

A Centurion's Toolbox for Longevity. Living Beyond 120 - 2nd Edition



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A Centurion's Toolbox for Longevity. Living Beyond 120 - 2nd Edition is one book Tao enthusiasts won't easily put down. This rare book covers the main aspects of the Tao and includes the 5 Healing Elements. It also covers how to use Yin and Yang for Healing, the 3 main Doshas used in Ayurveda (Vata, Pitta and Kapha), Ayurvedic anti-aging medicine (Rasayanas), the very best Tibetan Anti-Aging herbs, Taoist Nine Star Astrology (learning how to use the power of the Big Dipper/Polaris), and most importantly of all, the emerging science of bone breathing to strengthen bones, no matter what age you are. Included are some of the very best, little heard about alternatives to dairy for building strong bones and the very best Herbs used to fight Pneumonia. As an added bonus, Herbs to Create a Perfect Singing or Acting Voice are included and a special section on How to make your own Longevity Herbs, Extracts and Tinctures has been written for beginners of Tao Herbalism.

Written by Scott Rauvers, the author of 3 anti-aging books, Scott is also the founder of the Institute for Solar Studies on Behavior and Human Health in Santa Monica, CA. The true golden gem of this book are the 30+ Taoist charts, showing in great depth and detail just about every imaginable attribute; from weather, to emotion to taste to smell and much more. These charts clearly show how the Tao and the 5 Elements interact with nature, the universe and how anyone can use them to create a life of harmony. A special chapter is also devoted teaching the reader how to heal a toothache using special acupressure points and for the biorhythm enthusiast, a special section is devoted teaching the reader how to use biorhythms for health and success. This is not no ordinary Tao book, instead it clearly shows the points, seasons, hours and environments of the energy of Tao and how anyone can use them to their benefit.



Introduction

We exist merely as custodians granted with the intelligence to care for what we encounter in life. We are interconnected by an ethereal thread of Chi, linking us to the heavens and earth, infusing us with wisdom and power. Throughout our lives we interact with 5 elements. These are metal, wood, water, fire and earth which govern our actions and in some cases our destiny. By being aware of ourselves, that we exist as mere vessels as channels of this Chi which is a force connected to all living things, it enlightens our interconnectedness with the cosmos. We in turn become better at being custodians of the bodies that carry us, our minds that guide us, the earth that supports us and the universe, which **is** us.

This unique book includes 30 + charts which will cultivate your understanding and mastery of Chi, which is your unique vital life force consisting of a bioelectric current of electromagnetic energy. The charts will show you the seasons and times to access the Chi in the Universe around you and use it for creativity, health, good fortune and guide you towards greater balance, alignment, wellness and harmony. You will be able to access emotional layers and the depths of the inner world of your subconscious, exploring new worlds through guided imagery, writing and art. Learn to use the charts to awaken your Chi in and around your being and feel it flowing through your organs, meridians, palms and circuits of your body. Included are acupressure points for the immediate relief of toothache. Acupressure points are portals to our subconscious used to sense and channel Chi.

During my many years of teaching and writing about longevity and QI Gong, I have witnessed how Chi and creativity open a portal into other worlds. Students become awakened to a new adventure involving body mind and spirit as they explore creative expression on the path towards greater balance and integration in their lives. The information in this book forges a new connection with mind, body and spirit empowering the reader to reach news depths of unimagined creativity.

Masters of Chi

Regular meditators have learned to connect with the divine in the Chi as it flows throughout their bodies and learned to recognize it in others and the universe. They have become masters at cultivating greater focus, stamina and concentration. They have acquired the necessary techniques to harvest the universal energy, store it and use it to build strong immune systems, harmonize their emotions, manage their stress and cultivate for themselves a life of overall prosperity. Master healers have learned to strengthen their healing Chi using it to bring a whole new dimension of healing to their clients. This book has not been solely written for healers, it is also for explorers, seekers of higher truth and people seeking new ways to ground, protect and replenish their Chi. It is for seekers wanting to reach new heights of wisdom. Whether you write, are an artist, a cook, gardener, actor or singer, exploring the new worlds of Chi will greatly enhance your creativity, health and fortune rewarding you with greater balance, physical, mental, emotional and spiritual energy.

People who have mastered Chi have discovered their communication with horses is deepened. Horses respond with increased confidence, more focus and better posture. The interconnectedness of Chi between horse and rider, or of healer and client, joins in the dance of ultimate creativity. Chi and creativity connect with one another to enhance the senses, while joining the inner and outer worlds. When we meditate, move, write or draw, we access a deep inner cauldron consisting of fragrances, textures and symbols just waiting to reveal their secrets to us. By cultivating our Chi and self-expression, a new life emerges from the depths of our soul, linking the universe within and the universe beyond.



Other books by Mightyzy.com include:

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Published April 2015. The Ultimate Outdoorsman's Guide to Wilderness Hiking and Camping

Published July 2014. How to Make Tinctures, Extracts, Flower Essences and Homeopathic Remedies

Revised June 2016. My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations: Based on scientific research studies of foods, herbs and extracts proven to grow stem cells that extend lifespan

Revised May 2016. Living Beyond 120, A Centurions Plan for Longevity

Published July 2014. How to Make and Sell your Own Aromatherapy Herbal Products.

You may preview the first 3 chapters of any of these books by visiting: www.mightyzy.com/faqs.html

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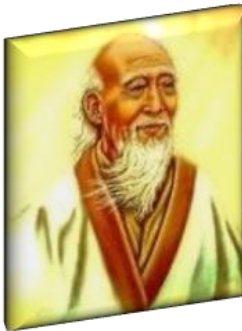
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Who Invented Tao De Ching?



The Tao Te Ching is commonly ascribed to Laozi. Laozi is also sometimes called Lao-Tze (*Old Master*). Lao was an ancient Chinese writer and philosopher.

He was born in China approximately 2,500 years ago. He lived a simple, contemplative life and served as custodian to the Imperial Archives of the Chou House in Loyang China for at least 50 years. All during his time at the archives, he kept to himself and was considered a recluse and mystic with a deep inner wisdom rarely surpassed by anyone at any time in human history. Lao Tzu has been called the “reluctant sage.”



Lao-Tze is also reportedly believed to be the founder of philosophical Taoism and is attributed as a deity in religious Taoism and some traditional Chinese religions. Ancient Legends also claim that Laozi lived for 996 years and many Taoists believe he was the founder of the school of Dao.

Chapter 1

There exists a force of energy that is directly correlated to our thoughts. Over thousands of years this force has come to be known as "Chi" or "Life Force". Recent research in Chinese Chi Kung hospitals have now measured these energies emitted by Chi Kung masters and discovered that it consists of varying frequencies. Let's take a look at a few scientific studies verifying the existence of Chi.

The Human Transmitter

In 1991 biochemists at the National Yang-Ming Medical College in Taipei in Taiwan, used electronic equipment to study electromagnetic waves generated by a professional Qigong master when he sent "healing Qi". The researchers discovered large amounts of infrared waves flowing around the Qi Gong master's palms. The same study also concluded that the Qi stimulated cell growth, protein synthesis in cells and DNA synthesis. It also had a positive effect on fibroblasts, which are fibers that are the first building blocks of cellular tissue (*C.H. Chien et al., 1991*). The Japanese study of Kikoh (a type of reiki) recorded infrared waves emitted by a Chi master and discovered they potentiated human leukocyte functions in human white blood cells, enhancing the immune system (*Y. Niwa. et al., Sept 1993*).

