

FUSION MEDITATION - ONLINE COURSE
with Gilles Marin / Chi Nei Tsang Institute / TaoTouch
January-March 2021

Notes by David Sloves

January 12, 2021

Fusion: Unifying, unified field of wisdom

1st Formula:

Set infrastructure for the meditation

I AM

Perspective on existence itself (is in body)

2nd Formula:

Growing emotional maturity through emotional digestion, processing

3rd Formula:

Expand the mind in the 5 directions

Connecting with source of intelligences outside of ourselves

4th Formula:

Bliss

Connecting with source of life at intimate level

Better connection with life itself

Healing Process, Healing Field

Improving yourself from the inside out

Pathology

Practice:

Establishing connection of consciousness = BREATH

Shape of lungs (bigger in back than front)

Expanding capacity to feel more

Zone of Influence

"I Am"

Etc just watch the video!

Chi = Intelligent life force according to your purpose in existence

Only 2 things in existence: Energy and Information. Everything is a combo of these two.

Practice:

Fountain of Life w/ 7 Levels of Individuation

Infrastructure that we keep feeding throughout the other Formulas.

No overpopulation - actually we need more people for critical mass for evolution of consciousness

Q&A:

Breathing in back

Sink as inhale, push like a jellyfish as exhale

Closing Meditation for improving our lives

Fountain of Life - Spirit Axis (Water/Fire)

Basic chemistry for healing:

Less adrenaline (Water - instinct)

Need more serotonin (Fire - warmth)

DO SUNNING

This week was:

Spirit Axis:

Water/Fire

Next week will be:

Soul Axis:

Wood/Metal

Do the Sunning Practice throughout the week! The guided audio meditation is [available for download here](#) (\$15).

January 22, 2021

Breath warmup - breathe in back

Eye exercises

Smile in your butt! Feel the Earth smiling back.

Connection with everything alive around you, feeding your body.

Earth power within you - "I Am"

Fountain of Life practice

Take only the best of your inheritance from ancestors

Meditation is about being curious, trying things, experiencing

Heart and tongue are connected - speak your truth

5th level - social level

7th level - Connect with high spirit - to develop the soul. Attract high level spirit for guidance to bring yourself to the next level of evolution

Fountains fountains everywhere! Beautiful beautiful fountains!



Q&A:

Q: Direction of energy - up back, down front?

A: What is energy? Bio = Life. Energy has life of its own, that carries information that allows it to go where it needs to go.
Feeling safe. Up back, down front is opening up. When need protection, goes the other way (up front, down back).

Unzip down front - open up

Zip up front - Protection

Reflex - Martial arts

Microcosmic orbit does this automatically when appropriate.

But actually you are safer when open.

Only wrong thing is to not be aware. Do not change, correct it right away. First awareness and respect. Then can work on it.

5 Intelligences (elemental forces) inside: Don't go for democracy, but rather consensus. Listen to all the voices inside.

Ok to zip up when needed, but don't stay that way

Q: Why not start at feet? Why pelvic floor?

A: Fountain of Life is based on the endocrine system. Pelvic floor - reproductive glands, door of life - kidneys, etc. But in the feet we have the "bubbling spring" - Water, memory of life. Also meridians go there. So feet are still relevant, but start with pelvic floor because of endocrine system.

Being aware of weaknesses is the beginning of healing process. "Corrections" come from own intention for change. Different pattern of habits. Not by forcing, but just letting change happen naturally.

SPIRIT

This pertains to the spiritual world that we share with others.

Spiritual Axis - from Water to Fire

Presence - right here right now - Earth

Familiarizing with the 5 Elemental Forces/Intelligences

Pakua - 8 directions

I Ching

1:23 till end of class = PRACTICE
Five Elemental Forces/Intelligences within
Navel Pakua - Vital energy

Inner Fire - top - red light
Water - bottom - bone marrow - blue light
Earth - upper left to lower right - axis of rotation - gold light
Wood - right and upper right - green light
Metal - left and lower left - white light
Don't worry - the graphic is coming soon! (wait for it... wait for it...)

Books to help:
[Five Elements, Six Conditions](#) (middle part, drawings)
[Biology of Consciousness](#) - Gilles' brand spakin' new writings!

Next week:
2nd Formula - emotional aspects
January 29, 2021

Cardio vs Endocrine Fire:

Cardiovascular Fire

Soul Axis
Personal, what's familiar
Heart, own inner world
warmth in blood
Inner fire, red, attraction, human warmth
What makes you happy, what you care for
Falling in love
Lower frequency
Infrared

Endocrine Fire

Fire that's beyond our personal universe. Cosmic realm.
Spiritual axis - past to future
from Water, through Earth, to Fire
outer universe, don't see, beyond us

Ultraviolet

:09 Warmup Practices

Breathing toward back, expand, lift ribs in back, lateral expansion
shoulders down, drop sternum, stretch
eye exercises

Navel Pakua

Spiritual Axis Meditation

Calming our Water (Instinct)

Sacrum - Momentum

cross to sexual center - enjoyment

top of navel - red wire - warmth - connected to heart

distribute warmth to every single blood cell in body. Spirit, enthusiasm
of life

Earth between Water and Fire

underworld of past Water, move to future Fire

Anchored in Earth Axis (upper left Spleen/Pancreas to lower right
Mountain)

When Water goes to Fire, creates Wood Growing energy - right side of
navel - (thunder and wind) in pakua

right side and upper right side (Liver). Nerves, perception,
consciousness, yang expansion,

Left side of navel - Lake, upper left Heaven = Metal energy - shiny,
reflection of light, the brightness within every color - glow. Skin, fascia,
lungs.

Fountain of Life Meditation

in a nutshell:

Pelvic floor - support, rest

1st level: Sacrum - momentum

cross to sexual center - enjoyment

2nd level: Door of life - inheritance

cross to navel - vitality

3rd level: T11 - choice
cross to solar plexus - sense of self

4th level: T4 - freedom
cross to heart - spirit

5th level: C7 - reaching out
cross to throat - communication

6th level: Base of skull - abstraction
cross to third eye - clarity

7th level: Top of head - guidance

:48 Q&A

Yin up back

Yang down front

Opening the front is difficult for everyone, but very important

Yang needs to go down, to create vacuum for Yin to go up back

Only your body's intelligence does the actual work. Rational thinking can only set the intention with awareness.

