



ur bodies are the temples within which we work to illuminate our understanding of reality. They are the space and time reference points we reside in within the fractal patterning of the Universe at large. Because of the holographic nature of our Universe, any part contains within it the whole—from infinity up to infinity down—it’s all the same, it is all the Great Tao.

Caring for our bodies must become the foundation of all holy practice, for our consciousness experiences reality from our physical bodies in the form of visual, auditory, and sensory information. The polarized chasm of Western thought has created an imbalanced view of spiritually that distrusts the body. From a Taoist perspective, this cannot be farther from the Truth. It is vitally important to understand that the fall from the Garden of Eden of Western creation myth is not an idea shared by the naturalistic religions and philosophies of the world. We are the caretakers of the Garden and our bodies serve as the focal point for our practice and understanding of all things.

To reclaim the body’s position as the lynchpin of our practice, it is important to address a number a vital aspects of how the body works and what it needs to thrive. In the previous section we discussed the Five Elements and their correspondences with the organ systems of the body. This knowledge is very useful in our understanding how to care for the body. In Chinese medicine, it is said that one is to not administer any acupuncture or herbs unless the basics of diet and lifestyle are addressed. [Dong-Yuan, 2002]

That means no medicine will work if you aren’t living right! This is a statement that runs headlong into the beliefs we have in the Western allopathic medicinal model. These basic principles have been perpetuated and reinforced by market interests in the medical field that promise us that we can live how we want, and for as long as we want, junk food and all. We are led to believe that drugs will cure us of anything. The doctor is your emissary to good health (which in this pathological model equates to a lack of disease) and he will save you. This has led an entire nation into a healthcare crisis that is crippling our economy. Diabetes and heart disease are mostly diseases of lifestyle and are huge moneymakers for the medical industry.

The whole system is screwed up because doctors only get paid when people are sick, and drug and insurance companies have voracious appetites for profits. A lifetime patient who subsists on various drugs is worth a bundle to these pharmaceutical firms. The root of the word doctor is from the Latin word *docere*, meaning “to teach.” Most of the doctors I know are too busy dealing with people who are too sick to teach and despite good intentions, are trapped in a bad system. In contrast, the ancient Chinese model emphasizes that you should pay your doctor to keep you healthy.

This approach speaks volumes for the benefits of diet, exercise, stress management, stretching, and any other act of conscious self-care. Remember, it is the separation of Yin and Yang in our perception that has us discussing the body as being separate from our Spirit. They are all one and we are simply speaking of them separately because of semantics.

The Four Wheels

We can essentially break down the concept of a conscious lifestyle into four categories: Diet, Exercise, Sleep, and Mindset.

DIET

We are what we eat, and there is nothing more profound and sacred as our communing with the Earth when we thankfully ingest its bounty into our bodies. Food is the fuel that feeds the energy of the body, and as discussed before, it is Food Qi that is our Post-Heaven foundation of energy. We must eat a healthy diet filled with essential nutrients in order to have a fit and strong body. According to Ling Shu, a foundational book on Chinese medicine, it is when nourishment enters the stomach after birth that sets the initial flow of the energy in the meridians. The food that we eat determines the quality and quantity of energy in our fields and our body’s capacity for growth and development.

We should note that food also holds a powerful place in people’s blind spots. Food is where many people fall into a trance-like sleep allowing the action to simply fall under the radar. And while it can be difficult to bring unconscious eating habits to light, I have come to understand while working

with thousands of patients that people who are able to wake up and actively engage in changing their eating habits are the ones that get better. It is so incredibly easy to fall into an old trance with food that almost everyone does it. To illustrate, I have been to several spiritual events where people are fully engaged in groundbreaking work, but revert back to mindless zombieism during the lunch break. It often takes hours for the instructor to bring them back into the room. That is why most monasteries have built rituals around eating in order to keep the light of awareness on it as much as possible.

Clinical Encounters—A Wake Up Call

A BUSY LAWYER patient of mine had come in to me for severe back pain. He had gained 70 pounds since his father's death and had buried himself in work. I repeatedly spoke with him about diet and exercise but wasn't getting through. One day he came back to my office and told me that he had enrolled in a weight loss program and was taking it very seriously. Happy to hear it and curious about what had finally snapped him out of his trance, I asked him about its trigger.

