

favorite music, and a day spent watching the shapes of clouds move across the blue sky will sometimes do more for them than any medication.

Visionary healer Rudolf Steiner points to the healing influence of light and color in working on the "astral" or soul realms. The hun, as the agents of clear sight and unclouded vision, are especially receptive to work with active imagination. Taking the time to paint pictures of your dreams and fantasies and meditate on these inner images often helps entice the hun back to the bodymind.

## WHAT TO EXPECT AS YOU HEAL AND CULTIVATE YOUR HUN

As you become familiar with your hun and learn to recognize their voices and understand their messages, you will notice changes in your life. Some changes you may experience are:

- Clarity about your direction and purpose in life
- Increased ability to achieve your goals. Fewer problems with procrastination and getting side-tracked. An ability to move forward with power.
- Richer imagination. An ability to envision possibilities and weave dreams.
- Emotional stability. An ability to identify what you are feeling, to state your feelings clearly and to stand by your feelings and beliefs.
- Less wobbling and indecisiveness
- Less guilt, timidity, irritability and depression
- Increased passion, excitement, joie de vivre. Life regains its zest and color.
- Greater capacity to "go with the flow" while staying focused on ultimate goals
- Less need to blame others and less focus on the injustices of the world
- Increased self-responsibility combined with increased ability to know one's own values and to take a stand for one's beliefs

aged or upset the shen, seek the help of a licensed, well-trained acupuncturist to help you clear the heart so your spirit birds can return to the nest.

If you are taking prescription medication that makes you feel muddled, unclear or lacking joy or a zest for life, you know that this medicine is affecting your heart spirit. Seek the assistance of a skilled acupuncturist or Chinese herbalist. With help, the shen can return to their original luminosity. If your practitioner suggests it, speak with your medical doctor to see if another medication is available or if it might be possible to lower the dosage of one you are on.

Find a contemplative practice such as meditation, prayer, drawing, journal writing or mindful walking in nature that will clear a space for the shen. In this tranquil quiet, you will be able to hear their voices. Take time to look in your own heart and your true identity will be illuminated by the light of your awareness. This is the practice of cultivating shen.

## WHAT TO EXPECT AS YOU HEAL AND CULTIVATE THE SHEN

As you become familiar with your shen, learn to recognize their voices and understand their messages, you will notice changes in your life, such as

- Better sleep and a sense of ease as you live in alignment with your true nature and cultivate your own authenticity
- More integrity and honesty in your relationships as you know and express who you really are and what you really want
- Less time doing things that really don't matter to you or being with people who really aren't part of your Tao
- Increased sense of your Tao or path so you are less easily distracted by extraneous events or tempted by dead-end streets and convoluted alleyways
- A light or glow infusing your life with the magic of the heart
- An increase in illumination, intuition and insight in your everyday life, guiding your decisions
- A greater ease in loving as you can more clearly discern "I" from "thou" and appreciate the differences

## ONE-BOWL EATING MEDITATION FOR THE YI

An ancient Zen practice is called the one bowl eating meditation. In this practice, you find a single bowl that becomes your eating vessel. For each meal, fill this bowl with any foods you want to eat and eat them mindfully. Then you stop until it's time for the next meal. This practice is harder than you might expect, and even if followed just one day a month it will change your attitude toward food and the way you eat.

### **What to Expect as You Heal**

As you develop a relationship with your yi and work to heal and strengthen them, you will notice changes in your life. You may, for example,

- take on less but stay with the projects you start
- be able to say what you think and express yourself more clearly
- take the time to listen to your own inner voice and take its messages seriously
- feel more centered in your own self and be less thrown off balance by other people's problems, needs, demands or opinions.
- begin to feel a sense of solidity. When you meet an obstacle, you stay clear on your intention and work to find a way to solve the problem and move ahead with your project.
- hold your ground
- begin to feel as if your actions in the world result in a bountiful harvest. The world becomes a fertile ground for your ideas and actions.

calming down. Once you are calm, ask yourself what your body needs in this moment.

Do I need to take a walk outside alone for a few minutes?

Do I need a glass of water?

Do I need to stretch?

If you create this space around your emotions, you may find that an image or message emerges from your own body. You may be surprised by what comes up.

## WHAT TO EXPECT AS YOU HEAL AND CULTIVATE YOUR PO SPIRIT

As you heal your po spirit you will notice changes in your life, including

- a sense of enlivenment and a zest for life as the energies of the lower body return
- a feeling of being "back on track," as if your life force is aligned with your goals
- increased desire to move and explore the world
- increased sensory acuity: music sounds are clearer, colors brighter, textures more pleasurable, scents more noticeable
- a feeling of relief as you let go of old patterns and move on
- more awareness of body needs and messages
- increased inner stability and sense of solidity: you have a body, and you cannot be pushed over!

In general, the zhi spirit will respond well to the following practices:

- nourishing food, rest, meditation and natural beauty
- calming physical exercise, such as yoga, tai ch'i and qi gong, which strengthen the spinal column and align the posture. Find a practice and stick to it! Finding a practice and doing it on a regular basis is one of the best ways to strengthen and stabilize the zhi.
- avoidance of excess thinking, working and craving. Maintain as much as possible a reasonable schedule and make special time each day to do nothing!
- time spent with water. Watch how water moves. Drink plenty of water. Keep a bowl of water with flowers or just some special stones on your desk or by your bedside. Watch rivers, oceans, ponds. Let water be your teacher.
- foot massage. The kidney meridian begins at a point called Bubbling Spring located on the bottom of the foot (see diagram in Appendix i). Acupressure massage on this point will relax the body while it stimulates the kidney qi and revitalizes the zhi.
- meditation and guided imagery. These are especially important for the zhi as a quiet mind and subdued ego will allow the lower light to shine forth.

## WHAT TO EXPECT AS YOU HEAL AND CULTIVATE YOUR ZHI

As you become familiar with your zhi and learn to recognize and understand its messages, you will feel empowered instead of drained by life. Other changes may include:

- a sense of power and equilibrium
- increased serenity as you stop trying to control the world around you
- an increased sense of trust
- the ability to know and speak your authentic feelings and to stay with projects until they are complete
- less fear and anxiety, more excitement and curiosity
- courage to face the unknown
- less wobbling; a more definite sense of what matters to you
- increased initiative, motivation, and perseverance
- regard by others as someone to trust