

## Summer Clinic, some Homework plus thoughts of the Year's Weather

### Summer Clinic

As usual, we can all take a summer break. You have been working hard, turning up for treatments regularly, dutifully taking your Herbs and Essential Oils formulas on a daily basis – looking to improve your health and well-being.

Summer is naturally a time for change. The warmth and radiation of the solar energies stimulating growth in all aspects of planetary and human life; especially on psycho-mental and psycho-spiritual levels.

This is especially so in Sweden where there is such a distinctive dynamic compared to the other seasons of the year. A different breathe, a different openness, a different demeanour; a time of less structure, together with more freedom for all to move, travel, experience and transform.

These are the processes which initiate natural growth and transformation, the seeds and pathway to renewed health. And by leaving you free from (other) influence, the resonances of your own natural inner being has possibility to come forward in order that you can renew; to review whom you are and what your choices for your life will be as Autumn opens up its movements towards Winter.

And then into the next year of your life on this planet earth.

**The Clinic will resume** mid to end of August. At which time, 1 or 2 weeks beforehand, I will make send out emails, at the same time posting on Facebook.

*In the meantime, if you are unwell,* I have set up a room the back of my house as a treatment space. So am available for those patients who need support, find themselves worsening in their condition or are acutely sick.

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### For those who want some homework

The Chinese Medicine I practice, which I am calling Daoist Medicine to discriminate its origins and philosophy, and thus aligning with the teachings from Jeffery Yuen, would see that the core of one's unwellness, the underlying matrix of one's problems, sicknesses and diseases, arise from emotional stresses trapped within the physiological systems of the body – nervous, muscular, organ etc. – from the time of one's birth, or even before within the womb.

Such emotional stresses arise from one's mental discernments about life – one's own sense of being, one's own life, the nature of Life itself and one's interrelationship with others within those paradigms you have created.

Very few have the clarity to 'live from the core essence of their own being, experience and consciousness'. Rather, live through life learnt habits, adaptations and machinations, created in order to cope with differing circumstances within relationships, work environments and the other obligations from family, society, culture and nowadays stresses from even the global pulses.

These become the stories, the narratives, one tells oneself about who one is, or whom one believes one is; probably now so entrenched that you believe, or experience, that they are the reality of who you are. Not realising they are stories which have grown and developed with you, by you, through you and formed a world totally surreal, almost an illusion of yourself, your life and your inner true nature.

For those who want to engage in some deeper 'healing work', the task is to begin the process of becoming aware of 'the narratives of your life'. On a daily basis:

Sit, look inside, observe and contemplate. If nothing comes forth, send a question to your inner consciousness: what are the games I play in my life? what are the stories I tell myself, which I know are not true.

You do not have need to do anything with such answers, as the light of consciousness itself – the cognition or *re-cognition* is enough to be such catalyst of change.

## Meditation of 'Letting go of the day'

In connection with the above practice, one could also begin this meditation of 'letting go of the day'. This is probably the most important practice that you can undertake for your psycho-emotional health, which will then give effect into your physical health.

- Take the time to be with yourself at the end of your day.  
Hopefully, you already take the space to do some light stretching and meditation.
- Either sitting or lying, 'scan through your body' from above the head through to under the feet.

Go at a pace so that you can be consciously aware of all the physical stresses and tensions not only in the outer muscles, but also deeper inside.

You might need to do this 3 or 4 times, first of all through the outer muscles, then a little deeper, and then even deeper within the organs, bones and deeper tissues such as nerves, brain, nervous system etc.

- As you scan, and become aware of the tensions, let them 'drop away' ..... either into the place where you are sitting or lying, or with more intent into the ground or earth ..... to be returned and reprocessed into the energetic matter of life.
- **Most important.** Once you are accustomed to doing this on this more physical, sensory level; *include in your scanning the emotional tensions which might be hiding behind the physical tension.*
- Once you are accomplished at doing this, at the end of that process:

Within your mind, *scan through the events of your day.*

Observing what might come up for you, *but do not putting any specific attention to any incidents.*

Rather, *just 'drop away, let go of, all the events and experiences of the day'.*

**Once you have 'mastered' that, after a period of maybe 3, 6, 9, 12 months ..... turn your attention to the process of events during the day.**

- Firstly, take time during the middle of the day, and 'drop away' that period of some hours.
- Once adept at that practice, 'drop away' the previous hour ; gradually reducing the period of time until you are just in the present moment; taking anywhere from 1 – 3 or more years to reach.

*Being conscious, aware and cognitively present as you experience this present moment, at the same time you 'drop it away' or do not become involved with it.*

You experience, but do not become involved.

