

## **TaoTouch Chi Kung Online Course with Gilles Marin March-April 2023**

**March 3, 2023**

Hello! Welcome! Greetings!

Teaching geared towards results.

**True holistic practice is extra-ordinary.** Cannot get extraordinary results with ordinary means.

Chi Kung practice to get results. Not actually extraordinary - actually normal. Making healing a normal thing.

### **HOLISTIC PRACTICE**

Working with the whole of things.

**ZERO** - Scary concept

Sign of zero - circle - means ONE.

Universal unity of everything.

Expansion of consciousness

Everything in life is part of the one thing

Resonates to common frequency to allow life to exist.

### **What is Healing?**

Getting back to the one, to that frequency.

### **Why do we get sick? Go through crises?**

A challenge to get you back to the one.

We react to something, stepping out of unity, out of our life purpose.

Getting back to our life purpose. Not born by chance. Born for good reason - fulfilling important space in existence. All drops needed in the ocean. Impossible to have an empty space.

How to transmit healing?

With hands

Too complicated for the mind to grasp.

### **Biology**

True science of life

What is responsible for life itself?

In science- Biology - working on dead things. Taking out whole part of existence of the whole person that manifests into a body.

Healing is simple, but difficult because not part of the allopathic medical system.

Healing is not understood.

Not a "miracle" when someone gets better.

Only one miracle in life is life itself. Addressing life. Makes healing normal. Part of our biology.

Why?

We are not supposed to get sick: immune system, lymph, hormones, nervous system, etc.

How get sick? Sickness is personal. Need to address the life of the person to access their healing process.

Mental manifestation expressed in the physical body. Psychosomatic.

Stepping outside a complete paradigm.

**Healing is a normal thing.**

Healing = Getting back into fulfilling your life purpose. Fulfilling a function. A good drop in the ocean.

Ocean can be nice, but also nasty. Want an existence that is like a calm ocean.

Healing rediscovering paradise on Earth. Put your Inner Earth nature into the same rhythm as "paradise".

When frequency detaches, dissonance from this, that's when illness or accidents happen.

Peacefulness - Sense of reconciliation with self  
Healing = raising of the frequency to better match existence.

How to get there? Guidance.

How to evolve to better frequency of existence?  
Spiritual guidance (Not necessarily religion.)

Spirit is what guides you in life. Starts with getting into the space that would be missing without you. Guided into life.

Information is first.  
Life has to be transmitted.  
Principle that holds existence - **WATER** elemental force.

Life has to be invited. Has to be attracted = **FIRE** elemental force. Warms the Water.

Consciousness is expansion (same as whole universe). Participate in the evolution of human consciousness.

Water holds memory. Memory of life. Past.  
It is transmitted.

Manifests through the power of attraction (FIRE)  
Fire is warmth and light. Makes you like and love certain things. Enthusiasm for life.  
Come out of cold of past, into present.

Wisdom - Inner Intelligence. Personal. No standardization. Everything has to be adapted to specific needs. This is the basis of holistic practice.

## **Water**

Cold of past (Water) - being attracted to warmth of future (Fire)  
Spiritual Axis of you and your biological body.  
Water - DNA lineage, ancestry.  
Water is not just H<sub>2</sub>O. That water is the manifestation of Water force.  
4th state of water now being discovered.

70 anomalies that cannot be explained: liquid state, expands upon crystallization, etc.  
Ice has to float.  
Why? Just because.

Conditions in which existence can provide life.

Important to choose your attraction in life. Not just for evolution. That has to follow the pace of your taste. Not too hot. Provide conditions in your own body, existence, where it can manifest for you.

### **SPIRITUAL ASPECT (AXIS)**

Water to Fire. Come from past we want to evolve from. By being attracted to things in life.

Spiritual part of mind. Share with others. Share past with ancestry and everything that influenced your ancestry. Fire you share with "kindred spirits".

Need to keep feeding your Fire.  
No escaping change. Existence always changes.  
I Ching - Book of Changes

Spiritual aspects are shared. Linear (past-future)

What is personal?

### **SOUL ASPECT (SOUL AXIS)**

I Am  
Your body is an expression of your mind.  
Inner nature. Ecological order. Follows same harmonics as outer nature.  
Part of mind that creates understanding.  
State of mind - Not only the rational part.

Wood  
Rational thinking

Metal  
How you feel about things.  
Emotional life

### **5 Elemental Forces:**

Water - Past, ancestry, instinct  
Fire - Future, attraction, intuition  
Wood - Rational thinking  
Metal - Emotional life  
Earth - Here and now, center, functional

### **Sarah: Why do animals get sick?**

**Gilles:** Animals have personality, and we are animals. Same same.  
Share basic genetics. That's how we can eat lettuce and it becomes us.  
We are born to enjoy life. Animals don't always live in bliss all the time.  
Based on same principles, humans and animals. And even plants.  
Same biological principles, also same mental aspects.

**Paola: Evolving to better enjoy life now?**

**Gilles:** Yes, and sharing this enjoyment. Working on healing process, and becoming contagious. Allow your surroundings to participate. Playing better music. Share your happiness.

**Healing is contagious, more than any disease.**

**Death is not a pathology.** The only way not to die is to not be born. Boring! ;)  
Nothing wrong with death.  
What is wrong is to die unhealthy. Want to pass on with the best energy you have.

**Working with others in crisis:**

**Bringing back the spirit.**

Connect with what in existence they like.  
Not trying to get back before you were sick. Will get sick again. Need to go beyond. Enjoy life much more than before got sick.  
“Thank God I got so sick” - Thing that was needed to go beyond, outgrowing out of pathological patterns that got you there.  
How get spirit back in people? Make them laugh!  
Laughing Chi Kung - Fire.

You cannot get a disease you can't heal from. It matches your spirit. The worse the disease, the stronger your spirit.

**Shary - Sharing. Being with the fear.**

**Gilles:** Facing your “disease” - Designed to evolve. Pain is part of life. Suffering is not necessary. If still enjoying life, not suffering. You have the power to still enjoy life no matter what. Staying alive, fulfilling your life purpose.

**Releasing - Dumping.** Don't dump.

Healing is processing and digesting. Take what you need out of the experience. Growth, maturity. When eliminate, flush, recycled, compost.  
Don't want to dump, **want to recycle, compost.**  
Bring it out, breaking it down for emotional digestion.  
Straight releasing is denial. Healing is bringing into the light and breaking it down to digest it.

Healing - doing what nobody else in your bloodline was able to do. Congratulations!

Pain is a guide.  
Healing is to take the suffering out of the pain of life.

Don't focus on the disease/death. Focus on life.  
Better life than you ever had before.

This happens all the time. As long as you are alive, you have the power to transform completely. Power of life. Can't stop from dying. Power of life means more enjoyment. Outgrow self to place of enjoyment.

**First step into healing is more consciousness.**

Pain = Body talking. Need to listen, validate.  
Denial helps deal with pain we cannot handle yet.  
But awareness is crucial to start healing.  
Evolve beyond the pain you are carrying.

**Lori - Releasing/dumping. Healing process - composting. How to do? Just by itself?**

**Gilles** - Natural way to heal. But need to take understanding out of the picture.

Perfection is not human. No evolution. Human is to be able to evolve.

How heal? What happens physiologically?

Sleeping - Dreaming.

We spend 1/3 our life sleeping.

To dream with power, inhibit rational thinking.

When you dream, only time in your life when you can be 100% emotional. Safe in bed.

Sleep is work- takes energy.

Dreaming - Connects with the essence of your soul.

Place of healing is a place of not understanding. Going out of the need of understanding.

Do need some connection with rational mind of course. Best when you can bring that into dreaming (lucid dreaming). Takes energy.

**Najeea: What about when you dwell in the painful feelings? Have a hard time feeling joy?**

**Gilles:** That's suffering. Need help, healing touch. To come out of suffering, into healing.

Healing is not understandable. You don't need to "deserve it"

Healing is pure grace. Invite that grace from within yourself.

Best thing is to have intention to outgrow yourself when you fall asleep. (Dream commands, Sleeping Chi Kung).

**Ann: Help with sleep.**

**Gilles:** Providing conditions where healing is possible.

**SLEEP**

8 hours pretty short. Only in summer. In winter, even more sleep.

With practice, will be able to sleep longer.

Insomnia: Actually hard to accomplish. Needs pattern of habit that prevents you from sleeping. This has to be reversed. How to feel like it? Setting the right conditions:

**#1 Change Chemistry.**

Less adrenaline, more serotonin.

Switch from sympathetic response to parasympathetic.

**SUNNING**

Face sun, eyes closed. Take the light and warmth in through closed eyelids. Penetrates your nerves. Light connects with Pineal gland. Gland of awakening - literally! Pineal is photosensitive - creates more serotonin production. Then at night, serotonin turns into melatonin for better sleep. Also serotonin inhibits adrenaline production.

Do 2-3x/day for only 3 minutes each time.

When do sunning, only when its enjoyable. Can't do it in state of adrenaline/stress.

