

Astrological and Feng Shui Tools for 2018

Published by Mr. Scott Rauvers of the Institute for Solar Studies on Behavior and Human Health

View the first 50 pages of the almanac free at

www.ez3dbiz.com/almanac.html

Other Almanacs are for gardens, this almanac nourishes soul!

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Scott Rauvers,

Author of the Feng Shui Planetary Prosperity Almanac

Thank you to all our 2017 fans for making the 2017 Tao Almanac an astounding success!

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Welcome to the 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

Included in this all new 2018 Tao Almanac are new Tao Charts, a more detailed Ephemeris, first and last guarter moon dates (including new, full, apogee and perigee moons), new unique articles, a more mainstreamed easier to read 2018 moon void of course calendar and larger easier to read Electional Astrology dates. We also go into greater detail about each element showing personality, body features, strengths, weaknesses, lifestyle recommendations and recommended foods for each element type. Our greatest contribution to this edition is the new seasonal LST Time Calendar, which dramatically improves remote viewing. We continue to adhere to our policy of knowing which foods to eat during each season according to each person's unique element to maximize their health, vitality and well-being. Know the real reason behind the 2017 rash of hurricanes - find out how to enhance your remote viewing of the markets, find which goods heal according to your tao element and season, use natural eve exercises to improve your vision, experience our new Tao charts and much more! We would also like to offer a special thanks to our 2017 readers who helped make last year's Tao Almanac such success!. а

If you are a first time reader Welcome!. This easy to use almanac has purposely been written for people of all age brackets, sexes, professionals and nonprofessionals alike and for people from all walks of life seeking a simple easy to use planetary organizer. Compiled by Scott Rauvers, the Founder of the Solar Institute and author of 3 personal success achievement books, this simple and unique almanac gives you the 21st century tools necessary for achieving personal and business success

in

the millennium. new This edition includes daylight savings hours and the major U.S. public holidays. The included day planner gives you enough space to write in information for meetings, activities and other vital information. Included is a complete Moon Void of Course Calendar including dates the constellation is in each house, Planetary transits for 2018 and a complete 2018 Moon and Planetary Ephemeris Calendar showing the aspects for each day of the year are also included.

The section on Electional Astrology helps you put important events into motion using the aspects of the moon and aspectarian. Also included are the dates of new and full moons and the dates of super moons for the next 3 years. No longer does the reader need to go on frustrating searches for this important information.

This unique almanac includes which foods create maximum health according to the season and as each new season begins, a series of recommended exercises based on the Tao can be performed that enhance the immune system, restore energy and detox the body to physical maintain excellent health.

The information in the included ephemeris sets higher standards for simplicity and accuracy for contemporary Taoist and Chinese 12 Earthly Branches astrology. Updated with the very latest data, it includes the longitude dates of the Sun aligned with the major asteroids of Juno, Ceres, Europa, Pallas, Eros and Vesta. For remote viewers, the time of 13:30 LST is included at the start of every month for convenient planning of your remote viewing sessions. As an added feature for our readers, are new articles showcasing the latest creative ideas and rare information that will supercharge your goal setting and objectives all through 2018.

The beginning pages show how to find your element and animal sign and how to use these signs to

choose foods that will enhance health and vitality according to the season. It also shows you how to match your element to each season and the recommended anti-aging foods and herbs for those seeking a lifestyle of longevity.

Timing is vital to any important undertaking or major venture

Avoid frustrating failures and delays by knowing the very best time to undertake or fulfill your vital venture. To benefit fully from this information, you do not need to know your horoscope, simply plan your activity based on the favorable dates listed and take action on the recommended day. Know the best time to plan, weddings, make a talisman, travel or perform self-healing based on the included Tao charts. Know your peak cycles of 'CHI' to supercharge your QI Gong practice and maximize feelings revitalization. of Years of computerized astrological data and ancient Taoist wisdom have all conveniently been capsulated into this rare one-of-a-kind edition which is now available in nook, kindle and hardcover editions.

Once again, we welcome our loyal readers to the 2018 edition and all of us here at EZ3DBIZ publications wish you a happy and prosperous 2018!

An Introduction to the Elements

Traditional Eastern Medicine states humans are a microcosm of our universe. Through thousands of years of careful observation of the interactions occurring in Nature, the Five Phases of Transformation theory was born (*also referred to as the Five Elements*). This knowledge has been applied to the human body for healing, treatment, diagnosis and prevention of illness. It also is used in the Tao to find the best dates to plan important ventures.

Early references to the early birth of the Five Phases can be found in the classic Chinese text **Inner Canon of the Yellow Emperor** dated between the first and forth centuries BC. The five phases spread from here and became applied in practices such as feng shui, astrology, shiatsu, acupuncture, chi gong and healing and prevention of illness through diet.

Each of the 5 phases consists of a major and secondary organ, which then governs its associated emotion. Each phase is also assigned its own hour. For example, the phase of wood is associated with sunrise and an upwards flow of life force. Also, each of the phases is assigned its own particular taste. By changing diet, we change how our food tastes, which affects our nerves, which then re-directs the flow of the life force.

One of the most easily recognizable ways that the flow of QI (life force) is impacted is by experiencing the seasons. Therefore, seasons are an excellent starting point to understand this flow more clearly. Below is an example of how the seasons can weaken certain organs.



- Summer Heat Weakens the Heart
- Spring Winds Weaken the Liver
- Winter Cold Dryness weakens the Kidneys
- Fall Humid Weather weakens the Spleen
- Late Spring Cold Dry Weather weakens the Lungs
- Excessive effects on the body during winter will manifest themselves during spring time
- Excessive effects on the body during late spring winds manifest themselves as a low appetite in summer
- Excessive effects on the body in summer manifest as a fever during fall
- Excessive effects of humidity in fall manifest themselves as a persistent cough during winter

Just as each planet has a peak of energy according to the season and hour, there also exist character and personality traits that are unique to each individual when born during a particular month. The year of a person's birth gives their animal and element sign. This governs their personality, attributes and character.

Use the information conveniently displayed in this almanac at the beginning of each month to pursue a career, examine your inner weaknesses and strengths, perform selfhealing or plan important projects. A little-known secret in timing is to plan your most important or challenging projects just after your birthday (which also matches your animal sign as will he shown in this almanac). Each person's unique sign has personality traits that manifest themselves strongly according to certain seasons. There also exist organs of the body, which are energetically more active, then usual according to certain times and seasons. We can also use the 5 phases of the Tao to know when an excess of a particular emotion damages which body part and how to restore balance.

- Excessive anger damages the liver, but is balanced by grief.
- Excessive joy injuries the heart, and is balanced by fear.
- Excess sympathy injures the stomach, and is balanced by anger.
- Excess grief damages the lungs, and is balanced by anger.
- Extreme fear damages the kidneys, but is balanced with sympathy.
- Extreme moaning injures the kidneys, and is balanced by joy.
- Prolonged standing in the same location harms the kidneys and bladder and is balanced by walking.
- > Excessive cold injures the kidneys and bladder, and is

balanced by warm liquids.

