

A close-up photograph of several green leaves, showing intricate vein patterns. The leaves are layered, with some in sharp focus and others blurred in the background. The lighting is bright, highlighting the texture and color of the foliage.

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Meditative Exercise

Spring 2022



Spring, Time of Renewal

The spirit of spring is renewal. It is the Wood Phase of the 5-Element theory of traditional Chinese philosophy. This is the natural time for cleansing and reassessment in the light of life reasserting itself around us. The principles of our practice in spring involves dredging, draining and cooling to combat stagnation of our energy. Stagnation leads to heat in the acupuncture channels. It is the time to be aware of the liver and gall bladder and their relationship to the heart, kidney, stomach, and spleen/pancreas. Developing, refining and balancing the Wood Phase energy involves taking care of the liver, gall bladder, and the tendons and eyes upon whose health they depend.

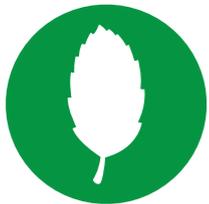
The liver is many things, from the sea of emotions to the gatekeeper and reservoir of blood. It moves our energy. When obstructed we feel tight. The gall bladder is an important organ. It 'decides' where the blood is distributed and filters the outside world to our internal experience. Work in this way to secure physical health. Then your focus can shift to the spiritual dimension, *renewal*.

Tools for the Spring



Mudra, Posture, and Movement

Turn the palms face up at the waist; hands move forward then out to sides 'hitch-hiking'



Imagery

The color green, and sequence of green-yellow-red. Sky-mind and the heavenly trinity of sun, moon and stars



Mantras

Vocalizing Gua "Gwua" and "Shoo" internally mobilizes the liver, gall bladder and tendons



Tapping, Pushing Meridians; Squatting

Clears stagnation. The longevity squat move deep reservoirs of blood whose storage is assigned by the liver

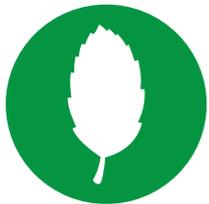


Mastery of the Wood Phase



Changing from Yin to Yang

The *turning* of the palms up is the essence of working within the Wood Phase. The ease with which we turn reveals our facility for change. Improving our ability to change helps us navigate and respond to life.



Capturing the Upward Force

“Rising energy is one definition of heaven to the ancient Chinese; Anything with strong, unwavering upward force, spirit or energy. That which draws upwards and perseveres.”
Master Zhongxian Wu

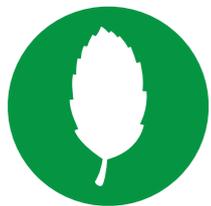


Mastery of the Wood Phase



Renewing Your Blood and Energy

The liver is a sensitive organ, easily overloaded by dietary, emotional stressors, supplements and medication. It is also easily undermined by underlying deficiency of the kidney (fatigue). Discretion in sleep and the other areas combined with remedial measures including Meditative Exercise assists the liver and gall bladder in maintaining a state of balance.



Molding Your Destiny

The ancient Chinese saw man interposed between heaven and earth. Our hands show this as a yin, earth side on our palms while the back of our hands is yang reflecting heaven. By turning our hands within our sleeves we demonstrate our ability to change our relationship to forces above and below.



A Sense of Renewal

The answer is in your hand! Palms down, connect to the earth. Earth has the qualities of greatness and compassion, nurturing all things without thought of reward. Now imagine you are holding a balls of light. Turn your palms heavenward and connect to the sun, moon and stars. This imagery is very powerful. Use the mind to exercise the body and energetic conduits.

“Squeeze” earth and then heaven, coordinating with your breathing. Inhale, squeeze and hold. Exhale and relax. Finish by bathing in imagery of green light. A sense of renewal will be yours. You are undertaking a great journey of self-exploration. As your sensitivity increases you will first learn to avoid trouble, later turning weaknesses into strengths.

Be Patient with Yourself

We spend most of lives bouncing from one thing to the next. For this activity we must take a different tack. As with learning any complex task we slow down, generating space to learn.



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Multitasking gives way to cultivation of singular focus. This alone provides the rich rewards of changing bodies, minds and the way others perceive you. You will appreciate Meditative Exercise as the highlight of your day. In stillness we can gain control of how we feel, rejuvenate, recover and gain insight. With perseverance we can become balanced, centered, and stronger, as

well as more compassionate and inclusive. Insight and clarity naturally follow. The slow way IS the fast way, in learning to take care of oneself or others.