So try Sunning first thing in morning.

Do 2-3x a day at first. Then soon you will just feel like doing it.

Anything you enjoy allows you to have more serotonin.

## **SLEEPING**

Go to sleep earlier.

Limit screen time before bed (Pineal gland - serotonin turns to melatonin)

Won't need to take melatonin if do sunning for a few days. Still take it if you feel need to, but can taper off. Let body make its own.

### **Lulu: What if no access to the actual sun?**

**Gilles:** First might need the light. But really it is the enjoyment of what you are looking at. Nice landscape, flower, gazing at something beautiful helps produce serotonin. But helpful if you do have the light. Eventually it works to just absorb the beauty around you. Creates conditions to enjoy life better.

Lori: Body's natural rhythms/cycles.

Gilles: No such thing as sleeping too much. Not being lazy. Hibernate in wintertime.

### **Changing Chemistry:**

Sunning, Sleeping, Pay attention to your dream life.

**Can't hurry a healing process.** Happening right now. But take your time.  
Healing happens now, never later.

### **Lori: Sunning help with sleeping through the night?**

**Gilles: Yes.**

### **Jenny: Sleeps a lot, is told it's a problem by others?**

**Gilles:** Then you need it! Nothing wrong. Probably. Well how do you feel when you wake up? Sometimes need lots of time to digest emotionally. Need energy.

**Don't "slow down". That is forcing. But rather: Take your time.** Enjoyable.

Permission to sleep longer and deeper.

Then get into Dreaming Chi Kung. Very interesting. Roots of mental/emotional sanctum.

## **Spiritual Axis**

Water/Fire

Shared - Linear

Water - Ancestry, pattern of habit.

Clear Water - Light (Fire) purifies the Water. Bring to the present, the very best of the past. Float on the Water.

Healing Spiritual line - Allowing self to do things you like, the way you like it. Doing things that gives you enthusiasm for life.

Respect your body. Your body knows everything.

## **Soul Axis**

Wood/Metal

Personal - Non-linear

Wood - Belief system

Metal - Emotions

Need to digest your emotions in order to grow in your Soul.

First lesson important for setting shared belief system and to get the supporting base of the healing process and conditions to get extraordinary results.

**Shary: Am I getting too much sun?**

**Gilles:** If enjoying life, keep doing what you're doing.

Working too hard - even at healing - too much.

Self-respect is essential. Respect every part of you.

Sleep longer, not work harder. Working harder - "shoulds" - rational thinking. Disconnected from what is.

**Dreaming Chi Kung**

Dream Commands: Tell self what want from dreams - send message to receive a message, want to enjoy dreams, remember my dreams, wake up refreshed, or something like these.

Dream Journal - Writing down dream (try not to move too much).

Dreaming happens even when you're awake.

Lucid Dream: Don't try to control the dream; you will wake yourself up. Just follow the dream and pay attention.

**Homework: Sunning and Sleeping**

The more can sleep, the more can get deeper into the course. The better it happens inside, the better it can happen to extend to others. Getting the frequency right.

Going to do practices for hands-on work. But also great for internal life.

**Thank you Gilles and you all! See you next week!**

**TaoTouch Chi Kung**  
**March 10, 2023**

Welcome! In the house today: SF Bay Area, Hawaii, Colorado, Florida, Washington, Massachusetts, Louisiana, Canada, UK and beyond!

**Carla: Bone Breathing- What is stored in the bones?**

**Gilles:** Switching from intellectual intelligence, to physical intelligence. That alone will help you fall asleep, as long as you do it long enough to switch from sympathetic to parasympathetic.

**Carla: Learning out things from our kidneys/bones?**

**Gilles:** We don't clear, we change.

Be careful of dumping/getting rid of. If dump, someone else has to pick it up.

**Carla: Where going when exhale?**

**Gilles:** To the ground - Earth.

Ground taking in your body weight.

Energy you hold in your bones is vitality.

**Water has to flow to be healthy.**

**Bones are alive** - blood cell creation, calcium pump, etc.

Emotional level - connecting with bones of your ancestors. Not just fear. Fear agitates the Water. Bone breathing calms your Water. The sediment sinks to the bottom. Doesn't go out of your body. Recycle or go to place where not bothering you any longer.

Physiology connect to corresponding elemental force.

**Breathing - Metal.** Metal power is what shapes the universe. Surface contact.

Breath is first level of communication - within yourself.

Breathing with others is communication.

Skin is 3rd lung. Surface contact with yourself and rest of universe.

**Anywhere breath goes, established bridge connection.**

Denial - when not breathing somewhere. Protection, for a good reason.

**Expand breath - expand your consciousness.**

Don't force it. No such thing as "breathing perfectly". You already do.

Breathing "better" - establishing bridges, within self and with client if working with others.

**How breathe? Start by breathing where your lungs are.**

**2/3 of your lungs are in the back body.**

Put hands on lower back, feel bottom ribs. Allow them to lift under your hands as you inhale. Exhale, let them go.

When breathe into back, your front and sides open too, like an umbrella, parachute or whatever.

Opening in all directions at the same time, no forcing, most breath taking in.



2 sides - which feels more comfortable opening? Just being aware.

Left - Heart, emotional

Right - Liver, nervous system, rational

Can show how you function.

When draw sternum up, drawing diaphragm up - causes (or caused by) anxiety.

**So let sternum drop.** Freeing pressure around heart. Bring some calm in there. Once have that calm, your serotonin levels get higher. Lower adrenaline.

Now can use nervous system for control, instead of it controlling you.

Nervous system on our side. Then can enhance the quality of the nervous system.

### **Eye Exercises**

Awakening practice:

activates pineal gland

connects directly with brain - enhance function of brain

Where difficult to move eyes, shows part of your brain that needs more stimulation or some kind of attention.

Working with eyes, working with operating system of brain

Eyes moving first

Eyes looking side to side

Corner to corner (upper left to lower right, and upper right to lower left)

Looking around in circles.

Places where eyes don't want to go. Looking slowly back and forth there. But don't force it.

Breathing into back still

Cover full range. Slow at first, can go faster when more comfortable

Circles in other direction

If eyes tired, may need more sleep

Blinking. Blink fast while looking around. Keep breathing

Warming up palms

Cover up eyes without touching them

sending warmth to optic nerves in back. Eyes sucking in that energy, gently

And rest.

To complete the exercise, working with ears

### **Beating Heaven's Drum**

Cover ears with palms, tapping your back of head (occipital area) with fingers

Now be aware how you hear.

Calming your Water - can hear better

Setting right conditions to meditate. Changing chemistry/attitude

Being present with yourself.

## **Meridian System**

Don't try to "memorize" - just practice to really get to place of knowing

Working with 24hour clock

3 Branches: 8 hours each

### **First branch:**

#### **Earth - Fire**

Mmmmmm - Earth (7am-11am)

Ahhhhhhhh - Cardiovascular Fire (11am-3pm)

**Healing sounds - Not about the syllables.** It's all about the feeling, the meaning behind it. You can use whatever sound works for you for that feeling.

**We are born to enjoy life.** We are designed for it. Just respect nature/inner nature

**Yang energy - down body to ground**

**Yin energy - up from earth**

Yang down first, creates vacuum for Yin energy to come up.

#### **Earth Yang - Stomach meridian**

Goes down front of body

**Earth Yin** - goes up inside legs to groin, internal organs, chest, up arms

Yang down - down arms, to chest, then down chest to feet

### **See Taoist Meridian Biological Clock text/diagram for help**

Gall Bladder - zig zags down

1-3am Liver - Yin Wood

3-5am Yin Metal (if wake up then, emotional digestion - need energy for)

5-7am Yang Metal - digest/grow

Important to wake up satisfied

Wood - Shhhhhh - Wind in branches

Metal - Zzzzzzz - sound of smoothness

Constipation - Emotional constipation

Not the food. If food, why did you eat that? To create a situation where you pay attention.

Instinct - not your own. Need to change the "dirty" Water

Juggle with the 5 elemental forces, helps to understand everything about life

Mmmm - Earth (7am-11am) - yummm

Ahhhh - Cardio Fire (11am-3pm) - aha!

Shhhh - Water (3pm-7pm) - water flowing

Eeeee - Endocrine Fire (7pm-11pm) - happy hour  
Shhhh - Wood (11pm-3am) - wind in branches  
Zzzzz - Metal (3am-7am) - smoothness

Attitude carries meaning. These are the sounds to use. Your experience with them.

Opposite times - can work with those elemental forces 12 hours apart

Tides - peak hours for each organ/meridian that follows position of the sun

Of course, all meridians are circulating all day long. But there are tidal differences.

Has to make sense, resonate in your body in a place of knowledge

As practitioners, need to work with the emotional body. More connected with your inner nature than rational thinking.

Sleeping Chi Kung - Dreaming Chi Kung

Sounds that are meaningful to you, connecting with your inner nature, which will come out in dreams. More meaningful than language can describe. Symbolic by laws of nature. When get in touch with sounds/meridian system, then your dream body will know how to talk to you.