- Fear and depression are the result of weak kidneys and bladder.
- > Fear and depression are balanced by laughter.

We can also use the 5 phases to bring balance to excess emotions.

- > Excess Freedom can be balanced by more Responsibility
- Excess Love can be balanced by more Wisdom
- > Excess Meekness can be balanced by more Self Value
- > Excess Caution can be balanced by more Courage
- Excess Patience can be balanced by more Aggressiveness
- Excess Tenderness can be balanced by more Stability
- Excess Joy can be balanced by more Moderation/Fear
- > Excess Faith can be balanced by more Understanding
- Excess Gentleness can be balanced by more Strength
- Excess Intuition can be balanced by more Logical Reasoning
- Excess Generosity can be balanced by more Economy
- Excess Repose can be balanced by more Energy
- > Excess Zeal can be balanced by more Reflection
- > Excess Ambition can be balanced by more Unselfishness
- > Excess Charity can be balanced by more Justice
- Excess Candor can be balanced by more Tactfulness
- > Excess Aspiration can be balanced by more Judgment
- Excess Benevolence can be balanced by more Discrimination
- Excess Liberty can be balanced by more Lawful Obedience

HABIT

OPPOSITES

Adequate Sunshine - Sunburn, No Sunshine Adhering to Goals - Fear, Doubt, Self-Pity Cheerful - Gloomy Compassion - Self Righteousness Confidence - Discouragement Constipation-CleansingtheIntestines-Deep Breathing - Insufficient Breaths Exercise - Excessive or no Exercise Fasting - Toxemia Forgiveness/Compassion - Hate Freedom - Tension Honesty - Conclusion Mediation and prayer - Restlessness and Nervousness Moderation in lifestyle - Prescription drugs and Excessive Alcohol Reading and Close Work - Excessive Close work and incorrect reading Thankfulness-FaultFinding

Before we begin you need to know your animal sign and metalelement.Let'sexplorethisnext.

How do I Find My Element?

The first step is to match your year of birth with one of the animals listed on the following page.

Step 1

YOUR CHINESE ANIMAL ZODIAC SIGN

- Rat: 2008, 1996, 1984, 1972, 1960, 1948, 1936
- Ox: 2009, 1997, 1985, 1973, 1961, 1949, 1937
- Tiger: 2010, 1998, 1986, 1974, 1962, 1950, 1938
- Rabbit: 2011, 1999, 1987, 1975, 1963, 1951, 1939
- Dragon: 2012, 2000, 1988, 1976, 1964, 1952, 1940
- Snake: 2013, 2001, 1989, 1977, 1965, 1953, 1941
- Horse: 2014, 2002, 1990, 1978, 1966, 1954, 1942
- Goat: 2015, 2003, 1991, 1979, 1967, 1955, 1943, 1931
- Monkey: 2015, 2004, 1992, 1980, 1968, 1956, 1944, 1932
- Rooster: 2017, 2005, 1993, 1981, 1969, 1957, 1945, 1933
- Dog: 2018, 2006, 1994, 1982, 1970, 1958, 1946, 1934
- Pig: 2019, 2007, 1995, 1983, 1971, 1959, 1947, 1935

Step 2

Next, match animal with element.

- Wood: Tiger, Rabbit
- Fire: Snake, Horse
- Earth: Ox, Dragon, Goat, Dog
- Metal: Monkey, Rooster
- Water: Pig, Rat

Step 3

- 0 or 1, you are a metal element.
- 2 or 3, you are a water element.
- 4 or 5, you are a wood element.
- 6 or 7, you are a fire element.
- 8 or 9, you are an earth element.

And finally match the last number in your birth year to determine your element. When using your metal element in this almanac we will use the

Cow / Ox (Ying -Fixed Element Water) Ox years include 1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997. The Ox month is from Jan 6th to Feb 3th, and the hours are from 1am to 3am. If you were born during any of the years listed as the Ox, then that month matches your character and personality and will determine your fortune for that month.

You can also use Step 1 to determine your Animal Zodiac Sign and explore your character, traits and strengths and explore any relevant weakness you may have then use that information to strengthen any weak areas you feel you need strengthening. You can also use it for planning important projects.

Now that you have found your element and animal sign you simply match it to each month shown in this almanac. You can use your element to locate the appropriate diet and lifestyle by using the charts shown later in this book. You can also use your element to find your lucky numbers, colors, hour and day of week.

How to find your QI peak phase. If you have been practicing QI Gong or similar exercises for many years you will no doubt have discovered that the revitalization energy has certain peaks or times the energy is stronger. To use the chart below to find your seasonal yearly peak let's use the example of the metal element. The chart below shows that QI energy peaks during fall. If you were a metal element, then during sunset at fall would be your peak.

Element – Season

WATER – WNTER METAL – FALL EARTH – SUMMER WOOD - SPRING

The Tao divides life into five elements: metal, water, fire, earth and wood. Each one of the elements has its own season that contains recommended foods and attributes. The Tao teaches us that as each person is born they take on the attributes according to that season. This strongly establishes their core personality, health risks, emotional state and their strengths and weakness. In this section we shall examine each element's strengths and weaknesses. Listed on the following pages are the following attributes according to each element - Color, Hours, Energy, Hours, Body Features, Personality, Strengths, Weaknesses, Lifestyle Recommendations and recommended foods.

Fire

Active from June 21 to mid-August

heart problems, quick thinkers

Plant life is full of vital life force. Color is **red** and the flavor is **bitter**. Energy during this time is connected to the heart and the small intestine. Hours of the day when the Heart is most active during this time is between 11 a.m. and 1 p.m.. The hours the small intestine is most active is between 1 and 3 p.m.

Body Features

Triangular face which narrows at the chin, along with prominent features and a reddish complexion.

Personality

These people are usually emotional, strong and energetic Their body is strong and they have active circulation. During this time life is most expansive and exhibits its full manifestation. Passionate, sensitive, excitable and impatient. Sociable and articulate.

Strengths

Quick study, an eye for details, ambitious and persistent **Weaknesses**

Easily frustrated does not adapt to change quickly. May have a hard time getting along with others because some may have strong egos, allowing them to become isolated. Susceptible to cardiovascular and circulatory problems such as heart disease and hypertension. Also may be vulnerable to varicose and spider veins and any of the following - menstrual disorders, neck

and shoulder tightness, toothache, anxiety, insomnia, palpitations, stress and constipation.

Lifestyle Recommendations

Properly schedule your time, especially during your midlife transition and set aside some time to vourself allowing vourself to contemplate on your own wellbeing. Keep a journal. Think about what you find brings joy and remind yourself that you are worthy and deserving. Make room for this in your life.

Foods that enhance Fire

Grains: amaranth, guinoa, corn, maize and popcorn,

Vegetables: chives, endive, okra, asparagus, Brussels sprouts and scallions

Beans and Pulses: chickpeas and red lentils

Fruits: persimmon, peaches, cherries, apricot, guava,

strawberrv

Fish: lobster, crab and shrimp

Spices: spices in general are considered fire foods. Chili and curry



Earth

Most active from mid-August to Sept 21

prone to stomach ailments, giving and nurturing

The earth element is yellow, flavor sweet, and the organs are the stomach and spleen. The stomach is most active between the hours of 7 to 9 a.m. and the spleen between 9 and 11 a.m. **Body Features**

Earth types have oval faces which are fleshy, full and slightly yellow in complexion.

