

Preparing for our education, beginning next year ☸

The shift into the significantly colder weather was late
remember Yang Ming Dry-Cold was entering into the Tai Yang winter period ...
We expected the shift on 23/11.

This was together with the period of Light Snow, or the first snow;
OR dependent upon the climatic zone more precipitation as fog, frost or rain.

Here in Örebro, the shift of precipitation came on 23rd, though as mist, fog & rain.
But the shift in the cold not until yesterday 27th.

What is relevant and noticeable is the major shift from the warmth of the previous period,
`November is too warm`

And now the abrupt shift into cold.

Noticeably, it `feels more cold than the actual temperature`
This combination of the Qi of Heaven and the humidity.

This is what we had previously noted, and IT IS EXACTLY THIS PERIOD ,
(at the point of the abrupt shift)
WHEN YOU WILL GET SICK.

But, you were ready for it ☸ ...
and immediately changed habits in terms of food warm , warm, warm;
clothes and behaviour

Maybe we need to talk about the behaviour shift later.

[24 Solar Periods Chart](#)

Daoist-Doc ☸ ⚡ ☸ ⚡ ☸

`Stay Well, Play Hard`
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