

Considerations towards yourselves (from me)

It can be a big step for many to engage in the ideas of a more radical dietary approach and commit to the thought of a longer period of transformation of 'substances', such as Jing, Qi, Shen, about which you have little understanding.

However, I feel obliged to impart that level of knowledge, which is available to me, firstly as a (written) record of it; secondly as a reference of standard of those pathways and level of health possible; and finally, as teaching for those who can relate to it.

For example, the information presented in a previous article regards to Alchemy of Tea might have been salient to just 4 – 5 readers. Though persons, though few in number, could benefit greatly and direct their usage of tea to a new insight and it might pique the interest of others to investigate further.

*Please take what you can from these writings
with the idea that their purpose is to initiate your own investigations*

and for you to consider and compare: that which I am proposing as daily habits for personal health; to that which you practice yourself; to those other ideas you have written.

The one thing that you are already committed to in your life is *change*.

You cannot be the same person that you were yesterday.

As one knows well, the actions of today create the you-of-tomorrow in body-mind-spirit.

You are already choosing, consciously or unconsciously, how you will be tomorrow through today's action towards in regards to your habits and health.

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The 'teachings' (I would rather see them as suggestions), presented might seem to be rather non-specific. There are no recipes for Jook, no strict instructions of amounts of ingredients, seasoning etc.

However, this is the 'Daoist Approach' in action, the presentation of principles, theories, ideas for you to 'struggle forward' to make effort, your 'Gong Fu' towards personal 'realisation'; that which fits for yourself, understood by your own insights.

It is to for you find your own path forward through personal experimentation.

A path of self-knowledge through trying, observing, contemplating and then trying again.

As an individual, whom nobody else can know, there is no other person who can tell what will work for you; what is appropriate for you to eat at that time according to all the variables: internally of your ethnicity, specific genetics, culture, learnt dietary habits, present nutritional requirements, sensory and emotional needs; and externally: of geographical location, seasonal changes, climate and weather.

I have consciously presented a range of new ideas, new perspectives, for you to consider.

Please take the time through the coming *weeks, months, season to contemplate*;
to see how they differ from your own understandings and approach to life
and how you might choose to change.

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You might not have managed the 'spring cleanse of this year' ?

But, there is another Spring next year, for which you can already have thought to prepare

And you can even now jump on the pathway now for this next stage, teaching yourself how to make a new dietary approach, one which will clean the body by itself, just through your eating habits.

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The 'new normal' of your dietary habit

As you move from the period of 3, 5, 10 days 'Cleansing', the next stage is to retrain or redirect the digestive system into a more natural way of functioning. That state which would/could have been there at a younger age before the effects of stress, slightly wrong diet and over-eating.

One can reckon that this approach back to 'naturalness' will be a path through 3 years, with 'markers' of 1 month, 3 months, 1 year, 3 years. Unconscious stepping stones of :

a) relieving the body of toxins of both

- 1) physical nature such as phlegm, heat, cold, 'poisons'
- 2) psychological nature of stresses, learnt habits and 'programmed memories'.

b) allowing the bodily organs to return to a more normal size and physiological function; e.g. think of parts of the large intestine being either swollen, tightened or even twisted due to periods of over-, under- or stressful eating.

Jook as a Central Food

The Jook porridge will become a central food for either breakfast or evening meal, or the both. The other meal of the day will be according to your own choice.

Remember that the Jook, soupy porridge, is just the base *and you can add whatever you wish into that base according to your personal requirements of that meal.*

If you need some ideas, search 'Jook' in *Google* through which you will find many links or *Google Images* for visual inspiration and follow the links from the pictures.

But please try to use them only as initial ideas *as the practice is to learn to be aware of the needs of your own body; (as far as possible) use those foods which are local, seasonal and from the same temperate climate; and **most specifically, learn to change the ingredients (and their cooking) according to***

a) your daily needs and feelings

b) the changes in the outer environment, especially weather

What you do eat is

Grains

Fish seasonal, local

Pulses and Legumes same temperate climate

Eggs local farmer ?

Vegetables seasonal, local

Seaweeds European are available; Japanese tend to be easier to work with

Fruits seasonal, local

Nuts & Seeds as needed to supplement dietary needs

Dairy products as *Goats' cheese or Sheep's cheese (but avoiding those from cows).*

Yoghurt choose quality carefully, so there are healthy bacteria !!

