

## THE GREEN WAVE

### Exploring What Is Important To Us In Terms of Our Values and Ethics.

An important part of our development is getting clear about our values as they are the building blocks of our integrity and the foundation of our life. Going against our values or what has meaning for us, is harmful to us. We cannot stand for who we are in our work and relations. In this retreat we will be working the organs of the GALL BLADDER and LIVER.

#### GALL BLADDER (Lime Green)

Referred to as the starter motor in the body as it kick starts our energy into action, similar to how the ignition key starts the motor in a car. It is through the gall bladder that we develop freedom, freedom to love, freedom to the right of the pursuit of happiness when it interferes with no one else's happiness. Freedom comes with responsibility. The gypsies love to be free and in this world the lesson of freedom goes hand in hand with responsibility.

It is also like a bird taking flight and deals with something called HOPE and DESPAIR. It looks forward very much to the journey with great hope and expectations and this identification often ends in despair. Oh, it is not what it promised to be. Like a bird flying high in the sky, hope, hope, hope and then coming back down to earth again, despair, despair, despair.

This can cause manic depression for the gall bladder, an aggressive form of depression as it puts so much energy into making something happen and then it does not work out. It can also suffer from hatred of the mother influence and lack of support from the father.

The gall bladder circuit also has to deal with addictions, like drug addictions or emotional addictions and patterns like jealousy.

The gall bladder is teaching us how to master freedom and responsibility giving us independence the right to pursue happiness as our birthright.



## **LIVER (Dark Pine Green)**

The liver gives us our sense of security, stability and is like a tree in our bodies, deeply rooted into the earth. A strong one for Russia as the liver is connected to the adrenals which is the organ of Russia. I have also met quite a few Russians with liver problems due to this fact and must also be in the genetics of the Russian people.

Work is very important for the liver. Loving our work and being creative is fundamental to our sense of inner security. Work is an intrinsic part of living on earth and it makes sense therefore, that we are fulfilled in our work, through positive thinking, action and creativity. When this is in place meditation can happen as a natural flowering.

Referred to as the Mother organ in the body as it takes care of key functions, storing vitamins, dealing with toxicity from smoking and drinking etc. It sometimes has to work very hard when we are drinking for example. Anyone you know who does drink a lot tends to get a bit crazy and rough from having to deal with this situation. Then when they sober up, they can get quite shaky as their inner sense of security is undermined from an imbalanced liver.

The liver and gall bladder are close to each other in the body like the rhinoceros in the field with a little bird perching on its back. The liver has this thick skin and can regenerate itself in seven days.

Loss of contact with the Mother under the age of four has a profound effect on our liver, making it difficult for us to form lasting relationships with women. We tend to keep a superficial relationship caused by this fear from early childhood.

The charged up liver can also be quite brutal like the mafia in Italy as Italy is a liver country in vibration. In extreme conditions the liver can get suicidal and depressed. A different type of depression from the gall bladder as the quality of the liver is a slow vibration and deeply rooted like a tree, so the depression can go on and on endlessly.

## **LIVER FLUSH**

You may like to start a liver flush before the New Mind Retreat approximately 5 or more weeks before starting. Cleaning the liver of toxins is powerful before the groups starts and allows the energy work to go deeper.

Cleaning the liver gets rid of viruses, allergies and gallstones.

There is no need to have your gall bladder operated if you have gall stones. You just need to clean the liver. If gall stones have developed, before doing the liver flush, drink as much apple juice as you can for 10 or more days to break down the gall stones.

## **LIVER FLUSH**

On waking and before eating or drinking, prepare in the blender:

Knob of ginger, size of thumb nail  
2 or more cloves of garlic  
quarter of a lemon, with rind peeled, leaving on the white pith  
2 or more tablespoons of olive oil  
cup of apple juice  
Blend and drink one hour before eating

This should be continued for 5 weeks or more and garlic and olive oil can be increased somewhat.