

3RD DEPTH AND BEING THE ARTIST (PART 5!!!!!!)

Dear JIN SHINJI UTSONIONS!
Greetings
Professor Fluffhead here



Last winter we said a rushed goodbye while our friends, Bunny, Liz, Cobra, Jr. and Ma, were rising up in **protest**. They didn't **understand** how to hold some of the dichotomies between what they **see** in the manifest world and Mary's words from Kabbalah:

There is no death,
there is no destruction. **ALL IS TRANSFORMATION**



Tiger, escaped from his cage, found that quote to be inspirational.



Like yeah!
what a great excuse for leaping on me!



Cobra was **upset** cause she's never had a pair of shoes and others observed that there's a few ultra-critical projects in the world right now, affecting us all, that include a lot of destruction. I'm supposed to be The Guide but all I could **see** or feel was **CHAOS!**

...so...I followed my own expert advice and, since then, have kept on listening...studying...**wondering**...**dreaming**...**expanding**...questioning...observing... listening...

Fluffhead!
"Professor"
I became
that's how



As JSJ Artists, we will meet lots of variations of "be-ing human". Everyone is seeking life, liberty and happiness. When pulse, body, personality, lifestyle and/or relationships reflect **conflict**, I KNOW that 3rd Depth is talking. AND the Mediator Flow. Both are **source** of **Relationship, Action** and **Harmony**.

Born in the 3rd Depth (within the 3rd circulation of Supervisor's down-the-front & up-the-back & down-the-front), Mediator is the frequency within which **Trinity** Energy senses, desires and seeks itSELF. The Mediator Flow IS Trinity Energy flinging itself into **action**. **Activity** of Trinity Energy creates **Vibration, Relation, Color, Tone** and **E-motion** (energy-in-motion).

Mediator is the **bridge** between Universal and "individual". No wonder Mary tells us that most projects begin within the Mediator. Specifically: most projects, she says, are rooted in "attitude": e-motion that has halted the **Transformation** of **Source** from one Depth into the next and, instead, is building up energy within a single Depth.



Shouldn't I feel something?
&
Shouldn't I feel something?

knowing to be scared of Tiger is what keeps me alive!



Ma, I feel sad about Cobra. Can I give him my size 33 webbed Converse?



Mary also says that attitudes can be harmonizing!

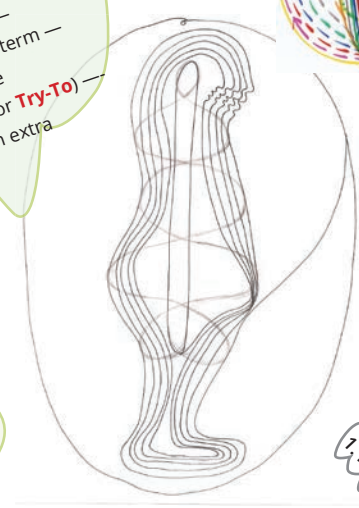
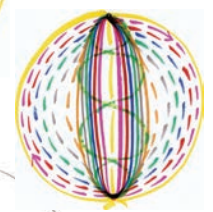
Jr, I adore you

Yeah! feeling mad about greed & injustice inspires my morning pushups!





As **Mediator** flows up, down, right, left, front, back it blends the 5 Depths of the **Supervisor** with one another and with the **6th** Depth, **Main Central**.
 One definition of **Balance** and **Harmony** is:
 However, to be alive is to be active, so **Balance** and **Harmony** aren't static!
 Attitudes can provide this extra energy: —
 momentarily or long term —
 the energy of e-motion holds —
 within one of the Depths, becoming an attitude
 (Worry, Fear, Anger, Sad or Try-To) —
 thereby giving that Depth extra fuel.