He replied that he had been going to the same Mexican fast food chain for dinner for years. At one point, he had become so busy that he actually stopped entering the restaurant and switched to the drive-through so he could continue working the phones in his car. This went on for months until for some reason he went in this past time and walked up to the counter and ordered his usual. This girl at the front looked at him in shock. She remembered him from before and hadn't seen the gradual increase in weight. In horror she replied, "*Dios mio! No! No mas! You go home...no mas!*"

My patient was shocked out of his trance. His father had died of a heart attack and here he was putting career in front of his health. The girl at the taco place saved his life!

Here are a few common bad habits with food:

1. MINDLESS EATING

Going into trance or simply talking through a whole meal without any attention on the meal in front of you...We need to cease hypnotically scarfing down meals without stopping to give thanks and think of where this food came from.

2. OVEREATING

It is advisable to stop eating when just over half full. We often consume huge portions with "finish your plate" mentalities. Don't waste food. Simply order less or eat less per sitting and save the rest for a snack later on.

3. BAD CHOICES

Processed foods are out. Frozen dinners are a no-no. Eat live, organic, locally-grown fruits and vegetables in season and never eat conventionally raised meats. Grass-fed and free roaming animals makes for healthier meat choices. The quality of our foods is very important and our overall health depends on it.

4. WAITING TOO LONG

If you're starving by mealtime it means you've waited too long. We make bad food choices when our blood sugar has already crashed so that physiologically, we're in panic mode. We should be eating something every two to four hours depending on our individual constitutions. This way our blood sugar stays stable and the brain doesn't put us into stress mode.

As a general rule, carbohydrates should never be eaten on their own. Essentially, we want to keep our blood sugar stable and provide good quality carbohydrates to our bodies. This means eating foods that are low in the Glycemic Index.

Good Carbohydrates (those low on the Glycemic Index)

Apples	Celery	Peppers
Asparagus	Cucumber	Plums
Beans	Honeydew melon	Snow Peas
Broccoli	Kiwi fruit	Spinach
Blueberries	Leafy greens	Tomatoes
Cabbage	Peaches	Young Summer Squash
Cantaloupe	Peanuts	Zucchini
Citrus Fruits	Pears	<i>Most non-starchy vegetables</i>

Eat More of These Foods

Bad Carbohydrates (those high on the Glycemic Index)

Bananas	French Fries	Parsnips
Breads	Fruit juices (eat whole fruit)	Pasta
Carrots	Honey	Potatoes
Cereal with added sugar	Mangoes	Pretzels
Corn	Mashed Potatoes-instant	Raisins
Corn Chips	Oatmeal- instant	Rice- instant
Dates	Pancakes	Sugar
Doughnuts	Papaya	Waffles

Try to Avoid These Foods

It is frustrating to hear one study contradict the next in the wild world of nutrition. Most of these studies generalize what the “average person” should be doing. My recommendation is to apply your personal consciousness and mindfulness to your diet. If you believe a particular food or food group may be bothering you, go off of it completely for three weeks and see how you feel. This is called an “Elimination/Provocation Diet” and we use it for patients who are experiencing forms of food intolerance. With the advent of modern farming practices, more and more people are showing intolerances to gluten (wheat, barley, and rye), dairy, soy, nuts, and other foods. The key is to avoid suspect foods and see how you feel three weeks after you reintroduce them. If your body shows a reaction (fatigue, foul

mood, gas, bloating, headaches, nausea, or depression), then you should avoid those foods and let your body thrive without them.

It is important to note that in the Chinese medical system, the digestion is regulated by the Yang, or active aspect of the spleen, which warms and transforms the food. Therefore, it is advised not to eat too many raw uncooked foods, as this creates an additional burden on digestion. Soups, broths, and congees are highly recommended for anyone who is having any signs of digestive insufficiency (gas, bloating, fatigue after meals, mal-absorption).

Water intake is another important consideration. It is recommended that we consume 2.5—3 liters of water per day as a minimum. Spring water is preferable. Green Tea is a wonderful antioxidant and has great health benefits but it is important to not replace water consumption with tea, as this will dehydrate us by stimulating urination. Coffee is too acidic and dehydrating. Water heals by helping to maintain a healthy histamine response, enabling digestive juices to be properly secreted, detoxifying the system, and many more reasons. [Batmanghelidj, 2003] Drinking enough water is critical to all body functions of the body. Many of us run around in a chronically dehydrated state. As far as cultivating energy goes, things will simply not flow correctly without adequate hydration in the system.