William A. Tiller, Professor Emeritus of Materials Science and Engineering at Stanford University developed a device that measured the very low energies emitted by a Reiki master's hands. He discovered the existence of an energy field outside of the electromagnetic spectrum, proving that Reiki energy fields were real and that they can be measured. He concluded human intentions projected by feelings and thoughts have measurable effects on our physical "reality" (*Journal of Scientific Exploration, Volume 9, No. 3, 1995*). Dr. Tiller also researched Qi Gong Masters and discovered their hands emitted magnetism equivalent to that of a 20,000 gauss magnet and that their palms emitted beams of infrared radiation between 1 and 4.5 microns in wavelength, which also showed considerable healing effects. Other experiments by independent researchers showed that the frequencies emitted by Qi Gong masters ranged from 6Hz to 12.5Hz and as high as

16Hz in one particular case, giving rise to the fact that low frequency DC is one of the key frequencies to healing. Additional research studies have shown that the frequency of healing hands pulses in DC (*Syldona and Rein, 1999*).



It is possible that the transmission/communication of QI energy used in healing is faster and more instantaneous than the electromagnetic radio frequency spectrum used in radio communications because it acts on the same principle as telepathy. Dr. Tiller also has experimented with a device known as the intention imprinted electrical device IIED. After numerous experiments with the devices

located in different parts of the world, he proved that this energy can travel across vast distances instantly and that the PH levels of organic substances can be changed by using these devices when combined with the power of intention (*W. A. Tiller and W.E. Dibble. 2007*).

During the 1980's Dr. John Zimmerman used a SQUID Magnetometer at the University of Colorado School of Medicine in Denver to demonstrate that a huge pulsating biomagnetic field emanated from the hands of a Therapeutic Touch Practitioner (*the laying on of hands for healing*). He discovered that the frequency that was being emitted by the hands was not a steady frequency, but instead swept up and down with frequencies ranging from 0.3Hz to 30Hz. The majority of activity was found to occur in the 7Hz to 8Hz range.

This energy just discussed that flows throughout our environment and interacts with us is a result of CHI energy and can be directed by our minds. It can also be used as a means to energize our bodies. There are also times the energy can be lost or “drained”. This drain of Chi occurs through the following 3 scenarios:

1: Excess sex

2: Negative emotions

3: Turning our senses outward

Energy imbalances can occur when too much energy gathers in some regions and not enough in others. It can also manifest through having an overly yang or yin condition, or having excess dryness, deficient heat, cold or damp in our bodies. This imbalanced energy affects us emotionally causing us to go to extremes. Once we know the cycles of this energy, we can tap into its peak periods and create a smooth, balanced flow of energy that begins moving throughout our whole body.

The ultimate poetic language of the Five Elements exists as a harmonious balance of all 5 elements. QI energy of these elements undergoes a waxing / waning effect that consists of daily, seasonal and yearly cycles. Because every one of us is unique, once we know our element, we can use the proper characteristics shown in the charts to empower ourselves and live a life of wellness and longevity.

Chapter 2

The 5 Phases. How to Use them or Healing and to Prevent Disease

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.

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 fourth 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. When illness starts forming, it begins as a disturbance in one of the 5 phases. This causes an increase in emotional disturbances through a disruption pattern occurring in the flow of our life force. The end result of this disturbance is illness.

Each of the 5 phases consists of a major and secondary organ, which then governs its associated emotion. Each phase also is 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. Below are examples 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

We can also use the 5 phases to know when an excess of a particular emotion damages which body part and how to return balance.

- Excessive anger damages the liver, but is balanced by grief.
- Excessive joy injures 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 fear and 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.

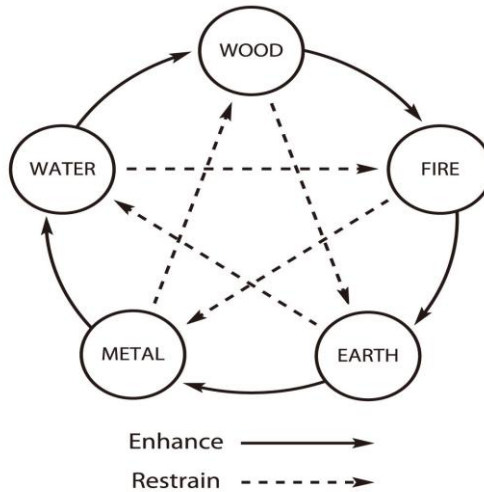
We can also use the 5 phases to bring balance to an excess of traits.

- 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

How do I use the 5 Elements/Phases for healing and wellness?

There is no one exact interpretation of the 5 phases and its disease that fits everyone. The charts are only a map to guide your intuition towards the proper diet / lifestyle which then facilitates healing. Before we can start using the 5 Phases for healing, longevity and good fortune, we must first find out what our element is. Before we discover your element, let's first take a look at how each element interacts with one another using the simple chart below.



Five Element Theory

Water grows wood and regulates fire

Wood is cut by metal and creates fire

Fire creates earth, forms metal and is extinguished by water

Earth creates metal and metal directs water

Metal regulates wood and is forged by fire

Chapter 3

How do I Find My Element?

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

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

Next, match animal with element.

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

And finally match the last number in your birth year to determine your element.

- 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.

Now let us explore how you can use your element for healing, prosperity and good fortune.

Chapter 4

The 5 Elements, Food and their Relationship to the 5 Major Organs

Let's first start with health and healing. Now that you know your element, you can use the following information to find which organ affects you the most and then find the foods related to your organ to create health and wellness.

Wood: Element of Gallbladder and Liver. Resonates with spring and motivation. Yang energy, new beginnings and rapidly growing fields of grass.

Green = the color of Wood

Green vegetables: Broccoli, Lettuces, peas, celery and green beans

Sour = the flavor of Wood

Citrus = Lemons has both sweet and sour flavors. Lemon however is distinctly sour. Its nature is cooling making it a great candidate for relief of summer heat. Lemon goes to the Lungs and Liver. Because sour flavors have astringent effects, they help restrain Lung Qi to stop coughs or calm an overactive Liver which may occur during spring.

Fire: Pericardium, Element of Heart, Triple Burner and Small Intestine. Resonates with inspiration, summer intimacy and the Sun.

Color = Fire

Red vegetables: Tomatoes. Tomatoes are cool in nature and have both sour and sweet flavors. When eaten, they go to the Liver and Stomach channels making them great for relieving heat.

Bitter = the flavor of Fire

Bitter foods: Swiss chard. Bitter flavors clear heat. They also are cooling and relieve built up heat and dampness.

Earth: Element of Spleen and Stomach. Resonates with the transition occurring between the seasons/very late summer which impact the health of the immune system the most. Attributes include stability, nurturing and the earth beneath our feet.

Yellow = the color of Earth

Yellow vegetables: Sweet potatoes/Yams. Sweet potatoes are neutral in nature and sweet in flavor. They balance the Stomach, Spleen and Large Intestine, improving digestion.

Sweet = the flavor of Earth

Whole grains: Brown rice, whole wheat and/or spelt, quinoa and millet. Sweet does not mean skittles, ice cream or soda. Ideal sweetness is well cooked brown rice or honey. The sweetness of rice goes to the Stomach and Spleen. It is a digestive booster, powerful enough to be effective, yet gentle enough for convalescing individuals.