In New Agey language, one is always told to 'live in the here and now, be present' ..... which is a ridiculous aspiration of total absurdity. Your whole system is a collection of habits from ancestral memories, to genetic programming to evolutionary biological based responses.

However, with a consequent approach to this practice through 5 – 10 -15 years ..... Coupled together with a body based practice such as Yoga or Tai Chi can only help !

### Resources:

- [Sitting in Oblivion: Livia Kohn](#)
- Robert Sapolsky [The Biology of Humans at Our Best and Worst](#) , 12m for overhead summary of the lecture.

## Thoughts of the Year's Weather

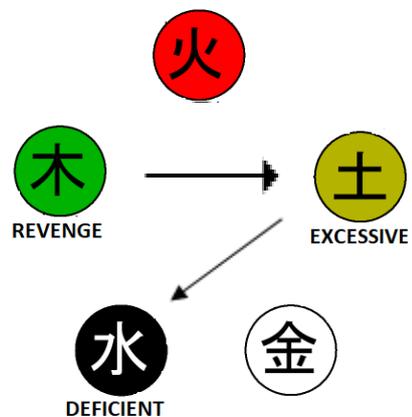
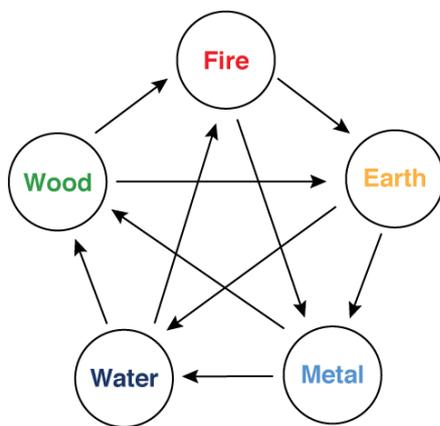
A) The underlying climatic quality for this year of **Xin Chou**, the year of the `Metal Ox`, is that of **Water**, thus **Cold in nature**.

However, it is `**deficient in nature**` and so within the energetics of the 5 Elemental Forces (a system of `checks and balances` which ensure continuation of movement through mediation of extreme), it will be `**invaded**` or **impinged upon by the Damp-Wetness of the Earth Element**.

But further, as a `revenge` for this, in order to protect the integrity of the energetic and climatic nature of this year, there can be a further movement to `**control the domination**` of the **Earth Element** upon the **Water Element** of this present year. This will especially happen if the Earth Element is further strengthened by forces of a similar climatic nature.

Thus, one sees that the **Wind-Changeability** of the **Wood Element** will be active and acting upon this energetics of the **Damp-Wetness**.

And, as the `**Controlling Climatic Quality from Heaven**` for the whole of this year is from **Tai Yin** (that is **Earth Elemental Damp-Wetness**) this quality is strengthened and will engender reaction from the `revenge activity` of the Wood Element.



What would one expect for the basic patterns of the weather during this year ?

- a) Underlying patterns of **Cold**
- b) **Wet**
- c) **Changeability**
- d) Battle between **Wind and Wet = Storms**

**This has been pretty accurate ?**

It was unseasonably, unreasonably !, cold during the first months of the year and even as the warmth of the spring began to merge, it was still chilly → cold and uncomfortable within the wind and early mornings.

Further, the year has been punctuated by this *tussle* between wind-movement and change towards the correct nature of the season and the instance of the wet-dampness in the form of rain and showers to punctuate the stability of the weather. This has given the rise to the continued appearance of stormy weather, of different degrees, during the summer arriving as thunder storms and lightning.

### The Influence of Seasonal Movements ?

The progression of the seasons, one into another, is directed by a further annually dictated force. This could be supportive, so seasons arrive on time or disruptive so that their movement is retarded to different degrees.

This latter shown through the build-up of climatic tensions which will express as storms, often thunder-lighting, at that time of the seasonal change-over. The relevant dates within that aspect of this **Chinese Weather Almanac** being: **20/1** (being the beginning of the year) , **3/4** , **15/6** , **27/8** , **8/11**.

Notably this year, it is a very supportive pattern, even with some force behind it; so that one expects the seasonal change-overs to be `**on time and without climatic tension**`.

This infers that the showery, stormy weather is related to the basic climatic patterns of the year:

- a) the **underlying Cold**
- b) this dynamic check/balancing between **Wet-Damp** attacking **Cold of this year**; which in its turn is 'attacked through revenge' by the **Wind-Movement**
- c) This latter action, of b), further engendered by the **yearly controller of Wet-Damp**

This is important and relevant to know, as it indicates that **one expects a continuation of such weather during the remained of the year**. Yearly dates being 20/1 as the start and 23/7 as the midpoint.