If you have digestive problems, there is a chance you have what’s called “Leaky Gut Syndrome,” which is a condition that arises when the good bacteria in the gut have been compromised. These bacteria are responsible for the regulation of pH (acid/base balance) in the digestive tract and many of their byproducts aid digestion and assimilation. When these colonies get compromised (usually through use of antibiotics and drugs), then the digestive wall gets damaged and larger molecules begin to permeate or slip through the cracks. The body then mounts an immune defense and there’s a huge fight in the gut that leads to bloating, swelling, indigestion, and fatigue. [Campbell, 2008] This subsequently leads to whole-body inflammation and a cascade of other diseases if left untreated.

A leaky gut calls to halt the consumption of grains and starchy foods and the ingestion of high dose pre- and probiotics. This will give the system a break while the body heals itself. In my clinical experience, people who suffer from this malady (of which there are many) don’t even have the abil-

ity to digest the expensive vitamins and minerals they keep buying, and always wonder why they're so tired. They are losing the war going on in their guts! What's worse, undigested proteins from dairy and wheat (casein and gluten) don't get broken down properly and are then leaked into the body as casomorphins and glutomorphins, which are essentially morphine-like molecules that create very real food addictions for us. [Campbell, 2008]

Getting a handle on food isn't just important, it is critical! Follow the basic guidelines in this section and you will see things begin to change almost immediately. This does not take the place of qualified, individualized help though. I've included resources in the Appendix of this book to help you take control of your diet. It is a lifelong study and the good news is that we get several chances to get it right every day. The take-home message for this section is one you've heard before: wake up! Be mindful of your eating habits, pay attention to what you are eating and how you are eating it.

Personal Journeys —Adjust Your Diet to Your Lifestyle

BEFORE I FOUND the Chinese martial arts systems, I practiced some of the Korean arts for a number of years. High kicks and aggressive stretching started to bother my right hip, but I was young and invincible in my deluded mind. Years later, I started to have persistent achy pain after all those thousands of roundhouse kicks.

Busy with school and work, I decided to give my training a break for a number of months and allow my hip to heal. I went from 30 hours or more of aggressive training per week to almost nothing except for some mild yoga. Prior to this, I simply could not eat enough to keep the weight on and probably had the ability to digest a car tire. I was on fire and could eat anything.

Four months later, it occurred to me that I had forgotten to turn down the dial on my food intake as my appetite and subconscious eating patterns were dialed into the exertion level of a serious martial artist, yet my lifestyle had shifted to that of a mellow yogi. I put on a good 15 pounds! I had fallen asleep to my shifted caloric requirements and was piling too much fuel into a much less active machine.

I quickly adjusted my diet down and tuned up my cardio exercise. It didn't take too long to turn around, but it certainly wasn't as easy. I fell asleep to the basic math that determined my body's growth and woke up out of balance. Whoops. They say youth is wasted on the young....

EXERCISE

Traveling through India and Asia while on sabbatical, I ran into a number of spiritual aspirants who did nothing but sit and meditate all day. Such daily devotional work was commendable but their bodies were falling apart as they suffered from many of the same problems I encountered with patients in California. Neither population really moved. Poor immunity, low energy, achy muscles, weak joints, and low morale were just a few of the health problems.

Moderate-intensity exercise is essential to maintaining fitness. Breaking a sweat daily for at least half an hour is the minimum exercise requirement recommended by the Surgeon General in 1995. That's to stay healthy. Living in Southern California, I'm surrounded by a number of fitness enthusiasts who are religious about exercise and many of them are able to train up to an hour a day but most will encounter hiccups in their plans at least a couple of nights a week. It is difficult to stay active and fit in modern life with traffic jams and kids to pick up, let alone if you live somewhere in the middle of the country where almost nobody is exercising.