Metal: Element of Large Intestine and Lungs.

Resonates with the season of fall, high mountain glaciers, justice and permanence.

White = the color of Metal

Foods include: Fish, Tofu/tempeh and other legumes. Quality protein sources in line with higher ethical standards. Free-range, organic, well-cooked and local are the best sources of proteins. The most nourishing protein sources are white in color or beige, or similar. For example, Beans are pale within.

Pungent = the flavor of fall

Onions: Pungent flavors keep energy moving throughout the body. Onion is both pungent and bitter and warm in nature. It goes to the Stomach, Lung and Large Intestine. It activates the Yang principle and helps draw energy downwards. It reinvigorates stomach fire when used in moderation and is good for sluggish digestion. Other pungent foods include garlic and chilies.

Water: Element of Kidney and Bladder. Resonates with the energy of winter, contemplation, wisdom and the vastness of the ocean.

Blue = the color of Water

Blue fruits: Blueberries, boysenberries, blackberries and black raspberries.

Salty = the flavor of Water

Seaweed, Organic Nama Shoyu and high grade sea salt.

Self-Healing using the Elements

Now that we know our element, we can continue to follow the information to seek any negative interactions that may be occurring, which have contributed to an excess/imbalance and see if a deficiency is present that is contributing to a physical problem or mental / emotional issue. This can then be solved by changing what we eat.

Let's take a closer look at the balancing forces of the elements.

Wood Balances Earth
 Earth Balances Water
 Water Balances Fire
 Fire Balances Metal
 Metal Balances Wood

Metals / Seasons / Planets / Virtue					
Water	Mercury	North	Winter	Blue, Black	Wisdom
Metal	Venus	West	Fall	White	Righteousness
Earth	Saturn	Center	Last 18 days of each year	Yellow	Faith
Fire	Mars	South	Summer	Red	Propriety

For example we are a metal element and suddenly find we are feeling irritable and impatient. We then find that we start having eye problems (*related to the liver*). Eye problems are a result of an overly moist intestine (**damp**). This would mean we may have excess dampness in our body. So to treat it, we would take more bitter foods, which represent fire. This is because when metal shows imbalance, we can use the forces of fire to restore balance by relieving dampness. We would not want to take too many fire foods as this can create "Damp Heat" which can complicate things. The best way to imagine damp heat is a fresh mound of compost. As the compost is exposed to the environment, it gradually gets hotter and hotter. Also because earth foods can worsen the condition of a metal person, we would reduce our exposure to earth foods by eating less earth based foods. Let's take a look at some herbs for a healthy liver.

Herbs for a healthy Liver

Wu Zhu Yu (*also called Evodia Fruit*), is good for the liver and spleen. When mixed with Huang Lian, (*also called yellow pearl rhizome*), it relieves excessive stomach acid, gas and calms an overactive liver (*H. Iwata et al. Feb 2005*). Wuwezi, also called Chinese magnolia vine fruit. Treats tuberculosis, and heals the heart and lungs. It also assists digestion and heals the liver.

A Combination of Rooibos and Dandelion Boost Testosterone and Alleviate Male Menopause

Wood is related to the liver, and sour and bitter flavors benefit the Liver. In rat studies Rooibos Tea has been shown to regenerate the liver and help protect the liver from diseases (*O. Ulicná et al. September 2008*). When you take rooibos tea with vitamin C, it increases the synergy. Now let's take a look at what happens when Rooibos is combined with Dandelion.

This combination has been shown to reduce the effects of Andropause (*male menopause occurring due to a drop in male testosterone*). A study published in December 2012 titled *Improvement of andropause symptoms by dandelion and rooibos extract complex CRS-10 in aging males* and conducted by Yoo-Hun Noh and colleagues found that a combination of 400mg of dandelion and rooibos alleviated the symptoms of andropause. Benefits from taking the combination were increased physical dexterity, and improved physical performance. The study also found that testosterone levels had increased. Healthy testosterone levels contribute to strong bones. The effects were dose dependent with the best effects obtained at 400 mg/day.

Now the following 2 charts on the upcoming pages we will cover in more detail. First, take a look at the 2 charts and see if you can find additional connections besides the 5 phases that help nourish and heal the liver.

Chart 1

Element	Wood	Fire	Earth	Metal	Water
Yin/Yang	New Yang	Full Yang	Yin-Yang Balance	New Yin	Full Yin
Color	Green	Red	Yellow	White	Dark Blue/Black
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Season	Spring	Summer	In between	Autumn	Winter
Climate	Wind	Heat	Damp	Dry	Cold
Emotion	Anger	Joy/Surprise	Worry/Concern	Sadness/Grief	Fear
Taste	Sour	Bitter	Sweet	Spicy/Pungent	Salty
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Sensory Organs	Eyes	Tongue	Mouth	Nose	Ears

The following 2 charts show foods related to the elements, including metal.

Chart 2

Phases/Elements/Foods			
Cold / Water / Salty	Cool / Metal / Pungent	Warm / Earth / Sweet	Hot / Fire /Bitter
Seaweed	Mushroom	Black Tea	Venison
Zucchini	Cherries	Spinach	Red Pepper
Tangerine	Cheese	Cooked Tomato	Egg Plant
Pineapple	Strawberry/Pea r	Garlic	Duck
Grapefruit	Cooked Onions	Ginger	Lamb
Cucumber	Apples	Pepper	Coffee
Eggplant	Soybean Sprouts	Fish	Onions Raw
Asparagus	Cabbage	Egg Yolk	Cocoa
Bean Sprouts	Oranges	Yellow Corn	Chocolat e
Crab	White Corn	Egg White	Lichee
Cauliflower	Snow Pea	Green Beans	Avocado
Celery	Green Apple	Green Pepper	Grilled Foods
Turnip	Cooked Lettuce	Broccoli	Nuts
Bok Choi	Bitter Gourd	Turkey/Chicken/Por k	Deep Fried Foods
Watermelo n	Oolong Tea/Green Tea	Bread	Querceti n
Banana	Peppermint	Rice/Noodles	
Tofu	Miso	Nectarines	

Tastes, Energetics and Examples				
Sweet	Cold	Wet	Heavy	Herbs: cardamom, fennel. Foods: milk, rice, honey, wheat
Sour	Hot	Wet	Light	Herbs: hawthorn berry. Foods: yogurt, sour cream, lemon, vinegar, gooseberries
Salty	Hot	Wet	Heavy	Herbs: kelp. Foods: sea vegetables, some fish, anything salted
Pungent	Hot	Dry	Light	Herbs: cayenne pepper. Foods: garlic, ginger, cayenne, horseradish
Bitter	Cold	Dry	Light	Herbs: <u>neem</u> , goldenseal. Foods: eggplant, kale, collards greens, <u>bittermelon</u>
Astringent	Cold	Dry	Heavy	Herbs: rosemary, aloe. Foods: pomegranate, unripe banana, cranberries, beans

How do I use the Energies of the Planets for Healing?

For example, let's get back to healing our eyesight. Chart 1 shows that the liver is related to the planet Jupiter. The Liver is represented by the season of Spring and the planet Jupiter. So what hour of the day does the liver represent? To find this out we need to examine the Zi Wu Liu Cycle.

