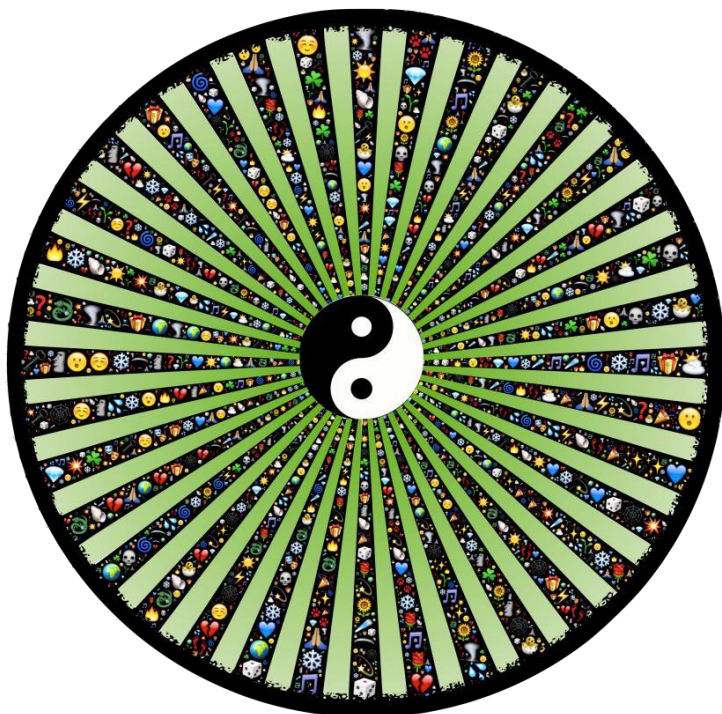


# The 2018 Tao Nutrition Planetary Almanac and Intuitive Astrology Organizer



**Tools for Growth, Success and  
Abundance for 2018 and Beyond**

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

## Sample Charts

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

## 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 <sup>rd</sup>	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.

<b>19</b>	6:51 a.m.	19	Pisces	3:24 p.m.
<b>21</b>	8:12 p.m.	22	Aries	1:21 a.m.
<b>23</b>	11:14 p.m.	24	Taurus	8:29 a.m.
<b>25</b>	10:15 p.m.	26	Gemini	12:41 p.m.
<b>28</b>	5:37 a.m.	28	Cancer	1:55 p.m.
<b>30</b>	11:39 a.m.	30	Leo	1:52 p.m.
<b>ALL TIMES EASTERN STANDARD</b>				
<b>February 2018</b>				
<b>Date of Last Aspect</b>	<b>Time Void Begins</b>	<b>Date</b>	<b>House</b>	<b>Time Void Ends</b>
<b>1</b>	5:58 a.m.	1	Virgo	2:12 p.m.
<b>3</b>	2:05 a.m.	3	Libra	4:45 p.m.
<b>5</b>	1:45 p.m.	5	Scorpio	10:55 p.m.
<b>8</b>	2:14 a.m.	8	Sagittarius	8:52 a.m.
<b>10</b>	11:37 a.m.	10	Capricorn	9:20 p.m.
<b>13</b>	12:42 a.m.	13	Aquarius	10:10 a.m.
<b>15</b>	4:04 p.m.	15	Pisces	9:41 p.m.