Over the years, I have had extensive training in the Chinese martial arts with an emphasis on the Shaolin tradition. A quick story about the Shaolin temple:

In the early 5th century, an Indian monk by the name of Bodhidharma traveled to the Shaolin temple in China and took up residence outside the grounds, where he sat in silent meditation for a long period of time until the monks took notice of him. When invited to come into the temple he immediately took notice of how the monks were weak and sickly. He then proceeded to teach them a series of mind-body exercises and introduced a more rigorous labor regimen for their day-to-day activities. With the introduction of his powerful yoga techniques (the Qi Gong which we will study soon) and physical exertion, the monks began

to gain strength. This heralded the start of the golden age of the Shaolin temple wherein the monks were transformed into the famous “Warrior Monks”. With superior skills in the martial arts, they became the defenders of good and justice in ancient China. Bodhidharma is known as the first patron saint of the Chan Buddhist tradition, which is called Zen in Japanese. [Ch’an, 2004]

The Shaolin kung fu philosophy of daily hard work mixed with rigorous training, created a superhuman which is nothing more than your birthright. We all have the capacity, and I would argue the need, to develop our bodies to become strong and resilient. It strengthens our bones, aids our circulation, boosts our immunity, clears our toxins, raises our metabolic rate, helps us burn fat, supports our joints, and lifts our mood.

If you’re not already taking a morning walk, start ASAP! It increases your metabolic rate for the rest of the day and cues your body to start burning fat instead of sugars preferentially. A brisk morning walk for 20-60 minutes followed by a healthy breakfast will set the energetic tone for the day and boost mood and circulation very quickly. Just build this into your daily routine. Yes, the first few days will be rough with the earlier alarm clock but, within a week, most people are off to the races and are happy they are doing it.

You also need weight-bearing exercise. This is critical for the development of muscles and bones. Basic squats, lunges, curls, dips, pushups, pullups, and rows are a good way to get started. What we want to do is stress (remember eustress?) the muscles into activity, which signals the brain to release more growth hormone (increasing Post-Heaven Jing) and further develop the system. Either we are busy growing or deteriorating. We need weight-bearing exercise to support our lean muscle mass and nervous system. There is no quicker formula for aging and rapid decline than a sedentary lifestyle. Muscle development is a key factor in keeping the body-brain connection active.

Stretching is your friend. I would say that 90% of the musculo-skeletal injuries I encounter in the clinic are a direct result of inadequate stretching. People are just too busy nowadays for stretching and they pay the price. Maybe it isn’t active enough for some. Maybe there’s no time because you just arrived and your friend is ready to start the tennis game

so you pick up your racquet and strain your elbow ten minutes in. Consider it the Yin activity for the Yang aspect of your routine. They need each other.

Cardiovascular exercise is key. Cardiologists consider the legs your second heart, and we need to break into a sweat daily in order to expel toxins, drain, lymph, and keep the heart muscle healthy. Again, this is where a lot of people injure themselves so it is important to stretch before and after exercising. It is also important to train the leg muscles and strengthen the lateral stabilizers of the hips in order to avoid injury when running. I’m a big fan of long hikes with added weight in a backpack to keep the heart rate up. Running is rough on the joints and most people hurt themselves trying to get into it and then are put off from exercise all together. Time outdoors is always good, especially with fresh air and sunshine. If you have a history of heart problems or suffer from shortness of breath or dizziness, please consult your physician before jumping into a cardio program. It is always important to be safe in what we do.

Finally, as mentioned in Part One, recovery is a critical aspect to all that we do. The body needs rest in order to rebuild tissues and recover from exercise. A majority of the elite athletes I have worked with exhibit signs of adrenal fatigue and their lab work confirms this. They are burning up their Essence by pushing too hard and not allowing the Yin aspect of their activity to match their drive.

Again, balance is key in everything that we do. The body needs stress in order to continually evolve and grow in a healthy light. Too much stress damages the system and not enough stress is the result of sitting on the couch and watching the tube. Balance is the operating ideology of all Taoism and we need to attain this in all aspects of our lives.

SLEEP

Speaking of recovery, there is no better solution for fatigue found than sleep. It is a critical process that we often take for granted. It is our chance to rest our conscious mind that has been working diligently all day. We have millions of bits of information going through our minds every given second. Our conscious mind can only handle a very small fraction of them because it has to reconcile what it sees outside

of ourselves with the artificial identity we've created (called our ego). The ego routinely faces catastrophic collapse daily as new information challenges its definition of itself and forces reconciliation. With all of the energy we store subconsciously into the shadow, we also have millions of reactions to emotions we don't want to feel and memories we'd rather forget. These load up defensive arguments and rationalizations that challenge our consciousness all day. Whatever is brought into the light of conscious awareness must be either absorbed into our greater self-identity or stuffed away into the shadow to deal with another day. Sleep is where much of this gets cleaned up and the brain is allowed to process and make sense of the day's happenings.

