

## The Essentials

- **Sleeping** \* *see appendix below*  
*Sleep by 23.00; retiring by 22.00 to make completion of the day in the body and mind.*  
  
*01.00-03.00 the body regenerates all tissues, clears emotional issues of the day. Never miss sleep during this time, as it is this period which directs your ageing process.*  
  
*Rise any time after 05.00; ideally you cleanse & evacuate between 06.00-07.00. Not later as it will cause congestion within the digestive system. Break the Fast of the night towards 08.00.*  
  
*If you are at all unwell or have habitual sickness = you take any type of medicines, retire by 21.00. 21.00-23.00 and 23.00-01.00 are the primary hours for deeper regeneration of Jing, Constitutional energies.*  
  
*Ideally retire by 21.00, sleep by 22.00; rise by 05.00. Last food between 17.00-18.00.*
- **Meditate each morning** 20 – 30 – 40 minutes  
  
Please do proper meditation. This means a) learn to focus the mind b) learn to empty the mind.  
Any kind of thought, imagery, imagination, chanting or whatever *is not mediation*.  
Please, please, please do not waste your time with such humbug.
- **‘Let go of the Day’ each evening**, in order to finish the day.  
  
This might be through contemplation of the events, writing a diary, or other form of introspection.  
Remember, that which is not completed today, becomes the habits, psycho-emotional horrors & sicknesses of your future life. See below for explanation of Ge Hong’s meditation.
- **Be in the vitality of the fresh air** 1,5 – 2 hours *minimum* each day  
  
This is the singularly most important activity for your health and for alignment with the daily – seasonal changes of the outside Qi. This enables you to feel what your body needs on psychical and emotional levels.  
  
**Remember** the *‘key is the Qi’* ..... everything else is secondary.
- **Eat seasonally**, which implies locally  
  
Your main foods chosen according to what would normally be available in your environment or would have traditionally been picked and stored–preserved in the previous season; **e.g.** Nordic berries from Autumn during Winter; rather than Kiwi, Strawberries and such.
- **Live from within yourself**  
  
Your soul is to be *‘comfortable within your skin’*: with whom you are and within the life you have been given, then chosen to live. You cannot live any other life than your own; enjoy who you are, where you are.  
  
**Do not seek** comfort and luxury, as it will make body and mind weak and lazy. Be active.  
  
**Have daily** food & drink as nourishment; as pleasure, only at festive times. A minimum of or no alcohol.  
  
**Do not seek** happiness, as it is not yours as human soul to seek; but just one other of the faces of the human psyche, as fleeting as the urge to satisfy the appetite with tasty foods.  
  
**Do seek** to be present; have self-knowledge; have curiosity; and seek experiences which urge you to grow  
  
**Remember**, change is created by making new habits. 3 months, *‘100 days’*, to make a new structure which the *‘body-mind-NS’* remembers within the sub-conscious.

- **Be aware of the Narratives you have created about your life**

Become aware of the narratives of your life, those stories which you have told yourself in order to manage the daily activities, demands and stresses found within relationships, work environments and the other obligations from family, society, culture and nowadays even from the global pulses.

The mental and emotional stresses created by these, since the time of birth and even before, become trapped within the physiological systems of the body – NS, Hormonal, Organ, Muscular. This has created an underlying matrix of tension which is the major causes of your sickness, diseases and even minor illnesses.

Your task is to now return to 'live from the core essence of your own being'; returning to become more fully awake and consciousness by shedding away the surreal, almost illusionary, sense of yourself and your life.

Periodically, as often as each weekend, take time to engage in a 'contemplative meditation': sit, be present, feel into your body and sense inside to your soul; observe and contemplate on the nature of whom you think you are deep inside and whom you feel you have become, skewed away from that more original template and identity.

If nothing comes forth, send a question to your inner deeper 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 act upon the answers, which come forth from the inner light of your consciousness – the cognition or re-cognition of that deeper knowing is enough to be the catalyst of change.