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

# Planetary Ephemeris

January 2018			Tropical Midnight Ephemeris			Time Zone: EST (05:00 West)					
Day			+12 Hr	Tue	Wed	Thu	Fri	Sat	Sun		
1M	10 $\mathcal{M}$ 43 11	27 $\Pi$ 59 01	05 $\mathcal{S}$ 38 04	15 $\mathcal{Q}$ 20 18	18 $\mathcal{Z}$ 09 59	08 $\mathcal{M}$ 47 16	14 $\mathcal{R}$ 17 02	16 $\mathcal{R}$ 58 01	13 $\mathcal{J}$ 24 24	11 $\mathcal{K}$ 54 01	18 $\mathcal{M}$ 46 01
2Tu	11 44 19	13 $\mathcal{S}$ 17 13	20 55 06	15 15 19	09 10 02	14 55 17	08 01 31	24 34 34	11 56 18	49 51	
3W	12 45 27	28 30 27	06 $\mathcal{Q}$ 02 04	15 13 20	12 11 18	15 32 17	18 01 38	24 34 01	57 18	51	
4Th	13 46 35	13 $\mathcal{Q}$ 28 55	20 50 11	15 12 21	18 12 33	16 10 17	28 01 45	24 34 11	58 18	53	
5F	14 47 43	28 05 13	05 $\mathcal{R}$ 13 38	15 12 27	13 49 16	47 17 37	01 52	24 34 12	00 18	55	
6Sa	15 48 51	12 $\mathcal{R}$ 15 05	19 09 37	15 14 23	38 15 04	17 24 17	47 01 59	24 34 12	01 18	57	
7Su	16 49 59	25 57 17	02 $\mathcal{S}$ 38 20	15 15 24	51 16 20	18 02 17	57 02 06	24 34 12	03 18	59	
8M	17 51 08	09 $\mathcal{S}$ 13 02	15 41 49	15 16 26	05 17 35	18 39 18	06 02 13	24 34 12	04 19	01	
9Tu	18 52 16	22 05 07	28 23 28	15 16 27	22 18 51	19 16 18	15 02 20	24 34 35	12 06	19	03
10W	19 53 25	04 $\mathcal{R}$ 37 17	10 $\mathcal{R}$ 47 08	15 16 28	40 20 06	19 54 18	24 02 27	24 34 35	12 07	19	05
11Th	20 54 34	16 53 34	22 57 02	15 14 29	59 21 22	20 31 18	34 02 34	24 36 12	09 19	07	
12F	21 55 42	28 58 00	04 $\mathcal{Z}$ 56 57	15 11 01	$\mathcal{M}$ 19 22	37 21 08	18 43 02	41 24 36	12 10	19	09
13Sa	22 56 51	10 $\mathcal{Z}$ 54 16	16 50 21	15 07 02	41 23 52	21 45 18	52 02 47	24 37 12	14 19	11	
14Su	23 57 59	22 45 34	28 40 14	15 03 04	04 25 08	22 23 19	00 02 54	24 37 12	14 19	13	
15M	24 59 07	04 $\mathcal{M}$ 34 38	10 $\mathcal{M}$ 29 05	14 59 05	27 26 23	23 00 19	09 03 01	24 38 12	15 19	15	
16Tu	26 00 15	16 23 49	22 19 06	14 57 06	52 27 39	23 37 19	17 03 08	24 38 12	17 19	17	
17W	27 01 23	28 19 09	04 $\mathcal{M}$ 12 13	14 55 08	17 28 54	24 14 19	26 03 14	24 39 12	19 19	19	
18Th	28 02 29	10 $\mathcal{M}$ 10 32	16 10 21	14 54 09	43 00 $\mathcal{M}$ 10	24 51 19	34 03 21	24 40 12	21 19	21	
19F	29 03 36	22 11 54	28 15 28	14 54 01	10 01 25	25 28 19	42 03 28	24 41 12	22 19	23	
20Sa	00 $\mathcal{M}$ 04 41	04 $\mathcal{M}$ 21 19	10 $\mathcal{M}$ 29 47	14 55 12	38 02 41	26 05 19	50 03 34	24 42 12	24 19	25	
21Su	01 05 46	16 41 10	22 55 50	14 56 14	06 03 56	26 42 19	58 03 41	24 43 12	26 19	27	
22M	02 06 49	29 14 07	05 $\mathcal{Z}$ 36 24	14 57 15	35 05 11	27 19 20	06 03 48	24 44 12	28 19	29	
23Tu	03 07 52	12 $\mathcal{Z}$ 03 02	18 34 24	14 58 17	04 06 27	27 56 20	14 03 54	24 45 12	30 19	31	
24W	04 08 54	25 10 48	01 $\mathcal{Z}$ 52 34	14 58 18	35 07 42	28 33 20	21 04 00	24 46 12	31 19	33	
25Th	05 09 55	08 $\mathcal{Z}$ 39 55	15 33 00	14 59 20	06 08 58	29 10 20	28 04 07	24 47 12	33 19	35	
26F	06 10 55	22 31 56	29 36 37	14 58 21	37 10 13	29 47 20	36 04 13	24 48 12	35 19	37	
27Sa	07 11 53	06 $\mathcal{Z}$ 46 54	14 $\mathcal{Z}$ 02 27	14 57 23	10 11 28	00 01 24	43 04 20	24 49 12	37 19	39	
28Su	08 12 51	21 22 48	28 47 18	14 57 24	42 12 44	01 20 50	04 26 24	51 49 12	39 19	41	
29M	09 13 47	06 $\mathcal{S}$ 15 10	13 $\mathcal{S}$ 45 30	14 56 26	16 13 59	01 38 20	56 04 32	24 52 12	41 19	43	
30Tu	10 14 43	21 17 15	28 49 21	14 56 27	50 15 14	02 15 21	03 04 38	24 53 12	43 19	45	
31W	11 15 37	06 $\mathcal{Q}$ 20 40	13 $\mathcal{Q}$ 50 04	14 55 29	25 16 30	02 51 21	04 04 45	24 54 12	45 19	47	
1Th	12 16 30	21 16 30	28 38 59	14 55 01	$\mathcal{M}$ 01 17	45 03 28	21 16 04	51 24 56	12 47 19	49	

