

Homework for Lecture 6 Water Element Kidney and Bladder

Continuing on from the Lecture 1 homework, write down the answers to these questions:

This week, ask yourself about the Water element, Kidney and Bladder:

1. Do I avoid fear or seek fear, belittle fear or create fear? Do I avoid opportunities to grow in my life skills and ability out of fear of failure or fear of loss? Do I take stupid or needless risks without concern for my future well-being? Do I seek danger to feel more alive?
2. Does this stop me from aligning fully with the virtues of wisdom, intuition, confidence, bravery, skill, concentration, inventiveness, power, self-assurance, confidence? Does this stop me from being present to every moment, living life to the fullest, and engaging fully with the world and feeling life?
3. Do the answers I have given from 1. or 2. impact on my life? What am I missing in life because of this?
4. Do the distortions of the Water element: being tight, miserly or conservative, or being reckless or driven show up in my life because I am indulging or suppressing the emotion of fear?
5. How can I learn to express and honor my fear appropriately, be present in a healthy way so that I can fulfill my destiny?
6. Can I identify any beliefs that keep this pattern going and add to the affirmation of keeping the distorted emotions in place? Look at the beliefs below and see if you have some that relate to this cycle. The list below is not exhaustive.

Beliefs:

- a) I'm out of control
- b) The world is dangerous
- c) The world is scary
- d) There isn't enough time
- e) I'm not strong enough
- f) I'm not safe
- g) I'm not secure in life
- h) I'm powerless
- i) I'm not powerful
- j) I can't trust in life
- k) I can't trust in God
- l) God has forsaken me
- m) I don't belong here
- n) The universe won't provide
- o) I'll die before my time
- p) I can't let anything get in my way
- q) I can't let anyone get in my way
- r) People are bad or evil

7. If you identify with any of the beliefs, by bringing them into your awareness they will start to shift. Be present to times this week that you feel fear; resistance to moving forward and approaching new challenges. Remember that the discomfort caused by our reactions to fear is an opportunity to tap into the divine gifts of your birth nature and develop wisdom. Our reactions are just an opportunity to work on a belief that prevents you from being present living life fully and from seeing strength, power, ability and wisdom in yourself. The image of water is that just as the river must keep flowing it is our nature to keep moving – but that we can choose an easier or more fruitful path if we access our reserves of experience and intuition. Any imbalance in this area shows us our disconnection from divine wisdom. Knowing this keeps us focused on the journey and seeing the rewards as well as the risks in life.

*The man of wisdom perceives calamity or good fortune
when it is still remote, and understands what is beneficial
or harmful when it is still early ...
Seeing a beginning he knows what its end will be. – Dong Chongshu*

*The highest good is like water,
Water is good at benefiting the then thousand things,
And yet does not contend with them.
It dwells in places the multitudes detest,
Therefore it is closest to the Tao. – Tao Te Ching*

Emotions, virtues and distortions flow chart for the Water element

