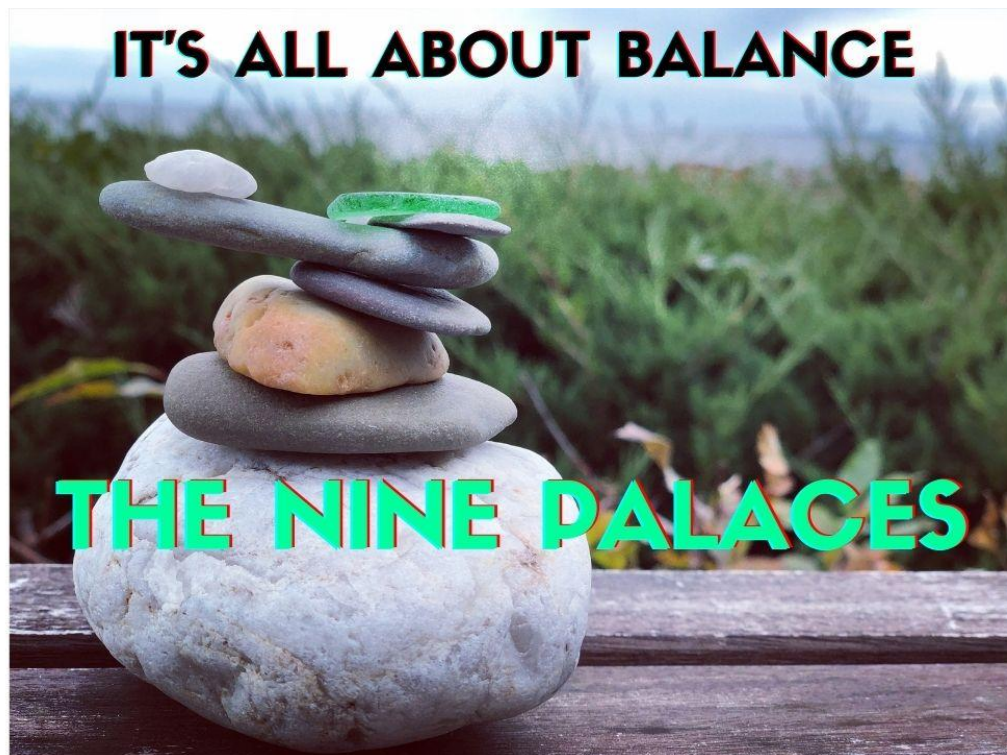




ALCHEMY LEARNING CENTER

REMOVING OBSTACLES WITH THE NINE PALACES:

PART THREE OF THE BECOMING AN ALCHEMICAL HEALER SERIES



Review of last two classes

Your Curriculum and the Path of Self-Discovery

- Alchemy is the essential Path of self-discovery...
- Identify which of the Nine Palaces in your life are stronger and which need attention/challenging/lacking or even ignored
- Invoke the Divine to become part of our lives so we have greater clarity in what we are doing in our lives
- Learn to use Nine Palaces in a positive way by affirming them, different from prayer...

Review - Advanced Five Elements

- Powerful Five Element assessment tools
- Third Element assessment - important when someone is stuck in their 3rd or struggling in the 3rd Element Palaces
- In Alchemical Healing, the Five Elements promote self-forgiveness - it makes sense why we are the way we are!

Review - Rapport and Intimacy

- Learning the Five Element languages
- Honing you as an instrument of the Divine!
- Connecting your circle as a healer
- Match energetics and truly be with someone in a completely safe space
- You find all Five Elements within you and become the Sage

The Power of the Nine Palaces

- The magical power of the Nine Palaces
- How can you apply the Five Elements to your life? Through the Nine Palaces!
- Turns Five Elements as a curiosity into tools for living, something more meaningful!
- Put that knowledge to use - make real positive change in your life...

