

Taoist TaoTouch Chi Kung Basics - Nov-Dec 2020

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Taoist TaoTouch Chi Kung Basics - Dec 4, 2020

Review. Actually more like going deeper into the practice.

WOOD/METAL

11pm-3am Wood

3am-7am Metal

Neck, shoulder warmup

Direction flow of yin/yang, breath, continuous flow

Fountain of Life, 7 Levels of Individuation (jets), plugged in

Sorcery (means from the source)

Lightbulb tricks

Crazy red bird - spirit, opening your heart, connecting with your life purpose

R-E-S-P-E-C-T (sock it to me!)

Guiding star 7th level (hey like the star on top of the Christmas tree!)

Wood - rational thinking - best part is contemplation

Sleep. BE ASLEEP before the 11pm Wood kicks in. Good for relationships!

Nightmares - emotional indigestion

Jet lag

At about 1hr 10 min into the class, we get into WOOD and METAL meridians

11pm-1am - Yang Wood Gall Bladder down. zig zag energy down. sides of head/body/legs. get rid of old ideas, thoughts, obsessions

To get inner silence, inner peace, so it can fill up with the right sounds of emotional body (Metal). shhhh (wind in branches)

1am-3am - Yin Wood up, Liver, discreet, slowly, growing consciousness. new ideas. like growing new branches, new leaves in spring. going from learning it to knowing it.

3-5am - Yin Metal, Lung, chest to hands - skin too, lungs to thumbs, digest emotionally. requiring emotional maturity. Turning ideas into good feelings zzzzzz (smooth, silky, softness) sound

5-7am - Yang Metal, Large Intestine. zzzzzz Eliminate everything you don't need in your emotional body, goes back down to ground.

Full Fountain of Life practice of meridian system including Wood and Metal

Next week:

Review with emphasis on the interactions of the internal elemental forces/intelligences and resolving internal conflicts...

Taoist TaoTouch Chi Kung Basics - Dec 11, 2020

My notes from this week (lengthier per your positive feedback!)

Meridians

11pm-3am nervous system

SLEEP

If wake up, get back to dream state

Q&A- puffy eyes, sternum, heartburn, migraines, exercises for times of day (e.g. evening:bone breathing),

Covid tangent- How to strengthen and protect yourself. With home remedies, recipes, etc. [You can download Gilles online class about this from July 2020 here.](#)

Fountain of Life:

1st - I am alive, part of the beauty of life. Support.

2nd - I'm alive because I'm continuing the business of life. Enjoyment.

3rd - I am me. I am here doing this right now. Choice. Sense of self.

4th - I am human. Opening, freeing heart spirit. Freedom.

5th - I am connected. Sharing. Expression.

6th - I am conscious. Consciousness.

7th - I am guided. Intuition. Guidance.

QA: Flow of energy, physical pain, OCD, melatonin

Connect with culture

What we can do to enjoy life better

No "shoulds"- field of pathology

Field of healing is paying attention to self and respecting our inner nature

Use what we have, to enjoy life

To not get affected by negativity in life.

Daily Bio Clock - 12 Meridians w/ Sounds:

7am-3pm:

Morning: Mmm I am (Stomach Earth meridian)

Ahhh Alive! Heart meridian

Ahhh sense of relief (Small Intestine meridian)

3pm: Siesta - Old dirty Water flow down (Bladder)

5pm: New, Clean, vital Water up through bones (Kidney)

7-11pm: Endocrine Fire - gather with friends, share, support

Then sleep 11pm-7am. Earlier in wintertime.

11pm-3am: active dreams (Wood)

3-5am: Smoothness of breath Lung

5-7am: Smooth silky LI

Sleeping over it - outgrowing

Wintertime- introspection. Energy into relationship with self (instead of socializing). Then in Spring- back to relationships with others.

Cycle of Water chi.

Nourishing the white wolf.

Enjoying the sweetness of life.