Healing - during sleep. Sleep it over. Dream things out. Only time you can be totally emotional.

Respect the body's ability to do the work.

Don't criticize yourself. Just be aware with no judgment.

7th level of Fountain - energy

Up central core, down periphery

THORUS: Check out these trippy paintings by Alex Grey

<https://tam-adores.tumblr.com/image/51662220577>

2nd Formula of Fusion

Alchemy - source of life
Chemistry - just elements
Alchemy has the life principle as well

Water - not just element, but a force from the source, carries information

1:14 Practice: 2nd Formula of Fusion

Don't try to imagine things happening, just feel it.
Breath - established all inner bridges

Sorry not many notes here - I'm busy doing the practice! 

Levels of Fusion:

- 1 structure
- 2 essence, distillation to enhance spirit
- 3 connection with source, using senses
- 4 connection with source directly, personal relationship with source (higher spirit)

February 5, 2021

Melissa's notes this week (THANK YOU!) 

2nd formula is the most difficult.

The healing process is giving up having control, a surrender and giving up rational thinking.

Dreams talk to you, not to be understood but integrated. Dream translation not dream interpretation.

Five intelligences - book:

Digest emotions the same way you digest food. Feed on emotions and digest them. We don't have to know how it works. The body does it for us.

The process of surrendering: 1: feel safe, 2: not to think so much, 3: feel

more precisely - wood, 4: connect with the importance of the feelings (specificity) (fire), 5: give up complete control (water), 6: accept the fact that you are not the same person anymore (not recognizable) accept yourself no matter what (earth).

Anxiety earth / fear water past. A lot of people emailed having these emotions after last session. They are not the same thing.

Practice included 1st and 2nd formula

Next week 3rd formula - using the forces to call them in for help.

Less thinking and more introversion.

Do your sunning and go to bed and sleep over it.

Next week will be precious and we will connect with help!

February 12, 2021

Whole lotta practice going on today!

Happy Lunar New Year - in Vietnamese! Blessings rooted in Earth.

No "shoulds"

Breathing in back/shoulders/eyes/brain warmups

Today: Step deeper into introversion. Connect with archetypes. You can make it personal to you.

1st Formula: Infrastructure of meditation

Pakua Navel - plugged into the energy grid of life. Awareness of the connections. Pay attention to improve our consciousness and the way we feel. Improving ourselves helps whole society's consciousness. Solar panels- helps own house and contributes to the grid.

Inner universe is a reflection of the outer universe.

1st Formula: Feeds Fountain of Life

2nd Formula: Detail - How we grow as a person? By digesting the effects of life on us. Acquire more maturity to deal with life.

Diseases are guides - something to work WITH.

3rd Formula: Starting to reach out for spiritual help. Cultivate inside self before asking for outside help (prayer).

:34 Practice:

Expand awareness:

Connect with Earth, Water, Wood, Fire, Metal

Earth - I am

Water - What I'm used to (back)

Fire - What attracts you, what's important (front)

Wood - consciousness, rational/functional (rooted in Earth). Focus.

Metal - feelings, what feels right, unfocused, aesthetics, absorbing beauty, emotional intelligence

Connect with Fountain of Life. You know it by now! No?? Watch the video... again ;)

Navel - connected with "Mother Earth" and "Father Sun" (absolute Yin support and absolute Yang light).

Navel Pakua:

Memory of life is in Water - in every cell of the body. Bones, blood (bone marrow) - Water and Fire working together.

Consciousness is the pearl at base of Fountain.

Wood growing from right and upper right side of navel: connecting with eyes, liver, green light, Yang, growing, producing, expansion

Metal left and lower left of navel: the wrap around things, finishing touches, personality and expression, skin, fascia, lungs, inner jewel

2nd FORMULA: Getting into details:

I really went for it notes-wise here! You're welcome.

Scanning body. Where doesn't feel right, stuck, uncomfortable. Sound - ah (not like ahhh). Make red hot sphere in middle of chest. Heat, impatience, cruelty, too forceful. Extract from around the body and put it into red sphere.

Lower abdomen - gather all cold feelings too scary to face. Deep, dark, damp, cold Water.

Sound of fear- shivering, trembling. Deep blue sphere of cold building with all the fear you can find in yourself. Horror, terror, where that's hiding. Extract it from all around body and put it into the sphere.

Place spheres into guts area and stir in cauldron. Put lid on it and let cooking happen.

Under right side in rib cage - liver - dark green sphere - heat and dampness together makes steam pressure. Gathering from all nerves, stressed out, anger, into dark green sphere. Feel the unpleasant pressure.

Left side of rib cage- cold, dry, white sphere. Like ice. Painful. No moisture, cutting dry. Sadness, grief, loss. Extract those feelings from all over, expose them, drag to left side of rib cage.

Slowly, carefully gathering both Wood and Metal feelings toward navel. Try not to leave anything behind. Bring through navel pakua into the cauldron and stir. Breathe. Feel enhanced movements of guts in there. Cooking. Let it happen. Getting rid of negative feelings that don't let ourselves to be aware of. Now digesting them. Grow to be less affected. Eliminate what we don't need anymore.

Next: Solar Plexus. Pull out what you don't feel so good about yourself. Extract those feelings. Place into cauldron. Use inner eye to blend things,

stir, cook.

Process is ongoing, enhanced, still going when go to sleep. Dreaming very important.

Eventually transformation happens, gets less intense. Even a good "smell" of cooking happening there. Extraction, distillation creating spirits. "Inner liquor" by extracting only the very best. Feeding your inner crystal that feeds the Fountain of Life.

Cheers!

Short break to just breathe and relax.

1:15 THIRD FORMULA

Maybe not so many notes right now? First time doing it this series. We'll see.....

Archetypes of the elemental forces. Bring forth in front of you the best representation, best attributes of each. Use senses.