**Not dream interpretation, but rather dream “translation”**

Dreams are extremely precise. Interpretations are from Wood, avoid real understanding. Body knows exactly what it is saying.

Healing Sounds - breaking it down

Breathing in the back - chest then opens like umbrella  
Let sternum drop on exhale  
Little movement of eyes - side to side, corner to corner, circles

**Morning:**

7am-9am Mmmmmm down front - Yang Earth - Stomach meridian  
9am-11am Mmmmm up back feet to chest - Yin Earth - Spleen/Pancreas

11am-1pm Ahhhh up chest to arms - Yin Fire - Heart  
1pm-3pm Ahhhh down hands to chest - Yang Fire - Small Intestine

**Yin - insides**

**Yang - back, outer sides**

**Extremities:**

Yin - “white meat”  
Yang - “dark meat” side

**WATCH VIDEO for Gilles showing where meridians running in arms**

**Question: What about time changes?**

**Gilles:** Body is very adaptable. Like jet lag too. May take several days, but will get there.

Change of habit. Sleep when time to sleep, eat when time to eat. Will catch up.

**Darryl: When doing healing sounds, burp a lot. Why? Function of burping?**

**Gilles: ???** (My internet cut out!)

**Sunning with no sun:** Look at something nice to look at, beautiful - flower, landscape. If already familiar with sunning, absorbing beauty triggers serotonin production. There's always something nice to look at.

**Story of Hawaiian healer.** Made clients walk down trail and sit by ocean for an hour. Voila!

Provides conditions in which healing is possible

Working with clients - transmitting this vibration. Sympathetic resonance, harmonic entrainment. Raise your own healing frequency before working with others.

## **EARTH MEDITATION**

Stomach, Spleen/Pancreas

Sit comfortable, straight ok but not stiff

Connecting with Earth, here and now

Breathing in back, looking around your surroundings

What's in the room, be aware of your presence in the room. I am in the room. How your presence affects your surroundings and vice versa.

Fung Shui - manifest the very best energy around you to attract good events for your life

Sinking as you inhale - let body weight sink, connecting to ground. Yes, you have support.

Push body weight deeper into ground as exhale. Feeling the support of Earth both inhale and exhale. Unconditional support of Earth.

## **ZONE OF INFLUENCE**

How your presence affects existence around you, and how it affects you.

Expanding your awareness - room, building, neighborhood, city, country, continent, hemisphere, world.

Feel effects of your presence in your neighborhood, and the effects of it on you.

Awareness of people and places around the world you are connected with:

Where your food, clothes, belongings come from. Connection with all the people involved, and how your zone of influence affects them.

Network of influence goes several times around the Earth.

Connecting with zone of influence of others.

Contributing to your quality of your presence on Earth.

Let the Mmmmmm sound come out.

Yang Earth - Down Stomach meridian - anything to get rid of, or change creates vacuum that will fill with better energy, support, positive influence

Yin Earth - Mmmmmm up - Spleen/Pancreas meridian. Nourishing digestive system.

unexpected positive things happening in life

imagining something sweet, golden nourishment

Earth - Gold light, spreading to whole self  
Comfort, satisfaction, at ease, calm - spreading throughout body

Smiling to the ground, feeling the smile back from the ground  
I Am

And rest.

### **1:31 - Questions, observations, feedback?**

**Robyn - Inhale, exhale with sounds, does it matter?**

**Gilles** - probably, but don't worry about it. Do what is natural. Your body knows.

In your body, you have your whole genetic background in every cell's nucleus.

**Every part of you looks like you!**

**Jenny: Resistance to making sounds** - but sounds themselves break up the resistance

Everything is vibration. Colors, sounds, etc.

No questions coming out of y.j.our body; only answers.

Can ask body question - answer will come in dreams. But answer is not in English - so we have to learn to understand the language of our body.

Wood - Thinking - takes you out of the present. But ok, that's what it is good for.  
Don't make decisions only from rational thinking. This is only 1 of the 5 Intelligences.

### **Decision-making:**

Wood - Does it makes sense?

Fire - Do I like it?

Metal - Is it elegant? Ethical?

Earth - Is it practical? Useful?

Water - Is it something that is evolving?

All Intelligences interact with each other.

### **1:41 More Earth Practice - a little faster**

Being comfortable, breathing - building bridges

Dropping sternum - releasing pressures around heart

Sink as inhale, push weight into Earth on exhale. Support, trust.

Being aware of presence in your room, building, neighborhood, etc.

Connecting with Zone of Influence. How affect others, how others affect you.

Inner Earth, inner nature. How feel about surroundings, reflects how you feel about yourself.

Healing sounds:

Yang - getting rid of energy down to feet, to ground

Yin Earth - Mmmmm - satisfaction, comfort

Yin Fire up - Ahhhhh - Enjoyment

Yang Fire down - Ahhhhh - Relief

That's it! There's your Earth Meditation. Boo-yah!

## **Soul/Sprit - What happens when you die?**

We don't know. Scary!

What is death? Not about understanding, but about knowing.

Rational thinking - avoid the subject, makes it scary.

Death is not understandable.

What we don't understand, we make believe.

Like Earth is flat. That's what you see. So at edge, fall off. That's like what we believe about death. The Earth is not flat, keep going.

Death - keep existing. Just go through a door. Unfamiliar place, another dimension.

Dimensions:

Piece of paper (2D - kinda)

See footprint of 3rd dimension.

So being in 3D, what is 4D? See imprints of it.

From 4th dimension, can see 3rd dimension.

So what happens to Soul and Sprit when go thru death's door?

Rational mind doesn't know. Can't know.

But your body knows. Same as before birth.

Soul - Keeps refining

Spirit - Keeps evolving

Only thing you leave behind is your body. Does not go through the door.

Soul carried by Spirit without your body. For how long? Who knows.

Straight lines are an illusion - don't exist in nature

Linear time is also an illusion.

Non-linear existence - hard to understand, but can dream about it.

Yang Fire - up/out from chest to hands

Yin up - feet to chest Earth

Yin continues up - chest to hands Fire

## **Going to bed early - What time?**

If catching up on sleep debt:

15 minutes after sunset

Sleep in Winter

So can be more productive in spring and summer.

Sleep in Winter

Dance all night in Summer

**Try to be asleep by 11pm when Wood kicks back in.** If still awake then, that's when you can get into fights. Better to process this active Wood in dreams.

**We're here to evolve, to make life better.**

## **TaoTouch Chi Kung**

### **March 17, 2023**

Last week - introduction meridian system with sounds, etc. Today getting deeper into meaning, Taoist principles of life, mental applications, chi kung that goes with it to acquire extraordinary capacities for extraordinary results.

#### **Najeea: Are emotions “symptoms”?**

**Gilles:** Crisis- Aware of patter of habit, internal conflicts - something in you that you don't like - need to go through a healing process. Need to go through that crisis in order to heal from something specific.

**Najeea: Emotions are messengers from within. How to work with them?** Not just repress or project. How to be with these emotions in a way that is healing?

**Gilles:** Confusion we have with symptomatic reactions. Not making difference between thinking and emotions. Our culture says “it's all in your head”. It's not just in your head - it's in all of you. Enjoyment of life. Extension of internal crisis.

Wood intelligence - describes mental aspect. Wood is growing all the time. Green, looking for understanding, clarity. Can always be improved. We educate this in our culture. But we don't education other parts of ourselves- our other intelligences.

We need to clearly differentiate what we think and how we feel about it.  
Manifests on the physiological level.

#### **Relationship between thinking and feeling: Metal controls Wood.**

Wood is to give yourself choices.

Metal has no choice - you just have emotions.

Feelings are very personal. A reaction.

Thinking doesn't manifest physically as much.

Emotional Intelligence

#### **Gilles: not a matter of balance, but rather consciousness**

Wood - rational thinking - feedback system to pay attention to how we feel

Matter of perception.

Can't think, run and digest at the same time.

Physical limitation of energy.

Earth intelligence - Practical here now

Water - instinct. From past but lives here in the present

Fire - Intuition, attraction

Not enough energy to put in all at the same time.

Balance is not good - no movement. Life is about movement.

**We need the proper imbalance to do what we need to do in life.**

Be in control of our lives, not the other way around.

**Wood - consciousness - delayed reaction.** allowed not to be present. Step back for perspective.

React to your psychological profile, not rational

Relationships between intelligences/elemental forces.

**Lori: Surges** of energy, exhaustion, adrenal fatigue. How do you control spikes of energy, extremes?

**Gilles:** You already realize what's going on. When have energy, have to spend it. Then when tired, rest. If not enjoyable, what to do? Only one part of you that knows: your Earth intelligence. It is immediate - can't be conscious of it. Need delayed Wood consciousness to reflect, and modify later. Relationship between what you want to do, knowing where that is coming from. From habits, attraction, have to do it (Earth), emotions? Paying attention to those 5 intelligences.

