know how to learn... A step skipped during development will have to be taken later in life with the added predicament to have to regress to the developmental stage where that step belongs... This is viewed as swimming against current, regressing, as it might be the case during a healing process. Having to learn from a lesson we already had but couldn't integrate properly.

Nevertheless, Wood cannot stay in Water too long or it will rot and won't be able to burn and feed our spirit (Fire). There are some good things to keep about traditions (Water) but things have to get updated to fit the new ways of life. When traditions are followed just for the sake of following dogmatically traditions, rigidity and sclerosis take hold and prevent evolution.

Water of the past is usually comfortable, or, at least, familiar. It is not easy to come out of water when we feel good in it. This makes it difficult to get rid of old habits or to change them. This is the reason why people keep habits that are detrimental to them. They are so used to them that they make them feel comfortable...

Wood floats but it gets soggy. This is a level of mental corruption attacking irremediably the weak-minded feeling too comfortable to evolve and too hard to change. The Wood intelligence has to grow first from the Water of the past, but it has to mature and acquire body and strength to follow the light of Fire as all plants do or they will never bloom or bear fruit.

Thoughts and our physical intelligence - Wood and our inner Earth

Wood controls Earth by having the power to leave the present and to look back at the present from an "out of space" distance, and through the filter of a belief system. Its main role is to reflect upon the world, to step back and contemplate. Wood reflection sends a second picture to the mind, a critical look at reality, matching up and adjusting the reality of the present with the belief system acquired through the experience of the past (Water) and re-adjusting the belief system with the upgraded picture of the here and now (Earth), while looking forward to the future of the guiding Fire. By doing so, Wood intelligence acquires the power to control and influence the present, the functional Earth intelligence, to see the present through the filter of all the knowledge

contained in the mind, and to be able to apprehend an idea of how the future might be according to past history and what is happening in the present.

It is very difficult to accept for the all rational thinking mind that everything we see is an interpretation relative to our belief system. This is also the reason why we often have a hard time believing reality. As Mark Twain said: “**Truth is stranger than fiction**, but it is because Fiction is obliged to stick to possibilities; Truth isn't.”

However, what we perceive is only what we are able to personally believe. This is the main reason why all the old sages and spiritual teachers of the world keep saying that the perceived world is an illusion.

Thoughts and our emotions - Wood and our Inner Metal

Metal cuts Wood. The emotional world is too confusing for this rational intelligence and... too fast, and too relentless! Wood surrenders to Metal. Rational thinking surrenders to emotions Always! Never fight over an emotional issue, there will never be a winner.

The cerebral cortex is responsible for processing rational thinking, through our nervous system. This is the most advanced feature in the brain of primates. However, and most probably because of being only a very recent feature in the history of evolution of the species, this cerebral cortex works only at a fraction of its capacity, very slowly, and under tremendous amount of effort and concentration. This is why it is not easy to think clearly and to adopt reasonable mental choices. Thinking requires education, training, focused attention, ... and time. It is hard work. In contrast, Metal intelligence, emotions and feelings, live effortlessly in the present.

All feelings and emotions are immediate and connect through parts of the brain that are more ancient than the cerebral cortex of the front lobes, working at 100% of their capacity quite effortlessly at all times. This is why realizing we feel a certain way takes time. The thinking awareness toward emotions will always be a delayed reaction. That's why we often catch ourselves emotionally reacting before we even let ourselves know how we feel. By the time our mind realizes how we feel, our facial expression and our body language have already expressed the emotions, and the tears and clenched fists are there. We have regressed to our familiar instinctual pattern of emotional habit, hard wired and inherited within our ancestral Water.

Feelings and emotions live in our bodies in a way that's too immediate for our thinking process to grasp on time. That's why our emotional life controls our thoughts. Not the reverse.

Metal lives within the immediacy of the present while Wood can only think about it. Thinking will always be a delayed reaction to feelings and, even though we might understand perfectly why one could feel a certain way, it would merely bring a sense of mental satisfaction which can temporarily mask the negativity of a feeling without ever changing it. Confronted to the discomfort of certain emotions Wood intelligence will try to find a solution, to solve the problem. Unfortunately for the Wood intelligence, emotions and feelings are not rational, therefore they cannot be used to constitute a rational problem to be solved. This is how the Wood intelligence can be brought to the edge of insanity when faced with a confronting relentless Metal intelligence. However, we are not even supposed to try to solve emotional distress. That's why "thinking positive" can only add fuel to our distraught emotional charges in the long run.

As we will see next in Metal, we don't solve emotional situations, we outgrow them. For that purpose, Metal emotional intelligence needs the support of a validating rational Wood perspective and its clear consciousness. Emotional intelligence alone, being immediate, similar to the Earth intelligence, because living only in the present, lacks the reflective capacity of a detached thinking process.

In the other hand Wood intelligence needs the mature outlook of Metal to choose the best ideas, the more responsible, the more elegant, what would make the person feel good about her/himself and others. Metal intelligence needs to trim through the dense wood intelligence of thoughts and possibilities and pick only what fits its sense of ethics, esthetics, and what is responsible and respectful.

CHAPTER 2

Metal and our emotional intelligence The Yin, deep and essential part of our soul

The part of the mind in charge of social intelligence, emotional sensitivity, a sense of ethic, aesthetic, and elegance, of taking responsibility, of emotional maturity, dignity and pride.

Metal intelligence is emotional intelligence. Sensitivity and sensibility are required. It takes power to be emotionally sensitive. It is the ability to be in touch with our inner feelings, respecting them, and being true to them. It takes not only sensitivity but honesty and courage. The courage to face our own emotions, the courage to be honest with oneself. These qualities, developed internally within us, extend beyond ourselves to the external world. There is something definitively substantial about these emotions that extends a solid bridge of consciousness at the physical level. Metal intelligence becomes thus our social intelligence allowing us to enhance the quality of relationship with others and to develop a more complete and efficient way of communication than just through a mere exchange of information. It is the art of listening and respecting other people's feelings as well as being able to express our own.

Metal intelligence is the art of politeness and expert diplomacy. It is, at the same time, the art of bonding with others, and the ability to create personal space and conscious boundaries around ourselves. This is the original way of creating quality relationship, intimacy, friendship, and a solid network of social support by being properly selective and discriminative within our social circle. The I'Ching, the base of Taoist teaching is very clear about social relationship. It says clearly that there is no such thing as loving everyone or having everyone loving you. It does not matter how much a loving person you could be, there will always be someone to hate you no matter what. And, by the same token, even if you are a very hateful person, there will always be someone to love you unconditionally. However, for some others, you would be of no importance, insignificant and completely neutral, almost invisible.

Good quality metal energy allows for smooth contact and good transmission of information at the kinesthetic level. While Wood power carries the precision of language, Metal carries the emotional attitude behind the meaning of what is being said.

Metal power delineates, but also continues a zone of influence through our breath (our skin is our third lung), the smells we are receiving, and the smell we are emitting, extending outwardly the feelings we are carrying inside ourselves. This form of

communication through smell, even though covered up and even artificially transformed by our civilization, is very much alive in the rest of the natural world, human, animal or vegetal, and is still functioning at a deep subconscious level within each of us, civilized Westerners.

Like the skin that delineates ourselves from the rest of the universe, but continuously breathes in and out, our Metal power manifests the quality of the surface contact we have with others, with the rest of the universe, and with the whole of existence. Thus, our breath establishes an infinity of bridges of communication within and without ourselves.

Our soul is made of our emotional self. Being the Yin part of our soul means that it is located in the innermost and essential part of our body.

The power of the Metal force is all about the quality of connection and the conductivity of the bio-force with its accompanying feelings, as opposed to the Wood force, which acknowledges, articulates, and describes these feelings.

Metal, being the power of communication, it is also the conductor of bioenergy, Chi. The quality of the life force is transmitted through this kind of communication. It is the way of epidemics: transmission of disease as well as the transmission of healing. Crying and laughing are both equally communicative.

In the Yin-Yang Tai – Chi symbol²³, the Wood and Metal forces are opposite and complementary, being both held together by the power of Earth. Wood constantly growing and renewing itself from extreme Yin Water to extreme Yang Fire, while Metal is condensing and refining, going from extreme Yang Fire to extreme Yin Water²⁴.

Metal intelligence is Yin, refining, condensing and concentrating, moving down from Yang – Fire to Yin Water. From the bright and warm guiding light of our spirit down and back to the essence of life where the refining of our soul enriches the seeds of life at the core of our cellular level (Water). Wood intelligence is Yang, expressing, evolving and raising, moving back up from the extreme Yin and the depth of our refined instinct from the Water of our past, toward the extreme Yang of the fire of our guiding spirit in search of a better future. Such is the mechanism of evolution of emotional intelligence and the growing of our mind into human maturity.

²³ See illustration of Tai - Chi

²⁴ Five Elements, Six Conditions

Internal Alchemy

Metal power is the source of internal alchemy that progressively transmutes our inner base metal into gold. What is the difference between base metal and gold? Very obvious at first sight. No one wants to have a big bunch of scrap metal inside their closets, but any amount of gold can be amassed there, no one would ever complain about it. Gold does not rust. Gold is incorruptible. Gold will always shine no matter what.

In terms of energy, base metal is a very poor conductor: when running electricity through it, iron would saturate and turn red with heat, not being able to carry much energy through electricity or information through a magnetic field. It is ok if we want a heater, but as a conductor, all the electric energy would be lost into heat. Lead would just melt, not able to conduct much electricity at all. It is useful to use lead as a conductor if we want a fuse, or a surge protector. But to conduct electricity from one place to another with a minimum of energy loss within the distance covered we need a more sophisticated alloy like copper. Silver conducts energy even better but is more expensive, and gold, which is even more expensive, is almost a superconductor that can carry enormous amount of electricity in a very thin wire on long distances without much loss in heat. And, for a better transmission of information through the magnetic field, we platter the jacks of electric music instruments with gold for a better-quality sound.

The process of transmutation of base metal into gold is a metaphor for internal energy refinement. Not only gold can efficiently carry large amounts of energy, it also reflects light perfectly. Gold never loses its shine even after spending centuries under the ocean, as gold coins found inside sunk galleons can attest. Gold never rusts, gold does not oxidize, gold does not corrupt. This is what makes gold so precious. It is always nice and shiny. Gold is a metal that does not need polishing. When the gold level is attained within our internal alchemy, there is no more polishing needed. No more upgrade possible. Buddhahood is reached. Bioenergy turns into pure light.

The pace of mental growth in Wood must follow the pace of maturity acquired by Metal intelligence in order to keep a healthy mental balance within our mind. A sense of responsibility provided by emotional maturity in Metal is indispensable to manage the power given by knowledge in Wood. This takes sharpness, and, most often, the courage and the power to confront a run-away belief system. On the other hand, when thinking uses rational knowledge at the expense of emotional maturity, this results irremediably in avoidance of responsibility and abuse of mental power with resulting disastrous outcomes.

Metal intelligence is the intelligence that gives maturity to our soul. This emotional body has a substantiality. Emotions are more consistent than thoughts, they shape our

body expressions and attitudes. They don't change so easily. In order to change, emotions need a different mental processing than understanding or knowing better. To change, emotional patterns require the repetitive experience of life that allows the physical body to integrate the new information down to the subconscious level.

Furthermore, emotions need digestion: extracting what we need from them and eliminating what we don't. It is a biological fact that goes beyond the mere growing of more synapses in our nervous system. What we need feeds our soul and makes it grow. What we don't need will be eliminated. This emotional digestive process is immediately manifested in physical changes: facial features, of course, but also deep inside our metabolism reflected in quality of functions of our internal organs and into the general structure of our body that is responsible for our emotional attitudes, coordination of movement, breath, posture and composure, our gait, our characteristic personal appearance, our presence, morphology and personality.

Our emotions and the Metal elemental force key words:

Sensitivity, sensibility, breath, feeling, sensation, emotion, mirror effect, reflecting the light of spirit, polishing, cleaning, sharpening, perfecting, maturity, esthetics, cosmetics, perfume, fashion, beauty, elegance, refinement, harmonics, musicality, tone, expression, impression, a sense of ethics, morality, rectitude, honesty, courage, uprightness, dignity, pride, respect, elegance, sharpness, coolness, smoothness, ease of being, integrity, dignity...

The voice of emotional intelligence: Tone, accent, and musicality in the voice. Body and facial expressions, attitude, countenance, appearance, makeup, mask, shape and movements.

Biological facts about our inner Metal force

The organs of emotional awareness: the large intestine and the enteric nervous system

In terms of the functions of internal organs Yin means hidden, deep, essential, and central. Yang means apparent, substantial, and in charge of movement. Our Yin part of Metal anatomy, our Lungs system, including our diaphragm and its system of fasciae extending to the tendon attachments on the frontal parts of the upper lumbar vertebrae. The movement of the diaphragm also involves the movement of the intercostal muscles and their attachments to the dorsal vertebrae. All of this and much more is responsible

for giving us the quality of our breath, our sensitivity in general, and for the quality we bring to our emotional life. The emotional job of our yang part of Metal anatomy, our Large Intestine system, including mesentery and pertaining nervous system attached to it, is in charge of moving our emotions to the surface of awareness to give us the last glimpse of consciousness before total elimination is allowed.

This emotional awareness is what triggers us into action. Emotions, e-motions, are what gets us into movement, into specific behavior. Therefore, we don't actually behave from the most rational part of our mind. You might have already noticed that even though you might have taken some decisions, a long time ago, after much thinking and calculations, to do a certain thing in a particular way, (like following a special diet or some other sort of regimen), at the last minute, if you don't feel like it, you end up doing things sometimes quite differently if at all. That makes for the unpredictability in our lives and how we evolve as a person. Even when we think that we behave and do things according to our most rational mental side, the trigger and the initiation of the movement toward executions of plans comes only when the time "feels" right.

If rational thinking from the brain is in charge of making plans, the execution of the plan comes from the enteric nervous system, from our gut feeling, from the depth of our subconscious. This is a well-known phenomenon experienced every day by athletes, dancers, musicians, and martial artists, as well as any specialized craft person working with their hands. We might perfectly know the techniques but a good performance of the techniques comes only after a long and repetitive practice until solid integration of the movement down to the subconscious level has taken place. Then the movement is integrated as a reflex that does not need prior thinking any longer for a perfect execution. What is then most important for a good performance is not what you think, but rather, what you allow yourself to feel.

Make sure, then, that your inner Metal is well polished enough to reflect the light of your guiding spirit. If you let yourself feel the fear of being criticized, there would be poor performance. But if you throw all your energy into the spirit of the character, success is guaranteed. This is what true art is about: hard work. It is true for any art form. Behind any kind of good piece of art there are hours and hours of training and practice to allow the emergence of the subconscious from the depth of our guts where the genius of our spirit lives in us.

This is how important our Yang Metal piece of anatomy, our large intestine, is. The large intestine, Large Intestine, in Chinese medicine, englobes much more than what constitute the anatomy of our anatomical large intestine. It also includes the whole of its physiological zone of influence, as well as all its systems of fasciae and pertaining muscular connections.

It is interesting to underline here the facts that our large intestine hangs from the phrenico-colic ligaments to our diaphragm and rests on both of our iliopsoas muscles like on a pair of shelves, which share a system of fasciae and attachments on the same lumbar vertebrae as our diaphragm. This is why our breath and our walk and gait are very personal. No one else feels exactly like us, so no one else breathes or walks and moves exactly like us.

Our large intestine organ system, not only involves its innervation but also its biotic population and the way it makes us feel²⁵. Besides our brain, our large intestine is the site of the most nerve connections inside our bodies. Its intricate connection to our enteric nervous system makes it independent of the control of our brain. In a matter of fact, it is the reverse. It is our large intestine that controls our brain²⁶. More than ninety percent of serotonin production, the hormones and neurotransmitters in control of our moods, sleep and dream time. Serotonin and its hormonal axis melatonin are produced there as well as dopamine, a well-known hormone indispensable for the treatment of Parkinson's disease. It is of no surprise, to people sensible enough to know, that it is quite impossible to think clearly or to feel mentally or emotionally stable while having intestinal distress.

The lock and key to our emotional processing

As a person, we grow by processing our emotional life. It is done through digesting. We literally digest emotions the same way we do food. We absorb from existence what we need and we eliminate what we don't any longer by outgrowing particular emotional issues. This feeds our soul and gives us maturity.

The large intestine is the organ of emotional awareness. It is the last part of the transit of emotional digestion, but, for the emotional charges that are still there, it is a most important step. As for the digestion of food, the easier to digest, the earlier it happens inside the digestive track. Some sugars get digested right from the mouth and are absorbed by the mucosae membranes. Similarly, the most positive and enjoyable emotions get digested instantly. The more difficult the emotions are to be acknowledged and validated, the longer will they take to be digested, and will take a much longer time to be brought to mental awareness. And, indeed, as for emotions following traumatic events, some of them are not digestible at the time of occurrence and will need to be put in storage inside the liver as emotional charges, sometimes for

²⁵ The Psychobiotic Revolution: Mood, Food, and the New Science of the Gut-Brain Connection, [Scott C. Anderson](#), [John F. Cryan](#), [Ted Dinan](#)

²⁶ Michael Gershen PhD, The Second Brain

years, sometimes forever, the same way toxic compounds get stored inside our liver, until we are able to detoxify from them, or not, in which case they stay hidden there forever and become so much part of the constitution of the host that it creates a marker inside the genetic structures of the person and is transmitted to the next generations, which, hopefully will be born better equipped or will benefit of a better emotional support to be able to bring it to completion.