You Becoming a Master

- Like the master acupuncturist - needling air
- As a practitioner, you become the master listener - listening, watching, and not buying into their "story"
- Getting someone to talk about their life, revealing their story- sometimes truthfully for the first time to someone
- You can start to hear what doesn't make sense in their story, and spend time exploring details

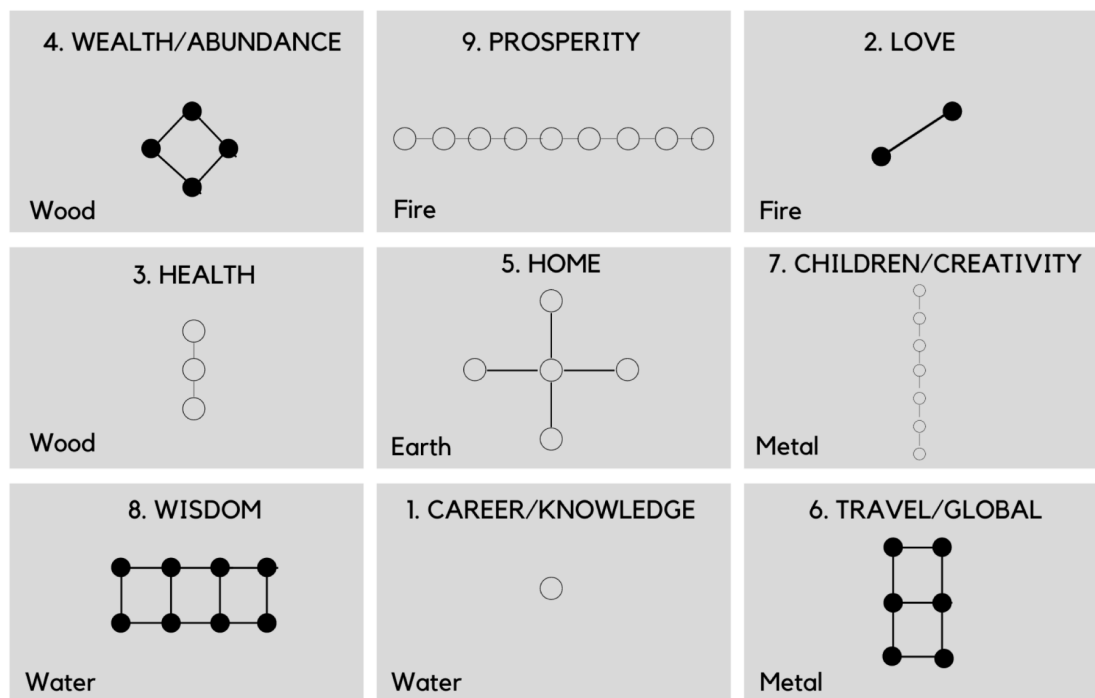
Nine Palaces Intro

History of the Nine Palaces

- Yu the Great and the river Luo
- Magic Square on Tortoise back
- All 9 squares add up to 15
- Diagram found in ancient documents
- Basis of the ideas of the 8 trigrams in the i-Ching

Nine Palaces - Review

MAGIC SQUARE



Career/ Knowledge	Water	The pursuit of knowledge and acquiring skills and abilities – what you do for a living, what you give back to the world, how you can be of service to humanity, your vocation (not just a job)
Relationship/ Love	Fire	The pursuit of love that you CHOOSE and someone that chooses you – not just love of your family members who HAVE to love you... feeling lovable, wanting to love another – who are you going to share your life with?
Health	Wood	Living a healthy lifestyle, your physical manifestation, you are in harmony with your body as the vehicle that enables you to fulfill your curriculum of this lifetime
Wealth/ Abundance	Wood	Knowing that whatever the curriculum is that you need to fulfill ... the universe will provide the resources you need to do and be it... not feeling lack... feeling abundance in life
Home	Earth	The most advanced Palace, once we've fulfilled our other Palaces, we can go Home (spiritual connection) – a sense of belonging, you are part of the WHOLE
Travel/Global	Metal	A sense of freedom to go wherever you wish, freedom from the confines of society and yet respectful for all ways of being globally – we are all fundamentally the same
Children/ Creativity	Metal	Our children and our creative projects, our legacy. The purest part of you that you leave behind, good or bad... have you created something that truly captures your essence?
Wisdom	Water	Knowledge is what you're taught, wisdom is what you gain from experience. It's a deeper knowing that lives in the Kidneys and is the source of Trust. You must have Wisdom before you can complete the Home Palace
Prosperity	Fire	Having more than enough so that you can give back to others. Give with no strings attached. Can you receive more than your fair share without guilt or shame and without it being reciprocal. Gratitude for all the you have. Compassion for others

