

Five Element Protection Meditation

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Introduction

The Five Element meditation is often attributed to the Yellow Emperor's Classic, the Nei Jing. In an ideal setting the practitioner should be facing south, as is typical for the beginning of many Qigong exercises. During the meditation it is necessary to visualize the color and physical element of each of the zang organs in turn, beginning with the LV and ending with the SP.

Remember, when practicing medical qigong, the practitioner is treating dis-ease within the body, mind and spirit of the client. As such, the practitioner is open to the client's flow of energy and therefore it is important to create some sort of boundary practice to prevent being influenced by the energies of dis-ease. The Five Element Protection meditation is designed to allow practitioners to armor themselves and create healthy boundaries, and yet still be able to perform the much-needed energy work that enables and facilitates the client's energy to embrace the journey towards healing.

Benefits:

1. Stimulate the flow of qi to create protective boundaries.
2. Calm and focus the mind, reduce stress.
3. Promote the resolution of disease in the client.
4. Prevent the invasion of dis-eased energy.

Meditation Instructions

Begin by standing and facing south. As with most qigong exercises, start by doing the three adjustments of mind, breath and body. Once you are in the qigong state, feel yourself rooted and grounded to the Earth and allow all your stress and rigidity to flow down and out, relaxing both the mind and the body. Emphasize the draining of stress downward with each exhale. Allow the breath to naturally soften, deepen and slow with each cycle.

Start with the LV. Imagine the color of green emanating from the Chinese LV and building a wall of wood to your left. Remain with the LV until you can clearly see the protective boundary to your left. Next, go to the LU. Imagine the color of white building a wall of metal to your right. Next, using the red color of HT qi, imagine a wall of flame in front of you. Next, the color of KI is black or dark blue. Imagine this color building a wall of water, like a giant standing wave behind you. Lastly, the color yellow, is representative of the SP and as you stand upon the Earth, imagine a barrier of rock grounding and protecting you from below.

The final part of the meditation, is strongly rooted in the association of Taoist thought with the constellation Ursa Major, the Big Dipper. Imagine DU-20 open and connected directly to the Big Dipper, which acts as a protective shield above you and allows the energy of the cosmos to flow down and into you as you pass the energy to your client. Since the energy of the cosmos is pouring in from above, there is no space in your protective bubble for the energy of dis-ease to enter from your client.

Remain in the meditative visualization process until you can clearly hold all the elements in place around you in and energetic bubble. If you feel any part of the boundary to be weaker than the others, focus in the appropriate Yin organ and use its color and element to strengthen the boundary.