

Week 30: The Five Cloud Meditation

Make sure your spine is straight and that you are in a comfortable position. Disconnect the phone.

First, connect with the five planets (Jupiter, Mars, Saturn, Venus, Mercury). Extend your awareness and imagine that you connect with the five planets. Imagine as you connect with them, a colorful cloud that corresponds with the specific planet, envelops the planet. Imagine these clouds descending and entering into the Crown Point at the top of your head and first surrounding the liver and gallbladder, releasing any emotions or tension there. Then moving up to the heart, the cloud that envelops the heart turns red. Moving to the left, to the stomach and spleen, the cloud surrounding these organs turns yellow. The cloud then surrounds the lungs, and becomes a bright pearly white color. Finally, allow the cloud to surround the kidneys and urinary bladder with a dark blue, almost black color.

Follow the Creative Order for this process:

Organ	Emotion	Cloud Color	Planet
Liver/Gallbladder	Anger	Green	Jupiter
Heart	Joy	Red	Mars
Stomach/Spleen	Reminiscence	Yellow	Saturn
Lungs	Grief	Pearly White	Venus
Kidney/Bladder	Fear	Dark Blue/Black	Mercury

After surrounding each organ individually with its corresponding color, now harmonize all five colors in the center of your chest. (Not in the heart, but in the Middle Tan Tien, between the nipples.)

Enjoy the harmonization for a while. Finish by Pulling Down the Heavens three times.

Stretch gently afterwards and do not immediately go to the washroom or shower. Let the energy integrate first.