When an emotional issue is ready to be outgrown it appears inside the large intestine as an energetic charge ready to be eliminated. It is the step of awareness that allows the mind to decide to change. These charges are the parts of our emotional digestion that need to be eliminated and like their fecal matter counterpart, no one likes to look at them, feel them, or smell them! We want to get rid of them as fast as possible in the most private setting possible. Isn't it strange that we not only need to hide but to lock ourselves away from anyone until our bowel movement is flushed out of existence? This behavior carries much more significance than to just discard the byproduct of our digestion.

No one likes to face the part of us that we have emotionally outgrown, especially if it is a part of us that we usually criticize in others... No one likes to be reminded that we were once exhibiting traits that we now abhor. Ask any toddler who has just been toilet trained, if he or she remembers having to wear a diaper and having to go in their pants? They usually would respond that this is disgusting, they have never done that! Or ask a teenager if they remember doing some silly things as a child... Especially if they were made to feel ashamed of it, no one likes to remember one's own shortcomings. And they don't want to be reminded either, it could bring very strong emotional reactions.

It is likewise with our everyday emotional life. As we feel and know better, we don't want to be remembered that we didn't. We don't like to look at what we just eliminated. That part of us is not only gone, but the person with those traits is also gone forever, not to ever be seen again, that person is dead! We are no longer the same person. We are reborn. The emotional past has been erased. This was past life! And, indeed, we don't want to remember past lives either... How ignorant, cruel, insensitive, bad looking, unkempt and smelly we were... Even if it was just a few days ago, a few months, a few years... Or a different lifetime altogether! Past lives would be too painful to remember, that's the main reason why we don't. But the memories are still there in us, deeply set in our physical tissues and the depth of our cellular memorial ancestry. Information does not disappear. We literally choose not to remember, for good reasons.

This is the reason why, to heal from a deep emotional wound, or to be able to grow beyond any serious emotional social retardation, this would most often take the need

to contract a serious disease, to have an “accident”, or to get us into some kind of social crisis to oblige us to change and to outgrow the situation, to adapt, and to heal from emotional issues that have been too difficult to admit, to recognize, to validate within ourselves. This emotional awareness is what triggers the emotional processing of emotional charges that make use of their specific stored energy to outgrow both ourselves and the situation that triggered the crisis.

The large intestine, the enteric nervous system and dreamtime

Emotional elimination goes mentally the same way as the rest of emotional digestive process. It is done mostly subconsciously. However, dreaming is another biological mental function that reflects very precisely our state of consciousness during this emotional process, but it has been unfortunately kept underdeveloped in our culture.

Metal is the surface contact in between everything: between water and air, between the clouds and the sky, and between heaven and earth. Metal is the lock and key that closes, hides and protects, or opens the bridges in between worlds and all levels of consciousness. During our sleep our consciousness can travel and allow it to enter our subconscious through dreams.

Dreams are a portal to very different functions and places that we are not here to explore. However, there is a place and a time in dreams that is mostly dedicated to emotional processing. Those are the dreams we have especially those between 3:00 and 7:00 AM, the time where the tide of Metal energy is at its highest²⁷. Dreamtime is the only time in our life when we can allow ourselves to be one hundred per cent emotional without any danger to ourselves and others while being paralyzed and anesthetized in the comfort of our bed. There, our mind protects our mental sanity by choosing to commit particular dreams to our consciousness by using a very sophisticated and precise universal language of symbols quite difficult to get from our rational intelligence without effort and guidance. Then, the slow awakening of emotional consciousness allows more time for the process of physiological emotional maturity to take place at its own pace, protecting our mind from any unnecessary suffering.

However, even though emotional digestion is prominent between the hours of three and seven in the morning, we digest emotionally all day long the same way our body digests food all day long. The digestive process, both physical and emotional, happens with less intensity during daytime because most of our energy is mobilized by priorities that need the use of our sympathetic branch of our central nervous system over the parasympathetic branch. Then, digestion is put on the back burner but does not stop.

²⁷ See biological meridian clock. Five Elements, Six Conditions

Dreamtime, during waking time, shows in the need to suddenly daydream, or fantasize about something, to want to watch or to remember a certain sequence of a movie, or to listen to a piece of music or a particular song in order to trigger specific emotions. We are then fulfilling a need for emotional support.

Dreamtime and psychological distress

I cannot approach the subject of emotional processing during dreamtime, without sharing my experience with some of my clients experiencing major ameliorations with their psychological health and well-being. This happened too often to be pure coincidences. When people come to me for treatments they usually never talk about any psychological diagnosis given to them by the medical establishment. But I often get their testimony about how TaoTouch treatments and prescribed exercises and functional meditations alleviated completely or greatly ameliorated their psychological distress.

Something I noticed about all of them is that they all had insomnia, either not being able to fall asleep until 2:00 AM, or waking up in the middle of the night (2:00 AM – 3:00 AM) and not being able to fall back asleep until 7:00 AM, when most need to get up to go to work. During treatments they would all enter a very active time of dreaming with very specific physical emotional expressions like involuntary fascial movements and deep spastic gut reactions generally only happening during dreamtime, especially during nightmares. As soon as their sleep time improved, after a few treatments and a daily regimen of Sunning practice, they would voluntarily share their experience about being able to dream again, or even being able to dream for the first time in their lives. Also, I got too many cases of significant drops of anxiety, of episode of absolute fear, anger or rage and other manic episodes including hearing of voices or frightful visions and other scary symptoms to be the result of pure chance.

From the perspective of holistic TaoTouch, all these psychological symptoms, like all physical symptoms I ever treated, are healthy reactions to unhealthy situations²⁸.

In the case of senile dementia, the same thing happens. There is nothing wrong in the mind of the person, only different priorities. The spirit knows that there is no much time and energy left in the body and the emotional work has to become priority. The dream state takes over the waking state by covering the intellect with a thick layer of emotional projection. Because of being so intense, this internal reality becomes more real than external reality. No point of trying to prove your grand-mother wrong when she accuses someone of stealing her purse after she had herself hidden it in some improbable places. Instead, I rather advise you to validate her feelings and to help her

²⁸ G. Marin Healing from Within with Chi Nei Tsang

explore deeper her emotional landscape by asking her how she feels about it and if that does remind her about some other events in her life. In many cases such symptoms appear when the person has started her or his transition by getting rid of a rational reality which became secondary. The soul needs to go through an ultimate emotional relief before separating from the body.

The conductor of vitality: Yin Metal, our lungs, our skin, and fasciae and connective tissues

The amount of vitality (Chi) in the body is provided by the Water power that brings the ageless information of life including the time of death. But the quality of that vitality resides in the way that energy is transmitted and how it fills up the whole being at any given point in time. This is breath.

To breathe is to feel alive. Breath not only carries vital oxygen all the way to the cellular level, but by doing so, it carries with it the movement of breath that establishes the inner bridges of physical sensations throughout the body: wherever we breathe, we feel. Wherever we don't bring the movement of breath, we don't feel. We avoid the movement of breath wherever we need to hide an emotional charge too overwhelming to process. We will have to wait until we have the maturity, the time and energy to address it safely. In the meantime, the current of vitality is impaired and expresses through the movement the body the psychological profile of the person.

Feeling is a most essential mental capacity (Yin). Thinking gives us the active (Yang) capacity to know we are conscious, but the feelings carried within our breath is the passive (Yin) capacity and the proof, the physical test, of being alive and how we feel about it.

Our olfactory sense makes a direct physical contact that our eyes or ears can't allow. It is a form of touching and sensing that our smell does even before tasting. Smelling is an exploration of a surface contact that is not visible but feels up the whole space, like a sound or a scent. Breath is the inner bridge that connect all levels of consciousness. Anywhere we can extend the motion of breath we establish a feedback loop that carries the echo, the resonance of the other side of the bridge of breath. Metal power is the music that fills up any space, any tissue that resonates back to create harmonics and good mood or to reflect back the disharmony and the feeling of being upset.

Metal power gives us our breath, the capacity to inhale and extract life giving oxygen from the air as well as good essences from flowers and trees. It also allows to eliminate what we don't need from the air along with gaseous byproducts from our own

metabolic system. So, our breath cuts through the air and takes only the oxygen. How do we do such a thing? With the molecules of iron in our blood that capture oxygen atoms. Like a magical knife. A true Metal power function: the capacity of differentiation and separation of different parts within a space of no emptiness. Metal delineates boundaries. It is the surface contact establishing both boundaries and communication.

In the body, Metal is also our skin that breathes and delineates the shape of our body to differentiate it from the rest of the universe. The skin is our third lung, it breathes as well as feels and assesses through touch. Inside the body, these Metal attributes are continued by our inner skins, our fasciae that delineate and wrap all organs and muscle fibers and give them “room to breathe” with a surface contact that conducts the vital force, bioenergy - Chi. Metal breathes vital energy in us by infusing vital Chi to all tissues from the meridian system running through the fasciae and skin. The Metal attributes of our skin and fasciae conduct vital energy like a living wiring grid. This ability to be in touch with everything alive within us carries the extraordinary mental attribute of being the inner bridge that connects all levels of consciousness. It is our true mind-body connection. This is why our Metal intelligence holds the lock and key to our healing processes.

Breath establishes the emotional bridge in relationship within ourselves, and also with others. Greetings all over the world and across cultures have a common denominator: synchronization of breath. When we salute, when we bow, when we shake hands, hug or kiss, the physical movements require a synchronization of the breath of the persons involved. If, while greeting and in a moment of awkwardness, breath becomes out of synch, this can provoke both emotional bodies to react negatively to each other and become conflictual as a defense reflex. Many relationships start-out on the wrong foot just from miss-matching breath by awkwardness.

The Metal spirit gives metal its shine, its sharpness, its smoothness and its reflective power. It has a tremendous power of attraction. It is found in the reflective capacities of metal when it is well-polished and in crystals when they are nicely cut. Also, in Metal, we find this compulsion toward making things neat, clean, sharp and well-polished. Metal is about embellishment, decoration, refinement, elaboration, artistry, sophistication, charm, elegance, and grace. Metal is the glamorous spirit that rules the art of perfumes and cosmetics, fashion, jewelry and music, the most abstract and emotional of all the arts. It is all about the power of sensibility, sensitivity and the capacity to appreciate beauty throughout all our senses.

At the behavioral level these attributes of Metal give us the need for grooming beyond personal hygiene. This, is then extended to our choice of clothes and the way we dress

up and want to appear to differentiate ourselves from others, to carry a distinctive personal appearance, to adjust it to our current mood, to make others feel comfortable around us, or to manifest a certain social status.

The Metal spirit rules everything between extreme Yang-Fire and extreme Yin-Water, from hot to cold. It is the cooling off phase of condensation (Yin) that always comes after a high period of excitement (Yang). It is the phase of refinement that comes after the phase of growing and learning. This means that Metal intelligence, emotional sensitivity, comes after much rational thinking, learning and growing (Wood), culminating into acceptance, respect, and gratefulness (Fire). Then comes the slow cooling off phase of emotional processing and the distillation and crystallization of the emotional product feeding personality and soul, providing maturity and refinement, with the remnant by-product returning to Water for a new Yin/Yang creative cycle.

Metal tissues

Skin, epithelial tissues and also fascia and all membrane wrapping tissues including cellular membranes. Along with our entire meridian system, I believe that our inner Metal power carries what Rupert Sheldrake has called “morphic resonance”, which carries the way we are shaped according to our environment, our heritage and our personality.

The way we are made to feel about ourselves not only shapes our facial expression it also gives us a complexion. A sudden flush, or turning pale, are spontaneous emotional expressions we can't deny.

Metal sense organs

Our skin and sense of smell.

There is no question that if we don't like someone's smell we will have a hard time developing a positive relationship. The popular language says it very precisely when we express the dislike of someone by saying that that person stinks. Nothing rational, nothing that can be fixed. The sense of smell within the breath goes alongside with the rhythm and harmonization of breath in interactions.

Being touched

Metal vital expression

Emotionally expressive, uplifted, frank, honest, sharp and elegant in appearance and expression.

When well-integrated, our emotional body provides us with mental stability, emotional solidity, ease of being, social skills, empathy, self-respect, self-control, a sense of ethics, honesty, pride and self-assurance.

Metal mental power

Metal intelligence is not rational but it is nonetheless extremely precise and demanding. It is all feeling instead of all thinking, and represents the whole emotional world from the strictly physical feelings and sensations to more mentally interpreted impressions, sentiments, and emotions underlying behavior. It answers to the question: "How do I feel about this?" rather than "What do I think about this?"

Metal intelligence covers an ever-deepening range of sensation into the realms of abstraction and sensuality. Those are the feelings that come with the thoughts but it is, above all, the feelings that trigger and color the thoughts.

The animal totem representing the Metal force in the Taoist Chinese lore is the white tiger: All powerful, beautiful, elegant, solitary, unpredictable, susceptible, and dangerous! As any feline, and as our more familiar house cat can show us, the most important things, after being fed, is a good appearance, and a good quality relationship. Metal-cat will just calmly take the best place in the room where it can be observed by everyone and groom itself. Then he will visit everyone to check which one is more comfortable to be around. Metal requires attention so Metal-cat will even sit on the magazine or the book you are currently reading to make sure that you wouldn't miss its presence and get undivided attention.

Our Metal intelligence is a different kind of learner than our rational thinking Wood. Wood intelligence is about planning, exploring possibilities, managing and development. Metal is about sharpening, cleaning, polishing and refining our emotional life. As opposed to its Wood counterpart, Metal intelligence does not accumulate information but it refines them, it sharpens them, it trims them and embellishes them. Metal establishes the perfecting and personalized finishing touch. While the Wood intelligence is issued from others' thoughts and, therefore reflects the least identified mental part of ourselves, Metal intelligence is all personal. It does not matter how many people think likewise, no one feels exactly like we do.

Metal spirit animates everything that has to do with social skills and attractiveness. It is the art of communication beyond verbal information. It is not so much about what we say but how we say it. It is being able to show interest in a conversation rather than to only fulfill the need to communicate information.

Metal intelligence is about presentation, conviviality, civility and politeness. It is the art to address anyone within an emotional space, with respect of boundaries with all kinds of relationship dynamics, social rules, and protocols. Such respect of social rules is indispensable in order to be acknowledged and validated, but also to make others feel heard, included, and at ease. A lack of such skill would often trigger a conflictual Wood reaction of irritability and hostile attitude backed up by defensive reflexes from negative past experiences (Water).

The Metal spirit gives the power of glamour and refinement that gets the popular vote. Emotional intelligence comes from acquiring this emotional solidity and ease of being we can only get through experience and endurance. This is why we call emotional intelligence maturity.

Metal does not mind about not being understood either. Metal doesn't mind why you will give yourself reasons to feel or not to feel a certain way... To feel is reason enough. We don't feel anything without a good reason anyway! From a Metal perspective, to need to give oneself a reason to feel is tantamount of putting oneself under the scrutiny of the Wood rational thinking power, under its critique, submission, censorship and judgment. This is questioning one's honesty, sense of honor and integrity. It is quite insulting. From the perspective of Metal intelligence, the need to ask for permission to feel is asking for permission to live!

And, indeed, we often need that permission to exist from the Yang, superficial and bright rational part of ourselves in order to reveal that essentially hidden emotional side of us. What Metal intelligence really needs is to be heard, to be perceived, to get recognition, to be validated, to be taken out of the depth of this shadowy world rooted into dream time and ancestral behavior. Living essentially hidden inside the depth of existence (Yin), Metal has to shine from that depth. Metal can reflect the light only from this central place of recognition. Metal sharpness is about sensitivity, sensibility, and smoothness. The capacity to feel always deeper and better while preserving and protecting this inner position with the appearance of humility and modesty covering a strong feeling of pride and dignity.

And, as we all know too well, even though attractive and shiny, emotional-Metal can be quite dangerous, unpredictable, and scary. Especially when we have to deal with the hidden, unrevealed aspects of ourselves that control our behavior without our Wood controlled consciousness. Our typical Western, poorly emotionally supported education is quite at a loss about how to deal with this unrecognized nature of the self. So, it belittles it and hides it under a thick layer of rationalization, preventing the natural

process of emotional assimilation. This is at the source of our most common internal conflicts and can manifest in many chronic health conditions.

Our good education has made us scared of the uncontrollability of our emotional outbursts for good reasons. That inner white tiger is dangerous! So, we have tamed it and made it afraid of punishment. We have learned to keep it alone in a deep dark space where its needs for recognition and validation are not met. However, sometimes, when in a group situation, often with the support of music, with songs, with a rhythmic support, the emotional body is able to join a shared collective supported awakening. When the spirit (Fire) is high, then, the emotional body gets up and join the dance.

Our degree of emotional intelligence is reflected in our relationships. The way we treat others is generally an extension of the way we treat ourselves. The inner image we have of ourselves, that is reflected in our behavior with others, is our personal mirror that reflects perfectly the state of our inner life (Yin), mostly instinctual (Water) and emotional (Metal). This explains why we can truly know ourselves only through other people's eyes. This contributes greatly to what makes us social beings. The people who love us, the people closest to us, know better than ourselves how we react, how we behave, how we move and what moves us. This is what makes us more predictable to others rather than to ourselves. We don't know personally the way we move but anyone who knows us can recognize us from far away just by the way we walk.

According to both martial arts and healing arts traditions of the Far-East, Metal is also in charge of our Chi, the life force we find in our breath that runs through our meridians via our skin and connective tissues (fasciae). This fact is also responsible for our looks and appearance and for the way we physically express ourselves. This is why we breathe deeply to feel alive and hold our breath to think about it. This is why no two persons breathe exactly the same way. We breathe differently because we feel differently and we are different people.

Positives aspects: Sensitivity and maturity

As there is no end to knowing better in Wood, there is also no end in sensibility, sensitivity and refinement in Metal. It takes as much energy and power to be sensitive in Metal as it takes energy and power to be clear minded and knowledgeable in Wood. The more power in Metal, the more sensible, the more sensitive to emotions, the more exquisite the artwork, and the more refined the person.

