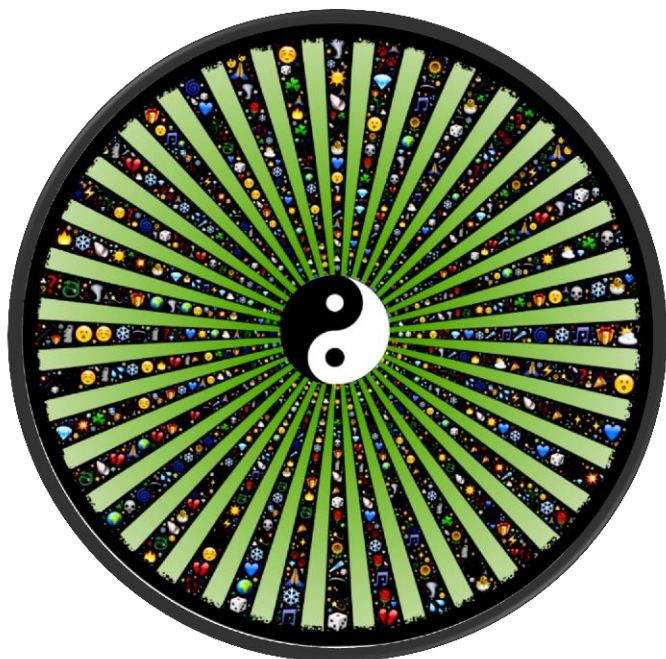


2019 Tao Nutrition Almanac Charts Preview

The 2019 Tao Nutrition Planetary Almanac and Intuitive Astrology Organizer



List of Sample Charts shown in the 2019 Almanac

Published by the Institute for Solar Studies, Santa Monica, California.



2019 Tao Nutrition Almanac Charts Preview

Element Correspondences - FIRE						
Music	Plant	Shape	Sound	Gemstone	Time	Tool
Drums	Basil, Fennel, Onion	Tetrahedron (triangle pointed upwards)	Crackling, Static	Ruby, Garnet, Carnelian, Lava, Amber	Noon	Athame
<p>The spirit of fire is represented by the salamander. Following the sun, turning clockwise around the circle brings us south. The height of the summer sun fills one with passion and living in the moment, filling our body and soul with the energy of fire.</p> <p>Fire corresponds to inspiration, birth and the spark of life. Fire is represented by passions, the life force and the drive to create. Animals represented by fire include the dragon, horse and the lion. Minerals include iron, gold, fire opal, tiger's eye, garnet, amber and carnelian. Plants include basil, allspice, angelica, cinnamon, cedar, mustard, nettles, nutmeg, onions, orange, rosemary, sunflower, tangerine, tobacco, red poppy, rose germanium and woodruff. Incense is copal and olibanum.</p>						

Element Correspondences – WATER					
Music	Plant	Shape	Sound	Time	Tool
Gong, Prayer Bowl	Kelp, Lettuce, Willow	Eicosahedron, Trident	Waves, Raindrops	Dusk	Cup
<p>The Spirit of water is represented by the Mermaid. Water follows the moon, teaching us to flow intuitively with the current of life. Patience is water's strength, carving its way, eventually reaching its destination. Emotions grow into fullness, expressing themselves allowing us to discover our psychic gifts.</p> <p>Water represents the liquid state of matter and rules the subconscious mind. Animals represented by water include the dolphin, sea serpent, seals, gulls and fish. Minerals include</p>					

2019 Tao Nutrition Almanac Charts Preview

silver, topaz, sapphire, lapis lazuli, amethyst and citrine.

Element Correspondences – EARTH

Music	Plant	Shape	Sound	Time	Tool
Brass and metallic Instruments	Oats, Rice, Corn, Oak, Ivy	Cube, Circle with an equidistant cross at the radius	Echoing	Night	Pentacle, Coin

The spirit of Earth is represented by the Leprechaun. When most people draw a circle, they begin at the top, or northernmost point. The more grounded we become, the wiser we become and the more we are able to reach for the sky.

Earth represents melancholic temperament and the solid state of matter. It represents livestock, money, crops, property, family, investments, savings and family. The mineral associated with earth is Salt. Minerals include granite, salt, jade, hematite, lead, emerald and Ochre.

2019 Tao Nutrition Almanac Charts Preview

Organ Properties and Vulnerabilities				
Organ	Conscious Influence	Conscious Attribute	Virtue	Vulnerability
Heart	Consciousness	Experience	Propriety	Lack of Sleep harms the heart
Liver	Visions and Dreams	The Dream World	Compassion and Benevolence	Lack of Compassion harms the liver
Lung	Reflexes and Instincts	Responses	Righteousness and Reverence	Excess reflexes or lack of reverence harms the lungs
Spleen	Intention, Mental focus	Reflection	Sincerity, Trust	Excess mental focus harms the Spleen
Kidneys	Willpower, perseverance and determination	Deep Sleep	Wisdom	Lack of Wisdom or sleep harms the kidneys

The 5 Main Influences of the Seasons

Spring – Motivation

Summer – Connection with Nature

Late Summer – Slowing Down / Winding Down

Fall – Purification / Renewal

Winter – Mind and Body

2019 Tao Nutrition Almanac Charts Preview

SENSATIONS, EMOTIONS, AND THE 5 PHASES

<u>Element</u>	<u>Chakra</u>	<u>Gland</u>	<u>Sense</u>	<u>Organ</u>	<u>Emotion</u>
Sky	Throat	Thyroid	Hearing	Ears	Ego/Pride
Air	Heart	Thymus	Touch	Skin	Greed
Fire	Navel	Pancreas	Sight	Eyes	Anger
Water	Genitals	Gonads	Taste	Tongue	Self-Indulgence
Earth	Rectal	Adrenal	Smell	Nose	Attachment

Element – Season

WOOD – SPRING - dawn

FIRE – SUMMER – 12 noon

EARTH – LATE SUMMER – late afternoon

METAL – FALL - sunset

WATER – WINTER - midnight

Zodiac Yin/Yang and Polarities			
Aries	Fire	Cardinal	Yang (+)
Taurus	Earth	Fixed	Yin (-)
Gemini	Air	Mutable	Yang(+)
Cancer	Water	Cardinal	Yin (-)
Leo	Fire	Fixed	Yang (+)
Virgo	Earth	Mutable	Yin (-)
Libra	Air	Cardinal	Yang (+)
Scorpio	Water	Fixed	Yin (-)
Sagittarius	Fire	Mutable	Yang (+)
Capricorn	Earth	Cardinal	Yin (-)
Aquarius	Air	Fixed	Yang (+)
Pisces	Water	Mutable	Yin (-)

2019 Tao Nutrition Almanac Charts Preview

Zodiac Sign	Symbol	Date	Sign Characteristics
Aries		March 21 - April 19	Active, Demanding, Determined, Effective, Ambitious
Taurus		April 20 - May 20	Security, Subtle strength, Appreciation, Instruction, Patience
Gemini		May 21 - June 20	Communication, Indecision, Inquisitive, Intelligent, Changeable
Cancer		June 21 - July 22	Emotion, Diplomatic, Intensity, Impulsive, Selective
Leo		July 23 - August 22	Ruling, Warmth, Generosity, Faithful, Initiative
Virgo		August 23 - September 22	Analyzing, Practical, Reflective, Observation, Thoughtful
Libra		September 23 - October 22	Balance, Justice, Truth, Beauty, Perfection
Scorpio		October 23 - November 21	Transient, Self-Willed, Purposeful, Unyielding
Sagittarius		November 22 - December 21	Philosophical, Motion, Experimentation, Optimism
Capricorn		December 22 - January 19	Determination, Dominance, Perservering, Practical, Willful
Aquarius		January 20 - February 18	Knowledge, Humanitarian, Serious, Insightful, Duplicitous
Pisces		February 19 - March 20	Fluctuation, Depth, Imagination, Reactive, Indecisive

2019 Tao Nutrition Almanac Charts Preview

Constellation, Plant, Angel and Power			
Constellation	Plant & Gem	Angel	Power
Aries, Leo, Sagittarius	Garlic, Mustard, Onions, Red Pepper Fire Agate Obsidian, Ruby Fire Opal	Michael	To Nurture and Appreciate. Integrity, Generosity. Mindset of Abundance.
Taurus, Capricorn, Virgo	Ivy, Grass, Comfrey Quartz	Gabriel	The Power of Law, To keep Silent, Creativity, Prosperity, Growth, Budget, Structure,
Libra, Gemini, Aquarius	Frankincense, Myrrh, Verviln, Yarrow, Violet, Pansy Topaz	Michael	To Know, The Power of Life, Intuitive, Detachment, Learning, Intellect, Hospitality, Wind. Patience, and Negotiation.
Scorpio, Pisces, Cancer	Fern, Moss, Seaweed, Water Lily, Lotus Aquamarine	Raphael	To Dare. The Power of Love, Emotions, The Unconscious, Storytelling. Resilience, Helping Others.

2019 Tao Nutrition Almanac Charts Preview

Constellation	Herbs	Incense	Body	Metal
Aries	Sage, Cloves, Cinnamon, Allspice	Dragon's Blood	Head	Iron
Taurus	Thyme, Patchouli, Honeysuckle	Storax	Neck and Throat	Copper
Gemini	Lavender, Lily of the Valley,	Lavender	Arms and Shoulders	Mercury
Cancer	Lemon, Milkweed, Eucalyptus	Sandalwood	Stomach, Chest	Silver
Leo	Nutmeg, Marigold, Heliotrope	Frankincense	Upper Back, Heart	Gold
Virgo	Peppermint, Moss, Cypress	Nariscuss	Digestive System, Lower Intestine	Nickel, Platinum
Libra	Sweet Pea, Majoram, Catnip	Galbanum	Kidney, Lower Back	Bronze, Copper, Aluminium
Scorpio	Myrrh, Cumin, Ginger	Benzoin	Groin and Genitals	Steel, Plutonium
Sagittarius	Sage, Juniper, Star Anise	Cinnamon	Thighs, Liver, Hips	Brass & Tin
Capricorn	Vervain, Cypress	Musk	Bones, Teeth, Joints	Lead & Pewter
Aquarius	Peppermint, Almonds, Lavender	Galbanum	Circulation, Ankles	Uranium, Aluminium
Pisces	Jasmine, Gardenia, Catnip	Cypress, Cedar, Orris Root	Feet, Immune System	Tin

2019 Tao Nutrition Almanac Charts Preview

Moon's Phase*	Moon Visibility	Approximate Rising Time	Approx Setting Time
The Dark Moon	Invisible	sunrise	At sunset
The Waxing Crescent	Slim crescent (the right side)	mid-morning	At mid-evening
The 1st Quarter	half full (the right side)	around noon	At around midnight
The Waxing Gibbous	3/4 full (the right side)	mid- afternoon	At wee hours of morning
The Full Moon	full, round	sunset	At sunrise
The Waning Gibbous	3/4 full (the left side)	early evening	At mid-morning
The 3rd Quarter	half full (the left side)	midnight	At noon

2019 Tao Nutrition Almanac Charts Preview

The Waning Crescent	Slim crescent (the left side)	early morning	At mid- afternoon
------------------------------------	--	--------------------------	------------------------------

Moon Phase in Relation to Angle

New Moon: Sun and Moon are conjunct. 0 - 15% waxing & 0 - 4 days from a New Moon.

Crescent Moon: Moon is 45 degrees ahead of our Sun. 15 - 50% waxing & 4 - 7 days from the New Moon.

Waxing / First Quarter Moon: Moon is 90 degrees from Sun / square with the Sun. 50 - 85% waxing & 7 - 11 days from the last New Moon.

Gibbous Moon: Moon is 135 degrees from Sun / waxing sesqui-square. It is 85% - 100% waxing & 11 - 15 days from the last New Moon.

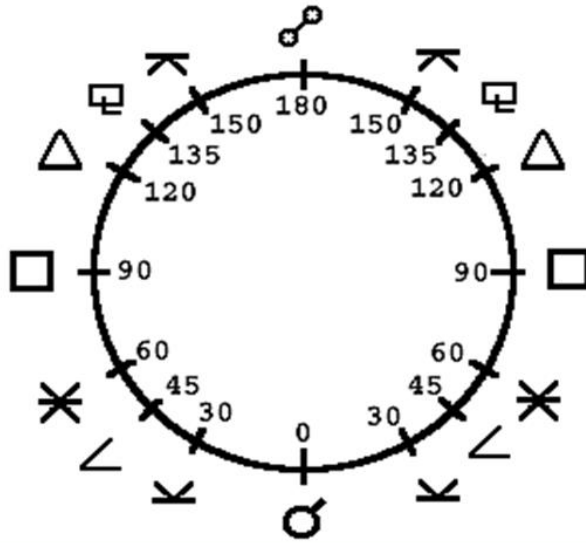
Full Moon: Moon is 180 degrees from Sun / opposite Sun. It is 85% - 100% waning & 15 - 19 days from the last New Moon.

Disseminating Moon: Moon is 135 degrees from Sun / waning sesqui-square. 50 - 85% waning & 19 - 21 days from the last New Moon.

Waning / Third Quarter Moon: Moon is 90 degrees from Sun / square the Sun. 50 - 15% waning & 21 - 26 days from the last New Moon.

Dark / Balsamic) Moon: Moon is 45 degrees behind our Sun / semi-square with the Sun. It is 0 - 15% waning & 26 - 29 days from the last New Moon.

