

# 6 MONTH INNER ALCHEMY MENTORING

## PHASE 2 FEBRUARY 12TH TO MARCH 29TH

### FUSION 1 EMOTIONAL ALCHEMY

Dissolve Negative Feelings & Cultivate Your Original Feeling of Self-Love

### FUSION 2 & 3 PSYCHIC ALCHEMY

Heal chronic illness & deep pre-natal trauma

The main resistance in each of us integrating and embodying our Souls is at the emotional level. You can easily observe this in your daily life where you notice that no matter how much you understand spiritually, conceptually and intellectually, It's our emotional energy body that will feedback to you quickly and honestly if you have truly grounded spiritual truths into your day to day life.

Do you want to learn how to understand where your internal resistance to life arises from?

Why is it each of us can have divine high-frequency feelings and elevated thoughts and only a few seconds later very dark and low-frequency negative feelings along with anxious thoughts?

Regardless of what spiritual or life path you follow if you want to experience more peace and acceptance while on your life path you need to understand how to manage your emotional and mental bodies especially the parts of your emotions and thoughts that you find difficult to accept.

It's been my experience that one of the greatest challenges for modern spiritual seekers is confusion over feelings and thoughts?

Where do they come from?

Why are they so elusive?

And most importantly, how can we harness our feelings and thoughts to deepen our Soul realization?

The Fusion 1 Formulas taught as the second phase of the 6 month mentoring program are an amazing spiritual technology that reveals the secrets of our mind and emotions and that is essential to progress on any path. It is truly a gift from the Tao to humanity to restore harmony to each one of us.

I would say not understanding where these feelings and thoughts arise from is the number one issue for almost everyone on the journey of life.

Think about it in your early school life and higher education you had so many years of knowledge accumulation. I'm not sure about you, but for me, I don't remember one class during all that time on how to manage my inner world of feelings and thoughts!

Also, never once did my parents talk to me about this either! You may have been luckier than me and had more enlightened parents that opened up about their own inner world of feelings and thoughts and how to be with them with compassion.

It's been my experience in traveling around the world and interacting with thousands of people that this very important aspect of life has been totally neglected from most people's early lives. It's only later in life that we start to look inside and question our inner state and start to explore our inner world with more awareness.

Let me tell you a personal story I was very lucky in my life in that I had a spiritual awakening at a quite early age, 21 to be precise. I experienced the higher bliss states of my soul and I was hooked. I thought this is what I want to always experience. Little did I know what a journey that desire would lead me on!

I noticed fairly early on as I walked my path, that not only had life blessed me with very high almost I would say divine feelings and elevated thoughts but life had also blessed me with easily creating for myself feelings of rage and anger, combined with anxious thoughts of worry and paranoia.

I would say all of my spiritual growth and evolution was truly based on learning how to integrate these seemingly different realities of experience.

These experiences, in the beginning, were quite shocking and I want to tell you it was only when I discovered Emotional Alchemy and the theory of the 5 Jing Shen or the 5 body spirits, also sometimes called the 5 intelligence's that I better understood my own emotional and mental bodies and how to manage the more negative feelings and thoughts, and surprisingly also manage the more elevated positive feelings and thoughts. It was through my practice of emotional alchemy that I also understood deeply through my experience this very famous saying

“The road to hell is paved with good intentions.”

You see attachments at the personality level to our good side can be just as challenging and difficult as aversion or expression of our dark side. I have seen more breakups and bust-ups because people's egos were attached to their view of the positive in life!

So what is the empowered Taoist view of this and specifically how is the Taoist view different to western psychological methods?

Fusion 1 Emotional Alchemy is the science of transforming your feelings and thoughts not by REPRESSING them and not by JUDGING them, but by embracing them and claiming back the life force **(Qi) that is their source.**

This claiming back the power contained in them is at the heart of the Taoist view and is very empowering.

We also need to dive into the Taoist view of this word EGO which based on their experience is actually a collective of 5 streams of awareness, or 5 internal spirits all living under the same roof. It's the job of your Soul to actually manage these 5 streams. This is where we get into the understanding that there is a deeper level of the self that is managing these 5 streams. In some traditions this is called the inner witness or the inner unchanging presence, for the Taoists this is the Soul.

For the Taoists, to kill or eliminate the EGO is actually impossible because the Taoist view is that the ego as these 5 streams of consciousness, 5 awareness spirits if you like, can never be killed because they are consciousness and life itself.

These 5 streams actually have a very important job they are responsible for our personality being able to function here in the world. It's these 5 streams that we are actually identifying with when we say "Me" or "I" and because they are so subtle we don't actually notice that at any one moment in time, this sense of "I" or "Me" is actually one of these 5 streams expressing its needs in the moment.

No wonder we are so confused with all these different voices and needs!

The principle of the 5 Jing Shen explains very clearly why we have an internal conflict with one part of us say is committed to a spiritual path and another afraid of the changes and therefore unconsciously self-sabotaging our more elevated desires. You see this at a more mundane level with someone who sincerely wants to make a new year's resolution but weeks later self-sabotages themselves and gives up.

If we did not have these 5 different streams all with their own often conflicting needs then focusing and committing would be simple and easy and we would always accomplish what we set out to do.