The Zi Wu Liu Zhu: Cyclical Flow Of Qi And Blood Through The Meridians

	Branch	Channel	ZangFu	Period
子時	Zi shi	Foot Shao Yang channel	Gallbladder	23:00-01:00
丑時	Chou shi	Foot Jue Yin channel	Liver	01:00-03:00
寅時	Yin shi	Hand Tai Yin channel	Lung	03:00-05:00
卯時	Mao shi	Hand Yang Ming channel	Large Intestine	05:00-07:00
辰時	Chen shi	Foot Yang Ming channel	Stomach	07:00-09:00
巳時	Si shi	Foot Tai Yin channel	Spleen	09:00-11:00
午時	Wu shi	Hand Shao Yin channel	Heart	11:00-13:00
未時	Wei shi	Hand Tai Yang channel	Small Intestine	13:00-15:00
申時	Shen shi	Foot Tai Yang channel	Urinary Bladder	15:00-17:00
酉時	You shi	Foot Shao Yin channel	Kidney	17:00-19:00
戌時	Xu shi	Hand Jue Yin channel	Pericardium	19:00-21:00
亥時	Hai shi	Hand Shao Yang channel	Triple Burner	21:00-23:00

According to the Zi Wu Liu Cycle chart, the liver is represented by the hours between 1 a.m and 3 a.m. Also medical literature states that the liver is most active in rebuilding the body during the early morning hours at night. Now that we have the color, hour, season, organs and planet we can devise a simple routine formula for healing.

Spring = 1 a.m. to 3 a.m. = Jupiter = Liver = Eyes

Simply put, between 1 and 3 a.m. we visualize green light flowing down from the planet Jupiter into the liver, healing, nurturing and protecting it. Another visualization I have used with success is to inhale green light from Jupiter to the liver. Next take a slight pause then visualize poisons being released and drained away as you exhale. Speaking from personal experience, I have had good results visualizing the light flowing down from the planet, through the top of my head into the organ and seeing the organ nourished, detoxed and protected.

If you wanted to heal your lungs using the energy of the planets, then you would send healing light to your lungs using the energy of Venus, which represents the Lung. If you are a metal type, because Venus energy is white light, the exercise should be relatively easy and effective for you. Here is a simple method to do so.

Fall = 3 a.m. to 5 a.m. = Venus = Lungs = Nose

After you have relaxed your body, mind and spirit between 3 a.m. and 5 a.m. (*especially during the fall season*) say the following:

“Lung cells please listen; cleanse yourselves and fill yourself with clear bright white light and return yourselves to normal, healthy function.”

Also soaking from personal experience, I have found another technique is to visualize the red light of Mars flowing down into the heart and allowing the red light to produce cells that regenerate and visualizing these new cells flowing to parts of the body where healing and regeneration is needed. This exercise seems to work best when Mars is rising in the east.

For an additional boost



Place your hands over your lungs and ask for power to see the cells of the lungs. Give them the command: "*Lungs listen to the command*". If you feel no sickness is present, visualizing them being cleaned out by the white light. If sickness exists, intend it to depart and visualize the clear white light filling the lungs and returning them to normal, healthy function. Repeat the command in a firm and tone voice.

How to Strengthen the Immune System using the Hula Hoop visualization

Here is a good method to "*lock in*" the energy towards the end of the exercise. Let's use the green light of Jupiter as an example.

- 1: Visualize a ring of green light around your waist in the shape and form of a Hula Hoop.
- 2: Next visualize your hands holding onto the hula hoop ring and "*jumping*" through the hula hoop 10 times forward.
- 3: Now we are going to go in the other direction, but first, re-visualize the hula hoop of light around the waist of your body and you again holding onto the side of the hula hoop.
- 4: Next visualize yourself "*jumping*" through the hoop 10 times backwards.
- 5: After the 10th loop, imagine the loop dissolving / disintegrating.

6: Next detach and let go of visualization.

Pay attention to subtle clues after the exercise. You may receive an urge to change your diet, try something new or other subtle hints may manifest themselves. This is what non-invasive healing is all about, listening to and following your inner guidance and intuition; all by knowing the right tools to do so. The Taoists knew how to do this and thanks to them, we now have the same charts and tables filled with the information they used which is now freely accessible to all.

Later in this book there exist 30 + charts and tables going into even more detail showing colors, flavors, sounds, weather conditions, musical notes, smells, virtues, climates, odors, fluids, moon cycles, nervous systems and much more. One word of caution though, you can create an overbalance of energy if this exercise is done far too often. One example is visualizing yellow light flowing into the spleen. The spleen is the master organ of the body that if overcharged will cause disease. If an overbalance of energy occurs from the Spleen, then using the red light representing mars directed at the heart will counteract the balance.

The Mars Effect

I have also found that when a planet is rising in the east until its zenith, (*zenith means directly overhead*) that the results are stronger than usual. This is especially true for the planet Mars, which represents the color red and the heart organ. This could be due to what is called the "*Mars Effect*". Here is a quote by Mr. Michel Gauquelin, famed astrologist: "The strongest correlations I have observed is sports champions are born when the planet Mars is either rising in the east or culminating in the sky (zenith) much more often than for ordinary people. This particular observation, is known as "*the Mars effect*" by researchers who have investigated it. It has been verified by the experiments of other scientists." Mr. Michel Gauquelin is an astrologer with more than 45 years of research. He has written a dozen popular books, 30 data books and about 150 scientific articles.

Scientific Studies of the Mars Effect

A scientific research study titled *Mars, Jupiter, and Saturn Effects on Extraversion/Introversion*, and published by David Cochrane and David Fink, Ed.D. showed the results of an in-depth study of the Mars effect and found mild support for the theory that the planet Mars, as well as Jupiter when rising in the east, influenced personalities of those born when Jupiter or Mars was rising in the east.

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Chapter 5

Personalities and Traits of the 5 Elements

Let's look at some other ways we can use the charts. To look for verification of using our liver to create healthy eyes, we can do an Internet search term for: **healthy liver, healthy eyes**. This pulls up numerous articles, research studies and other evidence that shows we have a successful match. If we don't want to do the Jupiter visualization exercise between 1 a.m. and 3 a.m. we can use the QI flow chart shown below to perform the exercise in the early morning hours.

QI Flow According to Seasons and Hour of Day						
Element	Yin Organ	Yang Organ	Time	Season	Direction	Planet
Wood	Liver	Gall Bladder	Early Dawn	Spring	East	Jupiter
Fire	Heart	Small Intestine	Noon	Summer	South	Mars
Earth	Spleen	Stomach	Mid-Afternoon	Late Summer	Center	Saturn
Metal	Lungs	Colon	Dusk	Fall	West	Venus
Water	Kidneys	Bladder	Night	Winter	North	Mercury

The QI Flow According to Seasons and Hour of Day chart shows **early dawn during spring facing east**. This would indicate that during the early morning hours we want to be facing east and performing a visualization exercise of green light flowing down from the planet Jupiter. Speaking from personal experience, I have also had good results during the morning as the sun is rising while Jupiter is directly overhead.

You can find planet rise and set times by visiting the address below:
<http://aa.usno.navy.mil/data/docs/mrst.php>

You can also enter into an Internet search engine the term: **star rise set times** to get the above Internet address.

There is no "one size fits all" approach when using the 5 phases. This is the beauty of it. It allows each person to use their intuition and listen to what their body is telling them in regards to basic foods that they need and then matching that food group to one of the 5 phases (*see charts shown later in this book more in-depth food tables*). No two persons will interpret the same healing format when using the 5 phases due to the person living in different environments and experiencing different seasons. This makes each healing path tailored and unique to each individual.

