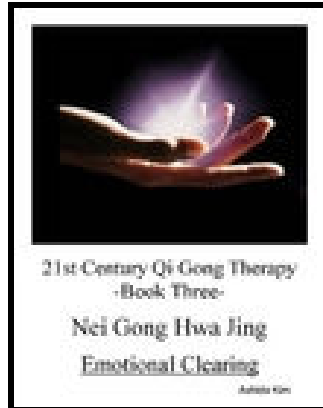


21<sup>st</sup> Century Qi Gong Therapy  
-Level Three-

**“Nei Gong Hwa Jing”  
Emotional Clearing**

***By Ashida Kim***



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Grandmaster – 10<sup>th</sup> Dan  
Shinja Buke Ryu Kenpo*

***Let's not forget that the little emotions are the great captains of our lives  
and we obey them without realizing it. ~Vincent Van Gogh, 1889***

In Level Three the study is one of great importance as it deals with emotions and how they relate to the organs. The student will find an overview of the concepts of the Yin/Yang and their elements and will be expanded on in Level Four of your training.

Covered in Level Three are the following:

- \* Lungs (Yin of the Air Elements)
- \* Large Intestine (Yang of the Air Elements)
- \* Stomach (Yang of the Earth Element)
- \* Spleen (Yin of the Earth Element)
- \* Heart (Yin of the Fire Elements)
- \* Small Intestine (Yang of the Fire Elements)
- \* Bladder (Yang of the Water Elements)
- \* Kidneys (Yin of the Water Elements)

- \* Pericardium (Yin of the Fire Elements)
- \* Triple Heater (Yang of the Fire Elements)
- \* Gall Bladder (Yang of the Wood Elements)
- \* Liver (Yin of the Wood Elements)

There is a very helpful chart that breaks down the “Emotions” to the “Organ” with its “Energetic Manifestations”.

Grandmaster Ashida Kim makes the following statement which I feel is entirely overlooked in most “traditional” therapeutic counseling modalities – ***“Throughout our lives, whenever we repress the flow of feelings connected to an event, we instantly freeze the energy of that event and it is locked within our cells and tissues.”***

The skill set instructed in this lesson - *“Erasing Defense Mechanisms Technique”* By Grandmaster Kim is truly amazing. It is thoroughly covered in a 15 step process and yields tremendous results. The goal? Being whole and complete in God and giving Him thanks for it!

Applying the Nei Gong Hwa Jing (clearing the emotions and stress) is covered in a 13 step process and is demonstrated by a few photos quite clearly.

Someone may be thinking to themselves..... *“This is all ridiculous. People pay hundreds if not thousands of dollars seeking professional psychological therapy to relieve their emotional pain”*. What I can tell you is this, people are being ripped off! There are other options and what you will find in this study may very well be the answer for you, a friend, a loved one, or someone who you come across who is in emotional pain.

A very intriguing study!