2019 Tao Nutrition Almanac Charts Preview



2019 Tao Nutrition Almanac Charts Preview

Moon Nodes

Year	Ascending Node	Descending Node
2019	Jan 20 22:48 t	Jan 07 00:08 P
	Feb 17 09:42	Feb 03 06:35
	Mar 16 16:22	Mar 02 11:03
	Apr 12 18:08	Mar 29 13:08
	May 09 18:50	Apr 25 15:02
	Jun 05 22:46	May 22 19:12
	Jul 03 06:53 T	Jun 19 01:49
	Jul 30 17:02	Jul 16 09:05 p
	Aug 27 01:50	Aug 12 14:45
	Sep 23 06:30	Sep 08 17:35
	Oct 20 07:28	Oct 05 18:49
	Nov 16 08:48	Nov 01 21:40
Dec 13 14:15	Nov 29 04:13	
	Dec 26 13:01 A	
2020	Jan 09 23:29 n	Jan 22 20:31
	Feb 06 08:59	Feb 19 00:12
	Mar 04 14:58	Mar 17 01:00
	Mar 31 16:51	Apr 13 02:58
	Apr 27 17:54	May 10 09:01
	May 24 21:34	Jun 06 18:10 n
	Jun 21 04:24 A	Jul 04 03:18 n
	Jul 18 12:33	Jul 31 09:32
	Aug 14 19:22	Aug 27 11:52
	Sep 10 23:05	Sep 23 12:33
	Oct 08 00:29	Oct 20 15:53
	Nov 04 02:39	Nov 17 00:07
Dec 01 07:46 n	Dec 14 11:03 T	
Dec 28 15:03		

Constellations and the Elements

Cardinal Signs – Initiatory, quick and active

Mutable Signs – Intuitive, Adaptable and subtle

Fixed Signs – Stubborn, Practical and Persistent








2019 Tao Nutrition Almanac Charts Preview

Constellation, Element and Time of Day					
		Day	Night	Participant	Property
Fire	Aries, Leo, Sagittarius	Sun	Mars	Mars	Hot, Dry, Ardent
Earth	Taurus, Capricorn, Virgo	Venus	Moon	Venus	Cold, Heavy, Dry
Air	Libra, Gemini, Aquarius	Saturn	Mercury	Jupiter	Light, Wet, Hot
Water	Scorpio, Pisces, Cancer	Venus	Jupiter	Moon	Soft, Wet, Cold

Constellation, Chakra and Moon Phase					
		Moon	Intention	Chakra	Property
Fire	Aries, Leo, Sagittarius	First Quarter	Emancipation	Heart	Passion, Energy, Humour, Self-Esteem
Earth	Taurus, Capricorn, Virgo	Last Quarter	Manifestation	Root	Stability, Health, Self-forgiveness, Grounding
Air	Libra, Gemini, Aquarius	New	Adoration	Throat	Communication, Growth, Balance
Water	Scorpio, Pisces, Cancer	Full	Individuality	Solar Plexus	Emotion, Movement, Forgive Others, Creative, Adapt

2019 Tao Nutrition Almanac Charts Preview

Chakra Properties

Symbol	Planet	Organ	Chakra	Endocrine	Archetype
☉	Sun	Heart	Sahasrara 	Pineal	Awareness
☾	Moon	Brain	Anja 	Pituitary	Perception
☿	Mercury	Lungs	Visuddha 	Thyroid	Expression
♀	Venus	Kidneys	Anahata 	Thymus	Understanding
♂	Mars	Gallbladder	Manipura 	Pancreas	Will
♃	Jupiter	Liver	Swadisthana 	Testies/Ovaries	Creation
♄	Saturn	Spleen	Muladhara 	Adrenals	Anchor

Upper Crown (ultra violet) – Communications with higher Realms / Dimensions including those of Space & Time

Crown – (violet) Messages from Angels and other celestial beings

Third Eye (indigo blue) – Releases ignorance and confusion. Enhances courage and knowledge of one's will

Throat (blue) – Creativity. Releases misunderstanding and miscommunication

Heart (green) – Love, pleasure. Releases apathy

Lower Chest (yellow) – Releases fear, anxiety, shame and guilt, Creates Courage

Solar Plexus (orange) – Releases anger and resentment. Creativity,

Root (red) – Releases Frustration. Healing, manifestation. physical pleasure. Self Expression.

2019 Tao Nutrition Almanac Charts Preview

The 12 Constellations of the 12 Stages of Alchemy

The following information helps one to better understand the organic process of emotional alchemy and spiritual ascension. This allows one to more easily process their stages of inner spiritual development. The phases are very similar to the stages of the making of the philosopher's stone. It can also be used as a guide to examining the spiritual effects caused the 12 constellations upon the body.

Stage 1

ARIES - April 19 to May 13

Alchemical Theme: Calcination and Purification.

Element: Fire

This marks the beginning of purification of one's consciousness via exposure to the fire element or by applying intense heat. It is a process of heating the body / aura to high temperatures, allowing for a loss of moisture, oxidation / reduction. This causes the breaking down of the whole into simple substances which prepare it to remove blockages and debris. It is the process of kundalini fire purification of the blood, flesh and bone. Kundalini energy begins in the tailbone, traveling upwards in the central vertical channel and chakras. It is a process that reoccurs many times towards spiritual enlightenment.

Stage 2

TAURUS - May 14 to June 19

Alchemical Theme: Transformation and Congelation.

Element: Earth

Congelation allows substances to congeal, or to thicken themselves, forming a new blueprint. Increases in viscosity reassembles the parts into a different energetic pattern via transformation. It occurs via a reduction in (applied) heat or by a change in bodily chemical reactions due to changes in temperature. The increase in viscosity may be powerful enough in that it solidifies or crystallizes new elements or substances. Congelation allows bodily transformation to take place via a spiritual integration of reassembled parts / patterns due to newly created layers of the body consciousness. Activities performed during this time will be more permanent and may see their value increase.

Stage 3

GEMINI - June 20 to July 20

2019 Tao Nutrition Almanac Charts Preview

Alchemical Theme: Synthesis and Fixation.

Element: Air

Fixation is where a previously volatile substance has been transformed into form / solid which is not affected by heat or fire. It separates substances or objects, rearranging them back to the same or new shape at the subatomic level. In the energetic body's blueprint, it transforms it at the subatomic level. It is a continual cycle of polarity synthesis of unstable forces that become transformed into a more stable form at a higher level. Fixation is but one process required for the transformation of base substances. It is polarity integration between newly reassembled parts of subtracting or adding required patterns that become synthesized into the body consciousness.

Stage 4

CANCER - July 21 to August 9

Alchemical Theme: Dismantling and Dissolution.

Element: Water

This is a dismantling phase from unnecessary energies, substances or objects which have been shifted from previous alchemical synthesis by the polarity integration of forces. It is where emotional body issues are resolved or dissolved into elements or parts or a shifting in the field of energetic consciousness. It is a deeply emotional phase, deeply buried in the subconscious. It brings to the surface the purging of deep soul wounds. In the phase of spiritual ascension, it may occur as a breaking up of the following - bonds, relationships, assembly or organization. Cancer exhibits very strong ancestral genetic pattern components which greatly influence emotional miasma in the body. Hence the honoring of our ancestors during the moon on cancer. It represents dismantlement of unneeded or unnecessary primal forces and to resolve emotional blocks in the shifting terrain of energetic consciousness (emotional purging). A sign associated with feelings. It is a good time to plant crops or purchase stocks, commodities, collections or other long term investments. A good time to build friendships for growth.

Fast Fact - Dr. Clark Timmins' research revealed that when tomatoes were planted while the moon was in Cancer, that the germination rate was 90%. However when he planted them during a waxing moon with the moon in Cancer, the tomatoes germinated 100% of the time. Dr.

2019 Tao Nutrition Almanac Charts Preview

Timmins used the geocentric system when looking at the moon void of course dates. This almanac uses the geocentric system for all moon void of course dates.

, but gentle heat is applied to the newly combined elements over a period its composition. This stage represents assimilation and absorption of the new substances. The energetic elements have now become shifted. Old where low of several weeks in order to change unnecessary energies and emotional states Stage 5

LEO - August 10 to September 15

Alchemical Theme: Conversion and Digestion.

Element: Fire

Digestion is the process have been eliminated as by the action of enzymes, newly converted energies move deeper into assimilation within the body. It is a time of digesting changes in one's consciousness which are the result of the completion of old energetic patterns. Allowing one to digest more of what they see in the world, one can resolve emotional pain allowing one to see the truth ever more clearly, which in the end allows one to experience greater acceptance of all things.

The September 21st solstice is a good time to let things go & begin motivation of the mind. Think of it as the second spring or late spring of the year. It is an excellent time for public exhibitions, such as ceremonies, fundraisers, presentations, shows and entertainment.

Stage 6

VIRGO - September 16 to October 30

Alchemical Theme: Purity and Distillation

Element: Earth

This stage represents the internal energies and their continual process of purification which eventually separates the unnecessary parts, removing all contaminants. The end goal is to be able to achieve full concentration of the essential substance, which is where pure energetic consciousness comes from. It is the process of obtaining and accessing pure essence (via the inner spirit), and distilling the substance of spirit into the earth and body. It represents the refinement of the spirit and internal energies in relationship to the body.

Stage 7

LIBRA – October 31 to November 22

2019 Tao Nutrition Almanac Charts Preview

Alchemical Theme: Transmutation and Sublimation.

Element: AIR

Transformation takes place through an observation of events or the experiencing of emotions. It sublimates them into higher substances. Hence one accesses spiritual harmony. As one elevates their consciousness, they learn to transform negative emotions. Observer consciousness allows one to witness their emotions / external events without identifying that they are that event or emotion. Hence one has learned to observe emotions, thoughts and energies in a neutral manner. One has learned to increase their energetic harmony inside and outside. This is greatly accelerated when one has learned to distill their inner spirit within

Stage 8

SCORPIO – November 23 to November 29

Alchemical Theme: Stillness and Separation.

Element: Water

Isolation from interference / contaminates occurs via separation in order to attain purity. It is a time of experiencing sequestering away from certain forces or influences. Isolation or wanting to sequester is a natural process, as in acquiring deep stillness. When it is acquired, one finds they have become one with God / Spirit. This allows one to sense the growth of their inner spirit. Isolation allows one to communicate with and germinate their spiritual consciousness towards fullness. An intuitive period, conducive to conducting research or ending a connection.

Stage 9

OPHIUCHUS (located near the center of our galaxy's Milky Way) – November 30 to December 17

Alchemical Theme: Wound Healing and Unification.

Element: Water/Aether

This phase represents the core of the Galactic Center. It is a place of healing spiritual waters that pour into the earth and humanity. This constellation represents a return to one's original geometry, the union of all polarity as a perfect blueprint of harmony and energetic balance for humanity. Wisdom and knowledge is handed back to the truth seeker. The constellation in its highest expression represents the blueprint of divine perfection in a Human Being. It amplifies spiritual healing and is related to the symbol Phi and reemerging Sophia.

2019 Tao Nutrition Almanac Charts Preview

Stage 10

SAGITTARIUS – December 18 to January 18

Alchemical Theme: Resurrection and Incineration.

Element: Fire

This phase represents the ascension process which occurs via incineration of the old and burning of the old decrepit energies, through the stages of a healing crisis. It is similar to a spiritual bonfire of the lower self. Once the Cosmic Aether and divine blueprint have been connected to the body, massive healing begins. This reduces the old negative form and its related debris into ashes (the Phoenix that rises from the ashes). It is now reborn upon its old form which was previously incinerated in the bonfire. It is where spiritual alchemy undergoes phase transition, changing matter substance from blackened, to gray and then finally to white. At times one senses death energy in the blackened state. It is the beginning stage of resurrection and great renewal. Good for higher learning, law, publishing and learning. Also a good time for adventure and sport.

Stage 11

CAPRICORN –January 19 to February 15

Alchemical Theme: Illumination and Fermentation.

Element: Earth

This represents the stage of fermentation which causes a shift in the production and source of energy that is necessary for bodily functions. It is where an increased size and quality of the auric light body takes place. The body has become physically much stronger and more resistant to disease due to dryness. Earth's tropic of Capricorn happens to be situated at a hot, dry latitude.

Fermentation is the process where different levels of enzymatic substances are created which the body uses to support a variety of shifting chemical and hormonal reactions. During a process of spiritual ascension, it may be associated with a highly physical shift in the immune, digestive and brain processing. It is where changes take place in how ATP production is made in the cells' mitochondria and how that energy becomes distributed to the body's cellular tissues. During this phase, new requirements of vital energies are taking place which increase the cell's ATP pump, causing increases in energy which continue the process of life. The increase of ATP allows a person to hold more light in

2019 Tao Nutrition Almanac Charts Preview

their physical cells, which in turn increases their consciousness.

This is a period of extreme dryness, allowing for more resistance to fungus type conditions, including the body. Hence the body has more resistance to fungus and associated type bacteria. The effects of the moon in this sign are weak. Hence, it can be a good time for discipline, planning for the future and setting goals.

Stage 12

AQUARIUS – February 16 to March 11

Alchemical Theme: Virtues and Multiplication.

Element: Air

Multiplication greatly increases the concentrated refinement, energetic effectiveness and sphere of influence of the embodied biological spiritual light source. The blood is purified of karmic record and spiritualized via chemistry creating spiritual virtues. It occurs near the end of the magnum opus of our spiritual ascension alchemy. This is the symbolic state of which Christ is able to take any base substance and multiply it into many fish and bread loaves to bless the hungry. Through the access of pure embodied spiritual essence, the abundance of the spiritual light flows in and blesses the environment from the beacon of a Krystal body. It multiplies abundance and blessing for those who come in contact with it, as well as the being who embodies its source. This is about serving the group consciousness highest expression of spiritual ascension for all human beings. In traditional alchemy this is the turning of base metal into gold and silver, similar to what happens to the light body.

Stage 13

PISCES – March 12 – April 18

Alchemical Theme: Perfection, Ascension and Christos-Sophia

Element: Water, Aether

This stage is attainment of complete preservation of the body via inner spirit, nourished in sound and light waves. It is the stage where one who has obtained the knowledge to spiritualizing their body and can transmute the corruptible physical into the incorruptible spirit. One is able to break out of the negative karmic cycle in order to attain true freedom. One has attained ultimate freedom from the prison planet mentality. This Great Work is the ultimate goal, the inner Christos-Sophia has been reached which makes perfect the complete divine human being.

2019 Tao Nutrition Almanac Charts Preview

A good time for prayer, meditation or reflection. Artists and musicians are ruled by Pisces. If they avoid reality, the dark side of Pisces includes drugs, counterfeiting and associated behavior.