Check with inner elemental force to compare: If there are any negative aspects there that you feel- filter out, extract with your inner eye, put in pakua cauldron and keep stirring in there.

Then look again at your inner elements and they will be a bit more improved. Cooking still happening. Feeding inner crystal and running through your Fountain of Life, feeding all levels of individuation so can grow from the transformation.

Not too shabby, those brief notes of 3rd Formula above, huh? Brief notes, deep practice!

"Nothing escapes transformation."

Do Sunning a couple times per day to have proper chemistry for the practice to work. More serotonin (melatonin), less adrenaline. Dream.

Be rested to sleep/dream enough.

We outgrow, we don't solve.

Let your body's intelligence tell you what to do during meditations.

Most important is to build a better relationship with yourself.

February 19, 2021

Learn from each other, beginners and experienced

Gilles discusses his approach to the Fusion practice

No imitations - trying involves too much thinking

Meditation - awake but rational thinking not dominant.

What is real is what you feel.

Other interesting opening thoughts on the practice and healing...

Extraordinary

Sense of reality - Dreams

Teaching others - vocabulary

Cauldron - small intestine - digestive fire

but not just the small intestine - also everything else in there

Spending more time on 3rd Formula before ready to progress to the 4th Formula

:25 Practice

Breath

Pakua/navel energy goes out but right back in and it gets transformed.

Pakua navel is plug and also a filter

1st Formula

Connect with structure, function

Fountain of Life:

1st jet - momentum, support

2nd jet - Water - let what don't want anymore, sink to the bottom

3rd jet - Fire - choose only what fits you right

4th jet - Heart - spirit - what is it I really want for myself and others?

5th jet - C7 - throat - describe it, share it

6th jet - base of skull, cross over to mid eyebrow - consciousness

7th level - Guidance

Feel Fountain of Life connected to your pakua navel.

Water blue bottom, Fire red top

Middle - purple mixing

Heat goes up, cold goes down

Water exposed to light...

Wood growing - right and upper right of pack - nervous system, liver, brain. Upgraded new belief system blooming, turn toward sun for more light, more food to feed new self. Vision, perspective, understanding

Left & lower left: Metal

Feeling, shape

Breath, skin

Cauldron - generator - heat - ongoing cooking, extraction, refinement of the food of existence. Translated into our emotional reactions to existence.

Quintessence - 5 Essences of Life.

Crystallized into "inner pearl", "inner diamond". Inside body. Wherever it is in YOU. Not about location, about function. Can be abdomen, heart, head, wherever inside yourself.

2nd Formula:

Scan body for heat, hurry feeling, agitation, inflammation. Extract it, bright red sphere, hot, put in middle of chest.

Cold, dark, deep, hidden in dark, fear. Wherever feel that, extract it and keep in dark blue sphere in abdomen. Place where it's safe to put that sphere. Depth of bones, marrow, back, cranium, from anywhere. Feel the cold, fear, horror, terror, paralyzing feelings.

Make those spheres clearly distinct before moving anything.

Then carefully and gently and thoroughly bring both to navel and let it sink into the pakua, into cauldron with inner eye, and cook in cauldron. Boil, then simmer. Like real cooking. Reach high temperature, then lower and let simmer. Stir, put lid on it and let simmer.

Wood - right and upper right

Hot and damp, pressure.

Gathering everything that's been bothering your nerves: stress, anger, agitation, etc. Hot, damp, pressure. Deep green sphere.

Metal - left and lower left of rib cage

Cold and dry, empty.

Skin, depth of lungs, depth of guts. Sadness, grief, even the numbness of depression. Empty, deflated (opposite of right side). Cutting feeling like glass, ice, painful, unpleasant. Feelings coming from everywhere in your body. Put in that area - left side of rib cage. White sphere.

Gather both Wood and Metal feelings, slowly and carefully, don't drop anything behind. Take through pakua navel into cauldron, Keep stirring, blending.

Let the cooking do its magic. Breaking everything down into smaller chunks. Melting, blending, mixing, making a stew.
Let it cook.

Next:

Be aware of solar plexus, sense of self.

Extract all bad feelings you have ever had about yourself. The deeper the roots, the farther back it goes. Pull out the roots. Put in Pakua, break it all up.

Cooking, digesting.

Absorption, extraction, elimination. All going on at same time. Extract the positive, eliminate the negative.

Let it feed your Fountain of Life.

1:02 3rd Formula

Connect with results

Ideal attributes, archetype, of each elemental force/intelligence. Fire, Water, Wood, Metal, Earth. Use your senses. Then compare with inner element and take what is not ideal and put in cauldron and stir.
Recycling- feed your system with this added energy.

Want to read more about 3rd Formula? See my beautiful notes from last week ;-)
Or way better, watch the recordings again!

Metal - Elegance. Functional beauty.

Earth - Ideal home, support, where can live most easily with no effort

Rest - But know it is still working

Q&A, Reactions:

Babs, Emilie, Janene, Mette, Catherine, Lolo, Heidi, Olivier, Paola - Thank you! ☐ ☐

What is "the chills" feeling? Resonance with something that is already within yourself. Feel it in skin all over body.

Chi Nei Tsang is just the induction of Fusion- helping person's Fusion process happen.

Whole point: To be able to do what you want the way you want it - from your heart.

Next week:

Just maybe... 4th Formula!

Even more rewards for the work....

In March - even deeper practice. Training into dream work.

Maybe even 5th Formula 

February 26, 2021

Biology of Consciousness Booklets:

You can donate to download the first 2 booklets (with 6 online classes) [HERE](#):

or the whole shebang (17 classes) [HERE](#):

<https://www.chineitsang.com/donate-booklets-1-2-3a-3b>

The full consolidated Biology of Consciousness book will be ready in May 2021, with more online classes then! :)

Intent vs intention

Intent = extension of chi. Moving from intention to manifestation. Intention is stepping into it. Stepping into the present creates the future.