Finding your curriculum - Your First Element

- Often correlates with your Elemental Stack Up
- Your primary Element will often come with the associated curriculum
- These may be the Palaces where you are mostly focused - can be going really well or be the source of most of your struggle

Your Second Element

- Your secondary Element will be influential as well
- Example:
 - Fire/Water person's focus is on finding love. But once love is found or lost, now the secondary Element palaces may become more important - Career and Wisdom (dive into a job after a break up)
 - Water/Wood person - focus is on Career and Wisdom, but Health and Wealth become an area of focus

Your Third Element

- The Third Element may be where you struggle the most
- For example (this list is endless):
 - Wood third - blaming others for your inability to succeed, someone holding you back
 - Fire third - can't find love or I'm not lovable
 - Earth third - don't feel like you belong anywhere (no community)
 - Metal third - too many obligations to pursue your own creative passions
 - Water third - not being recognized at work, can't get ahead, why bother trying

What's blocking you?

- Something may have influenced a person when you were younger
 - A traumatic event
 - Authority figures not supporting who you truly were
 - Peers shaming you for being yourself
 - Obligated to take care of others
- It may have shaped your whole life, but it led you down the wrong path. What would have happened if you could have continued down your true path

Alchemical Life Strategy Coaching

- Using the Five Elements and Nine Palaces to create a new story
- How to help someone find that new story when the old story is so prevalent
 - Identify the challenge by asking better questions
 - Accept where they've been (being kind to themselves, self-acceptance, recognizing their super powers vs. worst nightmare)
 - Move forward to a new way of being - new habits, baby steps!
- Listening for emphasis - what 9 Palace theme is being expressed in the "story"
- Any Element can struggle in any palace, especially, Career, Health, Wealth, and Relationship
- Listen for emphasis - the story may be they hate their job, but the reason work is a struggle is because the RELATIONSHIP is a mess and they want to work all the time! Or need to get out of financial debt due to partner over-spending... on and on...
- Listening for top 2 or 3 themes... don't try too hard at first

Frequent Nine Palace Themes

- All about Career - Water in top 3
- All about Relationship - Fire in top 3
- All about Wealth - Wood in top 3 - but all Elements can have Wealth problems due to upbringing
- NOTE: Trauma and grief can be sources of pain not directly related to their Elements that could indicate need for Ghost Points, Heart Pains, or Grieving Alchemy treatments

Health Palace - equal opportunity offender?

- Health - a domino palace!
 - All Woods make time for their Health when they are doing well, Health often comes easy for them (until it doesn't)
 - Other Elements often have Health Palace challenges - when you can't make a decision about another Palace, the Health Palace will make it for you
 - When Health is unresponsive... not getting better, Woods are very frustrated

Other Frequent Themes

- All about family, children, and home - Earth
 - My family is everything to me OR draining me, my children are sucking the life out of me, doing too much, or I don't belong anywhere
- All about creativity and freedom/travel - Metal
 - Focused on creative endeavors/travel or family/work obligations preventing freedom to be creative or travel