Color, Gemstone and Planet		
Color	Gemstone	Planet
Red	Diamond	Mars
Silver, White	Pearl, Moonstone	Moon
Yellow	Agate	Mercury
Black	Turquoise	Saturn
Maroon	Opal	Pluto
Pale Green, blue or pink	Sapphire	Venus
Sea Green	Bloodstone	Neptune
Brown, Green	Quartz	Earth
Bright Blue	Amethyst	Uranus
Gold	Ruby	Sun

2019 Tao Nutrition Almanac Charts Preview

Element Values and Virtues						
Element	Archetype	Desire / Fear	Virtue / Values	Pre-occupation	Compulsion	Seeks
Fire	Wizard	Fulfilled / Being cut off	Charisma / Intuition	Stimulation	Consumer	Love
Wood	Pioneer	Purpose / Helpless	Fervor / Utility	Work	Win	Cause
Metal	Alchemist	Order / Corruption	Righteousness / Purity	Ritual	Control	System
Water	Philosopher	Truth / Extinction	Honest / Durability	Secrets	Critique	To Teach
Earth	Peacemaker	Loyalty / Lost	Loyalty / Harmony	Details	Interfere	Family

2019 Tao Nutrition Almanac Charts Preview

ALCHEMICAL CHART CORRESPONDENCES

Sign	Dates	Alchemical Theme	Element
♈ Aries	Apr 19 - May 13	Purification, Calcination	Fire
♉ Taurus	May 14 - Jun 19	Congelation, Transformation	Earth
♊ Gemini	Jun 20 - Jul 20	Fixation, Synthesis	Air
♋ Cancer	Jul 21 - Aug 9	Dissolution, Dismantling	Water
♌ Leo	Aug 10 - Sep 15	Digestion, Conversion	Fire
♍ Virgo	Sep 16 - Oct 30	Distillation, Purity	Earth
♎ Libra	Oct 31 - Nov 22	Sublimation, Transmutation	Air
♏ Scorpio	Nov 23 - Nov 29	Separation, Stillness	Water
♐ Ophiuchus	Nov 30 - Dec 17	Unification, Wound Healing	Water/Aether
♑ Sagittarius	Dec 18 - Jan 18	Incineration, Resurrection	Fire
♒ Capricorn	Jan 19 - Feb 15	Fermentation, Illumination	Earth
♓ Aquarius	Feb 16 - Mar 11	Multiplication, Virtues	Air
♈ Pisces	Mar 12 - Apr 18	Ascension, Perfection, Christos-Sophia	Water/Aether

PLANET	METAL	CARDINAL SIN	CARDINAL VIRTUE	PART OF BODY
Sun	Gold	Pride	Humility	Heart
Moon	Silver	Lust	Substantiality	Brain
Mars	Iron	Anger	Meekness	Gall
Mercury	Mercury	Envy	Benevolence	Lungs
Jupiter	Tin	Cunning	Wisdom	Liver
Venus	Copper	Lewdness	Chastity	Generative organs
Saturn	Lead	Avarice	Charity	Spleen

2019 Tao Nutrition Almanac Charts Preview

<i>Sign</i>	<i>Symbol</i>	<i>Dates</i>	<i>Traits</i>	<i>Ruler</i>
Aries	♈	Mar. 20 – Apr. 18	Energy, initiative	Mars
Taurus	♉	Apr. 19 – May 20	Reliability, persistence	Venus
Gemini	♊	May 21 – June 20	Versatility, curiosity	Mercury
Cancer	♋	June 21 – July 22	Intuition, sympathy	Moon
Leo	♌	July 23 – Aug. 22	Confidence, self-expression	Sun
Virgo	♍	Aug. 23 – Sept. 22	Analysis, perfectionism	Mercury
Libra	♎	Sept. 23 – Oct. 22	Balance, harmony	Venus
Scorpio	♏	Oct. 23 – Nov. 21	Passion, intensity	Pluto (modern), Mars (old)
Sagittarius	♐	Nov. 22 – Dec. 21	Adventure, independence	Jupiter
Capricorn	♑	Dec. 22 – Jan. 19	Ambition, organization	Saturn
Aquarius	♒	Jan. 20 – Feb. 18	Originality, vision	Uranus (modern), Saturn (old)
Pisces	♓	Feb. 19 – Mar. 19	Sensitivity, faith	Neptune (modern), Jupiter (old)

Day	Masters of the Day Planetary hour												Masters of the Night	
	1	2	3	4	5	6	7	8	9	10	11	12		
Sunday	☉	♀	♁	♃	♄	♂	☉	♀	♁	♃	♄	♂	♂	♁
Monday	♃	♄	♂	☉	♀	♁	♃	♄	♂	☉	♀	♁	♀	♂
Tuesday	♂	☉	♀	♁	♃	♄	♂	☉	♀	♁	♃	♄	♄	♀
Wednesday	♁	♃	♄	♂	☉	♀	♁	♃	♄	♂	☉	♀	☉	♄
Thursday	♂	♁	☉	♀	♁	♃	♄	♂	☉	♀	♁	♃	♃	☉
Friday	♀	♁	♃	♄	♂	☉	♀	♁	♃	♄	♂	☉	♂	♃
Saturday	♄	♂	☉	♀	♁	♃	♄	♂	☉	♀	♁	♃	♁	♂
☉ Sun ♃ Moon ♂ Mars ♁ Mercury ♃ Jupiter ♀ Venus ♄ Saturn														
Note that the days are generally named after the master planet for the first hour of the day.														

2019 Tao Nutrition Almanac Charts Preview

Day	Planet	Power	Physical Organ	Symbol	Herb	Official Name
Saturday	Saturn	Stability	Spleen	♄	Horsetail	<i>Equisetum arvense</i>
Sunday	Sun	Self-awareness	Heart	☉	Eyebright	<i>Euphrasia officinalis</i>
Monday	Moon	Psychic Development	Brain or Brain Stem	☾	Watercress	<i>Nasturtium officinale</i>
Tuesday	Mars	Energy	Gall	♂	Basil	<i>Ocimum basilicum</i>
Wednesday	Mercury	Initiation and Communication	Throat/Thyroid	♿	Fennel	<i>Foeniculum vulgare</i>
Thursday	Jupiter	Assimilation	Lungs or Stomach	♃	Lemon Balm	<i>Melissa officinalis</i>
Friday	Venus	Harmony	Kidneys	♀	Lady's Mantle	<i>Alchemilla vulgaris</i>

Aries	♈	Calcination
Taurus	♉	Congelation
Gemini	♊	Fixation
Cancer	♋	Solution
Leo	♌	Digestion
Virgo	♍	Distillation

Libra	♎	Sublimation
Scorpio	♏	Separation
Sagittarius	♐	Ceration
Capricorn	♑	Fermentation
Aquarius	♒	Multiplication
Pisces	♓	Projection

Chakra	Planet	Tattwa	Alchemical Metal
Root	Saturn	Prithivi (earth)	Lead
Svadhithana	Mars	Apas (water)	Iron

2019 Tao Nutrition Almanac Charts Preview

Solar Plexus	Jupiter	Tejas (fire)	Tin
Heart	Sun	Vayu (air)	Gold
Throat	Venus	Akasha (Spirit-Ether)	Copper
3rd Eye	Moon	All 5 Tattwas Synthesized	Silver
Crown	Mercury	Singularity presented as a point	

Element, Chakra, Meaning , Plant and Incense					
Element	Chakra	Gemstone	Incense	Meaning	Plant
Fire	Throat	Ruby	Tobacco	Triumphant	Oat, Nettle
Water	Throat	Amethyst	Cedar	Love	Rose
Air	Genitals	Quartz	Jasmine	Celestial	Damiana, Mandrake
Earth	Base of Spine	Citrine	Dittany	Throned Maiden	Willow, Ivy, Lilly

	Planet	Nature	Masculine / Feminine	Diurnal / Nocturnal
♄	Saturn	Cold & Dry	Masculine	Diurnal
♃	Jupiter	Hot & Moist	Masculine	Diurnal
♂	Mars	Hot & Dry	Masculine	Nocturnal
☉	Sun	Hot & Dry	Masculine	Diurnal
♀	Venus	Cold & Moist	Feminine	Nocturnal
☿	Mercury	Cold & Dry	Neutral	Neutral
☾	Moon	Cold & Moist	Feminine	Nocturnal

2019 Tao Nutrition Almanac Charts Preview

Planets: Symbols and Influences		
<i>Planet</i>	<i>Symbol</i>	<i>Area of Influence</i>
Sun	☉	Self, main concerns, vitality
Moon	☾	Emotions, instincts, habits
Mercury	☿	Communication, intellect, reason
Venus	♀	Love, beauty, art
Mars	♂	Action, desire, aggression
Jupiter	♃	Expansion, optimism, abundance
Saturn	♄	Restriction, pessimism, structure
Uranus	♅	Rebellion, eccentricity, upheaval
Neptune	♆	Imagination, dreams, delusions
Pluto	♇	Transformation, obsession, power
North Node	♁	Your potential
South Node	♂	Your karmic past
Chiron	♄	Point of Healing

2019 Tao Nutrition Almanac Charts Preview

Sign of the Zodiac.	Astro-logical Symbol.	Month (commencing about the 21st of preceding month).	Stone.
Aries, the Ram.	♈	April	Sardonyx.
Taurus, the Bull.	♉	May	Cornelian.
Gemini, the Twins.	♊	June	Topaz.
Cancer, the Crab.	♋	July	Chalcedony.
Leo, the Lion.	♌	August	Jasper.
Virgo, the Virgin.	♍	September	Emerald.
Libra, the Balance.	♎	October	Beryl.
Scorpio, the Scorpion.	♏	November	Amethyst.
Sagittarius, the Archer.	♐	December	Hyacinth (=Sapphire).
Capricorn, the Goat.	♑	January	Chrysoprase.
Aquarius, the Water-bearer.	♒	February	Crystal.
Pisces, the Fishes.	♓	March	Sapphire (=Lapis Lazuli).

Musical Notes Correspondences

Notes	Constellation	Elemental Notes:
C -	Aries	C = Fire
C#	Taurus	E = Air
D	Gemini	G# = Water
D#	Cancer	A = Earth
E	Leo	
F	Virgo	
F#	Libra	
G	Scorpio	
G#	Sagittarius	
A	Capricorn	
A#	Aquarius	
B	Pisces	

Chakra + Color + Frequency + Note Correspondences			
Chakra	Color	Frequency	Note
Svadhithana (located above pubic bone / below the navel)	Orange	9Hz	D
Solar Plexus	Yellow	10hz	E
Heart	Green	10.5hz	F
Throat	Blue	12hz	G
3rd Eye	Indigo	13hz	A
Crown	White	15hz	B

2019 Tao Nutrition Almanac Charts Preview

Hebrew Letters Note and Planet

Aleph	E	Air	
Beth	E	Mercury	
Gimel	G#		Moon
Daleth	F#	Venus	
Heh	C	Aries	
Vav	C#		Taurus
Zayin	D	Gemini	
Cheth	D#		Cancer
Teth	E	Leo	
Yod	F		Virgo
Kaph	A#		Jupiter
Lamed	F#	Libra	
Mem	G#		Water
Nun	G	Scorpio	
Samekh	G#		Sagittarius
Ayin	A	Capricorn	
Peh	C	Mars	
Tzaddi	A#		Aquarius
Qoph	B	Pisces	
Resh	D	Sun	
Shin	C	Fire	
Tav	A	Saturn	

2019 Tao Nutrition Almanac Charts Preview

Yetziratic Intelligence - Keys to the Kabbalah	Musical Note
Fiery Intelligence	E Natural
Intelligence of Transparency	E Natural
Uniting Intelligence	G Sharp
Luminous Intelligence	F Sharp
Constituting Intelligence	C Natural
Triumphant and Eternal Intelligence	C Sharp
Disposing Intelligence	D Natural
Intelligence of the House of Influence	D Sharp
Intelligence of the Secret of all Spiritual Activities	E Natural
Intelligence of Will	F Natural
Rewarding Intelligence	A Sharp
Faithful Intelligence	G Sharp
Stable Intelligence	G Sharp
Imaginative Intelligence	G Natural
Intelligence of Probation	G Sharp
Renewing Intelligence	A Natural
Exciting Intelligence	C Natural
Natural Intelligence	A Sharp
Corporeal Intelligence	B Natural
Collecting Intelligence	D Natural
Perpetual Intelligence	C Natural
Administrative Intelligence	A Natural

2019 Tao Nutrition Almanac Charts Preview

The Qlippoth, Tunnels of Set & Nightside

<u>Tunnel</u>	<u>Note</u>	<u>Color</u>
Thantifaxath	C	Black and blue
Shalicu	C	Vermilion and emerald
Raflifu	D	Rayed red and amber
Qulielfi	B	Slug-slime silver & stone
Tzuflifu	C	Black and blue
Parafaxitas	C	Bright red and Emerald
A'ano'nin	A	Black and indigo
Saksaksalim	G#	Bright yellow and dark blue
Niantiel	G	Indigo brown and greenish blue
Malkunofat	G#	Deep blue and sea green
Lafcursiax	F#	Pale green & rich blue
Kurgasiax	A#	Bright blue rayed with yellow
Yamatu	F	Yellowish green and slate
Temphioth	E	Sharp greenish yellow & gray
Characith	D#	dark greenish brown and amber
Zamradiel	D	New leather yellow & mauve
Uriens	C#	Flame and brown
Hemthterith	A#	Lurid red & glowing red
Dagdagiel	F#	Vivid sky blue & bright rose
		rayed with pale green
Gargophias	G#	Silver and black
Baratchial	E	Deep yellow and indigo rayed
		with violet
Amprodias	E	Luminous pale yellow and emerald
		flickered with gold

2019 Tao Nutrition Almanac Charts Preview

Enochian Letter & Musical Note Correspondences

Enochian Planet		Note	Letter
Un	Air	E	A
Pe	Mercury	E	B
Ged	Luna	G#	G
Gal	Venus	F#	D
Graph	Aries	C	E
Orth	Taurus	C#	F
Ceph	Gemini	D	Z
Na-Hath	Cancer	D#	H
Gon	Virgo	F	I, J, Y
Veh	Jupiter	A#	C, K
Ur	Libra	F#	L
Tal	Water	G#	M
Drun	Scorpio	G	N
Pal	Sagittarius	G#	X
Med	Capricorn	A	O
Mals	Mars	C	P
Ger	Aquarius	A#	Q
Don	Pisces	B	R
Fam	Sol	D	S
Gisa	Fire	C	T
Vau	Saturn	A	U, V, W

2019 Tao Nutrition Almanac Charts Preview

The 7 Days of Week and the 7 Grains

This cycle is commonly known as the 7 days of 7 grains. Each grain is eaten once on a specific day of the week which is good for the body. From Tuesday to Thursday, the grains barley, millet and rye create healthy levels of butyric acid in the stomach. This indicates that a type of shift in stomach micro-flora bacteria occurs mid-week and eating these grains these days helps maintain healthy micro-flora, which is essential to good health.

It is also interesting to note that the grain oats is shown on a Friday. The long lived Count St. Germain consumed oatmeal, and the Carnosine rejuvenation formula, as well as similar anti-aging formulas that build stamina, always work their best when taken on a Friday evening.

The 7 Days and 7 Grains

Monday – Cooling - Moon – Digestive System / Metabolic – Etheric / Life Body – **RICE** (*softest grain easiest on digestion*)

Tuesday – Air - Mars - Connective Ligaments – Nerve / Senses – Silica - **BARLEY**

Wednesday - Warming - Mercury - Overall Warming – Skin / Eyes / Hair / Teeth - **MILLET**

Thursday - Water - Jupiter – Bones / Head – Building of Strength / Formative forces – **RYE**

Friday – Fire - Venus – Improve State of Mind / Disease Resistance / Loosening Stiffness / Stamina – **OATMEAL**

Saturday - Saturn – Muscle Strength / Metabolic Will and Stimulation – **CORN** (*hardest grain*)

Sunday - Balancing – Sun – Organs - **WHEAT**

Hours of Day and Correspondences

2019 Tao Nutrition Almanac Charts Preview

Sunrise – opportunity, healing, personal growth

Daytime / Midday – – vitality, strength, power, motivation, growth, travel, business

Sunset – peace, inner knowing, secrets

Midnight – divination, binding, banishment

Sundays - Sun –

General Expressions - king, father, highly placed persons, fortune, beauty, self-expression, fortune

Element – Fire

Sign – Leo

Stone – Topaz

Herb – Frankincense, St. John's Wort

Mineral – Gold

Color - Yellow

Attributes – Left Brain, Ego, Fame, Extroversion, Conscious.