Paying attention to all 5 Intelligences

Don't "think" too much - just noticing how things are

6 conditions for healing:

Feel safe

Quiet the mind

Feel more

Acknowledge the importance of feelings

Surrender to the process, trust, permission to change

Accept that you are a different person now, accept the responsibilities

To learn more about this, read Gilles' book [Five Elements, Six Conditions](#)

Caterpillar/butterfly incubation; resistance to change; grow at your own pace

Human still need to grow into humanity

Respect every part of yourself

Digest feelings so we can shine more

:32 Practice

Breathing in back, etc.

Looking around with whole body

:38 Fusion Practice

First & Second Formulas - Faster but deeper due to our practice thus far

Top of navel: Fire - attraction to life; enthusiasm, putting the red (warmth) in your blood.

Connect with chain of endocrine glands

Water - memory of life, yin up through feet, into your bones, in the cells, ancestral information, ancestral energy. Life is produced from Water,

through Earth in your body.

Water through Earth, being attracted by light (Fire)

Wood, nervous system, growing, changing like plants growing in springtime

Right & upper right side of navel. Nourishing nervous, deep green, youthfulness, life is interesting, contemplation

Metal, left and lower left, beauty, how beauty makes you feel, you are part of life's beauty, shine it out of yourself, elegance, reactions to life, Inner Soul, precious Metal

Earth axis

Upper left (Spleen/Pancreas) to lower right (Large Intestine - Mountain)

1st Formula - being connected with life

2nd Formula - processing life, digesting, maturity

Check in with those 5 Intelligences - Where feel them in your body?

Extract (not just intention, actually doing it = intent). But ok if not perfect. Try to do the best we can, little more day by day.

2nd Formula, you know. Watch recordings again, refer to past notes, you know the drill...

Extract the "negative" feelings:

eg Water, below navel: fear, horror, etc.

Extract - actually takes it out

Gather spheres at navel

Put it back in through the navel/pakua (filtered), into cauldron, stir, put lid on and let it cook

Trust the process, trust your body.

Permission to feel gives you permission to process.

Then to solar plexus - sense of self - extract feelings of imperfection, keep pulling out those roots, all the way to bones, Water, ancestral, put in cauldron, stir with inner eye, let it melt, reduce, keep stirring, keep blending, then finally can put lid on and let it cook. Internal alchemy.

We don't know how it's happening, but it is. Surrender to the process. Let my old self die, old patterns of habit, etc... so I can be transformed and reborn as a butterfly.

1:04 - 3rd Formula

Using senses

Ideal representations of each elemental force right in front of you, then look at the internal versions, use senses, observe (can use rational thinking a bit here). Whatever doesn't look so good, sounds like dissonance, smell, taste, bad feelings- extract that and put into cauldron and let it cook. Don't try to change or solve it, will happen on its own.

Don't try to tell your body what to do - just try to help it do it better.

Keep connection with inner selves for 4th Formula

1:15 - 4th Formula

Put ideal archetypes right around us:

Fire - in front - attraction to life

The life we want for the future, for ourselves and future generations. Warmth.

Water - in back - depth of past

Ideal Water floats on top. Filtered out. Fresh. Float on the ideal Water, supporting you. Pattern of habits that enhance your life. Let yourself float up.

Wood - on right

Favorite of everything - favorite beliefs, stories, richest part of your belief system

Metal - on left

What feels the most comfortable, at ease, uplifting, oxygenated, beautiful

Earth - put all around you, under you

Ideal manifestation of Earth. Where can truly be yourself, supported.

Wood/Metal: Soul Axis

Water/Fire: Spiritual Axis

Don't worry about the order we're going in this meditation: It's all going at same time.

Now be aware of the Intelligences there.

Feel connection between ideal archetypes with our inner elemental forces/intelligences. Surface contact.

eg: Metal - emotional intelligence - our inner Metal gets nourished by the ideal Metal

Feel connecting with each of the sources of the Intelligences, nature, universal forces, all around body (as described above).

Right in the center is Earth, our sense of self. Feel Fountain of Life being enhanced by the cauldron. Feel all levels of Fountain of Life. Glands. Go through all levels.

Surrounded by all Forces.

Let Fountain of Life run, flow.

1:38 And rest.

WHEW!

No need to understand. Working with powers we can't understand. So we are just relating with them the best way we can.

Q&A, Feedback:

Irina, Jak, Widad, Janene, Annemarie

Anchored in Earth. We are part of it.

No such thing as artificial. Everything is part of nature. (Even self driving cars? And the Mars Perseverance Rover? Guess so!)

Evolve through meditations, so we don't need to get sick in order to change and grow. Healing is contagious. That power gives you responsibility. Benefits everyone.

Next week:

Breaking down the meditation, getting deeper in specific places, details. **Any requests?** (No, not "Free Bird"! Well let me give it a go... ahem ahem..... nah.)

Get rid of internal conflicts for best self support.

In March:

Details, Dreamtime & 5th Formula.

When more consciousness in dream states (emotional digestion), it can enhance the healing process.

TaoTouch is simply helping the induction of Fusion in others.

Sunning sunning sunning, sleeping sleeping sleeping! Trust the

process. You have the support. Surrender to it. Wishing you deep

sleep and moonbeam dreams!

March 5, 2021

Gravy Dave's Groovy Notes:

no, nobody has ever referred to me as "Gravy Dave", so please don't start now!

Now that we have done 4 formulas, we are going to blend/unify the whole meditation together. Then we can get to 5th formula in the next week or two. (Edit after class: yes, next week! ☐)

Eye/head/ears/consciousness warmup

Not just repeating past classes, this week adding a little more to all formulas.

1st Formula

The room I'm in affects me and I affect the room. It reflects me back. Extend zone of influence- room, house, property, neighborhood, town, etc... Be aware of the influence of place on us and us on place.

Zone of influence with other people

Don't need to know how you meditate - your body already knows and does it.

Pakua navel plug. Connection wires = live wire, braided "rat's nest"

Metal - left - conductor of life force (chi) - wrappings- cell membranes, fascia, skin. Shape/attitude.

Fire - top, heart

Water - bottom coming from ground, ancestry

Feel pakua in back (door of life)

Feel Water in back, ancestry. Source is the information of life.

Instinct

Filtered, from bottom of pakua, feeding bones, marrow, every single cell

of body.