Now on the following pages, let's explore in even greater detail the traits, personalities and attributes of each element/phase, their vulnerabilities and methods used to restore balance.

WOOD

Wood = Liver/Gallbladder = Color = Green

Wood people have clear visions and goals. They can effectively bring them into being. They are good at planning and making decisions. They may strongly argue their opinions and may show this in disagreements. They have piercing, penetrating eyes.

Wood Imbalances

The opposite of strong wood people includes traits such as being indecisive, no direction in life, and they may be prone to "getting stuck", unable to express anger. If Liver Qi becomes congested, these people may become arrogant or over controlling. They may become workaholics or show an addictive personality. They may be susceptible to abusing drugs and alcohol and may have digestive problems such as gas, bloating, constipation and diarrhea. If Liver Qi becomes imbalanced, spicy and hot foods can cause too much heat. This can be alleviated by eating sour and bitter foods. Irritation and excess frustration can be especially difficult if the Liver meridian is out of balance. Balance can be restored by physical exercise and reading. The season of fall is the most vulnerable time for this element, including the new spring winds of March, or extremely hot weather.

Liver meridian stress signs include brittle, dry, thickened nails and pain below the ribs. The Liver and Gallbladder Qi pathways flow throughout the top and sides of the head. Illnesses include eye problems, migraines and sinus problems. The Liver Qi circles the genitals. Discharges and rashes show when imbalance is present, as well as hernias. For women, menstrual problems may occur if imbalance is present.

The Qi Of Wood Flows Strongest During Spring.

FIRE

Fire = Heart, Small Intestines, Pericardium, Triple Warmer = Color = Yellow

Fire people are charismatic and excel at motivating others to action. They excel at socializing and talking.

Fire Imbalances

If the Qi of Fire is weak they may be bland or lackluster, suffer from anxiety, restlessness, and insomnia. Also they may talk too much and too rapidly, stutter or laugh nervously. Other weak fire attributes include stimulated to excesses, over excitability or show cold and unfeeling emotions.

Illnesses include heart problems, palpitations, hypertension and mouth and tongue sores. They may be vulnerable during extremely hot weather. Balance can be restored by calmness, centering and by walking. Foods to restore balance include bitter foods. Bitter flavors include dark, green leafy vegetables.

EARTH

Healthy Earth people are nurturing, well-grounded and compassionate. They may exhibit traits defined as an “archetypical earth mother”. Earth people bring others together and are good peacemakers, mediators and reliable friends. They excel at preparing food and eating and display generous, sensuous lips.

Earth Imbalances

Imbalances may lead to excess worrying and meddling, eventually becoming prone to pensiveness. Overwork, studying or other intellectual work can be a trait earth people are vulnerable to, eventually causing imbalance. Earth people are vulnerable to diarrhea and digestive problems. They gain weight easily. Earth bodies have a tendency to create excessive mucus. They may suffer from muzzy-headedness, cloudy thinking and a lack of clarity.

Imbalances may be corrected by limiting raw foods, cold foods and dairy products. Eating warming foods and grains helps them stay grounded. Earth people crave sweets which may be satisfied by eating vegetables, sweet grains (brown rice) and sweet fruits rather than processed sugars. Sitting meditation is also a good way to restore balance for earth people.

Common illnesses for earth people include: Gas & bloating, fatigue, diarrhea, food allergies & sensitivities, heartburn, eating disorders and canker sores. Excessive mucus collecting in the lungs or in the sinuses may occur. For women, menstrual problems such as excessively light or heavy periods may occur.

Earth is a time golden moments of fullness manifest before the waning of the light and a time of ripened crops and root vegetables manifest themselves.

QI Energy of earth flows strongest during Summer.

METAL

Metal = Lungs/Large Intestines = Color = White

Healthy Metal people are self disciplined, well organized and live longer than average lives when conscientious. They enjoy structure and are comfortable in situations where they know the rules. They end up succeeding by following the rules. Metal QI contains deep inner strength; such as raw ore being mined from the mountains.

Metal people should strive for a well-organized, self-disciplined, and conscientious lifestyle. They are most comfortable in situations when they know the rules and like structure. Metal people bestow deep inner strength.

Metal Imbalances

Properties include sadness, grief and being overly judgmental and critical. They have trouble letting go. Metal Qi imbalances manifest as grief, sadness and being overly critical. One weakness they have is trouble letting go. Vulnerable illnesses include illness of the lungs, allergies, asthma and frequent colds. Their large Intestine can be prone to diarrhea, chronic constipation or bowel diseases. Metal's strengths include courage, dignity, strength and structure. People strongly influenced by Metal have pale complexions. The Lung Qi flows throughout the skin so eczema, rashes and problems with sweating may occur with metal types.

Metal represents fall; a time of cool, crisp, clean air. It is during this environment that metal people feel they can make anything happen.

The Qi Energy of Metal peaks during fall.

WATER

Water = Kidneys, Bladder = Color = Black

Water energy centers itself in the lower belly. Healthy Water persons are determined, fearless and can endure hardships in pursuit of their goals. Will power is their attribute.

Water Imbalances

Vulnerable problems in water people include water urination, metabolism, fertility or sexuality. Emotions include being fearful, anxious and withdrawn and in severe cases phobic. Kidney yang weakness is often associated with the cold –cold back and belly, cold extremities, declining sexual vigor and urinary frequency or incontinence. When the Kidney Qi starts to weaken, dark circles or pouches appear under the eyes. In aged Water types, there may be

loss of hearing or ringing in the ears. During menopause, night sweats, hot flashes, dry skin and mucous membranes may occur.

The Kidney Qi peaks during winter.

Summary of Foods and Elements

Now let's take a look at a simplified list of the foods that are related to the 5 elements.

WOOD - Raw, lightly steamed or boiled leafy green vegetables. Sauerkraut, vinegars and lemon.

FIRE - Garlic, ginger, spring onions / scallions. Fried onions. Mild spices, nuts, seeds, herbs, coffee, alcohol, oils, parsley.

EARTH - Ground vegetables cooked into a soup, sweet root. Stewed fruits, Stew or casserole, apple juice, syrups.

METAL - Long cooked grains such as brown rice, wheat, rye, barley, oats or spelt. Baked, pressure cooked foods. Long pickles.

WATER - Stews, casseroles. Miso soups, bean soups. Miso, shoyu, mild use of sea salt.

How Each Element is Ruled by Earth's Geomagnetic Energy

Throughout this book you may see mention of an ancient QI Gong exercise named “**The Emerald Tablets Exercise**”, which I go into more detail in my 2016 revised edition of **The Emerald Tablets by Thoth the Atlantean**. Simply put the Emerald Tablets exercise is an ancient QI Gong anti-aging exercise that enhances the health of the body. The energy generated has 2 seasonal peaks. The first and largest peak is in Fall and the second largest peak of this energy occurs during Spring. Now this peak in energy could be a result of my element being metal, of which we covered earlier, QI energy of metal elements peaks in the spring. Further research is needed to confirm whether this peak energy is a seasonal effect that affects all element types (*spring and fall*), or if the revitalization energy peak occurs when the QI energy of each particular element peaks.

If the QI energy peak occurred according to element, we could use the following chart. Just as we are made from the earth, we are also affected by earth’s geomagnetic energy. Revitalization energy from the Emerald Tablets Exercise is at stronger levels when earth’s geomagnetic activity is at higher than average levels. Peak revitalization occurs during the following season.