### Planetary Data

Ingresses	
Day	Time
11	12:08 AM
17	8:43 PM
19	10:08 PM
26	7:55 AM
31	8:38 AM

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Stations	
Day	Time
2	9:10 AM

### Lunar Ingresses & Void Moons

Ingresses		Void Times		Last Aspect
Day	Time	Day	Time	
30	3:31 AM	31	6:38 PM	✕ ♃
1	3:10 AM	2	5:45 PM	☐ ♃
3	2:23 AM	4	6:10 PM	△ ♃
5	3:11 AM	6	9:51 PM	☐ ♃
7	7:14 AM	9	11:13 AM	✕ ♃
9	3:06 PM	11	9:53 AM	✕ ♃
12	2:03 AM	14	3:48 AM	△ ♃
14	2:42 PM	17	1:30 AM	♀ ♃
17	3:32 AM	19	6:52 AM	♀ ♃
19	3:27 PM	21	8:13 PM	☐ ♃
22	1:27 AM	23	11:15 PM	♀ ♃
24	8:40 AM	25	10:17 PM	♀ ♃
26	12:40 PM	28	5:38 AM	✕ ♃
28	1:57 PM	30	11:40 AM	♁ ♃
30	1:53 PM			♁ ♃

### Phases & Eclipses

Lunar Phases	
Day	Time
1	9:23 PM
8	5:25 PM
16	9:17 PM
24	5:21 PM
31	8:27 AM

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Solar Eclipses	
Day	Time
~ None ~	

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Lunar Eclipses	
Day	Time
31	8:30 AM

**T 1.315**

## 2018 Sun / Asteroid Alignments

Europa

Jan 30 and 31

Feb 8 and 9

Mar 13 and 14

Apr 23 and 24

May 24 and 25

June 23 and 24

July 19 and 20

Aug 14 and 15

Sept 12 and 13

Oct 16 and 17

Nov 23 and 24

Jan 4 and 5 (2019)

Ceres

Jan 18 to 20

Feb 24 and 25

Apr 30 to May 1

May 14 to 17

June 14 and 15

Oct 5 to 9

Nov 28 and 29

Ceres

Jan 18 to 20

Feb 24 and 25

Apr 30 to May 1

May 14 to 17

June 14 and 15

Oct 5 to 9

Nov 28 and 29



Day	h	m		
01 Jan	08:11		☾	♁
	10:28		☾	♁ ♃
	23:30		☾	♁ ♀
02 Jan	02:26		☉	♁ ☽
	02:54		☽	♁ ♀
	07:43		☽	♁ ♂
	09:36		☉	* ♀
	11:09		☽	♁ ♃
	13:00		♃	♁
	13:45		☽	♁ ♀
	15:48		♂	♁ ♁
22:47		☽	♁ ♃	
03 Jan	07:23		☽	♁
	17:30		♀	* ♀
04 Jan	07:41		☽	♁ ♁
	07:44		☽	♁ ♁
	09:35		☽	♁ ♂
	09:37		☽	♁ ♃
	10:22		♃	♁ ♀
	10:51		☽	♁ ♂
	11:35		☽	♁ ♃
18:54		☽	♁ ♃	
23:11		☽	♁ ♃	
05 Jan	08:13		☽	♁
	11:26		☽	♁ ♃
	15:02		♂	♁ ♃
	22:45		☉	♁ ♃

06 Jan	04:38		☽	♁ ♀
	05:58		☽	♁ ♃
	10:25		☽	♁ ♀
	11:41		☉	♁ ☽
	12:05		☽	♁ ♀
	14:24		☽	* ♂
	14:45		☽	* ♃
	15:50		♂	♁ ♁
	16:42		☽	♁ ♀
23:31		♃	♁ ♃	
07 Jan	00:37		♂	♁ ♃
	02:53		☽	♁ ♃
	12:15		☽	♁
	15:38		☉	♁ ♃
16:11		☽	♁ ♃	
08 Jan	12:08		☉	* ♃
	16:05		♀	* ♃
	16:08		☽	* ♁
	19:09		♃	♁ ♃
	19:53		♂	* ♀
	22:17		☽	♁ ♀
	22:27		☉	♁ ☽
23:18		☽	♁ ♀	
09 Jan	06:22		☉	♁ ♀
	08:54		♀	♁ ♀
	09:31		☉	♁ ♀
	09:46		☽	♁ ♃
	16:15		☽	* ♃
	18:42		♃	♁ ♁
	20:06		☽	♁
	20:56		♀	* ♂

## Moon Electional Astrology Aspects

	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

<b>Milk:</b>	Produces fluids & lubricates the intestines. <b>Neutral</b> and sweet,
<b>Butter:</b>	Blood tonic, circulates blood. <b>Warm</b> and sweet,