Clear away the obstacles

- Our job is to put the Five Elements and Nine Palaces to work so that we can shift the perspective of the story - clear away the story as the obstacles. Rethink it so it becomes an asset, not a detriment
 - So a Wood person can see they are here to clear the paths for the rest of us - there is no challenge they cannot overcome, especially with the power of rethinking the entire game
 - So a Fire person can see that they're just a spiritual healer and their power is Love - giving love (not just receiving it)
 - So an Earth person can see that they are truly empaths and their power is inclusion - creating the safe circle for transformation
 - So a Metal person can see that they're always connected with the cosmos and their power is bringing the rest of us to that awareness through presence
 - So a Water person can trust that their presence alone is what matters and at any given moment their power is they are ready to do what is needed at precisely the right moment in time

Shifting perspective on the stories

- A Wood obsessed with the loss of love - remembers they have a greater purpose and begins to focus back outward in the world to continue the path of greatness (and know the love will come again in time)
- A Fire obsessed with money and career - remembers they are love - comes back to the love to find their passion, and then the money will come
- An Earth obsessed with their children - remembers they're uniquely equipped to handle such difficult children, and that they can take what they've learned from the experience out into the greater community and do good in the world
- A Metal obsessed with career - remembers that the career was only about getting respect so that they can be the touchstone of morality and spirituality for the rest of us
- A Water obsessed with health - remembers they are about Wu Wei and Trust and comes back to flow of forward movement

Ling Shu

- Facilitator - holding the mirror up - you are the spiritual pivot point - you are the Back Shu point - the Ling Shu
- The I Cannot Help You Exercise from last class - practice listening to stories - do not try to solve them - just listen to what doesn't make sense - the point of transformation
- Do not offer help unless they ask, just listen and do not help
- You'll notice how many people actually don't ask for help

Your role

- You set the stage - your rituals (Jaye lights incense, Leta puts her crap in the psychic waste basket outside her door), what is the back story (paperwork), music, white board (if coaching), what do they see behind you - nothing distracting in the room
- Be entirely in the moment with them - having real conversations that's only focused on them
- However you feel moved - let it move the conversation - being an instrument of the Divine - no preset expectations
- But don't insert yourself (your monkey mind)

Goal

- The goal is getting some clarity
- Can't fix it all in one session...
- Understand their 5 elements, so now they know why they make the same mistakes! (Remember there's no mistakes). There's nothing wrong with them
- Understanding energetically - that's how it's going to work until consciousness changes the pattern
- Getting them to appreciate their superpowers

The Coach's Job - advanced listening

- Listening to the story without believing their story - Don't get caught up in the details
- Find their TRUE IDENTITY - the story is not who they are... ("I just see the good in you, I don't have the same story you're telling...")
- Instead learn to listen to the real content. Listening to where the story can change!
- What are the threads of the stories that are not serving the person
- Unravel those threads. Pull on one of those threads... slow it way down to examine it
- Explore different versions of the stories
- Know the universal underlying challenges in each of the Nine Palaces
- Looking for words that just don't sound right, like "my mother's great, I love her so much, even though it's difficult, but we get along great..."
- Look for stories that don't make sense (dead ends)
- Come at it from a different angle - shift perspective
- Turn the curses into blessings - did IT ruin your life, or did the story you told yourself divert you off your path or ruin your life?
- Make it the person's superpower instead of what's holding them back
- When was the last time you remember being happy? (Important to wait for the whole story to unwind)
 - How do we get you back to right before that happened (often that the Heart got hurt - almost always Fire first, second or third issue)
 - The trauma story is not as important as what they believe as a result of the trauma.
- You can see the forest for the trees... what's holding them back in that story?
 - They already know what's wrong!
 - They might say they don't know (in the beginning), but they know.
 - They know who or what hurt them, they know what happened!
 - Example: Earth - feels guilt and shame if disagrees with parents - fear of being cast out of the "Home/Family" and other palaces suffered (Career & Relationship)
 - Will go along with parents, not true to herself to keep the peace
 - Trauma - father left when young, she has to be good or she fears she will be cast out (that's the story! Maybe not reality)
 - Afraid to live with fiancé or study what she really wants for her career
 - Truth we discovered - her parents may be strict, but will always come around to love her and include her in the family
 - Not logical that she will be cast out. Father left to be authentic

Tips and tricks

- In a perfect world... what would life look like?
- If I wave my magic wand... what would you want to change and how?
- If someone gave you 10 million dollars... what would you do? Remove the money obstacle...
- Pick up the pen...