### **Differentiating the 5 Intelligences Exercise**

#### **Ordering from the menu at a restaurant.**

Restaurant Chi Kung!

Notice the 5 voices - What to order

Wood - price, can I afford it, ingredients you think not good for you

Fire - what attracts you - maybe something you never had before

Water - comfort food, something familiar. Often when tired, easy, not want risk

Metal - the way you feel, the way you want to appear to others, image, reward

Earth - order what kind of food they specialize in - practical, pragmatic.

- Make the final decision from Earth - where all the forces meet. Central place.

Homework: Go to restaurant - jot down what each intelligence wants.

To differentiate - not to separate - but rather better integration within.

Turning internal conflict into self-support.

Earth - Supports all the voices, tendencies.

Last week we did Earth. Fire to make sure have good Earth. Mmmm Ahhhh.

### **:28 Meridian Sounds**

Sounds - Good to do early in the morning - sets stage for rest of day

Breakfast - Quality - most important in the day.

No shoulds - what should eat. Creates a conflict.

Follow your appetite. (different than cravings)

Wood provides widest spectrum of possibilities, but it can't choose.

Calculation, but also connected to way you feel, what is attractive, is it good for you? If you really do it, how are you going to really feel?

Self-respect.

If do self-abuse, there will be self-revenge. Not pretty!

Respect every single part of your Mind.

5 Intelligences, 1 Mind.

Maintain good feelings

Morning: Sunning, Meridian sounds

### **:34 Meridians/Sounds Practice**

7am-3pm front body



7-9: Yang Earth down - Mmmmm - relief, Stomach  
9-11 Yin Earth up - Mmmmm - what should I have for breakfast, Spleen/Pancreas

11-1pm - Yin Fire - Ahhhhh - Enjoying breakfast, Heart meridian  
1-3pm - Yang Fire - Ahhhhh - relief, Small Intestine

Now in the back body:

3-5pm Yang down back Bladder meridian (largest in body). Shhhhh Water flow  
or hoooo - cooling off

5-7pm Yin Water up - Kidney meridian. Shhhhh surging water flow

Afternoon - connect with past, float on the Water  
Surface Water - warmer, closer to sun (Fire)  
Depth of Water - dark, cold, weird fishes, yikes

7-9pm - Yin Endocrine Fire up, relationship with others and self, expression. Pericardium  
meridian. Eeeeeee  
9-11pm - Yang Endo Fire down. Triple Heater meridian. Eeeee

Side body

11pm-1am - Yang Wood down, Gall Bladder, zig zag down both sides of body to feet,  
grounding mental stress energy. So important to be asleep then.

1am-3am - Yin Wood up, Liver meridian, feet to chest. Dream with meaning. Smooth night

3am-5am - Yin Metal up chest to hands. Zzzzz

5am-7am - Yang Metal - Large Intestine - clear dreams, elimination. Zzzzzz

Martial Arts - Just knowing. Not memorizing. Let your body move. Stop thinking.

**Shary: Up in our minds**

**Gilles:** Your Mind is all 5 intelligences. Not just rational thinking. Even in our brain. All there.

**Emotions - Ok to have. Feel them.** Don't force yourself to not feel it. It will just get more  
reactive. No wonder I feel this way. No need to figure out. Breathe over it. Let your body digest  
the incident or emotion.

**Decision from rational thinking = abuse.** Letting military take over the sovereignty of your  
spirit.

**Breathing allows yourself to feel.** If you "ate" something that doesn't feel good, need to  
digest it until you outgrow it.

Integrate capacity to function mentally differently.

**No more mental self-abuse.**

Body will shut down, numb out, to not feel the reaction.

We are here to listen to ourselves. At first body will start complaining (because finally being  
heard).

Price of consciousness expensive because painful. But when out, then can digest it. Take whatever you need that can feed you, then acquire maturity to digest even more.

It's a process - to grow as a person.

Better connected with yourself. Better relationship. Grow from there. Grow from your feelings, not from your thinking. Thinking is there to provide permission to feel your feelings. Validation.

Turn from victim to winner of own self.

### **:57 Meridian Sounds again**

Not typing it again. I'm practicing!

### **Tricia: Difference in Wood dreams vs Metal dreams?**

**Gilles:** Depends. All meridians working all the time, just have "high tides"

Dreams are big portal. Dream portal to healing process.

Dreaming focused on emotional digestion is important.

Heal at individual level - for yourself and for those around you.

Healing is contagious.

Peace on Earth starts within.

**Healing is contagious:** vibratory, energetic, and also physical

**"Fixing" - bad.** Symptoms are healing reactions to unhealthy situations. Can't fix something that is not broken. Not fixing or repairing. It's about having respect with what you are connecting and working with.

Healing process is developing sense of respect - starting with **self-respect**. No shoulds.

### **Linda: Can someone's dysfunction be contagious?**

**Gilles: Yes.** That's why we do our Chi Kung. Need your energy higher than others, especially those you are working on.

Lift own spirit, lift your frequency. Help people connect with their next level of consciousness.

Spirit guides - Guide that makes you do things. Make sure it's things you like.

What if affected by others, feel exhausted after.

**"High spirit" means the quality, not the quantity or power.**

**Chi Kung - energy management.**

### **1:24 Emotional Digestion**

Metal

Connecting with Self Work

Physical place where you feed your soul, growing your maturity as a person

Once you "swallow" something, need to digest it, some emotions not easy to digest.

If emotions are undigestible at the time, your body will store it somewhere.

Swallow them, stomach them, break them down, eliminating parts you don't need.

Once you digest, where does it go to make you grow, maturity?

## **ENDOCRINE SYSTEM**

Physiological structure

called: Fountain of Life, Tree of Life, Microcosmic Orbit, same same

Endocrine System

Physiology - Function - To transmit information

In form of hormones - chemicals

Not just glands - every tissue secretes hormones for internal communication

It's about meaning. It's about the quality. Life purpose - right place, right time

Conditions to enjoying life. Satisfaction and accomplishment.

## **FOUNTAIN OF LIFE**

Going from Water to Fire

7 main endocrine glands, forming a system

Reproductive organs - Water

Adrenals - Water - kidneys organ of life and death

Spleen/Pancreas (complex, with Liver too)- Digestion. Take energy from world to manifest. Earth. I am.

Thymus - Fire - (Heart area). Allows you to be young all the way til you die. Spirit

Thyroid - Fire - (Throat area). Share your spirit. Express the voice of your heart.

Pituitary and Pineal - (Head) - Endo Fire - Connecting with personal guiding star, brain, nervous system, connection between Spirit and Soul

### **1:37 Fountain of Life Meditation**

Breathing, sinking as inhale, push into ground as exhale. Connect with here and now.

Earth connection. Looking around you, surroundings, Zone of Influence. Life force energy from ground, vitality all around. Yin energy coming up. Yang energy goes down to create vacuum inside for Yin to be drawn up from the ground.

Pelvic Floor - vitality from earth gathering here. Where fountain starts.

Going up back of body, with 7 jets going from back to front body.

**Jets = Loops = Levels**

**1st Jet:** Pelvic floor to sacrum in back, to sexual center in front.

Pelvic floor - resting, plug into life.

Sacrum for momentum.

Sexual center - Essence of enjoyment, creation (not just sex). Sexual energy is not just for sex.

But can be! ;-)

First jet - First Level of Individuation

Pelvic Floor - up to sacrum, crossing over to sexual center, and back down to pelvic floor.

I'm born to enjoy life.

1st Jet: Support, Enjoyment. Water.

**2nd Jet:** Ancestry. Genetic line, chain of events that started with creation of existence  
Ming Men/Door of Life) - back behind kidneys)  
Cross over to Navel in front body  
I am the continuation of ancestral business  
Water

**3rd Level:** I Am. Choice. Movement. Consciousness. Sense of self.  
T11 vertebra in back  
Cross to Solar Plexus in front.  
Earth

Then down to navel life connection, sexual center enjoyment, pelvic floor for rest.

Jets going up back, crossing to front, back down to Earth.

**4th Jet:** Freedom, Spirit  
T4 between shoulder blades  
Cross to Heart  
Getting free of baggage. Release the red bird.

**5th Level - C7**  
Throat - Communication. Sharing your truth. Extends to arms.

**6th Level - Base of Skull Abstraction**  
Mid eyebrow in front - focus, understanding

**7th Level - Top of head**  
Guidance. Connecting with guiding star. Living with faith, trust, confidence.

Fountain shining, sparking under the sun.

**Going up:**  
Pelvic Floor - Support  
Sacrum - Momentum  
Door of Life - Inheritance  
T11 - Choice  
T4 - Freedom  
C7 - Reaching out  
Base of Skull - Abstraction  
Top of head - Guidance

**Going down:**  
Top of head - Guidance  
Mid eyebrow - Consciousness  
Throat - Sharing  
T4 - Spirit  
T11 - Sense of self  
Navel - Personal energy  
Sexual Center - Enjoyment  
Pelvic Floor - Support

**All in continuous flow.**

**Review for practice.**

Also in Gilles' Books:

*Healing from Within* (chapter 12?)

