

Greetings,

Anger, grief, sadness, and anxiety are emotional states that most of us have experienced since September 11th. Our world has been shattered, and our lives will never be the same. News of anthrax exposures fill the airways, and warnings of more terrorist attacks are revealed to the populace. Experts, who contradict themselves, have become a dime a dozen, and I wonder where they were and what they were doing before September 11th. So, how do we cope?

Some people are pulling their families closer to them, some are seeking comfort in the churches, and some have changed their priorities to include a greater cause... survival of our civilization. The clash of cultures has never been greater or as obvious, and the weaknesses and naivety of our way of life have been exposed. The search for understanding the source of this enemy's hatred occupies the mental space of many people. Last month's newsletter explained this hatred, but fell short of supplying enough substance for overcoming this menace. So, I'll attempt to outline the steps that all of us can do to promote stability at all levels.

1. Get busy.

All of us are at war. Whether we like it or not, the very foundation of our country has been shaken by the Islamic radicals, who despise the ground that you walk on. So, prudence is the objective. Create a preparatory plan that would include food, water, clothing, first aid kit, battery-operated radio, lantern or flashlight (LED type if possible), and supplemental heat. Store enough food and water for at least one week. Use the formula of one gallon of water per person per day. Extra clothing and heat might be needed because we are approaching winter. Also, secure your home or domicile. Many neighborhoods in America have a neighborhood watch', which was started to reduce crime by promoting community involvement. If your neighborhood does not have such a program, then contact your local police department for information. Remember, you're not being paranoid... just prudent.

2. Embrace your emotions.

Feeling anxiety, fear, sadness, and anger are normal emotional responses to the tragedy of September 11. Also, the feeling of some impending disaster, which has not happened, can add to the anxiety. Some of my friends have described it, their anxiety, as waiting for the other shoe to drop. "What's next," is another anxiety driven question. Regardless of the emotions that you are feeling, it is real for you. If you have done emotional work, then use those techniques to sooth the emotional body. If you're lacking in technique, then I suggest the Taoist approach to healing the emotional body. As a Taoist, I know that the storage places of emotion are the organs of the body. The Taoist learned many thousands of years ago that our organs stored specific emotions and discovered that certain sounds resonated with those organs. Acquaint yourself with the location of the organs and practice the healing sounds for each associated organ (s). On my Web Site, healingself.com, you can follow the process for depression or sadness. For your information, I list the sounds in the following:

Lungs... seat of sadness and grieving.

the associated organ is the large intestine.

the positive emotions are courage, righteousness, and surrender.

the opening to the lungs is the nose.

the color of the lungs is white.

the healing sound for the lungs is 'SSSSSSSS'.

Kidneys... seat of fear.

the associated organ is the bladder.

the positive emotions are gentleness, calmness, and alertness.

the opening to the kidneys is the ears.
the color of the kidneys is dark blue.
the healing sound for the kidneys is 'WOOOOOOO'.

Liver... seat of anger.

the associated organ is the gall bladder.
the positive emotions are kindness and self-assuredness.
the opening to the liver is the eyes.
the color for the liver is green.
the healing sound for the liver is 'SHHHHHHH'.

Heart... seat of impatience, cruelty, and arrogance.

the associated organ is the small intestine.
the positive emotions are joy, honor, and creativity.
the opening to the heart is the tongue.
the color for the heart is red.
the healing sound for the heart is 'HAWWWWWW'.

Spleen... the seat of worry, sympathy, and pity (self-pity).

the associated organs are the stomach and pancreas.
the positive emotions are fairness and being centered.
the opening to the spleen is the mouth.
the color for the stomach, pancreas, and spleen is yellow.

...the healing sound is 'WHOOOOOO'.

Triple Warmer... the circulation of the three main areas or levels of energy in the body.

There are no emotions or color associated with the triple warmer. The healing sound balances the hot energy of the brain, heart, and lungs, the warm energy of the liver, kidneys, stomach, pancreas, and spleen, and the cool energy of the intestines, bladder, and sexual organs. Use the healing sound, 'HEEEEEEE', while on your back and use your breath with visualization to move the hot energy into the cool energy, and vice 'versa'. This technique is a great stress reliever and helps sleeping disorders.

Remember the healing sounds are sub-vocal, so you can do them anywhere.

You can practice saying them aloud, if you choose.

3. Meditate and Pray.

If you do not have a spiritual life, you must start now! Develop your meditative abilities by practicing. Go to the Web Site, if you need to get more information or get my book, "Secret Faith". I'm not trying to push my book on you, but I tell my story of developing meditative prowess. I saved 'prayer' for the final part of this newsletter because I know that it is the most important part. What I discovered about prayer is that it's the only thing that I can trust.

We, as humans, cannot trust the world that we live in. Just catch the news. We live in a world that's in turmoil... always has been. My salvation from this tainted world comes through a spiritual connection that I obtained by prayer. I can trust no human to guarantee me of my existence upon this planet for the next minute. No matter of your psychology, trust is a big issue. By dedicating yourself to becoming a prayer warrior, you will be able to trust. For many years, I have advocated the practice of praying the 91st Psalm for protection because it works. Read the Psalm for yourself. If you will surrender to those words in Psalm 91, you will learn about trust. If you think that I am a fanatic about this subject, then test it for yourself. Ask yourself this question while standing in front of a mirror, "Who do I trust?"

Peace Be With You

Garry

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