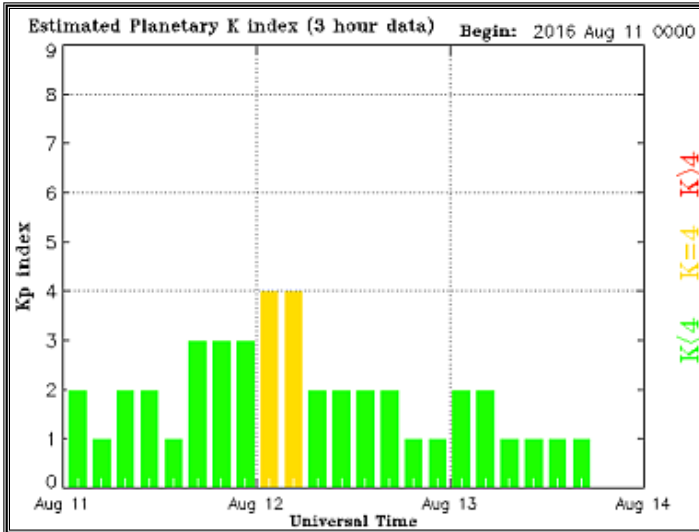
Your Element – Season

WATER – WINTER

METAL – FALL

EARTH – SUMMER

WOOD - SPRING



The previous image is a picture of earth’s geomagnetic energy with higher than average activity occurring on 12th of August, 2016. Real time geomagnetic energy can be found at the address below

<http://www.swpc.noaa.gov/>

Using the charts on the following pages we can find more peaks of this energy according to element type. For example, metal types show a peak in Autumn (Fall).

Emotions and Tastes of the 5 Elements

Element	<u>WATER</u>	<u>WOOD</u>	<u>FIRE</u>	<u>EARTH</u>	<u>METAL</u>
Body Tissue	Bone	Sinews	Blood Vessel	Muscles	Skin
Emotion	Fear	Anger	Joy/Shock	Worry	Sadness
Color	Black	Green	Red	Yellow	White
Taste	Salty	Sour	Bitter	Sweet	Pungent
Body Tissue	Bone	Sinews	Blood Vessel	Muscles	Skin
Emotion	Fear	Anger	Joy/Shock	Worry	Sadness
Color	Black	Green	Red	Yellow	White
Yang Organ	Bladder	Gallbladder	Sm. Intestine	Stomach	Lg. Intestine
Yin Organ	Kidney	Liver	Heart	Spleen	Lung
Sense Organ	Ears	Eyes	Tongue	Mouth	Nose

Yang Organ	Bladder	Gallbladder	Sm. Intestine	Stomach	Lg. Intestine
Yin Organ	Kidney	Liver	Heart	Spleen	Lung
Season	Winter	Spring	Summer	Late Summer	Autumn
Climatic Chi	Cold	Wind	Heat	Damp	Dryness
Season	Winter	Spring	Summer	Late Summer	Autumn

Because the secondary organ associated with metal are the lungs, these show an hourly peak between 3 a.m. and 5 a.m. Speaking from personal experience, I have found 2 peaks occurring. The first is dawn during spring and the second at dusk in fall.

Element	Wood	Fire	Earth	Metal	Water
Solid organ	Liver	Heart	Spleen/ Pancreas	Lungs	Kidneys
Time full	1 am– 3 am	11 am– 1 pm	9 am– 11 am	3 am– 5 am	5 pm– 7 pm
Positive emotion	Kindness	Love Honor	Compassion Fairness	Courage Righteousness	Gentleness

The table below shows the seasonal and hour of day of peak revitalization energy from practicing the Emerald Tablets Exercise. Use this chart if you practice Qi Gong and want to know the time the peak energy of Qi Flows strongest.

***Qi Flow Variation According to the
Hours of the Day and Seasons***

				<i>Time of Day of Peak of Revitalization Energy</i>
<i>Place of Eternal Frost</i>	<i>Winter Solstice</i>	<i>Furthest Southward of Equator</i>	<i>Maximum Yin/Shortest Days/Longest Cold</i>	<i>Midnight</i>
<i>Golden Gate</i>	<i>Spring Equinox</i>	<i>Crosses Heavenly Equator</i>	<i>Light and Darkness/Yin and Yang Balanced- Yang Qi is expanding</i>	<i>Sunrise</i>
<i>Palace of Universal Yang</i>	<i>Summer Solstice</i>	<i>Furthermost Northernmost Point from Equator</i>	<i>Maximum Yang or Brightness, Longest Days, of light and heat</i>	<i>Noon</i>
<i>Gate of the Moon</i>	<i>Autumn Equinox</i>	<i>Crosses Equator</i>	<i>Light and Darkness, Yin and Yang in Balance, Yin Qi is increasing</i>	<i>Sunset</i>

The following pages are a just a small sampling of the 30+ charts shown on page 255, Chapter 35 of this book.

<i>Cooling and Hot Foods and the Elements</i>			
<i>Cold / Water /</i>	<i>Cool / Metal /</i>	<i>Warm / Earth /</i>	<i>Hot / Fire /</i>
<i>Seaweed</i>	<i>Mushroom</i>	<i>Black Tea</i>	<i>Venison</i>
<i>Zucchini</i>	<i>Cherries</i>	<i>Spinach</i>	<i>Red Pepper</i>
<i>Tangerine</i>	<i>Cheese</i>	<i>Cooked Tomato</i>	<i>Egg Plant</i>
<i>Pineapple</i>	<i>Strawberry/Pear</i>	<i>Garlic</i>	<i>Duck</i>
<i>Grapefruit</i>	<i>Cooked Onions</i>	<i>Ginger</i>	<i>Lamb</i>
<i>Cucumber</i>	<i>Apples</i>	<i>Pepper</i>	<i>Coffee</i>
<i>Eggplant</i>	<i>Soybean Sprouts</i>	<i>Fish</i>	<i>Onions Raw</i>
<i>Bean Sprouts</i>	<i>Oranges</i>	<i>Yellow Corn</i>	<i>Chocolate</i>
<i>Crab</i>	<i>White Corn</i>	<i>Egg White</i>	<i>Lichee</i>
<i>Cauliflower</i>	<i>Snow Pea</i>	<i>Green Beans</i>	<i>Avocado</i>
<i>Celery</i>	<i>Green Apple</i>	<i>Green Pepper</i>	<i>Grilled Foods</i>
<i>Turnip</i>	<i>Cooked Lettuce</i>	<i>Broccoli</i>	<i>Nuts</i>
<i>Bok Choi</i>	<i>Bitter Gourd</i>	<i>Turkey/Chicken/Pork</i>	<i>Deep Fried Foods</i>
<i>Bananna</i>	<i>Peppermint</i>	<i>Rice /Noodles</i>	
<i>Tofu</i>	<i>Miso</i>	<i>Nectarines</i>	

Qi Flow According to Seasons and Hour of Day						
Element	Yin Organ	Yang Organ	Time	Season	Direction	Planet
Wood	Liver	Gall Bladder	Early Dawn	Spring	East	Jupiter
Fire	Heart	Small Intestine	Noon	Summer	South	Mars
Earth	Spleen	Stomach	Mid-Afternoon	Late Summer	Center	Saturn
Metal	Lungs	Colon	Dusk	Fall	West	Venus
Water	Kidneys	Bladder	Night	Winter	North	Mercury

