

Finding and Living Your Golden Path



What is the Golden Path?

- The **Golden Path** is a version of Daoist Alchemy where the ingredients of the **Elixir of Immortality** are behavioral metaphors for how to live in accordance with your true nature. Alchemy involves transforming a base substance like lead - in this case the human body - into refined gold – the evolved Spirit.
- The Greeks called it “Eudemonia” or finding the inner (good) demon. The outer body was considered clay that could be chipped away to find the hidden Golden Statue that represented the divine spirit.
- The **Golden Path** is much more than a job or career. It is often called a mission or a life purpose where the wisdom of experience is conveyed through the joy of creativity involving individual talents and abilities.



How Do You Manifest Your Golden Path?

- Return to Your Original Face – Jing
- Balance your Five Elements for Integrated Qi
- Purify, Forge and Amplify Your Shen/Spirit
- Start on a Spiritual Journey to connect your Three Treasures
- Become You to Manifest Your Destiny – Ming
- Go beyond the polarity of Yin and Yang to find Union within Yourself and in the Divinity of the Cosmos

The Origins of the Golden Path

The ancient pictogram for Tao is often translated as “The Way,” but the earliest translation is actually:

“A Face Running on a Path.”



This implies that the goal of Daoist Alchemy is to reclaim your “Original Face” or the talents, abilities and predispositions of your Jing and then utilize them in order to live a life of purpose and meaning.

To live your **Golden Path** is to become an Immortal, which means that you live long enough to complete your life’s work and is the key to rejuvenation and longevity.

The Five Element of Personality

Water, Wood, Fire, Earth and Metal

Everyone has all Five Elements with one element usually being slightly stronger and one or more somewhat deficient

On your Golden Path, one of the goals is to balance your Five Element makeup. Often, your chosen path involves enhancing your weakest element.

Living Your Golden Path involves becoming whole and encourages independence in your life's work and interdependence in your personal relationships.

The **Golden Path** is the River of your Life

It takes most of your life to find this river and you have to climb the mountain to get there and face your biggest fears. When you see the river, you must first “Stomp in the Swamp” and resolve your old issues. Once you finally get to the river, there is a one person kayak waiting for you with no paddles. This represents the value of your experience, the wisdom you have gained and the lightness of being that comes from letting go old traumas and reversing conditioned patterns.

What and who can you take with you on that River?

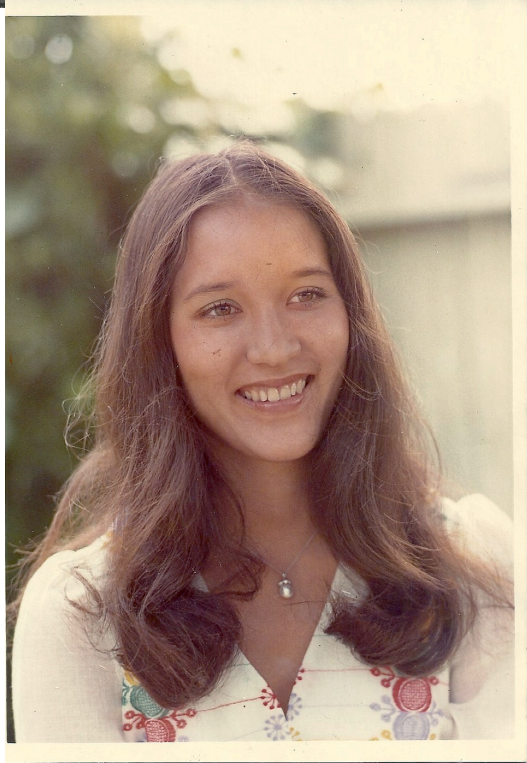
Anyone who is to go with you on your path has to have their own kayak. And the only thing you need to take is you. The **Golden Path** is a spiritual journey that you must take alone, but there will be others who will be on their own journey on the same river who can and will accompany you.