Feel connection of Fire and Water (Spirit Axis). Moving from Water to Fire = “motor” of Fountain of Life. Feeling Fountain of Life - up back, down front, through 7 “jets” levels of individuation.


Wood: Right, upper right of inner pakua

Now is transition time (winter-spring here, summer-fall in Southern hemisphere). Requires shift in nervous system, brain connections. Wood - mental clarity, understanding, problem solving, etc. See, Wood is not all that bad! But “good education”, visual messages, etc - interferences- can get in the way.

Metal: Left

What makes life beautiful. How YOU feel about things - not interferences of others, society.

Laws = Wood. Ethics = Metal.

Take only the best of everything. Can know other stuff is there, but try not to let it in yourself. Same as digesting food. Absorb what you need, filter out the rest, and eliminate it. 

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Sidetrack:

Taoist Traditional Meditation:

3 Levels of Fusion Practice:

3 Pakuas:

1st Level: Navel

Consciousness of life - awareness. Connection with existence

2nd Level of Fusion: Heart

open up heart (to share) to help whole of humanity evolve. Spiritual.

Network of support.

3rd Level - Pineal.

Humanity as one system. Need to get there as a whole society.

Then 4th: Enlightenment!



But here we are making it to our own thing. Not imitating traditional Taoists.

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Anyhoo, back to today's Fusion practice...

Earth - marriage of all forces in the right here right now. Blend all forces into 1 Chi, feeding your existence. The 1. I Am. Information and energetic digestion works the same as physical digestion. Important to take in only the best - don't take in "junk".

The aim is to be able to make the right decisions and at right time with the right people, etc. Earth support (holds together: whole universe, whole of life, whole of self). Be in sync with whole of existence.

Feeling forces around navel pakua.

2nd Formula

Fire. Negative attributes - too hot, too fast, hurried, impatient, irritated... Extract negative, collect in middle of chest. (Good Fire burns slow.)

Water. Negative attributes - too turbulent, panic, fear. Cold, dark. Filter, take only very best, especially from our back. Same as the earth filters spring water. Feeding bones, marrow, cells. Gather in lower abdomen.

Wood - Right. Heat, dampness.

Metal - Left. Bright white (more like metallic) sphere. Negative attributes: sadness, grief. Cold, dry, cutting feeling. Skin, breath, guts. Extract and collect under left side of rib cage.

Gather both wood and Metal spheres into middle, down into cauldron, stir and cook.

Now be aware of solar plexus, zone of influence around you, power of Earth holding whole of existence together. How feel about yourself. Extract what you don't feel good about yourself. Take it all out from the roots. Shred it up. Put into cauldron. Cook, blend, put lid on top and let it cook.

Just putting in a little bit more than your body would have done on its own. We're just enhancing this natural process.

3rd Formula

Ideal manifestations in front of you. Invite your source to come closer to you. Notice what makes it ideal, use all senses.

Inner Elements - extract the not so ideal, put in cauldron and cook to transform.

Go through all of 'em.

Water- Like oxygenating it. Purifying, making clear, clean, fresh Water.

e.g.: Earth - ideal Earth = "Heaven". Heaven here on Earth. Ideal place, climate, landscape, looks right, sounds right, feels right, smells right, tastes right. Ideal place and time.

Power of honesty. "Speak your mind- even if your voice shakes." - Maggie Kuhn

Connecting with highest spirits. So can share. Share increases enjoyment. Support. Let Fountain of Life shine brightly in the light. Rainbows.

Q&A/Feedback

Nan - support

Carol - auto Fusion, spirits

Jasmine - temporary relief, but is a process

Ancestral energy: Water

Most powerful (after Earth). Unless don't let yourself get flooded. Earth controls Water. Only yourself can contain and control the power of your ancestry. Inner Earth- inner rock, inner strength. Can use network of support in your zone of influence. Can ask for support.

Spirit supports your Soul

Healing - creates physical marker in DNA. Also heals the past. (Time is non-linear.) Heal at personal level and become contagious. Bloodline and also all your surroundings.

We get diseases so we can heal, outgrow from the whole thing. Story stays, but not negatively affected by it any longer.

Can remove DNA markers through the Fusion practice. You can change your relationship with Water... even literally with water in your real everyday life.

At some point with enough practice, we can come up with our own "formulas".

Nausea = Questioning yourself. Trust yourself. Body needs proof that you trust yourself. Trust your higher authority.

Next week:

5th Formula!

Connecting to source, higher spirit. Keep practicing, cultivating - raising ourselves to better connect at that level.

March 12, 2021

David's "Gee I Wish I Had a Stenography Machine" Notes



"Sleeping" during Fusion Meditation.

Warmups:

Breathing into the back

Head turning, looking opposite directions, head circles, using whole body

Why repeat Formulas? For process

5th Formula is more abstract, but covers wider range of cognition that helps the integration of healing effects of Fusion.

:22 Let's do it

1st FORMULA

Awareness that we are plugged in in all directions, not just front pakua. Just being aware is enough, even if just really working with the front pakua.

Being plugged in

Fire front, Water back, Wood right, Metal left, Earth center

Navel Pakua

Earth - upper left to lower right

Metal - fascia is where meridian system runs.

Navel Pakua

Water - memory of life

Fire - light, attracts Water, attracts us to life

Wood - grows out of Water in light

Metal - vitality, reflecting the way you feel

Fire - on top - red wire - warmth of blood, attraction, enthusiasm for life, runs in blood

Water - on bottom - blue wire - carries all memory of life, instinct. Need to deal with internal dinosaurs (ancestral issues). Water feeds bones, most crystallized part of body, but inside marrow creates blood. Water - bones, DNA

Water + Fire = Spiritual axis of the mind. From past to future. From memory of life to attraction into right here right now Earth.

Earth - upper left to lower right

Pancreas - sense of self, taking care of self - nutrition. Golden light, golden connection. Digestive system - extract what you need - extract the I Am.

Metal - left and lower left - shiny - skin, surface contact, lungs, breath, takes out oxygen, large intestine, vital energy, emotional, shape, appearance, triggers behavior

Wood - right and upper right - green wire - nerves, brain, spinal cord, rational thinking, belief system, Liver - liver and other internal organs, through mesentery, is what controls our mind!

