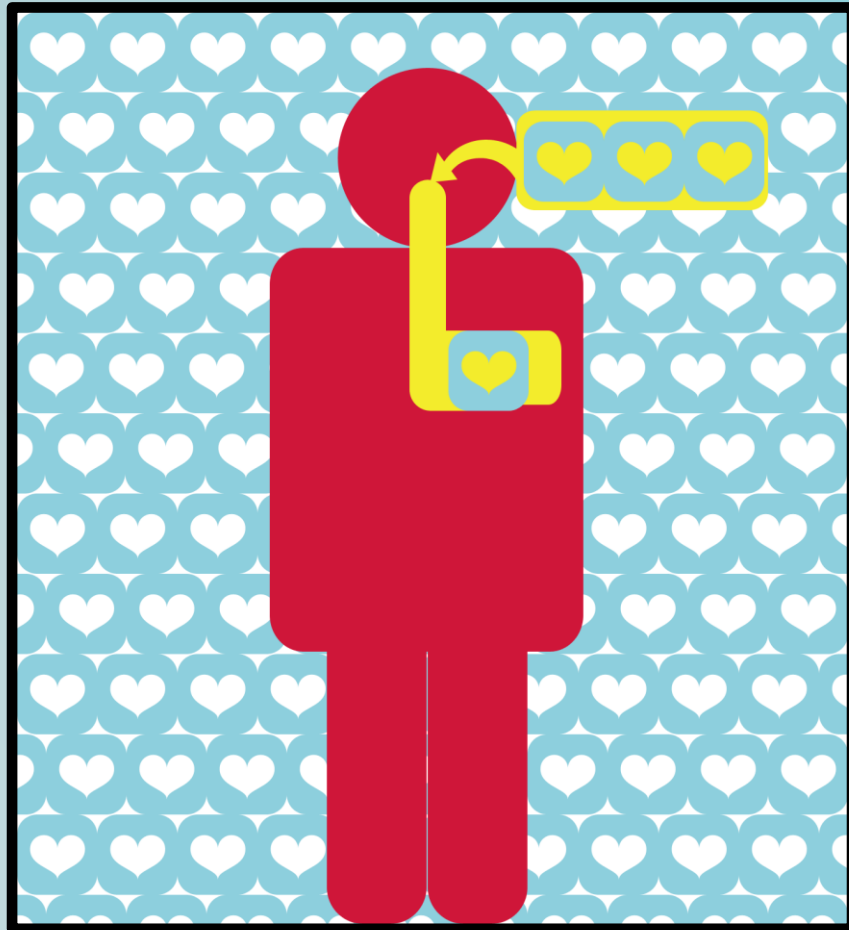




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**WEEK  
3**



## **Introduction to Daoist Meditation eCourse**

Let's breathe in the new year with gratitude, together.

Written by Matt Parsons

WEEK 1: Melting your Issues

WEEK 2: Drawing the Wheel

**WEEK 3: Romancing your Organs**



# Introduction to Daoist Meditation eCourse

## ROMANCING YOUR ORGANS

### Introduction

Hello again, it's Matt, fellow member of Our Gratitude Collective. If you have not yet read Part I please do so and practice that first before trying Part III which I will present here. Part II can act as an amplifier to this practice and vice versa dependent on the order of practice. Some have called this the Secret Smile, the Inner Smile, Smiling at Yourself - I prefer to think of it as Romancing Your Organs.

### Notes and Cautions

We will go through each organ individually and describe the associations for them. You can imagine the associations but there is only a need to do this if you have trouble with getting that respective organ's energy going. You can start by addressing the organ itself and adding one association at a time. Try to avoid directly invoking emotion for each organ as that can be difficult to control until later when you learn how to transmute them into higher states of energy. Imagining the colors, sounds, and the organs themselves are

*Thoughts can create such a barrier that even if you are standing before a beautiful flower, you will not be able to see it. Your eyes are covered with layers of thought. To experience the beauty of the flower you have to be in a state of meditation, not in a state of mentation. You have to be silent, utterly silent, not even a flicker of thought – and the beauty explodes, reaches to you from all directions. You are drowned in the beauty of a sunrise, of a starry night, of beautiful trees.*

*~Bhagwan Shree Rajneesh*

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recommended over emotional states or anything you may perceive as negative in association with that organ.

The caution, given in the last exercise to revert to Melting Your Issues should an imbalance occur, remains. Imbalance happens much too easily with this exercise as you are now mapping more of your body than the wiring, you are now communicating to some of the most critical nodes those wires are connected to. Please, do not stop in the middle of this exercise if you are having issues. Complete the cycle to all five of the organs and once you are done then start Melting Your Issues.

*Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there - buried under the 50,000 thoughts the average person thinks every day.*  
~Deepak Chopra

Again, set aside at least thirty minutes a day for meditation. This can be practiced alongside the previous two exercises. You can practice all three meditations presented so far in a day with little trouble so long as you put a minimum of twenty minutes into each. I always recommend an hour of meditation daily and these three together make an excellent foundation to first charge your internal batteries and then later we can address transformational exercises.