Nine Palace Challenges and Powers

Underlying Palace challenges

- Career - your heart knows, but your head may follow the wrong path
 - Outside influences, desire for more money, self-doubt, or family obligation
- Relationship - compromising for the wrong reasons
 - Wanting love or a family so badly, impatient or just feeling like you need to check the box, settling, “this is good enough” but aren’t really “in love” with the person
- Health - allowing the other palaces to create imbalance in health out of desperation, ignoring healthy habits due to heart pains
- Wealth - society’s belief system in contrast to your own truth, I don’t have enough
- Home - Not paying attention to your deeper desires beyond what society tells you to want, missing connection to the divine
- Travel - Freedom to roam and have various experiences, not being held down by responsibility, the perception that wealth or relationship is in conflict with adventure
- Children/Creativity - Not taking time for yourself and your creative needs or becoming obsessed with children’s behaviors (what if they dishonor or disown you?)
- Wisdom - Material gains vs. pursuing deeper learning or learning and not doing (knowledge without experience is not creating wisdom)
- Prosperity - Greed, hunger for more material wealth, not feeling gratitude and ability to feel compassion for others, don’t have enough to share with others (money, time, energy, fuel, even sex)

We need all 5 elements

- Wood for the strategy (to create the win/win)
- Fire for the passion (my lights up my heart)
- Earth for the identity and the safe container (it’s safe to be me)
- Metal for the intuition and precision/morality (I can do what’s right - or not!)
- Water for the drive (I can move forward)

Wood - The Challenges

- Wood can see the end goal, but if life isn't making it easy, frustration makes life stagnant and boring
- Things not going your way or lack of resources (time, people, money)
- May just stop (abandon project/quit - take bat and ball and go home)
- May push so hard, get exhausted - Health Palace
- Not delegating - fear that others aren't capable (contributes to exhaustion)
- Seeking perfection - causes overdoing (being the greatest one can be)
- Too many projects - dilutes effectiveness and therefore fulfillment

Wood Overcoming Obstacles

- Believe that their Wealth and Health are not in doubt at all - getting out of questioning (obsessing about) them all the time
- Believe they are not limited by resources (wealth) or physical impairments (health) - the Virtue of Courage
- Believe that they are the necessary impetus to be a change agent in the world
- Everyday is a new dawn, anything can be accomplished if it can be envisioned

Wood Goal Setting - The Answers

- All beings are at your disposal - when the goal is divinely inspired, the help will just appear to achieve the higher good for all beings
- This is Wealth - it just comes in support of the higher purpose
- What is the higher purpose? It's RECEIVED from the divine
- The Hun/Oracle just knows what needs to happen for everyone's sake
- When Wood is working for the higher purpose - then ALL BEINGS are at your disposal
- Double agent - what's best for the Divine and your "ducklings" is what's best for you
- Wood isn't always meant to swoop in and save the day all the time (hero), for everyone...
- Will this goal create a sense of fulfillment? If not, it's not the right goal. Save it for a rainy day or hand off your good idea to someone else
- Less is more...do what truly inspires you, knowing it may only be for a short time!
- Delegate better - don't get into bureaucracy
- Surround yourself with people you like to lead, who share in your vision and want your energy to motivate them