Energies – Money, Hope, Respect, Fame, Creativity, Success, Fatherhood.

Mondays – Moon

Queen, mother, mind, healing, purity, memory, dreams

Element – Water

Sign – Cancer

Stone – Moonstone

Herb – Lotus, Willow

Color -Silver

Mineral - Silver

Attributes - - Right Brain, Intuitive, Emotions, Psychic, Subconscious

Energies – Dreams, Theft Protection.

Tuesdays – Mars - ego, confidence, energetic action, purification, memory

Element – Fire

Sign – Aries

Stone – Carnelian

Herb – Pepper, Dragon's Blood

Color - Red

2019 Tao Nutrition Almanac Charts Preview

Mineral - Iron

Attributes - - Heat, Power, Energy, Aggression, Physical Body

Energies – Courage, War, Personal Power, Aggressive

Wednesdays – Mercury - analysis, communication, travel, remove bad habits

Mineral - Mercury

Attributes – Speed, Intellect, Youth, Duality, Messages, Communication, Honor

Energies – Memory, Truth

Element – Water, Air

Sign – Virgo, Gemini

Stone – Opal

Herb – Sandlewood, Lavendar

Color –Violet

Thursdays – Jupiter - the great teacher, marriage, riches, harvests, honor

Mineral -Tin

Attributes - Money, Expansion, Good Fortune, Optimism, Good Fortune

Energies - Wealth, Honor, Peace, Health

Element – Fire, Air

Sign – Sagittarius

Stone – Amethyst

Herb – Cedar, Cinquefoil

Color – Purple

Fridays – Venus - wealth, pleasure, reproduction, love, harmony, friendship, pleasure, fertility.

Mineral - Copper

Attributes - Friendship, Luxury, Harmony, Beautify, Esthetics

Energies – Joy, Fertility, Passion, Friendship

Element – Earth, Water

Sign – Taurus, Libra

Stone – Rose Quartz

Herb – Rose, Daffodil

Color – Green

2019 Tao Nutrition Almanac Charts Preview

Saturdays – Saturn – longevity, career, protection, construction, life, freedom

Element – Water, Earth

Sign – Capricorn

Stone – Sapphire

Herb – Mandrake, Hemlock

Color – Black, Blue

Mineral - Lead

Attributes - Discipline, Constriction, Deprivation, Cold

Energies – Protection, Longevity, Harvest

Uranus – Air, Fire, Water – Aquarius – Uranium / Quartz – Clover – Invention, Unexpected Occurrences

Neptune - Water – Pisces – Aquamarine / Pewter – Lotus, Water Lily, Healing, Art, Visions

Pluto – Water – Scorpio – Obsidian / Chrome - Foxglove, Dogwood – Change, Sudden, Order

Jupiter					
Direction	From		To		Days
	Date	Sign and Degree	Date	Sign and Degree	
Direct	Jan 1, 2019	♄ 11°	Apr 10, 2019	♄ 24°	99
Retrograde	Apr 10, 2019	♄ 24°	August 11, 2019	♄ 14°	123
Direct	August 11, 2019	♄ 14°	Jan 1, 2020	♄ 06°	143

Saturn					
Direction	From		To		Days
	Date	Sign and Degree	Date	Sign and Degree	
Direct	Jan 1, 2019	♄ 11°	Apr 30, 2019	♄ 20°	199
Retrograde	Apr 30, 2019	♄ 20°	Sep 18, 2019	♄ 13°	141
Direct	Sep 18, 2019	♄ 13°	Jan 1, 2020	♄ 21°	10

Uranus

Direction	From		To		Days
	Date	Sign and Degree	Date	Sign and Degree	
Retrograde	Jan 1, 2019	♅ 28°	Jan 6, 2019	♅ 29°	5
Direct	Jan 6, 2019	♅ 29°	Aug 12, 2019	♄ 06°	218
Retrograde	Aug 12, 2019	♄ 06°	Jan 1, 2020	♄ 21°	10

Neptune

Direction	From		To		Days
	Date	Sign and Degree	Date	Sign and Degree	
Direct	Jan 1, 2019	♆ 14°	June 21, 2019	♆ 18°	171
Retrograde	June 21, 2019	♆ 18°	Nov 27, 2019	♆ 15°	519
Direct	Nov 27, 2019	♆ 15°	Jan 1, 2020	♄ 21°	10

Pluto

Direction	From		To		Days
	Date	Sign and Degree	Date	Sign and Degree	
Direct	Jan 1, 2019	♇ 20°	Apr 24, 2019	♇ 20°	113
Retrograde	Apr 24, 2019	♇ 23°	Oct 3, 2019	♇ 20°	612
Direct	Oct 3, 2019	♇ 20°	Jan 1, 2020	♇ 22°	90

The effects of a planet, especially Mercury, in retrograde can have similar effects to the moon being void of course.

Fast Fact - The further away a planet is from the sun, the longer the time it will be in retrograde.

2019 Tao Nutrition Almanac Charts Preview



Earth

Most active from mid-August to Sept 21

Prone to stomach ailments, giving and nurturing

Colors are yellow (yang) and gold (yin)

Planet is Saturn

Time is Mid-Afternoon

Direction is Center

Climate is Damp

Emotion is sympathy

Body System – Digestion

Finger - Ring

Energy Direction – Stabilizing

Virtue – Trust

Four Symbols – Yellow Dragon of the Center

Healing Sound - Aaaaaaaaauuuuuuuuuummmmm

Healing Sound 2 - Wwhhhooooo

Season: Seasonal Transition. The last 18 days of the four seasons.

Shape is Square

Yin / Yang Cycle – Yin and Yang are Balanced

The earth element is yellow, flavor sweet, and the organs are the stomach (yang) and spleen (yin). 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. They may have a round or oval body shape with a well proportioned body and solid muscles.

Personality

Sympathy. Easy to get along with, not overly ambitious. 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.

Excesses - Worry

2019 Tao Nutrition Almanac Charts Preview

Deficiency – Neediness

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



2019 Tao Nutrition Almanac Charts Preview

Dates of Mercury in Superior Conjunction	
2019	2020
Jan 29th	Jan 10th
May 21st	May 4th
Aug 14th	Aug 17th
Sep 3rd	Dec 19th

Superior Conjunction Exercise 1

This exercise greatly enhances the strength of the kidneys when mercury is at superior conjunction. It may be the same with other planets and their associated organs although further research is needed. Hence practicing the following exercise within 2 hours of mercury setting in the west while at superior conjunction greatly strengthens the kidneys.

Face east (kidneys to the west) and visualize a blue / violet light flowing down from the planet Mercury into the kidneys. Visualize this bluish / violet light protecting the kidneys and keeping them in good health. Here is another exercise

Superior Conjunction Exercise 2

Lightly tap the K-27 Points. This allows for the end points of the kidney meridian to begin flowing in a forward direction through the body's meridians and causes you to feel more alert and energetic. The K-27 points are located under the collarbone or clavicle. As you tap the K-27 points with your fingertips, take in three deep breaths through your nose and out through your mouth. It also makes reading easier by increasing blood flow to the brain. Also tapping the thymus point can help restore good energy flow through the body. The thymus gland is just beneath the upper part of the breastbone. It is a major player in the body's immune system. The exercise can be done at any time for health and wellness.

Tao Foods Section

GRAINS & ELEMENT

Wood = Wheat

Fire = Corn

Earth = Grain

Metal = Rice

Water = Bean

Food Type, Taste and Activity

DAIRY

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

SEAFOOD

Shrimp:	Kidney Yang tonic. Warm and sweet
Eel:	Qi tonic, treats Bi syndrome, strengthens bones. warm , sweet
Mussel:	Qi tonic, treats simple goiter. Warm and salty,
Abalone:	Detoxer, enhances vision. Neutral . Sweet and salty
Shark:	Tonifies Qi and Blood. Lubricates dryness, reduces swelling. Neutral , sweet & salty

2019 Tao Nutrition Almanac Charts Preview

Carp:	Moves water, promotes milk secretion, heals swelling. Neutral , sweet
Cuttlefish:	Blood tonic, enhances vision. Neutral and salty
Oyster:	Blood tonic. Neutral , sweet and salty
Oyster shell:	Stops sweating, astringes Jing and softens hardness. Cool and salty
Saltwater clam:	Moves water, eliminates phlegm, softens hardness. Cold and salty,
Freshwater clam:	Detoxer, enhances vision. Cold , sweet and salty
Crab:	Moves blood, cools heat sensations facilitates recovery of dislocations. Cold and salty
Kelp:	Softens hardness and moves water. Cold and salty,
Seaweed:	Softens hardness, eliminates phlegm, moves water. Cold and salty

FRUIT Warm

Guava:	Obstructive and constrictive. May help stop diarrhea and bleeding. Warm and sweet
Chinese Date (red & black):	Qi & Blood tonic. Helps, produce fluids and detoxifies. Warm and sweet
Longan (Long Yan/Dragon's Eyes):	Qi & Blood tonic. Removes Blood Stag. Calms down Shen. Warm and sweet
Coconut milk & meat:	Promotes fluids and urination. Kills intestinal worms. Warm and sweet
Peach:	Activates Blood. Qi, Blood & Yang tonic. Promotes fluid and lubricates intestines. Helps , stop coughs and expels cold. Warm , sweet and sour

2019 Tao Nutrition Almanac Charts Preview

Raspberry:	Helps control urination and astringes Jing. Warm , sweet and sour
Litchi:	Qi & Blood tonic, Calms Shen. Warm , sweet and sour
Cherry:	Qi, Yang and Blood tonic. Activates Qi and Blood. Expels Wind, Cold and Damp. Warm , sweet & harsh.
Kumquat:	Circulates Qi. Relieves cough and transforms Phlegm. Warm , pungent, sweet and sour
Dried Mandarin orange peel:	Regulates Qi. Causes dampness and transforms Phlegm. Warm , pungent and bitter
Hawthorn Fruit:	Harmonizes Middle Jiao and removes Qi, Blood and Stagnation of foods especially. Meats. Expels tapeworms. Warm , sweet & sour

LEGUMES

Soybean Oil:	Lubricates intestines. Hot , pungent & sweet
String bean:	Qi, Blood & Yin tonic. Neutral and sweet
Yellow soybean:	Qi tonic. Lubricates dryness, eliminates edema. Neutral and sweet
Black soybean:	Circulates Blood & bodily fluids, detoxer. Neutral and sweet
Corn:	Blood tonic and diuretic. Neutral and sweet
Hyacinth bean:	Qi tonic. Eliminates edema. Neutral and sweet
Broad bean:	Qi tonic. Eliminates edema. Neutral and sweet
Peas:	Blood tonic. Induces bowel movements. Neutral and sweet

2019 Tao Nutrition Almanac Charts Preview

Kidney bean:	Diuretic. Heals swelling. Neutral , sweet and bland
Adzuki bean:	Diuretic. Heals swelling and detoxes. Neutral , sweet and sour
Castor bean:	Detoxer and heals swelling. Induces bowel movements. Neutral , sweet and pungent
Mung bean:	Detoxer. Clears heat and is a diuretic. Cool and sweet
Soybean:	Qi & Blood tonic. Clears Heat. Lubricates dryness, and eliminates edema. Cool and sweet
Tofu:	Qi tonic. Produces fluids. Lubricates dryness, and detoxifies. Cool and sweet

Seasons and the 5 Elements

The seasons are linked to the environmental elements

Spring = Wind

Summer = Heat

Late Summer = Damp

Autumn = Dryness

Winter = Cold

Healing by Taste

The following Tao charts show you how to use taste for healing. For example, if you eat too much sour food and get constipated, then eat saltier tasting foods to restore balance.

2019 Tao Nutrition Almanac Charts Preview

Sour, Bitter, Pungent and Salty Foods and their Medicinal Effects

	Sweet	Sour	Pungent	Salty	Bitter
	Honey Red Dates, Malt	Lemons, Tomatoes, Apples	Ginger Garlic, Chives	Salt, Kelp, Seaweed	Hops, Celery, Radishes
Good For	Spleen and Stomach	Liver and Gallbladder	Lungs and Large Intestine	Kidneys and Bladder	Heart and Small Intestine
Bad For	Kidneys and Bladder	Spleen and Stomach	Liver and Gallblad- der	Heart and Small Intestine	Lungs and Large Intestine

Pungent Tasting Foods – These will promote blood circulation, and fight colds. Examples are ginger (*cold fighter*) and peppermint, (*relieves respiratory infections*).

Sweet Tasting Foods – These will replenish vital energy. These include Ginseng, Astragalus, Ophiopogon Root, Goji Berry and Carapax Trionycis. Malt Extract (*high in B Complex Vitamins*) and Chinese Dates relieve an upset gastrointestinal tract.

Sour Tasting Foods – These are astringent. These should be taken in moderation. Foods include: Chebula Fruit and Black Plum.

Bitter Tasting Foods – These remove dampness and catharsis (*catharsis is the purification and purgation of emotions usually pity and fear*). For example, **Coptis Root and Chinese Gentian**

2019 Tao Nutrition Almanac Charts Preview

eliminate heat and damp or inflammation and exudation, and Rhubarb removes heat.

The 5 Elements Sorted by Food Taste

Fire - Bitter foods are cooling (yin) and create contraction and the descending of energy

Earth - Sweet foods are strengthening (yang) and create a flow of energy that expands upwards and outward

Metal - Pungent foods are warming (yang) and create a flow of energy that expands and move outwards

Water - Salty foods are cooling (yin) and create a flow of energy that move inwards and down

Wood - Sour foods are cooling (yin) and create a flow of energy that contract and collects

2019 Tao Nutrition Almanac Charts Preview

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
Legume s	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
Vegeta- bles	Red Bell Pepper Scallion Tomato Beet Dandelio n 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 Strawber- ry	Apricot Banana Pear	Mulberry Pom- e-granate Raspberry Watermelo n	Avocad o Grape Lemon Lime Plum
Watch For Excess	Chocolate /Sugar	Meat	Eggs	Cheese	Soft Dairy

2019 Tao Nutrition Almanac Charts Preview

Moon House and Health

Just as specific days and seasons impact the organs, when the moon is in a specific constellation, known as the moon void of course, the body becomes more susceptible to various foods and external influences.