Healthy Metal allows for rectitude of spirit. Metal reflects the light of Fire, meaning that the emotional profile of a person is molded by his or her spirit. A strong, healthy Fire/spirit will require a well-polished Metal/emotional surface to reflect upon. It was

said in feudal Japan that the best of swords always stays in its scabbard. It is the sword of peace and justice. The Katana, the sword of the samurai, the cultivated member of the royal court, is like the sword of our academicians. This sword is not made to fight, to hurt or to kill anyone, but is representative of the rectitude of the soul of their owner, of the sharpness of their sense of ethics, and of their loyalty and honesty to their spirit. A strong and healthy Metal intelligence shows in the capacity to be true to one's feelings: the power of honesty, uprightness, and dignity. It makes people proud of their origins and for who and what they are, and make them appreciate pride in others.

Negative aspects: Roughness and depression

Unhealthy Metal means that there is dullness, and rust. There is a sense of being stained, neglected, twisted, bent out of shape, or deflated and depressed. Unhealthy Metal feels so bad that it requires avoiding to feel at all. They just numb out. No more feelings, which is just fine not to feel bad, however, that person cannot feel good either.

This is the true state of depression. The truly depressed persons are always on the defensive about feelings. Unable to know their own feelings they are able to deny anything and everything. They justify everything out of logic (Wood).

When that extreme, depression is not allowed to be felt as such, and can, in the contrary wear a mask of pretense of smug contentment, and looks for the misfortunes of others to justify not to complain and to be happy with the status quo.

Paradoxically, when people start to feel depressed, when they start to feel that they are missing out in life, that's when they are already starting to heal from it. They have given themselves permission to feel. This is the first step toward change. Hence, depression covers a very wide spectrum from complete dumbness to the most excruciating pain when it becomes grief. Emotional pain is more painful than any physical pain. In a matter of fact many physical pains attributed to diseases are hiding, and therefore protecting the subject from emotional destruction. It is easier to take physical pain than emotional pain. No other negative emotion is so physically painful. Only grief and depression can bring people to suicide.

When unhealthy, our inner Metal drives us to distrust, suspicion, dishonesty, betrayal, and to live in a constant dark, nightmarish, and depressive, negative state. In extreme cases we might find the opposite behavioral response: instead of the deflated depressed look we might get the over inflated appearance of the narcissistic, covering up his or her emotional disorder with a pathological over-sensitive and over-reactive self-centered attitude with no regard for the feelings of others. When animated by such emotions, people can become extremely destructive and dangerous.

Because of the bridging and surface tension aspects of Metal, emotions, good or bad, are extremely contagious. This is why it is most important to maintain a high-quality spirit (Fire) to keep reflecting a clear light thorough our Metal emotional body especially when immersed in a collective emotional wave such as when watching the news or participating to a jury.

Internal relationship within ourselves:

Inner Metal and Inner Water - Emotions and our instinct

One of the most important functions of Metal is to nourish Water. But Metal can't stay in Water too long or it will rust. The new generation has to update the inherited atavistic knowledge with the wisdom of their own life experience. This is not only pure data and bits and pieces of information to continue the puzzle of human genome but the product of the personal experience perceived through the feelings of the person's entire life in order to enrich a blood lineage reflected in the social environment and culture.

Healing emotionally means to establish a marker, a precedent, a message in our genetic background that would help prevent the future generations to completely regress to a certain place of suffering where we came from. Metal filters out Water, changes it, and nourishes it with its particular shine and different kind of alloy. To understand this is to understand healing. Most of what we need to heal in our lifetime are inherited issues. Even when a disease seems rooted in a personal life event, we know that our life is made of continued businesses from previous lives, whatever that means in terms of genetic origins. What we are attracted to do in our lifetime is generally congruent with what someone else in our blood line was attracted to do. This follows the universal law of evolution of life.

Inner Metal and Inner Wood - Emotions and our thinking process

Metal cuts Wood. It is undeniable. No way we can think clearly when preoccupied with emotional distress. Therefore, we behave according to the way we feel rather than the way we think. It does not matter how much we want to do something, if we don't feel like it we won't do it. This is the reason why we also often catch ourselves doing things we don't really want to do. Our thoughts are powerless when confronted to conflicting feelings. To change an emotional pattern requires healing, not just "changing our mind". That means that our way of thinking is completely dominated by our feelings. This also means that, yes, what we think about can makes us feel a certain way, but it is mostly the way we feel that makes us think the way we do. The emotional tint we give

our thoughts are much more responsible for the quality of the resulting behavior of ours than the strict informational content of our thoughts.

Sometimes the power of feelings can be so strong it can bring us to being obsessive about certain thoughts. If we feel hungry we will obsessively think about food. The hungrier, the more difficult it will be to think about anything else. If we think about food when we are not hungry, it might make us want to eat the food we are thinking about, but it doesn't mean that we have a real appetite for it and we don't get the satisfaction that usually comes out of satisfying a demanding appetite.

Rational thinking, unfortunately is not able to deal efficiently with a weak or disturbed emotional body. No amount of explanation has ever been able to get rid of depression. On the contrary, the more reason you give yourself to be depressed, or not to be depressed, the more you get locked into the reality of your depression. As opposed to all the other negative emotions, only depression, especially when generated by grief, is physically painful. It is the worst of all negative emotions because you are constantly sending the inner message that you can't enjoy life any longer, therefore you don't deserve to live! This is true and intense suffering. Rich people get depressed, physically fit, young people get depressed, people with great jobs get depressed. In a matter of fact, it is the people "with no reason to be depressed" who most often get suicidal. So, what to do? The Tao says Fire rules over Metal.

Inner Metal and Inner Fire - Emotions and our spirit

Fire melts Metal. Hopelessness and despair can drive people to lose their spirit. And a loss of spirit is the main source of depression. There is no light (Fire) to shine on Metal. A dispirited person has lost sight of life purpose and is at great risk for his or her life through acute health issues, heart attack, stroke, rapidly worsening health condition, or even accident. This is the reason why it is urgent to awaken and raise the spirit in patients. This is also the reason why what we call nocebo effect, as opposed to placebo, is so dangerous. Placebo heals, nocebo kills! I lost one of my fully recovered cancer patients on her return from her doctor who told her that, even though the tumors are gone, most likely, her cancer will return soon, so she should start another course of chemotherapy right away. She went back home and fell into a coma twenty minutes after her doctor visit and passed away a few days later. The nocebo effect overwhelms the fragile emotional self with the perspective of more suffering.

When the light of fire is reflected by Metal, then the spirit is awakened and depression disappears. Kindle the Fire, find ways to raise the spirit, and make the physical body help circulate the Fire energy by straightening the upper back and neck and releasing pressure out of the chest. If the Fire energy can be made to run high and free the heart,

then depression and any negative idea just vanish. The reasons to be depressed are still there, but the person is not affected by them any longer. Then the body can circulate the power of Fire better and be able to reconnect with enthusiasm for life and recover a life purpose.

The Fire of spirit leads life toward its completion and purpose. One of the main purposes in life is to participate in the expansion of human consciousness and the main contributor to that goal is our capacity to emotionally upgrade. Thus, our spirit will take all opportunities to shine its light on our Metal, no matter how dull, stained and corroded it has become through depression, grief and despair. It might take religion, adopting a pet, or getting into a new intimate relationship, but raising the flame and keeping the light bright is indispensable to heal a depressed emotional body. No amount of depression (Metal) can resist the overwhelming power of spiritual awakening (Fire), of falling in love, or recognizing one's life purpose.

When Metal is polished and sharp it can reflect the light of Fire and can be directed with love. When dull and unkept, Metal does not reflect the light easily and feelings get frustrated.

Inner Metal and Inner Earth - Emotions and our physical intelligence

Earth feeds Metal and Metal takes its energy from Earth. Earth is the infrastructure of existence. It is the universe and the whole space-time continuum. Metal is the conductor of life in and on that infrastructure. Metal is the surface contact between every single component of life. It provides shape, characteristics, and beauty to share with the surroundings. Beauty is the feeling of recognition of belonging harmoniously and fitting perfectly to a place and time while carrying vitality there. Good emotions, in Earth intelligence, translate into inner beauty and a sense of pride about it.

Our Metal intelligence, our emotional intelligence, is enhanced by taking the time to breathe, to feel good, to look good, to smell the roses and to enjoy life in the present moment. Once securely supported, nourished and maintained by a comfortable and welcoming Earth force, our Metal intelligence can thrive and provide us with the refinement, emotional stability, maturity and the sense of responsibility that nourishes our soul and our humanity.

Our emotions reflect the quality of the surface contact we have with our social world. In terms of emotions and feelings, the quality relationship we developed with the outside world and with others, reflects exactly the quality relationship we have already established with ourselves.

However, without a solid support from the Earth force as self-confidence and self-worth our Metal emotional intelligence finds itself gravely challenged. Our Metal loses its shine, self-esteem suffers, and we lose control over our entire zone of influence.

Mostly, our Earth force is weakened by worries because of too much thinking (Wood), too many problems to solve, too much mental stress. No time to breathe! A weakened Earth cannot be satisfied or feel comfortable when confronted with survival issues such as security of employment, debt, sending kids to school, worries about retirement, and other existential worries, and does not allow enough energy spending toward the non-rational, non-essential, too sophisticated aspects of emotional Metal. Our emotional body then cowers (Metal) from the light of sun and disconnects from the bright and uplifting guiding spirits. Our spirit then starts to regress, loses both warmth and guiding light, and retreats responding to fear (Water). The drop of Fire energy allows Water to rise and take over our Earth. Then, our instinct extinguishes our intuition, follows dull and lower grade spirits, and sinks us toward the depressive state.

CHAPTER 3

Fire Intelligence and spiritual consciousness Our guiding spirit and the power of attraction

Intuition and spiritual guidance, attraction, love, passion, devotion, and enthusiasm for life!

As Wood and Metal carry the intelligences that constitute our soul and our personal mental manifestations with thinking and emoting, Fire and Water intelligences are of the domain of the spirits. Spirits are mental manifestations we share with others. The domain of spirits ranges from instinct, with the legacy of the past left from dead ancestors (Water), to the birthing intuition of the future under spiritual guidance (Fire). The world of the spirit starts at the bottomless underworld of the past, with the reptilian intelligence of the dinosaurs, the dragons and other scary monsters generated from the depth of our genetic background (Water). They live in our reptilian brain and carry countless reflexes and habit patterns hard wired inside our instinct, that are so familiar to us that we don't even pay attention. Then, the world of spirits crosses the mundane contemporary spirit-world of the social events into which we participate in our present life (Earth): the spirit of political parties, the spirit of sports teams, the spirit of a corporation, the spirit of a brotherhood's lodge, the spirit of a family's clan, tribe, or ethnic group, the spirits of different ceremonies, celebrations, military, religious, or others... The spirit world then extends to the guiding Fire of dead spiritual masters, saints, angels, archangels, elemental spirits and other devotional figures belonging to our different belief systems, toward the highest realms of existence and upgraded life potentials, for attaining higher spiritual levels of consciousness (Heaven). This is what is meant in Chi-Kung or meditation when we say "being solidly anchored between Heaven and Earth". It means being actually present here and now on Earth, clearly situated between the underworld of our past, and the promises of a potential heaven in a better future.

It is interesting to underline here that Water, Fire and Earth belong to the space-time continuum while Wood and Metal don't. Wood and Metal would belong to a limbo out of space and time if they were not solidly anchored to Earth inside your body. Emotional intelligence of Metal belongs to the eternity of the present (Earth), while rational thinking of Wood belongs to the eternity outside of the present, either in the past or the future. This is why it is so important to always cultivate a practical and functional sense (Earth) as well as a strong sense of ethics and responsibility (Metal) while exploring and expending our range of possibilities in terms of progress (Wood):

technological, industrial, financial or involving any aspect of social, legal or political life that requires calculation and imagination.

Since our spirit feeds on our consciousness (Wood feeds Fire) it is of the utmost importance to always connect our mind to the highest purpose and honor the spirits of the highest levels in order to be well guided. No matter what, our thoughts will feed spirits: good thoughts will feed good, high level spirits, and bad thoughts will feed lower, bad ones. The quality of your thoughts attracts your guiding spirit. This is why it is important to think about what we want rather than what we fear. Thinking about what we want attracts the guidance of higher quality spirits to help us accomplish our life purpose. Fear (Water) will irremediably attract lower grade spirits of the past to guide us into mistakes such as searching for security by falling back into old habits that might have been useful in the past, but are now out of sync with the present and our current needs (old, turbid, stagnant Water). These mistakes, of course, will serve us, hopefully, as lessons. This is called learning the hard way.

Fortunately, spiritual evolution, as in healing, does not require suffering as long as we follow the Right Way (Tao) and respect the natural universal laws. When we step inside the field of healing and of ongoing evolution of consciousness, it is most important to keep our mind focused on the highest spiritual purpose possible to attract the support of the highest-grade spirits (Fire). This requires both the power of clear thinking (Wood) and the power of honesty (Metal), to change the old patterns of habit (Water) into a new, improved one, to change and heal our current existence (Earth).

Attributes of the Fire elemental Force

Life guidance, intuition, human warmth, communication, appreciation, attraction, passion, enthusiasm, leadership and authority from wisdom, intimacy, love, joy, smile, laughter, humor, respect, devotion, spiritual transmission, teaching, performing, singing, dancing, mastery of arts, blessing...

Biological facts about our spirit

We have two categories of organ systems activated by our inner Fire, where our spirit resides, our cardio-vascular system and our whole endocrine system, which corresponds to Heart and Small intestine meridian system for the cardio-vascular Fire and to the Heart Controller (Pericardium) and Triple Burner for the Endocrine Fire systems of meridians in the Chinese system. Again, it is here useful to remember that, in Chinese Medicine and Taoism alike, the importance is put on physiology rather than anatomy. Taoist anatomical terms involve not only the whole zone of influence of the said organ but also the intelligence (spirit) that controls it. It is not only the heart but the rhythm

and quality of its beat inside the arteries, the warmth and richness of the blood, and the passion, care for, and love it carries etc....

Our personal spirit rules our heart, the Yin essential Fire meridian from chest to hand, to include the energy that runs it in its pertaining tissue, the blood. But our personal spirit resides inside our Small Intestine, the Yang Fire organ from hand to head. This is what gives us these gut feelings that trigger our tongue to speak from our heart. This also explains shyness, the attitude of wanting to hide by fear of not being able to defend our spirit. Our small intestine is the shyest organ in our body. It is not innervated and moves out of the way when we want to touch it. When we feel it, it is in extreme inflammatory cases, often accompanying a major internal conflict with one's spirit.

Collective spirits rule our endocrine system, affects the production (or lack of) of our hormones, and forms what it is known in every esoteric tradition as the tree of life, the fountain of life, the microcosmic orbit, the chain of chakras, and plenty of other names given to this particular part of the endocrine system which consists of this chain of major ganglia aligned inside the center of our body.

It consists of the gonads in our lower abdomen, our adrenals over our kidneys, the complex of pancreas and liver in our solar plexus, our thymus over our heart, our thyroid and parathyroid in our throat, our pituitary at the base of our brain and of our pineal on the back side of our hypothalamus. Seven glands, which, in the esoteric traditions, correspond to the seven levels of individuation that every human being needs to cultivate in order to be really human.

What is the difference between Cardio-Vascular Fire and Endocrine Fire?

What is the difference between fire and fire? I admit, it can be confusing. But remember that the Taoist perspective on things is from function, its physiology, in life rather than its anatomy, the shape and appearance of an organ occupying a certain space and precise location. Cardio-vascular Fire is red and Cosmic Fire is violet. Infra-red is the lower frequency of the perceived universe, while ultraviolet is the cosmic high frequency not perceivable by humans. Our heart energy connects to the sun with the red and warm infrared frequency, while our endocrine system forming our Fountain of Life connects to the stars with the ultraviolet frequency. The sun is part of our universe, the perceivable and more familiar corner of the cosmos, while the stars are too far in the cosmos to be as familiar to us, humans. However, the same cosmic energy that draws the course of the sun within our galaxy, draws also our heart toward our life purpose. It is what is called an energetic and informational hologram where the same laws that rule planetary systems and galaxies rule also our human lives. This is how ancient civilizations and Taoism reconciled their unifying perspective of existence with the physical, mental, and spiritual aspects of the universe.

1 - Cardio-Vascular Fire

Cardio-Vascular Fire Yin function, in charge of maintaining the Fire Chi, warmth, spice and sweetness in our heart

It includes our heart with its particular autonomic nervous system and its system of fasciae called pericardium, which is not to be confused with the muscle of the heart, also called pericardium, which is the heart proper. It includes also its attributed endocrine gland: the thymus. It is again important to note the importance attached to the physiology rather than to the anatomy by Classical Chinese Medicine. It is particularly important to note here that the heart beat that moves the blood is also present in the arteries, which contribute greatly to the circulation of the blood and to the blood pressure. Also, the blood cells themselves are alive and contribute to their own circulation inside the body. The Fire power energizes every tissue involved in the propagation of internal information and of mobilization of our whole metabolism toward warmth in life: different kinds of love, love for lovers, of course, but also love of family members, love of friends, love of teachers, love of everything that is your favorite in activities, food, music, arts... This is mostly done through our blood: heart tissue, arteries, veins, connective tissue, fasciae, blood cell membranes... And also Fire is responsible for the changes of body's temperature and other physical conditions following the variations of our moods and mental states.

Cardio-Vascular Fire Yang function, the Small Intestine, in charge of the circulation of the Cardio-Vascular Fire Chi in the Heart and Small Intestine meridians.