One of the most freeing things for me personally after discovering Emotional Alchemy was when I realized that when other people are expressing a more negative emotion or sharing some words that are not so loving. I realized that this was just one of their 5 intelligence's

inside them, probably an unconscious aspect that their Soul had not yet managed to integrate and so my compassion for others grew as I started to understand my own internal conflicts and started to fuse these five different voices inside me into a functioning whole.

So at a far deeper level, our Souls are actually creating and using these 5 streams to be able to navigate this very slow-moving dimension that our personality functions in moment by moment.

These 5 streams are also mentioned in many other traditions where they talk about the 5 senses and needing to turn the senses away from the material world and focus more on God and the Divine.

For the Taoists, this is also true but for the Taoist Alchemist, they also said that no matter how divine we become, our personality will still need to use the physical senses, and will still have feelings and we will still need to navigate this world as long as we have a body. So the Taoists cultivated in both directions simultaneously. In my experience, this is a lot more fun and inclusive of all of life.

So not only do these 5 streams of consciousness have physical aspects there are also emotional and spiritual aspects of these 5 streams. We will be exploring these in the training and most importantly learning how to integrate all of them into one

As you can see this is a very important topic and I hope like me you are excited to dive deep into understanding your Ego and its 5 streams of consciousness and I hope like me you are much more interested in integrating these different streams within you, rather than have them disagree and fight among themselves.

It's been my experience that when we start to harmonies these 5 streams, the Soul will be much more present in your life and you can become truly focused and integrated at the personality level so you will no longer self-sabotage yourself.

\* Learn a practical way to stay emotionally neutral while being body-centered and fully present – and still feel what is happening in any situation. “Neutral” is a way to describe “centered”, a neutral feeling space from which we can express strong feelings – without falling into the illusion that temporary feelings make up our self-identity.

\* Open up communication pathways between the five inner “body gods” the 5 streams of consciousness of our heart-mind and your outer sensory perception. These are the five spirits or vital organ intelligences embodied in our heart, spleen-pancreas, lungs, kidneys, and liver. We learn how to reverse the chi normally flowing out our tongue, mouth, nose, ears, and eyes

so that it flows instead inward to nourish the inner organs.

\*Elevate the harmonizing power of your Inner Smile to a deeper level. Smile to your body spirits, support them in turning the wheel of the “creation” the pattern of nourishing chi flow between the “five sub-personalities” of our inner soul team. This deeper, more collective Inner Smile allows us to shape the flow of archetypal forces hidden within the sacred space inside our body.

\* Explores how feelings arise, how they control us, why we wrongly worship feelings, even in the context of personal relationships. This draws a clear distinction between Taoist Depth Psychology and the most popular forms of western psychology. Western psychology is mostly based on managing feelings; feelings are the “highest authority of the psyche”. Fusion is based on contacting the Qi underlying our Original Feeling, beyond the feelings of the personality. This allows us to shape the Original Soul Qi underlying our feelings, thoughts, and sensory perception.

\* Where does our “dark side” come from? During this phase of the training we will explore how the developmental pathway of the Five Body Spirits from the pre-natal realm of the Original Spirit, how they emerge at birth and gain power in childhood. It is a major revelation to discover how our very own body intelligence begins as guardians and end up as “the Resistance” creating struggle, disease, and failure in our adult life.

\* Learn the secret of “eating” negative emotional energy, blending it in a “cauldron” at the navel. The yin emotional alchemy practice gently embraces negative emotions and slowly “dissolves” un-centered or dis-harmonious feelings back into the belly center/dantian.

\*Practice a powerful method for absorbing the hidden innate virtues that connect you to the Original Spirit and the Tao. Even if you have not been very loving or kind in life, this allows you to tap into the infinite ocean of potential love, kindness, wisdom, strength, and trust and accumulate their essence in your body-mind. What you absorb inside you will later radiate out into your life.

\*You’ll learn to fuse the soul essences that control your destiny into a single radiant golden “pearl” – the first stage of allowing your true self to embody and express itself from the space of Original Feeling. This process is the foundation for the higher alchemy formulas

To learn more about the whole 6 month program please visit the link below

<https://wuji-gong.org/6-month>

To apply for the training please schedule a meeting with me here. <https://calendly.com/tao-alchemy/6month>

## **Phase 2 of the 6 Month Alchemy Training. February 11<sup>th</sup> – March 29<sup>th</sup> 2021**

7 Tuesday evenings of 2-3 hours Group Mentoring Sessions:  
15<sup>th</sup> & 22<sup>rd</sup> February, 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> 22<sup>rd</sup> & 29<sup>th</sup> of March

Two concentrated weekends of Inner Alchemy:

**February 12 & 13: Emotional Alchemy: Fusion 1**

**March 12 & 13: Psychic Alchemy: Fusion 2 and 3**

Open the 8 “Psychic” Channels with the Golden Pearl created in Fusion 1

Open thrusting, belt, arm & leg channels

Heal chronic illness & deep pre-natal trauma

**Qi Gong forms learned and embodied in phase 2.**

**Nourish the 5 Shen Qi Gong**

**Pangu Mystical Qi Gong**

**Wu Ji Gong**

**Ocean Breathing**

**Swimming Dragon**

**Taoist Terms explained and understood in 2nd phase of training**

**XIN**

**Wu JingShen / 5 Body Spirits**

**8 Extraordinary Meridians**

**Yuan Shen / Original Spirit**

**Sheng cycle**

**Ko Cycle**

**Bagua**

**5 Elements/phases of the life force**