

COVID-19 and Winter Time

*or, you are going to get sick this winter,
unless you*

- a) strengthen your immune system
- b) maintain social distancing and all that stuff
- c) I would also begin wearing a mask when out in places with others.

Observations from Afternoon Shopping Trip

(it seems I am forever shopping ... and in the afternoons, against my own advices ☹ ...)

- a) basically, everybody has already now or will get a minor dosage* of the virus.
For sure already 2/3 of all peoples I look at have the virus at this minor dosage / Qi level. *
- b) the virus is around everywhere in the air outside, especially when it is a little foggy; in the warm badly-ventilated shops, especially those with many visitors, like supermarkets.
- c) I noticed because the air is colder, and a little moist, I naturally breathed deeper; which is normal.

HOWEVER; when I went into a shop, I maintained that deep breathing, drawing in the warm air deep into my lungs. This means I was drawing in the 'polluted' non-well ventilated or unclean air from the others who had been in the shop during the day.

Definitely, I felt that I was breathing in unclean air.

Not heavily contagious ... but the viral stuff is just around everywhere now.

- d) In all the supermarkets, I noticed there is this thin layer of warmish air at about height 0.5metre over my head. In which there is lots of little bits of virus.

Remember infection is about quantity or amount of infection.

Go shopping in the morning; go to large supermarkets, with high ceilings; take those such as University, Adolfsberg, Co-op out of town. You get the idea, not those near areas with more high-density populations ***And read the note below to understand more the reason why*****

**** Remember in CMed we differentiate between Qi and Blood/Fluids level.***

As an example, **if one thinks about the Qi level** in relationship to catching a cold, you 'feel a chill' or 'body shivers and some aching' and think you will become sick. But the tests of your doctor would most probably show nothing. One has to wait until there are more specific symptoms like cough, sore throat, fever, running nose signs of physical body and more active engagement by the immune system for this to show in the tests of fluids & secretions as bacteria or virus etc.

This is the same for the Corona Virus. If one uses a simple model to describe the CMed system, this most 'outer immune system' is what is called the 'Qi Level'; that level of the 'more immaterial': of your senses and subtle aspects of bodily function, nerve system and immunity

Which is both the basis for the understanding and 'reading' of the 36 pulses (of the 3 levels of the 12 organ functions); or , with a little 'openness', one can even see in the body's energy fields. As well as the most outer level or layer of reading of those three levels: the **Qi**, or subtle; the **Blood** or functional; the **Jing** the form.

It is at this Qi level that one can read the virus in:

- a) the initial stages of entering the body, when there will be few or no symptoms
- b) when it is held latent in the outer layer of the body, again not registering any symptoms

c) when it is in this subtle level and not showing any signs in physical tests for RNA in salivary mucous

The 'Blood Level', or the first level of the physical body including the more subtle physical: fluids & secretions (nice and 'nasty'); membranes (think mucous membranes), blood & all the aspects which comprise that including e.g. all aspects of immunity e.g. White Blood Cells; hormones and glands; and essentially all the *physiological functioning of the body*.

It is at this Blood level that the tests of fluids and secretions, those of body physical and physiology, can be read. Thus, show reading by western scientific methods whether you 'have the virus or not' or 'whether you are contagious or not'.

Obviously, *from the view of CMed*, it is too late to make diagnosis at this level; the virus has already

- a) entered into the body significantly enough to make sickness;
- b) incurred the wrath and reaction of the immune system
- c) and, being in a middle level, will be difficult to clear away

Most effective treatment is when it is in the outer levels of the immunity, before (strong or significantly noticeable) symptoms arise and before the body is tired or taxed. This is at this Qi Level, at which my treatment is directed. **Or achieved yourself**, by strengthening your own immunity.

In our example, this is treating the initial chills and aches of the body before any substantial symptoms or signs of a cold take hold. Either with CMed techniques; or with nourishing food; warm drinks or hot toddy; warm bath or sauna and early night of sleep all methods one uses to strengthen and support your own immunity.

And to complete the theory: **the 'Jing Level' is the Constitutional Level** or 'body proper'; tissues forming organs; bones & structure; muscles and soft & hard tissues; and etc..

Notably, this is the level at which a vaccination works; that is, it stimulate the bodies own immune system to make antibodies by using a small part of the viral pathogen. This happens at this deepest level of the immunity.

Qi	Blood	Jing
Immaterial	Function	Form
Subtle	Physiological	Structure

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** I needed to pick up a post package from a small kiosk on the edge of Brickebacken. Many of you might know this I mean; without mentioning the name, or type of area of 'high-population density'. There is rather smallish space for queuing to the counter on the entrance, enough for just one file of persons; and the same on the other, where one might stand waiting to pick up parcels; space for a row of 6 people from counter to door; either side.

On entering, there was one person in front of me, two waiting for parcels; within 5 minutes more had entered. Now there are 5 standing in my queue - *no social distancing*; 2 people in the line waiting for packages; 2 persons serving, moving around finding parcels, handing them over - *no social distancing*. One guy now sitting in a chair near the door entrance.

So, a total of 10 people, mixture of nationalities..... no social distancing. Warm air, bit stifling; no ventilation, unless the door is opened for cool air to drift in

That is why

- a) even Swedish society needs lock-down
- b) certain communities have higher rates of infection than others; nothing about genes just habits in behaviour and (dare I say it) just question of common sense intelligence.
Sometimes, you gotta listen and just follow the rules !!

c) you gotta take care of yourself. What you do, how you do it and with whom !!

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Final suggestions

This really is the time to stay at home by yourself or with family.

Please cancel any `family` Christmas.

*You need to `hunker down` through until Spring;
even if that means through until April-May in Sweden*

KEEP YOUR IMMUNITY STRONG

STAY AWAY FROM OTHERS

*you must now imagine that everyone is a carrier
but not to be afraid, as it is amount of exposure*

*you will not get sick from exposure from one person;
so avoid, avoid, avoid crowds and small spaces with many people.*

Bored, lonely, lazy ?

The god's have given each and everyone of us a gift !!

The possibility of that time and space one needs for

personal development

self-knowing to know of the Self

contemplation on the purpose of one's life and Life

meditation and the inner journey of the heart

being present with one's own body more

knowing one's own body more through movement

Realising if that if this is `the time or century or whatever`

of `a change of consciousness`

It does not happen by itself magically inside you or outside in society.

It happens, because you take the chances that life gives you.

Which is now. These past months and next months.

Through which you can most radically change yourself.

Ready for my course of Personal Development towards Longevity

using Daoist Methods, which begins in February 😊

Daoist-Doc



`Stay Well, Play Hard`

Chang Xuan Ren 暢玄人

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