The Small Intestine, in Classical Chinese Medicine is the function that moves the blood. In Taoism, it is believed that our spirit dwells there, deep in the bowels. It is in charge of the function of movement of the Chi generated by our inner Fire. It is responsible for the sudden Fire energy surges such as timidity, emotional flushing, and explosive laughter, but also fits of hatred, blind rage, and can cause heart attacks and strokes. The Small Intestine and its suspensory ligament, the mesentery, that's where our spirit shares dreams with our emotional body, that's also where our spirit hides out of shyness or out of fear of being criticized, repressed, or being made fun of, or, out of being tired of not being acknowledged and listened to. According to classical Taoist medicine, that's where a disappointed, betrayed, or hurt spirit can send the hot wind that can give a heart attack or a stroke.

2 - Endocrine Fire:

Endocrine Fire Yin function in charge of the quality and quantity of hormones production and of their distribution with the Heart Controller and Triple Burner meridians.

Endocrine Fire covers our whole endocrine system and all the endocrine functions of the body at the organ level including all the micro-endocrine functions at the tissue and cellular levels. Our endocrine system is in charge of the chemically based communication system with hormones that allows every single part of our body to know what our whole body is about and vice-versa.

In Classical Chinese Medicine we never consider the endocrine role of only one gland, one organ, or any endocrine function of one part of the body without considering its relation with the whole of the endocrine system. The whole system is moved by one force, one intelligence, our spirit. For the endocrine system, in particular, it is important to know the physiological aspects of the axes of hormones of every single endocrine gland and every single major endocrine response of the body. Every hormone secreted by the endocrine system has a corresponding hormone that delivers the opposite response to constitute what is called an axis of hormones: Serotonin and melatonin for the pineal gland, adrenalin, noradrenalin for the adrenals, insulin and glucagon for the pancreas, etc. Generally, it follows anabolic-catabolic or acid-base, positive-negative response, delivering either a stress or a healing response with their matching emotional contents. This is why it is quite impossible to be in a good mood or to maintain a healing response if our system is flooded with stress hormones.

Because many hormones secreted by the endocrine functions of the body are also neurotransmitters and have an immediate effect on our heart rate via the pericardium, we call the Endocrine Fire, Pericardium or Heart Controller in Chinese medicine. In Taoist meditations it is called the Microcosmic Orbit, the Fountain of Life, or the Seven Levels of Individuation, one of the fundamental formulas for spiritual awakening. In these meditations the endocrine glands are establishing the seven levels of spiritual individuation and produce the seven different levels of consciousness to awaken our spirit to its full human potential.

The seven levels of individuation of the human spiritual body

- 7 - Pineal** Spiritual guidance – Connecting all levels of consciousness to our guiding star – Cosmic Fire – Connecting to the highest level of trust and faith, connecting personal spirit to guiding spirits
- 6 - Pituitary:** Mental clarity and emotional maturity - Soul axis from Metal to Wood – Connecting to what is around us that contributes to enriching or consciousness
- 5 - Thyroid:** Clear communication – Fire – Connecting to what is in our heart that needs to be shared, expressed and heard
- 4 - Thymus:** Heart opening – Fire – Connecting to what opens our heart and attracts our love
- 3 - Pancreas:** Personal power - Presence – Earth – Connecting to our sense of self and our zone of influence in this existence
- 2 - Adrenals:** Ancestral heritage - Vitality – Water – Connecting to our ancestry and unfinished businesses in our blood lineage
- 1 - Gonads:** Stem or root of existence – we are fruit of the Earth - Water - Connection to Earth - Spiritual axis from Water to Fire – Connecting with everything alive on earth

Endocrine Fire Yang function in charge of the good distribution of the endocrine messaging system

Covering much more than a single organ, the Yang function of the Endocrine Fire is to circulate and direct the flow of blood and hormones to the proper places. In Chinese medicine, it is done by a virtual organ called the Triple Burner, representing the three general regions of the body with the function of managing the movement of Chi, or life force, in general: distribution of the Chi by the upper burner, extraction of the Chi by the middle burner, and transformation, storage, or elimination of the exhaust Chi by the lower burner. Roughly, the Upper Burner is the region situated above the diaphragm; the Middle Burner is situated between the diaphragm and the navel; and the Lower Burner is the region situated below the navel. Again, Chinese medicine attaches very little importance to the exact anatomy of organs and attaches all the biological importance to the physiology, the function of the organs. These distinctions of “the three burners” are very important in the treatments of cancer and other systemic diseases that elude conventional allopathic medicine.

Fire Tissues: Blood and hormones, which both carries chemically transmitted information. It is important to note here again the differentiation between the kind of informational system carried out by the hormonal system and the informational system carried out by the nervous system. The endocrine system is in charge of the widest spectrum of inner and outer communication allowing immediately integrated systemwide responses from the cellular level to the tissues, organs, and mind levels spontaneously.

Imagine the instantaneous and exquisitely precise degree of communication that can be done by scents. One single scent from one hormone can be interpreted differently by different cells, tissues or organs in your body, according to how and what perceives it. We have a different smell for being sleepy, for wanting loving intimacy, for every types and degree of intensity for every emotion and for signaling to the rest of the body what every single part of us is about. Imagine a system being able to receive, differentiate, and respond to several nuances of these smells at any moment in time and you'll get an idea of how your endocrine system works.

Comparatively the nervous system is much slower and more restricted to specific targets using the very precise but narrow and slower pathways of the nervous conduction.

Fire sense organ: Our tongue. Our tongue and our heart are related and connected in a very direct manner. Same color, same kind of muscle, and a direct connection

between our heart and our tongue that is quite easy to feel for most people. In Classical Taoist Medicine, speech is a sense, especially the capacity to say nice things, to have a pleasant voice, to be polite and respectful in conversation. It is said that we have to talk from our heart and tell the truth no matter what. Talking from calculation, hidden strategies, or lying, which are all Wood attributes, damages heart and spirit of both the talker and the audience.

Another function of the tongue is about taste. The good taste of food nourishes the spirit. This is why food has to taste the best possible to nourish the spirit in us and to share good meals with the high spirit of conviviality.

And still, another very important heart to spirit connection in our tongue is the use of kissing during love making. The tongue is the extension of our heart. Tongue to tongue means heart to heart.

Sex with shared loving spirit gets you to the love and light of heaven where your angels and guiding spirits reside. Sex without love gets you to hell, into the bottom of regressive emotional state where the monsters of instinctual issues of the past reside. If your sword is sharp enough and you have the courage to face the inner beast, your shield and your shiny armor will protect you and you will slay the dragon. You will come back a hero. However, if your metal is not sharp enough, if your soul is dull, and you lack courage, you will never come back. You will have to relive the hell of the emotional issue again and again until you acquire the maturity of a knight.

Fire Vital expression

Enthusiastic, laughing, bright, warm, loving, optimistic, joyful

Intuition, the language of the Heart

Intuition is the guiding intelligence that gets us connected to our life purpose and destiny

The Fire Intelligence of Nature, extreme Yang, the Yin within Yang of the Tai-Chi symbol, and the Yin broken line between two Yang solid lines in the I'Ching, gives to Fire its behavior and appearance: red burning on the surface and periphery, but soft on the inside. So, a flame, even though very hot, if we rapidly move our hand in and out through it, can be rapidly and painlessly crossed.

Fire, comes out of absolute Yang: Heaven, the source of light, the essence of Fire - represented as three solid Yang lines in the I'Ching - the power of light found in heaven. It is the thunderbolt of Jupiter, the guiding star, the beacon, the explosive edge of the universe into full creation. It is our guiding light toward our life purpose. It represents our love, our intuition, our passion, our personal spirit, our inner Fire. The Fire spirit gives us our aspirations and inspirations. It is responsible for guiding us along our destiny. It helps us find our companions, friends, and mates, and chooses our way of life, our carrier, and directs us in all major life decisions.

In our body, our inner fire is responsible for the health of our heart and blood and for the quality of digestion in our viscera (digestive fire) to feed our mind and spirit. Fire is also responsible for the well working of our endocrine system expressing itself by hormones, these messengers that brings body's awareness, the capacity for each parts our bodies to know what the whole of us is about, and to find ourselves integrated in every single parts of our body, we call oneself. That's where the plan to fulfill our life purpose resides and it is there that are plotted strategies to set up symptoms and diseases when we come out of our "Way" and try to follow a life path that's not ours. By the same token, this is also where healing arises when we are able fall back into tracks through a healing process. This messaging system in our endocrine system is also called "cosmic fire" or "heavenly light" in many esoteric traditions.

In space, Fire is the cosmic explosion of creation heading the universe into existence, expansion and evolution, extracting pure energy out of nothingness.

Being our spirit and the maker of joy and love, Fire is responsible for the basic Taoist dogma about life: Life is to be enjoyed, celebrated and shared.

Positive aspects: Love and passion

The Fire spirit grows in our heart and manifests in our guts. It gives us intuition, wisdom, a sense of humor, and laughter but can easily be repressed into shyness and timidity when submitted to the fear of an extinguishing, too conservative, or made to be afraid Water spirit. Our inner Fire gives us joy, passion and enthusiasm for life. Its mental aspect is wisdom addressing us through the language of intuition. Its emotions range from joy and happiness, to love and compassion in its most positive aspects, and the ability to transmit spiritual wisdom when a certain maturity is reached.

Negative aspects: Impatience, hatred and rage

In its negative aspect Fire spirit manifests in resentment, impatience, explosive rage, and hatred, causing violence, loss of reason, cruelty, perversion, insanity and real madness. The negative aspects of Fire always start with “not having time”, losing respect, arrogance, and disrespect for other’s feelings.

Our inner Fire and inner Wood - Our intuition and our consciousness

Wood feeds Fire and Fire feeds on Wood. The more information, the widest the spectrum of knowledge, the richer the education, the more traveled, the more time spent in different forms of training and practices, the more experience, the more exposure to the unusual, the more choices we have, the better articulated our entire mind, the higher our spiritual potentials. Then, the more precise and farther reaching our choices from our heart can be.

Because it is so generously fed by the Wood force, our Fire intelligence, our intuition, is our highest form of intelligence. Fire intelligence, our guiding spirit, draws on our Wood energy of rational thinking and clear mindedness the same way that our endocrine system (called Cosmic Fire in Classical Chinese Medicine) influences our nervous system for a more precise inner communication system, so every part of us know what we are up to as a whole person.

The pituitary and pineal glands, the endocrine glands located in our head, hang from our hypothalamus at the base of our brain. The pituitary is the master gland managing the functioning of the other main endocrine glands in the body, while the pineal, is called the gland of awakening in every spiritual system in the world. The pineal is photosensitive and is in charge of regulating our behavior to the alternation of day and night, change of seasons, and, most important in healing, the pineal gland plays a major role in regulating sleep and dreaming.

Following the light instead of seeing the light

To deal with the spiritual world we need our spiritual intelligence. Even though we have been using mostly our rational thinking to practice all the religions of the Western World, and most specifically, Judaism, Christianity and Islam based on texts, the testaments. However, spirit, which is a natural life function, is able to guide spiritual people and inspire them with the light of their developed inner Fire throughout any religious text. The only limit is given with the interpretation of the light itself. From a Taoist perspective, to see the light might be a nice spiritual experience but is not enough to accomplish one’s spiritual path. The light is to be followed and used to see more clearly, to pay attention to details, good or bad, not just to be blinded with.

The light, when used positively becomes the beacon, the guiding light of our life. The light is the way of spirit to communicate. The higher the spirit, the brighter the light. When under stress our chemistry fires our sympathetic response with excess adrenaline causing our pupil to dilate. Then, we become too sensitive to the light. The combination of being fearful because of excess adrenaline and avoiding the brightness of the light prevents connecting with high spirit. Instead, we fall victim to low grade spirit, we live in the dark and fall to depression. This is how people living under stress fall into the hellish cycle of negativity and create their own pathological field around them.

At the collective level, when forming a group, stressed out and tired people fall victim of the accumulated negativity of the group and often become a destructive gang ruled by the worse of their instinct. This is similar to a pack of dog. Every dog is a nice dog that can be very gentle and lovable. However, when let free with other dogs, they immediately form a pack ruled by the worse of their instinct. Such group is directed by the low-grade spirits operating usually in the dark. When the individual spirit is weak it can't resist the attraction of the spirit of the group and is able to commit acts of violence and atrocities under the cover of the group that each individual wouldn't have the power to do. This can happen under any group when the spirit of the individuals is weaker than the spirit of the group. In religion, this is the cause of fanaticism, the pathological extremity of the spiritual spectrum of religion. However, when the individual spirits are strong, well trained and educated, the resulting group gets lead by higher grade spirit contributing to the raising of human consciousness. Conflict and competition turn into respect, emulation, intercultural exchange, and social support, connecting people with a stronger bond instead of separating, isolating and victimizing them as minorities.

Fall from heaven

Our mental limits, most often, result from investing too much of our mental energy in rational thinking (Wood) exclusively, without the mental support of the other intelligences. Such an attitude requires avoiding everything that is not rational that cannot be solved. The whole mind turns into a problem resolution device and everything in life turns into problems to be solved. This creates an obstacle to true knowledge (Earth) and prevents us from attaining spiritual consciousness (Fire). There is nothing wrong about wanting to understand, but our mind shouldn't be perpetually stuck on that problem-solving mode at the detriment of our emotional and spiritual lives. Understanding will grow naturally as a side-effect of the natural expansion of our whole mind. It is a natural process that takes the time to acquire more maturity in order for understanding to have clarity.

In my opinion, when we are not ready for higher consciousness, the apples of knowledge might taste good but are not digestible yet to the emotionally immature mind (Metal), which can't reflect enough light from spiritual Fire, and can't cut enough Wood to keep the spiritual Fire going. Wood, then, stays green and creates a lot of mental smoke. The net result is emotional numbness along with fear and spiritual doubt. Once afraid, we find all kinds of reasons to justify the fear and our overdeveloped imagination will find an infinite spectrum of horrifying hellish visions to keep feeding this fearful mental state with mental rigidity and dogma.

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I was born and raised Catholic Christian and I grew up loving the practice of singing, praying, and the sacred feelings of mass celebrations. However, as I grew up, I was distraught by some very inconvenient concepts of the belief system of the Church that I couldn't reconcile with my own. Only now at a much later age, with a more holistic perspective acquired with the practice of Taoism, can I come to terms with these weird ideas of sin, virginity and going to hell. Once again, it is all about differences of paradigm and of mental framework.

From a Taoist perspective, the term sin can only be attributed to whatever we do to prevent personal natural evolution, which will irremediably require the need to heal. This will therefore attract illness and existential crisis through some unpleasant event. This is hell. Hence the need to try to protect ourselves from any temptation coming from familiar patterns of instinctual habits that we wouldn't be able to resist.

About virginity and losing virginity, it is about losing the freedom of spirit that often comes from historical tradition that follows a law system that justifies social coercion, subjugation, and the disenfranchising of people in general, and women and their children in particular. However, from a Taoist perspective, the loss of virginity can only be attributed to spirit.

From a Taoist view point, spiritual freedom only and solely means being free to serve our purpose in life and being able to fulfill our destiny: To do what we like to do, the way we like it. Claiming back one's virginity means to be able to free one's soul from the emotional bonds of a previous relationship, sexual or other, that couldn't fit with our current life, or could not get integrated within the changes following the natural evolution of our soul. This often happens after the transition time of a healing process. This naturally affects men and women alike in many other aspects than sex.

When attributed to sex, virginity is regained when we are able to detach one's soul from the energetic bonds that occur during a sexual relationship. These energetic bonds carry the frequencies of the past, those feelings of familiarity and recognition, which are part of the phenomenon of falling in love. Then, we decide to "break the bonds" so that

our spirit is free to follow another relationship with all the enthusiasm and love cultivated in our heart. If we decide not to break the bonds, then we need to bring the relationship to its next level of development, which is to recognize the person inside the object of our desire, including all her or his differences and particularities, to replace the disappearing character of our dream. If that level of development in a relationship is not taken, we just fall out of love and we will be looking for someone else who will have some attributes which will ring the bells of recognition again.

This is the vicious cycle of chronic failed relationships that's very common in our civilization as a result of lack of social emotional support, of having our life force scattered by meaningless pursuits making us exhausted with not enough energy to invest in creating new intimate bonds, and a lack of maturity resulting from chronic emotional indigestion that make us project on the other the very internal conflicts we are suffering from.

Virginity can be claimed back when spiritual freedom is regained, which requires, in most religious or spiritual circles, to spend some time in reclusion, in a monastery or a hermitage, to clear, nourish, and solidify the soul. From the Taoist perspective, claiming the virginity of one's spirit is to overcome the obstacles that prevent the fulfillment of one's life purpose, and the sharing of the resulting enjoyment of life.

As for hell, from a secular Taoist viewpoint, its existence is well described as being in the depth of Earth. The depth of the self. Hell is the underworld of the past where demons and demonic entities attached to low grade spirits coming mostly from unprocessed emotional issues reside. The results of crimes and horror committed in the genealogical past come haunting us and still manifest in this ever-present emotional world of current social unrest. This perpetuates a cycle of suffering as any epidemic disease would, bringing pain to the body and mind. It is something that urgently needs to be addressed, but requires a definite evolution of collective consciousness in order to allow the spreading of the healing field to manifest efficiently down to each individual level.

A religion, any religion, has to be practiced with the green light of our rational mind in order to bring forth the inner knowledge we all have within ourselves as living beings, in accordance with the best of our free spirit. There is no explanation or any particular understanding needed to meditate, pray, chant, or justify any devotional practice. We currently need more devotional practices than ever to uplift our spirit and to upgrade our civilizations to a better humane level. What is important is not the understanding of what the practice is about, or even of its historical authenticity, but the enjoyment of participating in ceremonies that bring us into the field of spiritual consciousness and

enriches our spirit from feelings that only come from the heart. This cannot be belittled, criticized or denied.