*Five Elements Six Conditions*

And we will review next week(s)

**Next week:**

Review meridian system and Fountain of Life (where emotional digestion goes)

Fusion - Nov/Dec 2023!

**Homework:**

Menu practice

Meridian Sounds

Fountain of Life

Sunning and Sleeping of course

**TaoTouch Chi Kung**  
**March 24, 2023**

Starting with questions, as always!

**Shary Lou: Dreams - How to translate?** Do we have to try to figure it out?

**Gilles:** Get in touch with the good reason why you want to remember your dreams. Can focus on different aspects according to your dreams. Natural to remember dreams, but need energy for it. Need to prioritize - tell body want to remember them, or at least getting a message. Focus on healing process.

**Dream Commands:** Right as going to sleep - tell self looking for guidance/answer - set intention for support in your healing process.

Most important to get out of the pattern of habit of not remembering.

Trying to hard to find meaning/interpretation - not helpful.

**Dreams are not meant to be understood.** No interpretation.

We want a direct translation. Dreams are not rational.

Language of other 4 intelligences (other than Wood).

Full biology has to include the reason we are alive - Energy.

Energy holds information. But this info is not in English. It's universal language.

Interpretation - entertainment - make up stories.

Dreams are a mirror- an exact reflection of yourself. Not a fantasy.

Listening to your full self. Listen to body talk. Your body knows.

**Looking for validation from self.** Not making anything up. Just reflection of something already there.

Relationship between Wood consciousness/rational thinking and Metal emotional self.

Metal is not conscious of yourself. It is only in the present.

Only Wood can step out of the immediate - delayed reaction, but good for validation.

**Shary: Diseases are there to help us heal. How can you know why you developed a particular issue? Can heal without practitioner touch?**

**Gilles:** We all have the capacity to step out of needing to fix things

Diseases are opportunities to heal. Healthy reaction to an unhealthy situation.

Over time, with emotional healing processing, acquire maturity to outgrow the issue, where you don't get affected any longer.

Example: Don't need to let go of fear, but of the thinking that you have to let go of the fear.

Step out of trying to understand. Don't need understanding to heal.

Healing comes out of dream life.

**This is about practicing, not "learnin".**

Less adrenaline, more serotonin/melatonin

Dream commands. Not cream demands! (as I almost typed)

Practice - repeat.

**Learning vs Practicing**

Memorizing - need to remember - means you don't really know it.

Not supposed to remember.

**Liz via email: Why do we need to even learn the meridians?**

Hard to memorize

**Gilles:** Just practice - will never memorize it.

Connect with what you do at those times of the day. Simple.

Train body to be in tune with nature.

Connect with waking up, right kind of meals, etc. Your body knows.

Learning meridian system is just getting in touch with yourself.  
As a practitioner - do need to understand fundamentals to be able to explain to clients. Then they need mental support.

**Yang meridians** - carry excess byproducts of energy - goes down to the ground  
creates vacuum

**Yin meridians** - give you vitality from the Earth

### **Sounds - Make your own!**

Connect with the nature of the force (element) that goes through the meridian system.

Why important to study circulatory system?

Main methods of practice in conventional medicine: chemistry and surgery. So better know where veins and arteries are.

But what is important is the blood.

### **What's important about the meridian system?**

Chi. Vital force.

Meridian system - can't see it.

"Metaphysical" is still real.

Like your mind, emotions, etc.

Where is your mind in your body? Meridian system, chi, vital force.

**Water** - Vitality - carries info of life - to function in everyday life by habit, instinct, preservation of life. Bladder meridian - one of biggest meridian - flows down back. Big part of mind is in Water meridian system.

**Fire** - Cardiovascular (Heart) and Endocrine (Hormones)

Desire to live, attraction to life, keeps you alive.

In meridian system, not in brain.

Communication of hormones is what's most important. Not just the actual hormones.

Getting us to connect with our inner nature, to develop relationship with ecological order that exists in universe, planet - exists in us as well.

**All is energy and information.** Physicality is vibration of energy and info at a certain frequency.

Being alive - we have a meridian system that allows us to be a person.

Animated, life purpose, something to accomplish, to grow.

Participate in humanity, evolution of human consciousness.

"Well educated" - Taught in society, school - need to memorize, etc.

**Practice is how we learn.** Doing, Repetition is how to integrate.

### **:33 PRACTICE**

Breathing, sinking inhale, pushing into ground exhale

Being present - Earth - I am, here and now

Zone of Influence

Part of nature - even in the city - connect with frequency of nature in yourself

How feel about it - Metal

I am (Earth), then I have a shape (Metal) - beauty

What's happening outside is also happening inside of us

We are part of existence

What you do, have to do. Keeping inner nature in harmony with your life.

Footprint

Better control - responsibility

What's good for the world, starts with respecting what is good for you

Doing what you like, the way you like it, that feels right (Fire - Heart - Spirit)

Connect where you feel that inside your body

Connecting with whole mind.

There is nothing that you can ever forget. Everything is deeply imprinted into the map is existence. Just limited by capacity of brain.

Choose memories - connect with what puts you in a good mood.

Connect with what you enjoy.

:45 And rest.

**Jennifer: What about remembering bad things in past? Can't not remember.**

**Gilles:** Don't suppress. Just add to it.

The practice is allowing yourself to be able to remember bad things but to the point of not being affected by it. Stepping out of the field of pathology.

Not about denial or forgetting bad things.

About being able to feel the widest spectrum of feelings available.

So, in the moment, have bad feelings.

Tell self, ok feel depressed. But also, it is nice outside. Connect with positive things as well.

Helps to cancel out bad feelings.

The best you can allow yourself to feel matches the worst you can feel.

Expanding your potential for life.

Giving yourself choices.

So bad things not affecting you any longer.

We think compensate by "gratification" but is really self-abuse. Like over-eating, etc.

Permission to bathe in field of pathology - stuck there.

What works? To step out of the field of pathology.

Focus on positive things - change chemistry first and that will naturally happen.

**Set right conditions where there is no escape from healing**

Stepping out of pattern of habit. But can't just get rid of it. Need to replace it with another habit. Keep repeating it until it becomes your new habit.

Can't take right choice from adrenaline state. Just a mental projection of bad future. That's if you continue doing what you're doing now. But the future starts now. Change your chemistry and patterns of habit.

**Metaphysical - Information and Energy**

**Physical follows that**

Water is where life is coming from. Anything from the past.

Motivation to change habit: Feeling good now!



## **1:01 PRACTICE: MERIDIAN SYSTEM**

Deeper, connect with more mental aspects

Earth

Wake up in morning - I'm alive. Connect with enjoying life today. Feel better than yesterday.  
Get rid of whatever you'd been carrying

### **7-9am**

Mmmmm yang Earth down front  
Relief, got rid of things in sleep  
Creates room for appetite for life

### **9am-11am**

Then Mmmmm Yin Earth up inside legs - what have for breakfast  
Energy you want to carry the whole day.  
Appetite for life.

### **11am-1pm**

Ahhhh Yin Cardio Fire up chest to arms - Heart  
Attraction to life, enthusiasm  
Do things you like

### **1-3pm**

Ahhhh Yang Fire down - hands to head  
satisfaction

### **3-5pm**

Shhhhh (or Hoooo) Yang Water down back  
release dirty Water back down to ground

### **5-7pm**

Shhhhh (or Hoooo) Yin Water up  
nourished by clean fresh Water/blood

### **7-9pm**

Eeeee Yin Endo Fire up  
Happy Hour  
Social time, communication

### **9-11pm**

Eeeee Yang Endo Fire down  
intimacy

### **11pm-1am**

Shhhhh Yang Wood - Gall Bladder meridian Down sides of body to feet

### **1am-3am**

Shhhhh Yin Wood up - Liver  
New fresh leaves  
Nourish nervous system

**3-5am**

Zzzzzz Yang Metal down

Lung

Connecting with inner sanctum in dreams

**5-7am**

Zzzzzzz Yin Metal up

Large Intestine

Emotional elimination

Use whatever sounds work for you!!

**1:12****FOUNTAIN OF LIFE**

Result of functioning of body that influences shape of fountain

To feel better than to feel worse

Movement of energy - natural way that makes nature thrive

7 Levels of Individuation

7 ways you grow in life

Sexual center - Vitality - Enjoyment

For Water to be enjoyable - has to be in control - held by Earth

Earth controls Water

Start with pelvic floor (Earth)

then 2nd level - Water. Held by Earth pelvic floor.

Ancestral support too. Continuing business of ancestors - focus on good ancestors. Don't need to know actual ancestors.

The stronger the Earth, the more Water you can hold.

Pelvic floor - goes up your back - Yin energy

Sacrum - sacred bone. Inner sanctum

Sacral cavity in front of it - deep sense of self crystallized in there.

In front of that - Enjoyment. If you enjoy doing something, there's no mistake. Just for you - not everyone else will like it. Personal direction in life.

