

Deep Emotional energy (Qi) is centred in the chest – the Middle Dantien sphere extending from the solar-plexus to the base of the throat. Energy rises, during the process of refinement, from the Lower Dantien to fill this sphere.

Spread the Light

Take 3 deep breaths. Each in-breath lift the light from the abdomen to the solar plexus, filling the Middle Dantien, then each out-breath intensify and expand a cloud of golden light to arms-length in all directions around the body, while the mind sinks deeper.

Continue to breathe deeply.

Each in-breath condense the large sphere a few centimetres towards the centre of the chest. Listen for pressure in the chest.

Each out-breath re-expand the sphere to arms-length, while the mind sinks deeper and the light intensifies. Warmth may increase.

Allow the breathing to become gentler. Each exhalation the mind sinks deeper and the light becomes stronger.

Then forget the breathing. The mind gently drifts deeper while the light steadily intensifies until the mind is lost in the light.

Share the Light

Visualise the person you wish to help, either where you feel the person is, or in front of you. From the cloud of golden light centred on the solar plexus – intensified and harmonised by the 8 Paths, along with expanding and condensing – use a strong clear intention to extend a line of light towards the person, then surround them with a cloud of golden light.

Breathe gently. Each exhalation take the mind deeper and intensify the light.

Then forget the breathing. Concentrate quietly in the light that surrounds the person. You may listen for a response.

After a time withdraw the connecting light back into the centre of the chest, then re-expand the light around your own body.

5 Clouds Based on the exercise from Ni Hua-Ching.

1. Centre the Mind in the cloud of golden light in the solar plexus. (Earth)
Each out breath, intensify and expand the light taking the Mind deeper until the body and breath are lost in the light.
2. Allow the cloud to drift up to cover the lungs where it becomes white. (Metal)
With each out breath, intensify and expand the light as the Mind goes deeper.
3. The cloud moves down to cover the lower abdomen and turns a deep blue. (Water)
With each out breath, intensify and expand the light as the Mind goes deeper.
4. The cloud moves to the region of the liver on the right side of the body and becomes a deep green. (Wood)
Intensify and expand the light as the Mind goes deeper.
5. Let the cloud float across to surround the heart and turns deep red. (Fire)
With each out breath, intensify and expand the light as the Mind goes deeper.

After one or more cycles, return the cloud to the solar plexus and rest in the golden light.