



Five Elements Meditation

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This is a Taoist Meditation and it includes all aspects of the universal energy. In Oriental Medicine each organ is responsible for a particular EMOTION and has specific jobs/processes to keep us healthy, and in balance. By practicing this meditation you are working to heal all aspects of your being.

The following is a summary of the organs with their colors, emotions and symptoms:

- * The heart is the Emperor. "Element= Fire, Color= red, Emotion=Joy". When not balanced you have anxiety, problems with sleep, feel empty, heavy chest, bad circulation.

- * The Spleen: "Earth, Earth-Yellow, Worry". When not balanced you have digestive problems, lack of energy, heaviness in the body, mental weakness, forgetfulness, muscles weakness.

- * The lungs: "Metal, Silvery-White, sadness/grief". When not balanced you have problems breathing, lots of sadness, allergies, colds and flues.

- * The Kidneys: "Water, Black-Blue, Fear". When out of balance you have lots of lower back and knee pain, coldness, difficulty breathing, prostate, sexual and reproductive problems.

- * The Liver: "Wood, Pine-Green, Anger/Depression". When out of balanced you have headaches, Bad PMS, bad periods, digestive/acid regurgitation problems, irritable all the time. Don't like anyone including yourself.

In the beginning the meditation process is mostly visualization but I challenge you to concentrate on your body and feel the sensations while going through the meditation.



Start of Meditation

Sit comfortably, close your eyes, clear all the problems of the day and center yourself. Intend that no matter what you will be gentle and loving to yourself through this process. If thoughts come, acknowledge them and let them go. Do this throughout the meditation.

Go up into the sky and ask 5 clouds to volunteer to help you heal yourself. Get a cloud of each of the following colors: Red, Earth-Yellow, Dark-Blue, Pine-Green and silvery-White, bring the cloud in the shape of a rainbow into your heart (located in your chest, slightly above and to the right of your left nipple).

1) In your Heart (Ht), the 5 colored clouds **slowly** turn into a Bright Red cloud that fills your Ht. Put your awareness in your Ht and feel it, feel the love that surrounds you, feel your connection with creator until the Ht feels loved and peaceful, Then move the Bright-Red cloud to the Spleen (located under your left lower ribs).

2) In the Spleen (SP), the red cloud **slowly** turns into an Earth-Yellow cloud. Put your awareness in your Sp and feel it, feel the connection with earth, be grateful for all the wonderful food you receive from her until it feels loved and peaceful; then move the Earth-Yellow cloud to the Lungs (located in the back from the base of your neck to the lower ribs).

3) In your Lungs (Lu), the Earth-Yellow cloud **slowly** turns into a Silvery-White cloud. Put your awareness in your Lu and feel them, feel the breath in and out, feel the love in the air until they feel loved and peaceful, then move the Silvery-White cloud to the Kidneys. (located level with of your navel, in the back, on both sides to your spine).

4) In your Kidneys (Kd), the Silvery-White cloud **slowly** turns into a Dark-Blue cloud. Put your awareness in your Kd and feel them, feel the immensity of the ocean and the coolness of the water until they feel loved and peaceful, then move the Black-Blue cloud to the Liver (located in the front, under your ribs on the right side).

5) In your Liver (Lv), the Dark-Blue cloud **slowly** turns into a Pine-Green cloud. Put you awareness in your Lv and feel it, feel the coolness of the mountains and trees until it feels loved and peaceful, then move the Pine-Green cloud to the Heart.

In your Heart, the Pine-Green cloud **slowly** turns into a Bright Red cloud. (at this time, if you want to do another cycle go to step one and do it as many times as you want, ideally an odd number of times. Otherwise, go to the next step).

End of Meditation

In your Heart, the Bright-Red cloud slowly turns into the rainbow (Red, Yellow, White, Dark-Blue and Pine-Green). Feel the joy of being alive, peaceful and healthy. When the heart feels loved and peaceful, take the rainbow/clouds to the sky, thank them and let them find their home.

You can practice this meditation as often as you like or need. Intend to continue the day as peaceful as you feel after the practice. May you live a healthy and joyful life!