Moon in Sign	Areas susceptible to Illness	Area to Strengthen	<u>Cautions</u>
Aries	Head/Eyes	Kidney /Bladder	Excess Heat / Haste
Taurus	Throat/Vocal Cords	Reproductive System	Excess Cold
Gemini	Nervous System/Lungs/ Shoulders	Blood/Liver	Indoor/Outdo or Pollution
Cancer	Stomach/Liver/ Lymphatic System	Teeth	Food Sensitivities, Food or excess indulgences
Leo	Heart/Blood Vessels/	Nervous System	Excess solar UV radiation
Virgo	Colon/ Gastrointestinal Tract	Blood / Liver Detox. Fasting	Food Poisoning
Aquarius	Eyes, central nervous system and legs.	Heart, physical exercise, mineral water, herbal infusions, plant decoctions.	traffic accidents, electrical shocks
Pisces	Foot, toes, skin, liver and kidneys.	Bowels, reflexology	Fungal diseases and allergies, of drugs or alcohol poisoning. Limit fluid intake,

2019 Tao Nutrition Almanac Charts Preview

Moon in Sign	Planet	Element	Time	Season
Aries	Mars	Fire	Weeks	Spring
Taurus	Venus	Earth	Years	Winter
Gemini	Mercury	Air	Months	Fall
Cancer	Moon/Neptune	Water	Days	Summer
Leo	Sun	Fire	Weeks	Spring
Virgo	Mercury	Earth	Years	Winter
Libra	Venus	Air	Months	Fall
Scorpio	Mars/Pluto	Earth	Years	Winter
Sagittarius	Jupiter	Fire	Weeks	Spring
Capricorn	Saturn	Earth	Years	Summer
Aquarius	Uranus	Air	Months	Fall
Pisces	Neptune/Jupiter	Water	Days	Summer

Day of Week, Number and Metal							
PLANET	SATURN	SUN	MOON	MARS	MERCURY	JUPITER	VENUS
DAY	Sat	Sun	Mon	Tues	Weds	Thur	Fri
Age	56-63	21-42	0-7	42-49	7-14	49-56	14-21
GRAIN	Corn Bifido- bacteria	Wheat Bifido- bacteria	Rice Bifido- bacteria	Barley Butyric Acid	Millet Butyric Acid	Rye Butyric Acid	Oat Bifido- bacteria
MET-AL	Lead	Gold	Silver	Iron	Quicksilver	Tin	Copper
TREE	Fir, Cypress, Beech	Ash	Cherry	Oak	Elm	Maple	Birch
PARTS OF BODY	Skeleton, Spleen	Heart	Sex Organs , Brain	Larynx , Gall	Eyes, Lungs, Mucous membranes	Liver	Ears, Kidneys

2019 Tao Nutrition Almanac Charts Preview

Day of Week, Planet, Color, Deity and Intent				
Day	Planet	Color	Deity	Intention
Mon	Moon	Silver, White, Blue	Diana, Artemis, Selene, Luna	Purification, Psychic Ability, Glamour, Illusion, Peace, Sleep, Beauty, Wisdom, Travel, Dreams, Emotions
Tues	Mars	Red, Orange, Black	Aries, Mars, Twaz	Courage, Victory, Success, Defense, Protection, Strength, Wands, Rebellion, Physical Energy, Ambition
Weds	Mercury	Purple, Orange	Mercury, Hermes, Wooden	Communication, Change, Arts, Luck, Creativity, Knowledge, Confidence
Thurs	Jupiter	Blue, Green, Purple	Thor, Juno, Jupiter	Health, Abundance, Prosperity, Luck, Expansion, Growth, Influence,
Fri	Venus	Pink, Aqua	Venus, Aphrodite, Freya	Fertility, Pregnancy, Passion, Birth, Healing
Sat	Saturn	Black, Purple	Saturn, Hecate	Renewal, Transformation, Letting Go, Banishing, Cleansing, Protection, Wisdom
Sun	Sun	Gold, Yellow	Brigid, Apollo, Helios	Spirituality, Fame, Promotion, Personal Empowerment

2019 Tao Nutrition Almanac Charts Preview

Element Associated Colors, Season, Plant, Aspect				
Element	Color	Season	Plant	Aspect
Air	Yellow (blue- white, white pastels)	Spring	Pansy, Vervain, Violet Yarrow, Myrrh, Frankincense	Intuition, Psychic Work, Intellect, Abstract Learning, Knowledge, The Mind
Water	Blue (green, indigo, blue- green, black, gray)	Fall	Seaweed, Water Lily, Rushes, Ferns, Lotus, Moss	Feelings, Love, Courage, Daring, Emotions
Fire	Red (Gold, Crimson, Orange)	Summer	Onion, Red Poppy, Mustard, Nettle, Garlic, Hibiscus	Sap, Life, Flame, Heat, Energy, Blood
Earth	Green (brown, dark green, white, black)	Winter	Grass Tree Oak, Comfrey , Ivy	Growth, The Body, Nature, Material Gain, Birth, Creativity, Death, Mystery, Success, Prosperity, Conflict, Pride, Struggle, Structure, Silence,

2019 Tao Nutrition Almanac Charts Preview

Correspondences – Season, Properties, Life Cycle, Attributes and Time				
Element	Season	Color	Time/Age	Attributes
Fire	Early Summer		9 a.m. to 12 p.m. 30 to 40 years old	Heaven, Sky
Fire	Summer	Red	Noon to 3 p.m. 40 to 50 years old	Full Moon , Intuition, Wind, Heart, Will, Spirit, Red Candle, Sight, Almonds, Walnuts, Tongue, Bitter
Fire	Mid to Late Summer		3 p .m. to 6 p.m. 50 to 60 years old	Damp, Sweet, Spleen, Mouth, Muscles, Stomach, Flesh
Metal	Fall	White	6 p.m. to 9 p.m. 60 to 70 years old	Waning Moon Water, Emotions, Taste, Willows, Dry, Pungent, Nose, Skin Hair, Lungs, Large Intestine
Metal	Mid to Late Fall		9 p.m. to 12 p.m. 70 to 80 years old	Mountain
Water	Winter	Dark Blue	12 midnight to 3 a.m. Conception to 10 years old and 90 to 100 years old	New Moon Earth, Trees, Salt, Oak Tree, Coins, Cold, Teeth, Bones, Hair, Bladder, Kidneys, Touch, Body Sensations.

2019 Tao Nutrition Almanac Charts Preview

Water	Mid to Late Winter			Thunder
Wood	Spring	Green	3 a.m. to 6 a.m. 10 to 20 years old	Crescent Moon, Wind. Eyes, Muscles, Nerves. Mind. Fire.
Wood	Mid to Late Spring		6 a.m. to 9 a.m. 20 to 30 years old	Thought, Youth, Scent, Metal, Swords, Lake, Valley

Organ Properties				
Organ	Sensory Organ	Tissue	Fluid	Sense
Heart	Tongue	Blood Vessels	Sweat	Speech
Liver	Eyes	Tendons	Tears	Vision
Lung	Nose	Skin	Phlegm	Smell
Spleen	Mouth	Muscles	Saliva	Taste
Kidneys	Ears	Bones	Urine	Hearing

Element and Herbs	
Element	Herb
Fire	Basil, Woodruff, Dragon's blood, Rosemary, Chamomile
Earth	Lovage, Hyssop
Air	Fennel, Lavendar, Cinnamon, Clove
Water	Anise, Orris, Boneset, Catnip

2019 Tao Nutrition Almanac Charts Preview

Emotion and Element				
Element	Emotion	QI Flow	Symptoms	Control
Fire	Overexcited	Slows QI	Unclear Thoughts, Heart Attacks, Mania	More Fear – Water Controls Fire
Wood	Anger/ Frustration	QI Ascends	Increased Blood Pressure, Dizziness, Blurry Vision	More Grief – Metal Controls Wood
Metal	Grief	Dissolves QI	Asthma, Colds and Flu, Skin Issues, Tight Chest	More Joy – Fire Controls Metal
Water	Fear	QI Descends	Weak bladder	More Concentration/ thoughts – Earth controls Water

Seasonal Variances

Terms	Date	Meaning
Lesser Cold (Xiao Han)	Jan. 5th	It is rather cold
Greater Cold (Da Han)	Jan. 20th	The coldest moment of a year
The Beginning of Spring (Li Chun)	Feb. 4th	Spring begins
Rain Water (Yu Shui)	Feb. 19th	It begins to rain
The Waking of Insects (Jing Zhe)	Mar. 5th	Hibernating animals come to sense
The Spring Equinox (Chun Fen)	Mar. 21st	Day and night are equally long
Pure Brightness (Qing Ming)	Apr. 5th	It is warm and bright

2019 Tao Nutrition Almanac Charts Preview

Grain Rain (Gu Yu)	Apr. 20th	Rainfall is helpful to grain					
The Beginning of Summer (Li Xia)	May 5th	Summer begins					
Lesser Fullness of Grain (Xiao Man)	May 21st	Kernels plump					
Grain in Beard (Mang Zhong)	Jun. 6th	Wheat grows ripe					
The Summer Solstice (Xia Zhi)	Jun. 21st	It has the longest daytime and the shortest night of the year					
Lesser Heat (Xiao Shu)	Jul. 7th	Torridity comes (Parched heat of the sun)					
Greater Heat (Da Shu)	Jul. 23rd	The hottest moment of a year					
The Beginning of Autumn (Li Qiu)	Aug. 7th	Autumn begins					
The End of Heat (Chu Shu)	Aug. 23rd	Heat hides					
White Dew (Bai Lu)	Sep. 8th	Dew curdles					
The Autumn Equinox (Qiu Fen)	Sep. 23rd	The mid of autumn					
Cold Dew (Han Lu)	Oct. 8th	Dew is very cold					
Frost's Descent (Shuang Jiang)	Oct. 23rd	Frost descends					
The Beginning of Winter (Li Dong)	Nov. 7th	Winter begins					
Lesser Snow (Xiao Xue)	Nov. 22nd	It begins to snow					
Greater Snow (Da Xue)	Dec. 7th	It snows heavily					
The Winter Solstice (Dong Zhi)	Dec. 22nd	The shortest day and the longest night of the year					
Age & Day of Week Foods							
Planet	SATURN	SUN	MOON	MARS	MERCURY	JUPITER	VENUS
Day	Sat	Sun	Mon	Tues	Weds	Thur	Fri
Age	56-63	21-	0-7	42-49	7-14	49-56	14-21

2019 Tao Nutrition Almanac Charts Preview

42

<u>Element</u>	<u>Yin Organ</u>	<u>Yang Organ</u>	<u>Time</u>	<u>Season</u>	<u>Direction</u>	<u>Planet</u>
Wood	Liver	Gall Bladder	Early Dawn	Spring	East	Jupiter
Fire	Heart	Small Intestine	Noon	Summer	South	Mars
Earth	Spleen	Stomach	Mid- aft noon	Late summer	Center	Saturn
Metal	Lungs	Colon	Late Dusk	Fall	West	Venus
Water	Kidneys	Bladder	Night	Winter	North	Mercury
	Heart					Sun
	Brain					Moon

<u>Planet</u>	<u>Attributes</u>
Sun	Power, Health and Healing, Royal Favours, Eyes, Prestige, Father, King
Moon	Emotions, Royal Favours, Affluence, Travel, Water, Happiness, Mother
Mars	Courage, Anger, Weapons, New Property, Initiative, Scandal, Cousins
Mercury	Publishing, Astrology, Logic, Writing, Intelligence, Speech, Education, Profession
Jupiter	Holy Places, Religion, Respect, Fortune, Wisdom, Donations, Spirituality
Venus	Scents, Smell, Sexual Matters, Luxury, Spouse, Marriage
Saturn	Theft, Poverty, Death, Longevity, Disease, Oil, Minerals, Servants
North Node of Moon	Outcasts, Gambling, Widow, Itching, Foreigners, Paternal Grandfather
South Node of Moon	Dog, Horned Animals, Wounds, Maternal Grandfather

2019 Tao Nutrition Almanac Charts Preview

Wind Correspondences

North Winds – material things, earth, practicality, death, abandonment

East Winds – travel, communication, inspiration, change

South Winds – courage, fire, strength

West Winds – water, love, healing, fertility, cleansing

	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

Five Element Theory					
Details	Wood (木 - Mù)	Fire (火 - Huǒ)	Earth (土 - Tǔ)	Metal (金 - Jīn)	Water (水 - Shuǐ)
Cycles (Creation)	feeds Fire	makes 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 and Mountain	Heaven (River) ¹	Lake and Water
Symbol	Dragon	Phoenix	Caldrón	Tiger	Tortoise

2019 Tao Nutrition Almanac Charts Preview

Colors	Green	Red	Yellow	White	Black / Blue
Planets	Jupiter	Mars	Saturn	Venus	Mercury
Dragons of the ...	East Sea	South Sea	-	West Sea	North Sea
Metals	Iron	Copper	Gold	Silver	Tin
Compass direction	East	South	Center	West	North
Heavenly creatures	Azure Dragon	Red Phoenix	Yellow Dragon	White Tiger	Black Tortoise
Seasons	Spring	Summer	Late Summer	Autumn	Winter
Stages	Germination	Growth	Transformation	Harvest	Storage
Climate	Windy	Heat	Humid	Dry	Cold
Grains	Wheat	Corn	Millet	Rice	Beans
Fruits	Plum	Apricot	Date (Jujube)	Peach	Chestnut
Day	Thursday	Tuesday	Saturday	Friday	Wednesday
Details	Wood (木 - Mù)	Fire (火 - Huǒ)	Earth (土 - Tǔ)	Metal (金 - Jīn)	Water (水 - Shuǐ)
Time of day	Morning	Noon	Afternoon	Evening	Night
Five Virtues	Benevolence	Propriety	Sincerity	Righteousness	Wisdom
Energy	Upward	Expansive	Downward	Contracted	Floating
Action	Crushing	Exploding	Crossing	Splitting	Drilling
Senses	Vision, Sight	Touch, Speech	Taste	Smell	Hearing
Negative emotions	Anger	Sadness, Hate	Worry	Regret	Fear, Anxiety

2019 Tao Nutrition Almanac Charts Preview

Taste, flavor	Sour	Bitter	Sweet	Spicy	Salty
Positive emotions	Kindness	Joy, Love	Empathy	Hope	Will
Sounds	Shouting	Laughing	Singing	Crying	Moaning
Five Relations (Superior)	Ruler	Father	Husband, Man	Elder Brother	Friend
Five Relations (Subordinate)	(Civil) Servant	Son	Wife, Woman	Younger Brother	Friend
Five Emperors	Shao Hao (少昊)	Fu Xi (伏羲)	Yellow Emperor (黄帝)	Shennong (神農)	Zhuan Xu (顓頊)

