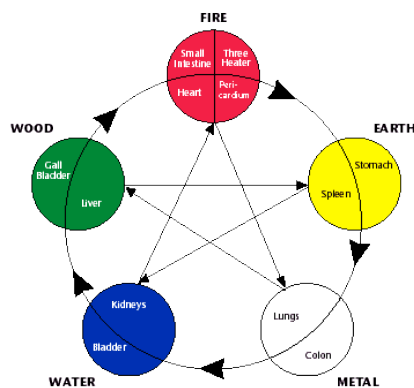


Fusion Meditations Practices are “Taoist in Depth Psychology”.

The Fusion Practices are part of Original Taoist foundational 9 Inner Alchemy Formulas and powerful tools for working on yourself, and centering the energy body. It is deep emotional alchemy and a practical energy science of managing your emotions and feeling arising from them.

One cannot manage the cosmic Qi flow until one manages the flow of Qi and the reactive feelings inside one's body.

- Learn**
- Transmute negative emotions into positive emotions, feelings and virtues
Practical Emotional Inner Alchemy methods for managing the feeling layer of your soul's Energy Body. It integrates 5 phase Qi (chi) cycles in your emotions with your biological and spiritual life and you learn how to communicate directly with your vital organ intelligences.
 - Clear & center feelings with a body-centered process.
 - To take charge of your inner psychic weather, nurture your inner powers and natural virtues.
 - How to "eat" or dissolve negative emotion and egoist reactivity. Find out where your emotions and feelings originate and see clearly their true purpose.
 - To reverse the loss of Qi / chi flowing out through your senses
 - How to alchemically gather and fuse your soul essences into a radiant Pearl, the essence of your original self.
 - Cultivate the spiritual power of your True Self / Soul.



in Fusion we learn the inner relationship cycles between the elements and organs and how to use them consciously to our advantage. For example: 5 Elements Nurturing Cycle (outer circle arrows) and Control Cycle (inner star arrows).

Summary Statement:

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.

The 9 Major Benefits of Fusion I of the Five Elements

1. Integration of a practical way to stay emotionally neutral

Stay neutral while being body-centered and fully present – and still feel what is happening in any situation.

“Neutral” is the 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.

2. Open up communication pathways between the five Inner Organ Spirits 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.

3. Seal your 5 Senses to your center

This one simple technique can cure the exhaustion that plagues so many people! Instead of constantly spending energy out your senses, you **absorb chi into your sensory and vital organs** from the larger chi field of the environment. What used to be “stress” is now “food that recharges”.

4. Create an inner Team that works for you rather than against you

Smile to your body spirits, support them in turning the wheel of the “creation cycle, the **pattern of nourishing chi flow between the “five sub-personalities” of our inner soul team**. The creation cycle is a foundational principle of classical Chinese medicine. It empowers us to diagnose and heal a variety of biological, emotional, mental, and spiritual disorders.

5. Explores how feelings arise, how they control us, why we wrongly worship feelings

See how feelings play out in the context of personal relationships. This draws a clear distinction between a Taoist Depth Psychology and 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 Qi matrix underlying our feelings, thoughts, and sensory perception.

6. To experience where does our “dark side” come from?

Gain insights into the details of 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 intelligences begin as guardians and end up as “the Resistance” creating struggle, disease and failure in our adult life.

7. Learn the secret of “eating” negative emotional energy,

Blending emotional energy in a “cauldron” at the navel. The yin Fusion practice gently embraces negative emotions and slowly “dissolves” un-centered or dis-harmonious feelings back into the belly center/dantian. I call this emotional resolution process our “inner soul theatre”. At the same time this heart-centered process grows a powerful internal Energy Body as the ego-self is healed of its fragmentation and struggle.

8. Explore the option of using the Pa Kua shape to capture unconscious negativity,

Strip off the negative charge, and thus convert it into positive energy. The **yang Fusion practice uses high speed “chopping and blending” of negative thought/feeling forms using spinning Pa Kua shapes**. This is extremely useful in quickly resolving highly negative or overwhelming situations that yin methods are too slow to handle.

9. Tap into the infinite ocean of potential love, kindness, wisdom, strength and trust

Practice a powerful method for absorbing the hidden innate virtues that connect you to 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, trust** as well as compassion and accumulate and integrate their essence in your body-mind.

What you absorb inside you will later radiate out into your daily life.