Hours and the 5 Elements

<i>Element</i>	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
<i>Solid organ</i>	<i>Liver</i>	<i>Heart</i>	<i>Spleen/ Pancreas</i>	<i>Lungs</i>	<i>Kidneys</i>
<i>Time full</i>	<i>1 am- 3 am</i>	<i>11 am- 1 pm</i>	<i>9 am- 11 am</i>	<i>3 am- 5 am</i>	<i>5 pm- 7 pm</i>
<i>Positive emotion</i>	<i>Kindness</i>	<i>Love Honor</i>	<i>Compassion Fairness</i>	<i>Courage Righteousness</i>	<i>Gentleness</i>

Yin/Yang and the Organs (following page)

	<i>More Yang</i>	<i>Less Yang</i>	<i>Balanced Yin/Yang</i>	<i>Less Yin</i>	<i>More Yin</i>
5 Elements	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Air</i>	<i>Water</i>
Yang Organs	<i>Gallbladder</i>	<i>Small Intestine</i>	<i>Stomach</i>	<i>Large Intestine</i>	<i>Bladder</i>
Interior	<i>Muscles</i>	<i>Blood Vessels</i>	<i>Flesh</i>	<i>Skin</i>	<i>Bones</i>
Sensory	<i>Eyes</i>	<i>Tongue</i>	<i>Mouth</i>	<i>Nose</i>	<i>Ears</i>
Creative Ability	<i>Inspired</i>	<i>Aspiration</i>	<i>Intellect</i>	<i>Dominance</i>	<i>Will</i>
Skin Color	<i>Grey/Blue</i>	<i>Red</i>	<i>Yellow/Milky</i>	<i>Pale</i>	<i>Black/Dark</i>
Daily Rhythms	<i>Morning</i>	<i>Noon</i>	<i>Afternoon</i>	<i>Evening</i>	<i>Night</i>
Weather Effects	<i>Crisp/Dry</i>	<i>Fog/Mist</i>	<i>Mellow</i>	<i>Snow</i>	<i>Ice/Frost</i>
Sounds	<i>Shouting</i>	<i>Laughing</i>	<i>Singing</i>	<i>Weeping</i>	<i>Groaning</i>
5 Senses	<i>Sight</i>	<i>Speech</i>	<i>Taste</i>	<i>Smell</i>	<i>Hearing</i>
Nervous System	<i>Control</i>	<i>Anxious</i>	<i>Sobbing/Belch</i>	<i>Coughing</i>	<i>Trembling</i>

Master Chart of the 5 Elements

<i>Number</i>	<i>8</i>	<i>7</i>	<i>5</i>	<i>9</i>	<i>6</i>
<i>Planet</i>	<i>Jupiter</i>	<i>Mars</i>	<i>Earth/Saturn</i>	<i>Venus</i>	<i>Mercury</i>
<i>Moon Cycle</i>	<i>Half Moon heading towards full</i>	<i>Full Moon</i>	<i>Hidden Moon</i>	<i>Half Moon heading towards new</i>	<i>New Moon</i>
<i>Manifestative results</i>	<i>Tree</i>	<i>Heat</i>	<i>Soil</i>	<i>Metal</i>	<i>Water</i>
<i>Vegetable</i>	<i>Leeks</i>	<i>Shallots</i>	<i>Mallow</i>	<i>Onions</i>	<i>Greens</i>
<i>Foods not advised</i>	<i>Rancid/Oily</i>	<i>Burnt</i>	<i>Fragrant</i>	<i>Rotten</i>	<i>Putrid</i>
<i>Modulates</i>	<i>Prayer</i>	<i>Healthy Habits</i>	<i>Herbs</i>	<i>Acupuncture</i>	<i>Warming Heat Therapy</i>
<i>Color</i>	<i>Green</i>	<i>Red</i>	<i>Yellow</i>	<i>White</i>	<i>Black</i>
<i>Movement</i>	<i>Upwards</i>	<i>Active</i>	<i>Downward</i>	<i>Solidified</i>	<i>Liquid</i>
<i>Susceptible areas to disease</i>	<i>Nerves</i>	<i>Viscera</i>	<i>Tongue</i>	<i>Upper Back</i>	<i>Cavities</i>

*Second Master Chart of the 5 Elements -
Correspondences to Yin/Yang, Colors, Liquids*

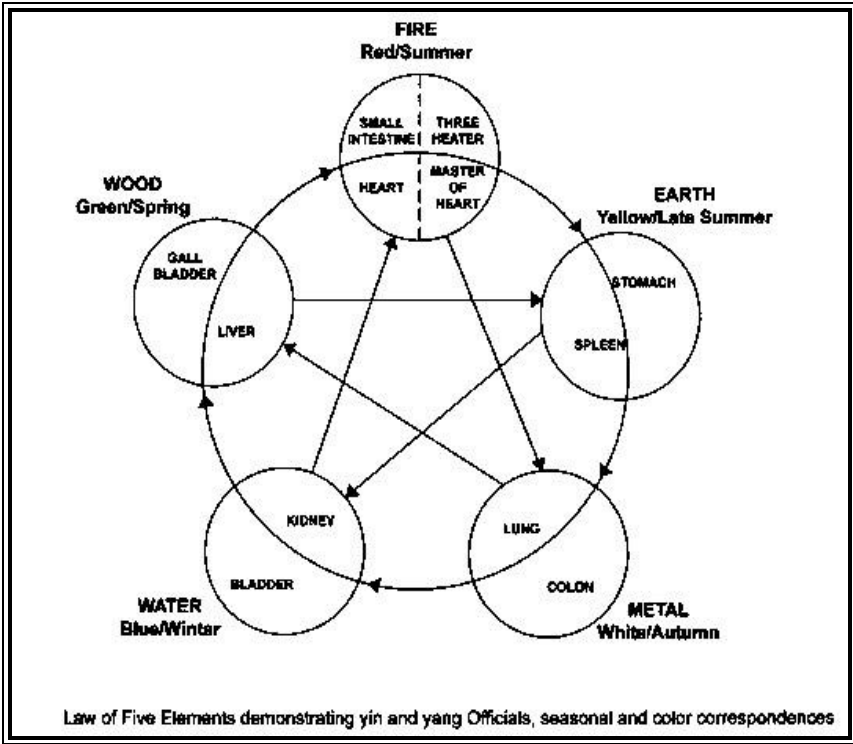
<i>Element</i>	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
<i>Yin Organ</i>	<i>Liver</i>	<i>Heart</i>	<i>Spleen</i>	<i>Lungs</i>	<i>Kidney</i>
<i>Yang Organ</i>	<i>Gall Bladder</i>	<i>Small Intestine</i>	<i>Stomach</i>	<i>Large Intestine</i>	<i>Bladder</i>
<i>Commands Sense of</i>	<i>Sight</i>	<i>Words</i>	<i>Taste</i>	<i>Smell</i>	<i>Hearing</i>
<i>Associated with</i>	<i>Depressio n</i>	<i>Rising/ Falling Emotions</i>	<i>Obsession</i>	<i>Anguish</i>	<i>Fear</i>
<i>Emotion</i>	<i>Anger</i>	<i>Joy</i>	<i>Sympathy</i>	<i>Grief</i>	
<i>Color</i>	<i>Green</i>	<i>Red</i>	<i>Yellow</i>	<i>White</i>	<i>Black</i>
<i>Direction</i>	<i>East</i>	<i>South</i>	<i>Centre</i>	<i>West</i>	<i>North</i>
<i>Season</i>	<i>Spring</i>	<i>Summer</i>	<i>Mid- Summer</i>	<i>Autumn</i>	<i>Winter</i>
<i>Cereals to eat</i>	<i>Wheat</i>	<i>Millet</i>	<i>Rye</i>	<i>Rice</i>	<i>Beans</i>
<i>Growth Cycle</i>	<i>Birth</i>	<i>Growth</i>	<i>Maturity</i>	<i>Harvest</i>	<i>Store</i>
<i>Meat in Moderation</i>	<i>Chicken</i>	<i>Mutton</i>	<i>Beef</i>	<i>Horse</i>	<i>Pork</i>
<i>Musical Note</i>	<i>Chio</i>	<i>Chih</i>	<i>Kung</i>	<i>Shang</i>	<i>Yu</i>