So, for me, Taoism is not a religion but a spiritual practice that allows a reconciliation of oneself with any and all religions as well as with no religion at all. We can be highly spirited without being religious, the same way that we can be very religious but lacking spirituality. Religion is not a matter of choice but a matter of where you were born.

Practicing Taoist functional meditations allows one to become spiritually better in any specific religion and eventually make all religions work together by emulation rather than competition. The idea is not to have one religion fit everyone but to be able to respect any religion, and any spiritual practice in order for humanity to spiritually evolve toward global peace, to respect and upgrade its cultural authenticity, to keep or renew its diversity, and to keep working toward more spiritual freedom with enhanced consciousness.

Back to heaven

The way back to heaven is naturally simple but not easy: it involves surrendering to our healing process²⁹ and to exercise our natural potential to evolve as a human being.

- 1 – Take your time and pay attention to how you do things and how you feel about it
- 2 - Stop thinking so much.
- 3 - Start feeling and doing more: Listen, pay attention, respect.
- 4 - Be aware of the importance of these feelings without the need to understand them.
- 5 - Surrender to your inner processes without any need to understand or even remember: dreamtime and emotional digestion. Invest in sleep.
- 6 - Accept the changes. We evolve and change constantly. You are no longer your old self. Don't get stuck with an image of yourself that is no longer current. You are not predictable any longer. Rediscover yourself. It is ok to change taste. It is ok not to like things you used to love. It is ok to do things differently.

There is no turning back. Enjoy your new life. Do what it is that you want, the way you want to do it now rather than the way you used to. And, most important, keep growing and cultivating a circle of support to share your spirit with.

From the old Taoist alchemist perspective, the way back to heaven is to rekindle our inner Fire and to be able to reconnect it to our guiding star.

²⁹ G. Marin Five Elements, Six Conditions for Healing

There are two ways to accomplish this:

1 - We need to integrate the knowledge of Wood into a solid belief system in order to attend to our inner Fire. But it has to be old, dried, and a tested and seasoned belief system (Wood), not green, immature, inexperienced, untested, from the last rain Wood. This Wood has to be seasoned and cut by our own Metal power with maturity, accountability, honesty and responsibility from our ability to have refined our emotional life. This establishes a solid integration of our soul and a firm affirmation of the self.

2 - We need to upgrade our endocrine and nervous system relationship by replacing the adrenalin, stress hormone response with the serotonin, calming response. This can only be done when we have entered our emotional healing process, started to calm down and wise up. Then, the miracle of the Sunning Meditation³⁰ can occur and allows for a smoother practice of the more advanced monastic Taoist formula of the Human Potential Fusion Meditations that brings our consciousness to its next level.

Only then our mind can use our Wood intelligence to its highest capacity, which is to sit back and contemplate from a non-judgmental, progressive, healing perspective, being in control, paying attention and acknowledging the other intelligences and allowing every parts of our mind to have its voice, and to validate and support their work.

Again, Wood intelligence is not supposed to take any decision. Its job is to propose the best possibilities according to calculations and the widest range of choices, as well as to feed-back consciousness to the other intelligences so a choice can be taken from the consensus of a whole integrated mind.

From this state of mind, decisions can be taken from

- a place of novelty, freshness, vigor, and of enhancement of life (Water),
- a place of rationality and contribution to prosperity (Wood),
- a place of respect, responsibility and to contribution to beauty in life (Metal),
- an attractive place that opens and warms the heart and contributes to a better future (Fire).
- A place of functionality, mutual respect, conviviality, and contribution to a solid network of support and better collective living (Earth).

Wood intelligence is there to open to always more possibilities, more choices and to solve problems, but the choice has to be left to our Earth intelligence where all the intelligences meet in the present moment around the round table of our mind. It is the

³⁰ <https://www.chineitsang.com/product-page/sunning-meditations>

body's wisdom, which will have to initiate the manifestation of the decision into a behavior out of the consensus of all the intelligences, so we do the right thing at the right time with the right people for the right purpose. This is called behaving intelligently according to an open mind.

Our inner Fire and our inner Earth - Spiritual intelligence and practical thinking

Fire feeds Earth and Earth feeds on Fire. Because of this universal law, for the Fire intelligence, it is not enough for the food to contain nutrition. Food has to taste good, it has to be delicious. The quality and good taste of the food feeds our spirit. The better the food, the higher our spirit. For a high-spirited person nothing is worse than dispirited food! So, when the food is humble, the spirited person would bless the food before eating it to raise the spirit in it. High spirits feed only on the very best and the exquisite. It is the subtle aroma of a dish that brings back memories of Grandma's loving cooking. It is the sweet taste of the remaining sunshine in a freshly picked cherry after sunset. It's the vitality contained in all freshly picked produce, expressed by their crunchy and juicy qualities.

It is Fire, in our digestive system that brings this discernment in being able to choose what to extract and digest out of what we eat. Digesting is a form of very selective cooking using only the very best ingredients. Cooking is a pre-digestion necessary to be able to extract the maximum of vitality out of the minimum of volume in order to lessen energy spent in digestion and spare more energy for mental activity.

Earth feeds on Fire meaning that, the stronger the fire, the bigger the amount of ash left behind to turn into dirt and feed the earth. It is the sun-rays, the photons, that turn into sugar in fruits and flower's pollen. Earth power allows for the making of sweetness out of the Fire that animates all physical aspects of life.

As a universal law, from a mental perspective, it means that the higher the spirit, the more it will strengthen all Earth attributes of solidity, consistency and balance. Then, Earth can progressively contain a stronger Fire like the hearth of the fireplace in a house where the fire can burn brightly without any danger for the house itself. The highest spirit can only manifest in a place of safety where it is strongly supported and appreciated for its wisdom and precise guidance.

A solid inner Earth allows for containing our inner Fire right next to our inner Water like the stove and the sink in our kitchen indispensable for cooking efficiently. Our ability to be present allows for tempering both our passions (Fire) and our reflexes (Water) to prepare a meal that is going to satisfy and be enjoyed by all the guests present (Earth).

Fire intelligence, the voice from our heart, guides our mind to think and to look forward to the future while taking decisions from the solid ground and the immediate needs of our Earthy central intelligence.

Inner Fire and Inner Metal - Our Spirit and our emotional intelligence

Fire controls Metal and Metal is controlled by Fire. Spiritual uplift is the only true remedy against depression. Depression, most often resulting out of grief and despair, is the most negative aspect of our emotional state, the worst Metal aspect of our emotional intelligence. This is the most painful emotional state, the only emotion that can bring us to suicide. In all traditional spiritual traditions, including shamanism, the first step in healing is to retrieve the spirit. Life can't improve without a purpose, without a will to live, without Fire. This is why our heart and lungs work as one system to continuously pump up oxygen and life force inside our body, reminding us that life is to be enjoyed and to follow the law of attraction toward our destiny, following our spirit guide by doing what we like to do.

It is the iron particle in our blood, our hemoglobin, that carries oxygen to every cell in our body. This is what makes our blood red, the oxidation of the iron particles carrying oxygen. Without oxygen there is no fire possible. The capacity to carry joy to every single cell in our body. This can't be done without an initial spark shining on whatever reflecting capacity is left on the Metal power of the depressed. This is why external support is needed in healing. Someone has to come and do some initial cleaning and polishing to help the emotional state of the depressed. Then the light of Fire has to be kept burning bright until the inner Fire of the depressed catches up again. This requires some discipline in doing the Sunning Meditation until the production of serotonin becomes steady. Serotonin production, triggered by the pineal gland (Endocrine Fire), inhibits the production of adrenalin and other stress hormones and promotes the production of healing hormones like dopamine and all the endorphins. It also turns on the parasympathetic response in our autonomous nervous system into relaxation and healing.

Serotonin revitalizes our blood. Observation of a drop of blood under electronic microscope taken before and after meditation shows a visible increase of movement of the blood cells demonstrating higher vitality. This kind of vitality naturally enhances the healing of any disease including depression. It is urgent for humanity to awaken from the dummifying of the senses brought by a dehumanizing rhythm of life. We can reverse the process by progressively increasing serotonin production and inhibiting the production of adrenaline and other stress hormones like the inflammatory causing

condition cortisol. More serotonin as opposed to too much adrenaline makes life calmer, slower, more efficient, more functional, more productive, richer and happier.

Our inner Fire and our inner Water - Our intuition and our instinct

Yes, in time of crisis and internal conflict, Water can naturally extinguish Fire. It is its job. As we will explore further in the next chapter, the power of instinct, the reflexes born out of survival, will irremediably overcome a hesitating intuition. We don't know the future, but we do remember the past, especially traumatic events that have been recorded deeply at the cellular level. To be courageous can be too dangerous. To be a coward can save your life.

However, if the spirit does not hesitate, then the fire of intuition will be much faster than a rushing but slower wave of fear. You will jump into the water to save your kid. No doubt about that. At that level it is not about chemistry. It is pure alchemy: given the equivalent amount of energy, Water is stronger than Fire, but Fire is faster than Water. However, the smallest hesitation, usually coming from taking the time to think (Wood), will allow the wave of Water to catch up with the Fire of spirit and extinguish it with paralyzing fear.

But, in time of peace where things are working out quite harmoniously, there is no need for mental conflict and Fire and Water will work together like in any kitchen, a stove near a sink and a faucet makes it easier and more efficient for cooking. No conflict there between water and fire. Both are equally needed to cook a good stew.

In nature, sunrays charged up with ultra violet light ionize water and create a molecular alteration where H_2O turns into H_2O_2 transforming a few water molecules into hydrogen peroxide, a very potent antiseptic. This is why evaporated water does not carry viruses or bacteria in them. Microbes are either killed by heat, or by excess oxygen, or both.

How does that work mentally?

When our mind is at peace, when the natural way of evolution is free to run its course, when we have entered the field of emotional healing instead of being in conflict with the familiar habits of the past that we don't accept any longer, and the "should not" of an authoritarian mind, then, our intuition, guided by our spirit, will help us naturally cleanse our instinct from ancestral habits that are not relevant any longer in our present life. No problem, no judgement, no punishment, only a natural biological outgrowth of an old emotional structure. But, to get to that place of health, we need to quiet that thinking part of ourselves to make room for the nonjudgmental, solid, and emotionally

supportive Earth wisdom of ours and put the right amount of Water over the Fire for a peaceful, nice and slow cooking project.

CHAPTER 4

Water intelligence and ancestral consciousness

Extraordinary Water

The Water elemental force is extraordinary. It is so extraordinary that it is not believable! When addressed about the extraordinary aspect of water, H₂O, scientists are confronted with the “abnormalities” or “anomalies” of water behavior and just try to avoid the subject altogether. No amount of chemistry can ever explain the appearance and behavior of water. How can such a small molecule made of only three atoms, one of hydrogen and two atoms of oxygen, which are both very volatile gasses, make something so massive that looks like water and ice? Capable of sinking into the earth without forcing, flowing according to its own laws, and being able to spring forth from earth so powerfully in resurgences and even geysers... It should be weightless gas! Instead we have this massive liquid element weighting one ton per cubic meter, a cube just over three feet tall! At the same time so soft, and so strong, that allows you to float in it, but can't be resisted! No one can resist one ton, two thousand pounds, per cubic meter of pressure. Don't swim against the current!

And, of course, water evaporates into gas but how is it possible to remain liquid even though water evaporates at any temperature? Even as ice! I am sure you saw vapors coming out of your freezer, or noticed that your ice cubes shrink in their mold if not used for a while... And ice itself? How come water expands when crystallizing into ice when all other elements shrink when submitted to cold? Water expands when submitted to cold and expands also when submitted to heat and turns into vapor.... How about that? And how come warm water turns into ice faster than cold water? More anomalies that we can't understand but that we use systematically in the industry to create ice cubes and maintain ice rinks for ice skating.

Furthermore, if ice didn't expand from liquid water it wouldn't be able to float... And how come, when water freezes, it freezes only from the top down, leaving some liquid water under freezing 0 C temperature at the bottom, so fish and other life forms can survive winters? There are not just a few anomalies, like these, there are seventy of them, all recorded and classified by science. If only one of these anomalies didn't exist, life on earth wouldn't be possible.

Snow can often hold water molecules until the next spring. Ice can hold water molecules much longer. Mental patterns follow the same laws. Cultural, ethnic and ancestral information is passed through education from one generation to the next, but

information is upgraded each time to absorb the perspectives, the new discoveries and new knowledge of the generation. Yet, some of the inherited information comes from a much bigger distance in the past. Like ice, this information is solidly crystallized and can contain lessons and instructions from the remote past that is not relevant any longer. Moreover, even ice evaporates, sometimes, without having to go through the liquid state. Similarly, when exposed to high spirit, no old ways of thinking, no prejudice can resist the breaking down of old hang ups to nourish the new trends, the new ways of the time and liberate the fiery energy that will provide enthusiasm, love and passion to the new generation.

Indeed, scientists, all around the world have been studying water. A fourth phase of water, in addition to liquid, vapor and ice, was discovered during the 19th century, qualified as gel, but abandoned then. It has been given interest again recently with the study of energy producing capacities of water. This fourth phase, between liquid and solid, not quite crystallized but reorganized into H₃O₂, being gel-like, has the capacity to purify itself and, for that reason, was called Exclusion Zone or EZ zone of water. During that phase of exclusion, a polarization of electrons is established and a current of electrical energy is created. This shows how nature pulls out energy from water while purifying it! I hope that this discovery will begin the phasing out of the use of fossil fuel in the near future, while solving the problem of lack of drinking water in the world.

The four phases of water:

1 - **Liquid:** The support system of the Earth creates an opportunity for mental manifestations, habits, thoughts, emotions, desires... (condensation), a place for them to flow, and the right timing to manifest their creativity and life-giving attributes to nourish and fertilize all tissue.

2 - **Ice:** Then, the mental structures are crystalized into belief systems, emotional charges, and patterns of habits.

3 - **Gas:** Under the influence of the sun, water, ice and snow slowly break down into individual water molecules and evaporate.

4 - **Exclusion Zone:** Water particles congregate into clouds where the mystery of water polarization and an extraordinary energizing takes place with lightning and thunder and under more action by atmospheric pressure before making droplets and falling down back to Earth as fertilizing rain.

There is an independent intelligence in water that needs to be addressed, listened to, studied, accepted, and respected. If we want to learn from Water we need to work according to its own laws, not against them, the way it has been done with our ways of straight lines and straight angle turns.... The physics of fluids, or rather, the bio-physics of Water, needs to be rediscovered and respected.

Moreover, the qualities of water are constant. There are so constant that water gave us the metric system, the measuring system adopted worldwide by the scientific communities for its simplicity, accuracy, and consistency.

The metric system and water

The metric system is based on the temperature and behavior of water at sea level

Temperature

C = Centigrade = degree Celsius

0 C = freezing water

100 C = boiling water

50 C = too hot

22 C = Cool - standard laboratory temperature

25 C = Nice and warm, balmy weather

37 C = body's temperature

40 C = Hot weather

F = degree Fahrenheit

32 F

212 F

122 F

71.6 F

77 F

98.6 F

100 F

Distance, weight and volume:

1 meter: The size of one side of a cube of 1000 kg (1 ton) of water – 3.3 ft.

1/10 of a meter = 10 centimeters side cube = 1 liter of water = 1 kilogram = 1000 grams - 2 Lbs.

1/100 of a meter = 1-centimeter side cube = 1 centiliter = 10 grams

1/1000 of a meter = 1-millimeter side cube = 1 milliliter = 1 gram

1000 meters = 1 Kilometer = 1 km = 0.62 mile

1 hectare = a square or 100 m. side = 10 000 square m.

Simple and to the point. Easy to visualize and calculate. This is why the metric system is the system adopted worldwide for measurements. It is constant, reliable and not subject to change with the foot or the thumb of the head of state of past history, or as an answer to greed and imposed scarcity by a socially repressive industrial system.

Ancestral knowledge: Instinct, lessons learned by ancestors, the conservative voices of the past, ancestral issues...

Water is represented in the I'Ching as Extreme Yin, Yang within Yin, soft and enjoyable on the surface but hard and heavy on the inside, strong enough to break up cliffs and to extinguish fire. Water comes from the depth of Earth, the Yin absolute in the I'Ching, the power that gives Water this capacity to keep sinking without forcing, following irremediably the path of least resistance. It is the depth and the darkness of the deep well, but also it is that tremendous power to re-emerge in resurgences, to spring forth like a geyser, or a bubbling spring surging from the earth, that gave birth to lakes and to mighty torrents, rivers and filled up oceans.

Water is a mineral as eternal as the granite composing rocks and any other mineral that constitute our planet. There are no new water molecules being created. The water we are drinking today is the same water our ancestors drank before us and that the dinosaurs drank before them. It is the same water we are drinking now, that passes through us, evaporates, and comes back as rain, energized by lightning, to be drunk again throughout the ages.

The Water spirit carries the information of life. It gives water - H₂O - its appearance and incredible behavior: liquidity, vapor, gel and solidity at the same temperatures, at the same places. Water is also so beautiful to look at, so nice to listen to, so soft and so gentle, sensuous in both its freshness and warmth, manifesting the power of gentleness accountable for the greatness and prodigious power of the life-giving force of creation.

The ancient Taoist wisdom carries the knowledge about this life-giving information latent inside our inner nature. Nature works identically on every fruit of the Earth, on every living form born on Earth. At the human level, cognition follows the same rules as everywhere else on earth. Our biology, our inner nature, follows the same rules as in any other ecosystem.

Beside carrying the memory of life and of life-times, the Water elemental forces in us is responsible for the instinctual reactions we manifest from the lessons learned by our ancestors.