Water behind, instinct, habits, DNA

Fire spirit in front, warmth, wanting to evolve, improve

Earth sense of self, right in center. Rock island. Earth controls Water.
Heaven on earth, starts with your body.

Clear Water creates the future we want.

Water in sun (Fire), in Earth - Wood grows from here. (On right.)
Cultivation. Enrich our existence.

Left - Metal shapes universe. How beautiful it is! Ooooh aaaaaah!

Rhythm of breath, flow of life force.

Anchored between Heaven and the underworld of Earth.

2nd FORMULA

Lower dan tien. Manifestation of existence. Dan Tien Fire keeps you alive.
Above that is cauldron.

Using our Mind to enhance digestive process. Quintessence - 5 essences.

Mind (consciousness) inside body.

Hammer construction noise in background Use this annoyance for self awareness!

Go through 2nd Formula.

Water - extract feeling of "no choice" and bring deep dark cold fear blue sphere. Feel those feelings, bring into blue sphere inside lower abdomen.
Abandonment. Forsaken.

Fire - red sphere - heat in chest, hatred, rushing.

Carefully gathering them through navel into cauldron and stir using

inner eye. Stir then put lid on top and cook.

So complicated, don't even try to understand.

Right - Wood collecting place. Angry, gets on nerves, stress, not being able to do something a way you don't want. Hot, damp, humid, pressure, nauseas. Green sphere.

Left - Metal - white (shiny) - cold, dry, painful, sadness, grief, what's the point?, connect with the physical sensations, Gather this cold yet bright sensation (like hospital room), depressing

Take those 2 spheres, gather both feelings, move toward center navel, push through navel pakua, into cauldron, blend, stir, cook.

Next: be aware of sense of self in solar plexus. I am and I feel this way. Just feel what you feel. Extract these feelings from the roots. When pull out roots, try not to break them. Changes the landscape around them. Extract, shred, cut into pieces - into navel, into cauldron. Blend, soften, liquify.

These processes are actually going on all together all at once all the time!

Just investing more energy into these processes. More thorough mental digestion. Higher grade of performance. Extension of mind inside our bodies, extract very best so we grow as a person.

Things extracted aren't eliminated, but rather transformed.

High grade fuel. Feeds inner elemental forces.

BTW - We were actually blending 2nd and 3rd Formulas. Using senses to verify what's going on in there.

1:11 Now blending 3rd and 4th Formulas together:

Right in front of you, invite best avatar of each elemental force.

Use senses to sense each ideal one and compare to inner one. Extract what not ideal and put in cauldron. Go through all 5 elemental forces.

Excuse me, while I kiss the sky (I mean do the practice)...

Metal: I feel, therefore I am.

I contribute to the beauty of life, by being alive.

1:25 Ok, a little rest before 5th Formula

Feeling upgrades, feeding Fountain of Life and Inner Crystal - changed from a rough stone into a diamond. indescribable colors shining. More refined inner crystal (or inner pearl or whatever you like). All 7 levels of individuation are enhanced. Go through them all.

5th FORMULA

A form of it exists in many cultures around the world. Religion - try to explain things that don't make sense on the rational level. 5th Formula = higher level purification. Purification, not just cleansing - also alchemical - forging higher grade of elements. Meditation = providing conditions for it.

Steaming, sauna, sweat lodge, temazcal. Not pleasant, not easy, but worth it! Going to create inner sauna - this can be pleasant though :)

1:35 - 5th FORMULA

First listen to introduction right before.

Make sure always to do the first 4 Formulas before doing 5th Formula. Need very best Water and Fire. Need to use the highest spirit you can reach in yourself.

Connecting with Fountain of Life, and being surrounded by forces.

Looking at inner forces that are already getting improved. Look at each one.

Go inwardly and look at your inner Water. Use your mind's eye to get a bowl of the clearest, freshest part of Water and put in lower abdomen. Cool.

Inner Fire - choose the nicest, most beautiful flame. Put in chest, burning brightly. Heat.

VERY slowly, very carefully... bring Water up right side, up into chest. At same time, bring Fire down left side and into abdomen. So now Water freshness in chest and Fire heat in lower abdomen.

Then bring down Water from chest and put right above the Fire. STEAM. Water getting warmer, let steam spread inside body, fill abdominal cavity. Water getting hot, starting to boil. Steam going through all tissues in body, loosening up all the crud that needs to be cleaned. Steam through guts, loosening all the crud and mud. Mud falling down, accumulating at bottom/pelvic floor. Steam going up, cleansing all the organs- diaphragm, liver, kidneys, Liquefying, falling down. Steam inside heart, lungs, bronchia, throat, mouth, head. Steam going up spine in back, steam cleaning inside brain. All dirt, mud, slush, dripping down to pelvic floor. Making pond bigger and deeper.

Feel the steam cleaning of everything. Keep going. Eventually Water and flame die down.

Use last part of steam to send a cloud above your head. Like ceremonial pipe.

Use last part of flame, feel in sacral cavity. Send with last part of Water up spine, through top of head. In that, put in a prayer/message of your best wish. Or a question you'd like an answer to. Send it up and watch cloud disappear in heavens. You will get an answer... sometime... coming from the very best of yourself.

And... rest!

Still more 5th Formula - another big part - coming next week!

Extraordinary results. Creating critical mass for future generations.

Questions?

Mette - mud goes to bottom of pelvic floor

Pamela - teenagers or even children - yes can do this practice. The younger the better!

Catherine - Steaming in France. Roman bathing.

Next week: Practice even stronger. Less time on first 4, more time of 5h Formula.

Send questions throughout the week.

Feel free to share the practice.

Next week: Time change! Check your zones.

David's Dreamy Notations



Fusion, March 19:

Whew! The whole enchilada today... Full Fusion Meditation - all 5 Formulas!

Fusion class/practice never the same twice

Breathing warmup - extend into and extension from the ground. Earth intelligence is universal. My body knows much more than I can ever imagine. Earth consciousness is in the present. Expand consciousness to zone of influence. Where everything around you is and came from. You are a link in a vast network.