Personality

Imaginative, easygoing, giving and nurturing and sincere. The type that tends to make friends easily. Conservative, takes methodical approaches and not an initiator.

Strengths

They feel content in the company others and thrive on the energy of the others and in turn nurture them.

Weaknesses

Prone to worry and over thinking. They may become needy, wanting more affection, or may give too much of themselves, becoming a pushover. Have big appetites and are prone to over indulgence. Digestive and intestinal problems. Regions of the body prone to disorders include spleen, intestine, pancreas and the stomach. They may have diarrhea,

muscular weakness and low energy constipation, bloating, ulcers. inflammation of the intestines and water retention.

Lifestyle Recommendations

Work on self-reliance and develop skills that encourage setting boundaries.

Foods that enhance earth

Grains: Millet

Vegetables: all squash: (acorn, butternut, Hokkaido, Hubbard, spaghetti, pumpkin) shiitake mushrooms, beets, onions, sweet corn, parsnips, string beans, rutabaga, collards, chard, artichoke and sweet peas

Fruits: honeydew, tangelo, raisins, sweet grapes, sweet apples, figs, cantaloupe, sweet orange, papaya, dates and tangerine **Fish**: swordfish, sturgeon, salmon and tuna

Nuts: sesame seeds, almonds, pecans, walnuts and sunflower seeds

Sweeteners: rice syrup, barley malt, molasses, agave and maple syrup



Metal

frequent colds and flu, intellectual and organized **Active from** Sept 21 to December 21

Color is white, flavor spicy or volatile, associated organs are the lungs and large intestine. The lungs are most active during this time from 3 to 5 a.m. and the large intestine from 5 to 7 a.m.

Body Features

Round and wide facial structure associated with a prominent nose and fair complexion.

Personality

Intellectual, meticulous articulate, rational and organized. Persistent at following tasks through to the end.

Strengths

Their excessive optimistic outlook, ability to see myriad possibilities and curious nature may lead them to excessive deliberating. This may cause Metal types to often change their minds and spread themselves far too thin. This may result in them scattered and unfocused. Being good at some topics, they tend to become overextended.

Weaknesses

These people usually have weak-energy and are fragile in build. They need Yan food for active energy. This can be obtained from nuts and dairy. Respiratory conditions such as asthma, sinusitis and allergies leave them susceptible to colds and flu, colitis, upper back pain and laryngitis and also diseases that affecting the skin mouth, teeth and bone marrow.

Lifestyle Recommendations

Establish regular mealtimes rather than eating at random. Spontaneity is allowed for creativity, in order to counteract the hyper-rational side. Aerobic exercise is recommended for metal types for health and overall well being.

Foods that enhance metal

Grain: sweet rice, mochi, white and brown rice Vegetables: celery, daikon radish, cauliflower, cabbage, Chinese cabbage, onions, watercress, mustard turnips, garlic, cucumber, leeks and turnip greens

Beans and Pulses: white beans

Fruits: pear, apples and banana

Fish: haddock, herring, flounder, Bass, snapper, cod, sole and halibut

Herbs and Seasonings: horseradish, cinnamon, cayenne, dill, fennel, thyme, ginger root, basil and rosemary



Water

Active from December 21 to March 21

hormone problems, strong willpower

Color is black, flavor salty, associated organs are bladder and kidneys. The hours these organs are most active are from 3 to 5 p.m. and the kidneys from 5 to 7 p.m.

Body Features

A square, filled out face with large ears and dark complexions. **Personality**

Strong willpower and endurance.

Strengths

Deep thinkers and are content with pleasures of the mind.

Weaknesses

These people usually have a "friable" physique. They may have weak internal energy which quickly disappears from the body. They may need more liquid food in their diets and moderate amounts of salt to keep water. May appear timid, hesitant and unsure of themselves. Prone to physical weakness. May be overly dependent on others. Prone to extremes in decision making, alienating those around them. Kidneys, urinary tract, bladders, ovaries, hormonal system and lower back. May age prematurely. Susceptible to genital, urinary and reproductive ailments which include infertility and impotence.

Lifestyle Recommendations

Drink plenty of water to clear out the kidneys. Nurture social relations and avoid spending too much time alone. Water types are very self-sufficient, however this may cause coldness and detachment from others when out of balance.

Foods that enhance water

Grain: black rice, barley and buckwheat

Vegetables: burdock, asparagus and beets

Beans and Pulses: black lentils, adzuki, black beans

Sea Vegetables: kelp, hijiki, nori, wakame, kombu, arame, dulse and Irish moss

Fruits: purple and black grapes, blackberries,

raspberries, blueberries, watermelon and black raspberries **Fish**: scallops, oysters, clams, blue fish, caviar and mussels **Nuts**: black sesame seeds and chestnuts

Condiments and Seasonings: umeboshi, tamari, shoyu, miso,

tekka, gomasio, salt cured pickles (these last two are also sour).



Wood

Active from March 21 to June 21

prone to headaches. Intense personality

Color is green, flavor sour, and associated organs are liver and gall bladder. Hours for the gall bladder are from 11 p.m. to 1 a.m. and the liver from 1 to 3 a.m.

Body Features

Rectangular and muscular facial features and with an olive complexion.

Personality

Confident, responsible, intense, smart, decisive and authoritative.

Strengths

Highly motivated with a strong personality.

Weaknesses

These people usually have lean physique and thin bones. Disorders of nervous system— especially the brain. Disorders of the liver, bronchial tubes, throat, esophagus and stomach. Frequent headaches, neck and shoulder pain, eye disorders, nerve pain, throat constriction, high blood pressure and acid reflux disorder.

Lifestyle Recommendations

Excess wood properties can make someone appear over stressed. Methods to release stress includes meditation or yoga. Physical activities such as fishing, hiking, sailing and bird watching as they are not overly goal oriented. Some wood types can eat all types of products regardless of their taste and color. Wood types should eat moderate amounts of food and preferably raw. Olive oil is recommended for wood types.

Foods that enhance wood

Grains: oats, rye and wheat

Vegetables: collard greens, carrots, alfalfa, broccoli, parsley, lettuce, kale, beets, leeks, zucchini, artichokes and shiitake

mushrooms Beans and Pulses: lima. green lentils and mung Fruits: green apple, sour cherry, limes, lemons, grapefruit, avocado, plums and quince.

The 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

JANUARY 2018

13:30 LST Time Begins at 7 a.m. PST.

January is the time of year for new beginnings. A time for recovery. A month for ambitions, making others happy, socializing and learning to get organized. It is a month to be fun and enjoy the new beginnings. The name of the first month of the year comes from the Roman god Janus who has the god of doorways and gates as well as beginnings and endings. Janus is usually depicted as having two faces pointing in opposite directions. According to Roman mythology, the god Saturn gave Janus the ability to see into the past and the future.