It's an approach to Life. It filters how I receive and what I give. Let's listen to **Anger**.
 That extra fuel (the attitude) can support or burden. Attitude is a form of awareness. It's a stance.

when I get angry I tremble & my heart goes pit-a-pat & then I faint



I hold it inside till my PMS time, when I toss my husband's (never my) tv out the nest, into the swamp



1. TANTRUM 2. sulk.

GALL BLADDER FUNCTION ENERGY

***Dear * Magical * Mystery * Tourists!! ***
 May I introduce you to

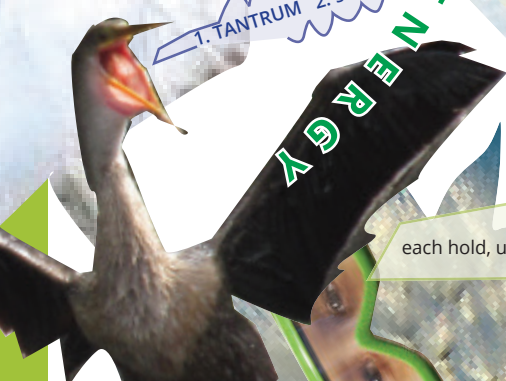


LIVER FUNCTION ENERGY

1. Pray 2. Feast
 I am THE BOSS. I growl. Then roar. Then maul.



I sneak up real quiet and strike!
 I tell everyone what I saw you do last night



Emotion and attitude are born within the Mediator, so it's the Organ Function Energy that express these colors of BEing.
 The 3rd Depth Organ Function, **Gall Bladder** and **Liver Function Energies**, each hold, use and express the energy of emotion in ways true to their "individualized" personalities, so their expressions of Anger — those that are life-supporting and those that are life-burdening — are uniquely spiced.





Gall Bladder Function Energy (Aquarius) focuses on blending the most **subtle beginnings, forces and sources** into **waves** of energy, sense, information, **communication** and tissue. Its receptivity makes it impressionable...so it's a key player in brain development,

language acquisition, and the human desire to interconnect.

3rd Depth provides two senses: **SIGHT** and **SPEECH**. My **Gall Bladder Function** feels unfulfilled when either of those capacities is blocked. That's why, when my tower of blocks tumbles, I melt into **fury**. I can **SEE** what I want to build, but my attempts to manifest that vision (to "say" it) are stymied by my 2-year-old's skills. I **SAY** my **frustration** with **flailing wings** and **missile-blocks**, until...I begin again, **learning**, with each failure, the motor and cognitive skills required to **"speak"** my KNOWing of those many pieces of **wood** BEing in **balanced connection**.



Now, attitude is an internal propensity - some of us are born more easily frustrated, others more tenacious - however, our innate personalities are also strengthened and/or thwarted by Lifestyle.

Gall Bladder Function is like a **sounding board**, a drum whose skin is of **ether**, the atmosphere's sensitivity to every batting of a butterfly's wing. It feeds manifestation with invisible energy and invisible energy directly feeds it. So it is immensely receptive of, and affected by, what's **not** being **said** or **seen**. When everyone's pretending there's no tiger in the middle of the room I **CAN NOT SEE** it!

Gall Bladder Function is impressionable. When what's being said doesn't match the silent dictates, when What's Here is denied, the of messages gets **confusing**. Visible and invisible, inner and outer, and Me, energy and exhaustion might disconnect &/or **overly** blend...often these both occur, back and forth, in waves. Sometimes my "I" loses my self-sense in the feelings of others, taking on other's beliefs and following other's orders. This is especially **onerous** when those beliefs or orders, volubly emotional in their delivery, are proffered as a norm...a reality... **The Reality**. When this is my environment, it can override my **Gall Bladder Function's** innate, **subtle** sense of self and **soul**.



out loud
chaos
You



When an Organ Function Energy is struggling to BE itself, attitude increases. Anger is an alarm: it alerts me that **Relationship** (3rd Depth) is **not harmonious**. Anger can be how awareness awakens to the fact that something needs to change. It is an out-going movement: it **spurs action**. Often it is anger that **empowers** a person or a people to escape repression or refuse abuse. Anger lets me know that I need to change my ways. Often it's how we begin to learn to make boundaries, to say "No".