Biological facts

Yin aspects

In our bodies, the Water spirit carries the most essential aspects of life: the blueprint of life contained in every living cell, our DNA - DNA being used as a generic term for everything related to the transmission and reproduction of life, our genetic background, including cell form and protein (Sheldrake). Life on earth is made of the same basic information that keeps evolving and enriching itself. This is the other cosmic dimension of the universe, the microcosmic dimension holding all the information carried by the whole of evolution of life from the very instant of creation. Every single cell in our bodies contains DNA in their nucleus. In DNA we find the information of the whole of the evolution of life from its beginning with all the reflexes and patterns of habits that kept our species alive along the ages. A cosmic dimension indeed!

Yang aspects

Again, the Yang basic attribute is movement. The movement of the Water current in the body is proportional to the vitality of the person and of his or her willpower. This is given by the endocrine system and its ability to give out both axis of hormones, adrenaline and serotonin. When the pituitary, our master gland, commands adrenalin, we get the stress response that gives us the capacity to move fast. When our pituitary, under the pineal influence, orders serotonin, we remain calm and are able to move slowly and reverse the panic and frantic responses. This is a most important response when being in a healing process. Healing, mostly consist of changing our Water, changing the pattern of habits that are responsible for maintaining the pathological factors in place.

Water essential organs: the kidneys

The kidneys are our organs of life and death. Their first role is to establish and maintain our PH balance throughout our whole life. This starts as the one of the first vital functions inside the fetus. When we die healthy, just passing of old age because it is time, we die from kidney failure. A quiet, peaceful, and painless death.

Water tissue

Bone tissue, and bone marrow. It was believed in the past that what we call now DNA, as a generic term for genetic background, was actually contained in bone tissue and the marrow inside the bones, where the vitality of the bone was supposed to come from.

Water sense organ

The ears and hearing. According to classical Chinese medicine, the shape, size and tissue quality of the ears match those of the kidneys: Short, tight ears means healthy, strong, tight kidneys, which also means strong will power and determination.

Vital Water expression

Vitality. Very fluid, very animated. The happy expression of a running brook, which children love to play with by putting things to float in it and run after them.

Positive aspects: Vital and creative

The emotional state of the Water spirit, when strong and powerful, is calm, gentle and loving, like the ocean or the lake reflecting the warmth of the sun. In Water we find our ancestral system of habits, our inheritance, our pattern of evolution left where our ancestors found their limits. It is manifested in the respect of traditions and rituals, and the attraction and value given to antiques, to souvenirs, to what is ancient, historic, authentic and traditional.

The Water spiritual force gives us our instinct, this intelligence that comes out of the depth of ourselves when we need it most. Water instinctual intelligence is manifested in the basic reflexes stored in the body because they have been used so often, so many times, by so many people before us. It is the body's intelligence hard wired deep inside us that allows us to accomplish physical feats we didn't know we were capable of, or to experience emotional intensities that we didn't know were in us. If we get scared enough we'll find the way to run faster than ever without ever training or taking a running class.

When water is able to run inside the ground and out in the sun, it gets filtered by gravel and sand, and gets oxygenated by movement and bubbling, and get exposed to the beneficial sun rays. Both oxygen and ultra violet light from the sun kill the negative bacteria, refreshing and purifying water, making it new, regenerated, refreshed and pristine. On the perspective of consciousness this means that we need to filter out our instinctual tendencies and ancestral issues through the nature of the current state of consciousness, expose them to the filter of our emotional maturity and to the light of our spiritual guidance, which is the very nature of a healthy growing process.

Negative aspects: Scared and weak

When the Water spirit is agitated, fear sets in extinguishing the fire of spirit in a pattern of constant fear, setting the grounds for chronic anxiety, panic and paranoia. Instinct is what we fall back into when our intuition (Fire) gets extinguished by fear (Water). Instinct can make us react inappropriately, especially when we don't take time to know our feelings (Metal) about something. This is the reason why every decision we take under the influence of fear is most probably a mistake. When we can't consult our

intuition, the intelligence of our guiding Fire, we lose our best guidance and fall back into our instinctual Water, patterns of habits that had their reasons to be in the past, but now need to evolve and change to meet the necessities of the present.

Our instinctual Water intelligence can easily upset our spiritual inner Fire by the weight of old habits, traditions, and ancestral issues, extinguishing enthusiasm and true guidance toward progress, innovation and renewal. However, there is nothing wrong with traditions and old habits, that's what brings familiarity and comfort to our current life. These feelings of familiarity are very important to temper an often too crazy and over enthusiastic Fire that's so eager to progress that it wants to jump ahead in time. To let the spirit of Fire go too far ahead will irremediably bring the suffering of being ahead of one's time with the catastrophic negative returns that too many geniuses in history have experienced before being finally recognized a long time after their death. So even though too much traditionalism can kill the fire of progress and creativity, the connections with the past and the respect of traditions have to be maintained in order to temper the speed of changes and to keep enough familiarity, comfort and happiness in life.

CHAPTER 5

Earth intelligence

**Being present, available, at ease, comfortable, open minded,
inclusive, diplomatic, harmonizing, in tune, synchronized, in
rhythm...**

Physical intelligence and the Earth elemental Force

Earth intelligence is the unifying intelligence of the universe. It is the universal bidding force field that holds everything in place, the gravitational field that, in my opinion, encompasses what we have called dark matter and dark energy for lack of better knowledge. I am not an astrophysicist, but I would be curious to know what the Taoist viewpoint could bring to our current knowledge of astrophysics.

The Earth intelligence integrates all of consciousness from a central place of being. It is the hub of consciousness and of the space-time continuum. It encompasses the external cosmic astral dimension of space-time and the internal cosmic dimensions of our morphogenetic field and genetic code into the universal resonance of existence. From that perspective there is no past and no future, everything is present, and the present is eternity.

The Earth power is the Yin absolute translated in the I'Ching by the three broken trigram lines. Earth power means much more than planet earth, dirt, or gravity, or even the whole of the space-time continuum. These aspects are mere physical manifestations of this tremendous power, which is responsible for the manifestation of existence itself, its infrastructure, its frequency, its maintenance and harmony.

From the human mental perspective, the Earth intelligence is the consciousness of the self being present, in touch with the whole of existence. The attainment of full Earth consciousness is what has been described as “being a true human” or a “realized man” in the monastic Taoist and Buddhist traditions. It is a state of mind attributed to hermits and spiritual individuals who usually need to isolate themselves from the rest of humanity either by the thick walls of a monastery or by living far away in an inaccessible place. This isolation allows for a more direct interaction with nature and a protection from the interference of the pathological field of general human consciousness. It requires to hear the voice of nature in order to learn the language of our inner nature during our healing process. Only then can we get a chance to attune our inner Earth

intelligence directly with the archetype of Earth wisdom without the interference of our habitual strictly human preconceived ideas.

From a more generic human perspective, the Earth's intelligence is a mostly inaccessible place of all knowing. Especially for the well-educated but emotionally tamed and spiritually subdued intellectual, Earth intelligence could represent, at best, a subconscious layer of consciousness. However, this Earth intelligence, when clearly differentiated from the thinking and mind wandering Wood counterpart, is hard-wired into a physical field of information connecting ancestral knowledge from our Water instinctual intelligence, our physical body's Earth wisdom from the visceral-cellular level, and the intuitive guiding spirit of our inner Fire. This central position of mental control between the habitual and comfortable place of the past (Water) and the attraction of the novelties of a progressive future (Fire), places our Earth intelligence between an overpowering but volatile thinking process and an underdeveloped and capricious emotional body.

We enjoy our Earth intelligence mostly when we play, when we eat and when we enjoy ourselves. When we play music, when we paint, when we are involved in any form of art or craft, when we enjoy the moment in relationship with someone we love, in privileged relationships during intimate moments, or when we share a meal with conviviality, when we dance, when we make love, when we walk slowly in the woods or near water, when we play ball. In short, anytime when we are present with ourselves and others.

If you play ball you know that you will never catch the ball if you just think about it. To catch the ball, thinking has to stop, or, at least, thinking has to slow down, to be suspended for a while. Your whole body has to be in attention in the present (Earth) and look at the ball, not just think (Wood) about it. If you follow the ball with your attention your reflexes (Water) will make sure not to miss it. Your body's intelligence knows how to do it, not your rational mind. This is very true especially for martial arts, dance, and for all physical performances.

We have to execute a movement repeatedly before we can find out how we do it by decomposing it and by analyzing it. In contrary, trying to move better without respecting our body's intelligence and from a rationally understanding place, always leads to mistakes and can also lead to catastrophes such as ruining the spine, knees and ankles of entire generations of running athletes, by coaching them to run "elegantly" with cool looking longer strides necessitating fancy running shoes, instead of running naturally with rapid, short steps like all children do perfectly naturally, bare feet, and solely by pure instinct.

Thinking stands in the way of action. Thinking slows you down. Efficient movement is never a hurried movement. What is important is good timing, to be at the right place at the right time. It is about being present, about using your Earthy, all-knowing intelligence instead of trying to understand it. When we think, we are not present. This is the main difference between Wood and Earth intelligences. This is why thinkers have the bad reputation of being awkward and clumsy. This is why country people who, by everyday necessities have to mentally function with their earthy, practical sense in order to always meet their everyday needs, find city people very “weird”, capricious, difficult to deal with, and “not really there”, while city people find country people unsophisticated, clever, but “not very intelligent”, doing things in ways that they don’t understand... Wood intelligence is theoretical and calculating, Earth intelligence is functional and spontaneous. Wood is about taking the time for reflection and calculation, being curious and asking questions. Earth is about being spontaneous, open minded, clever, and being responsible and functional, and letting all answers coming from the depth of that old Earth inner wisdom where there are no questions, only answers.

Earth intelligence is the round table at the center of our consciousness connecting all other intelligences into one mind, one integrated person. Earthy intelligence is located between the comfort of old habits in Water and the attraction of the light and warmth of Fire, and between the clarity of a belief system and the depth of an emotionally refined mind.

Earth is also the spirit of what our intellectual civilization likes to call "small things", down to earth things, like gardening, cooking, being domestic, making things comfortable and providing basic life necessities to share with others. It is the spirit of art and crafts, shoe making, clothing, food production and habitat, house building and architecture, landscaping and gardening, everything practical related to the good care of life within an habitat without which life can't go on. It is quite important and not such a so small thing indeed!

Earth intelligence is the integrated pivotal part of ourselves that gives us our character, our presence and our personality. It is the center of self-awareness. It provides the down-to-earth intelligence and self-control. Our Earth spirit is constantly self-aware and mindful of all the possibilities offered by Wood, the sensitivity of Metal, the habits of Water, and what attracts our inner Fire. It is the intelligence which decides what to do right here, right now, one step at a time to meet the needs of the moment.

Earth intelligence is the ultimate decision maker who lives in the present closer to feelings (Metal) than thoughts (Wood). For Earth's intelligence it doesn't really matter

about what Wood's intelligence decided to do long ago if the feelings about these decisions (Metal) are not strong enough right now, in the moment. This is the reason why it is so hard to be "disciplined", especially in following dietary rationally-directed rules (Wood), and especially when such rules don't make much sense to our physical bodies right here, right now, in the present, where Earth and Metal reside. It takes a very strong Wood - rational way of thinking, and a very strong Fire - the perspective of enjoying a nice reward - to coach Earth, Metal and Water into a change of habitual behavior.

Placed between the desire of Fire, the attraction of destiny, and the comfort of ancestral habits found in Water, our Earth spirit will follow the rational (Wood) and emotional (Metal) energies we nourish within ourselves and take decisions accordingly.

Attributes of the Earth elemental force

Being present, nourishing, sheltering, maintaining, caring, nurturing, supporting, protecting, solidity, consistency, balance, synchronicity, spontaneity, regularity, conviviality, rhythm, timing, practical, functional, useful, helpful, harmony, diplomacy, ease, comfort, hospitality, domesticity, fairness, adaptation...

The biological facts about our physical intelligence

Our inner Earth power contributes to our substantial physical manifestation here and now in this plane of existence. It is in charge of its maintenance which can only be happening by nourishing the substantiality of the body from the substance of that very plane of existence. Eating, digesting and renewing what we are made of.

Yin Earth, the most essential metabolic Earth attributes - Our pancreas

The most essential organs of digestion are our liver and pancreas called Spleen-Pancreas in Chinese medicine. Spleen-Pancreas refers to the whole of the physiology of digestion in terms of choosing and extracting nutrients in order to feed every organs, tissues and cells of the body. This is mostly done by our liver and liver-pancreas relationship. Digestion also involves our appetite to choose our food and the way to prepare it, and also the capacity of the body to choose and extract the different nutrients needed once they are absorbed.

The health of our pancreas contributes in our feeling good about ourselves. By extension feeling bad about ourselves, a poor self-esteem, a deflated sense of self value, feelings of being dispossessed are damaging to the pancreas and can become the emotional triggers of hypoglycemia and diabetes.

Yang Earth - Stomach

The Stomach, in Chinese medicine, is the Yang organ in charge of the physiology of distribution of the nutrients. In order to manifest in this world, we need to be part of it, to be made of it. Yang Earth is in charge of our manifestation and in the establishment of our zone of influence. Our zone of influence extends much farther than the limits of our skin. It is our foot print not only on the planet but on the whole of existence. For example, the food you had for lunch took much longer to grow than the cooking. The beef of the burger had to be raised for several month before ending up in your plate. The potatoes for the French fries, the wheat for the bun, the tomato, the lettuce, all that had to be planned and planted and grown by people you don't know and who don't know you directly but your existences are linked by that one lunch. Think about what you have ever eaten, think about what you wear.... This represents just the obvious, but our zone of influence is in general much wider than we allow ourselves to imagine. Earth is an absolute force, absolute Yin. Yang Earth Stomach is in charge of manifesting that force from your own body.

Earth tissue

Muscle tissue, flesh, what constitute our bulk and what we touch when we say "myself".
Pancreatic cells

Earth sense organ

The mouth for taste. The Chinese consider the whole mouth for all the tastes including consistency, crunchiness, softness, thickness, liquidity, etc.

Vital Earth expression

Ease of movement, comfort, effortless actions, simple joyfulness. Friendly, convivial, likes to help, to share, and to organize.

Mental positives aspects: Functional and convivial

To be Earth intelligent means to be present, practical, convivial, hospitable, supportive and nurturing. To be earthy is to have the right idea at the right time, with all of the attributes of earthiness, cleverness, practicality and usefulness.

A good Earth intelligence is all encompassing and allows to always be at the right time, at the right place, with the right people, doing the right thing for the right purpose. This

is why it is important to constantly tend to our spiritual Fire so we don't fall back into the comfortable routine of Water and the instinctual desires of the past. This is also why it is important to constantly orient our thoughts on what we want rather than to let ourselves be preoccupied by what we fear:

- Don't mind so much diseases, build up your health instead!
- Don't mind so much the war, work for peace!
- Don't mind so much your emotions, raise your spirit!
- Don't fight yourself, validate yourself instead, and win yourself over!

Let's pay attention to our inner Earth intelligence, instead of being dominated by thinking and someone else's ideas.

The key word for a healthy Earth intelligence is a healthy appetite and the capacity to satisfy it. A healthy appetite, as opposed to a craving, is easily satisfied and guides us to eat the right quantity of food at the right time. Our cravings can never be satisfied and points to our poisons instead and will make us sick.³¹

Our Earth intelligence is the voice of our physical body that expresses its needs and desires to be cared for, nurtured, cherished, and satisfied. All we need to do is pay more attention to ourselves.

Mental negative aspects: Anxious and untrustworthy

When our internal Earth power feels weak we cannot help but not trust the solidity of the ground under our feet. We get hesitant, skittish, we can't trust easily. We then live in anxiety, being suspicious and avoiding responsibility. We get out of touch with our real appetite and we can't ever get satisfied. We always get disappointed. We become envious, jealous, and desire things that others have and we don't get satisfied even by getting more than we need.

A desire for a certain food is not necessarily an appetite even though a healthy appetite makes you desire certain foods. This is the difference between appetite and craving, which is the same difference between love and lust. A healthy appetite can easily be satisfied by eating the desired food at the right time, the right place and the right amount. However, no amount will satisfy a craving, which will end up in binge and sickness. Sexual desire is satisfying and fulfilling when exchanged with affection, love and care. However, there is no end to sexual desire when triggered only by lust because true sexual fulfillment can never be attained without love and care. Lust is careless and

³¹ Gilles Marin: Harmonizing Our Inner Earth

loveless. Food and sex are very primal examples of feelings showing both aspects, positive and negative of appetite, the voice of our inner Earth.

When our appetite cannot be satisfied we send the inner emotional message that we are not being cared for, that our world is not to be trusted and we lose our sense of support and direction in life. We lose both confidence and self-esteem. It is big deal. It is, very often, the first step toward depression and emotional destruction. It is the source of pathologies affecting our digestive system and, especially our pancreas, with hypoglycemia and diabetes. This is why to heal from diabetes we need to reestablish emotional solidity (Metal) and spiritual health (Fire).

Weak Earth cannot trust anyone so will fall easily to pray to corrupted professionals, swindlers and con-artists.

Practical intelligence and our spirit - Our inner Earth & inner Fire

Fire can burn safely when contained within the safety of the hearth of the fire-place in a home.

Fire feeds Earth and Earth takes its energy from Fire. Only the calm and comforting given by a high spirit and a humanly warm Fire, settled deeply inside our inner Earth, and feeds our presence with a solid softness resulting from trusting ourselves.

This self-assurance allows us to be present, centered in the moment, to take our time, and to spice up our existence with more daring, sharing enthusiasm and passions. Our inner Fire nourishes our inner Earth into being able to do what we want, the way we want it and to share the resulting joys with people we love.

The uplifting power of our inner Fire takes the effort away from the physical exhaustion of dance, martial arts, sports in general, and takes away the pressure from all practices involving velocity. All masters in martial art say it: it is not speed that's important, it is timing.

Martial art masters say: "hurry slowly!" True martial art is not about fighting, it is the art of winning: strategy, presence, precision of movement, and high spirit!