Be aware of Fountain of life / 7 levels of individuation.

Connecting to all the elemental forces.

Memory of life (Water), being attracted to life (Fire), grow belief system that helps to fulfill life purpose (Wood), conductor and connector bridges of consciousness, in and outwardly (Metal).

Connect to Navel Pakua.

Metal - left and lower left - spread to all fascia, skin, pump up energy from depth of lungs, breath, ATP energy, spark of life

Wood - right and upper right - vitality of belief system, bright green

Metal/Wood = Soul Axis, I think, I feel, I do - therefore I am

Water - bottom of navel

Fire - top of navel, warmth, attraction to life

2nd FORMULA

Using all things that happen in life, transforming into fuel. Feel, yes. But not letting it interfere with achieving life purpose. Can actually help you. Diseases, bad luck, hardship... are designed as guides to help us grow.

Extracting feelings all over body - putting in spheres: Water, Fire, Wood, Metal. Gather, move slowly through navel into cauldron and stir.

Ya know, 2nd Formula stuff...

Now go to solar plexus, sense of self. Pull out everything that makes you feel bad about yourself, from loving yourself. Deep feelings. Pull out from roots. Shred up, move down to cauldron.

Cooking - in small intestine.

Stove - mesentery, where get blood that feeds the small intestine (inner Fire - Igni)

Extract the very best, like body extracting what you need from whatever you eat. Maturity.

Feeds inner crystal - which is you at the cross of Spirit and Soul Axes. Nourished by Fountain of Life. Crystal at bottom of Fountain. Fountain amplified by the cooking.

Makes system better, brighter, richer.

3rd FORMULA

Cooking is going...

Now make sure you are spicing up your cooking the very best, the way you like it most. Make sure you can do the very best. Ideal archetypes, compare with inner element by using senses, extract what's not ideal, put in cauldron to cook.

Ya know, 3rd Formula stuff...

Solar plexus and check inner Earth. Health, feelings, self-image, feelings of obstacles... take out and put directly into cauldron.

:49 - 4th FORMULA

Feel sources, comes from the source, where the universe is being created. Memory of life in back (Water), attracting you to life in front (Fire), keep building good sense of reality on right (Wood), being able to reflect the

best of your energy on left (Metal). Earth power on ground, sense of belonging to existence,. Being an important link in the network of life. (Cue David Attenborough)

Feeling them all around you.

:52 - 5th FORMULA

Feeling these energies around you being enhanced. Clear fresh Water, bright Fire, rich Wood garden, shiny polished Metal. Power of Earth holding you, feel at home, at ease anywhere, any time, under any circumstances, personal integrity.

Bring in more fuel from Fire in front of you, directly from source, feeds inner Fire. Take most beautiful flame and put in middle of chest.

Inner Water - cleaner, receive even more purified Water from outside (back), feeds your Inner Water system (refreshing Water in bones, marrow, cells). Take a bowl of the freshest Water, place under navel in lower abdomen, let it rest there.

Very slowly, very carefully... bring bowl of Water up right side, and bring flame of Fire down left side. Switching their positions. Put that Fire under that Water. Then raise up that flame right under the navel, and slowly bring down the bowl of Water from chest down right above the Fire. STEAM.

Let the steam spread all around the body. Steam cleaning, cleansing everything, all internal organs, Go through all internal organs one at a time. Up through throat, thyroid, head, spinal cord...

Hot steam moistening, softening, melting all the dirt and crud, dripping down to lower abdomen. Making a little lake, with mud at bottom.

Flame dying down, Water getting evaporated. Keep the last of the flame and water. Place flame and water under base of spine, send steam up spine through top of head, send it up to "heaven" - higher spirit.

Steam cooling off, everything drips down to pelvic floor. Mud and bottom, nice water above. Beautiful, peaceful pond there. Look through the Water getting clearer and clearer on top. Light dancing on surface. Look down to mud. Through the mud. Something interesting happening there. Something is growing inside the mud! Some roots growing, seeds sprouting. Stem coming up out of mud, through the water. Green stems up to surface. Creating buds. Opening into bright green leaves. Bud of flowers blooming, opening. Water lilies! Wonderful smell, attracting dragonflies, butterflies, birds. Life in pond. Beautiful field of lilies or lotuses. Beautiful pond with flowers coming out. Empty mind, just being with the pond.

All the negative stuff we had, ends up feeding the beauty!

Inner nature, at peace.

THE END

Closing credits, with blooper outtakes

No? Oh, I mean Q&A/Feedback

Jasmine, Olivier, Bonita, Annemarie, Rachel...

That was pretty fast with some short cuts, but ok because all we've done in the series leading up to today.

Elemental Forces of each Formula:

1st Formula - Earth

2nd - Metal

3rd - Wood - senses - nerve connections

4th - Earth exposed to sun, enhancing Fire spirit

5th - Everything in a dreamscape

Going for Defragmentation - Integration

Healing = turing internal conflicts into self support

If “pond” scene gets dark, nighttime - it’s ok. Have the moon come out and shine on it. It’s a dreamscape, sleep on it. We are just creating the environment. Eventually the sun will rise!

Dreams = inner messages. Very important. Hyper-reality. Most real. Dreams are extremely precise. No interpretation, we want translation. Language of all intelligences: emotions, heart, etc - learning to translate that language so we can understand. English language is only Wood.

Dream world is extremely vast. Here we are narrowing the scope- only working with the healing process. Emotional intelligence. Inner cultivation (2nd Formula). Getting messages directly from the source. Recognize the messengers. Symbols, totem animals, etc. Learn how to translate your own dreams.

Dream journal: Keep notepad and pencil (no ink running out) by bed. When wake up, try not to move too much. Write down a few words as a thread, a prompt to follow. Can make 3 columns. Left: feelings had during the dream, Middle: the dream Right: feelings have right here now after dream

Next week: Dream translations, validating inner emotional landscape. Helps overcome obstacles.

Homework: Do sunning, get sleep.

You can bring a dream to class next week for translation :)



David Sloves

David's last hurrah notations du jour

March 26, 2021

Last class of the series!

