

Shen Oasis



Johnny Depp's Taoist Psychology Sample Extract

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Shen Oasis



Written and prepared for

Johnny Depp



by **Alexandra Claire**

The intention of this book is to bring to your attention aspects of yourself that may not be apparent and to open your heart and mind to learn about yourself and why you are you. By becoming more aware of Self and our surroundings i.e. the immediate people around us and the impact of our interaction with them, we can start to meet the real or true self and abandon that which we hang onto.

If you do not understand some or all of the contents, please contact us at info@shenoasis.com



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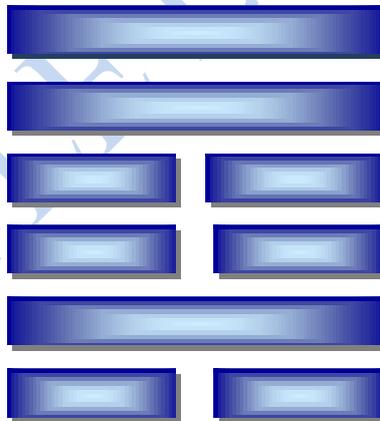
JOHNNY DEPP

SHEN STARS: 1:4:2

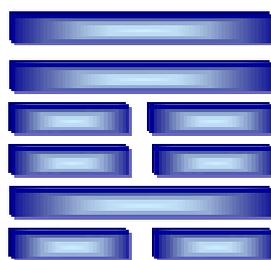
DATE OF BIRTH: 9 June 1963

STAR SIGN: Gemini

Hexagram 59



Hexagram 59



Dispersion

Commentary:-

*"Dispersion, Success." The firm comes and does not exhaust itself.
The yielding receives a place without, and the one above is in harmony with it.
"The king approaches his temple," The king is in the middle.
"It furthers one to cross the great water." To rely on wood is productive of merit.*

The Judgement:

*Dispersion. Success.
The king approaches his temple.
It furthers one to cross the great water.
Perseverance furthers.*

Hexagrams can be seen as one's lesson in life.

So what is the lesson?

At this moment, I am turning to the Tao Oracle by Ma Deva Padma

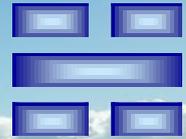
Dispersion – working towards wholeness through scattering or dislodging obstacles that have been hindering unity. This is about communication with Self and others (family, friends, colleagues). When we compartmentalise, we deny our own feelings and thoughts, this creates withdrawal and alienation. The dispersing is reuniting us with spirit, reawakening our capacity to experience wonder and igniting our desire to express the inexpressible.

Only by crossing the great water – facing our fears does the king reside majestically in his temple; the king being the heart. The heart energy opens into the tongue and gives us our ability to speak. If our heart chakra is not open and receptive (Two energy) then fear and illusion sets in. When our heart is open and we speak from the heart, clarity ensues, the third eye opens and our will is directed with intent.

Returning to openness and trust (Two energy) means being strong to withdraw from anything that perpetuates the status quo.



THE ONE ENERGY



Element: Water

Known as: Water

Johnny 1:4:2

The One energy is all about me, myself and I. My identity, my reputation, who I am. This water energy is associated with flowing water, like a river and that is exactly what is required – to flow, to go with the flow of life, listen to Spirit, watch the signs and act appropriately.

The main emotions for the Water energy are fear – the stay and fight or get up and flight syndrome.

The Water energy is about self respect, how we see ourselves and 'are we worth it?' Therefore, how you treat you, is how others will treat you. This is applicable to all of us not just the Water energy but the water energy needs to have a solid, strong foundation for it to remain healthy throughout life that means nourishment of self and the acknowledgement of the seed of God within.

It pertains to the kidneys, which under the principles of Chinese Medicine are the foundation to everything in the body. You would not construct a building on unstable ground with weak structures to hold it up and it is the same with the body. Knowing how strong your kidneys are is determined by your self-respect and your ability to bounce back easily from life's lessons. Not letting life and interaction with others affect us is easier said than done as we are only human and dealing with life's stresses can be challenging at times. However, emotional detachment is what is required, only then can we see what the lesson is, again this is sometimes easier said than done.

Another aspect of the Water energy is it likes to go adventuring...



Johnny 1:4:2

The Four energy pertains to the liver – the organ in the body that makes the decisions and the gall bladder actions on them. The emotion associated with the Four energy and the liver is anger. Anger is nothing but fear in motion.

The liver is also known as The General leading his army. There are two types of leaders, those that lead their men to a common goal where everyone is happy to achieve the goal and then there is the leader who leads through fear and control – “I just want to control you, please let me control you. I will know what I am doing if I can just control you”.

To quote the book “Real Power – Business Lessons from the Tao Te Ching” by James A Autry and Stephen Mitchell:

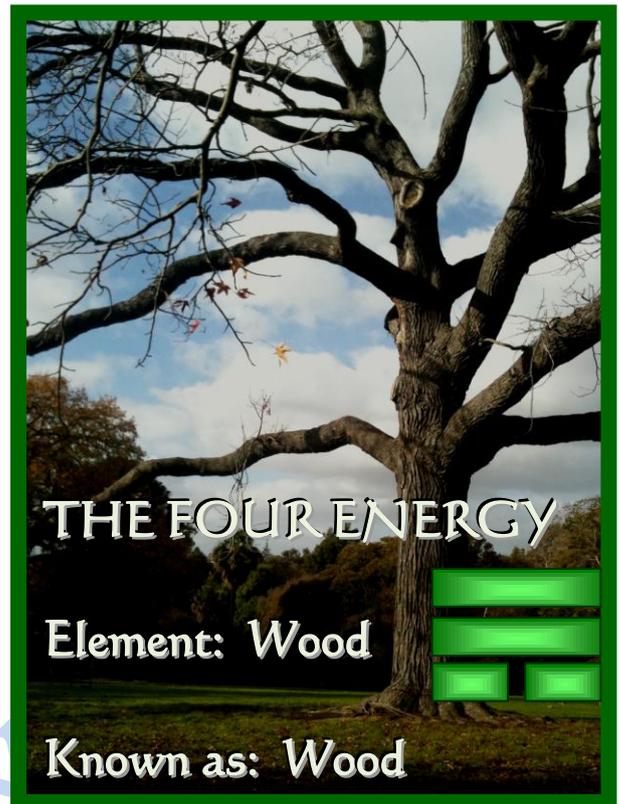
*“All streams flow to the sea
because it is lower than they are.
Humility gives it power.*

*If you want to govern the people,
You must place yourself below them.
If you want to lead the people,
You must learn how to follow them...”* Tao Te Ching

You cannot lead people unless they are willing to follow you. To do that, you must inspire them to trust you with their very well-being and in business, the well-being of your employees is in your care during most of their waking hours.

People will trust you if you can bring out their own sense of worth and creativity and the only way to do this is to really know them and their abilities.

It takes courage to be a leader and one quality that will outshine all the others is humility. Let go of the ego's need of authority and control in favour of humility and service...



Johnny 1:4:2

How can I best relate to you? The Two energy is all about how we relate and communicate with each other.

The Two energy is ruled by receptivity. False reception is dependency. True reception is being submissive to God's / Spirit's Law.

It is all about relating with each other and forming a solid relationship – a solid relationship consists of two people who are happy to share their space with each other and come together in communion – com = with + union.

Under the principles of Chinese Medicine, the Two energy pertains to the pericardium. The pericardium is the sack that surrounds the heart. The heart is known as the King and the pericardium is known as the Official who looks after the King.

To use an analogy, the pericardium is like the secretary that sits outside the boss' door; it vetoes who is allowed to visit the boss and who is not. If the boss has closed his doors (heart shut down) and is not open to seeing anyone, then the pericardium will not allow anyone in or the door will only be open to some and not others. The heart gives and the pericardium receives. A lot of people block off their receiving energy and put up a wall to avoid being hurt. When this happens they can appear cold and uncommunicative. This can lead to bottling things up as they are not expressing themselves in a manner that feels safe to them. Then there are people who are so open, they wear their heart on their sleeve.

When the pericardium is operating fully then we are able to accept everyone and everything. This means allowing others to have their own opinions without being prejudiced. Thus it allows the mind to open and experience life as it unfolds without any preconceptions. It allows relating to be open so that both parties can feel free to express themselves how they like, then the 'mask' is dropped revealing the true self.

The Two energy is about acceptance and this means acceptance of self. This can translate as not feeling as though they are being accepted by others for who they are – another reason to shut the heart down...



Interrelating the Shen Stars

All aspects of the Shen Stars impact on each other. To give you an example, the One at the front has a strong connection with God and knows all the answers it seeks. The One energy will seek outside of itself and the Two energy will scream for acceptance from others, both neither serving each other or themselves. Thus the Four energy will think that by getting acceptance from others it is doing God's Will and connecting to the great Source. This is total delusion.

The Four in the middle says 'I am rebelling to authority and will make up my own mind', this rebelliousness brings out a stubborn attitude...

The antidote for rebelliousness is creativity. The mind needs to be challenged on a constant basis like Sherlock Holmes looking for clues to solve the crime. 'Don't ask me anything I already know; ask me something I don't know'. Then the adventure starts – the One energy loves adventuring, the Four energy that connects with the liver will make decisions and the Three energy that connects with the gall bladder will action on them. Then the Two energy will deliver its findings / knowledge to the group – family, friends, colleagues or in other words the clan. This is how it reaches out to belong to others.

'I need to feel safe and accepted for who I am for
this is a fundamental expression of myself.'

Please note, this document is a sample extract only. Not all information is revealed.



Conclusion

I would like to leave you with a poem by John Keats, which I have slightly modified....

AS IT IS

"It's all about you as you moved on Earth,
Your light foot hours, your letters, thoughts and friends,
Your love, your torment and your wide-winged flight....."

There you abide; and on this transient Earth
A sweeter fragrance breaks from flowers,
More richly copses sound, on hearts,
Are quickened with the living warmth of you,
A heritage endeared. To us, to all,
And to the powers of Immortality,
Loved Being of Beauty, Spirit, you belong."

And the words of my teacher...

"You are at your best right now"

However, my question to you is, do you want to be better? Have better health, better understanding, be more aware, listen to Self first and take advice from others second? Do you want to let go of that which you hang onto and implement that which is beneficial to creating a better you, a you where potential is awakened and has no boundaries?

Yes! You say but don't know where to go? We at Shen Oasis recommend Theta Healing as a simple and effective tool to letting go and discarding those incidences, memories, trauma, shock and 'patterning' - all that serves no purpose to your Higher good. Theta Healing has the tools to download energies that do serve us and to let go of that which does not.

If you feel you would like to take the next step and start to clear out the 'baggage cupboard', please go to www.shenoasis.com to order your meditational journey CD with theta healing implemented or to book a Theta Healing Skype session.

Johnny, I'd like to thank you for the pleasure of presenting you with your own Shen Oasis Chinese Medicine book.

Alexandra Claire