Cow / Ox (Ying -Fixed Element Water)

Ox years include 1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997.

The Ox month is from Jan 6th to Feb 3th, and the hours are from 1am to 3am. Ox persons are ambitious, conventional, disciplined, steady, dependable, calm, methodical, fair-minded, logical, patient, hardworking, modest, resolute and tenacious. They can also sometimes be stubborn, narrow- minded, materialistic, rigid, demanding and nurture grievances. The Ox attains their prosperity and success through their natural leadership qualities, fortitude and hard work. They make excellent engineers, dentists, surgeons and archaeologists. They are compatible with individuals born in the years of the Rooster, Snake and Rat.

Season - Winter

Winter forces us to spend more time indoors. It encourages reflection and introspection. We also become much less physically active. It is the time for being objective, artistic and allowing for flexibility. Allow yourself to be yourself. Allow yourself to express more wisdom and awe the beauty winter brings. For healing, warming and heat therapy works best this

time of year and it is the best time of year to build new body strength. This is the season of fluids flowing all around us in multiple directions at once. A time of quiet willpower and spontaneous sighs. The color of winter represents black and darkness. Around Christmas life goes though the phase of rebirth and a healing of mind and body begins as we rest our emotions. This time of contemplation allows us to take a spiritual and physical inventory of our lives and to nurture our emotions and spirit. It is

a time to be on the lookout for fear.

Seasonal Healing Sounds for Winter Kidneys – FFFFFFFFFFFUUUUUUU

Healing Color Visualization Exercise

Kidneys and Bladder / Ears / Water Element

Breathe in deep while focusing on the kidneys. As you breathe out release the sound "HOOOOOO", while visualizing DARK BLUE/INDIGO energy exiting through the ears. Repeat this exercise 6, 9, or more times.

Element WATER

Winter represents Cold and water. Its main action is cooling and moistening. The flowing effect of water is for it to sink to the lowest level. At this level, it either nourishes (as in feeding roots), or causes blockages. If circulation is poor or nonexistent, blockages will begin to form, manifesting themselves during spring.

Water types succeed by not allowing their fears to block their full expression of creativity.

Moving water activates its functions. Winter is where energy travels deep within, lying dormant until spring. Qi circulation as well as blood are reduced by the effects of Cold. Cold also stiffens muscles and tendons, especially in the knees and limbs of the body. Water represents the Bladder and Kidneys which

play a role in urination, or water retention.

Flavor is SALTY

Saltiness is Yin energy. It is cooling and has affinity with the season of winter. It enters the kidneys, softens (good), hardens (bad) regulates fluids and detoxifies. Examples of salty foods: shellfish, soy sauce, seaweed and celery.

Best advice for Winter

People with Cold in their body, or who are cold sensitive, should take herbs to move the Qi and blood. It is a time to keep warm, meditate, rest and conserve energy. Eat hearty and warming foods. Cook for longer, with less water and at a lower temperature. Steam vegetables. Use more sea salt and include bitter tasting foods in the diet. Eat preserved and fermented foods such as fermented soy bean paste and miso.

Late Winter to Spring - Exposure to Cold, Excessive Sweet Foods, Excessive Yogurt, Cheese, Milk and similar dairy, Meat, Excessive Salts, Excessive Water, Overeating, Oversleeping, Lack of Exercise.

Mental Component – Doubts, Greed, Possessiveness, Lack of Compassion.

Season Moon Phase and Character

Crescent Moon (the moon phase just after new)

The seasonal holiday of Candlemas (approximately February 1st)

You charge forward with new impulses and ideas, even in the face of resistance. Your primary mission lies in actualizing new forms into a concrete and objective existence, existing as being separate from the old ways. You are fully invested in purpose, and may be very aware of the challenges that are represented by the status quo. This is because older forms never will yield without effort and struggle.

ALL STAR PLANET RISE/SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Jan 01 (Mon)	19:17 114	00:13 28S	05:04 246
2018 Jan 02 (Tue)	19:14 114	00:09 28S	05:00 246
2018 Jan 03 (Wed)	19:10 114	00:05 28S	04:56 246
2018 Jan 04 (Thu)	19:06 114	00:01 28S	04:52 246
2018 Jan 05 (Fri)	19:02 114	23:53 28S	04:49 246

Betelgeuse Rise, Zenith and Set

2018 Jan 01 (Mon)	16:47 79	23:19 52 S	05:56 281
2018 Jan 02 (Tue)	16:43 79	23:15 52S	05:52 281
2018 Jan 03 (Wed)	16:39 79	23:11 52S	05:48 281
2018 Jan 04 (Thu)	16:35 79	23:07 52S	05:44 281
2018 Jan 05 (Fri)	16:31 79	23:04 52S	05:40 281

Arcturus Rise, Zenith and Set

2018 Jan 01 (Mon)	00:17 62	07:42 64S	15:07 298
2018 Jan 02 (Tue)	00:13 62	07:38 64S	15:03 298
2018 Jan 03 (Wed)	00:09 62	07:34 64S	14:59 298
2018 Jan 04 (Thu)	00:05 62	07:30 64S	14:55 298
2018 Jan 05 (Fri)	00:01 62	07:26 64S	14:51 298

Polaris Rise, Zenith and Set

2018 Jan 01 (Mon)	***** ***	20:19 46N	***** ***	08:21 45N
2018 Jan 02 (Tue)	***** ***	20:15 46N	***** ***	08:17 45N
2018 Jan 03 (Wed)	***** ***	20:11 46N	***** ***	08:13 45N
2018 Jan 04 (Thu)	***** ***	20:07 46N	***** ***	08:09 45N
2018 Jan 05 (Fri)	***** ***	20:03 46N	***** ***	08:05 45N

(**** denotes object continuously above horizon)

Vega Rise, Zenith and Set

2018 Jan 01 (Mon)	02:17 25	12:02 838	21:48 335
2018 Jan 02 (Tue)	02:13 25	11:59 83S	21:44 335
2018 Jan 03 (Wed)	02:09 25	11:55 83S	21:40 335
2018 Jan 04 (Thu)	02:05 25	11:51 83S	21:36 335
2018 Jan 05 (Fri)	02:01 25	11:47 83S	21:32 335

Mercury Rise, Zenith and Set

2018 Jan 01 (Mon)	06:05 120	10:37 238	15:08 240
2018 Jan 02 (Tue)	06:07 120	10:37 238	15:07 239
2018 Jan 03 (Wed)	06:08 121	10:38 238	15:07 239
2018 Jan 04 (Thu)	06:10 121	10:39 238	15:07 239
2018 Jan 05 (Fri)	06:12 121	10:40 238	15:07 238

Venus Rise, Zenith and Set

2018 Jan 01 (Mon)	07:48 124	12:07 218	16:25 236
2018 Jan 02 (Tue)	07:49 124	12:08 218	16:27 236
2018 Jan 03 (Wed)	07:51 124	12:10 218	16:29 236
2018 Jan 04 (Thu)	07:52 124	12:11 218	16:31 236
2018 Jan 05 (Fri)	07:53 124	12:13 218	16:33 236