### **The Parsons Part III - Romancing Your Organs**

**T** If you have been diligently practicing Part II's Draw the Wheel exercise you should be used to sitting down, breathing into your belly, and thinking of circulating a smile around your central channel. This practice takes a little bit of a detour from the central channel and sends that smiling energy on the scenic route to your five most important "organs" from the Chinese perspective.

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**1** Sit down however you are most comfortable and unlike Draw the Wheel where both palms were pointed up this time rest your hands in your lap so your left palm is facing up and then cover it with your right palm so the back of your right hand is visible and then lightly clasp your hands together to seal in your energy - remember to relax your forearms. Follow the Steps 1 through 3 described in Draw the Wheel but instead of swallowing your smile all the way down to your belly you are going to run that smile to your heart.

If you are unaware of where your heart resides it is between your second and fifth ribs near the center of your chest and descending slightly to the left. This is a perfect moment to express your gratitude to this most industrious muscle that works for you 24/7 even when you're in dreamland. Let your heart know just how much you love it, that you are thankful it is still working. Your heart is associated with joy, shock, laughter, heat, creativity, over-excitation and in Daoist thought the color red.

Women have an advantage in cultivating the heart and working from it as the primary energy base is typical for Daoist nuns (most Daoist clergy are typically not celibate, can marry, and get mightily intoxicated without breaking any vows). Unlike a man's energetic system which only stores vital essence in the lower belly, a woman stores her essence both in the lower belly and in the chest. Women often progress quickly through the first few stages of Daoist meditation but sometimes struggle later on to regulate emotion and body. Men often have a hard time communicating with their heart other than to shut it up. Societal pressures on us to fit into a certain image of masculinity as well as the different energetic makeup mentioned earlier can make this organ a stumbling block for most fellows.


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When I started practicing joy was entirely unknown to me so I didn't focus on that except to imagine what it felt like. I kept cultivating the other associations all the while hoping joy would prairie dog up from its hole. It will come in time, fake it until you make it. Keep breathing into your heart all of the smiling energy in sets of three until it overflows.

You may get excited really easily, if so, move on to the lungs. If your heart is injured or underperforming due to some condition or recent emotional trauma the energy may not overflow and that's OK too; choose a number of breaths you want to send to your heart in sets of three and move onward. Some wells need to be dug a little deeper to get to the water table, you'll get there.

 From your heart send your overflowing smile to your lungs. The lungs hang inside your rib cage and their expansion and contraction is why your rib cage is mobile. Your lungs are also tirelessly working on your behalf. Every breath you take in contains some sort of pollution or another in addition to the nitrogen, oxygen, and other gases in our atmosphere. Every breath you breathe out lets out the excess carbon dioxide in your body. The modern urban world is particularly hard on the lungs with all of the pollution from our industry. Thank your lungs for being the untiring bellows that they are. Be grateful you are still breathing; if you're breathing you're alive. The lungs are associated with coolness, dryness, letting go, weeping, intuition, courage, and the color of white/silver.

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Depression is thought to mainly reside in the lungs in Chinese thought. When you are focusing here while smiling at yourself imagine that every exhalation is chipping away at the cold block of metal that is your sadness.

*With meditation I found a ledge above the waterfall of my thoughts.  
~Mary Pipher*

The lungs also act as a heat sink for your heart. Most people calm down when they are overly excited by taking deep, long breaths. Again, breathe into your lungs in sets of three until the smile overflows.

If you have asthma, are not used to breathing deeply, have some sort of rib injury or whatever, you may not be able to focus on your lungs until they overflow. That is OK, like the heart above, if it doesn't overflow choose a number of breaths in sets of three and move on. I've struggled with asthma since I got the MMR vaccine as a baby and like an idiot I smoke. When I first started I was a wheezing wreck. Now I have to convince my doctor to give me an asthma control inhaler because I can breathe more deeply and slowly than most people. If you are not in good health and more than one of your organs does not overflow with smile energy please use at a minimum the same number of breaths before moving on to the next organ.

**3** Your liver is a straight up boss - it puts up with all the bullshit and breaks down your proteins, not only that, it is a key player in your immune health. The liver is on the right side of your body below your ribs and it's a very large organ. Inside, shout to your liver all of your thanks. Express your gratitude with an inner shout that says just how powerful your liver is, how much you appreciate it processing your blood, fats, proteins, and most intoxicants. Warmth, power, shouting, patience, sensitivity, wind, and the color green are associated with the liver.

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Anger is thought to largely reside in the liver in Daoist thought. Many people with liver issues can be extremely angry. How many angry drunks have you encountered in your life? With every exhalation imagine that your anger is leaving your body without harming anything. Give your anger no focus, no target to attach - breathe it out. Again, breathe into your liver until it overflows with the loving, smiling energy or your chosen number of breaths.

