

# Energy (Ki) Meditations for Professional Self-Care



# Energy Meditations for Professional Self-Care:

Transpersonal and Transcendental Training (TTT)

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# Transpersonal and Transcendental Training (TTT)

- Each person without exception has a transpersonal and transcendental nature. These are objective human resources.
- These resources are inner peace, inner wisdom, life purpose and oneness.
- Inner peace, inner wisdom and life purpose exist *beyond the ordinary experience of the personality* (i.e., they are transpersonal).
- Oneness exists *beyond the ordinary experience of the body and mind* (i.e., it is transcendental).

# TTT Benefits

- Brings new experiences to patients in even the most dire circumstances and reduces suffering. “I feel so different.”
- Puts suffering in perspective, rather than dominant. “This is what I need.”
- New experiences of the self are surprising, inspiring and generate hope for both the professional and the patient. “How do I do this for myself?”
- The health professional becomes the teacher.
- Reconnects you with the spiritual reasons that motivate you to face human suffering as a healthcare professional.
- Learn to teach other professionals.

# The Transpersonal View

“...it is clear that the transpersonal view is not a philosophical plaything, but a perspective that is required by both widespread human experience and empirical findings, and which has the potential to revolutionize the dismal, modern view of our origins and destiny. This recognition is timely. As part of a larger consciousness, we have access to all possible wisdom and creativity, which we sorely need if we are to confront the many challenges we face as humans on a fragile planet.”

Larry Dossey MD (Introduction, in Schaub & Schaub, *Transpersonal Development*, 2013)





# TTT: Discovering the Transpersonal Self

- The three natural resources of the transpersonal self: inner peace, inner wisdom, life purpose
- Inner peace is the subtle energy of awareness itself. Awareness itself is naturally serene. It is experienced through awareness practices.
- Inner wisdom is innate inner guidance. It is always available beyond the conditioned chatter of the mind. It is experienced through cognitive and imagery practices.
- Life purpose is the evolutionary drive felt in each person. The satisfaction of this drive through a personal contribution to the world is always pushing at us. Clarity of life purpose is discovered through cognitive and imagery practices.

St. Francis of Assisi

What you are looking for is  
what is looking.



# Sensing Awareness Itself

- Turn your attention to listening...
- Become aware of your body in the chair...
- Become aware of your mood...
- Become aware of the sensations of your face...mouth...nostrils and breath...left eye...right eye...and now the space between your eyebrows...
- And now, in that space, begin to sense and feel the awareness itself...



***Guanyin of the Southern Sea*** Liao Dynasty (907-1125) China





There seems to be more to the universe than random, chaotic, purposeless movement of a collection of molecular particles.

On the return trip home, gazing through 240,000 miles of space toward the stars and the planet from which I had come, I suddenly experienced the universe as intelligent, loving and harmonious.

Edgar Mitchell, American astronaut and founder of the Institute of Noetic Science







Spiritual realization is the direct personal experience of the part of your nature which is identical to the great energy pervading the universe.

Roberto Assagioli MD, founder of  
the transpersonal psychology of psychosynthesis

# TTT: Discovering the Transcendental Self

The four degrees of the transcendental self  
(degrees of oneness):

1. Realizing Ki (energy) as the ground of being, as the basic element of life
2. Restoring/increasing Ki through standing meditation and sitting meditation practices
3. Letting go and entering fully into Ki/energy state. (This often reduces death anxiety problem).
4. Experiencing deeper states of oneness, knowing and bliss (Tao, heaven, satori, satchitananda).

“Human beings are energy.  
In energy state, we transform.  
In energy, we are one.  
And, in Tao, we flow.”

Ching-Tse Lee, Ph.D., founder of Kiology,  
the study of Ki and new human possibility.



# Awareness of Ki (Energy)

- Stand with legs apart at shoulder width, knees bent, arms down, palms facing each other, eyes closed (Tai Chi posture).
- Place awareness in the space between your palms.
- You may feel warmth, tingling, pulsing or other sensations.
- Simply be aware of Ki. You will get to know it better in time.



# Centering and Grounding

- Standing in Tai Chi posture, center and ground yourself, shift your body weight to the right leg, then make a turn all the way to the right.
- Shift the weight to the left leg, then make a turn all the way to the left.
- Repeat the sequence several times.
- Be aware of the center, weight shift and the energy flow in your hands.

# Sitting Meditation – Energy in DanTien

- After standing meditation, sit down in straight chair, feet on ground, back straight, head tilted slightly forward, one hand under navel, other hand resting on top of first hand.
- Guide awareness to the place where your hands are on your belly. Be aware of the temperature difference between your navel area and the hand that is resting on your belly.



# Entering into Energy Self

- Sit in meditation posture. Be aware of the temperature difference between hand and belly.
- When distracted, move awareness back to hand and belly temperature differences.
- When temperature differential disappears, you may experience the energy self. Ordinary sensory-cognitive activities cease to be present. Serenity becomes available. During this state, new insights or meta-cognition may appear.









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