Fire - The Challenges

- The Sun shines equally everywhere (not on one spot)
- Fire resists focus. Can't focus the love
- Need to love (please) everyone... all the time
- Relationship and Prosperity - Everyone else is more important
- Too many things going on at once — too many people to please
- Too many desires - to do, see, feel, taste. They want it all... all the time
- It's the Shiny/Stuffing Syndrome
- The Time Management challenge - you don't want to give anything up. You want it ALL!
- Or you think you'll get satisfaction if you cross off one more thing on your to-do list
- But there's a never ending to-do list. So that's a false premise

Fire overcoming obstacles

- Put yourself first (take charge of you!), which requires self-love
- The virtue of Authority - becoming accountable/responsible for yourself
- Example: Trust that if I do what I love not for money, the money will come or I'll be happy with what I have
- What is the real motivation behind all the things you want? What will bring you true fulfillment...
- Example - you think you want one thing and that outcome will bring you happiness, but really you just want a better relationship/harmony/no discord with that person. You want unconditional love...and you will do crazy things to get it
- Goals almost always comes back to relationship, unless it's your second Element influencing your motivation
- What TRULY makes you happy? Having fun with those you love? Going on adventures with them? Love, sex, being intimate with someone?
- Deadlines are "Dead" lines ... you do them to please others and they take you out of your Wu Wei

Fire Goal Setting - The Answers

- Accountability to yourself
- Make rules that are unbreakable
- Stop negotiating with yourself because you already know what you have to do
- How your loved ones feel and behave no longer become an excuse to stop you from your goals
- Be true to your own heart. Only then can you truly be with them connected as yourself. The people pleaser has to please yourself first

Earth - The Challenges

- Paralysis by analysis puts you in a never-ending circle
- Overthinking the why and the how and the why and the how and the why...and the how
- Talk themselves out of doing almost everything they want or desire
- Not doing things that will inconvenience someone else. Relationships with the group, community, or family that influence their authentic goals
- The community becomes more important than the individual
- Conforming to society
- Concerns about boundaries and others' perceived feelings. May not even be the truth
- Predicting outcomes based on other people - just conjecture
- The Need fulfiller — “He needs me.” “She needs me.” “They need me.” Being needed.
- Being the martyr doesn't make you happy
- Earth has the least amount of fun. Stick in the mud. What's fun for you?
- If Fun is sitting around a dinner table and talking, do you first have to slave for four hours to make the dinner for everyone, clean the house all day, go shopping for food, clean up

Earth Overcoming the Obstacles

- To better serve everyone, you need to take care of yourself — your nourishment, desires, body, health, self-cultivation, enjoyment
- The adult child won't leave the home? Maybe pony up the \$\$\$ and get them an apartment and a deadline to get a job and start supporting themselves
- If you want to be a superhuman, you need to be one for yourself!
- Instead of sacrificing for everyone else, sacrifice what you would be giving them for yourself - the hardest sacrifice of all!!!
- Realizing that sacrificing other's needs for your own is BETTER for them because it creates independence for both of you instead of co-dependence!

Earth Goal Setting - The Answers

- Your intentions are more important than others' needs
- Practice the virtue of Earth - Gratitude
- Carve out me time
 - Sit around and read a book. Go for a walk in nature. No guilt
 - Do not steamroll those around you to do what you THINK they want to do...
- Take time back for you by delegating tasks
 - Be clear how you want them done, and then trust it will be GOOD ENOUGH
 - If it's not to your liking, remember the time you took back for yourself!
- Who do you feel responsible for? Who could you TEACH to take care of themselves?
 - How many pets and people really need you? Can you be responsible for less? Can you offload some of the responsibilities? Can your family members do more?
 - Simplify the home life and get rid of the clutter if it's there