Foods which are cooked, fried, baked etc.

Pickles of personal choice, best home made

Sweeteners Honey, Maple Syrup, Grain Syrups (e.g. Rice or Barley),
Apple Juice, Dates, Whole Sugar

Sprouts if added to the Jook

What you do not eat

Non-seasonal, non-local foods

Raw Foods

Refined Sugars these must be totally taken out of your diet !!

Processed Foods all

Frozen Foods minimal necessary; eat up that in stock now, buy no more.
this is very possibly one of the most important changes you must make

Cold Foods nothing direct from the fridge !!

Cold Water simmer-boil 10-15 minutes; let stand to cool to drink at room temperature

Dairy Foods from cow milk, cream, cheese. Milk or Cream in Coffee is OK !!

Epecially:

´Fast Food` as there is probably a severe lack of nourishment: frozen foods of lesser
such as *Dagen's Lunch* quality warmed up for the day with too much seasoning and spices ...

Sushi is acceptable; Pizza a strict no-no !!

Cold foods for breakfast the digestion is a fire which heats all foods to body temperature
i.e. yoghurt, filmjölk and the such.

Flakes i.e. Havregryn which has essentially no nourishment and is just drying to the body

Muesli and the such ´iron filings to the digestion`, if you must eat them, soaked over-night !!

Literature: Tao of Long Life by Chee Soo is a book which could be recommended for direction regards to ´Daoist Dietary habits for long life. Available new from the publisher's website: <https://www.seahorsebooks.co.uk/chee-soo-chang-ming-p-19> , or cheaper second-hand from e.g. Amazon.

85% : 15% Rule

If you have a basically good health, and you just wish to tick along, *85% of your what you eat is attuned to your main dietary habit – as written above. This is what you will probably prepare and eat at home. 15% is in the grey zone:* not unhealthy, it will not make you sick; but not quite in line ...

One takes this approach as being too strict usually creates emotional tension, suppression of needs and inner mental narratives. Remember, one is learning to redirect one's habits through awareness, practice and self-knowing. It is to be kind to yourselves. Not too many rules, but principles leading to understanding. Harshness too oneself, usually only creates more inner sickness.

If you are unwell, you are seeking closer to 95% : 5%.

Chronic or fatal: 100% : no exceptions or mistakes

Preparations for next year

Plan to grow as much of your own vegetables yourself or to pick from the forest. (Or lazy, like myself, buy from the sellers in the local market). They are the most fresh and vital in energy and anything you grow yourself is local so, you can grow that which suits your palate!!

Please do not freeze any foods. Mushrooms, berries or vegetables that you pick, harvest or purchase from local ´harvesters` are to be either dried or ´conserved` in jars, as was traditional.

See if you can change your cooking source to gas or, at least, have wood-stove cooking available.

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Why Jook as the Basic Food ?

I am in process to write a more comprehensive article on this; but in short:

Fire and Water are the two basic elements of the body; as they are of life.

Fire or Heat is the root of all the functions of the body. In CMed, this is called the Yang : as Fire and strong movement, and Qi : as heat and activity.

By cooking the grain for such long time, it takes in the heat of the cooking source. Hence, the cooking source best being of wood-stove or gas.

This heat in itself is giving nourishment, supporting the activities related to warmth and creating Qi or basic vitality. It will also be strengthening, even healing, for the sick, the very young and the elderly.

Water is actually not the 'essence of life' in CMed Qi or Vitality is !! But it is an essential to balance the Fire and Heat !!

It is the correlative medium (to Yang and Qi) through which bodily activities function as Yin : cool, cold, slowness and passivity; as Blood : nourishment made from fluids; and the 'Fluids of the Body' : as secretions and excretions, external and internal in function and visibility; i.e. nasal discharge, pee and poop, hormone from glands, lymph etc..

The Jook is to be eaten as a soupy porridge, as its other central function is to create a relaxation within the digestive system. This is achieved by being a warm liquid which is both easy to digest and 'easing' to the whole of the digestive tract.

With the idea that there is old physical matter caught, often in little pouches of the intestinal wall, the purpose is to '*wash the sides of the digestive tract in order to loosen up old faecal matter or other forms of undigested foods, phlegm or toxic matter*' !! If one has ever tried a colon cleanse, one is surprised at the amount of old poops + other matter which is lying there, even after 2 – 3 days of fasting !!