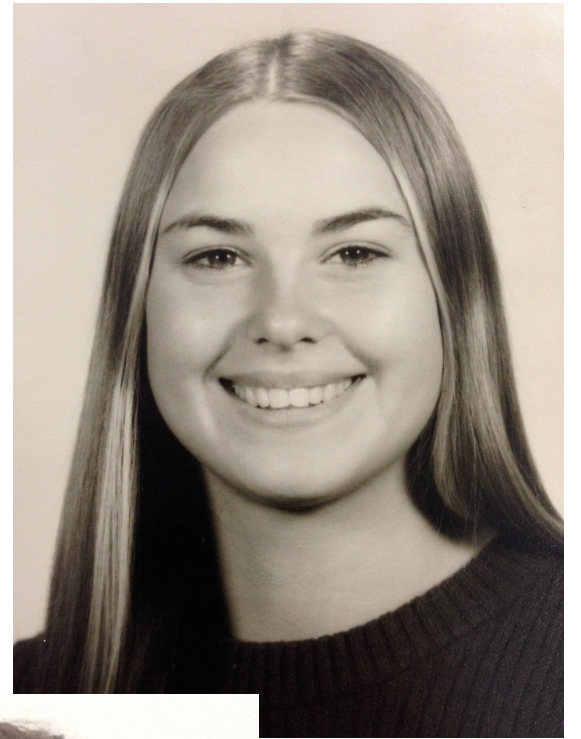
Jing - Potential

- Jing can be best described as the inherited constitution but also the inherited predispositions, talents and abilities called “The Original Face.”
- These talents and abilities must be used in life.
- Many actions and behaviors can harm or overuse Jing so Jing must be protected and managed over a lifetime.
- It may be possible to create Jing - implied in Taoist Spiritual Teachings.

Shen/Spirit

- Your Shen/Spirit is bigger than the body