**1st Level**

Water

I will thrive in life. Vitality, enjoyment

Anchoring into life.

**2nd Level**

Water

From pelvic floor up to Door of Life, cross to Navel

Bloodline

Door of Life (Ming Men) - in center of back by kidneys

Relaxing lower back - can relax in life

You inherited life - you don't need to earn your living

Navel - personal energy here now - Wireless connection with existence

Vibrate to frequency that is best for you, and thus rest of world

I have a presence  
Water - energy that gives you vitality

### **3rd Level - I Am**

Earth  
T11 - Choice. I am an individual. Choose what feeds you.  
Personal footprint - be yourself.  
cross to Solar Plexus in front - Satisfaction.  
Satisfying yourself

### **4th Level - I Love**

Fire - Attraction, Love  
T4 - Attraction, your Spirit  
Drop the backpack baggage. Free the red bird (your spirit).  
Love yourself first. Self-respect  
Cross to heart in front

### **5th Level**

Sharing enjoyment of heart  
C7 - connects with hands. Extend, give, receive  
Social level  
Throat in front - expresses how you feel  
Support system - need for healing

### **6th Level**

Base of skull - Abstraction, consciousness  
Mid-eyebrow - clarity, focus  
Who you are, what you are - according to how you behave

### **7th Level**

Top of head  
Connect with "guiding star"  
Relax into it. Cannot be wrong.  
Safely guided by good spirits you can trust.  
Make sure connected with positive evolution

Levels 1-3 Survival

Level 4 - Life purpose - Everyday things

Level 1 - Earth and Water

Level 2 - Water

Level 3 - Earth

Levels 4 Cardio Fire

Levels 5-7 Endo Fire

### **1:37 RELAXING INTO FOUNTAIN OF LIFE PRACTICE**

Go for it! Feeling it.

Watch/Listen to recording - refer to previous notes

1:48 And rest

## **1:49 Questions/Observations**

Shary sharing - loving ancestors

Gilles: Ancestors - ever worst ones, thought they were doing what was best. Providing things for us to grow from. Relationship with Water - let yourself float. On surface Water is all the very best. The rest - sinks to bottom. But that still is necessary - with no bottom, there would be no surface.

7th Jet - first need to go through 5th level - support system.

**5th level - support system** - Choosing friends. No one can fulfill everything. Need a network. Be able to pull out what support you can provide for others. When find and connect others, means we have already connected in ourselves. Chosen family ok.

We need to verbalize needs so can be supported. Ask for it.

**Changing habits is hardest part of healing.**

Everyone wants to heal, but no one wants to change!  
But that's the only way.

**Jennifer: How to separate ancestral trauma vs. best from ancestors**

**Gilles:** Move from trying to fix, to healing

There is no solution. Because there is no problem. Not rational.

We can't solve emotions. We outgrow them.

Only need to be not negatively affected by it.

Make it better for yourself. Then in turn, better for everyone.

About doing, not understanding. Set conditions to let that happen.

Sleep - Incubation

**TaoTouch Chi Kung**  
**March 31, 2023**

Question:

**Meridians/hours: Crashing in the afternoon.**

**Gilles:** Yes, that's nap/break time.

Breaks every 2 hours at change of meridians. Even a "power nap" (aka "cat nap" aka "disco nap") is enough to reset your system.

Adding mental capacity to have to complete what you started in the morning.

7am-11am Earth manifestation, functional

11am-3pm Fire - sharing, communicating. best time to share and get feedback, continue perfecting it

3pm "crash" - supposed to get a break. Even a few minutes nap.

Can get to place to connect morning creativity, with solidity of something from the past (Water). Giving it the familiar touch, helps other people connect with it. Allows cutting edge things to be accepted.

**Questions like "can I have breakfast before 9am"?**

Of course. Body is adaptive. As long as you have regularity, inner message working with body - not against it - all good. Listen to self.

Breakfast is important - part of morning routine. Anything you do in the morning carries on through rest of day. Earth - sense of self - satisfying. Breakfast has to be satisfying.

Beware of shoulds. Even with this meridian daily clock. No forcing.

**PSYCHIC**

2 questions emailed in

Getting information.

Dreamtime - very wide portal into information.

"Psychic" usually just happens to people (not trying to) - people feel "different" than others as it is not generally accepted

**Q: Why do I have to do practices when I already have capacities? Can't I just be "free like a tree"?**

**A:** You are human. No perfection. Need capacity to evolve, to grow as a person. This is the healing process. Grow into the person you already are, not "should be".

**Why do the practices?** Cuz we live in an existence that is difficult. Life is not easy. Not easy to be human. We are not truly human yet. Takes effort. Requires work to get to extraordinary place. Improvement, evolution.

Biologically nourishing your soul. Personal psychological profile to improve as a person. When doing that, automatic upgrade on the spiritual level. Creates a marker in yourself and in your bloodline. No turning back. Not affected by same pathological factors anymore.

Proven in the 1980s - research in DNA.

Once you get rid of a "genetic disease" - it is erased from your DNA.

DNA changes everyday.

Healing process is something we are designed to go through. Culturally not yet though.

**Healing is simple (but not easy). Need to change. Change on all levels.**

**Sleeping so important.** Only time you can surrender to full cycle of healing process.  
(See Gilles Marin's Five Elements, Six Conditions book)

**Incubation:** Transforming from caterpillar to butterfly. How does it happen? Who knows. It just does.

Set conditions for constant improvement of self - which clients can resonate with and catch themselves. Healing is contagious. That's the whole plan!

**Lori: Bloodlines - What about if you don't have children?**

**Gilles:** For next generations in general. Affecting humanity's evolution

Human Genome - no big deal after all. Still can't explain life. Life takes more than just DNA building blocks.

Also in your proteins, shape of cell membranes, etc - what carries the past in your present body.

The work you do also heals ancestors back in time. (No linear time in reality).

**Healing spreads in all directions!**

**Shary Lou: Genetic maladies?**

**Gilles:** Only genetic in one part. But it's a symptom. Any symptom is a healthy reaction to an unhealthy situation. Good reason why - it has to be respected.

Shary: Awake vs Dream healing. Can do healing while awake?

Gilles: It's all about attitude.

**Yin Perseverance**

Yin follower in dance has to be right on time

Need to be there right on time

Well rested

Give up completely to healing cycle of self

Opposite to active cycle of day

Healing cycle in reverse of "control"

Surrender sense of self - Quiet your understanding

Quiet Wood - more energy into Metal

In healing:

Earth surrender to Wood

Wood surrender to Metal

Understanding is just a byproduct of healing

What you do while awake is important

Set mind

Dream command - I am stepping into the healing field, allowing change

**Hypnagogia** is the experience of the transitional state from wakefulness to sleep: the **hypnagogic state of consciousness**, during the onset of sleep.

Healing = Outgrowing

**Allegory about caterpillar changes into butterfly** - internal conflict

Caterpillar completely liquifies. It doesn't just sprout wings out of the same body. Its whole being is transformed. We are like that too! The way of nature.

**Najeea: Fountain of Life Meditation: Don't feel it**

**Gilles:** Not supposed to really. Like feeling your cardiovascular system. Don't feel your Fountain of Life (Microcosmic Orbit). But knowing it is important - gives you intuition - capacity to access it - but only through intuition, not rational thinking.

Spirit leads you in present. By knowing about Fountain of Life - can connect with it intuitively.

Give self permission "feel" it - more like an assessment - feedback about how well it is working.

**More about the meaning**, not trying to imagine physically feeling it.

**See how it is reflected in your life.**

Like your nervous system - another example - don't feel your nervous system, but feel/notice your reactions to it.

More awareness of qualities and how reflected in life. Only then do you start to be able to feel it in your body.

Getting to mental about the levels, etc.

Takes working it out first

Again, like dance - at first it's heady - but with enough practice it becomes integrated to where you don't need to think about it

Training: Chi Kung (Qigong), Kung Fu - practice, do the work

Biggest danger in meditation is imagination - fantasy - entertainment

Najeea: Can feel where pain areas are.

Connect with what is happening in life in respect to those things

**Fountain of Life is a pure representation of your spirit body.**

**Carla: Full cycle vs "jets"**

**Gilles:** Yes, all of it. 7 loops and the full loop, all continuous flow at the same time

**Carla: Why taught in a "dead" way?**

**Gilles:** Lucky - either that way or not at all!

Need to be transmitted how people can first get it

Growing process, but has to start where we are

**Mantak Chia** - was able to transmit important things to populace. But still limited.

In Person Bodywork - Transmit extraordinary chi

## **:56 PRACTICE**

Earth:

Comfortable, grounding, centering, being in self

You are the driver of your body

You are in you self, in your room, in your house, in your neighborhood, etc

Zone of Influence - part of nature - aware of nature and all existence around you

Physical and metaphysical (things we can't see but are real)

We all carry the 5 elemental forces within

Earth - Central power

As soon as you have a manifestation, you have a shape

### **METAL**

shape

"Out of shape" - the way you feel inside

Develop the shiny aspect of it. Keep polishing it up. Constantly.

