

Wu Zang (Five Organ) Meditation for Energetic Protection

The Yellow Emperor's Classics on Internal Medicine states that before treating patients of any kind, the doctor should first perform the Wu Zang Energy Meditation. It encouraged doctors to practice this meditation before treating patients in a clinical environment and before entering the treatment room, because it surrounds them with a strong field of protective Qi (Wei Qi)

The focus of the meditation is to extend each of the five organs' energy far into the horizon to gather Qi.

1. Start by focusing on the center of the body. Imagine opening the Baihui point (at the top of the head) and begin to pull in the Qi from the Heavens. Imagine the divine light as a bright shining white light, illuminating and filling your entire body through the Baihui. Feel the body radiating this divine white light energy. Next imagine this white light energy coalescing into the body's center core, forming an energetic tube of Heavenly Energy that extends from the Baihui point down to the Huiyin point. The center core vibrates and resonates with the Divine white light energy.
2. Now imagine a golden yellow mist of Qi arising from under the Earth and filling your body and connecting with the Spleen organ. Next, feel this golden light Earth energy envelop the center core of the divine white light energy, merging together and synergizing. This represents the energy of your Yi (Intention), to root and stabilize your power.
3. Begin to focus to your Heart and imagine a portal opening and the Qi flowing out of your Heart like a red swirling wind in front of you, full of power, protecting you with your Shen and the fire of a red phoenix. This represents your innate spirit, alive, graceful yet powerful.
4. Focus your attention on your back and the Kidneys and Mingmen area. Imagine a portal opening and the Qi flowing out of your Mingmen behind you like water. Out of this water grows an enormous dark blue turtle, whose shell protects you like a mighty shield. This represents the energy of your Zhi (Will power), and the Jing and Zhi of all your ancestors, backing you and supporting you.
5. Place your attention on your Lungs and visualize a portal opening on the right side of your body, under the right ribs. Imagine the Lung Qi flowing out of the right side of your body like steam, forming a white tiger, as strong as steel. This represents the Po and the body's animal nature, the guards and protects you with an animal passion for survival.
6. Next, place your attention on your Liver and visualize a portal opening on your left side under the left ribs. Imagine the Liver Qi flowing out of the left of your body like steam, forming a green dragon, sinewy and resilient as bamboo. This represents the Hun and the body's divine nature,

guarding and protecting you with a spiritual passion for victory.

7. Each animal begins to rotate to the left, protecting, stalking and defending the previous animal's position. Slowly begin to circle these energies, then increase their speed (like a mighty wind) counterclockwise around your body, blending these colors together - red, green, blue, white to form an energy bubble.

After forming a protective rainbow hue around your body, draw the energies back in the baihui point and return the energy of each organ color back to its origin (the color red back to the Heart, dark blue to the Kidneys, white to the Lungs, and green back to the Liver). As the colors return back to their organ of origin, imagine steam (white light) flowing out of the powers and filling up the energy bundle created by the animal rotation. This forms a solid connection between the body's internal organs and the body's external field of energy.

8. When the protection of the body with the Five Elements is done, imagine that there are many sparking lights like a halo above your head. Then you can enter the clinical room knowing that you are safe and protected.