



Written Descriptions for: Section 6, Lesson 4

Virtue Cultivation Practice

1. Preparing the Body and Breath

- Begin in a comfortable seated position with the spine straight.
- The lips are closed, but the teeth are apart so that you are breathing in and out through your nose.

2. Cultivating the Virtue of the Heart - Love

- Take your attention to your heart, and with an inhalation, smile to your heart; with your exhalation, feel your heart smiling back at you.
- Repeat for a few breaths.
- Then, as you inhale, smiling to your heart, repeat silently (or think) to yourself “I am loving”.
- As you exhale, feeling the heart smiling back at you, feel the truth of that statement, there in your physical heart, and enjoy the truth of that statement as it sits in your heart.
- Repeat for a few breaths.

3. Cultivating the Virtue of the Lungs - Courage

- Then take your attention to your lungs.
- Inhaling, smile to your lungs; exhaling, feel the lungs smiling at you.
- Repeat for a few breaths.
- Then, as you inhale, smiling to your lungs, repeat silently to yourself “I am courageous”.
- As you exhale, feel the lungs smiling back at you, feel the truth of that statement “I am courageous”, there in your lungs and enjoy the truth of that statement as it sits in our lungs.
- Repeat for a few breaths.

4. Cultivating the Virtue of the Liver - Kindness

- Then take your attention to your liver.
- Inhaling, smile to your liver; exhaling, feel the liver smiling back at you.
- Repeat for a few breaths.
- Then, as you inhale, smiling to your liver, repeat silently to yourself “I am kind”. As you exhale, feel the liver smiling back at you, feel the truth of that statement “I am kind”, resonating in the liver, and enjoy the truth of that statement.



- Repeat for a few breaths.

5. Cultivating the Virtue of the Spleen & Pancreas - Fairness

- Then take your attention to your spleen and pancreas.
- Inhaling, smile to your spleen and pancreas; exhaling feel them smiling back at you.
- Repeat for a few breaths.
- Then, as you inhale, smiling at your spleen/pancreas, repeat silently to yourself “I am fair”.
- As you exhale, feel the truth of that statement “I am fair”, resonating in your spleen/pancreas, and enjoy the truth of that statement, as it sits in the spleen and pancreas.
- Repeat for a few breaths.

6. Cultivating the Virtue of the Kidneys - Gentleness

- Then take your attention to your kidneys.
- Inhaling, smile to your kidneys; exhaling, feel the kidneys smiling back at you.
- Repeat for a few breaths.
- Then, as you inhale, smiling at your kidneys, repeat silently to yourself “I am gentle”.
- As you exhale, feel the kidneys smiling back at you, feel the truth of that statement “I am gentle” within you, at the site of your kidneys, and enjoy the truth of that statement.
- Repeat for a few breaths.

This is the end of the short form practice – if you are doing the short form, go now to step 8: Closing. If you are doing the long form, continue on to step 7.

7. Expanding the practice (Long Form)

For a **deeper practice**, you may extend this exercise to include the Yang organs, with their associated virtues:

- Small Intestine – “I am joyful.”
- Large Intestine – “I am righteous.”
- Gall Bladder – “I am generous.”
- Stomach – “I am open and trusting.”
- Bladder – “I am calm.”

8. Closing the Practice

- Take a few deep breaths and bring your attention to your entire body, sensing the combined presence of these virtues within you.
- When ready, gently open your eyes, carrying this sense of your virtuous qualities with you into your day, so that they inform your decisions and actions.