However, a further consideration is that for the second half of the year, from 23/7, the '**Controlling Climatic Quality from Earth**' takes influence, this is of **Water Element, Cold Climatic Quality**.

This will strengthen the integrity of the **Yearly Elemental Energy**. This might lessen the influence of the '**attack of the Earth Element**', as there is a greater balance between the two. This will not reduce the amount of rain and showers expected during the rest of the year; but it might lessen the '**force of the revenge**', in which case there will be less influence from the '**Wood Element of Wind**' and so less storms.

**The Influence of Seasonal Climatic Factors**

There are 6 Seasonal Periods, show below with there dates and climatic qualities, which are obviously the same sequence each year – as are Spring, Summer, Autumn and Winter. These are the annual '**Host Energies**' which are visited by the annually changing '**Guest Energies**'.

From the interaction of the two, and dependent upon the background dynamics of those other factors noted above, one can have a good insight into the expected climatic forces and subsequent weather patterns during each seasonal period. Thus, the effects upon plants, birds, insects; agricultural growth; upon human health.

The notes below miss out any details, for which a half page could be written for each season, focussing instead upon the expected weather patterns.

<u>Date</u>	<u>Host Season</u>	<u>Western</u>	<u>Elemental</u>	<u>Climate</u>	<u>Guest</u>
20/1	JoeYin	Spring	Wood	Wind-Change	JoeYin

Entering into the Spring period of **Joe Yin - Wind**, is the Guest of its own nature **Joe Yin - Wind-Movement**. This implies the climatic nature of the Spring would have be reinforced.

Winds, storms, changeable; Spring appearing to come at the right time; but then seeming to disappear.

**Remembering that at the beginning of a cycle**, the *entering forces will have a stronger influence*:

- a) the underlying climatic force for the whole year : **Water Cold**
- b) the controller of the whole year is : **Earth Damp-Wet**

One could easily expect that further to the very changeable weather, it could have initially been cold – very cold, even more so than the earlier period of the winter (Nov-Dec 2019, Jan 2020), quickly fluctuating into the expectation of Spring-like weather, but then either receding back into cold even rainy weather or with a cold chill within the wind or morning and evening temperatures.

**From my memory, it was like this ?**

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20/3	ShaoYin	Early Summer	Heaven Fire	Fire-Warmth	ShaoYin
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Entering into the Early Summer period of **Shao Yin - Fire**, is the Guest of its own nature **Shao Yin Fire Warmth**. This implies the climatic nature of this Early Summer period will be reinforced.

In Sweden, this 'Early Summer' relates to the showing, or manifestation, of Spring. As this nature is reinforced, similar to the previous season, with the entering of its own climate: **Shao Yin Fire**, one would have expected an early, bright warm Spring at the beginning of this period – end of March to beginning of April.

Then, dependent upon the background climates, this would either have continued to develop or receded back to the continuation of the wintery climate, before merging forward again later in April – to beginning May.

**From recollection**, most of March and moving into April was relatively mild for the time of the year – meaning there was not lower enough temperatures to enable snow to be made or to lay (for which one needs a certain period of prior cold in order that the ground is colder enough).

The weather was instead wetter, with significant flooding in some areas; and the whole period, including most of May, was characterised by *fluctuations of milder periods becoming colder; with lesser or heavier amounts of rain, and even periods of snow.*

This corresponds with **Shao Yin Heat** moving in to bring Spring forward, but once again not strong enough to overcome the underlying annual climatic forces:

- a) the underlying climatic force for the whole year : **Water** **Cold**
- b) the controller of the whole year is : **Earth** **Damp-Wet**

The weather expressing the struggle towards a 'normalcy of seasonal weather patterns' (**Shao Yin**, Host, plus **Shao Yin** entering as Guest) with the forces of the climate specific to this year (**Cold** and **Damp-Wet**) showing themselves to be resistant and dominant – which they should and would be.

A year with Water Cold as the underlying dynamic will show elements of Cold weather throughout the whole year; that with a Fire Hot as its dynamic will show elements of Heat. And in those years which are 'deficient' in nature, showing even more complexities of a further one or even two climatic forces in the play.

**Relevant to note, again**, that there is a correct or natural or normal movement as the beginning of the season. As one moved into this latter part of March into beginning of April, it was milder, warmer – for a period of time; showing not only the presence of the Host, but also the effect of the entering of the Guest. Then, the stronger underlying annual forces regained their influence, ensuing in the struggle of temperature and weather – which will show as stormy incidents, due to the climatic tensions created.

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**20/5** **ShaoYang** **Middle Summer** Earth Fire Heat-Radiance **TaiYin**

Entering into the Middle Summer period of **Shao Yang Heat-Radiance**, is the Guest of **Tai Yin – Damp-Wet**

**We are in this period now** and can attest that the initial weeks have again been characterised by the same background cold chills in the air, together with rain; in some areas there was again significant amounts of rain.