2019 Tao Nutrition Almanac Charts Preview

METAL	WOOD	WATER	FIRE	EARTH
Splitting	Crushing	Drilling	Exploding/Pounding	Crossing
Axe	Arrow	Lighting	Cannon	Bullet
Vital	Blood	Will	Psychic	Physical
Respiration	Toxin processing	Elimination	Circulation of blood, hormones, and food	Digestion
Elimination				
Lay	Walk	Stand	Look	Sit
Back	Neck	Waist	Chest	Spine
Breath	Nails	Hair	Complexion	Breast
Skin	Tendons	Bones	Arteries	Muscles
Mucus	Tears	Urine	Sweat	Saliva
Spicy	Sour	Salty	Bitter	Sweet
Nose	Eyes	Ears	Tongue	Lips
Ring Finger	Index Finger	Little Finger	Middle Finger	Thumb
Autumn	Spring	Winter	Summer	Replenishing Indian Summer
Harvest	Birth	Storage	Growth	Transformation
Dry	Windy	Cold	Heat	Damp
Rice	Wheat	Beans	Corn	Millet
Horse	Chicken	Pig	Sheep	Cow
Peach	Plum	Chestnut	Apricot	Date
Re	Mi	La	Sol	Do
D	E	A	G	C
White Tiger	Green Dragon	Black Tortoise	Red Phoenix	Yellow Dragon

2019 Tao Nutrition Almanac Charts Preview

METAL	WOOD	WATER	FIRE	EARTH
Splitting Axe	Crushing Arrow	Drilling Lighting	Exploding/Pounding Cannon	Crossing Bullet
Lungs	Liver	Kidneys	Heart Pericardium	Spleen Pancreas
Large Intestine	Gall Bladder	Bladder	Small Intestine Triple Warmer	Stomach
White Collects	Turquoise (Green) Feeds	Black (Blue) Nourishes	Red Makes	Yellow Creates
WATER Splits	FIRE Breaks	WOOD Douses	EARTH Melts	METAL Absorbs
WOOD	EARTH	FIRE	METAL	WATER
Lesser Yin	Lesser Yang	Utmost Yin	Utmost Yang	Center
West	East	North	South	Center
Forward	Back	Left	Right	Center
Smell	Sight	Hearing	Touch	Taste
Worry Grief Guilt Regret Lamenting	Anger Resentment	Fear Anxiety	Joy Love Hate	Obsession Thoughtfulness Reflexion Empathy Sympathy
Vital	Blood	Will	Psychic	Physical

2019 Tao Nutrition Almanac Charts Preview

The Double Letters of Seven			
Letter	Planet	Creative Day	Body Part
R	Sun	Sunday	Right Eye
G	Moon	Monday	Left Eye
P	Mars	Tuesday	Right Nostril
B	Mercury	Wednesday	Mouth
K	Jupiter	Thursday	Right Ear
D	Venus	Friday	Left Nostril
Th	Saturn	Saturday	Left Ear

2019 Tao Nutrition Almanac Charts Preview

Cycle	More Yin	Less Yang	More Yang	Less Yin
Heaven	Moon	Fixed Stars of the Zodiac	Sun	Planet
Sun Phase	Winter	Spring	Summer	Fall
Moon Phase	New	First Quarter	Full	Last Quarter
Earth	Emperor	Prince	Ruler/King	Duke
Head	Ears	Nose	Eyes	Mouth
Advice	Still and Silent	Prepare for Attack	Act with Force	Withdraw
Direction	North	East	South	West
Quality	Cold	Light	Hot	Dark
Cycle of Yin/Yang	Yin	Yin to Yang	Yang	Yang to Yin
Tai-Chi/2 Fish	Black Fish	White eye on black head	White Fish	Black eye on white head
Generated Trigram	Ken and K'un	Sun and K'an	Ch'i-en and Tui	Li and Chen

2019 Tao Nutrition Almanac Charts Preview

Astrological Hierarchy of the Elements	
Celestial Order	Order of Element
Sun	Fire
Mercury	Water
Venus	Metal
Earth	Earth
Moon	Water
Mars	Fire
Jupiter	Wood
Saturn	Earth
28 Lunar Mansions	Metal
Stars (Zodiac)	Wood

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	3 7 4
Wood	Shouts	Rancid	Sour	Anger	1 & 2

2019 Tao Nutrition Almanac Charts Preview

Elements, Emotions, Tissues and Organs					
Element	Movement	Organ	Tissue	Emotion	Sound
Earth	Cross	Mouth	Sweet	Pensive	Sing
Water	Drill/ Bore	Ear	Bones	Afraid	Groan
Metal	Cleave/ Divide	Nose	Skin/Hair	Grief	Weep
Fire	Cannon /Pound	Tongue	Blood Vessels	Happy	Laugh
Wood	Crush	Eyes	Sinew	Angry	Shout

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

2019 Tao Nutrition Almanac Charts Preview

The 4 Seasons, Foods and the 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

2019 Tao Nutrition Almanac Charts Preview

QI Gong Peak Windows and Associated Data

Hourly and Monthly Variation of QI Flow			
Name	Time Period	Organ	Month
Gou	11 a.m. to 1 p.m.	Heart	June
Dun	1 p.m. to 3 p.m.	Intestines	July
Pi	3 p.m. to 5 p.m.	Bladder	August
Guan	5 p.m. to 7 p.m.	Kidneys	September
Bo	7 p.m. to 9 p.m.	Pericardum	October
Kun	9 p.m. to 11 p.m.	Triple Burner	November
Fu	11 p.m. to 1 a.m.	Gall Bladder	December
Lin	1 a.m. to 3 a.m.	Liver	January
Tai	3 a.m. to 5 a.m.	Lungs	February
Dazh uang	5 a.m. to 7 a.m.	Colon	March
Guai	7 a.m. to 9 a.m.	Stomach	April
Qian	9 a.m. to 11 a.m.	Spleen	May

Some people get really bad coughs during spring. As the above chart shows, energy of the lungs peaks during spring, especially in the morning. One way to release this energy is by performing exercises that strengthen the lungs such as physical activity, running, jogging, cycling etc, as well as eating lung strengthening foods.

The Tao is all about balance and too much QI in one place can be

2019 Tao Nutrition Almanac Charts Preview

detrimental. Taoists would use caution using acupuncture in the region of the head during a full moon because Qi gathers in this region when the moon is full. During full moons Qi should be grounded.

Hours and the 5 Elements Simplified Chart

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

2019 Tao Nutrition Almanac Charts Preview

QI Flow and Moon Phase

PHASE OF MOON	REASON	TIDE	QI & BLOOD	REGULATION
New	Moon between sun; earth. Start of orbit	Spring. Max. Sun; moon pull together	Deficient	Tonify
Waxing Crescent	Moon between sun; earth & 1/8th around orbit	Spring. Max. Sun; moon pull together	Turning excessive	Purge / Detox
First Quarter	Moon is 90 deg. to sun & 1/4 around orbit	Neap. Min. Sun; moon work against each other	Deficient	Tonify
Full	Moon opposite sun & 1/2 around orbit	Spring. Max. Sun & moon pull together	Excessive	Purge / Detox

2019 Tao Nutrition Almanac Charts Preview

Last Quarter	Moon is 90 deg. to sun & 3/4 around orbit	Neap. Min. Sun & moon work against each other	Turning Deficient	Tonify
Waning Crescent	Moon between sun & earth & 7/8th around orbit	Spring. M ax. Sun & moon pull together	Deficient	Purge Detox

An example of tonifying is by using color to enhance and strengthen deficient organs. A purge is when the practitioner holds in their mind a toxic, dark type of Qi releasing itself from various organs, such as the lungs, and then visualizing the lung tissue being restored to its perfect state of health and well-being. This is why full moon detoxes are so popular.

2019 Tao Nutrition Almanac Charts Preview

Flow of Qi and Blood through the meridians – Organs Month and Hour

The channels and hours shown represent the gradual increase of Yin QI and the decreasing of Yang QI. **From December to May** is when Yang QI increases and Yin Qi decreases. It is a time to emit external QI. **From June to November** there is a gradual building of Yin QI and Yang QI is getting weaker. When breathing, it is a time to take longer deep breaths and shorter exhales. June to November is also the best phase for nurturing and restoring the kidneys.

Branc	Channel	Organ	Hour	Month
Zi shi	Foot Shao Yang channel	Gallbladder	23:00-01:00	December
Chou shi	Foot Jue Yin channel	Liver	01:00-03:00	January
Yin shi	Hand Tai Yin channel	Lung	03:00-05:00	February
Mao shi	Hand Yang Ming channel	Large Intestine	05:00-07:00	March
Chen shi	Foot Yang Ming channel	Stomach	07:00-09:00	April
Si shi	Foot Tai Yin channel	Spleen	09:00-11:00	May
Wu shi	Hand Shao Yin channel	Heart	11:00-13:00	June
Wei shi	Hand Tai Yang channel	Small Intestine	13:00-15:00	July
Shen shi	Foot Tai Yang channel	Urinary Bladder	15:00-17:00	August
You shi	Foot Shao Yin channel	Kidney	17:00-19:00	September
Xu shi	Hand Jue Yin channel	Pericardium	19:00-21:00	October
Hai shi	Hand Shao Yang channel	Triple Burner	21:00-23:00	November

2019 Tao Nutrition Almanac Charts Preview

<u>Solstice / Equinox Gems, Herbs and Foods</u>			
<u>Month</u>	<u>Gemstone</u>	<u>Herb</u>	<u>Food</u>
October 31st to November 2 nd	Amythest, Obsidian, Smoky Quartz, Onyx, Petrified Wood	Mugwort, Rosemary, Sage, Nutmeg, Lavendar, Patchouli, Catnip	Nuts, Apple, Turnip, Pumpkin,
Dec 21st or Dec 22 nd	Bloodstone, Garnet, Tiger's Eye, Cat's Eye, Emerald	Mint, Pine, Cedar, Cinnamon, Evergreen, Thistle, Bayberry, Frankincense	Fruits, Turkey, Eggnog, Cinnamon, Peppermint, Chocolate, Nuts
Feb 1st and Feb 2 nd	Tourmaline, Onyx, Iron, Citrine, Bloodstone, Amethyst, Selenite	Bay, Salt, Vanilla, Rosehips, Myrrh, Coriander, Dragon's Blood, Basil	Dairy, Lemon, Ginger, Poultry, Herbal Teas, Braided Breads
March 20th to March 21 st	Jssper, Aquarmarine, Rose Quartz, Sunstone, Moonstone	Ginger, Olives, Lotus, Rose Petals,	Eggs, Nuts, Leafy Greens, Carrots, Honey,
April 30th to May 1 st	Quartz, Tourmaline, Beryl, Rose Quartz, Amber, Malachite	Rose, Mint, Elderberry, Angelica,	Oatmeal, Honey, Cherries, Strawberry, Goat Cheese, Dairy, Pork Wines
June 20th to June 22 nd	Amazonite, Bloodstone, Green Jasper, Aventurine, Carnelian, Jade, Sunstone, Green Flourite, Green Agate,	Lemongrass, Honeysuckle, Oak, Chamomile, Rose	Orange, Bananas, Summer Squash, Watermelon, Pineapple, Lemons, Pumpernickel Bread, Cucumber
July 31st to August 1 st	Lodestone, Granite, Marble, Citrine, Carnelian, Cat's Eye	Goldenrod, Pear, Blackberry, Heather, Grapes, Sandlewood	Apricot, Onions, Bread, Apples, Onions, Grains, Corn

2019 Tao Nutrition Almanac Charts Preview

Sept 21st to Sept 23rd	Sapphire, Peridot, Gold, Topaz, Yellow Agate, Lapis Lazuli	Yarrow, Acorn, Honeysuckle, Marigold, Thistle, Sage, Rue	Onions, Potatoes, Carrots, Pomegranate, Apples, Nuts,
---------------------------	--	--	--

Midnight relates to the start of the Yang cycle. It is the best time to gather Prenatal Qi or times for practicing visualization exercises involving longevity.

Sunrise is when Yang Qi energy increases and with it the Yang Qi in the body. Practices during this time create a vigorous growth of Yang.

High Noon is when the Heart exhibits its energetic peak. Practices during this time promote Yin energy and reduces an excess of Yin energy.

Sunset is when the energy is most balanced and it begins switching its polarity from clear to dark. Practices during this time create enhanced Yin Qi and a conservation / nourishment of Yang energy. It is a time when Yang energy can be built up and held onto for longer than usual.

2019 Tao Nutrition Almanac Charts Preview

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, Plumblin,
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**

2019 Tao Nutrition Almanac Charts Preview

Characteristic	Wood	Fire	Earth	Metal	Water
Virtue	Benevolence	Propriety	Fidelity/ Honesty	Righteousness	Wisdom
Planets	Venus	Jupiter	Mercury	Mars	Saturn
Heavenly Stems	1st (Jia 甲), 2nd (Yi 乙)	3rd (Bing 丙), 4th (Ding 丁)	5th (Wu 戊), 6th (Ji 己)	7th (Geng 庚), 8th (Xin 辛)	9th (Ren 壬), 10th (Gui 癸)
Represents	Blooming, Creativity 'Flourish & 'Luxuriance	Enthusiasm and passion	Stability, Security & Nurturing	Progress, Persistence, Ambition & Determination	Brightness, Attitude, Mental Strength Aptitude

2019 Tao Nutrition Almanac Charts Preview



2019 Tao Nutrition Almanac Charts Preview

Quality, Character and Traits tied to Emotion

Still, Silent	Fair, Objective	Honest
Moist, Dangerous, abysmal	Deceitful, clever	Rebelliousness
Cheerful, pleasing, joyous	Affable, gentle	Laughter
Rulership, Firm	Benevolent, warm hearted	Leadership
Protective, obedience, reception	Benevolent, Warm Hearted	Devotion
Dispersing, penetrating, gentle	Heartless, cool	Empathy
Arousing, moving	Unlucky	Surprise
Radiant, warm, brilliant	Open minded, optimistic	Intuitive

The Five Elements – Season, Organs and Climate (Damp, Heat etc.)