Mars Rise, Zenith and Set

2018 Jan 01 (Mon)	03:17 112	08:15 298	13:13 248
2018 Jan 02 (Tue)	03:16 112	08:14 29S	13:11 248
2018 Jan 03 (Wed)	03:16 112	08:12 29S	13:09 248
2018 Jan 04 (Thu)	03:15 112	08:11 29S	13:06 248
2018 Jan 05 (Fri)	03:14 113	08:09 28S	13:04 247

Jupiter Rise, Zenith and Set

2018 Jan 01 (Mon)	03:30 112	08:25 29S	13:20 248
2018 Jan 02 (Tue)	03:27 112	08:22 29S	13:17 248
2018 Jan 03 (Wed)	03:24 113	08:19 29S	13:13 247
2018 Jan 04 (Thu)	03:21 113	08:15 28S	13:10 247
2018 Jan 05 (Fri)	03:17 113	08:12 28S	13:06 247

Saturn Rise, Zenith and Set

2018 Jan 01 (Mon)	07:08 122	11:31 228	15:55 238
2018 Jan 02 (Tue)	07:05 122	11:28 22S	15:51 238
2018 Jan 03 (Wed)	07:01 122	11:25 228	15:48 238
2018 Jan 04 (Thu)	06:58 122	11:21 228	15:44 238
2018 Jan 05 (Fri)	06:54 122	11:18 228	15:41 238

FEBRUARY 2018

13:30 LST Time Begins at 5:00 a.m. PST

Tiger (Yang - Fixed Element Wood)

Tiger years include 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998.

The month of Tigers are from Feb 4 to Mar 5. The hours of Tigers are from 3am to 5am. Tiger persons are daring, impulsive, vigorous, unpredictable, rebellious, colorful, powerful, affectionate, humanitarian, passionate, stimulating, sincere and generous. They can sometimes become impatient, quick-tempered, restless, reckless, obstinate and selfish. Tiger persons have faith in luck. They utilize their charisma and their daring to achieve success. Their humanitarian instincts and idealism lead them to their goals. Tiger people make good writers, pilots, actors and police officers. Tigers are compatible with Horses, Dragons and Dogs.

February is the month to uncover hidden knowledge and expand our spiritual growth. This is the time that the energies of the constellation Aquarius are at their strongest. A time to access deeper knowledge. A time to awaken to the unity with the one creative source. It is the time of year an inner awakening occurs.

25	18	11	4		Sunday	
26	19 President's Day	12	5		Monday	
27	20	13	6		Tuesday	Fe
28	21	14 Valentine's Day	7		Wednesday	February 2018
	22	15	8	1	Thursday)18
	23	16	\$	2	Friday	
	24	17	10	ω	Saturday	

ALL STAR / PLANET RISE/SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Feb 01 (Thu)	17:16 114	22:07 288	03:02 246
2018 Feb 02 (Fri)	17:12 114	22:03 288	02:58 246
2018 Feb 03 (Sat)	17:08 114	21:59 28S	02:54 246
2018 Feb 04 (Sun)	17:04 114	21:55 28S	02:51 246
2018 Feb 05 (Mon)	17:00 114	21:51 28S	02:47 246

Betelgeuse Rise, Zenith and Set

2018 Feb 01 (Thu)	14:45 79	21:17 52S	03:54 281
2018 Feb 02 (Fri)	14:41 79	21:13 52S	03:50 281
2018 Feb 03 (Sat)	14:37 79	21:09 528	03:46 281
2018 Feb 04 (Sun)	14:33 79	21:06 52S	03:42 281
2018 Feb 05 (Mon)	14:29 79	21:02 528	03:38 281

Arcturus Rise, Zenith and Set

2018 Feb 01 (Thu)	22:11 62	05:40 64S	13:05 298
2018 Feb 02 (Fri)	22:07 62	05:36 64S	13:01 298
2018 Feb 03 (Sat)	22:03 62	05:32 64S	12:57 298
2018 Feb 04 (Sun)	22:00 62	05:28 64S	12:53 298
2018 Feb 05 (Mon)	21:56 62	05:25 64S	12:50 298

Polaris Rise, Zenith and Set

2018 Feb 01 (Thu)	**** ***	18:16 46N	***** ***	06:18 45N
2018 Feb 02 (Fri)	**** ***	18:12 46N	**** ***	06:14 45N
2018 Feb 03 (Sat)	***** ***	18:08 46N	***** ***	06:10 45N
2018 Feb 04 (Sun)	**** ***	18:04 46N	***** ***	06:06 45N
2018 Feb 05 (Mon)	***** ***	18:01 46N	***** ***	06:03 45N

(**** denotes object continuously above horizon)

Vega Rise, Zenith and Set

2018 Feb 01 (Thu)	00:15 25	10:01 83S	19:46 335
2018 Feb 02 (Fri)	00:11 25	09:57 83S	19:42 335
2018 Feb 03 (Sat)	00:07 25	09:53 83S	19:38 335
2018 Feb 04 (Sun)	00:03 25	09:49 83S	19:34 335
2018 Feb 05 (Mon)	23:55 25	09:45 83S	19:30 335

Mercury Rise, Zenith and Set

2018 Feb 01 (Thu)	07:12 121	11:41 238	16:12 239
2018 Feb 02 (Fri)	07:13 120	11:44 238	16:16 240
2018 Feb 03 (Sat)	07:14 120	11:47 24S	16:21 240
2018 Feb 04 (Sun)	07:15 119	11:50 24S	16:26 241
2018 Feb 05 (Mon)	07:16 119	11:53 24S	16:30 242

Venus Rise, Zenith and Set

2018 Feb 01 (Thu)	07:55 113	12:48 288	17:42 247
2018 Feb 02 (Fri)	07:55 113	12:49 288	17:45 247
2018 Feb 03 (Sat)	07:54 112	12:50 29S	17:48 248
2018 Feb 04 (Sun)	07:53 112	12:51 298	17:50 249
2018 Feb 05 (Mon)	07:52 111	12:52 30 S	17:53 249

Mars Rise, Zenith and Set

2018 Feb 01 (Thu)	02:56 119	07:31 24S	12:06 241
2018 Feb 02 (Fri)	02:55 119	07:30 248	12:04 241
2018 Feb 03 (Sat)	02:54 119	07:28 248	12:02 241
2018 Feb 04 (Sun)	02:53 120	07:27 24S	12:00 240
2018 Feb 05 (Mon)	02:53 120	07:25 248	11:58 240

Jupiter Rise, Zenith and Set

2018 Feb 01 (Thu)	01:50 114	06:40 27S	11:31 246
2018 Feb 02 (Fri)	01:47 114	06:37 27S	11:27 246
2018 Feb 03 (Sat)	01:43 114	06:33 27S	11:23 246
2018 Feb 04 (Sun)	01:40 114	06:30 27S	11:20 246
2018 Feb 05 (Mon)	01:36 114	06:26 27S	11:16 246

Saturn Rise, Zenith and Set

2018 Feb 01 (Thu)	05:21 122	09:44 22S	14:08 238
2018 Feb 02 (Fri)	05:17 122	09:41 228	14:04 238
2018 Feb 03 (Sat)	05:14 122	09:37 228	14:01 238
2018 Feb 04 (Sun)	05:10 122	09:34 228	13:57 238
2018 Feb 05 (Mon)	05:07 122	09:30 228	13:54 238

MARCH 2018

13:30 LST Time Begins at 3:00 a.m. PST

Spring is a time to watch for anger and impatience as we are more sensitive to these emotions than usual. Kindness is the Emotion to counter excessive anger. This is the best season to have enthusiasm and a positive attitude. This is the time of year motivation and self- improvement help to create new beginnings and birth new projects into fruition. Therefore, it is a good time to plan and prepare for the surprises spring brings. An excellent time of year for looking for new homes or relocating. This is the time of year inspiration affects us and colors seem more vivid and alive. A time we feel like shouting with enthusiasm as new life emerges. This is the most spiritual time of the year with prayer being the most effective. The color of spring is green. Spring is the best time of year to cleanse, detox or fast.

