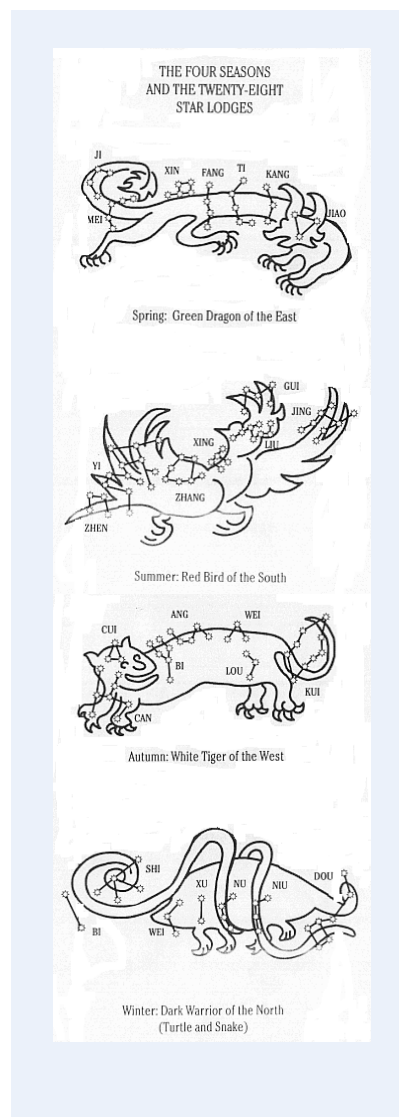


Week 26: Five Direction Meditation (Zang Fu Meditation)

In Chinese Medicine, the internal organs in the human body can be classified into the five visceral organs (Wu Zang), and the six bowel organs (Liu Fu). The Wu Zang organs are the heart, spleen, lungs, kidneys and liver. The Liu Fu organs are the small intestine, triple burner, stomach, large intestine, urinary bladder and gallbladder. This meditation is useful, not only to further help cleanse the internal organs, but to establish a protective energy field around the body with the five directions.

- Starting in your Wu Ji posture, begin by Pulling Down the Heavens three times. Start this practice by facing the south, and imagine that you can connect to the starry constellations in the southern skies. The stars form the shape of a Red Phoenix. Imagine that this Red Phoenix and the light from the stars connects to your heart. From here, this red light envelops everything in front of you from the top of the head, to the face, to the chest, abdomen and legs, to the feet.
- Connect to the starry constellations in the West, to the right of you, and visualize that they form the shape of a White Tiger. Imagine that the stars and their light connect to the lungs. Imagine that this light envelops the whole right side of the body. The right side of the face, the nose, neck, arms, ribs, hips and groin, legs and feet, melting into the ground.
- Connect to the starry constellations to the North, behind you. These stars form the shape of a Blue Turtle, connecting to the energy of your kidneys. Imagine that this blue light envelops your entire back, from the top of the head, down your neck, ribs, spine, legs, all the way down to your feet.
- Connect to the starry constellations to your left, in the East, and imagine that these stars form the shape of a Green Dragon. The energy and light from the Green Dragon connect to your liver. Imagine this green light enveloping everything on the left side of your body, from head to toe.



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- Then, focusing on the center of the body, establish the connection below your feet and above your head visualizing the Golden Phoenix. Allow for this golden light to penetrate through all the tissues and organs of the body, from head to toe.
- Begin allowing the energy of the Red Phoenix to chase the White Tiger, White Tiger chases the Blue Turtle, Blue Turtle chases the Green Dragon, the Green Dragon chases the Red Phoenix, spinning around you in a clockwise direction. This chase continues, going faster and faster and faster until you can no longer see the animals. All the colors blend together until the motion is going so fast, it turns into a brilliant white light of energy. Watch the colors swirl in front of you, going faster and faster until you feel a protective sheathing engulfing your entire body. This energy engulfs your being. Feel as you stand in the space of nothingness.
- Gradually, the animals begin to slow down, until they come to a stop. Now, begin the chase going the opposite direction. The Red Phoenix chases the Green Dragon, the Green Dragon chases the Blue Turtle, and the Blue Turtle chases the White Tiger, the White Tiger chases Red Phoenix. The animals move in a counterclockwise direction, going faster and faster and faster until all you see is brilliant white light. Feel into the space of the light.
- The meditation comes to an end by allowing all the animals slow down, gradually coming to a stop.
- Breathe and finish the practice by Pulling Down the Heavens three times and bringing your awareness back to where you are.