Metal - The Challenges

- Responsibility stops them doing what they need to do for themselves
- Confrontation avoidance and stuffs emotions instead
- Metal can withdraw, and hold resentment inside until they snap
- Forego their goals and dreams. My life sucks, woe is me ...
- Stuck in one place, sees no way out right now
- Responsibility stops the freedom to be the wanderer. Their desire for connection with the ability to wander feels like the impossible dream!
- Chameleons - can morph themselves into whatever is needed in the moment - no authenticity! Who are you really?
- Put people ahead of themselves over and over and over...
- Can have unhealthy view of "service" to others
- Looking for excuses in the world why you can't do it or be it... the market is soft, so I can't sell my products or services. No one is helping me, everyone is super busy
- But the truth is, that thought stops any action or attempt to sell the products or for asking for help
- Can lead to the desire to fill the void with drugs, alcohol, or depression — being numb

Metal Overcoming Obstacles

- No more excuses. Just Stop The Story!
- Remember how it was done in the past - learn and improved
- Forgive and let go - Forgiveness - the virtue of Metal
- Don't wait for perfection. You'll always be waiting...and waiting...and waiting
- Write the story you want, today. At least START writing the story today
- What's the worst that can happen? You can actually get what you want!
- It can't get any worse. You're already suffering now

Metal Goal setting - The Answers

- Take one step at a time - create space that will lead to freedom
- Trust that true connection is free from the confines of time/space
- You do not need to be co-located to maintain connection
- Stop creating obligations - what are true obligations vs. one's you've created?
- Back off from toxic relationships - give yourself a break

Water - The Challenges

- Spreading themselves out too much. Too many paths down the mountain
- Delusional goals - so big and ambitious that they don't end up doing anything
- Waiting patiently, and waiting...and waiting
- The joy of Anticipation turns into swampy/stagnant water and then into frozen water. Doing nothing at all
- Complacency/apathy, wasn't meant to be
- It's easier not to be ambitious and not want anything than to be disappointed. Not giving a shit. Then even not caring about anyone or anything
- Don't challenge yourself. Waiting for the world to come to you or the path to appear
- If you're not inspired, then you're not in the Wu Wei - you're on someone else's path not your true path
- Life becomes meaningless (Water is all about depth of meaning!)
- Water thinks time is irrelevant and can spend a lot of time being unhappy

Water Overcoming Obstacles

- Rekindle your Sense of adventure
- Get back to doing. Do anything that moves you in the direction you want to go in
- Do ANYTHING to start the momentum again
- Ambition is a belief that something is coming - the Intention perseveres until you get the Will!

Water Goal Setting - The Answer

- Narrow the directions, the paths - make choices that seem easier
- Water has the hardest time making decisions, especially if Wood isn't high in the stack up
- Virtue of Water is PEACE - Peace of MIND!
- Recognition that any decision is better than no decision - patience is a virtue until it isn't
- Is staying in the same job for four years waiting for something to "come along" better than taking action when you see the job is no good for you?
- Don't think ahead about all the possible outcomes and then do nothing... stay in the PRESENT MOMENT - what is your next footstep?
- Examine your ambitions and recognize that ambition generally doesn't get you where you want to go.
- You need Wood to help direct your water or it won't take any direction. It spills out in too many directions
- You need Earth to stop it from spilling out (the banks of the river - the safety to trust you can start flowing again)
- Don't ask HOW too soon! Trust in the moment you'll make the right decision

Identity Exercise

- Changing Your Identity
- Identity crisis
- If you want to change your habits, you need to write your new identity.
- Homework Exercise: What would you do, eat, drink, who would you hang out with, what would your day look like.