Moving into June, it became quite suddenly warmer, with even uncharacteristically high temperatures for this period of the year in Sweden. However, again, noticeably, there is easily a return of rain, some days heavier, some lighter and just intermittent showers; but those days being quite chilly – surprisingly so for the warmth, e.g. 30C, of the preceding days.

**If you have been following the above dialogue**, this now explains itself ?

- a) Host = **Shao Yang Heat** (*the hottest of all the seasons, hotter than Shao Yin Fire-Warmth*)
- b) Entering Guest = **Tai Yin** **Damp-Wet**
- c) Underlying matrix for the whole year : **Water** **Cold**
- d) The specific controller of the **2nd half of the year**: **Tai Yang** **Cold**

**One would hope** for a longer continuation of the seasonal warmth of Shao Yang, however due to the other influences this will not happen. Even as the warmth returns, it will be interspersed with days of rain and cold.

**If this was a year** in which either, or a number, of these following was present, one can understand that this would be an expectation: 1) climate for the year is Fire Element, Fire Climate 2) Controlling climate of the year is Shao Yin or Shao Yang 3) Shao Yang as the Guest.

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**23/7** **TaiYin** **Late Summer** Earth Damp-Wet **ShaoYang**

Entering into the Late Summer period of **Tai Yin – Wet-Damp**, is the Guest of **Shao Yang Heat-Radiance**, whose climatic nature is **Hot-Radiance**, and understood as the warmest of all 6 climates and elemental forces.

**Translating the energetics** from the East, as this period would be that of the 'Rainy Season' - hot, humid, wet, monsoon, in Sweden (albeit most of Europe and the Western parts of the Hemisphere) this is our **Late or Long Summer of August and most September**, but its nature is more **characterised by a continuation or deepening of the quality of the preceding Shao Yang period**. Thus, the heat which is familiar to Eastern countries, but not the rain.

Redefining the climate of the Host as '**Continuation of Shao Yang**', entering as the Guest **Shao Yang Heat-Radiance** one will expect a warm to hot to very hot period.

**However** ! ..... you know the story by know ..... because of the underlying Cold and Damp-Wet dynamics. Do not be surprised if there are showers, some storms – tending to be short dynamic lighting, and then days or afternoon -> evenings which are surprisingly chilly.

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**23/9 YangMing Autumn Metal Cool-Dry YangMing**

Entering into the Autumn period of **Yang Ming – Cool-Dry**, is the Guest of its own nature **Yang Ming Cool-Dry**. This implies the climatic nature of the Autumn will be reinforced, with the expectation of glowing, warming Autumnal sunshine, plus cool evenings and morning.

**However, because of the**

- c) the underlying climatic force for the whole year : **Water Cold**
- d) the specific controller of the **2<sup>nd</sup> half of the year is** **Tai Yang Cold**

**One can very much expect** that the evenings/mornings will quite quickly move into Coolness → Colder, bringing forth the Winter months.

However, one must have caution, due the aggressive Earth Element, there could still be rain showers, so possibly a rainy cold Autumn.

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**27/11 TaiYang Winter Water Cold-Stagnation TaiYang**

Entering into the Winter period of **Tai Yang - Cold**, is the Guest of its own nature **Tai Yang – Cold**. This implies the climatic nature of the Winter will be reinforced.

**Moreover:**

- a) the underlying climatic force for the whole year : **Water Cold**
- b) the controller of the whole year is : **Earth Damp-Wet**
- c) the specific controller of the 2<sup>nd</sup> half of the year is **Tai Yang Cold**

**This should / would mean**

- a) it will be a cold winter, *Tai Yang is reinforced !!*
- b) as there is Damp-Wet within Heaven, there should be snow
- c) one also assumes it will be on time, due to the movement of the whole year.

**Note:** *if any of these are significantly different, but especially e.g. that of Winter period*, it is dependent upon other ‘broader’, ‘non-cosmic’ factors, such as those made by human-kind and his activities on the planet !!

**Note:** There is a *certain simplicity written* into this information, as it assumes that all areas, countries, continents in the Northern Hemisphere will have the same weather !! The climatic influences are the same !! However, the manifestation of this will obviously be different according to geographical location (of a country), local geography and landscapes.

There is a system through which these can be calculated, the ‘9 Star Qi’ as used in Feng Shui, through which one delineates areas into 9 different sections. Each section has a different quality or nature, which itself will change according to the yearly forces.

Once again, there is a Host Energy plus Guest Energy and one can calculate *ad infinitum* forever smaller areas of calculation. Present level of learning ..... the above information is probably suitable enough !?!

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