Next week:

Review foundation (good prep for hands-on CNT), translate this into a way of touch, for transformation. Next week will emphasize the mental aspects, mental interactions, replace habit of internal conflict with self support and making choices from what feeds your heart, opening intuition, doing what YOU love.

Taoist TaoTouch Chi Kung Basics - Dec 18, 2020

Student Questions:

Saskia's question: GERD, C-Section, touch, scar tissue

Misaki's question #1: Difference between Micro Orbit and Fountain of Life.

Need to reconnect and start with foundation (like a house). Connection to ground - solid house. Then need water, utilities, kitchen, etc. Only then can get to the rooftop deck

Misaki #2: What if a jet feels weaker than others?

Don't "fix" it. Reason varies person to person, and is that way for a "good reason".

Self-respect. Make sure every step in the process is a strong step.

Misaki #3: Difference of back and front points of Fountain of Life
Connect with meaning.

Pelvic Floor - plugged in with life. Receive vitality.

2nd Level - Ancestry. Water. Who are strong ancestors I can rely on?

Then good support from back. Front - feed adrenals, gives vitality

3rd level - T11 - Choice (back), sense of self (front)

4th level - T4 - Freedom (back), Connection (front). Connect with spirit.

5th level - C7 - Communication, expression.

Up back body - to open to the MEANING, so frees up your capacities in front.

Create conditions where your fountain is getting more beautiful.

Misaki #4: Dan Tien. Coincide with Triple Burner?

Moving Endocrine Fire (what moves hormones thru body). More about function.

Warmup

30 min in:

Neck shoulders warmup

Eye exercises

:38 Sunning while overcast?

Individual vs group spirit

Fountain of Life Practice

Up back, down front continuous flow

1st Level

Sacrum - Momentum

Pelvic Floor - Vitality

Sexual organs

2nd Level

Door of Life - Inheritance

Enjoyment

Ancestry - Kidneys

Adrenals

3rd Level

T11 - Choice - Cross to solar plexus - I am what I do

Self, individual

Pancreas

4th T4 - Freedom

Follow spirit, your love, opening heart

Thymus

5th C7 - Connection

Throat - Expression, inner and outer communication

Thyroid

6th - back of head, mid eye brow Consciousness

Perspective, vision, understanding, clarity of mind (back to front), lucid dreams

Pituitary (master gland), connects brain (nervous system) with endocrine system

7th Top of Head

Guiding Spirit, Intuition, Pineal gland,

Life purpose

Endocrine Fire

Pineal gland

Can do meditation lying down, sitting, whatever you want depending on how you're feeling in the moment.

Skin cancer/Sunning? Enjoyment vs stress.

To incorporate legs and feet, do Fountain of Life practice standing up.

Taoist Meridian Daily Biological Clock

Three 8-hour cycles

7am-3pm Earth, Cardio Fire

3pm-11pm Water, Endo Fire

11pm-7am Wood, Metal

Western vs. Eastern - Marco Polo

Acupuncture

TaoTouch - Connect Mental and Emotional aspects

1st cycle: Connect Earth/Fire

7am-3pm: Accomplish things

2nd cycle: Water (nap), Endo Fire

3-7pm Nap, chill time, 7-11pm Socializing happy hours

3rd cycle: Wood/Metal

11pm-7am Sleeping, recovery and emotional processing

Questions: Bio Clock affected by where at on Earth, seasons, etc?

Insomnia: What if you wake up consistently at certain hours, e.g. betw 3-5am? Lung time. Being too tired to get involved with the work that happens at this time. Too tired. Need enough energy to do this emotional processing. Need to sleep deeper before that. Sleep Q&A

Sounds:

1st cycle of vitality

Earth "Mmmm" - Functional, choose the very best. Stomach

Cardio Fire "Ahhh!" - Do the way you like, vitality, projecting a better future from a better present. S/P

2nd cycle

Water "Whooh" - let go of stress down back

Endo Fire "Eeeee" - Happy hour, social support system

3rd cycle

Wood "Shhhh" - sleep on both sides Lung, calming nerves, then revitalizing nerves

Metal "Sssss" - Cleaning emotions LI

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