### SEAFOOD

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

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

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

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## Element and Food Type

	<b>FIRE (bitter)</b>	<b>EARTH (sweet)</b>	<b>METAL (pungent )</b>	<b>WATER (salty)</b>	<b>WOOD (sour)</b>
<b>Grains</b>	Amaranth Corn	Millet Barley	Rice	Buck- wheat	Oats / Wheat Rye
<b>Legumes</b>	Red Lentil	Garbanzo Peas	Navy Soy	Adzuki Black Kidney Pinto	Green Lentil Mung Lima
<b>Nuts/ Seeds</b>	Sunflower Pistachio	Pine Nut Pumpkin	Almonds	Black Sesame Walnut	Brazil Cashew
<b>Vegetables</b>	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
<b>Fruits</b>	Cherry Persimmon	Fig Orange Papaya Pineapple Strawberry	Apricot Banana Pear	Mul-berry Pom- e-granate Raspberry Watermelon	Avocado Grape Lemon Lime Plum
<b>Watch For Excess</b>	Chocolate /Sugar	Meat	Eggs	Cheese	Soft Dairy

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<b>Element, Sound and Number</b>					
<b>Element</b>	<b>Sound</b>	<b>Scent</b>	<b>Flavor</b>	<b>Emotion</b>	<b>Num</b>
<b>Earth</b>	Sings	Fragrant	Sweet	Sympathy	5 & 6
<b>Water</b>	Groans	Putrid	Salt	Fear	9 & 10
<b>Metal</b>	Weeps	Rotten	Pungent	Grief	7 & 8
<b>Fire</b>	Laughs	Scorched	Bitter	Joy	3 7 4
<b>Wood</b>	Shouts	Rancid	Sour	Anger	1 & 2

<b>Elements, Sensation and Organs</b>			
<b>Element</b>	<b>Animal</b>	<b>Body Part</b>	<b>Human Organ</b>
<b>Wood</b>	Feathers	Muscles	Liver/Gallbladder
<b>Fire</b>	Bald	Nerves	Heart/Small Intestine
<b>Earth</b>	Hairy	Skeleton	Lung/Large Intestine
<b>Metal</b>	Armor	Skin	Lung/Large Intestine
<b>Water</b>	Scaly	Blood	Kidney/Bladder

<b>Five Element Harmonization</b>				
<b>Element</b>	<b>Element Source</b>	<b>Element Product</b>	<b>Opposite</b>	<b>Friend</b>
<b>Wood</b>	Water	Fire	Metal	Earth
<b>Fire</b>	Wood	Earth	Water	Metal
<b>Earth</b>	Fire	Metal	Wood	Water

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<b>Metal</b>	Earth	Water	Fire	Wood
<b>Water</b>	Mental	Wood	Earth	Fire

## The 4 Seasons, Foods and Elements

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

## Element, Sound and Number

<b>Element</b>	<b>Sound</b>	<b>Scent</b>	<b>Flavor</b>	<b>Emotion</b>	<b>#</b>
<b>Earth</b>	Sings	Fragrant	Sweet	Sympathy	5 & 6
<b>Water</b>	Groans	Putrid	Salt	Fear	9 & 10
<b>Metal</b>	Weeps	Rotten	Pungent	Grief	7 & 8
<b>Fire</b>	Laughs	Scorched	Bitter	Joy	3 7 4
<b>Wood</b>	Shouts	Rancid	Sour	Anger	1 & 2



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## Elements, Sensation and Organs

Element	Animal	Body Part	Human Organ
Wood	Feathers	Muscles	Liver/Gallbladder
Fire	Bald	Nerves	Heart/Small Intestine
Earth	Hairy	Skeleton	Lung/Large Intestine
Metal	Armor	Skin	Lung/Large Intestine
Water	Scaly	Blood	Kidney/Bladder

## Five Element Harmonization

Element	Element Source	Element Product	Opposite	Friend
Wood	Water	Fire	Metal	Earth
Fire	Wood	Earth	Water	Metal
Earth	Fire	Metal	Wood	Water
Metal	Earth	Water	Fire	Wood
Water	Metal	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

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<b>Winter</b>	Water (Kidneys); eat less salty foods	Fire (Heart); eat more bitter foods
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## Partial Listing of the Master Chart of Seasonal Sounds and Emotions

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

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## Microclimate Environments Caused by Activity in Given Regions

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

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Thank you for your interest in this unique almanac. Pick up the hardcover copy at your favorite bookstore or order it online from [Amazon.com](https://www.amazon.com). Kindle and Nook versions are [also available](#). Thank you again and we at the Solar Institute wish you a wonderful and prosperous 2018!



*Scott Rauvers*

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