Wu Hsing Correspondences

<i>Activity</i>	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
<i>Direction</i>	<i>East</i>	<i>South</i>	<i>Centre</i>	<i>West</i>	<i>North</i>
<i>Color</i>	<i>Blue/G</i>	<i>Red</i>	<i>Yellow</i>	<i>White</i>	<i>Black</i>
<i>Sound</i>	<i>Shouts</i>	<i>Laughs</i>	<i>Singing</i>	<i>Weeping</i>	<i>Groaning</i>
<i>Emotion</i>	<i>Anger</i>	<i>Joy</i>	<i>Sympathy</i>	<i>Grief</i>	<i>Fear</i>
<i>Climate</i>	<i>Windy</i>	<i>Hot</i>	<i>Wet</i>	<i>Dry</i>	<i>Cold</i>
<i>Animal</i>	<i>Dragon</i>	<i>Phoenix</i>	<i>Ox</i>	<i>Tiger</i>	<i>Snake/ Tortoise</i>

<i>The 12 Earthly Branches</i>					
<i>PinYi</i>	<i>Num</i>	<i>Animal</i>	<i>Month</i>	<i>Time</i>	<i>Organ</i>
<i>Zi</i>	<i>1</i>	<i>Rat</i>	<i>Nov 22 to Dec 21</i>	<i>11 p.m. to 1 a.m.</i>	<i>Gall Bladder</i>
<i>Chou</i>	<i>2</i>	<i>Ox</i>	<i>Dec 22 to Jan 20</i>	<i>1 to 3 a.m.</i>	<i>Liver</i>
<i>Yin</i>	<i>3</i>	<i>Tiger</i>	<i>Jan 21 to Feb 19</i>	<i>3 to 5 a.m.</i>	<i>Lung</i>
<i>Mao</i>	<i>4</i>	<i>Rabbit</i>	<i>Feb 20 to Mar 20</i>	<i>5 to 7 a.m.</i>	<i>Large Intestine</i>
<i>Chen</i>	<i>5</i>	<i>Dragon</i>	<i>Mar 21 to Apr 19</i>	<i>7 to 9 a.m.</i>	<i>Stomach</i>
<i>Si</i>	<i>6</i>	<i>Snake</i>	<i>Apr 20 to May 20</i>	<i>9 to 11 a.m.</i>	<i>Spleen</i>
<i>Wu</i>	<i>7</i>	<i>Horse</i>	<i>May 21 to June 21</i>	<i>11 a.m. to 1 p.m.</i>	<i>Heart</i>
<i>Wei</i>	<i>8</i>	<i>Sheep</i>	<i>June 22 to July 21</i>	<i>1 to 3 p.m.</i>	<i>Small Intestine</i>
<i>Shen</i>	<i>9</i>	<i>Monkey</i>	<i>July 22 to Aug 21</i>	<i>3 to 5 p.m.</i>	<i>Bladder</i>
<i>You</i>	<i>10</i>	<i>Rooster</i>	<i>Aug 22 to Sept 22</i>	<i>5 to 7 p.m.</i>	<i>Kidneys</i>
<i>Xu</i>	<i>11</i>	<i>Dog</i>	<i>Sept 23 to Oct 22</i>	<i>7 to 9 .m.</i>	<i>Pericardiu m</i>
<i>Hai</i>	<i>12</i>	<i>Boar</i>	<i>Oct 23 to Nov 21</i>	<i>9 to 11 p.m.</i>	<i>Triple Burner</i>

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Flavors / Senses in Relation to Time of Day

<i>Negative emotion</i>	<i>Anger</i>	<i>Arrogance Cruelty Impatience</i>	<i>Worry</i>	<i>Sadness Grief</i>	<i>Fear</i>
<i>Sense organ</i>	<i>Eyes</i>	<i>Touch</i>	<i>Mouth</i>	<i>Nose</i>	<i>Ears</i>
<i>Sense</i>	<i>Sight</i>	<i>Tongue/ Speech</i>	<i>Taste</i>	<i>Smell</i>	<i>Hearing</i>
<i>Flavor</i>	<i>Sour</i>	<i>Bitter</i>	<i>Sweet</i>	<i>Pungent</i>	<i>Salty</i>
<i>Hollow organ</i>	<i>Gallbladder</i>	<i>Small intestine</i>	<i>Stomach</i>	<i>Large intestine</i>	<i>Bladder</i>
<i>Time full</i>	<i>11 pm- 1 am</i>	<i>1 pm- 3 pm</i>	<i>7 am- 9 am</i>	<i>5 am- 7 am</i>	<i>3 pm- 5 pm</i>

Qi Flow and Moon Phase

<i>PHASE OF MOON</i>	<i>REASON</i>	<i>TIDE</i>	<i>QI & BLOOD</i>	<i>REGULATION</i>
<i>New</i>	<i>Moon between sun; earth. Start of orbit</i>	<i>Spring. Max. Sun; moon pull together</i>	<i>Deficient</i>	<i>No Purging</i>
<i>Waxing Crescent</i>	<i>Moon between sun; earth & 1/8th around orbit</i>	<i>Spring. Max. Sun; moon pull together</i>	<i>Turning excessive</i>	<i>No Tonifying</i>
<i>First Quarter</i>	<i>Moon is 90 deg. to sun & 1/4 around orbit</i>	<i>Neap. Min. Sun; moon work against each other</i>	<i>Deficient</i>	<i>No Purging</i>

<i>Full</i>	<i>Moon opposite sun & 1/2 around orbit</i>	<i>Spring· Max· Sun & moon pull together</i>	<i>Excessive</i>	<i>No Tonicifying</i>
<i>Last Quarter</i>	<i>Moon is 90 deg· to sun & 3/4 around orbit</i>	<i>Neap· Min· Sun & moon work against each other</i>	<i>Turning Deficient</i>	<i>No Purgings</i>
<i>Waning Crescent</i>	<i>Moon between sun & earth & 7/8th around orbit</i>	<i>Spring· Max· Sun & moon pull together</i>	<i>Deficient</i>	<i>No Purgings</i>

Thank you for reading this unique and rare book. While we advertised the first 3 chapters free, we decided to give away a few more chapters at no extra cost just to show how one-of-a-kind this unique book really is. It puts the power of healing and its related energy into your hands so that you can find what method of treatment best suits you.

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Thank you again and we at the Solar Institute wish you a life filled with longevity, good fortune and health!

Scott Rauvers

Herbalist/Master Author

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