**4** The kidneys and liver together are your sanitation systems. Smile all of that loving energy into your kidneys after the liver. The kidneys are bean shaped organs that hang in the lower back part of your abdominal cavity. Your kidneys filter out your toxins, maintain the pH balance in your body, produce hormones, and also help with taking in sugars and proteins. Show your gratitude to your kidneys; thank them for being your personal filtration system and for helping to absorb your nutrients. The kidneys are associated with spontaneity, calmness, awe, lack of will, groaning, coldness, and blue/black like the inky sea.

Fear and lack of will are the usual issues when the “kidneys” are deficient. The Chinese include the gonads in the “kidneys.” Men have an easy way to address fear and lack of will - abstain from ejaculation. Most Daoist temples require new monks to abstain for at least 100 days to build a foundation. Women don’t have that option but their hearts are typically more developed by nature and they can enjoy sex without energy loss.

Women lose energy with their menstrual cycle, while that is happening certain exercises are not safe and will cause imbalance. It is thought by some (not me) that a woman should not cultivate at all in the lower body for about a day before the menstrual cycle and up to three days after. Each person is different and some women have greater or lesser effect from menses. Eventually through circulation of the body’s energy the goal for

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most women to aid in regulation of their body is making the menstrual cycle a milder, gentler occurrence. This exercise of imbuing your kidneys with smiling energy is safe to practice during that time of the month but don't expect anything to overflow. Again, breathe in sets of three until smiling love overflows or the number of breaths you have set for the session.

**5.** From the kidneys then take your smile and love to the "spleen." In Western anatomical terms we would refer to this as the pancreas and spleen. Your pancreas is on the left side of your body close to the stomach and is responsible for assisting in digestion and hormone production. The pancreas is responsible for insulin. The spleen is also on the left side of the body and it is critical in keeping the blood healthy and even has a reserve of blood should you be injured. Thank your "spleen" for being the awesome regulator of digestion and blood that it is. Be grateful for all of those hormones keeping you in balance. The "spleen" is associated with damp, worry, balance, anxiety, empathy, love, and the color yellow.

The spleen is considered the most difficult and advanced organ to master. Once it is balanced the rest of the organs typically fall in line. Old Daoists have stated that the key to health is regulation of the spleen. Breathe that wonderful loving smile into your spleen until it overflows or the number of breaths you chose for each organ.

**6.** From your spleen now take all of that smile energy that has been circulated through your organs back to the lower dantien which we identified and started working with in Part II. Save all of the smiling energy that you just transferred from your spleen and begin to address your organs one by one to

*In that state of bliss you  
are making love all the  
time with everything that  
you perceive.  
~Don Miguel Ruiz*

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“clear” them of any excess energy. Start with the heart; let all of the energy flow to that point near your navel. Then address the lungs, liver, kidneys, and spleen until they too are cleared of energy and transport that to the lower dantien. Imagine that all of your organs respective energies and qualities are merging into one kaleidoscopic spinning rainbow ball in your belly. Breathe in sets of three, for the closing be sure to make it an even multiple. “Save” your energy and willpower here and when you are done disconnect your tongue, get up, and walk around.

*The supreme bliss that pulsates in the wake of meditation is your pure essence.*

*~Swami Muktananda*

Saving this melded smiling energy to your lower belly is what amplifies Drawing the Wheel. You can then circulate even more smiling energy through your two main energetic channels. “By your

powers combined I am Captain...” anyway, combining the various energies from the organs and allowing them to unify in the lower belly assists in accelerating the foundation of energetic work you are trying to achieve. You will also start to “hear” from your organs on a more regular basis.

## Conclusion

The three exercises presented so far are from the water tradition, a nonexclusive exercise, and a fire tradition respectively. These are all very basic exercises in the realm of Daoism yet they are all extremely effective. Repeated practice of the exercise in Part II alone is able to “Awaken the Dragon” which is a state similar to Kundalini energy in yoga. If you are already familiar with Kundalini you may advance extremely fast. Remember, your body is like a wire and you don’t want to run too much current without first laying a foundation. I recommend a minimum of twenty-five days of practicing Romancing Your Organs before moving on to the later exercises.

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Please, let Antonia know if you would be interested in further courses and don't hesitate to contact me should you encounter any issues in practice.

## QUESTIONS TO GUIDE YOU

How much time did you spend practicing Part II, Drawing the Wheel?

What has come up for you so far in your meditation practice?

In what ways are you grateful for your meditation practice?

What is one thing that stood out to you in this lesson today?

Are you ready to move forward to today's lesson or will you stay with Drawing the Wheel or Melting your Issues for a while longer?

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If you are ready to move forward, what excites you about Romancing your Organs?

**After you have done at least one Romancing your Organs meditation, complete the following:**

I meditated on these days

- Day 1     Day 2     Day 3     Day 4     Day 5     Day 6  
 Day 7

What did you learn about yourself?

What are you grateful for?

What have you done that you are proud of?

Why is it important for you to continue this practice?

What are you grateful for today?

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