It is also the idea that by creating relaxation to the tissues with this soft, warm soup, it will allow the muscular-nerve tension to be released. These are the stresses of life, tensions when eating and the internalised emotional issue which have become embodied into the different parts of the digestive tract.

The Breakdown of the Rice is also essential; remembering that one is cooking the rice slowly, adding water as necessary *until each grain breaks down into smaller pieces.*

This will take about 2,5 hours, so cooking time is reckoned to be about 3 hours initially. But you are able to keep the Jook cooking, by keeping it on the woodstove over a period of some days, adding water as necessary (and with a flame spreader underneath to prevent burning!!).

As the grain has broken down into such small pieces, the protein into smaller molecules, it becomes more easily digestible, so the nourishment is readily assimilated into the body. This is obviously very beneficial for those mentioned above whom might have immature or weakened digestive systems.

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What to expect from your digestive tract ?

This might be quite a shift from your normal diet and, as written above, the purpose is to gradually release old stuck matter, collected tensions and older emotional memories.

This means that you might have rather irregular bowels movements, all sorts of things coming out and especially wind and farting. Please just go with it 😊 . It is the purpose. You might find this happens initially, but also might come after some weeks or even months as there will be different layers to be released or different stages of 'letting go' and relaxing.

Wind, farts, can usually be seen as tension being released from the system.

If unsure what is happening: please contact me for consultation (or a more local practitioner). It might be useful to use specific ingredients within the Jook or to use a Herbal Formula to strengthen the digestive process at that time.

Your Pee and Poop when you are in good health will be such:

Pee

Not too often; but regularly Not at night; not urgent.

Not smelly; not too yellow; not too little: these indicate a condition of heat or XS hot food

Not too white or clear; not too often; not too much. these indicate a condition of cold or XS cold food

Yes, a little indistinctive : *Welcome to the true relative nature of medicine !! LOL !!*

Stools

Once a day in the morning, on rising and between 05.00 and 07.00. Please: NOT LATER !!

You will empty your bowels fully; without straining or needing to wait too long or a `2nd movement`

When in excellent health, they will be *like small bananas*. Not smelly. Sinking slowly, not too fast.

Smelly usually indicates non-digested foods with bacteria from the colon present; but also, can be caused by medicines, infections, food allergies etc. If foul smelling, it can be the indication of a more serious condition, so if persistent or re-occurring, *please contact a practitioner or medical doctor*.

Floating indicates poor absorption of foods, very often from undigested proteins; either an excess in the diet or a weakness of break-down. It is very often related to an excess intake of proteins and the inability of the Liver Qi function to cope with these.

Sinking too fast and heavily is again a sign of mal-absorption. It can be due to the introduction of new foods, especially more heavy foods such as carbohydrate or meat proteins. But if persistent an indication of more serious dietary abuse or digestive weakness.

Check the smell from the feet: this indicates which foods are not being digested fully or eaten in excess !!

The stool when not formed well indicates a weakness of fire and too much cold or liquid. Too hard indicates not enough fluid or excess dried food in the diet. Small, like pellets, indicates heat.

Black usually indicates bleeding further up the digestive tract; a little blood, local bleeding around the anus or in the rectum; more bleeding more serious issue within rectum or colon itself.

Of course, if you are unsure about any of these: please contact myself or another practitioner !!

How to begin ?

Good guidelines for choice of foods are:

- Seasonal
- Locally Sourced or grown in a similar temperate climate of your present season.
- Vitality !! Grains and Beans still have original vitality, as they can be sprouted !!
Vegetables & Fruits harvested recently: best from your own garden or from nature
Meats and Fish butchered recently
- Preserve and Store Naturally This will mean not frozen, wherever possible
- `Naturally` Grown in nature, by nature, ecological ?
- Cooking Style seasonal Cold seasons need cooked foods. Only summer needs Raw !!
Body does not like cold !!

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A good basic Jook with which to begin is using Dates as sweetener; 2 – 3 in the start of cooking

To support digestion, use raw ginger; just 2 – 3 slices in the start of cooking

Next step: add some seasonal, local fruits and vegetables those which you would habitually eat !!

