

Barefoot Doctor's **SUPERHEALING** **TRAINING**

Session Three



Companion Notes



Structure of Environmental Self and Ancestral Self – the Five Elements and the Immortal Spirit Body

As I said, for our purposes, we can divide the concept of self into two: the environmentally referenced self and the ancestral self. The relatively superficial aspect is related entirely to being here on the planet as an apparently individuated form, comprising the body all the way from the epidermis (skin or outer layer) down to the bone marrow, and what Freud termed the ego, the psychological sense of self, the self-constructed self made up of a complex of habits of thought and behavior, and this too, all the way from the most surface layer of thoughts all the way down past the most refined aspects of intellect deployed to question the nature of existence and cosmology, to the depths of the mostly unconscious autonomic layer of mind, yet all of it compared to the ancestral self, relatively superficial.

The ancestral self is the primordial or 'dark' self – that aspect synonymous with the Tao or prime cause in the universal sense, the impartial background presence or witness-bearer – the 'immortal spirit' as the Taoists refer to it, while it's housed in, and co-spatial with, a human body. This aspect will never die because it was never born – it exists beyond linear time, in the lateral eternal moment, and is the vehicle that carries consciousness beyond death of the physical.

Developing the 'immortal spirit body', is central to Taoist practice, whence is conferred on the practitioner immortality of consciousness. These are not beliefs to adhere to in a religious way, but an existential stance to adopt in an experimental manner with willingness to wait and see what happens as a result.

In respect of progressing this from a mere abstraction to a tangible and hence useful experience, these two can be effectively mapped onto the physical form by considering everywhere rear of the side-seams the locus of the profound witness-bearing self, and everywhere forwards of the side-seams the locus of the environmental self.



The harmonious interplay and cognitively balanced dynamic between these two selves as it were, with the ancestral self in command of the ship, and the environmental self serving as a vehicle through which the ancestral self can experience the joy and intensity of the human condition, while not being affected by it, is what permits optimal health of the environmental self, which is then able to receive and process the very same life-force informing the entire multiverse from the subatomic level to the galactic and beyond, the black holes as well as the white ones, existence and non-existence – the chi. Indeed when flowing optimally this grants you so-called super-powers, or *siddhis* as the yogis call them, and you're able to prevent or overcome disease with far greater ease.

When the profound or ancestral self is in command, conditions in the superficial or environmental self spontaneously resolve themselves. But to reach the profound self in order to make the requisite intervention involves passing through the barrage of noise and static resulting from innate world-related stress the environmental self experiences moment-to-moment, for which it works best to first attend to attenuating that by systemically balancing the environmental self.

In other, less hifalutin, words, even though all you really need do to effect a full restoration of health is allow the back-self to be in command of the front-self, by situating yourself in the back, rather than be lost in the front and thereby lose the awareness of and connection to the back-self altogether. The compassionate and expedient way to proceed is to first work to soothe and settle the front-self in order to reduce static sufficiently to make intelligible contact with the back-self much easier, and then proceed to adjust the back-self (in order for the front-self to spontaneously heal). And this obviously applies to attending to aches and pains and so on specifically.

And we'll be doing that in the next two sessions.

But before we do, we need to clarify the structure and organization of each aspect of self.



The Environmental Self

The environmental self - comprising the bones, the bone marrow, the joints, the tendons and ligaments, the muscles, the connective tissue, the vital organs, the bowels, the sex organs, the blood and other vital fluids (spinal fluid, synovial fluid, lymph and so on), and their respective vessels, the sense organs, and the brain and nervous system - is subject to and predicated on the 'dance' of the five elements as follows:



Water

Water is the elemental force that provides flow, controls the kidneys. The kidneys control the bones, bone marrow, and joints. They control the health of the brain and nervous system. They also control the hearing (the ears are thought of as the 'flowers' of the kidneys). The varying strength of the kidneys dictates your levels of will – the will to live and the will to do whatever it is you wish to do. They also control your sex-drive. When weak you feel anxious and nervous and prone to worry. When strong you feel fearless. They obviously also control your bladder and associated functions. And because no differentiation is made between the inner and outer, or between mind and body, their strength also dictates how well you flow in life and, by way of reflection, then how well life flows for you.





Wood

The water causes things to grow – trees for instance. Wood expresses itself in the body through the liver, again deriving from *Old German*, meaning exactly what it sounds like, that which gives you the urge to live life fully. The liver controls the tendons and ligaments. The eyes are the 'flower' of the liver and control both outer vision and inner vision. Aside from its recognized function of purifying the blood, the liver (along with the gall bladder) controls your entire digestive system, and willingness to digest, not just food, but ideas and awarenesses. The liver gives you your lust for life, your greed for experience and is considered to be the 'home' of the primal or wild self. When strong you have natural confidence and feel like engaging and playing the game. When weak you feel retiring, shy, introvert and depressed (meaning pushed down, as in the suppression of the wild self). When overheated you feel angry, frustrated, resentful, irritated, impatient and/or *livid*.



Fire

However all things come to an end and eventually the wood gets used for firewood – wood feeds fire, which expresses itself through the heart, so in the same way as the kidney strength supports the liver, the liver strength supports the heart. The heart controls the blood and blood-circulation as you know, but it also controls the mind in the sense of housing consciousness in the body (the brain acts as a servo unit for the heart, but without the heart chi, the brain wouldn't be able to keep the consciousness flowing through it) – it controls the sense of self or ego (in the Freudian sense, not in the sense of the pride, vanity, lies and artifice comprising the ego-defenses most people mistakenly refer



to as the ego), hence it controls how you relate to your own story (the basis of mental health or mental ill-health depending on whether at peace or not with your story, or version of it).

