



ADVANCED WELLNESS CENTER

A Clinic of Traditional Chinese Medicine

Five Cloud Meditation

This meditation uses visualization that tones and strengthens the internal organs. It is important that you always do the meditation in the order given. The order is called the Ko promotion cycle in TCM. If you do it in a different order you will damage yourself and your Qi. By your visualization and mental practice, you burn away your negative energy and reharmonize your positive energy.

This is a gentle mental exercise, take your time to complete it. Find a place that is serene where you can meditate without distractions. Take whatever steps you feel are necessary to eliminate the likelihood that you will be disturbed for approximately 30 to 60 minutes. Situate yourself so that you are comfortable, either lying down or sitting.

1. Rest quietly and begin to slow down your breath.
2. Visualize a soft red cloud that envelopes your heart. Imagine the cloud as a soft but all encompassing blanket.
3. Gently move the cloud down to your stomach, changing the color as you go to a soft yellow.
4. Next, move the cloud up to your lungs and change the cloud to a soft white. Feel your lungs enveloped by the soft white cloud.
5. Now slowly move the cloud down to your kidneys and bladder, changing the color to a deep indigo blue.
6. Finally, move the cloud up to the liver and change the color to a soft green.
7. Begin the cycle over again by moving up to the heart and changing the color to red.

You may repeat this process several times until you feel completely at rest yet in touch with your inner self or. Practice this meditation technique until you can easily move from one organ system to another. Be patient as you learn this technique and you will be rewarded with a meditation strategy that you can practice for the rest of your life.

Reference: “Entering the Tao”, pages 123-124, *Hua Ching Ni and Mao Shing Ni*, (available at the Advanced Wellness Center)

Elements & Principles of Traditional Chinese Medicine

5 Elements

	Fire	Earth	Metal	Water	Wood
Emotion	Joy	Worry	Grief	Fear	Anger
Season	Summer	Late Summer	Autumn	Winter	Spring
Color	Red	Yellow	White	Black/Blue	Green
Organ	HT SI	SP ST	LU LI	UB KD	LVGB

8 Principles – Polar Opposites

1. Yin/Cold Hypothermia
2. Yang/Hot Fever
3. Damp Qi of late summer, heavy, dizziness, impairs yang
4. Dry Qi of autumn, consumes body fluids, constipation
5. Interior Affecting the organs deep in the body
6. Exterior Superficial condition ie. cold
7. Full/Excess Overabundance of Qi or B/d
8. Empty/Deficient Insufficient Qi or B/d

HT – Heart

SI – Small Intestine

SP – Spleen

ST – Stomach

LU – Lung

LI – Large Intestine

KD-Kidney

UB-Urinary Bladder

LV-Liver

GB- Gall Baldder

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5 Element Symptoms

FIRE HT-SI

- ☯ Easily confused
- ☯ Mood swings
- ☯ Insomnia when nervous, worried or overtired
- ☯ Palpitations when nervous, upset, or exhausted

WOOD LV-GB

- ☯ Irritable
- ☯ Touchiness from heat, wind, noise
- ☯ Coarse, brittle hair or nails
- ☯ Weak or blurred vision

EARTH SP-ST

- ☯ Slow digestion & indigestion
- ☯ Loose stool from raw or cold foods
- ☯ Hard to gain, lose, or regulate weight
- ☯ Easily worried
- ☯ Lack of muscle tone or strength especially in abdomen, back, or neck

WATER KD-UB

- ☯ Weakness or soreness of hips, knees, ankles, feet
- ☯ Lack of stamina
- ☯ Puffiness or swelling of feet & ankles
- ☯ Dull hearing
- ☯ Diminished libido

METAL LU-LI

- ☯ Frequent colds or coughs
- ☯ Allergies
- ☯ Shortness of breath, chest pain from fatigue
- ☯ Itchiness or rashes on skin

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FIRE
HT-SI

The Wizard
Relishes excitement & delights
in intimacy
Intuitive & empathetic
Charismatic
Loves sensation, drama &
sentiment

EARTH
SP-ST

The Peacemaker
Wants to be involved
& needed
Wants to be all things
to all people
Seeks harmony &
togetherness
Insists on loyalty,
security, predictability

WOOD
LV-GB

The Pioneer
Seeks challenges and
pushes limits
Well under pressure
Loves action, movement,
adventure
Likes to be first, best, only

WATER
KD-UB

The Philosopher
Articulate, clever, self-sufficient,
and introspective
Critical, scrutinizing
Seeks knowledge &
understanding
Likes to remain hidden and
anonymous

METAL
LU-LI

The Alchemist
Likes definition, Structure,
and discipline
Respects virtue, discretion,
and authority
Seeks to live according to
reason & principle
Reveres beauty, ceremony,
refinement