- Your Shen/Spirit is the “Driver” for the functions of the mind and body
- Your Shen/Spirit must be accessed – you must incarnate fully
- Your Shen/Spirit fuels all Intuition – Mental, Emotional and Physical. Living by intuition is necessary while on your Golden Path
- Your Photos will show when your Shen/Spirit was present and when your Shen/Spirit left – you need to find out why.....

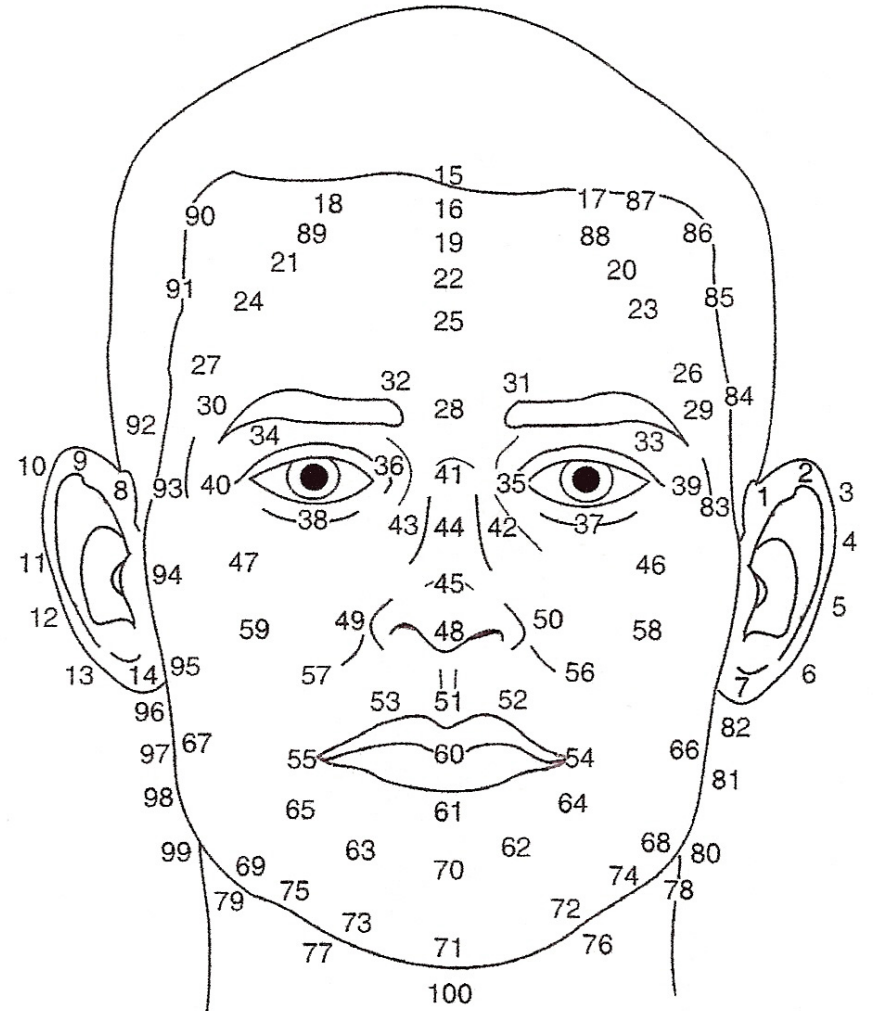
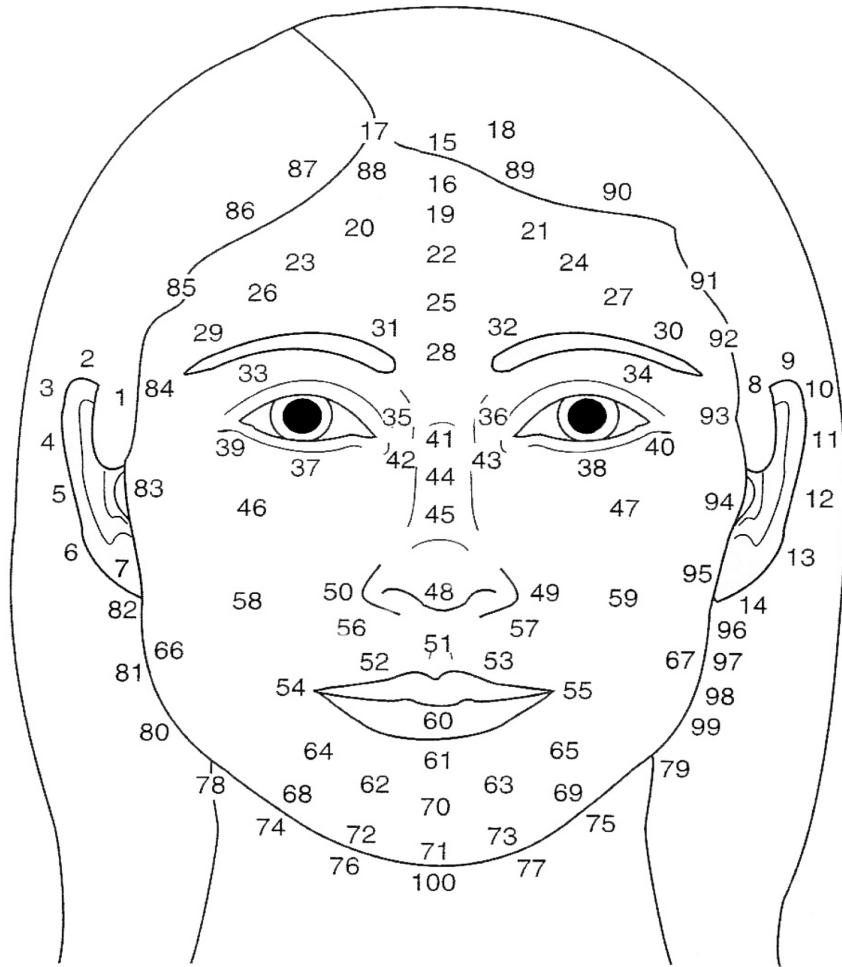




