

- ❖ What you need to do to stay healthy
- ❖ Discussion on the patterns of the weather

### What you need to do to stay healthy

1) Most important is that you go out walking every day !!

The reason is that your body needs to breathe in the air, or the *'Qi of the Heavens'*, so that it will naturally acclimatise itself; that is adapt itself to the seasonal energy. Remembering that *'health is created by being in tune with the environment'*; which we all, of course, know by nature.

In summer one dresses accordingly, takes in the energy of the sun, bathes to keep cool, eats the freshness of the produce available in ones garden at that time. Autumn and Winter months one adapts to the cold, wet, snow clothing more warmly and eating more warming foods – long cooked soups and stews, baked foods and such like.

However, most primary is the breathing of the seasonal air, or Qi. Not only does one breathe in the vitality of the air; but also, because the quality of that air is changing, it is the signifier to the body to change habits. **I would suggest that this is the singularly most important habit for maintaining good health.**

Especially in these times when so many will spend many hours of their day inside an office or shop environment, often working in front of a computer screen and with artificial lighting. All of these are producing an environment which is the opposite of air with vital Qi; so that it becomes very easy for the body to become out of touch with the more subtle shifts in the seasons and so draws away from that sense or need to make changes in habits.

If you have not already done so, please download this chart of the 24 Solar Periods or 24 Solar Qi; that is the movement of the sun and its affect upon the earth during the period of one year.

<http://purpleonyx.net/wp-content/uploads/2015/08/24-Solar-Periods-of-Chinese-Calendar.pdf>

We will be using it as a basis for learning to be aware of the nature, the changes of the seasonal energies and how to harmonise ones habits to those changing energies during the next year.

*When the real teaching will begin ☺.*

For now, please download it and begin to familiarise yourself with the details. See if you can sense the subtle change in the *'smell or quality'* of the air or in the humidity and its form, i.e. damp, dew, icy, snow etc.

What you are seeking to notice is those subtle changes on that date (or 1 (maybe 2) days before or after). I.e. 24 October, Frost Descends, would have been the time of the first frost. This might not stay, as the other seasonal movements might affect this; but nearly always, at that time one will notice this *'normal movement from the Heavenly Qi, expressing in the realm of the realm of 'Activity of the Planet' (of human Qi), before manifesting within the Earthly Qi, as a response back'*.

2) Make suitable changes to your daily habits.

Clothing, diet, activity; even behaviour. Remembering, that the difficult for Swedish peoples tends to be that both genetically and learning from childhood your bodies know how to make a major shift into a colder, more dry, snowy winter; but not into a wet one, with continual shifts in temperature from week to week or even shorter periods.

We have already discussed the need for 'making a layer of fat' in the outer layers of the body, as the nature of wet, or damp, or damp-cold is that it is 'sticky' and penetrates. Very different from the nature of cold, even deep cold. I.e. a headache from being outside without a hat in very cold (dry) climate will be of tightness and pain on the head, as if something is gripping; that from damp-cold will make heaviness or 'fuzziness' / non-clarity in your mind or senses.

And that our strategy is the concept of 'English Breakfast' + Black Tea. The idea to use fatty, oily or bread-crumbed foods to make a layer; and the black tea to help assimilate and breakdown the fat, as well as warm the body and dry the damp.

Next step is coping with the changeable weather. The art here is adaptability on a daily basis.

You might not have the insights or skills to do this yet .... but during next year, we will begin to learn this together. Where can you be now ? **With your morning porridge** ☺. Please begin by downloading, reading and following this:

<http://purpleonyx.net/wp-content/uploads/2019/07/Pathways-to-Health-I.pdf>

I always begin the process of making my morning porridge the evening before, as it needs to cook; and for those who have lesser time in the morning, you will need to have it ready cooked during the evening, so it can be just warmed in the morning.

*The art is to a) change the grain for the porridge seasonally; b) change the ingredients daily.*

As I would have been outside acclimatising to the daily and seasonal Qi, my body sense becomes in tune with the subtle changes in the weather and *gradually you will readily cook the porridge you need for the climate of the next day.* And, if you are not there yet .... wake up and get a feeling for the day and decide what you wish to add; or look at the on-line weather report ☺

The two key aspects are these:

- 1) You need to eat **cooked food for breakfast**, especially winter. Porridge is the most suitable; it must be from whole grains (i.e. not oat flakes (havregryn) = no vitality)
- 2) Adapt yourself to the weather by **changing the ingredients on a daily\* basis** .....

Please explore this now yourself; be ready for further teachings (maybe even a cooking class) next year.

\* Daily infers being aware of the need to change on a daily basis; though this might mean you have the same ingredients through a period of 3 – 4 days.

It was significantly warmer again both yesterday and today in Örebro, Sweden (and middle and south Sweden). Even the wind did not have a chill. Gauge in my car for the outer temperature, showed 14°C and even 16°C, whilst driving; even today 9°C at 08.30 this morning. The Swedish meteorologist says the average temperature for this time of the year would be around 4°C.

*Remember, our discussion that it would be warmer during this period - then colder suddenly, as we move into the next major period 23 November ?*

So, what we have seen in the last time is a battle between the controlling climates of the *YEAR* : Stormy, damp, wet + colder during second ½ year from August. But then the entering of the *SEASONAL* weather influence, (as the guest during the cool of Autumn). which is too warm.

What is tricky in regards to one's health is this shift between the råkallt / bitter cold + damp of the last few weeks and now the flip into the unseasonably warmer weather; then by mid-September, suddenly into the cold of winter – as the Guest of that period is of Dry Cold, with the controller of this ½ year also Dry Cold.

I expect icy roads during first weeks of November; as there is damp humidity plus coldness; but not real cold or snow until the mid → end of the month.

Noticeably, in North Sweden, there has been quite cold temperatures for the time of year and already a big snow fall. This can arise due to the amount of moisture (the damp) plus the cooler temperature. And bides the suggestion that there will be quite some snow even in the first part of winter, before Xmas.

So, even a white Christmas 😊, which you might have to spend alone or at least not meeting some family members 😞.

The Guest Seasonal Energy for the next period beginning 20 January is Cold, with Yearly Energies for 2021 being Cold & Damp. So, one will expect snowy January, February ... maybe quite much; especially mid and north Sweden. Although due to the attempts of the weather to rebalance itself it can be stormy.

There will be a quick shift into Spring, which I expect to be quite early; definitely by end of March beginning of April. With warm, but rainy summer; and a real winter again next year beginning early with a cool Autumn and early snow. It could be a winter which is quite cold.