And then try out, be curious, invent and see how your body reacts 😊

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Function & Energetics of the Digestive System

More detailed explanations to understand why's and wherefore's

In Chinese Medicine **the function of the Digestive System** comprises of three aspects:

- 1) **Physical or Physiological:** hunger, taking in of food, break-down, assimilation, clearing waste.
This is Qi (Function) of Stomach and Spleen (& inc. Pancreas); Qi of Liver and the Bowels.
- 2) **Enjoyment:** initial appetite & interest in food, senses and sensual experience of eating.
This is Qi of Heart Governor; an extra organ *function* in CMed which is 'seat of the emotions & sensuality'
- 3) **Emotionality:** feelings *related to eating & when eating* ; i.e. of stresses, , but also as embodied memories
This is Qi of Liver; as both the general emotional state and *as the lining of the digestive tract*.

1) Energetics of Digestive Physiology

The body is seen to comprise of *Three Fires or Burning Spaces*, the organ of the 'Triple Heater' or 'Triple Burner'; which is an extra functional (rather than physical) organ of CMed.

The function of each of these Heaters is to act as a catalyst which transforms its contained substance to a finer element. From bottom to top:

- Gross Bodily Matter (genetic, constitutional) to useable bodily material, as Blood : *Jing* -> *Xue*
- Physical Matter, such as food, to Energetic Matter = *Qi*
- *Qi* from Food and Air into more fine *Bodily Qi* into which you can add intention
- Gross Consciousness to Consciousness to Awareness to Cognition to Volition-Intention
Shen → *Xin* → *Yi* → *Zhi*

Take time to read the diagram from bottom, upwards, an explanation of the different functions:



2) Enjoyment

There needs to be the sense of appetite, the interest and desire for the food; and eating is a very sensory experience from the sight of the dishes, to the smells, the taste and textures.

All of these are vital not only for wishing to eat, but also to actually absorb the nutrition from the food. A willingness, as it were, to receive and allow those foods to be assimilated and become part of you.

If you consider the difference between those foods common to you as a child, which you enjoyed as 'every day foods', which are very possibly those foods you will choose for most satisfaction, not only sensual but as a sense of being filled or as giving nutrition.

Compare that to foods which you might eat, which are a bit cold, stodgy, not really to your liking or taste buds ... there is a sense of not taking it in and even that it 'passes through your system quickly'; which is does as your digestive tract wishes to move it along and out, without having to take too much of it into itself.

In Chinese Medicine, this is controlled by the *Qi of the Heart Governor*, or *Pericardium*, which is another 'Organ which has function, but not physical form' (same as the Triple Heater function, above).

3) Emotionality

The final aspect is the emotional state when eating, together with any embodied emotional memories related to certain foods or certain times of eating.

Obviously, if one is *busy and stressed*, one's body-mind being somewhere else, one is not going to ingest or digest well. Similarly, if one is in a *state of tension*, for example if others are arguing during a meal or a business person is at lunch with customers during a day of negotiations. One can expect that there will be a reduced assimilation of nutrition.

Furthermore, the body can/will hold *memories of certain incidence* which happen at that time of eating a specific food and the emotional reactions, even shock, will be internalised becoming 'bodily memory'; that is the NS in Western Model, and the '*Blood of the Liver Qi*' in the Chinese.

These bodily memories are now *embodied within the digestive system* in relationship to a certain food, type of food, happening or occasion of a meal sitting. When these occur again, i.e. that dish or food is to be eaten, those memories come forward and will affect the digestion, even ingestion, of the food or even be a psychogenic cause for food allergies. (see example in the section on allergy)

All these are controlled by the *Liver Qi* in CMed, the Organ responsible not only for the '*free movement of the digestion*', but also which controls the '*relationship of nerves-to-muscles*'; as well as the '*emotionality of the body*' and '*the making and storage of the emotional memories*' !!

What is then, that directs good health related to food intake (from this Daoist perspective) ?

There are these 4 aspects:

- 1) The type and quality of the food
- 2) The physiological digestive ability
- 3) The appetite and sensory enjoyment
- 4) The emotionality at that time of eating and embodied in memory

Their proportional relevance in creating good health would be these:

1) 10%

2) 25%

3) 20%

4) 45%

That means: the quality of the food plus digestive ability are **about 1/3rd**
the psychological aspects are **about 2/3rd**

Which does not mean you can ignore what you eat or the quality of what you eat !!
*until your body-organism is cleared of emotional and psychological tensions,
including the collected memories and narratives of your (whole) life*

*at which stage you will be able to freely ingest,
transform and transmute foods at an energetic level.*

*Understandably, that is not for most now;
but a stage to which one can aspire, and to which I can maybe lead you later ☺*

What can we understand from the above ?