Personal Journeys—Hibernation Saves the Day

TAOIST MASTERS APPLIED the philosophy of rest and recovery to their daily lives. It was an extremely busy time in my life and I had gone more than a year and a half without any real down time, constantly overcommitting time and energy.

I'd been teaching a classroom full of students in Los Angeles about eating seasonally and was working on the next lesson's curriculum (which was about modulating our energy output to match the seasons), and that's when it finally dawned on me. I was totally exhausted and had run myself into the ground. I had been so motivated to help people that I had forgotten my teacher's primary axiom: "First help yourself, then help the people." I was being a terrible Taoist.

It was late fall at the time and winter was already showing in the trees. I had just been hit with the reality that "go with the flow" had not been part of my life for a couple of years. The flow should have landed me in a hammock long ago. I went about clearing my schedule in the winter and pulling my energy out of all noncritical tasks. I kept my practice and a modified exercise program.

Committed to rejuvenation that winter. I gave my body sleep as often as I could. At first I slept 12-13 hours per night and most of the weekends. Laziness was my commitment, my way. I learned to say

no to friends when the phone rang. In this hibernating "staycation" I spent a lot of down time thinking and catching up on little projects in the house. The operating motto was "rest when you're tired." That was pretty much all the time.

It took about three months before I noticed that the dark circles were gone from under my eyes. My achy low back was no longer bothering me and the low-grade anxiety that seemed to always be there was gone. Some of the mental noise is purely physiological, our bodies trying to tell us what they need. In my case I needed sleep. Eventually, I felt like doing things again and had a renewed enthusiasm that came from deep within. I was restored and felt healthy again. Lesson learned. Now I needed to find that balance in my everyday life. Sure, you could crash in the winter after a crazy year but those are big swings of the pendulum. Was I going to be able to find that balance in an average day? That turned out to be the real Taoist training because it required mindfulness.

Aside from the profound mental reorganization, sleep repairs tissues throughout the body and expels toxins. The modern world exposes us to toxins at an unprecedented rate and we need our body's detox pathways to help clear these poisons at night. Inadequate levels of sleep severely compromise this system and force us to carry these toxins into the following day.

Sleep is a critical place for tissue recovery and growth. During Stage Four sleep, the body releases growth hormone (Vital Essence) into the bloodstream, which helps trigger the muscles and tissue to stay young and to proliferate. This ultimate Yin activity becomes the basis of our regrouping and repair at night. This is why a minimum of six to nine hours of sleep are necessary for most people. [Kalus, 2009]

As we develop our energy bodies further, many students find that they require less and less sleep. This is possible because they are doing a number of things that work cumulatively:

1. They are refining their Essence through the practice of Qi Gong.
2. They are learning to stop storing charge on thoughts and emotions, thereby keeping more vital energy in their energy fields.
3. They have an expanded self-image and need less ego reconciliation at night.
4. They are healthier through adjusted diet and exercise, so they have more efficient bodies and a healthier metabolism.
5. They are not stressed out over minutia, which impacts their brains less.
6. They are connected with their purpose in life and are being driven by a force from deep within that is actually doing all the work.
7. They smile and enjoy the ride.

Yes, we can look forward to needing less sleep with sustained practice but that should not be a goal of yours. Sleep is wonderful and counter-balances the yang nature of our society. Relaxing and dreaming are healthy. Later on, as we cultivate the Hun or the Ethereal Soul of the liver, then we can lay our bodies to rest and stay consciously awake through our astral travels. This becomes our Dream Yoga and is an integral part of waking up fully. When ready, it carries our consciousness into the astral world while the body is resting.

Until we get to our lofty training goals, however, let's go over some basic sleep hygiene rules to help you get better sleep now:

1. No caffeine after 2 pm. The stimulating effects can stay with you for several hours.
2. No TV in the bedroom. It sends pulses of light to our pineal glands (third eye) that signal the brain to stay awake and alert and kills your sex life/intimacy.
3. No bills or stressful business in bed. The bedroom is for sleep and making love. Keep everything else out.
4. Keep the temperature cool and a window cracked for fresh air if you can (68-72 degrees is the average for most people that induces the best sleep).
5. No big meals three hours before bed (unless you suffer from insomnia wherein you want a small snack of fat/protein to stabilize your blood sugar before bedtime).
6. Write down what's on your mind so you can deal with it the next day.