Anger is a big energy!!! Its nature is to move, NOW!!! When, instead of being spoken and transformed into harmonizing action it's locked inside, or persists in the environment, it's destructive. Page 40 in Text 2 illustrates some of the possible results. **Gall Bladder Function**, unable to find how to BE its harmony, builds and builds and builds within itself until a sort of fission happens. Relationship is simultaneously **disjointed** and **over-amped** as all the other 11 aspects of 12 Organ Function Energy are **infiltrated** by **Gall Bladder Function**. Pressure, chaos... **BANG!!!!!!** This **explosion** most often happens internally, as the page depicts: **migraine, stroke, aneurism, immune projects, paralysis, seizures, mental-health projects** are some of the possible effects.

As well, it can **burst** out, in sudden **rages**. (Like when I lose my temper once a month ("PMS"). That's when Jr's baseball cards get tossed in the swamp!

If Anger has **festered** within **Gall Bladder Function** for a **long** time, inner and outer **voices** may have **merged** to a degree that Reality is replaced with delusions...**"temporary insanity"**, **"going postal"** and **violence** can result...but don't get scared! Long before these extreme projects, **Gall Bladder Function Energy** has been **yearning** to express its unique gifts into the world. Its talents and responsibilities are large: to **unite Tradition with Innovation**. Quiet, often held-in, voices let me know it's asking for awareness and nurturance: **frustration, timid, shy, spaced-out, lost, indecisive, disempowered, quivering, trembling, hidden, big sighs, gassy or bruised**...these smaller voices let me know that **Gall Bladder Function Energy** may require some extra understanding to support it in its **quest** of an ever-unique **Harmony**.



Unlocking the veil between body and spirit, **Liver Function Energy (Pices)** uses **KEY** (**Vibration, Chi, BLOOD Essence**), spun by 3rd Depth, to **fling open** the door of manifestation for my **soul**. **Liver Function** completes the "individualizing" Blueprint fabricated by 12 Organ Function Energy. Being 12th (12: Creator's Will), its gifts are the finishing touch to the Universe's plan for How To BE Human. When in **collaboration** with the previous 11 energies (11: Justice), this 12th provides the fulfillment of Human potential. While each Organ Function produces **seeds** for our physical, mental, emotional and spiritual development, **Liver Function Energy's** capacities are, in this critical era, **forcing** us to evolve spiritually.



Look at the **Pices** glyph: a fish—**sinuous, flexible strength**—leaping into the heavens and diving into the depths. My **Liver Function** **expands** me into our **collective** unconscious; it dissolves my rigidities with **dream, vision** and **imagination**. It offers me the ecstasy of "self" loss, of **merging** with the **Infinite**. Do you recall, in part 2 of this **Magical Mystery journey** into 3rd Depth, how we practiced **soft focus**? This exercise was an **invitation** to our **Liver Function Energy** to **unlock** its **expanded powers** of **Vision**.

Liver Function Energy is the **mystic**. And the aspiring shaman's first lesson is: Keep one **eye** on the way back. Look at the pathways the Toe Flows (**Liver, Kidney** and **Spleen**) make in the body. See their dynamic thrust up from Earth to Heaven to Center: from Experience (Lifestyle) to Spirit to Self. The Toe Flows depend upon one another for balance of these 3 directions. Each, left on their own, can lead to critical projects. Together, they keep us alive; in **harmonious partnership**, they produce wisdom of body, heart and mind.

Liver Function Energy is the **Believer**. Without its friends, **sceptical Kidney Function** and **analytical Spleen Function**, its feet might **float off forever**. **Exhaustion, Illusion, mania, drama**, even **nightmares** are **entrancing**, compared to boring practicalities like the body's needs, clocks, calendars, rules, Constitutions, geniality, consideration of another: mere thorns in the side of freedom. Balancing **Gall Bladder Function's** introversion, **Liver Function's** extroversion can make a Houdini **twist** of WE IS ONE into WE IS ME! "Freedom = No limitations = no limitations on ME!" insists the **grandeur** (or other experience or substance) - **addicted Liver Function**.

