

Harmonizing our Inner Earth



The Power of Nutrition, Harmony, and Comfort

Introduction to Harmonizing our Inner Earth

The Healing From Within Meditation Series is made up of very powerful practices designed to improve physical, mental, emotional and spiritual health. These meditations and exercises come from old traditional esoteric Taoist and Buddhist practices safely adapted to the Western mind and can be practiced by absolute beginners given that they follow the progressions and directives given with each practice.

This 2 CD recording, Harmonizing our Inner Earth, is the central piece in the "Healing From Within Meditation" series. In old times, throughout the world, and even currently where a traditional approach to medicine is still practiced, ideally no physician will attend a person who does not have access to proper nutrition and does not have a healthy and comfortable place to recover. Proper nutrition and a supportive and salutary environment are a prerequisite to insure that prescriptions in the forms of medications, herbs, exercises, and massage treatments have an opportunity to work. Harmonizing our Inner Earth Meditation addresses the most critical issues of physical, mental emotional and spiritual health:

- The **physical** aspect of our Earth Elemental Force encompasses our digestive system, our ability to efficiently extract nutrition from the food we eat and the capacity to precisely eliminate everything we don't need. Our Earth Elemental Force is responsible for harmonizing the function of all of our internal organs. It is also present in the health of our muscles and manifests in our coordination and elegance of movement.

- The **mental** aspect of our Earth Elemental Force is our ability to be practical, to have a good perspective, to have good taste and good judgment, to be fair and just, to be precise, to be regular and on time, to be balanced, stable, solid and consistent, to be conciliatory and in harmony with life.
- The **emotional** aspect of our Earth Elemental Force allows us to have satisfaction, to be comfortable, to feel at ease in the present moment, to be spontaneous, to have a good sense of self-esteem, to feel we are at the right place, at the right time, doing the right thing. The Earth Elemental Force allows us to provide and receive nurturing, to give comfort and receive comfort and to provide this comfort and nurturing to ourselves.
- The **spiritual** aspect of the Earth Elemental Force is responsible for the stability of our heart and spirit. It gives us faith and trust in life and in ourselves, and provides us with a good sense of our life purpose and the determination to follow it through and accept its different manifestations.
- Health issues brought on by Earth Elemental Force disharmony include, but are not limited to: poor digestion, stomach pains, hypoglycemia and diabetes, back and leg pains. They often manifest psychologically in chronic anxiety, bulimia and anorexia, poor self-esteem, guilt and shame, adaptation problems, poor mental attention, autism, difficulties in standing up for oneself or others, poor coordination (clumsiness), etc.

In the Harmonizing our Inner Earth double CD recording you will experience a series of lectures, exercises and meditations that will help you to progressively and naturally develop and cultivate all the positive physical, mental, emotional and spiritual aspects of a properly harmonized and cultivated Inner Earth.

Satisfaction in nutrition, comfort in habitat and emotional support are the three pillars of our Inner Earth.

This series will guide you in finding your personal diet and help you to develop a true sense of physical satisfaction. You will also begin to increase your ability to be more comfortable in your body and in your habitat, as you cultivate greater self-support in your emotional life.

- The Three Laws of Fundamental Dietary Hygiene will explain how to build solid health and support in your emotional life by respecting food combinations and eating rhythms, to help you develop a healthy and precise appetite with your diet. They will help you maintain the kind of diet you need to make you stronger instead of weaker. They will help you reverse hypoglycemia and help diabetics to lessen and eventually eliminate their need for insulin supplementation.
- Harmonizing our Inner Earth Meditation will guide you in developing an inner sense of satisfaction and contentment and help you regulate your metabolism and regain solid physical health.
- Earth Relationship Chi-Kung and Anchoring Our Seven Levels Of Individuation will transform the way you stand up for yourself, will give you a sense of clear perspective in life and progressively help you develop a sense of ease and comfort both in your habitat and your relationships. Practicing these meditations regularly will make you feel at home in any kind of situation.

- Essence of Earth Chi-Kung and Peace on Earth Chi-Kung will help you get rid of deeply seated emotional charges such as emotional abandonment, lack of validation and support, shame and guilt related to Earth issues and existential anxieties. These meditations, when practiced regularly, will help you heal and outgrow such emotional charges and create a solid sense of confidence and trust in yourself, in others, and in life in general.

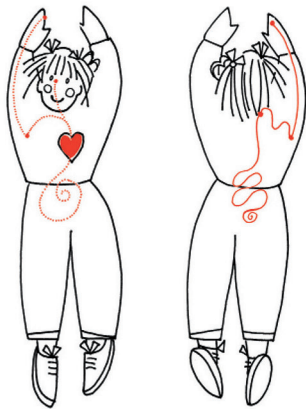
Please note that these meditations and exercises are not intended to replace medical attention. If you suffer from any disease, please get medical help in addition to any complementary or alternative practice.

For any questions or feedback please don't hesitate to contact us at cnt@chineitsang.com.

Enjoy your practice,

Gilles Marin

Get more info including our
current class schedule at
chineitsang.com



The Seven Levels of Individuation

Central Channel of Chakra

Governing Channel

Jade pillow
abstraction / intuition

C7
reaching out

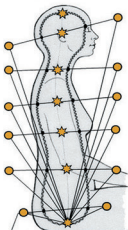
T4
freedom

T11
flexibility

Door of Life
power

Sacrum
momentum / preparation

Crown
listening / transcendence
heaven connection



Conception Channel

Third eye / brow
understanding

Throat
expression

Heart
enthusiasm

Solar plexus
self esteem

Navel
aim

Sexual center
creativity / enjoyment

Perineum
solidity
comfort
earth connection

Harmonizing our Inner Earth

*The Power of Nutrition, Harmony, and Comfort
Guided meditation for people with digestive problems,
eating disorders, pancreatic troubles (hypoglycemia,
diabetes) and for people having a hard time being
comfortable in the present moment.*

DISC ONE

- 1 • How to Use This Meditation Recording 10:28
- 2 • Balancing our Inner Earth for Good Health
and Peace of Mind (presentation) 4:41
- 3 • Earth Relationship Chi-Kung
(guided internal exercise) 11:04
- 4 • The 3 Laws of Fundamental Dietary
Hygiene (lecture) 27:04

DISC TWO

- 5 • Anchoring our Seven Levels of Individuation
(guided meditation) 15:03
- 6 • Activating the Earth Power Within
(guided meditation) 10:34
- 7 • Essence of Earth Chi-Kung
(guided meditation) 11:56
- 8 • Peace on Earth Chi-Kung
(guided meditation) 10:13

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