Along with a sense of self, it also affords you the power of speech and communication with others (and self) in general, so the self can connect with others, which is obviously vital to survival. It also controls long term memory, so you can appreciate and gain in the here and now by the wealth of experience your story so far affords you. It controls your dreams, both in the literal sense and the dream/s you wish to make come true this lifetime. It also provides you with the capacity to care about things, about people, about living beings of any kind, and about life in total. And it's this that gives you your humanness. It 'flowers' into the tongue, so controls your ability and desire to taste, not just flavors of food or fluids, but to taste the various flavors of life on offer.

When the heart chi is balanced, you feel naturally excited, joyous and elated simply being alive no matter how hard, austere or messy things may be. When the heart chi is flat you feel dispirited and deflated no matter how easy, plush and sorted things may be. When the heart chi is balanced you feel courageous. When it's flat you feel discouraged and defeated. When overheated you feel over-excited (as when people resort to high-pitched nervous giggles and shrieks.



Earth

By and by the fire cools and produces ashes or earth. The earth element controls all aspects of life associated with the material plane and provides the requisite degree of organizational and logistical drive to keep things orderly and functioning including efficient husbandry of resources and



channeling of money and material wealth. And it does so through your spleen (and pancreas), along with the stomach, by which it controls food assimilation, weight regulation, muscle tone, keeping everything where it ought to be both within the body (the blood in the arteries and veins, the organs in their rightful places, the muscle tone from being flaccid), and externally in terms of you being sufficiently organized on the practical level to sustain a thriving life.

The spleen produces the blood itself, the basis for remaining alive in a physical form, i.e organized. It controls the muscles as I said. And it controls the muscularity of your approach to things – hence stamina, strength, strength of mind and so on. It also controls the practical thinking aspect of mind, the intellect or rational mind and short-term memory, all essential components of being organized.

When the spleen chi is balanced you're able to focus and get things done, life is organized and you can think clearly about what to do, how to do it, and when to do it – the spleen governs time-management skill.

When the spleen is weak and 'soggy/damp' you turn things round and round in your head and worry. When the spleen is overheated and 'dried out' you overthink, over-rehearse, over-contrive and generally overdo everything.

When the spleen is balanced money flow tends to be so too. The spleen 'flowers' into the lips hence the urge to kiss and honor a love or seal a tryst – the strength of the spleen determines the degree of sensualism you're experiencing of life on the material plane.



Metal

The earth contains rocks (metal) – Earth feeds Metal in other



words - metal or rocks enable water to flow in discrete channels hence metal feeds/facilitates water and the cycle is complete.

Metal enables flow – metal provides conduit in general and specifically and most importantly, the conduit that connects you to the universal primordial consciousness or 'Great Spirit' as the Native Americans sometimes refer to it, hence connects you to the source of original thought ie creativity, and so provides you the inspiration (from the Latin meaning literally being filled with spirit) and enthusiasm (from the Greek meaning literally being filled with divinity), necessary to stop life feeling like a mindless drudge. Metal expresses itself through the lungs.

The lungs control the skin, the outer layer of self. They obviously facilitate breathing, hence keep you alive, and are the only vital organ in whose otherwise autonomic functions you can actively intervene (to slow down, soften, quieten, regulate or deepen the breathing rhythm, and thus alter your state of mind). And as the exhalation signifies a letting go of the moment just gone, and the inhalation signifies an embracing of the next, the lungs control your capacity for remaining present, perhaps the most important mode to achieve, as only in the here and now can you function fully and not just with bits of you.

When the lungs are balanced you're present-centered as the default – your mind doesn't feel drawn into projected futures (as happens when the lungs overheat) on the one hand, or grieving, lamenting, regretting or longing for the past (as happens when the lungs are weak), neither of which states serve you and indeed actively impede you, health-wise and every other way. The lungs flower into the nose, so determine how life smells to you, the basis of intuition.





Next session we'll be performing a healing process for the environmental self. And the session after that we'll be performing the big one: healing the ancestral self.

To prepare you for that, here's how the structure of the ancestral self looks.

The Ancestral Self

The ancestral self operates in a different dimension yet as a 'body' exists co-spatially with the physical, environmental self. Without the ancestral self the environmental self couldn't exist – similarly to how the solar system couldn't exist without space, yet without a physical environmentally referenced self, the ancestral or primordial self (synonymous with Tao) would still exist, similarly to how space would still exist whether our solar system was here or not.

The ancestral self or immortal spirit body, is organized around three 'psychic chambers' or 'soul chambers', three 'tan tiens' (fields through which 'heaven' commands your functions).





The lowest chamber is co-spatial with the lower abdomen and connects you to primordial power, the middle chamber is co-spatial with the chest and connects you to primordial love, and the upper chamber is co-spatial with the brain (specifically the mid-brain) and connects you to primordial consciousness.

Binding these into a cohesive form are a complex of various orbits comprising so-called psychic meridians or energy channels, the most crucial and fundamental of which is the 'microcosmic orbit' or loop, running upwards co-spatial with the rear aspect of the spine from the coccyx to the crown of the head, then running co-spatially down behind the face and down along the frontal aspect of the spine to the perineum thence to hook back to the coccyx and start again.

This orbiting of chi round and round the loop binds the spirit body into a cohesive form sufficiently resilient to carry consciousness intact even through death.

Prepare for next session meanwhile by listing your familiar or recurring aches, pains, and niggles, persistent symptoms/conditions and unpleasant mind-states. And by spending time in your back presiding over the drama of the front