

Meditational exercise on sensing, chakras, aura, and imagination.

Part 2- internal organs

The internal organs

Hopefully, you have already been practicing [Meditational exercises on sensing, chakras, aura and imagination – Part 1](#) for a few weeks. If not, that would be a good place to start.

In this session, we will focus on the 5 major internal organs. It would be worth your while to look at videos online that show you what the internal organs look like.

A cow's internal organs are very similar to a human just much larger. It helps to have something to visualize that you can relate to. For example: A liver is brownish with a hint of red. It is soft yet sort of solid; it is warm and hints at moisture to the touch.



The kidneys are fist-sized with separate globules linked up; they are brownish with a hint of red. And yellow. They are soft in the outer parts of the globules, yet harden somewhat toward the centre, and they are warm/wet.

The lungs. Their texture is somewhat slimy /sticky to the touch, yet the sensation is dry and cool. They are soft in an elasticated way

The spleen. It is not dissimilar to the kidneys in function; its purpose is to filter the blood, destroy old blood cells and platelets, and monitor for foreign bodies and generate an immune response if necessary. It's a bit smaller than a kidney, but it can expand if it needs to, to act as a blood reservoir.

The heart is dense and solid, and likely to run hot and dry

Meditational exercise for the 5 internal organs

Preferably sitting cross-legged, it will make it easier to connect with the feet

You may well benefit from a notepad and a pen/pencil to make notes at the end. Such as what is your experience of the kinesthetic sensing of the different organs? How do the organs feel to your inner sight? Are any particular emotions evoked in you as you work with the organs? Any unbidden images or memories? Track the changes, if any, over the month. Keep the information to refer to in the future as we proceed with exercises still to come

Focus on your face and smile with the outer corners of your eyes and lips, and feel a warmth in your heart. Sense inside your forehead in the 3rd eye seat of your imagination.

In this exercise, we will use both visualization and Imagination. **To visualize is to create an image from memory. To imagine is to allow ourselves to go into a dreamy state where we do not control the images.**

Part 1: fingers, feet, and internal organs

SPLEEN- Hands and feet - **Right middle finger touches left 2nd. toe**, tip to tip.

As your **Right Middle finger touches your Left 2nd Toe**, focus on the Spleen just below the left side of the diaphragm, towards the back of the left ribcage, and just above the left kidney. Smile to the Spleen, sense it in your body. Imagine and sense with your kinesthetic hands the spleen held in the palm of your hands, surrounded by a bubble of bioelectric field. hold this for about 1 minute.... Move on to the second organ and repeat.



LUNGS

2. **Lungs** - Hands and feet - **Left Middle finger touches Right second toe**

Focus on the **Lungs**, Smile. Imagine and sense both parts of the Lungs with your kinesthetic hands surrounded by a bubble of bioelectric field. You may briefly focus on the right lung, then focus on the left lung, then both of them together.

Move on after about 1 minute.

KIDNEYS

3. **Kidneys** - - **Left Forefinger touches right middle toe**

Smile to the **Kidneys**, half covered by the lower ribs on either side, middle of the back, cup them in your kinaesthetic



LIVER

4. Focus on the **Liver** largest of the organs, just inside your lower right ribs. It fills the cavity and points across your middle towards the heart. Smile, hold it with your kinesthetic hands, imagine the bioelectric field around it. Move on to part 2 after about 1 minute.

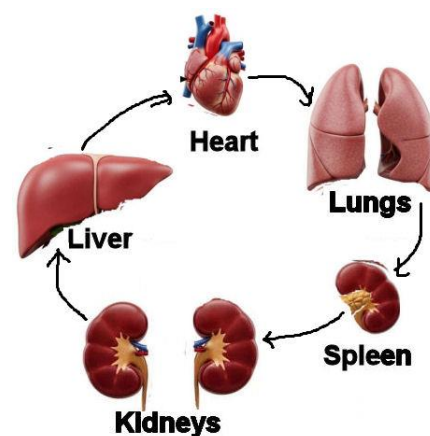


Part 2: internal organ, Aura, sensation

In this second part, using our kinesthetic hands, we will connect with each of the organs in turn, sense their relative bioenergetic fields or auras, and re-energise where deficient as appropriate.

In this second part, we once more connect with the organs In what is called **the Generating Cycle** in 5 elements Acupuncture, hands resting on the lap will be fine.

Please note (for Acupuncturists) that the order between the lung and spleen is changed from the Acupuncture 5-element cycle, which follows meridian connections. This is on instructions from ~Charley.



1. Starting with the **Heart**, smile, cup the heart kinesthetically, massage it with your ethereal hands, pull the aura in all the directions up, down, left, right, forward, backward, does it spring back? Does it surround the organ evenly? Any parts missing? How do you feel about your heart? Take about 1 minute before moving on to the next organ.

You will repeat this with each of the organs. Take note if any are not completely balanced or at peace emotionally. We will address this at the end. This is where your imagination, with practice, will inform you of the true state of your organs. Best to allow yourself free rein to dream

2. Follow with the **Lungs** and repeat the above

3. Follow with the **Spleen**

4. Follow with the **Kidneys**

5. Finally, follow with the **Liver**

Part 3: Support for any internal organ that is deficient, if required

Were any of the organs not quite right? Did you get a sense that the aura was deficient or out of alignment? Did you feel less than positive about any of the organs? If so, look at the picture to the right.

If the **Liver**, smile with complete acceptance and massage the aura from healthy parts of the **Liver** to the part that appears deficient to your inner sight, use your kinesthetic hands, **the liver is the only organ that will not get help from any of the other organs.**

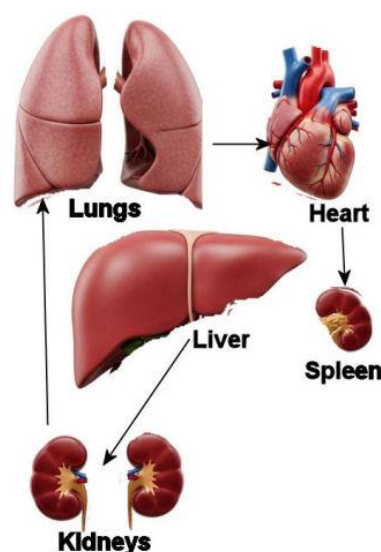
If the **kidneys**, they can be energetically nourished by the **Liver**, which one? Connect with the liver smile and, via ethereal hand, kinesthetically massage its aura and extend it to the relevant kidney(s)

If the **Lungs**, which one or both?, they can be energetically nourished by the **Kidneys**, smile and move the energy upwards from the kidneys to surround the relevant portion(s) of the Lungs.

If the **Heart**, connect with the **Lungs** and extend its aura with the kinesthetic hands, remember to smile.

If the **Spleen**, we bring the energy down from the **heart** as we smile.

Again, you don't need to spend more than a minute or so on any one organ



Part 4 Conclusion

Finally, to end, quickly connect with all the organs starting with the heart, following the generating cycle, on completing one round. Attempt to sense all the organs jointly and smile to all of them at the same time.

Now, BE' your internal organs, connect with their smile, BE' aware of 'YOU', and smile from your internal organs to this sense of you. Finish when you are ready.