Rabbit (Ying - Fixed Element Wood)

Rabbit years are 1903, 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999.

Rabbit month is from Mar 6th to Apr 4th. The hours of Rabbits are from 5am to 7am. Rabbit persons are kind, sensitive, softspoken, self-assured, astute, amiable, elegant, reserved, gracious, cautious, artistic, thorough, tender, compassionate and flexible. They can sometimes become self- indulgent, opportunistic, moody, detached, superficial and lazy. Rabbit people pursue their objectives methodically, yet unobtrusively by using friendliness and amiability to achieve their aims. They are also good at using inscrutability and astuteness to outwit their opponents. Rabbits are most compatible with individuals born in the years of the Pig, Sheep and Dog.

Seasonal Healing Sounds for Spring Liver – SSSSSHHHHHUUUUUU

Healing Color Visualization Exercise

Liver and Gall Bladder / Eyes / Wood Element Breathe in deep and focus on the liver. As you breathe out release the sound "SHHHHHH", while visualizing GREEN energy exiting through the eyes. Repeat this exercise 3, 6, 9, or more times.

Element WOOD

Hibernating Energy bursts forth. This is the time of most rapid change and development.

Wood types succeed by putting into motion bold plans and new projects using their imagination and compassion.

Spring represents Wind. The Chinese character for Wind is a violent gust sending forth a small insect carrying illness through the air. It implies violent movement. Spring is when energy and movement are vigorous and ascending. It carries with it the idea of change and new growth.

Flavor is SOUR

Examples of sour food include: grapefruit, trout, tomato and lemon. Sourness is Yin energy, cooling, contracting and astringent, creates tension (*bad*), stops leakage and consolidates (*good*).

Best advice for Spring

Spring is the time we are particularly susceptible to colds and viruses. It is when allergies begin. It is key to protect yourself from the effects of Wind by dressing warmly. In particular, wear clothing that protects from draughts around the neck or chest. Metal types (*a term used in Traditional Chinese medicine*) should choose herbs that enhance the Qi and Lungs.

People suffering from hay fever should choose herbs from the phlegm category, especially Liver herbs. Take part in brisk activities by not over- exercising. Eating less and simply is key this time of year. Also, undergoing a detoxifying fast to clear the fats stored up over winter also helps a lot. Light foods such as young plants are key as well as light raw, sweet and pungent foods. Food should be cooked at a high temperature for as brief as period as possible. As summer approaches, the energy levels from spring begin peaking. Now the heat from summer starts causing friction within the body's immune system.

Season Moon Phase and Character First Quarter Moon

The Vernal Equinox. (March 21st)

You are a willful builder of new structures for yourself and society. You characteristically exert utmost effort in order to achieve objectives of bringing new forms into reality. This is so even if resistance is occurring.

-		2	March 2018	. 00	-	-
Sunday	Monday	Tuesday	Wednesday Thursday	Thursday	Friday	Saturday
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4	5	6	7	8	Ŷ	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Good Friday	31

Sample Charts

The following pages shows a portion of the Tao Charts in the 2018 edition, as well as void of course calendar and other items in this almanac

2018 Moon Void of Course Calendar

ALL TIMES EASTERN STANDARD		January 2018		
Date of Last Aspect	Time Void Begins	Date	House	Time Void Ends
2	5:43 p.m.	3 rd	Leo	2:23 a.m.
4	6:09 p.m.	5	Virgo	3:12 a.m.
6	9:51 p.m.	7	Libra	7:14 a.m.
9	11:12 a.m.	9	Scorpio	3:04 p.m.
11	9:52 a.m.	12	Sagittarius	2:05 p.m.
14	3:47 a.m.	14	Capricorn	2:41 p.m.
17	1:29 p.m.	17	Aquarius	3:30 a.m.

19	6:51	19	Pisces	3:24
	a.m.			p.m.
21	8:12	22	Aries	1:21
	p.m.			a.m.
23	11:14	24	Taurus	8:29
	p.m.			a.m.
25	10:15	26	Gemini	12:41
	p.m.			p.m.
28	5:37	28	Cancer	1:55
	a.m.			p.m.
30	11:39	30	Leo	1:52
	a.m.			p.m.
ALL TIMES		February		
EASTERN		2018		
STANDARD				
Date of	Time	Date	House	Time
Last	Void			Void
Aspect	Begins			Ends
1	5:58	1	Virgo	0.10
		1	viigo	2:12
	a.m.	I	viigo	2:12 p.m.
3		3	Libra	
3	a.m.	·		p.m.
3 5	a.m. 2:05	·		p.m. 4:45
	a.m. 2:05 a.m.	3	Libra	p.m. 4:45 p.m.
	a.m. 2:05 a.m. 1:45	3	Libra	p.m. 4:45 p.m. 10:55
5	a.m. 2:05 a.m. 1:45 p.m.	3 5	Libra Scorpio	p.m. 4:45 p.m. 10:55 p.m.
5	a.m. 2:05 a.m. 1:45 p.m. 2:14	3 5	Libra Scorpio	p.m. 4:45 p.m. 10:55 p.m. 8:52
5 8	a.m. 2:05 a.m. 1:45 p.m. 2:14 a.m.	3 5 8	Libra Scorpio Sagittarius	p.m. 4:45 p.m. 10:55 p.m. 8:52 a.m.
5 8	a.m. 2:05 a.m. 1:45 p.m. 2:14 a.m. 11:37	3 5 8	Libra Scorpio Sagittarius	p.m. 4:45 p.m. 10:55 p.m. 8:52 a.m. 9:20
5 8 10	a.m. 2:05 a.m. 1:45 p.m. 2:14 a.m. 11:37 a.m.	3 5 8 10	Libra Scorpio Sagittarius Capricorn	p.m. 4:45 p.m. 10:55 p.m. 8:52 a.m. 9:20 p.m.
5 8 10	a.m. 2:05 a.m. 1:45 p.m. 2:14 a.m. 11:37 a.m. 12:42	3 5 8 10	Libra Scorpio Sagittarius Capricorn	p.m. 4:45 p.m. 10:55 p.m. 8:52 a.m. 9:20 p.m. 10:10

