

It still feels a little cold out, but the weather report is to be in double digit degrees already today for the coming week.

Your chicken soup would have finished Monday or yesterday ? Hopefully, you have purchased the Gröt / Sticky White Rice for the next step ? Ready for cooking up tonight, for tomorrow's dishes;

Main article regarding 'Spring Cleansing' will come out this evening; though you have already basic cooking instructions.

**If you are unsure what to eat today.** Don't !! Test your blood sugar, and if you feel a little 'peckish' either drink some green tea or / and take 1 (max 2) salty 'crackers' ( kex in Swedish ? ; no sugar ).

You should easily be able to manage 1 day with no noticeable difference to activity or concentration if in good health. Maximum 2 kex in one day, or 2 x 2 if you are not accustomed to do this. (And able to manage 3 – 5 days with this regime: green tea plus 2 salty crackers, if stronger health).

**Remember !!** The 'Spring Cleanse' and 'Learning to use the Jook as a Daily Food' are an essential, as they will become our first step on the 'Health, Longevity, Immortality' Programme 😊.

Here is the PDF as my first discussion or defining of that, written some weeks prior. Yes, it is a bit wordy, however as Jeffrey teaches:

*'the mind which made you sick, cannot be the mind which makes you healthy'*

<http://purpleonyx.net/wp-content/uploads/2020/12/Qualifying-some-details-of-the-course.pdf>

This is very much why I am redirecting my work towards writing, website and future teaching / workshops. As I feel what is needed is the presentation of the view of Daoist Medicine in language and explanation understandable to more, so that there is a ground platform from which the more complex 'real teachings' regards to longer life and life fulfilment can be taught.

And as all in life

*'you do the practice, you get it !'*

**This is the real meaning of 'Gong Fu' or 'Kung Fu'**

*'through repeated practice, one can achieve some skill and mastery  
for application within one's daily life for personal betterment'*

Simply written

*'One is training the Qi of the body'*

Daoist-Doc 🌀⚡🧘⚡🌀

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

Chang Xuan Ren 楊玄人

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