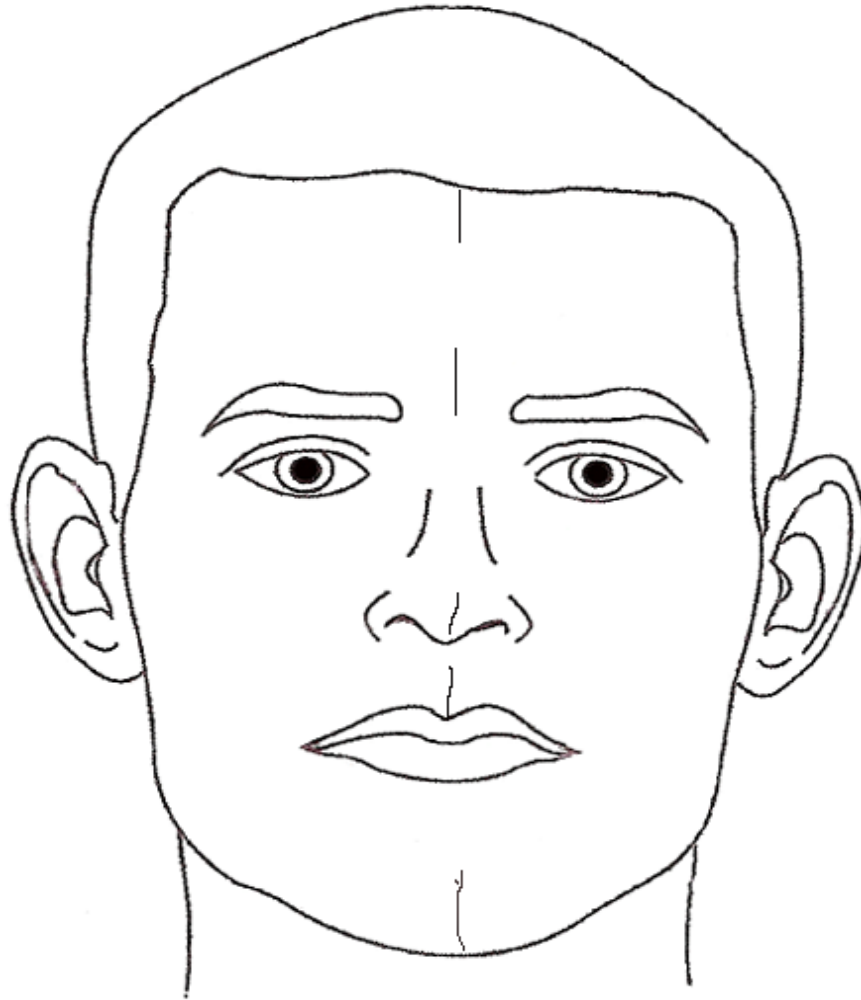
Tracking Life's Journey

- Your **Golden Path** is often directly related to the ability to reverse the most difficult and traumatic life experiences into wisdom. When trauma occurs, beliefs form. To protect oneself from future trauma, an issue is created. Avoiding issues leads to patterns. Patterns either become the underlay of disease or when reversed contribute to your Golden Path
- A **Golden Path** is a path of enlightenment. It is for those who seek consciousness and the experience of understanding your true nature. Once awakened, it is nearly impossible to revert back to unconsciousness or denial. And once on your path, life will have profound meaning.

Reversing Life's Traumas to access Trapped Jing and Free your Shen



Qi Blockages – Clues for Your Path



The Transcendent Emotions

- Wisdom calms Fear
- Human Kindness pacifies Anger
- Happiness slows and warms the Heart
- Learned Instinct moves you in the right direction
- Gratitude lightens Grief

These emotions need to be cultivated when you are on Your Golden Path....

Clues from Your Personality

- Sea of Yang – Talents and Karma
- Sea of Yin – Creative Potential and Timeline to Manifest
- Hairline – the Course of your Path
- Mother's Influence
- Father's Influence
- Size of Ears – Risk Taking Ability
- Size of Eyebrows – Physical Abilities
- Size of Nose – Ambition and Ideals
- Size of Cheekbones – Authority
- Size of Eyes – Emotional Capacity
- Mouth – Expressive Abilities
- Chin – Willfulness and Willingness
- Jaw – Beliefs, Ethics, Principles and Determination

Other Blockages to Seeing Your Path

- Blame, Resentment, Regret, Guilt and Shame keep the Third Eye Closed so you cannot see your future and cannot get on your Path – you must clear or reverse
- Fear of Change/Fear of Death
- Fear of Losing Love from those who are closest to you
- Fear of Failure/Fear of Success
- Lack of Self Confidence, Self Esteem/Ego Needs
- Impatience – the timetable is not yours to Decide – have faith in Divine Timing
- Manifesting – recognizing the difference between Fantasy, Imagination, Dreams, Possibilities and Probabilities

Reweaving the Tapestry of Your Life

Job History

- Looking through all of your past jobs, what do you find that these job had in common?
- What are the patterns?
- Did your work involve people or not?
- Did your work involve technology or not?
- Did your work involve independence or team work?
- Did your work involve creativity?
- Did your work involve service?
- What did you like most/dislike most?
- All your job choices good and bad give clues about your Golden Path
- Find the common threads and put them together – this gives you a new understanding of your Path

De – Virtuous Action

- “Your Code of Conduct”
- The Virtues You Live By
- To find your Code, ask yourself what you would die for, what you would fight for, what you would stand up for....
- It cannot be about other people, even when they are important
- You must live by your Code on your Golden Path

Integrating the Three Treasures

- Recognize the gifts from your ancestors – your talents and abilities
- Complete your own Elemental Makeup
- Reverse your most traumatic experiences
- Open your Third Eye
- Pull the threads of past work experiences and reweave them
- Observe your Shen – glowing light in eyes and skin and excitement in the body
- Go forward in the direction of your spirit's desire and watch for the signs and openings

Naming Your Path and Following Your Path

- Your Life's Work needs to be fun and rewarding.
- Doors should open and fortuitous meetings should occur, if they don't after you "announce your path," tweak your path
- When you reach obstacles, check to see if they are Styrofoam Boulders or real obstacles
- You need to watch for naysayers, fear-callers, worrywarts and dream-killers.
- Make Peace with your vehicle (your body) and care for it properly.
- Become aware of the Signs that you are on your Path and Bless ALL the Messengers....

The Process of Transmutation

- The Cauldron or Crucible is the human body where the alchemical transformation occurs.
- Transmutation is easier after Menopause and Andropause because the “Dragon has been Tamed” – moving past biological drives and worldly obligations that have been fulfilled.
- The Ingredients of the Elixir are metaphors for spiritual actions and processes – examples: Pearl and Pine



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