17	5:12	18	Aries	7:04
	p.m.			a.m.
20	6:10	20	Taurus	2:11
	a.m.			p.m.
22	6:45	22	Gemini	7:05
	a.m.			p.m.
24	2:57	24	Cancer	10:05
	p.m.			p.m.
26	4:50	26	Leo	11:41
	p.m.			p.m.
28	6:12	31	Virgo	12:55
	p.m.			a.m.
ALL TIMES		March		
EASTERN		2018		
STANDARD				
Date of	Time	Date	House	Time
Last	Void			Void
Aspect	Begins	2	Libro	Ends
2	6:49	3	Libra	3:21
5	p.m. 1:18	5	Saaraia	a.m. 6:22
5		5	Scorpio	o.22 a.m.
7	a.m. 3:52	7	Sagittarius	5:01
	a.m.	/	Suginanos	p.m.
9	9:26	10	Capricorn	4:51
	p.m.	10	Capicom	a.m.
12	11:35	12	Aquarius	6:43
	a.m.	· —		a.m.

Planetary Ephemeris

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16:30	A 20 40	1715	<mark>35</mark> 15 10	22 48	II 46 54	31 56	<mark>7</mark> 39 55	1048	r 03 02	1407	41 10	(21 19	11 54	<mark>20 10 32 🗰 20 10 10 10 10 10 10 10 10 10 10 10 10 10</mark>	15 09	23 49	34 38	45 34	254 16	58 00	53 34	L 37 17	05 07	13 02	57 17	IP 15 05	0513	A 28 55	30 27	<mark>51713</mark>	10 62 1	9	œ
28	3	28	13	28	14	29	5	9	18	05	22	10	28	16	04	22	10	28	16	04	22	10	28	5	02	19	6	20	6	20	62	+12	1
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Feb 24 and 25 Apr 30 to May 1 May 14 to 17

June 14 and 15

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Nov 28 and 29

2018 Sun / Asteroid Alignments

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	FIRE	EARTH	METAL	WATER	WOOD
Colors	red	yellow	white	blue/black	green
Seasons	Summer	Late Summer	Autumn	Winter	Spring
Tastes	Bitter	Sweet	Pungent	Salty	Sour
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Sense Organs	Tongue	Mouth	Nose	Ears	Eyes
Environment	Heat	Dampness	Dryness	Cold	Wind
Emotions	Joy	Worry or Pensiveness	Grief or Sadness	Fear	Anger

2018 Planetary Retrogrades

	Mercury	
Direction	Degree And Sign	Date
Enters Rx Zone	10:56pm 04° Aries 47'	March 8th, 2018
Retrograde	08:12pm 16° Aries 54'	March 22nd, 2018
Direct	05:15am 04° Aries 47'	April 15th, 2018
Leaves Rx Zone	05:01pm 16° Aries 54'	May 3rd, 2018
Direction	Degree And Sign	Date
Enters Rx Zone	02:37pm 11° Leo 32'	July 7th, 2018
Retrograde	00:57am 23° Leo 27'	July 26th, 2018
Direct	00:18am 11° Leo 32'	August 19th, 2018
Leaves Rx Zone	01:39am 04° Taurus 51'	September 2nd, 2018

	Jupiter	
Direction	Degree And Sign	Date
Enters Rx Zone	03:29am 13° Scorpio 21'	December 12th, 2017
Retrograde	10:58pm 23° Scorpio 13'	March 8th, 2018
Direct	11:59am 13° Scorpio 21'	July 10th, 2018
Leaves Rx Zone	08:47pm 23° Scorpio 13'	October 6th, 2018

Food Type, Taste and Activity. Partial Listing DAIRY

sweet,	Milk: Produces fluids & lubricates the intestines. Neutral ar sweet,	d
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Butter: Blood tonic, circulates blood. Warm and sweet,

Kidney Yang tonic. Warm and sweet Shrimp: Qi tonic, treats Bi syndrome, strengthens bones. Eel: warm, sweet Mussel: Qi tonic, treats simple goiter. Warm and salty, Abalone: Detoxer, enhances vision. Neutral. Sweet and salty Tonifies Qi and Blood. Lubricates dryness, reduces Shark: swelling. Neutral, sweet & salty Moves water, promotes milk secretion, heals Carp: swelling. neutral, sweet Cuttlefish: Blood tonic, enhances vision. Neutral and salty Blood tonic. Neutral, sweet and salty Oyster: Oyster Stops sweating, astringes Jing and softens hardness. shell: Cool and saltv Saltwater Moves water, eliminates phlegm, softens hardness. clam: Cold and salty, Freshwater Detoxer, enhances vision. **Cold**, sweet and salty clam: Moves blood, cools heat sensations facilitates Crab: recovery of dislocations. Cold and salty Kelp: Softens hardness and moves water. **Cold** and salty, Softens hardness, eliminates phlegm, moves water. Seaweed: Cold and saltv

SEAFOOD

		ive Elem	ent Theory	,	
Details	Wood (木 - Mù)	Fire (火 - Huǒ)	Earth (土 - Tǔ)	Metal (金 - Jīn)	Water (水 - Shuĭ)
Cycles (Creation)	feeds Fire	make s Earth	creates Metal	collects Water	nourishes Wood
Cycles (Destruction)	breaks Earth	melts Metal	absorbs Water	splits wood	extinguishe s Fire
8 Trigrams Nature	Wind and Thunde r	Fire	Earth an Mountain	Heave n and Lake (River) ¹	Water
Symbol	Dragon	Phoenix	Caldro n	Tiger	Tortoise
Colors Planets	Green Jupite r	Red Mars	Yellow Saturn	White Venus	Black / Blue Mercury

Hou-tu	Chü-jung	Hsüan-ming	Chü-mang	Jung-shou
Manchurian	Han	Turks	Mongol	Tibetan
Sung, Honan	Heng, Hunan	Heng, Hopei	Tai, Shantung	Huan, Shensi
Saturday	Tuesday	Wednesday	Thursday	Friday
3, 6, 9, 12	4, 5	10, 11	1, 2	7,8
Gold	Copper	Tin	Iron	Silver
Lizards	Toads	Centipedes	Snakes	Scorpions
0x	Chicken	Pig	Goat/Sheep	Dog
Naked	Winged	Shelled	Scaled	Furred
Caldron	Phoenix	Tortoise	Dragon	Tiger
Exile	Life Exile	Fines	Death	Detention
Fragrant	Burning	Rotten	Goatish	Rank
Singing	Laughing	Moaning Groaning	Calling Shouting	Crying Deep Sighing
Thought	Sight	Listening	Countenance	Speech
Wife	Son	Friend	Subject	Younger Brother
Husband	Father	Friend	Ruler	Elder Brother
Bullet	Cannon	Lighting	Arrow	Axe
Crossing	Exploding/Pounding	Drilling	Crushing	Splitting
EARTH	FIRE	WATER	WOOD	METAL