Fusion is an ongoing practice

Grow out of pathologies

Take Biology of Consciousness class - makes Fusion stronger

Practice first, then talk

"Extra-ordinary"

Universal laws

Perennial philosophy - keeps coming back

:09 Practice

Following personal spirit guide...

Breathing in back lungs

I am. What am I made of? Zone of influence. Where everything around you came from.

Water carries the memory of life.

We are living our life purpose whether we know it or not.

Outer world, inner world.

Macrocosm, microcosm make of same stuff.

FUSION practice that you can continue without class

Universal law of expansion - consciousness

What do I do naturally, and how can I improve it?

Follow the body.

Be aware of what's there: Internal infrastructure. ATP fuel. Functions of organs.

Nerves reactions are relatively slow. Endocrine system is faster.

Information comes first. Intelligences. Comes with energy to animate it - Fire.

Infrastructure that carries hormones = in Fountain of Life. Endocrine Fire - glands.

Fountain of Life, Microcosmic Orbit, Tree of Life = same. Circulate in a way that allows you to evolve.

Breath is the bridge of consciousness.

7 Levels of Individuation:

1. Enjoy existence - smile in your butt :)

2. Vitality. Do what you like - wagging tail. Enjoy life better. Sexual energy is not just for sex. Ancestral energy - Instinct. Filter water - take only the best.

3. Sense of self

4. Follow Spirit

5. Share it. C7 cross to throat. Hands. Connection. Participating in life.

6. What you do reflects back to who you are. Clear vision.

7. Higher guidance

Fountain of Life - feeds our "inner crystal" - feeds our Soul. Process of constant evolution. Digesting life events. Permission to feel things you don't like. Then get less and less affected by it. Growth. Show scars like medals.

Knowing these things:

Collect heat in middle of chest - heart, throat, blood feeds whole body.
Red in chest. Fire of communication.

What moves blood? Hormones.

Take the good, extract the bad.

Fountain of Life reacts to the way you feel.

Blue in abdomen, cold, Water. Take the good, filter out, extract the bad (bad feelings from life).

Gather Fire heat and Water cold through navel pakua into cauldron.
Neutralize each other.

Power in universe is also in our bodies. Power of Fire, of Water.

Not eliminating, but rather full recycling. Get nourished, get more powerful.

Don't try to understand. Just let it happen.

Meditation is like learning how to cook better.

Cauldron - intestines, enteric nervous system, mesentery, etc. Not just stove, need whole kitchen to cook.

Wood - right side - sticky, hot, pressure. Nerves, liver. Anger. Green sphere. Right above diaphragm.

Metal - left side - left lung, pancreas, splenic flexure, Cold, cutting, painful, grief, depression. Ok to feel it - you can get power out of it. Let yourself feel before can change. Like ice, like broken glass. Body will melt it down when mixed with the rest, esp right side Wood heat.

Bring Wood & Metal together into cauldron. Neutralize each other.

Then back to self, solar plexus. Extract feelings of not liking about yourself. Extract from roots, shred up, push through pakua with inner eye, put in cauldron. Blend, cook, let it break down and melt. Slow cooking at its own pace. Only what you are able to digest at the time. Growing process - maturity - takes time. Evolving. Attract guidance to evolve in best way.

Support from past. Spirit support from past. Good relationship with Water. Water in back.

Fire in front. Spirit for the future. Foster a good relationship with Fire.

Pack of dogs syndrome. Individual dogs nice, but when they pack up... dangerous. so if in a group, make sure to keep your inner spirit intact. When group is made up of individuals of integrity, good for societal evolution.

1st Formula - Connect with infrastructure

2nd Formula - Connecting with emotions

3rd Formula - Connect through senses, how feel about yourself

4th Formula - Connect with forces surrounding you, to make inner Earth the best. Connect with source(s) of life. Invite the best in.

All this going on all the time. Your awareness of it allows it to improve. Giving it vitality. Higher grade of life energy that works with less effort. Path of least resistance. Life gets more enjoyable.

Cook, dance, play music, sing!

Any time during day, can connect back into the process. Give self permission to pause and put feelings in cauldron.

Enjoy life and share the enjoyment.

Building healing network.

1:18 Discussion, Q&A

Chi Kung for health (not just for power).

Creating “monastery” in own house, in own body.

TaoTouch “Chi Nei Tsang” - Induction of Fusion, induction of Chi Kung. Help Fusion happen in body of other person.

Pakua relation with opening the Wind Gates: exactly the same thing.

Chi Nei Tsang - direct connection

“5th Formula” - steaming: Actually comes from Buddhist practice. Gilles added this missing link for the Western mind. Make ok with your inner mud (which makes the inner flower).

Death is not a pathology. Death is part of life. Fear of death can make you afraid of living.

1:32 DREAMS

Dreams are a portal into so many dimensions. Mental but no critical, rational mind. Dreams are only time can be 100% emotional. Safe in bed.

Better to have nightmares safe in bed. Insomnia - will have nightmares in waking life. Mental pathologies. Best remedy is sleep.

Sleep with enough energy to process emotions. Need to go to sleep when still have energy.

Chemistry - Sunning. Creates more serotonin, prohibits too much adrenaline (acidic). Body gets too tired to switch back to parasympathetic. Still thinking, thinking. Sunning - change chemistry to sleep better. Then more energy to enjoy the morning, present.

Olivier - (Francés):

Connection between dream life and waking life. Inner guide. Improves with practice. Get guidance, then surrender to healing process. Patience with self.

Pinecone looking sculptures = Pineal glands!

Totem animals - symbols, carry messages from guiding spirit. Coming from which elemental force. Western culture.

Examples:

(But depends on you, where it's coming from... the meaning...)

Fire animal: hummingbird, rooster.

Water animal: snake (medicine symbol - DNA)

Wood animal: dog (can learn tricks)

Metal animal: cat/feline (elegance, grooming, unpredictable)

Earth animal: cow, horse, turtle

Horse- earth. Wild horses - inner earth that is more wild

That's all folx!

Remember: Fusion is going on all the time.... so keep the practice going!

And please stay in touch...