- a) The importance of eating warmed, cooked foods *and not eating cold, raw foods*
As the body needs to warm all foods to body temperature; and will take energy to do this
- b) The importance of eating foods which are 'wet enough' ; or enough liquid within your whole diet.
This means foods which are fluid or contain fluid such as soup, stew, boiled vegetables, fruit soups.

Drinking large amounts of liquid is not beneficial, as the body will just 'pee' them through, which tends to weaken the *Bodily Qi*, through the loss of *Vital Organ Qi*. If the liquids are cold, they can actually damage the *Bodily Qi* and take energy to warm to the body.

This means one avoids eating dried foods by themselves, as the body will take fluids from within itself to be able to digest them. *Example: a sandwich or cake plus coffee dries the body.*

- c) The body functions, and specifically the digestive function, are an energetic process. A catalytic process in which matter is transformed from a gross state to a finer one.
- d) The psycho-energetic processes are much more relevant to the uptake of nutrition than the food and the digestive ability itself – *once one's system is cleared of the collected tensions and memories held within the body as a whole and more specifically the digestive tract.*

Until one has reached to that level of 'energetic cleanness or clarity', the quality of the food and the strength, the cleansing and the strengthening of the digestive system are the more important.

Hence, the work which needs to be done with **a)** the diet, itself **b)** the alignment of one's bodily energies with those of 'Heaven and Earth', the Terrestrial and the Celestial or Cosmic forces.

- e) These two, notes c) and d), become more important as one moves into Alchemical work. One understands that the 'real' body is a complex energetic organism, 'behind' - or as the origin of - the manifest physical body and its physical, physiological and psychological functioning; its activities happening through reactive processes.

The shift into Alchemical work becomes one of *subtly and volition*. One needs to be more sensitive, more aware, of these energetics of the body, so that one can directly engage with them and lead them at will. One understands, at a gross level, this is not so difficult, as most know how to readily change their breathing pattern and affect their own nervous system ... immediately calming down or making excitement; any kind of breathing exercise learnt in Yoga class would have taught this.

However, the work to be done here, with the Daoist system, is more subtle, as it is to first be aware of and then direct *the Qi*. *The Qi is the vitality within the breathe*. Steps after that are to direct the mind as cognition or *Volitional Intention*; then the *Hun*, spiritual soul, freely moving from the body, during both sleep and waking etc.

Qi arises from *Shen, Mind-Cognition*, and manifests as the Physical Body & Physiological Functions.
This is the reality of the body and its functions in daily life, it is mind manifested;
the Alchemical process is relating to these processes at a more subtle level of resonance.

To be able to do these, one needs a body which is at optimal physical health

for if there are toxins, phlegm, stagnation etc. at a physical level

*it means the **a)** bodily Qi is of the wrong quality,*

***b)** sensitivity will be dulled, and **c)** Qi will not flow or follow your mind*

Your first step towards being able to work on these levels is to free the body of not only stagnation, but also sickness or even the possibility to become sick or unwell.

You begin this process

*By becoming aware of your daily needs,
by becoming aware of your personal patterns and habits
and knowing how to change these.*

*By attuning into daily climatic and seasonal changes
and knowing how to adapt to them*

You can achieve this by working with the introduction of Jook as your daily food !!

and do not forget the time spent in nature and the Vital Qi of the fresh air !!

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A note on food allergies (and how easy it is to cure them !!)

From the above, one can understand that there can just as easily be a psychogenic root as the cause to many allergies – both dietary and respiratory. There is a certain incidence happening at the time of eating a specific food and the emotional reaction /shock is internalised and become embodied.

Example: The mother has cooked a special cake with marzipan and the children are sitting eating this; the father rushes in with the shock news that he has lost his job. There is shock, extreme emotions. The family continues to eat the cake, but there is now an imprint of that emotionality whenever eating that 'same marzipan` which might be according to colour, consistency, taste etc. that is, one or a combination of the different senses.

