



Written Description for: Section 12, Lesson 2

Inner Alchemy Exercise: Charging the Organs with Light

(i) Settle into Stillness

- Find a comfortable seated position with your spine upright, utilising the posture guide described in Section 4.
- Close your eyes and take a few deep, slow breaths, relaxing your body completely.

(ii) Smile and Breathe into the Lungs (*White Light*)

- Breathe in, smiling to the lungs, breathe out, feel the lungs smiling back at you.
- Then with the next in-breath, as you smile inwardly towards the lungs, breathe white light into the lungs. Let the breath fill the lungs with white light, the colour of lightning.
- As you exhale, feel the lungs smiling back at you, feel the colour becoming more brilliant inside.
- Repeat for several breaths. Do this until the lungs are shiny and white and happy.

(iii) Charge the Kidneys with Energy (*Blue Light*)

- Then move your attention to your kidneys
- Inhaling, smile to the kidneys, exhaling, feel the kidneys smiling back at you.
- With the next inhalation, smile to the kidneys and breathe blue light into the kidneys.
- As you exhale, feel the kidneys smiling back at you, and also see the brilliant blue colour there.
- Repeat for several breaths. With each breath, feel blue light filling the kidneys, becoming more brilliant with each breath.
- Feel how this is changing how your kidneys feel. Let that colour saturate the kidneys. Do this until the kidneys are bright blue and radiant.



(iv) Energise the Liver (*Green Light*)

- Then move your attention to the liver (just underneath your right rib cage).
- Smile to the liver on the inhalation and on the exhalation, feel the liver smiling back at you.
- With the next inhalation, smile to the liver, and also breathe green light into the liver
- As you breathe out, feel the liver smiling back at you, and feel the green light saturating that region.
- Repeat for several breaths.
- With each breath, feel the light becoming more brilliant. Keep breathing green light into the liver, until it is saturated with the light.

(v) Charge the Spleen and Pancreas (*Yellow Light*)

- Then move your attention to the spleen/pancreas (just underneath the left rib cage)
- Smile there on the inhalation, and feel the spleen/ pancreas smiling back at you on the exhalation.
- With the next inhalation, smile to the spleen/ pancreas, and at the same time breathe in bright yellow light into that region, filling the spleen/ pancreas with that light.
- As you exhale, feel the spleen/ pancreas smiling back at you, and also see it bathed in that brilliant yellow light.
- Repeat for several breaths.
- With each breath, feel the yellow light becoming more brilliant in the spleen/pancreas area. Keep pouring yellow light into the area, until it is beaming with light like the sun.

(vi) Energise the Heart (*Red Light*)

- Then move your attention to the heart, smiling to the heart on your inahaltion and feeling the heart smile back at you as you exhale.
- With the next inhalation, smile to the heart andbreathe beautiful red light into it.
- As you exhale, feel the heart smiling back at you, and also brimming with this beautiful red light.
- Repeat for several breaths.
- With each breath, feel the light becoming more brilliant. And keep pouring the red light into the heart, until it is shiny, joyful and proud.

(vii) Illuminate the Bones with Golden Light

- Inhaling, smile to your skeleton, exhaling, feel your entire skeleton smiling back at you, each and every bone.



- Then, begin to fill all your bones with golden light, imagine them filling up, with each breath.
- Fill one bone at a time, or if you can work with the whole skeleton at once, then all the bones at once – fill them with brilliant golden light, until the whole skeleton is brimming and radiating like a sun.
- Smile as you work, inhaling smiling to, exhaling feeling the smile from.

(viii) Charge the Skin with Soft Pink Light

- Inhale, smiling at your whole skin, exhaling, feel the skin smiling back at you.
- Then, as you inhale, smiling to the skin, let a soft pink light fill each cell of your skin
- Breathing out, feel the skin smiling back, letting that colour intensify and shine brighter.
- Repeat for several breaths. Continue with that until the whole skin feels alive with colour.

(ix) Return to Stillness

- Conclude the practice by sitting still, sensing internally the cumulative effect throughout the body of what you have just added.
- Spend a few minutes just feeling internally, collecting the benefit of the exercise.

