

The brightness of the Spring light is definitely here, as it should be with the 24 Solar Qi arriving to the period of 'Spring Equinox' this weekend. But there is still chill in the air, a brisk wind and a high of only 6C today; cold in the night with 0C, almost some frost.

After the Chicken Soup of these 3-4 days used to support your inner Qi, we will next go into the transformation-cleansing period of 5 or 8 or 10 days.

Beginning Tuesday or Wednesday of this coming week, I will suggest 3 different paths to do this, and the introduction into your diet of the most central of foods for health and personal healing: 'The Jook or Healing Porridge' .

In preparation for this, please purchase home a largish package of 'sticky white rice' or 'grötris' ; plus, some fresh ginger.

The sticky or glutinous rice purchased from an (Chinese) Asian store , i.e. Vasatörget, Örebro; for ecological, Kung Markatta's in ICA etc.

Remember !! The importance is that it is glutinous as one is making porridge; ordinary rice, basmati rice and the such will not work.

Tuesday - Wednesday, I will come out with a shortish article including :

- full details of this simple 'light diet' cleansing approach
- some ditties about the weather for this year –
- possibly finding an explanation why Spring is this cold;
- more simple approaches for attuning using Herbs, Stones, Oils etc.

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Daoist-Doc



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

Chang Xuan Ren 暢玄人

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