There can obviously be a physiological, a chemical, cause, but within the model of CMed the physical and physiological, the physiological and psycho-emotional are not separated in function, activity or re-activity.

This embodied emotional reaction is also seen to be passed forward generationally through the 'ancestral genetics`, which are seen to have both physical and psycho-spiritual pathways. Implying that the 'trauma` causing the allergy in a parent can be inherited by the child; so, it is that trauma which needs to be healed to alleviate the allergic reactions; not (just) at a physiological level, which will tend to only alleviate the symptoms temporarily, but not address the root.

Gluten

Cold pathogen at the level of the *Stomach Organ* (not meridian). Probably from the time when one was very little, before age 3. This is either from foods which were too cold or *emotional coldness* such as fear which became lodged in that part of the body; as an incidence when eating which caused emotional stress, experienced inwardly as fear and then related to, embodied into, the stomach. Normally, it is just 9 months treatment to resolve this.

Lactose

Issue with the *Liver Qi*, again at the level of the Organ. It could either be *Cold pathogen* present or weakness of *Qi* or *Yang* in the Organ. This can be a little suborn, but again cured within 12 – 18 months.

This might be genetic for Asians, obviously, as historically it is not part of the diet; or if there is a mixing of ethnicity which can give a greater possibility of a range of different 'weaknesses or pathologies'. (Can I write that without getting bashed? When it is from my own, limited, clinical experience)

Shellfish and the such

Heat Damage to the Liver Qi, Organ level; usually Toxic Heat. My imagination is that it is caused when a small child is given some food which is a little too strong for the non-mature digestive system.

'The child has started to eat whole foods, and at the Xmas party their mother gives them a small piece of 'smoked mackerel' or the such. It is a little too strong for the child; but the mother does not notice anything in particular; maybe the poo is a bit smelly or more loose.

But, it was actually a bit toxic for the child and the 'Qi' of the digestive system is 'scarred' (not the physical tissue of the Liver, the tests of the Western doc will find nothing damaged there as an adult).

Or, according to our model, the *excitement of the celebratory situation* was too much for the child to handle and this created a stress trigger related to that particular food or similar foods in the future.

As an adult, when they eat something reminiscent of that food or which is a little strong in the similar *Qi or seafood toxins*, their body reacts to reject it. It is essentially a symptom of hypersensitivity.

Can be a bit difficult to treat, but anything from 6 months, to 12, 18 - 24 months maximum to cure.

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What you have learnt from this and previous articles ?

How can this information help to change your daily dietary and life habits ?

Personal Approach

- Self-knowledge as purpose.
- Let go of striving, seen to create stress.
- No specific goal, but to change habit on a daily basis,
- with no sense of achievement, success or failure,
- but that medium → long term those habits will support your purpose of life

Purpose with Direction

rather than striving for achievement towards a goal

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Food Habits

- Importance of Jook as a daily food; for the benefits of health, natural cleansing and healing
- Jook as a base food: one's diet can readily be adapted to suit personal daily needs & climatic shifts
- Jook & Chicken Soup to support Seasonal Shifts; by adapting the ingredients available at that time
- What foods you do eat; *what foods you do not eat !!*
- 85 % / 15 % Rule. Purpose, not strictness. Being too austere, harms and causes even more problems
- Jook as a medium for dietary change: *and what Poop and Pee look like if you are in health.*
- Energetics of the Dietary System; *especially the relevance of psychogenic influence.*
- Psychogenic imprints as possible causes of allergies; and how easy it is to cure them
- The most important influence for efficient uptake of nutrition is psycho-emotional wellness. And is more important than the food and the digestive ability itself.
- However, before one can give less attention to those, *one needs to cleanse the body of collected emotional stresses and mental narratives held in the body and particularly the digestive tract.*
- Body function is directed by Qi, *Qi is directed by intention of Mind; Qi arises from Shen (Mind-Cognition).* This is the basis for understanding and working with the Alchemical Processes.

*The importance of Jook as a first step in this process to 'cleanse the body of toxins and stagnation`
in order to promote a stable root for health; and the pathway to increased sensitivity,
a heightened awareness of one's bodily needs
and its relationship to the daily and seasonal patterns of the outer environment.*

Daoist-Hermit 

*'Sitting quietly, doing nothing
Spring comes, the grass grows of itself`*

Chang Xuan Ren 暢玄人

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