



## Chapter 2: The Jade Stone

Trapped in a vicious circle of delusions, one day the Ego sees that everything is vanity and makes a firm decision to laugh at it. To show others that it can handle temptations and challenges better than them. (p. 86) Thus the Ego sets out in search of the "Jade Stone" - **the key to the Wisdom** that will bring him **the brilliant victory over vanity**. The Ego takes with itself the "vigilance" that makes him sure that no one achieves his goal before him. Gradually, this anxiety and worry overwhelmed him more and more. He begins to spend sleepless nights looking for a unique solution so that the next day he can "shine" with his zeal or someone else's thought, discovered while surfing the Internet, secretly eating something sweet. "His high intellect" does not allow him to realize that he has fallen into **the "trap of temptation"**. While feeding the hungry brain with glucose that activates serotonin - the "hormone of satiety and happiness", "Sources of Life" rages with high acidity, high cortisol, bile stasis and lack of calcium and phosphorus - so important for vital energy and bone system. (p.21,27,33,40,90,171,173)

The hard-heartedness with which we decided to "shine with knowledge and wisdom before others" weakens our intuition and gradually begins to stiffen joints and tendons, and deplete the vital substances in blood. This makes us more and more immobile and insecure, and pushes us towards the unbridled **pursuit of possession**. It is as if possessions **will give us the support to regain our security in Life** and to prove ourselves to others. (p.41,182,189)

The steadfastness and pride of our striving, combined with the restlessness and anxiety of not losing our gains, infuriate our "Lord of the Air" (p. 135, 137) and our "Guardian of the Lower and Upper Kingdoms." (p. 139,143) Their indignation began to change dramatically the colors of the waters in our "Springs of Life": from "yellow to green", from "black to white". (p.48,57-58,93,99,102,112,148,191)

One day, our fear and frustration reveal that our blood has become anemic, and the long-sought "jade stone" is not anywhere but in our body. (p.20,63,77,92,111,114) Thus, some of us find that these sourness, fear and stinginess, covered behind the apparent generosity, have confronted them with the chronic autoimmune manifestations of psoriasis, arthritis, gout. (p.49,52,79,85,128,190)

It turns out that instead of being able to get out and overcome the metabolic syndrome and emotional cyclicity with rational decisions, we have managed in the most rational way to appoint them as general managers of our daily lives. *Because health is built while we are healthy, and disease gets a unique chance to heal us while we are sick.* Therefore, working with semi-precious minerals such as jade and jadeite could help us in such a situation. (p.41,93,100,107,113,119,120,134,138,157,171)