2019 Tao Nutrition Almanac Charts Preview

Element	Season	Climatic Factor	Organ Affected
wood	spring	wind	liver
fire	summer	heat	heart
earth	long/late Summer	dampness	spleen
metal	fall	dryness	lungs
water	winter	coldness	kidney

Characteristic	Wood	Fire	Earth	Metal	Water
Direction	East	South	Center	West	North
Season	Spring	Summer	change of seasons (last month of each season)	Autumn	Winter
Climate	Windy	Hot	Damp	Dry	Cold
Color	Green	Red	Yellow	White	Black
Shape	Rectangular	Angular	Square	Round	Undulating

2019 Tao Nutrition Almanac Charts Preview

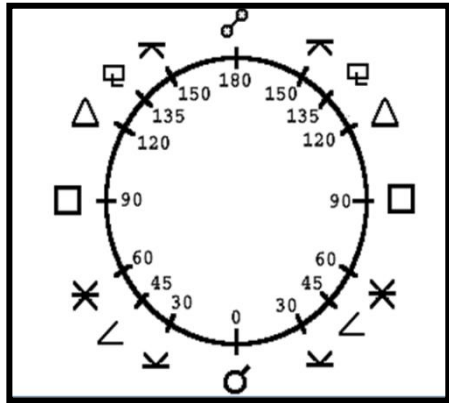
Planets and the Order of Elements	
Earth	Earth
28 Lunar Mansions	Metal
Moon	Water
Jupiter	Wood
Mercury	Water
Venus	Metal
Sun	Fire
Saturn	Earth
Stars and Zodiac	Wood

Partial list of Articles

The Moon's Angle and Pregnancy

During 1958 Dr. Jona Rechnitz of Czechoslovakia discovered what he called the "Cosmic Fertility Period". The purpose of the experiment was to use the moon's angle and recommend that people stop having sex during certain angles to avoid getting pregnant.

There exist 12 Zodiac signs each having 30 degrees in each cycle / length. Hence all 12 signs equal a full 360 degrees. The Moon and Sun are zero degrees apart at new moons at 180 apart at full moons. When a person is born, the Sun and Moon are at a specific angle.



If you were born close a new or full moon, (i.e., zero and 180 degrees) than every new or full moon is the right time for you. The study recommended for a person to abstain from sex 36 hours before the exact angle and twelve hours after the exact angle has occurred. The study also found that males were born when conception took place during air and fire signs and that females were born when the Moon was in water or earth signs. Further research found that the rate of conception was up to 98% accurate in predicting the sex of the baby when the Moon was past the first five degrees of the sign, but had not gone past the 25th degree.

2019 Tao Nutrition Almanac Charts Preview

The St. Germain Oatmeal Formula

This recipe comes from Count St, Germain, reputed to have lived for a very long time. Obtain pure oatmeal, not the packaged instant oats, but the self-serve organic type found in health food stores. Pour over the oatmeal warm or cool alkaline water such as spring water. Next add the juice from half a lemon and one raw organic egg yolk from a large organic egg. Mix together and add one large teaspoon of raw honey. Do not overheat the mixture.

When foods are cooked at high temperature they form carcinogens, which are bad for the body. These carcinogens form what's known as Advanced Glycation End Products (**AGE's**) and are responsible for inflammation and oxidative stress in the body ⁽¹⁾. AGE's have also been linked to the recent epidemics of diabetes and cardiovascular disease.

When food is cooked using dry heat it promotes new AGE formation up to 100-fold compared to uncooked food. Hence potato chips are some of the worst foods with the highest AGE's. In a study examining the AGE level in 549 foods, oats happened to have the lowest AGE's ⁽¹⁾. In other words, when oatmeal was cooked, it resulted in some of the lowest AGE's out of all 549 foods tested. The highest levels of AGE's were found in Beef Steak and Fried bacon. It must have been fun to study and eat all the foods during the research study.

1 - Advanced Glycation End Products in Foods and a Practical Guide to Their Reduction in the Diet. Jaime Uribarri, et al. July 2013

It is interesting that the simple St. Germaine meal advises one to **add lemon to the oatmeal**. What is even more interesting is that the formation of AGE's during cooking can be prevented or greatly reduced by using shorter cooking times, cooking with moist heat, cooking at lower temperatures and /or by using acidic substances such as vinegar or **lemon juice**. I personally use Apple Cider Vinegar, which appears to get the same results.

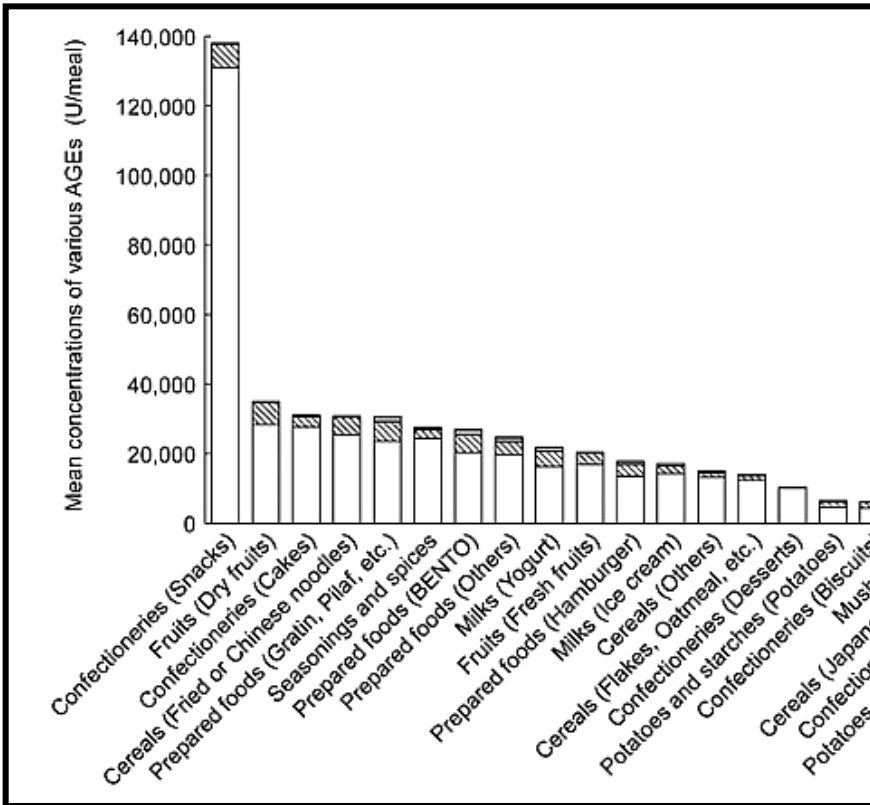
A research study found that heating garlic in a microwave for 60 seconds or an oven for 45 minutes destroyed the beneficial properties of the garlic. However, crushing the garlic and allowing it to stand for 10 minutes before microwaving for 60 seconds prevented the destruction of its vital health promoting nutrients.

Reference

Advanced Glycation End Products in Foods and a Practical Guide to Their Reduction in the Diet. Jaime Uribarri et al. June 2013.

2019 Tao Nutrition Almanac Charts Preview

In another separate research study, researchers found high AGE's in foods that contained reducing sugars (such as dried fruit) and soybean flour or flour (which has a large amount of lysine). The high AGE's were from the foods that were cooked at high temperatures and for long periods of time. Below is a partial snapshot from the study.



Above image courtesy of the study titled: **Assessment of the Concentrations of Various Advanced Glycation End-Products in Beverages and Foods That Are Commonly Consumed in Japan.** Masayoshi Takeuchi, et al. March 2015.

Herbal Infusions for Reducing AGE's

The anti-glycation capacity of herbal infusions are shown from highest to lowest: Lemon balm (89.8 %) >> Mint (47.8 %) >> Black tea (38.0 %) >> Green tea (35.4 %), Sage (33.4 %) Common verbena (30.4 %) >> Rosemary (18.8 %) >> Lemongrass (3.0 %) (Ho et al. 2010).

2019 Tao Nutrition Almanac Charts Preview

One of the major contributors to AGE Glycation are the amino acids lysine and arginine. These are long-lived proteins which change their structure when exposed to excessive heat. A study looked at the effects of grape seed extract on the reaction of lysine as bread was baked ⁽¹⁾. The study found that when grape seed extract was used in the bread before baking, that it caused up to a 50 % reduction in the cross-linking of the bread proteins, which contributes to AGE Glycation. The study found that the strong antioxidant activities of proanthocyanidins and catechins in grape seed extract may have contributed to the reduction ⁽¹⁾.

1- Advanced glycation End-products (AGEs): an emerging concern for processed food industries. Chetan Sharma et al. Aug 2015.

Additional Substances that inhibit Age Glycation

Aspirin, Chlorella algae, Spirulina, Tomatoes, Nigella sativa (black cumin seed), Vitamin E, Vitexin and Isovitexin.

The Circulation of Yin & Yang Energy throughout the body according to Moon Phase

A person could study astrology for years on end and never really get in touch with the energies of the cosmic cycle, learning what is happening on an internal level. The key is the circulation of Chi and learning to connect with the meridians. It is an external and internal process.

The New Moon

Just before the new moon, Chi gathers at the soles of the feet. As the new moon begins, Chi ascends up the right (Yang) side of the body and spine, reaching the head at the full moon. After the full moon it begins its descent down the left (Yin) side of the body. Hence, male energies peak on the 10th day, four days before a full moon and female energies peak on the 25th day and three days before a new moon. It is interesting to note that a study conducted by Harold Burr in 1972 found Earth's geomagnetic field was always at its peak state of calm before new moons. However 24 hours before a new moon or full moon, geomagnetic disturbances were always at their strongest.

2 days after the New Moon

Within 48 hours of a new moon, Chi within the spine begins rising and circulating with ease. It is during this time, less concentration and time is needed to accomplish a successful meditation session. It is not automatically easy, but the mind is helped due to the lunar forces which have a lifting effect as the Moon grows fuller and fuller every day. An idea, seed or action tends to grow at the new moon.

First Quarter Moon

Just after the half moon (first quarter) when yin and yang are half and half, excess energy and nervousness may appear.

2019 Tao Nutrition Almanac Charts Preview

The Full Moon

During full moons, there is an overabundance of Chi and a cautious and gentle approach should be taken in order to avoid internal headaches and pressures. If we look at nature during this time we see above ground crops swelling in size, hence harvesting tomatoes at full moons assures a fatter harvest. Full moons are a time to avoid eating too much as well as to avoid surgery.

During the 14 days the moon is increasing, increases of mental awareness begin due to higher centers receiving more Chi which in turn stimulates higher cognitive functions. It is a time when dreams become more vivid and one can enter the deep sleep state with greater ease. Hence most people sleep deeper, waking up refreshed. Sexual intimacy increases during full moons when an overabundance of Chi stimulates the need for love and attention. Tapping into advanced meditation techniques is also easier during full moons.

After the Full Moon

After the period of the full moon, one is presented with different challenges. With each passing day, energy decreases. The moon's energy feels as if it is pushing down rather than pulling. Science knows about part of this process and calls it ionization. Hence during full moons this pushing down effect is due to extra electrons in the atmosphere, as extra electrons act as extra energy that are drawn into our system via our lungs.

The Wanning Moon

As the moon begins to enter its last phase, Chi energy is drawn into the Earth after it has been in the sky. The lower regions of the spine are becoming filled with this downward flowing Chi.

The 14 days of the wanning moon always increases bodily awareness, leaving one feeling like a type of sensitivity exists. Some people don't sleep well during this waning period. The maximum decrease of external energy, including the lowest levels of electrons, take place just before the new moon.

2019 Tao Nutrition Almanac Charts Preview

Cycles of Chi Energy and How to Make the Most of Them

Midnight to Morning

This is when energies of the moon and the sun begin combining, causing a balancing of the qualities of Yin and Yang. Exercises of the following are most effective during this time –

- Iron Shirt Chi Kung
- Embracing the Tree
- Turtle postures
- The Microcosmic Orbit meditation
- The Inner Smile
- The Fusion of Five Elements
- Healing Love practices

12 Noon and Afternoon

Yang energy is stronger in the crown region of the head. Organs begin heating. This is the best time of day to handle affairs and business. Move energy in the Microcosmic Orbit and concentrate on the navel and absorb excess energy from the sun to provide extra energy for use throughout the afternoon.

Evening

Yin cycle begins. Exercises of the following are most effective at this time -

- Iron Shirt Chi Kung
- Sit and still the mind
- Concentrate on the navel and the Door of Life and circulate the energy in the Microcosmic Orbit for a few rounds.

Near Midnight

Latter part of the Yin cycle. Energy is developing more depth. A good time for resting as the moon's energy is fully charged and present. This is the time of growth, healing and nurturing, and rest.

2019 Tao Nutrition Almanac Charts Preview

Exercises before bed are most effective at this time -

- The Six Healing Sounds which clear out negative energies in the organ.
- Forgiveness by transforming negative feelings to good feelings. This allows for charges by the Yin (moon or water) power.

The Moon's Power

The energy of full moons has been utilized by numerous cultures to heighten spiritual practice or increase spells for thousands of years. The ancient Taoist masters believed the gate of the moon's energy (aka: Gate of Immortality) opened up on the days of the solstices and equinoxes, especially during Fall season.

Fall is the time of year the moon's energies are at their highest with the strongest energies occurring during August. This time of year is also known as the "Eastern Well" and is the best time to have access to the moon's power. One interesting note I want to mention here is that after practicing what is known as the Emerald Tablets exercise for over 10 years, during mid to late August of each year there is like a ripple type effect experienced while practicing the exercise, as if time appears to have a different flow to it during this season. This could be attributed to the energy of the moon, but nevertheless it is an interesting observation.

Absorbing the Five Colors of the Moon's Essence

This is one of the rare and hard to find ancient exercises used by the ancient Taoist masters who were said to have used the energy of the moon to obtain immortality. Unlike the vampire myths which represent werewolves and other night creatures, these exercises involve one drawing down the energy of the moon in order to use it for health and healing. It is a very, very powerful exercise and can greatly enhance one's health and levels of energy.

The five colors of the moon are red, blue, green, white and yellow. The core essence of the moon is red (representing internal energy) and a yellow hue that represents the breath. While developing your meditation, focus on the colors of the moon during the first days of the equinoxes and solstices.

- At the start of **Spring** focus on absorbing the yellow breath of the moon.

2019 Tao Nutrition Almanac Charts Preview

- At the start of **Summer** focus on absorbing the red essence of the moon.
- At the start of **Fall** focus on absorbing the white breath of the moon.
- At the start of **Winter** focus on absorbing the white vapor of midnight.

A Taoist exercise for absorbing the Moon's Essence

1. While observing the moon, relax the mid-eyebrow region and smile at the moon while keeping the eyes cool and open the mouth slightly. As you breathe in, feel your mid-eyebrow and mouth. Next then draw in the red essence of the moon, allowing your saliva to gather it.

2. As you gaze at the moon be aware of the perineum. Use your mind and eyes and spiral the energy at the mid-eyebrow and the perineum. Feel a coolness in the eyes. This draws in the moon's energy through your mouth and your mid-eyebrow.

3. Next close your eyes while facing the moon and you may see a golden yellow light. However if you cannot, just imagine it. This yellow breath of the moon begins to gather and descend, covering your body as you gaze at it. You can imagine yourself in the moon's light as the light travels through the body, rising back up to the Palace of Universal Yin, which is the moon.

4. Next visualize the light of the moon's 5 colors, using your mind to imagine a halo as they descend together down towards your feet. These 5 colors then become concentrated and rise to the crown region.