Refinement

Surface contact you have with everything

The way you feel is reflected in how you breathe

Breath - Metal

Essence of your Soul

Crystallized

Shape of self, shape of Earth, shape of existence around you

Beauty

Metal cuts - can carve beauty out of every shape, including all your feelings

Surrender to the power of Metal - beauty. Walk in nature, absorbing beauty around you. Feel part of it, feel the beauty within yourself.

Polishing, refining, brighter color, more resonant music, better smell

I am - Earth

I live - Water

I love - Fire

I think - Wood

I feel - Metal

Fire - enthusiasm for life by doing what you like the way you like it

Earth - doing the right thing, right time, right people - trust the process

We are fulfilling existence

### **Always refining, growing the Soul**

Healing, evolutionary process. Sometimes need to do so through a healing crisis.

### **As evolve as a Soul, creates a marker in our Spirit that is reflected in our Fountain of Life**

Affects everything around you as well

Self is in constant evolution, participates in human consciousness



**Set conditions** to go in direction beneficial for whole of humanity  
Make life enjoyable

**The above: Helps rational mind understand reason why we are doing all this**

**Robyn: Stillness vs movement in meditation**

**Gilles:** Why do things? Maintaining a pattern? Or to evolve?  
Not what you do, but rather how and why - the meaning of it

**Robyn: Relation of body position/movement in these practices?**

**Gilles:** First get into the frequency, then body will follow. Not the appearance, it is the quality of the practice. If not comfortable physically, it won't work. First be comfortable, mind not focused on pain - that is focus on internal conflict.

**Robyn: Neurological disorders, “permanent” illnesses - can heal from those too?**

**Gilles:** Yes still possible to heal. Don't focus on the disease. Make person healthier so they don't need the disease any longer, for their healing. Heal deeper parts, then can rebuild nervous system out from there.

Can't heal just to avoid death. Need to want to be alive.  
Not fight against negative, but work with the positive.

**Robyn: Why need science?**

**Gilles:** Good info, can be useful for certain things. But not the answer. These practices address the life power inside

**“The goal of life is to die healthy.”** - There's a zinger for ya!

**Shary Lou: 5 Elements: colors, organs, etc. But how about simplicity? Just being with nature.**

**Gilles:** Practice first, eventually it will be integrated and will just be. Practice, but don't try too hard.

## **1:34 EXERCISES**

About integration, pattern of habit that changes old ways of being. Keep repeating so it works.

### **Eye movements**

left right, up down, corner corner, slow circles, fast blinking  
palming warmth from hands into eyeballs  
spread warmth along optic nerves into brain, spread warmth everywhere in brain  
spread warmth down spinal cord  
all over body, organs, connections, all the way to surface of skin

palms over ears - tapping on back of head (“beating the drum”)

## **1:38 CONNECTING with FORCES**

Earth - comfortable in own skin  
Participate in better existence

Mmmmm - super comfortable or enjoyable - coming from whole universe  
Comfort - yang down  
Enjoyment - yin up

Ahhhh  
Enthusiasm for life

Shhhh  
Water yang down cleanse  
Water spring yin up vitality

Eeeee  
Communicate - social time  
Intimacy  
Connect spirit line - connecting past with present (where future starts)

Shhhhh  
Yang down - resting nervous system  
Yin up - growth, nourish nervous system

Sssss/Zzzzz  
Dreaming - digesting emotions  
Elimination

See previous notes for more

### **Next level of evolution:**

Asking for help from sources of universe

**Fusion Meditation (online class coming in Nov-Dec 2023)**

### **Robyn: Waking up between 5-7am**

**Gilles:** Large Intestine time, emotional awareness, gather energy for more lucidity, dreams make more sense, understanding of what just processed, dreams validate emotions

### **Najeea: Metal - elusive**

**Gilles:** True - society hard time with no empty space

No empty space - it's all full.

"Ether" - in the Western elements

Surface contact - all connected

Fills up empty space between

### **Western/Eastern Elements:**

Earth - same

Water - same

Fire - same

Air - Wood

Ether - Metal

**Inner Metal - propagate beauty within**

## **1:50 FOUNTAIN OF LIFE real quick**

Sink on inhale, Push into ground on exhale

Water - spring water

Wood - grow out of Water and Earth, towards Fire light

Circulates into the fountain

Gathers in pelvic floor, sit in it, bathe in pool of vital energy  
rest and supported by life

### **1st loop**

enjoyment

back - Sacrum - momentum

front - Sexual center - enjoyment

### **2nd loop**

relaxing into inheritance

back - Door of Life (Ming Men) - inheritance

front - Navel - plugged into life

### **3rd loop**

individual self

back - T11 - choice

front - Solar Plexus - sense of self

### **4th loop**

follow spirit

back - T4 - freedom

front - Heart - spirit

### **5th loop**

sharing, build support system

back - C7 - hands - sharing

front - Throat - communication

### **6th loop**

expanding consciousness

back - base of skull (occiput) - abstraction (dreamtime)

front - Mid-Eyebrow - clarity, understanding

### **7th loop**

fulfilling life purpose

Top of head - guidance

**See you next week for the last session!**

**But don't fret - there will be more...**

**TaoTouch Chi Kung**  
**April 7, 2023**

**The Temple of Asklepios in Lissos, in Chania, Crete**

Sacred place on Crete for incubation and healing  
Earth energy strong, place for dreaming for healing

Fusion Meditation - Online  
Nov-Dec 2023  
<https://www.chineitsang.com/fusion-meditation-online>

**Questions:**

**Patricia: Dream commands - requesting different direction for better sleep. Helpful**

**Gilles:** Yes, working with self in a different way. Stepping out of “fixing” which goes against emotional body. Working with yourself, refining self-respect, bringing to self-love.

“Shoulds” require correction aka punishment. Can’t get where you want that way.  
Stepping out of field of pathology and into field of healing.

**Shary Lou:** Dream command: Dedicate to healing, help from inner spirit, to remember dreams, etc. How to translate? Can I trust my divine intelligence even if can’t remember dream?

**Gilles:** Yes, absolutely. Respect reason why don’t remember dreams. You still do dream. Even when awake- dreams still happening but in background.

**Dreams are not meant to be understood.** They bring you true knowledge about yourself.  
Accept and integrate the way it comes. That way for a good reason.

Yin Perseverance

**Olivier: When wake up with fear?**

**Gilles:** Means it means to be worked out. In the process of digesting it, but hard to. Need support of your Wood consciousness to go through it. All you need it acknowledgment that you are afraid - validation.

**Lucid Dreaming:** Allow self to get to place to allow self to be aware at very depth of dreams.  
Takes practice.

**Jennifer: If wake up in middle of night, why?**

**Gilles:** Sometimes, not enough energy to get through strong emotional processing. Or need to wake up rational mind for validation. Waking up is a symptom saying you need to outgrow it.

**Anee: Body clock - daylight savings time adjustment**

**Gilles:** Bio-energetic. But just one hour, only half a meridian tide. Body is adaptable. Tune into yourself, where body is at. Inner nature. Asking body instead of the clock. That’s the way to health in general. Your body knows.

Changing from one meridian time zone to the next, it’s gradual - like waves/tides in the sea.

Jet lag: More abrupt. Try to sleep in the plane - body catches up during travel.

Most important at this point of course: Whole thing integrating into your belief system

Fountain of Life questions?

**Shary Lou: Imagining?**

**Gilles:** Don't "imagine" - that is projecting fantasy out. Instead, just know you have one - levels are endocrine glands. Likes cardiovascular system - don't have to imagine it. It is there. Just by paying attention, you can influence it.

**Levels - glands - function of the gland at the meaning level**

eg: Pelvic floor - connect reproductive glands with Earth - to absorb more vitality plugged into the source

heart - thymus - freeing self

Functional aspect of the physiological

Fountain of Life - helps to experience the functionality

"Golden Fusion Pearl" - same thing. Microcosmic Orbit, Tree of Life, etc. Animation in there.

**Sinead: Spinning - ok to use that feeling?**

**Gilles:** Yes, it's there!

Sinead: Fear about feeling depth of emotions - how to hold that

Gilles: Practice. Keep repeating until get result you want, to be able to handle it. Kung Fu. Not about learning, trying to memorize. Practice for integration. Grow into it.

Yin Perseverance - Follow, trust

Complex healing process

**Najeea: Level of individuation**

**Gilles:** Differentiation your whole mind into the 5 Intelligences - for better control of your mind. In Fountain of Life, different levels of individuation - helps you to function better.

**eg:**

1st level: I am an individual that received life

3rd level: self of self

Builds one by one - starting with foundational ones

Develop into a person with personality and individuality

Process of building from a stable foundation

Different aspects of ourselves

Functional - improving, growing all the time

Relationship with self

**Najeea: This work takes courage!**

Our work here: Building critical mass - one person at a time. Healing is contagious!

