

The Biology of Consciousness

One Mind, Five Intelligences

By Gilles Marin

Booklet # 2

The Lock and Key of Healing:

Emotional Digestion

To acquire mental clarity, emotional solidity and spiritual guidance

Booklet # 1: The Tao of Consciousness – One Mind, Five Intelligences

Booklet # 2: The Lock and Key of Healing: Emotional Digestion

Booklet # 3: The Biological Resonance to the Source of Existence

Booklet # 4: The Round Table – The laws of interaction between the mind's five intelligences

Booklet # 5: From Heart to Guts - Escaping depression and chronic anxiety

By the same author:

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

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“There is no intelligence 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.¹”

G. Marin

¹ G. Marin, Five Element, Six Conditions – North Atlantic Books

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Notes and practical considerations

This book is not modeled on any previously written book on Taoism. Rather, it is made of the empiric information I gathered over a whole life as a Taoist Healing Practitioner. It is my intention, as the author, to help the reader explore the practice of self-healing and mind liberation in order to become a healthier and better human being. This book is not intended to be just a scholarly work about Taoism and healing but is designed to be practical and useful to anyone regardless of spiritual orientation or scientific knowledge. It is designed to start you right away on the healing path with basic information, guided practices, and the essential steps to initiate your healing process within the healing field regardless of the quality of your health.

In my opinion it is more important to heal first. From a wholistic 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 be accessory to satisfying our curious mind but is not at all required for healing. As a matter of 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 englobe the whole of the informational and energetical meaning in classical Chinese medicine, hence the capitalization. The author decided to use only the English written form rather than 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

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 Brain², there are more

² Michael Gershon, The Second Brain, (Harper Collins, New York, 1998)

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.³

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 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 books⁴, 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.

³ G. Marin, Five Element, Six Conditions – North Atlantic Books

⁴ G. Marin, Healing From Within with Chi Nei Tsang – North Atlantic Books

CHAPTER 1

East and West Holistic and allopathic paradigms

TaoTouch 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 culture⁵. 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 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

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

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 Equilibration⁶). This is a true holistic approach to medicine as it addresses 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

⁶ SME is part of the advanced post graduate classes in TaoTouch, originating from a French orthodontic modality

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 things 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 or allopathic.

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

From our TaoTouch 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 traumatic events, physical violence, unacceptable 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 maturity⁷. 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

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

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, 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 resonance⁸. 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?

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 (H₂O₂, hydrogen peroxide), this will eventually create ozone (H₂O₃), and continue the purification process

⁸ Rupert Sheldrake: "The Presence of the Past"

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 H₃O₂, 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 the booklet # 1 chapter 4 for a reminder of the serotonin-melatonin hormonal axis. 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.

Basic description of the Sunning practice⁹

- 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.
- 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 in your autonomic nervous system. To switch from the initial sympathetic, stress response to the parasympathetic mode in three minutes you have to have had a raise of serotonin in your bloodstream. This is how you can train 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 adrenaline. 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

⁹ From The Tao of Consciousness Booklet #1

lose that frenzy habit might feel awkward first, but soon, you will be able to appreciate your newly acquired solid presence and calm efficiency.

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 organism¹⁰, 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 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

¹⁰ Bruce Lipton – The Biology of Belief

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 books¹¹, 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.

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

¹¹ Healing from Within with Chi Nei Tsang
Five Elements. Six Conditions for Healing

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

To heal emotionally and to grow spiritually

- 1 - We need to change our PH, our serotonin/adrenaline ratio: **Sunning, going to bed earlier.**
- 2 - We need to train ourselves to sleep longer and deeper: **Bone Dreaming Meditation.**
- 3 - We need to invest in dreams: **Dream commands and dream journal.**
- 4 - We need to allow ourselves to enter into the healing field by working at improving our health and vitality: **TaoTouch sessions - Chi-Kung – Biodynamic Functional Meditation**¹²
- 5 - We need to train to listen and respect the five voices of our mind: **Human Potential Fusion Meditation**
- 6 - We need to improve our relationship with the Five Elemental Forces within ourselves to get spiritual support and guidance from the source of life. Practice the **Human Potential Fusion Meditation while being in nature connecting inner and outer alchemy to their sources.**

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.

¹² www.chineitsang.com

The Six Conditions for Healing¹³

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 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 in the present moment.

4 - Every feeling now is of the utmost importance: There is no minimizing anything. Giving oneself permission to acknowledge the familiarity of the feelings. They have been there for a long time, waiting to be validated, waiting to come out of hiding.

5 - Let the transformations happen: Let the feelings come, let the feelings go. All the energy invested in protecting oneself from feeling bad is no longer needed. We can let ourselves feel. All the energy invested into a pathological factor and a pattern of tension collapses and turns 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.

¹³ From Five Elements, Six Conditions