Element and Food Type

	FIRE (bitter)	EARTH (sweet)	METAL (pungent)	WATER (salty)	WOOD (sour)
Grains	Amaranth Corn	Millet Barley	Rice	Buck- wheat	Oats / Wheat Rye
Legumes	Red Lentil	Garbanzo Peas	Navy Soy	Adzuki Black Kidney Pinto	Green Lentil Mung Lima
Nuts/ Seeds	Sunflower Pistachio	Pine Nut Pumpkin	Almonds	Black Sesame Walnut	Brazil Cashew
Vegetables	Red Bell Pepper Scallion Tomato Beet Dandelion Root Okra	Cabbage Carrot Parsnip Rutabaga Spinach Squash	Celery Cucumber Mustard Green Asparagus Broccoli Onion Radish	Kale Mush-rooms Seaweeds Water chestnut	Green Bell Pepper Green Pea Lettuce String Bean Zucchini
Fruits	Cherry Persimmon	Fig Orange Papaya Pineapple Strawberry	Apricot Banana Pear	Mul-berry Pom- egranate Raspberry Watermelon	Avocado Grape Lemon Lime Plum
Watch For Excess	Chocolate /Sugar	Meat	Eggs	Cheese	Soft Dairy

Element, Sound and Number					
Element	Sound	Scent	Flavor	Emotion	Num
Earth	Sings	Fragrant	Sweet	Sympathy	5 & 6
Water	Groans	Putrid	Salt	Fear	9 & 10
Metal	Weeps	Rotten	Pungent	Grief	7 & 8
Fire	Laughs	Scorched	Bitter	Joy	37 4
Wood	Shouts	Rancid	Sour	Anger	1 & 2

Elements, Sensation and Organs					
Element	Animal	Body Part	Human Or	gan	
Wood	Feathers	Muscles	Liver/Gall	oladder	
Fire	Bald	Nerves	Heart/Sma Intestine	Heart/Small Intestine	
Earth	Hairy	Skeleton	Lung/Larg	Lung/Large Intestine	
Metal	Armor	Skin	Lung/Larg Intestine	е	
Water	Scaly	Blood Kidney/Bladder		adder	
Five Element Harmonization					
Element	Element Source	Element Product	Opposite Friend		

	oouloc	TTOULOU		
Wood	Water	Fire	Metal	Earth
Fire	Wood	Earth	Water	Metal
Earth	Fire	Mental	Wood	Water

Metal	Earth	Water	Fire	Wood
Water	Mental	Wood	Earth	Fire

The 4 Seasons, Foods and Elements

Season	Dominant Element/Organ	Organ at its Weakest Point
Spring	Wood (Liver); eat less sour foods	Earth (Spleen); eat more mildly sweet foods
Summer	Fire (Heart); eat less bitter foods	Metal (Lungs); eat more pungent foods
Autumn	Metal (Lungs); eat less pungent foods	Wood (Liver); eat more sour foods
Winter	Water (Kidneys); eat less salty foods	Fire (Heart); eat more bitter foods

Element, Sound and Number					
Element	Sound	Scent	Flavor	Emotion	#
Earth	Sings	Fragrant	Sweet	Sympathy	5 & 6
Water	Groans	Putrid	Salt	Fear	9 & 10
Metal	Weeps	Rotten	Pungent	Grief	7 & 8
Fire	Laughs	Scorched	Bitter	Joy	37 4
Wood	Shouts	Rancid	Sour	Anger	1 & 2

Ele	Elements, Sensation and Organs					
Element	Animal	Body Part		Human Organ		
Wood	Feathers	Muscles		Liver/Gallt	bladder	
Fire	Bald	Nerves		Heart/Sma	all	
				Intestine		
Earth	Hairy	Skeleton		Lung/Larg	е	
				Intestine		
Metal	Armor	Skin		Lung/Larg	е	
				Intestine		
Water	Scaly	Blood		Kidney/Bla	adder	
	-ive Elen	nent Harm	non	ization		
Element	Element Source	Element Product	Ор	posite	Friend	
Wood	Water	Fire	Me	etal	Earth	
Fire	Wood	Earth	Wa	ater	Metal	
Earth	Fire	Mental	Wood		Water	
Metal	Earth	Water	Fire		Wood	
Water	Mental	Wood	Ea	rth	Fire	

The 4 Seasons, Foods and Elements

Season	Dominant Element/Organ	Organ at its Weakest Point
Spring	Wood (Liver); eat less sour foods	Earth (Spleen); eat more mildly sweet foods
Summer	Fire (Heart); eat less bitter foods	Metal (Lungs); eat more pungent foods
Autumn	Metal (Lungs); eat less pungent foods	Wood (Liver); eat more sour foods

Winter	Water (Kidneys); eat	Fire (Heart); eat more bitter
	less salty foods	foods

Partial Listing of the Master Chart of Seasonal Sounds and Emotions

	More Yang	Less Yang	Balanced Yin/Yang	Less Yin	More Yin
5 Elements	Wood	Fire	Earth	Air	Water
Yang Organ	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Interior	Muscles	Blood Vessels	Flesh	Skin	Bones
Exterior	Nails	Com- plexio	Breast/ Lips	Hair/ Breath	Skull/ Hair
Sensory	Eyes	Tongue	Mouth	Nose	Ears
5 Senses	Sight	Speech	Taste	Smell	Hearing
Fluids	Tears	Sweat	Saliva	Mucus	Urine
Season	Spring	Summer	Late Summer	Fall	Winter
Direction	East	South	Center/ Earth	West	North
Weather	Windy	Hot	Humid	Dry	Cold
Sounds	Shouting	Laughing	Singing	Weeping	Groaning

	Microclimate Environments Caused by Activity in Given Regions			
Clouds	Black Soil, Multitude, Supporting, Hands, Large Wagons, Working Lathe, Parsimony, Cauldron, Square Cloth			
Mild Temperature/ Clouds	Seeds, Worn Tree Trunk, Bridges, Guardians, Gateways, Small Rocks, Bypaths			
Cold, Dark And Rainy	Danger, Trees Of Strength, Winding Road, Thief, Wheel, Concealed, Hidden, Ditch, Channel			
Tornadoes/Strong Winds	Business, Decisions, Lofty, Long, Plumbline, Carpenter's Square			
Cold, Clear And Crisp	Machine, Clock, Moving Cogs, Ice, Cooling, Metal, Jade, Circular			
Clearing After A Thunderstorm	Swift, Speed, Messages, Messengers, Vehemence, Decisions, Great Stretches Of Highway			
Clear, Warm And Dry	Drought, Spiral Moving, Hollow Trees, Armor, Spears, Helmets			
Fog, Mist And Rain	Salt, Swords, Stringed Instrument, Plucking Fruit, Decay, Magic, Reflected, Concubine			

Thank you for your interest in this unique almanac. Pick up the hardcover copy at your favorite bookstore or order it online from <u>Amazon.com</u>. Kindle and Nook versions are <u>also available</u>. Thank you again and we at the Solar Institute wish you a wonderful and prosperous 2018!



Scott Rauvers

Founder of the Institute for Solar Studies on Behavior and Human Health.

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