It's a healthy practice is to know in the morning what you need to accomplish on any given day and make sure you do it before going to sleep. Don't take unfinished business to bed with you as it'll keep your mind unsettled throughout the night. If you consistently have unfinished items on your daily schedule every evening then it is time to examine your goals and better manage your expectations of yourself. Are you being unreasonable with what you expect of yourself or are you chatting with people at the Starbucks for too long and neglecting what you need to do? In any case, it is never time management but event management that is key. It is the number of events we commit ourselves to that crunches our time and get us stressed out.

Part of the process we're learning about here is the process of becoming honest with ourselves and bringing to conscious light all of the side deals. These deals are the unspoken agreements we have running in the background that cause us grief and stress. Essentially, either drop it or handle it. Whatever it is, stop dragging it around with you.

MINDSET

The way we see our bodies and the way we live our lives are a direct reflection of our internal state. The levels of stress we experience have a profound effect on our bodies and, although we have an entire chapter devoted to Taoist mental practices, I feel it's important to speak of this subject in relation to our bodies here.

In my clinical experience, most people in the West have compromised adrenal glands because of long-term stress. This is directly a result of lifestyle practices. For example, a person who has a hard time eating on time routinely calls upon their adrenal glands to secrete Cortisol as a blood sugar stabilizer. It helps pull stored sugar out of our reserves because the brain cannot go without food. As the primary organ in the body, the brain will sacrifice other systems to get what it needs. We go through a few years of this and the person has developed hormonal problems, insomnia, long-term exhaustion, anxiety, and low back pain. The extra Cortisol in their system told their bodies to store fat (which it does when it is in emergency mode) so they can't lose weight...no matter how hard they exercise. Then, the adrenals finally exhaust their reserves and the Cortisol just isn't being produced, so the body uses the next system in line to get sugar; epinephrine

and norepinephrine. They are jolted out of bed with a racing heart and they have a low-grade level of anxiety that doesn't seem to go away no matter how many trips to the Bahamas they take. Now they are in trouble.

This is why I am including this discussion in the physical body chapter because basic lifestyle habits that we take for granted can damage the body and put us far back on our heels. I have a number of students who come in with great intentions but we have to slow down their training because they have simply drained their Essence to such a degree that they need to spend a year or more restoring them before moving on to more advanced training. Of course, they feel great once they are restored but, I'm trying to save you that hassle.

We need to develop a mindset of reverence and good will towards our physical bodies. We must treat them like long-abused children who now, finally, need the extra attention and love they deserve. We need to listen to them and ask them what they need and then give it to them. This becomes a practice of honoring the needs of our physical vehicle and raising it to its rightful place as the very altar of our spiritual practice. Remember, balance is the key.

THE FIVE ELEMENTS AND MINDSET

Let's pull the grid from Part One of this book back to see the elemental correspondences in the body:

Element	Fire	Earth	Metal	Water	Wood
Yin Organ(s)	Heart, Pericardium	Spleen	Lungs	Kidneys	Liver
Yang Organ(s)	Small Intestine, Triple Burner	Stomach	Large Intestine	Bladder	Gallbladder
Emotions	Mania	Worry	Grief	Fear	Anger

Five Element Organs and Emotions

Each of these elements is not only associated with the internal organs listed above but also with the associated emotions. Mania, Worry, Grief, Fear, and Anger are manifestations of imbalanced energy in the Five Elements but they are simultaneously expressing as pathology in their corresponding organs. Heart palpitations, indigestion, shortness of breath, chronic exhaustion, and vertex headaches are also respectively brewing within those emotions and vice-versa. As Above, So Below... Everything is associated with everything else in Taoist thinking so physical lifestyle habits can influence mental patterns, while emotional disturbances can show up as physical ailments.

This obviously speaks volumes about the importance of caring for the body, inside and out. The good news is that the body has an amazing ability to self-regulate so good diet, balanced exercise, and adequate sleep go a long way in healing many illnesses. This includes problems with the internal organs. The point to take home here is that in order to wake up, we need to do so on all levels and it starts with the body. Cleaning up the temple is the necessary first step in the alchemical process.