It is the same thing in dance: no point in trying to dance faster than the music. Follow the rhythm. Even wait for it. No point to hurry.

Always take your time. The only time you have is the time you take!

Functional intelligence and our instinct - Our inner Earth & inner Water

Earth is the only force capable to stop and control the flow of Water. Earth contains and directs Water, like the banks of a river, by providing the path of least resistance. Earth intelligence is able to take the very best and the very worst of all our instinctual knowledge, habits and all atavistic tendencies, and either change them, or adapt them to the necessities of the present moment.

Water sinks without forcing and follows the Earth to its greatest depth and is able to surge back into springs and resurgences filtered out, refreshed, and pristine. Inner Earth contains the extraordinary power to filter, digest, recycle, transform, and to extract life from dead matter from the past.

But Water also covers a big surface of the planet with oceans and deep lakes connecting surface water with the echoes of the underworld within its depth. It does not matter how deep into the Earth, and how far in time and space, nothing is ever forgotten. Old unresolved mental and emotional issues re-emerge regularly in an attempt to get humanity to evolve a little more, to get over some passed down patterns of pathological habits that are in the way of a thriving contemporary humanity. This happens one individual at a time until a critical mass is reached and human consciousness evolves as one collective unit. A marker is then created in our genetic make-up. There is no turning back to evolution.

When Earth is too weak and Water is too strong, old habits and traditions flood the mind into regression, attachment of by-gone ideas, inappropriate habits, prejudices, and obsolete behaviors. From there, by reaction, come pathologies and social suffering that necessitate the healing process to eventually take place and induce the changes necessary to insure evolution. It might take time. This is normal. When flooded, the Earth takes some time to drain, but it will irremediably happen and the sun eventually comes out long enough to finish evaporate the last puddles.

Practical intelligence and our thinking process - Our inner Earth & inner Wood

Wood controls Earth, meaning that our existence depends on how our belief system is set so our Earth intelligence can decide what to do spontaneously at any given moment. The work of Earth is to get the Wood intelligence interested enough to stop running and be interested to take the time, take root, to pay attention, and remain present for a while so we pay attention to what we are doing. However, if Wood intelligence gets wild and out of control, the Wood power of imagination overwhelms the down to earth practical intelligence and our minds gets pulled out of the tedious routine of the earthly

chores and escapes into the distracting, adventurous, and entertaining wilderness of the artificiality of the Wood jungle: Las Vegas, games and entertainment! As for the entertainments and multiple games and casinos in Las Vegas, everything is illusory and designed to make us “forget” the unaccepted sides of reality including the time of the day and night.

Western mindset has been on “what should be” instead on focusing on how things really are. Yes, there are some very positive aspects of such attitude only if connected with a strong sense of reality. However, as we have seen earlier in the first chapter on rational thinking, we can only see what we believe. If our belief system is prioritized with “the way things should be”, all we are going to perceive are what does not fit this paradigm and we will get obsessed with the duty of fixing, changing and correcting existence to justify such a belief system.

There is nothing wrong about wanting to ameliorate our life. There is nothing wrong with progress and evolution of course! However, when our Wood intellect gets so overworked and overgrown that we cannot distinguish the earth below it, it means that we lost all sense of reality and that we are set to fix and change things in a way that fits our belief system instead of reality. It mostly responds to our form of idealism and fantasy. It is counterproductive, non-functional, and ultimately, pathological. We don’t need to work against or fight nature. We need to work with it. This is the first thing we learn when working out a healing process within our own inner nature. There is no healing possible without respecting it.

Practical intelligence and our emotions - Our inner Earth & inner Metal

Earth feeds Metal and Metal feeds on Earth. As opposed to Wood, Metal lives on Earth. Metal intelligence lives in the present. Emotions are present, away from Wood mental inquiry, which dwells in the past or in the future - Wood intelligence, rational thinking, being either ahead or behind in time, or somewhere in between, not being present and wandering in that divine limbo of being out of space and time...

There is a close mental association between Earth and Metal. Earth gives consistence and Metal provides the shape. In mental terms Metal gives us the “shape” of our mind. This shape is rarely conscious, especially if we don’t pay attention to our feelings. It manifests in the involuntary way we move, the way we walk, the way we are being recognized by others. Metal intelligence is in the doodling that we draw on the phone pad without thinking while talking on the phone. It’s in the choosing of “what to wear today” when we choose our clothing every morning. It is in our hand when we spice up or season a dish intuitively, but precisely while cooking. Metal intelligence is what moves the brush on the canvas of the artist painter and in the hands of every child

playing with her or his toys. Metal intelligence is in the voice of the singer, at the fingertips of the musician, inside the feet of the dancer, and is moving the stick of the conductor of the orchestra. Metal intelligence is in all feelings we constantly carry in the present moment (Earth). It is in the way we instinctually move, it is in the tone of our voice when we speak. It is constantly conducting the volume of our breath and the rhythm of our life.

Metal, emotional intelligence, dwells in our lungs and in our guts. Metal gives us all sensations. Metals gives us our consciousness to be alive, right here, right now in our bodies. Metal brings out the shine to our inner presence, reflecting the light of our inner Fire. Metal is constantly expressed by the jewelry, the tattoo, or the particular clothe we wear, the kind of car we drive, in everything that expresses our origins, our social status, our pride and our achievements. Metal embellishes our Earth, shines the Fire of our spirit and brings elegance in our every move.

CHAPTER 6

The Round Table

Specific mental roles of each of the intelligences resulting from the Taoist universal laws of interaction between the mind's five intelligences³²

1 – Wood: General consciousness, outer perspective, belief system

The reason why we gave rational thinking and imagination priority over the other intelligences is because of its extraordinary capacity to step out of the present, to step back in time and space in order to contemplate and take the time to think, calculate and evaluate. This is re-flection. The repeat of cognition for mindful acquiring, to be aware. This is consciousness. Consciousness of the self, a self-made of a variety of different other mental capacities, which need also to be made aware of. Being in the present, and the present being immediate, emotions, instinct and spirit don't have the capacity for self-reflection. Only the delayed reaction of Wood intelligence is able to bring general consciousness to mind.

Indeed, it is most important to use this Wood mental capacity to differentiate and validate all the other intelligences which are caught up in the action of the moment.

- Our spiritual Fire needs to be constantly reminded of what our spiritual direction is, what it is that we really like, what we really want and how we like it, as opposed to constantly trying to please others.
- Our subconscious patterns of habit (Water) need recognition in order to be able to know what to change.
- Our emotional self (Metal) needs the validation of the sentiments we don't accept within ourselves in order to outgrow them and to bring us to our next level of evolution.
- And our Earth inner wisdom, our integrated sense of self, needs this clarity in supervision, and the affirmation of a solid belief system, in order to be able to take the right decision at any given time according to our whole integrated mind, our integrated self.

This rational mental perspective from our Wood power is indispensable for our whole mind to keep expending its awareness harmoniously, and to transform pathological subconscious internal conflicts into conscious mental self-support. Only then will we be able to bring our integrated mind to participate actively to the evolution of humanity to its next level of consciousness.

³² See G. Marin - Five Elements, Six Conditions

Wood interactions

- **Thinking Wood with guiding spiritual Fire:** A healthy rational Wood intelligence is designed to feed and enhance the enthusiasm of our spiritual Fire intelligence with clear thinking, ample knowledge, understanding, and a solid belief system, while being constantly open to other possibilities.

But a weak, rigid, or corrupted Wood intelligence feeds dogmatism and fanaticism in search of advantages, speculation, privileges or protection. It then takes over the control of the mind and appropriates spiritual authority by sophism, lies and mental cover-up (smoke) in the form of taboos, unethical laws, abusive rules and other schemes. This results in the loss of a healthy spiritual guidance and we fall back into instinctive behavior for survival (Water), and we attract lower grade guiding spirits with their cohorts of pathologies, accidents, bad luck, and other crisis in the attempt to reestablish health and natural spiritual order.

- **Thinking Wood with functional Earth:** A healthy and knowledgeable Wood intelligence is designed to solidify the Earth's functionality with a sense of priorities led by the validated input of the emotional perspective of Metal, the need for familiarity of Water, and the desires of Fire. A solid belief system provides also a vaster choice of possibilities and ideas to help adaptation, a solidification of a sense of self and of one's zone of influence to create peace, harmony and ease of living anywhere at any given time.

However, out of control Wood can easily overwhelm an Earth intelligence weakened by low spirit (low Fire) with lack of confidence, poor self-esteem, the use and abuse of exaggerated states of emergencies, pre-existing and ill-adapted laws, and outdated customs and traditions.

- **Thinking Wood with emotional Metal:** A healthy Wood intelligence needs to acknowledge, validate and bring clarity to all feelings arising from an emotional Metal intelligence caught up with the immediacy of daily social interactions and busy at addressing the immediacy of the events of life. The embracing wide spectrum of perception of a clear Wood intelligence allows emotional Metal to enter a full state of honesty, bypassing judgment, presumptions, and denial.

When poorly educated, or instinctually corrupted by a dark ancestral past holding a pathological pattern of habits (poisoned Water corrupting Wood), Wood

intelligence prevents emotional Metal from shining and brings it to depression. To accomplish that, rational thinking would belittle feelings, invalidate emotions, and hide them under a thick layer of denial. This creates mental confusion about knowing our emotional state. We look for reasons to feel a certain way we don't like. This starts either a process of blaming, judging, self-doubt, and delusions or a fall into denial and depression.

This is the source of subconscious mental conflict. It turns the mind into a war zone between an aggressive judgmental Wood intelligence in search of understanding (I should or should not feel that way) and a defensive emotional Metal intelligence in need of validation and support (but I do feel that way). This very common mental attitude is at the origin of many chronic pathological conditions including mental and emotional symptoms and existential crisis.

- **Thinking Wood with instinctual Water intelligence:** A healthy Wood intelligence is able to bring mental clarity to the dark recesses and muddy turbidity of the instinctual troubled ancestral Water of past emotional issues still affecting our lives in the present. Acceptance of the facts of the past is a requisite to mental sanity. It is ok to repress our worse instincts, but it is not ok to deny them. The worst of ourselves needs validation in order to give green light to the power of healing operated by Metal intelligence in order to establish the mental changes we want.

However, Wood intelligence can easily get overwhelmed by instinctual Water in the form of a flood or a tidal wave coming from the subconscious horrors of a troubled ancestral past. This is why it takes a minimum of three generations to start to recover from the shocks caused by war and other horrific social unrest. At this point, no amount of forgiveness or pardoning brings any relief. The steps of emotional validation and recognition of received or inflicted suffering are first and foremost necessary to start any proceedings toward peace and justice. Forgiveness and pardoning will come as a natural side effects of transparency, honesty and sincere outgrowing of the emotional charges involved. It cannot be forced or imposed.

Instinctual Water intelligence needs the clarity of rational thinking in Wood in order to let go and drop the muddy particles of ancestral issues, and to let them sink into the depth of the past with the knowledge that they are of no use any longer. Present reality has changed from the past and we need to upgrade our belief system to something more functional in the present to prepare for a better future.

2 – Metal: Awareness, inner perspective

Emotional processing, maturity, social intelligence, sense of ethics and pride.

The work of Metal is to conduct vital energy and distribute it through the surface contact of the tissues of life. By doing so, Metal establishes the attitude, the posture, the character, and characteristics of everything alive.

Emotional Metal interactions with the other intelligences:

- **Emotional Metal with thinking Wood:** A healthy emotional Metal intelligence cuts through all the multitude of possibilities offered by our rational Wood intelligence. Then, Metal chooses only the very best ideas and thoughts according to its sense of ethics, of responsibility, of identity, appropriateness, morality, and aesthetics. Only the ideas and possibilities that feel good to our heart and bring a smile to our face...And discards everything else.

However, a lack of emotional maturity or poor self-respect causes Metal emotional intelligence to cower in front of an abusive and judgmental Wood intelligence. This leads to mental self-abuse, pushing emotional intelligence into hiding, defensiveness, and denial. This brings a sad look to our face no matter how interesting or profitable our ideas might be.

- **Emotional Metal with guiding spiritual Fire:** Healthy and well-polished emotional Metal reflects the brightness and beauty of the light of spiritual Fire. By processing our emotional life through the events of existence the resulting refinement of our emotional Metal allows for a brighter reflection of the pure light of spirit. This upgrade of the reflecting and conducting capacity of our emotional Metal body is seen as following the evolution of nature through a simple alchemical process. It is a natural biological feature designed to constantly bring us to our next level of evolution.

One good example of the influence of Metal over Fire is manifested in our appreciation of music. Music is the most emotional of all the arts. Music is all abstraction, so its language is international. It bypasses the rational screening of the thinking process. Even though thinking tries to frame it within rules and laws of solfege to establish a way of understanding to fit it within a belief system and to establish what can be considered good music. Thus, our mind gets to like the kind of music that's familiar (Water) enough and that can be appreciated because fitting certain expectations (Wood). In that manner we establish what

we consider to be “classical” because belonging to what we consider to have been recognized as the “model” of good music.

To be more specific, and taking my own personal experience as an example, the first time I heard “Sketches of Spain” by Miles Davis, I was a teenager and even though I always loved music, especially classical music, I thought at the time that M. Davis was cheating. He was exploiting an already very successful musical piece to promote his career as an artist. I was then only hearing J. Rodrigo’s music, and the little I heard from M. Davis I couldn’t really appreciate.

The second time I listened to M. Davis’s Sketches of Spain must have been over twenty years later and I started to like it through a better appreciation of what Jazz really is. However, I still was not crazy about it and would listen to a J. Rodrigo’s Adagio for relief.

Only recently, another twenty years later, did I listen again to the Sketches of Spain. But this time, I was struck by the sound of it and I almost got tears to my eyes. I really heard M. Davis composition and virtuosity. I had a sense of how proud J. Rodrigo would have been if he could hear his piece of music reinterpreted and given a new life in modern times.

Unfortunately, this process of mental maturity can be quite slow at the collective level, or can often be reversed into regression, when our next level of mental evolution is slowed down by lack of social support, states of emergency, epidemics, famine, war, and others existential crises.

- **Emotional Metal with functional Earth:** Metal shapes the Earth and provides its beauty while conducting vital Chi (bioenergy) wherever the possibility of vitality and enjoyment of life arises. In the body, a healthy emotional Metal brings deep and effortless breath, and elegance and shine to the physical presence (Earth) of the happy person. Intelligent emotional Metal masters the art of rituals and politeness to solidify social bonds even among people who don’t match at the rational level or don’t even share the same belief system. Metal creates emotional bonding through art, music, sport, and every social event where people are being convivial, cooperating, doing and building something together.

But, dullness in emotional Metal weakens the flow of vitality, deflates the emotional body and weakens the presence of the person affected. This translates into avoidance or being ill at ease. Such weakness of Metal energy can create poor postures and chronic metabolic upset, reflecting the mental attitude and the emotional profile of the person affected by excessive shyness or psychologically affected by poor self-esteem, dissatisfaction, frustration, grief, or depression.

- **Emotional Metal with instinctual Water:** Healthy Metal intelligence gets its mirroring shine to reveal past emotional issues that need attention within the depth of Water. Like the way Metal cuts through Wood to choose only the most elegant thoughts, Metal cuts through ancestral issues of Water and reveals only what is appropriate to address in this day and time as a matter of emotional habit or hang-up that needs to change, to evolve, and allow the nourishing of the soul with a better and more humane attitude in life. At the same time, Metal reflects on the surface of Water, through its sparkles and rainbows, the full spectrum of possibilities for a better future.

Alas, dwelling too long inside the depth of Water can get Metal to rust and to get overwhelmed by ancestral issues which became insurmountable. Only by reaching the incorruptible state of gold at the alchemical level we will be able to painlessly outgrow any emotional issue from our troubled past without going through a difficult growing process. This is why it is so important to be working at some kind of self-cultivation at the mental, physical and spiritual level at the same time so we keep growing emotionally without the need to go through crisis in order to heal and grow as a person.

3 – Water: The intelligence living on memories and habits

Vitality, instinct, sensuality, nostalgia, habit:

The work of Water is to bring forth vitality and the memory of lessons learned during the evolution of life

Interactions:

Instinctual Water with functional Earth: Clear Water brings the memory of life to Earth wherever vitality can take hold and thrive comfortably with gentle sensuality. By its nature Water can go anywhere and everywhere, following the path of least resistance, spreading itself thin and evaporating where it can't be stopped by Earth, like in a pond, a lake, or the ocean, or being directed like in a river. Water power not only carries our basic life power but also sets our mind to preserve it. The memory acquired through evolution sets it on its perpetual process of evolution, holding on information through crystallization, cleansing and carrying out detritus through its solvent property,

evaporating and purifying itself, or charging up with life power through its newly discovered exclusion zone³³.

Instinctive behavior comes as the first reflex to any situation, at any time and any place. Earth intelligence needs to immediately pull these reflexes from their attributes of the past in order to adapt them to the needs of the present time.

Instinctual Water with thinking Wood: Our Wood intelligence, our consciousness, our belief system and our way of thinking comes directly out of the information coming from previous generations (Water). A well transmitted healthy and rich body of cultural tradition from the past contributes greatly to the belief system of the present, which keeps growing and elaborating itself from the same base of knowledge.

But if the educational system is poor and the traditional culture is repressed, as it happens too often among relocated populations, the cultivation of the mind will suffer and the lack of knowledge will weaken the health, in the body and mind of individuals. When a belief system does not make sense, Emotional Metal is left confused and powerless in terms of ethics, moral, and sense of esthetics. Self-esteem gets either lost by depression or over-inflated by anger as a reflex of self-defense.