Out of touch and dis-**connected**, my **Liver Function** can become **bossy, a gossip, mean, bitter, hard-hearted, erratic, morbidly impulsive, fanatic, imperious, violent**. Because 3rd D. is our **source** of **Power** and **Force**, **Liver Function** exudes power and force and...**energy loves Energy**... this attracts those who are uncertain in their own **connection** to **SOURCE**. The unharnessed **Liver Function** is **charismatic** to those who feel "less than" or insecure - and it's a **leader** who's **expansive** in their willingness to take advantage of their followers. **Dogma, deceit, insults, bullying, demonizing others, corruption, spewing confusion, chaos** and fear, tearing down common sense and replacing our sense of communion with a community of Victimhood...these are the time-true means of **dictators** worldwide. And they will always, always, accuse those who stand up against them of the very crimes they are committing. **Confusion** is their henchman, **dynamiting** an individual's trust in his own **powers** of feeling, thought, **vision, dialogue** and choice.



The history of Mankind is the history of the disharmonized Mediator!

It seems that **tyrants** (or wanna-be's) come equipped with the feeling of being "dissed"...perhaps a lack of love or **understanding** at Age 0-15, the **1st** Depth time of life, burdened the **Integration** of self. If the Lifestyle doesn't support my unique BEing during these years, my own absence hungers

for me, until **1st** Depth finds its way to connect to **SOURCE**. **Worry, Insecurity** and **hunger** are entirely foreign to few of us...which may be a WHY **1st** Depth flows and the tool of **Touch** are so fundamental to our Art of Getting to KNOW (Help) MYSELF.

In her intros to Text 1 and 2 Mary writes of Jin Shin Jyutsu *being contaminated with personal desires and ambitions...Frequently selfishness is mistaken for selflessness*. How can I be certain that my personal desires aren't getting in the way of my Jin Shin Jyutsu artistry? Well, 1st off...they probably are! Only my **inflated** Liver Function Energy truly **believes** I'm God-zilla or the Messiah. I am simply a human (or lizard) being, BEing the best I can BE. 2nd: I can utilize the intelligences I'm endowed with to examine my **beliefs** and **Great** ideas. Let's take an example: say I believe I know why some people get sick while others don't. Plus, I believe this is useful "knowledge", that it will help me help others. Now is the time to pause so my Mind, Heart, Body and Spirit can observe and weigh my beliefs. With tools of science, common sense, enquiry and empathy, I set my beliefs alongside the facts of the reality I live in: what are its effects? Is it a way of having power over others? Is it born from reverence for the unique Beings I speak of? In its familiarity with invisible realms, **Liver Function** is prone to diagnosing Cause as a "spiritual" or esoteric disharmony. Did those being spoken of volunteer for this diagnosis? It's unlikely. Most is the impulse to make mass "spiritual" diagnoses: "The people getting sick have unfinished karma." (i.e. they deserve it.) Mass spiritual diagnosis is always false and harmful. Its practice underlies and supports the darkest culminations of Humanity: caste systems that lock peoples into lifelong poverty, injustice and persecution, enslavements, genocides. A final test of my great idea is: if it were to be true, what kind of world would it be a ground for? A world that a Creator, whose aesthetic powers and love are infinite, would create? When my **Liver Function Energy** accepts its responsibility for the **Feet** (the realities here, in the Manifest Body of Earth) that it rules, it feeds my intellect, excites my spirit and frees my Imaginative Intelligence.

Sometimes I just wanna be Boss



Energy of Regeneration (as above, so below). And, Energy of Regeneration births a new Energy of Regeneration (as below, so above). Think of a great voice who's inspired the movement of mountains... Martin Luther King comes to mind... **expansive vision**, imagination, **passion** and love... **sensitivity**, **wonder**, at home with **mystery** and a bit on the **wild** side... like MLK, we needn't wait to be "perfect" before we heed the call. When my love of the ALL is greater than my love of "me"; *There is no death, there is no destruction. ALL IS Transformation.* **Trinity Energy** provides my Organ Function lots of assistance for the work of **transforming**. Helpers for **3rd** and **14: Consideration**. **13: Imaginative Intelligence**. And: **Mediator!** **15: Joy.**



GENERATION

↑
 CHANGEABLE
 INHERITED
 WHAT IS
 REGENERATION
 ↓

Jin Shin Jyutsu
 ARTISTS! We are BEGINNING - ers! Reach out with awareness, hearts



SOAR! Let's
 ONY! Let's
 FOR HARMONY!
 minds & hands, for

Reach out with awareness, hearts

19

18

17