Pain vs. suffering

- Pain is when we dishonor the suffering. We do not want that headache or shoulder pain. We don't want that circumstance. We are in pain. It's obstructing our path and we want it out of the way
- Suffering is not a negative thing. It's about embracing what's going on...
- Examine the circumstances in our lives that led to these problems
- Then we can engage in remedying the conditions that caused the root of the suffering
 - We get Heart Pains when we dishonor the suffering
 - If we are in right relationship with the Nine Palaces, we acknowledge and respect the plight of suffering, then we don't get heart pains
 - We allow the difficulties of life to come and don't fight them
 - We embrace them and make different choices to shift the reality (transform)

A Pure Heart is a free heart - Heart of gold

- When you set your own heart free, you have a pure heart
- The tendrils of your heart freely reach out to make connections with the outside world
- The innocence of your pure heart is without fear or guile

Tentacles block Your Tendrils

- The Heart Pains make us not be free... we behave in ways that aren't truly who we are. We can no longer be authentic
- The Tentacles of the outside world's heart pains reach into our hearts and make them no longer pure or free - which means those lovely tendrils are entangled with the tentacles!
- The Heart pains are the tentacles
- They get in the way of happiness
- The happiness isn't gone - it's still there
- Just unstick the tentacles
- Stop searching the entire Universe to take your happy back from all the things that have taken it away
- You just have to search yourself!

The Nine Heart Pains Treatment

- How do we free the heart from its heart pains? Why is it so hard to be free?
- Why do we hang onto the Heart Pains?
- We want to remember the good times and the bad times - we don't want to let go - why?
 - We think they define us
 - They are unforgivable - does letting go excuse them?
 - Afraid they'll happen again is we're not being vigilant

Loving Yourself First

- Alchemy requires great sophistication on your part...
- We are delving deep into the Five Elements and the Nine Palaces so that you can help a person love who they are authentically
- You need to love yourself to help someone love themselves
- You need to accept yourself deeply to allow your energetics to be fluid enough to match your client's energetics
- Getting into the Void of Your own Heart - with self-love

Being comfortable with Vulnerability

- We often hide our true selves because we feel vulnerable
- We create another persona and only let the very safe people see who we really are
- We become jaded - Jade is the stone of authenticity/completion
- We are not living authentically - living in a fear-based reality

The best protection is no protection

- Theme of Stage Two of Alchemy
- Brené Brown's first TED Talk, "The Power of Vulnerability,"
- If you can release your fear and the need to protect, then you can begin to feel confident in your walk through life
- Ultimately Stage Two is about falling in love with yourself and being complete in yourself. Loving yourself

Affirming Your Life

- Affirmation is not a wish list or prayer, not asking for something... it's a current state!
- Affirming what you want as if it already exists. It's affirming your 9 palaces.

Affirming Your Life Exercise

- Write out 1 affirmation for EACH of the 9 palaces
- I am love, I am prosperous, I am wealthy...
- At the end of the day, while resting, light incense or a candle (symbolizes the light you're seeking)
- Go into a space where you don't judge yourself, and rest there
- Dialog with the divine and listen, let your spirit rejuvenate your life through affirmations (affirm life!)
- Taking refuge in your mind from the illness in your mind and the disappointments of the day

This is you honoring yourself

Your True Values

Confucian Virtues

- 5 Confucian Virtues - focused on social mores, good for society, not great for the individual
 - Benevolence (Wood) - humanity, compassion
 - Morality (Fire) - righteousness, justice, piety
 - Social Compliance (Earth) - rights, rituals
 - Loyalty (Metal) - devotion to family
 - Trust (Water) - faith, acceptance

Daoist Virtues

- Courage (Wood)
- Authority (Fire)
- Gratitude (Earth)
- Forgiveness (Metal)
- Peace (Water)

Your Value Words

- Using your value words to ask better questions
- Apply the value words to your decisions - make better decisions

The Void

What is the void?

- The void of your heart is the space where the blood flows through
- You can access this place where your spirit live - your little Shen
- When you consciously rest in the void in your heart, you have the potential to access another's Shen
- First step - access your own

Working in the void

- To work in the void, you have to begin to be able to run multiple tracks inside you
- How do you listen intently from that place inside the void?
- Heightened awareness of everything - the birds chirping, the words being said, the feeling behind the words... from the void you can see and feel into everything
- Practice in your life first, then in the treatment room