Instinctual Water with spiritual Fire: A healthy Water intelligence carries the memory of lessons learned by everything alive in the past until the present. Water, being the Yin part of our spiritual body, has the essential capacity to temper our spiritual Fire so we don't get too far ahead of ourselves, too fast. Every step of the evolutionary process has to be taken. There is no jumping ahead in space or time. Everything has to happen in the present of the Earth space-time continuum according to long established universal laws. Water brings the past to the present while Fire starts the future here and now.

A well-integrated mind makes sure that the lessons of the past contained in our Water intelligence are being used or changed and upgraded in the present, establishing hence the principles of healing in order to evolve toward a better future. This is the reason why it is so important to preserve the very best of cultural master pieces and other treasures from the past.

Instinctual Water with emotional Metal: Following the path of least resistance, instinctual reactions from our Water power changes according to the capacity of our emotional Metal body to break down ancestral issues deeply imprinted into our physical

³³<https://www.pollacklab.org/research#:~:text=Exclusion%2Dzone%20separates%20solutes%20from,without%20need%20for%20physical%20filters.>

manifestation marked as unfinished business older than we are. Given the right opportunities of right support, sufficient energy and maturity, our emotional body will attempt to digest them piece by piece, absorbing what it has to be retained from these lessons of the past in order to crystalize in our subconscious the individual marker that is being established at the collective level. This process shows that our personal genetic background resonates far beyond our personal body or even our bloodline and affects a whole field of information at the human population level forming what we call human consciousness.

If the Water of ancestry is muddy, unclear and foul, time is to be taken to filter and sanitize our instincts by changing the habits and traditions, similar to improving personal hygiene to prevent contamination and contagion. Being spiritual, the work to be done goes far beyond personal responsibility and has to be shared by the community involved. It is often manifested by what we call “trends”. The trend to replace hurting hunting rifles and snares by curious and interested gentle cameras, the spiritual power that draws whole crowds of people in sports and competitions instead of meeting on the war field, the trend for scientific research to go beyond borders, sharing data, methods and calculations, even in the midst of high competitiveness between laboratories and universities, and many more instances to be found in technology, the arts, performing arts in particular, and music.

4 – Fire: Guiding intelligence

Attraction, love, inspiration, intuition

The work of the Fire spirit is to attract life toward the expansion of consciousness wherever and whenever it is possible according to Earth providing: infrastructure and opportunity, time and space. Fire spirit is responsible for the evolution of species, and the direction of life, following the evolution of consciousness. As long as there is a viable next step for evolution, the Fire spirit will bring thriving and enjoyment there. However, if somehow evolution is held back or prevented, spirit will mercilessly interrupt life right there and then and start over again or move on to a more promising time and place.

Interactions of guiding spiritual Fire with the other intelligences:

Spiritual Fire with thinking Wood:

Fire spirit brings the constant change that requires the belief system of consciousness to adapt, evolve and change. It is the process that makes the consciousness of Wood dormant for a while so it can regenerate itself on a regular basis, like when we sleep at

night, or such as the leaves of trees changing every year, the hibernation time of nature during winter, and the incubation time that changes a caterpillar into a butterfly.

Spiritual Fire with instinctual Water:

Fire brings light to the depth of Water and draws to the surface whatever part of the Water needs to evaporate, energize, and renew itself. Fire power draws the darkness of the past toward a lighter, brighter, and warmer future.

Spiritual Fire with emotional Metal:

Fire shines over the surface of well-polished Metal to bring forth the pride and strength of a cultivated soul and bring it to maturity. The spirit of Fire attracts the emotional body toward its next level of evolution.

Spiritual Fire with functional Earth:

The spirit of Fire warms the body of Earth to make existence as enjoyable as possible while continuing inexorably the evolution of consciousness, energizing Water emerging to its surface, growing a belief system of Wood, while reflecting on the surface of Metal to bring beauty to its landscape.

5 – Earth: Central intelligence

Diversity, order, harmony, functionality, emulation

The work of Earth is to provide an intelligent and strong infrastructure of space and time to make existence not only possible but to make it also thrive by providing abundance, nurturing, care, and nutrition with all the ingredients for a rich and fruitful existence.

Interaction of functional Earth with the other intelligences:

Functional Earth and emotional Metal:

The work of the Earth spirit is to provide the best conditions of support, solidity, consistency, comfort in order to comfort the soul, providing the best conditions for processing emotions into maturity in Metal, allowing it to shine. Earth holds the whole world with the widest possible potential of variety of landscape to allow the Metal power to fill it up with the resonance of beauty, elegance, and charm.

Functional Earth with instinctual Water:

The power of Earth directs the memory of the past from the depth of the earth to the surface of the present and exposes that mineral Water to the light of the sun, to the spirit of Fire, to bring forth the new generations of life.

Functional Earth with thinking Wood:

The spirit of Earth directs the resurgence of ancient instinctual Water into the new functions of growing new thoughts and new beliefs in Wood for a regenerated sense of reality. If filtered properly by a long process of underground filtration of emotional processing with mineral Metal, ancestral habits get upgraded and life gets refreshed by the new generation.

Functional Earth with guiding Fire:

It is the dance of Earth with the Sun, that establishes the whole of existence. The ultimate Yin (trigram of Earth) following the Yang absolute (trigram of Fire), rhythmically spinning around the sun and on itself, Earth energy embodies the movement unconsciously imitated in most traditional dances in the world.

Absolute Yin is all wisdom. Earth hold in herself all the elements and all the laws that create the exquisite ecological order that no other mind but her own is able to replicate anywhere, under any conditions, making life possible under all situations and all climates under the sun.

Within ourselves, our body's intelligence is ultimate. Only our body's intelligence knows everything about our life, why we need to get sick, and what is required from us to recover and heal. We are born to follow our life purpose, which will be the only thing that will make us really happy.

PRACTICES
and
A few things to keep in mind

The five alchemical - spiritual sources of life

- **Water is the source of vitality** and vitality is the source of life. In our body our DNA contains the memory of the life of our ancestors and shapes our bones. By instinct we are reproducing ancestral behavior.
- **Fire is the source of attraction of life.** Our spirit makes us like what attracts us to our life purpose.
- **Earth is home.** In our body it is the sense of self: I am. Earth is the source of well-being and the source of well-being is to feel at home, safe, satiated, satisfied, and comfortable in our body, ready for action and accomplishment.
- **Metal is the source of beauty** and beauty is transmitted by Metal reflecting Fire. Metal is the resonance we make to adjust ourselves to the frequencies of our life and of our universe. The evolution of our consciousness requires a constant adjustment of our frequency to fit the frequency of consciousness around us. By doing so we contribute to the quality of human consciousness.
- **Wood is the source of the perception** of possibilities. The power of Wood allows us to constantly learn, understand and contemplate an ever-wider range of awareness.
- **Our mind is made of the interactions** we have with each of our intelligences, which contribute to our consciousness. This consciousness is made of what we share with others, which constitute our spiritual axes of our mind and what is personal, which constitute the soul axes of our mind.

The five groups of activities to enhance each of the five intelligences

• Earth – Wisdom, inner peace, and the maintenance of our zone of influence

Anything connected with well-being and the extension of our being into our zone of influence and the maintenance of it. Everything necessary, practical, useful, functional, current and present. Anything that gathers and sets the conditions that allow life to thrive.

- Practicing a craft: pottery, basketry, cabinet maker, shoe maker, clothing (regardless of trends)
- Being domestic: Taking care of meals, house maintenance, and care of the land
- Cooking
- Gardening
- Home improvement
- Hospitality, providing comfort
- Sharing meals as a mean of communication
- Comforting, conviviality
- Networking, matchmaking, bonding
- Study architecture
- Study geography, geomancy and Fong-Shue
- Communicate with the spirit of familiar “things” (Kami)
- Providing and establishing space and time for oneself and others

• Wood – Rational thinking and cultivating a belief system

Anything to keep learning new things, to update the belief system with new discoveries and to enhance calculation, imagination and creativity. Thoughts, studies, analysis, countability, mathematics, physics, entertainment and mind games, speculation, legislation, law and order, military, strategy, and politics.

- Reading
- Writing
- Watching documentaries
- Learning new languages
- Playing strategy games
- Cultivating the art of discussion, argumentation, and rhetoric.
- Using the eyes to pay attention to details
- Getting mental satisfaction
- Providing and sharing resources
- Distribution and repartition of goods

• **Metal – Emotional intelligence and social refinement**

Anything that has to do with esthetics and the way you feel, the way you look and the way other's feelings and appearance make you feel. The way you feel in your environment and the way that the landscape around you makes you feel. Emotional refinement and social development, art and decoration, designing, jewelry, tailoring, manicuring, perfume and cosmetics. But listening to music is the best practice for emotional cultivation. Always listen to the music you feel like listening, this will help you validate your feelings. Learning more about music, even playing it, or listening to foreign music and learning to appreciate it opens the mind and enriches the soul.

- Grooming, dressing up
- Listening to music
- Playing a musical instrument
- Reading and writing poetry
- Cultivating the art of conversation and social bonding
- Following trends
- Paying attention to looks, cosmetics and appearances
- Medals, trophies and other marks of public recognition, medals, trophies and other rewards
- Dreaming related to emotional processing, sharing dreams, writing a dream journal, relating to your dreams during day time, lucid dreaming practices
- Using touch to enhance communication
- Using all the senses to absorb and appreciate beauty
- Providing a listening ear and emotional support to oneself and others

• **Water – Instinct, respect of traditions, and ancestral patterns of habit**

Anything that would generate creativity even from the most abstract perspective. Anything related to the past and research of the past. Learning to appreciate the most classical and model likeness of the past. Anything related to generating momentum and energy and gathering momentum. Everything involving finances, savings, investment, economy, financing...

- Practicing any of the figurative arts, drawing, painting, sculpting...
- Calligraphy
- Seeking and sharing oral traditions, counts, stories, and legends
- Seeking old treasures, collecting, economy, investments, and savings
- Study history
- Study family history and genealogic trees

- Following your cultural and ethnic tradition and getting more interest in foreign traditions
- Joining a cultural group such as a choir, a club which practices a traditional game or play, a folk-dance group
- Providing encouragement and financial support

• **Fire – Intuition, attraction, sharing high spirit**

Anything that involves sharing spirit, communication and guidance. Anything that makes use of charisma, faith, devotion, blessing, establishing sacredness. And also leadership, authority, the true authority of wisdom and of knowing better.

- Using body expression to enhance communication
- Practicing a performing art
- Cultivating dance and intimacy
- Public speaking
- Mastering any activity
- Teaching what you know
- Enhancing intuition
- Spiritual and devotional practices
- Enhancing direct communication with the source of life
- Study the I'Ching
- Oracle consultation
- Practice of alchemy, astrology, Tarot reading
- Investigating the lost art of prophecy
- Providing human warmth and blessings

The five self-support mental practices that eliminate internal conflicts

Healing the emotional body from ancestral issues

1 – Earth and our zone of influence

- Sit comfortably, gently breathing from the back of your lungs, sending your breath down to your pelvic floor and up inside your shoulder blades.
- Let your body weight sink as you inhale and push yourself comfortably down as you exhale.
- Take the time to be aware of your surroundings and be aware how you are supported within these surrounding: the room decorated to support your mental and emotional self... The room itself, within the building sheltering you from the outside ... The building itself being outside within a neighborhood, the landscape surrounding the neighborhood, the city Trees, nearby hills, parks, rivers, canals, seaside, mountains...
- Be aware of being at the center of this landscape. Let drop your body's weight so you can feel the support of the Earth holding you in place. It is an unconditional support acquired from being born on Earth.
- Be aware of being plugged into life within this Earth. Be aware of a network of invisible conductors of life force, of bioenergy, running inside the Earth and plugging in everything alive around you. Every person, every animal and plant including bugs and microbes. Feel like you are all connected to the same source of life. We all are fruit of the Earth, hanging from the Earth by gravity.
- Be aware of being part of this landscape... Be aware of how your presence influences this landscape and how this landscape influences you.
- Be aware of your existence influencing your world, from providing the food you are eating this very day, the clothes you are wearing, the equipment that you are using... All being produced by people you don't know... Growing your food and the cotton of your clothing... All the people involved in making it possible for you to be clothed and nourished every day. Be aware of contributing to the livelihood of these people. This is a big part of your zone of influence that creates your existential footprint on the Earth, at this place and time...

- Be aware of that zone of influence at the first degree of connectivity – also called degree of separation.... Be aware of that first degree of connectivity extending to a second degree of connectivity, influencing the family members and close relationships of the people immediately involved in supporting your livelihood, and their own zone of influence extending to a third degree of connectivity.
- Be aware of that network of connectivity extending further and further away around the world.... How your presence influences these connections from the central place of your being right here, right now.
- Be aware of how your paying attention of your biological and social footprint might allow you to participate more actively and more positively within that zone of influence.

2 - Water and the influence of the past

- Keep being aware of your existential landscape around you, and be aware of your past being in your back.
- Be aware of your timeline being water, running like a river.... Surging from the darkness and the depth of the space-time continuum in your back. Be aware of the life force and the memories of so many existences transported by that Water. The Water of life holding the memory of life in every droplet, every molecule of water.
- Be aware of that bio-force nourishing your body from the life memory of everyone alive before you, all the lessons learned during past existences and deeply marked in your genetic code in every single cell in your body, carrying patterns of habits and mindsets from the depth of your bloodline.
- Be aware of floating at the surface of that Water where water is the clearest and most oxygenated, exposed to the light and the wind.
- Be aware of Water being darker and heavier further away from the surface of the present into the depth of the past.
- Be aware of the capacity of your body to filter out only the very best Water from the surface: the most limpid, the clearest, the best tasting, the freshest, the more quenching, the more refreshing, the more enjoyable Water from that gentle river, or lake, or ocean holding your body at its surface.

- Let the mud, the dirt, the darkness, sink to the bottom with everything that can possibly hide in there.
- Be aware of that capacity that your body has to let go of the past and to bring to the present only the very best of that Water: the best traditions, the best feelings, the best patterns of habits, the most comfortable feelings of familiarity resonating within yourself.

3 - Fire and the power of attraction toward the future

- Bring that Water to the sun in front of you, exposing it to the cleansing and revitalizing effect of the sunlight, starting the future afresh carrying only what you like the most from your past, adapting it to the needs of the present, everything you want to extend to the next generation for a better future.
- Be aware of your Fountain of Life running through your body, going up your back and down the front into a continuous flow.
- Be aware of the sun shining on your Fountain, sparkling on droplets, forming rainbows, making your Fountain look so beautiful.
- Shine the light of the sun at every level of that Fountain starting with the biggest jet going from your pelvic floor, all the way up to the top of your head and your pineal gland, connecting to your guiding star.
 - Then, shining the light to the inner flow going to your pituitary in between your eyebrows, opening your mind to clearer vision, better understanding, more knowing...
 - Going lower to the jet crossing your throat, connecting your tongue to your heart, allowing your inner truth to be expressed.
 - Shining the sunlight through your heart. Letting it warm up and open to what it is that you like, what it is that you want, what it is that attracts you.
 - Then, let the sunlight penetrate inside your solar plexus, spreading to your stomach and warming up your sense of self.
 - And let the sunlight shine on that second jet across your kidneys and your navel, shining the light through the depth of the inner Water of your ancestry, so you can choose only the very best from your inheritance.
 - And finally allowing the sunlight to reflect on that Water coming through your pelvic floor and charging your sacrum with life momentum and vitality, and let it cross over to your sexual center to let enjoyment flow from there to every activity you take.

4 - Wood and consciousness of what is vs. what should be

- Be aware of Water in your back, of the Earth around you filtering that Water and bringing out the very best of that water to the sun in front of you.
- Be aware of the fertilizing power of that combination: earth, water and sun, and be aware of the Wood power growing out of that combination of Earth, Water and Fire powers.
- Visualize the Wood power growing and energizing your nerves, your brain and glowing through your eyes. A bright green light opening your mind and your eyes to a clearer consciousness. A clearer vision of the world.
- Be aware of the visual consciousness of Wood, collecting information from the past of Water, the desired better future of Fire, bringing it to Earth in the present as a reality. This is what is.
- However, those thoughts and ideas for the future need to be clearly differentiated from reality right here, right now. Be aware that this is only make-believe. Imagination is beautiful and is the source of creativity and is full of possibilities for the future. But it is as yet only virtual, only fantasy.
- Be also aware of the imaginative consciousness of Wood searching for other possibilities, for what would be ideal.
- Imagination has to fit the needs of the present: Is it practical? is it functional? is it a priority? Do we have other more important things to take care of in the present?
- Imagination needs to be submitted to the sense of ethics of the Metal intelligence: Is it respectful of one's and other's feelings? Does it contribute to make you and everyone feel good?
- Imagination has also to feed the fire of spirit: Is it exiting? Is it attractive? Does it raise enthusiasm? Does it have a purpose?

5 - Metal and emotional maturity, responsibility, and social presence

- Be aware of your feelings from body's sensations, zones of pain or discomfort and paying attention without any judgement, criticism, or any plan of fixing, repairing, or improving, but of simple validation: "I do feel that way. How interesting! There must be a good reason for this and that reason is good. It does not need to be understood or resolved. It is just the way it is."
- Give yourself permission to feel without understanding. Allowing yourself to feel things which you don't have any reasons to feel that way.
- Don't focus on any of the stories attached to the feeling but get in touch with the familiarity and the specificity of the sensations from the physical level.
- Allow yourself to detach the name and label of the emotions to differentiate them one by one as a very specific and personal feelings.
- Give yourself permission and gather the courage to surrender to the feelings you don't want to have, knowing that you are at a safe place right here, right now, and that you can allow yourself to feel the intolerable and the unacceptable.
- Allow your dream body to take over your mind and surrender your life force to the power of internal healing. Let yourself succumb into deep incubation, into the mystery and blessings of deep sleep.

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Fire Monkey
Productions