5. The middle of this cloud that contains the five colors appears as a yellow breath. This yellow light, with the halo of five colors penetrates through your mouth, mixing with the saliva.

6. Next move your tongue and begin mixing the saliva with the essence and light of the moon. As the saliva starts to become thick like grease, do a hard swallow and thrust it down to the navel. Imagine a spiral at the navel, making it warm as you absorb and transform this energy into new and nourishing life-force. This exercise causes the essence generated from the moon to taste like a nectar which is as sweet as honey. It is the nourishment of the immortal energy.

2019 Tao Nutrition Almanac Charts Preview

7. After absorbing enough energy, begin the Fusion of Five Elements meditations or the Microcosmic Orbit.

8. Next move the moon's energy down towards the navel.

9. Next close your eyes, and partition your awareness between your mid-eyebrow, the navel, and the perineum. Imagine the moon shining upon the top of your head.

10. After you feel a lot of the energy has been absorbed into your navel and subsequently transformed, circulate the new energy in the Microcosmic Orbit. Guide this new energy to any specific region of the body (for healing such as sore joints or aches), or move it to the whole body for overall health maintenance.

12. As you end, collect the moon's energy and imagine storing it in the navel, or in the perineum and sexual center. While this exercise may seem complex, feel free to make modifications so that you achieve the most energy with the least number of steps.

What is the Perineum?

The Perineum is the region located below the pelvic diaphragm and between the legs. It is shaped like a diamond which includes the anus. In females the diamond region encompasses region of the vagina.

Canopus the Star of Longevity

Daoists believe the Star of Longevity is the star Canopus, located in the southern constellation Argo, which is represented in mythology by the Venerable Old Man of the South Pole. In time's past, people would construct memorial temples dedicated him, praying for a long life and luck. The star is represented Shou Xing, god of longevity.

Indian Vedic literature associated the star Canopus the sage Agastya which means cleanser of waters. Canopus is of a larger region of 3 main Fu, Lu, and Shou representing the three qualities of Prosperity (Fu), Status (Lu), and



to
good
by

with

part
stars

Longevity.

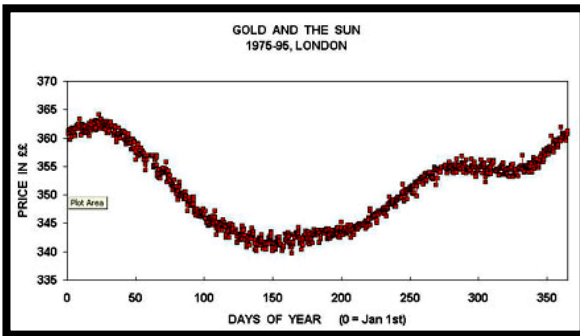
Canopus is just a little fainter than the bright star Sirius. Because it is a

2019 Tao Nutrition Almanac Charts Preview

Southern constellation, Canopus is hard to see in Northern China. When seen, it is red in color and lies near the southern horizon. It rises approximately 1 hour after the star Sirius (21 minutes apart from each other). It can be seen in the night sky as far north as San Francisco and as far south as Los Angeles and Hawaii.

The Seasonal Variation of Gold

A research study found that below-average returns of gold occurred in the first half of the year, especially during March, and above-average returns would take place during the second half, especially September.



Reference

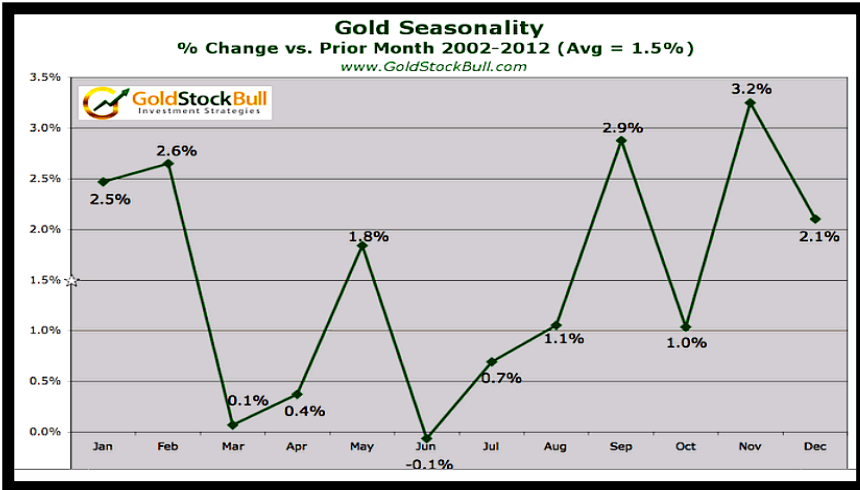
Seasonality in Asset Returns: Evidence from the Gold Market. Adrian E. Tschoeg. 1987.

This graph shows 20 years of gold prices, averaged out over the period of 1 year. Gold prices rise during

times of turbulence and uncertainty with a seasonal peak during midwinter. This is because sunlight is weakest and people start craving gold, the sun-metal.

A more recent study using the years 2002 to 2012 shown on the Gold Stock Bull website found that Winter displayed a strong seasonal period for gold, especially November through February with Summer being the weakest seasonal period for gold.

2019 Tao Nutrition Almanac Charts Preview



The Seasonal Variation of Blood Glucose

It can be good to know which time of year our bodies can handle more sweets. This way we can cut back on foods that raise blood sugar and perhaps plan a healthy diet during the seasons the body is more at risk for increased blood glucose levels. A research study found that in women, mean blood glucose levels peaked in the afternoon, with a seasonal peak during winter (Dec to Feb). The lowest values occurred during spring (Mar to May).

A constant rise in blood sugar levels that stays high for longer than a few weeks could mean one has diabetes. Hence a research study found that Polish children were diagnosed with diabetes more often on average during winter and fall (Szybowska A et al. 2018).

The Healing Power of Jujube Seed

In the ancient text known as the Wufu Xu, a specific practice is mentioned called **Yue Zichan's Method of Holding a Jujube Seed in the Mouth**. The text states that when one suckles on a Jujube Seed much like a baby suckles the mouth, that the mouth will begin filling with saliva. Next two-thirds of this saliva is swallowed, with the remainder of the saliva to be swallowed in an environment of fresh open air, which recycles the jing essence. The text further states one should cease eating grains, take a maximum of 200ml liquor a day and take small amounts of Jujube with dried meats. After doing this exercise, which is like a miniature fast for 21 days, the person's Qi stabilizes and the craving for food begins to cease.

2019 Tao Nutrition Almanac Charts Preview

What is also interesting is a scientific study has published a report showing that Jujube not only extended lifespan, but did so via stress starvation ⁽¹⁾. When Jujube is combined with honey, it has shown powerful protection of the liver. ⁽²⁾

References

1 - Jujube (Ziziphus Jujuba Mill.) fruit feeding extends lifespan and increases tolerance to environmental stresses by regulating aging-associated gene expression in Drosophila. Ghimire S. and Kim MS. April 2017.

2 – Antioxidant properties of jujube honey and its protective effects against chronic alcohol-induced liver damage in mice. Cheng N et al. May 2014.

The Law of Five

The ancient Taoists believed that the North Star created the planet earth. The 5 seasons on earth are associated with the 5 major organs in the body and are associated with the following cycles –

Water created the Northern Constellation and the planet mercury. Its direction is north and its season winter. The organs are the kidneys and bladder. The energy flows inwards.

Fire created the southern constellation and the planet mars. It represents the southern direction of earth, the element fire and the season of summer. It represents the heart and small intestine and its energy is expansion and development.

Wood created the eastern constellation and the planet jupiter. It manifests as an eastern direction and the season of spring. It represents the liver and gall bladder and the energy is generating.

Metal created the western constellation and represents the planet venus. It flows in a western direction and represents the fall season. Its element is metal and represents the lungs and large intestine. The energy is contracting. Hence if your liver is weak, when Venus comes close to Earth, liver energy may become depleted, causing emotional outbursts and indecisiveness. Hence these are good times to balance liver energy.

2019 Tao Nutrition Almanac Charts Preview

Hourly Peaks of Energy in the 5 Organs

<u>Yin Organ</u>	<u>Yang Organ</u>	<u>Time</u>	<u>Season</u>	<u>Time</u>
Liver	Gall Bladder	Early Dawn	Spring	1-3 a.m.
Lungs	Colon	Late Dusk	Fall	3-5 a.m.
Spleen	Stomach	Mid-after noon	Late summer	9-11 a.m.
Heart	Small Intestine	Noon	Summer	11 a.m. to 1 p.m.
Kidneys	Bladder	Night	Winter	5-7 p.m.

Carex Pumila and The Daoji Tuna Jing Spring Rejuvenation Exercise

This exercise is unique in that the morning of Spring happens to be the month that the gathering of the dew to make the philosopher's stone in Alchemy commences. It is also the season where the Qi Gong restorative energies from practicing the Emerald Tablets exercise are strongest.

The exercise includes a special food that is free of the five flavors (sweet, sour, bitter, salty and acrid). The Daoji Tuna Jing exercise states that during spring at the third month of the lunar calendar, one prepares up a special chamber with bed, desk and incense burner. At midnight a special meditation consists of the person lying down on their back, closing their eyes and relaxing. Next the person gently knocks their teeth back and forth together 36 times while clenching their fists tightly around their thumbs and swallowing the night air. This teeth knocking method has also been mentioned in other longevity exercises as well.

While one breathes in, the air is not exhaled, but is held in the mouth and swallowed, forcing it through the esophagus and into the stomach. This continues until the stomach feels full. The air swallowing technique is repeated if one feels hungry. Because this exercise causes the throat to become dry, the person is advised to drink a special soup consisting of sesame seeds, powdered tukahoe called fuling, pachyma cocos and small amounts of honey and milk.

Fuling, pachyma cocos is not mentioned in any recent texts, however in the Journal of the North-China Branch of the Royal Asiatic Society, it states that

2019 Tao Nutrition Almanac Charts Preview

it is most likely *Carex pumila* (sand sedge) root.

A research study found that combining an extract of *Castanea pumila* with *Dryopteris erythrosora* (pictured) exhibited synergy. This synergistic was used to inhibit the growth of cereus in foods ⁽¹⁾. *Castanea pumila* plant high in tannins that is closely to the American Chestnut and in dry sandy soil. It is used as a bacterial and Native Americans for headaches and it contains tannins.



effect
B.
is a
related
grows
anti-
used it

What is *Bacillus cereus*?

Bacillus cereus is a Gram-positive bacterium commonly found in soil and food. Some strains are harmful to humans and cause food-borne illness, while other can be beneficial as probiotics for animals.

Some
cause
strains

What is even more interesting is that *D. erythrosora* is a type of fern commonly called **Autumn Fern** and that all parts of the plant including its stems, leaves, rachis and roots when taken as an extract exhibit **extremely high free radical scavenging ability**. *D. erythrosora* is commonly used to treat skin tumefaction, protect the liver and treat hepatitis. It also contains vitexin and orientin ⁽²⁾.

References

1 - Combined effects of plant extracts in inhibiting the growth of *Bacillus cereus* in reconstituted infant rice cereal. Jun H et al. Jan 2013.

2 - Flavonoid Contents and Free Radical Scavenging Activity of Extracts from Leaves, Stems, Rachis and Roots of *Dryopteris erythrosora*. Min Zhang. et al. Summer 2012.

Further

Reading

Castanea sativa (European Chestnut) Leaf Extracts Rich in Ursene and Oleanene Derivatives Block *Staphylococcus aureus* Virulence and Pathogenesis without

2019 Tao Nutrition Almanac Charts Preview

Detectable Resistance. Quave CL et al. Aug 2015

Now let's get back to the Daoji Tuna Jing Spring Rejuvenation Exercise. The text states that when going on the fast, that an alternative soup can be used that is made with matrimony vine (*Lycium barbarum*), also called Goji Berry, which is taken four times a day. This fast allows one to burn away toxins and waste and the urine may become yellow / orange due to dehydration and feelings of depression may take place. After a few days the three levels of elixir fields begin energizing. The first 2 weeks are accompanied by extreme fatigue and exhaustion as wastes are purged from the body. It is during this time the person must learn to overcome this fear. This weakness stems from the fact that the life-giving flow of Qi energy has yet to enter the stomach region. After 30 days the lower field located below the naval becomes charged and one may stop feeling hungry. At 60 days or so the middle field, located near the heart, becomes fully energized and the person stops feeling fatigued and feels light footed due to a powerful flow of Qi, and after around 90 days, the upper elixir field, located in the brain is fully energized and the person's body becomes radiant and visibly healthy, with the brain becoming free of confused thoughts.

It is during this time that the person's mind starts to gain valuable insights on the right and wrongs in life. If the person persists at this for 300 or so days, he can perceive the energies causing evil spirits and the energies that cause thoughts to form.

The amount of time between each stage will likely vary from person to person, with shorter time-spans to gaining physical health for those people already on a good diet such as vegetarians etc. Please use common sense when fasting as this exercise was practiced by adept Taoists who were experienced in the art and most likely had built the strength of their body up for years before performing such a powerful fasting exercise. The fast just mentioned was also supposed to eliminate the major earthly desires which included: The longing for delicious foods, the craving for wealth and recognition, the wanting of fancy clothes, liquor and sex etc.

It is interesting this ancient text makes note of the three elixir fields that exist in the human body. These three fields were also known to the ancient Hawaiian Kahuna who were able to tap into these 3 fields and use them to greatly amplify the power of prayer. These were called the three levels of self. 1 - The lower self. 2 - The Middle Self. 3 - The Higher Self. When the 3 levels of self were fully charged and had a clear connection to each another, one could

2019 Tao Nutrition Almanac Charts Preview

pray and work powerful miracles.

Another interesting observation is that the famed Chinese herbalist Li Ching-Yuen or Li Ching-Yun, who allegedly lived to more than 200 years of age, was reputed to have eaten a lot of goji berries (*Lycium barbarum*). Goji berry has also been shown to affect iron and zinc levels in the body (Study on the composition of *Lycium barbarum* polysaccharides and its effects on the growth of weanling mice. Zhang M. April 2002.)

People Born in Autumn / Fall Live Longer Lives

A research study which included over 1 million observations regarding people's date of birth found that the majority of them that were born from October to December lived longer on average compared to people born during other months of the year. The people born during this time also had higher birth weights on average. The study also found that those born during spring were more susceptible to chronic diseases and that looking at the weight of those born in Vienna, Austria, that the infants born between September and November also had significantly higher birth weights, compared to those born during other months of the year. Perhaps there is something to the Taoist texts mentioning the air being a source of nourishment after all.

2019 Tao Nutrition Almanac Charts Preview

**This free preview is only a partial listing in
the 2019 Tao Nutrition Almanac**

Thank you for your interest

Scott Rauvers
Author