

# ~ Clear ~

## Week #2 ~ Purify – Water Element

The value is **Openness**; the method is **Dissolving**

The Element is **Water**; The Wisdom is **Kindness**





Monday, July 13<sup>th</sup> 2022 10:00 AM(PT)

## Purify

"Purification is as much a process of release as it is the burning away of what is unneeded. Mindful recognition and clear acceptance – not resignation – contribute to purification. When invited and allowed, transformation is naturally unfolding, like a chrysalis to a butterfly. It is resistance to change that causes heat and tension. Mindfulness brings the presence of recognition and acknowledgement. Water method dissolving nourishes and heals the passage of change."

Teja Fudo Myoo

## Principles and Method

1. Purification is clearing and releasing whatever is in the way of higher functioning, perception, health, and refinement.
2. Purification in 'Water Method' mode
  -  Water Method vs. Fire Method
  -  Purification of Emotions
  -  Purification of Karmic seeds
  -  Purification of the Body

# Water Element 气功

- **Water Element** connected with Kidneys and Adrenals
  - There are the positively adapted qualities
    - ☯ Kindness, **Gentleness**, **Calmness**, **Wisdom**, and Trust
- **Water Element** Qigong
  - ☯ Qi Purging swings with purifying breath
  - ☯ Energy Swings purifying breath
  - ☯ White Crane Backward Flying
  - ☯ Press-up palms and activate K1 Bubbling Well
  - ☯ Water Wing Central Channel Pulse Breath
  - ☯ Trembling Horse
  - ☯ Select Meridian Tapping
  - ☯ Zhan Zhuang ~ Integrating Breath
- Moving the Lymphatic System serves to strengthen and purify the immune system generally and specifically.
- **Seated Dao Yin Meditation**
  - ☯ Blue Dragon Spiral
  - ☯ Embrace: heart field
  - ☯ Hold 'press-down' diaphragm level mudra
  - ☯ Seated Integrating Breath

## Wisdom: Kindness/Metta

Meditation (25 minutes): **Seated Dissolving Qigong Meditation**  
**Ice to Water; Water to Mist; Mist to Space**

Whole Body Breathing – draw-down – crown to hara  
Rest hands above head and at hara