## **:38 PRACTICE**

**Earth:** Center forces around you

Sinking as inhale - letting earth support you, being aware of the strength of that support so you can trust it

Pushing comfortably into ground as exhale. Receive vitality, life force

### **3 wires connecting from ground:**

**Earth wire** - allows to have body - I am - nourishment eat this world to be part of it, in order to be yourself

**Water wire** - Vitality. Continuing unfinished business of life through ancestry, all evolution of life. Memory of life - Water power. Past bringing us to the present, to be exposed to the future

**Wood wire** - Growing out of Earth and Water. Consciousness that translates physiologically through your nervous system. Not just feel, but also transmit information. Grow your consciousness.

Metal - Deepest part of sense of self. Gives you shape.

Earth gives you consistency. Metal gives you shape into who you are.

Metal - Guiding you into your life purpose through your feelings.

## **Zone of Influence practice**

Filtering your Water - creating marker

**Fire** - intuition out of heart, things you are attracted to do, attracted to people for certain activities

**Wood** - Belief system, allows you to share it with others

Way you grow as a sentient being - sharing feelings

Personal healing process - evolution of consciousness - place where you can enjoy life better and better

**Metal** - Surface contact between yourself and rest of world

Running through chemical engine - Fountain of Life

**Fountain of Life** - Coming from ground, up your back, down your front, with jets from back to front.

## **:52 FOUNTAIN OF LIFE**

### **Top Down**

**Coming all the way up from ground**, pelvic floor

I live to complete a life purpose - connecting with guiding star

Feeling all the way up back to top of head, down your front back to ground

Place between Heaven and Earth - really between Heaven and Underworld - where energy is coming from.

Feeling all spots along the way up and down - jets

**6th Jet** - base of skull, cross to mid-eyebrow  
Consciousness, observe, contemplate, cognition

**5th Jet** - connecting with others  
C7 in back - connecting with hands - reaching out  
cross to throat - expressing, verbalize, sharing belief system

**4th Jet** - heart space, following your spirit  
T4 - Free up from baggage, get rid of that backpack  
Heart - Open up, let the red bird fly. Freedom to do new things. Following desires, enthusiasm

**3rd Jet** - Earth - I am  
T11 - choice  
Solar Plexus - sense of self

**2nd Level** - Water power  
Door of Life - receive support from ancestry  
Navel - personal energy, supports everything above  
Water power - like hydraulics - powerful, but doesn't force, effortless

**1st Level** - Existence, miracle of life itself. Carry momentum in life towards enjoyment.  
Supported in that direction  
I am given life. That's all, at this point.  
Pelvic floor - unconditional support  
Sacrum - momentum  
Sexual center - enjoyment  
1st jet supports all the other jets above. Strength of life itself. Vitality.

Connecting to the importance of our existence  
Connect to support system  
Surrounded by strong links we can use for self-support.  
Improved consciousness  
Guided in life purpose

**Energy up back, down front, in continuous flow. All jets at same time too.**

And rest. Ahhhh.

**1:10 Questions, observations, feedback?**

**Lori: Ancestors - No personal experience with them. Important to know who they are specifically?**

**Gilles:** No. There are good ones. Connecting with the good ancestors. Inside you. Part of ancestry that wants you to continue the very best of life, for next generations. Filtering out the past Water, for better future. Connect with that part of you. Even "bad" ancestors carried a pathology for you to be able to heal. Look for sources of strength. By connecting with what you

prefer in your heritage: food, music, etc. Why like it? Ancestors did too. Continue the good business - with things you like. Continuing business. No blank slate.

**Linda: T4 - Letting go of "luggage" example?**

**Gilles:** Like bad things that happened to ancestors.

We are physiologically designed for this.

Relationship with actual water. Float in a swimming pool. Connecting with surface of the water - the cleanest part. Let T4 drop the backpack - let it sink to the bottom. Cleanest Water - good ancestors - exposing you to warmth and light of the sun.

Just follow nature. Taoism.

How create a better future? Don't project. Start with today. Improve your present. Then can only be better in the future.

Letting go of shoulds lets baggage sink to bottom of Water

**Abby: Tobacco effect on breathing - Metal element**

**Gilles:** Not tobacco itself (medicine). But excess of any medicine, you get the reverse effect.

Smoke is what it's about.

Smoke creates a smoke screen in your Metal element. A filter, a mask that prevents you from feeling emotions that are not pleasant. Smoking for protection.

What's the reason WHY you smoke? Get in touch with that in order to stop smoking.

Pattern of habit preventing you going through healing process in emotional body

Sunning - changing chemistry - Sleeping deeper and more meaningfully

Once outgrow those charges, can face whatever masking with smoke, then won't feel like smoking anymore.

**1:26 PRACTICE**

**Meridian System / Healing Sounds**

**Light, playful version.** Playing is a natural way of learning

12 meridians in 3 minutes!

Connecting body with consciousness

Connect healing sounds with meridian system - blood of consciousness is in the meridian system (chi).

Yin - vitality of the mind.

Yang down - grounding by-products of mind - to allow fresh Yin chi in.

Feeling anchored between Heaven and Underworld

Meridian system - functionality of 5 intelligences

**7-9, 9-11am**

**Earth - I Am**

**Mmmmm**

Nourishing presence

Sense of self

Yang Earth to ground, Yin Earth up



**11-1, 1-3pm**

**Fire**

**Ahhhhh**

Satisfaction of what you like to do  
accomplish things

**3-5, 5-7**

**Water**

Yang down Bladder

Yin up clean Water nourishing inside bones, making new blood

Sleep over it

**Shhhhhh - water sound**

**7-9, 9-11pm**

**Endo Fire**

**Eeeeeee**

Who connect with meaningfully

**11-1, 1-3am**

**Wood**

cleaning, nourishing nervous system

**Shhhhhh - wind through leaves**

**3-5, 5-7am**

**Metal**

**Sssss/Zzzzz**

Digesting emotions, refinement of soul

**Sinead: Water time: What to do at that time of day?**

**(Other than napping)**

**Gilles:** Creativity is connected to your past. If not connected to past, might be too advanced for others to resonate with. If only Fire - too cutting edge, will be rejected. Disconnected. In order to bring any good progress of cutting edge of refinement, has to be a continuation of a tradition. Progress is continuation of tradition. Connect with origins, adapted to present, to step to future.

To have made acupuncture accepted, is to make it a tradition in Western world. Taken out of China. Adapted, to be accepted into a belief system where it is needed.

Done in afternoon - not only in the heat of your heart. Sleep. Earth. Ancestral source of human consciousness. When wake up, right here right now.

Still developing the language for it in our culture.

**Shary Lou: No naps, but relax outside and rest. Does that count?**

**Gilles:** It's a start. Naps not pattern of habit, but you can always start! Change chemistry, prepare yourself.

Lots of lucid dreams happen in naps!

**Darryl: Breathing practices helping sleeping. But sometimes wake up between 4-5am and hard to get back to sleep.**

**Gilles:** You're getting there - starting to sleep through til 7am. But still can sleep longer. But not about length of time. Important - catching up on sleep debt. Putting more energy into your "bank account" - potential for more consciousness in sleep. Rebuilding your brain during sleep. For brain to carry parts of mind used to be too tired for. Making progress!

**Shary Lou: Waking up at say, 3am. Turned on bone dreaming audio. Ok to do?**

**Gilles:** All about self-respect. Frustrated at waking up - that's where healing is needed. Get to place where ok with waking up. Maybe means about to dream about something important, but not the energy for it. But keep practicing, sunning etc, then will start sleeping through it.

Perennial knowledge, human knowledge to get to the next level.

Taoism - TaoTouch - To integrate into a belief system that is ours, that is authentic.

**Knowledge is not important - it is what is done with it.**

**In Presence workshops - California and Crete**

Using this at the physical level

**Extraordinary results by extraordinary means.**

Capacity to match at the physical level, what we've been doing in our consciousness

Taoist approach was present everywhere on Earth but had been forgotten.

Martial Arts - Healing power

**Empty Force** - super power out of no muscle contraction

Using power of the universe

Natural, but takes practice and repetition of those practices

Not doing - just allowing healing energy move through you

Join us at in presence training retreats! The world needs it.

Transmission - Develop first the self-help capacity. Then get clients/partners, whomever, to carry that within themselves.

**Robyn: Fountain of Life, breath, muscle flow, bone breathing, bone packing, etc. Holding muscle tension. Restricting breath, flow, love. Pattern of habit.**

**Gilles:** Stepping out of the pattern of habit. This is another way of self-protection. Been stopping feeling. Problem with our civilization. What to do? Step out of field of pathology, into field of healing. Cannot jump. Step out one foot at a time, take your time. Patterns have been working to protect you. Take your time letting down your shield - need to feel safe first. Build safety. Look for what will give you more satisfaction. Change chemistry - realize more to life.

Healing starts with consciousness of being alive and expanding that.

Give yourself good reason to heal before starting to heal.

Self-respect. Every single part of you.

That's all folks! Stay tuned for more, Keep in touch! Love you!