

## DISSOLVING EMOTIONAL BLOCKAGES AND RELEASING ENERGETIC ARMORING

The Dissolving Emotional Blockages and Releasing Energetic Armoring Meditation prescription meditation is used to dissolve emotional blockages from the internal organs. When these blockages are released, the emotions are restored to a state of balance. In order to enhance the healing process, the patient can use vibrant color images while inhaling clean color and exhaling turbid color. The Dissolving Emotional Blockages and Releasing Energetic Armoring Meditation is performed as follows:

1. Begin from a Wuji posture using the Natural Breathing method, inhale through the nose and exhale through the mouth. Perform the "One through Ten" Meditation.
2. Direct your attention to your Liver. Every time you inhale through the nose, visualize and feel the emotions of love, kindness, and compassion entering into your Liver, along with the vibrant green/blue color. As you exhale through the mouth, release anger, rage, irritation and jealousy, along with the turbid green/blue color. With each exhalation, imagine the energetic stagnation within the Liver dispersing and the internal organ becoming stronger. Repeat for 18 breaths, or until the exhaled light is as clean and vibrant as the internal organ.
3. Direct your attention to your Heart. Every time you inhale through the nose, visualize and feel the emotions of joy, peace, and tranquillity entering into your Heart, along with the vibrant color red. As you exhale through the mouth, release nervousness, excitement, and hurt, along with the turbid red color. With each exhalation, imagine the energetic stagnation within the Heart dispersing and the internal organ becoming stronger. Repeat for 18 breaths, or until the exhaled light is as clean and vibrant as the internal organ.
4. Direct your attention to your Spleen. Every time you inhale through the nose, visualize and feel the emotions of trust, openness, and acceptance entering into your Spleen, along with the vibrant color yellow flight brown. As you exhale through the mouth, release worry, remorse, regret, obsessiveness, and self-doubt, along with the turbid yellow color. With each exhalation, imagine the energetic stagnation within the Spleen dispersing and the internal organ becoming stronger. Repeat for 18 breaths, or until the exhaled light is as clean and vibrant as the internal organ.
5. Direct your attention to your Lungs. Every time you inhale through the nose, visualize and feel the emotions of righteousness, dignity, and integrity entering into your Lungs, along with the vibrant color white. As you exhale through the mouth, release grief, sorrow, anxiety, and despair, along with the turbid white color. With each exhalation, imagine the energetic stagnation within the Lungs dispersing and the internal organ becoming stronger. Repeat for 18 breaths, or until the exhaled light is as clean and vibrant as the internal organ.
6. Direct your attention to your Kidneys. Every time you inhale through the nose, visualize and feel the emotions of self-confidence, wisdom, and inner strength entering into your Kidneys, along with the vibrant dark midnight blue. As you exhale through the mouth, release fear, insecurity, and loneliness, along with the turbid blue color. With each exhalation, imagine the energetic stagnation within the Kidneys dispersing and the internal organ becoming stronger. Repeat for 18 breaths, or until the exhaled light is as clean and vibrant as the internal organ.
7. Finally, inhale through the nose, visualize and feel a full-bodied state of peace, love, and forgiveness. As you exhale through the mouth, ripple and resonate this feeling into the room filling the surrounding energetic space with this emotional enlightenment. With each exhalation, imagine the energy within the body expanding outward and the internal organs fusing with the surrounding environment. Repeat for 18 breaths, or until both the internal body and external environment is full of vibrant, clean light.
8. End with "Pulling Down the Heavens," and root the Qi into the Lower Dantian.