- **Be attentive to the Markers of your human life**

The Markers are those steps of maturity through which human life will naturally progress. Though very much culturally and socially bound, within structured Western societies they will tend to follow the biological ages noted below.

The importance is that each step is to form into a stage; a stepping stone becoming a stable platform, a foundation for growth leading to maturity; and consequent further development. That which is relevant at each stage being whether one is able to have the necessary understanding → insights into the new demands of your psyche and environment and then to learn, adapt and embody.

Non-adaptive behaviour will lead to areas within yourself which are stuck in old habits, patterns resembling behaviour from that younger age. These are areas of stagnant, unused, uncultivated energy within your life and being as a whole; seeds for the paths and patterns of your own ageing and eventual death. As a system falls according to its weakest part, not according to the sum total of its strengths.

Your task is to be observant into your own self – emotional and mental - and 'root out' those parts of your psyche and demeanour which are not matured to that stage of your present age.

This will be accomplished through your daily meditation: sitting, being present, aware, observant of the inner self. Doing nothing, the nature of the spirit-mind is to evolve from wherever you are in yourself now.

- **Remember the 85% – 15% Rule**

Rather than following strict extremes, doctrines or austere measures: *85% 'good habits', 15% 'grey zone'*. i.e. at home, one cares very much what one eats: fresh, ecological, nutritious; with others or social situations: live within the grey zone of 'that which is not the best choice, but fits enough within your ideas for maintaining your health'

***Apply this rule to all areas of your life***

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## The Markers

- **(35 -) 40** The stage of emotional maturity as one moves into adult life and has had the time to experience the full range of emotional theatre available to your personality. With this maturity, the emotions are available as an expression of appropriate response to the soul the soul's engagement in life; but do not take precedence or assume importance.

**Energetically**, the emotions are the vortex of the activity of the Internal Organs, the level of the Blood; so over (or under) stimulation of this Qi will tire the Blood level, which in turn will need to take reserves of energy from the deeper Jing-Constitutional Level.

Emotional balance in adult life is an essential for creating good health with ageing and definitely in relationship to those concepts of Longevity. Live life as a 'soap-opera' is asking to die with trauma, young.

**Pets** are understood to be a projection of one's unmanaged emotional identity; (including horses; but take into consideration functional purposes such as cats for catching mice 😊). So, give direction to that which needs to be resolved during this period.

- **50** A first stage of psycho-mental maturity as one understands one's present life is the consequence of choices taken earlier in life. There is now the possibility of a truer understanding of who you are in this life, how your life is and how it will be based upon the present trajectory. And to consider if you are fulfilling your life's purpose.

**The importance** at this step is to be aware of the **inner narratives** one has created as a justification of who one is, how one's life has become and how one is experiencing oneself within that life. The inner narratives are just that, stories one's mind has formed to manage your life.

**Your task** is to deconstruct those stories, those images of ego and identity. For as one will gradually discover through the study of Daoist Medicine, the major cause of unease and disease in the modern Western society is not from the 'abuses' of diet and activity (*though overeating and laziness are responsible for some .....*), but primarily from the accumulation of psychological 'rubbings' from time of birth from living within such intensely interwoven relationships.

**This is the importance of the morning Meditation** a practice of existential realism when one sits, present with oneself, within these dramas and landscapes of your collected experience. Not to evaluate good or bad; but to be observant and an observer of '*who is really you*', or what has become not you.

And as one unravels these stories of whom you have imagined you are and let go of what is perceived to be you and not you and THEE (supposed divine self); one can become present of what is there as being conscious.

**The evening Meditation**, of letting go of the experiences of the day, is to enable you to not further collect any more of these rubbings; you now drop them before they can become part of stored experience or become memory.

- **60 (or pension)** The stage, the age, in which you begin the path of spiritual maturity, now having life experience enough to know of yourself, the nature of Life and to know of the nature of your own life. Your pathway is towards deeper understanding *through study and contemplation*.

You realise the key to development through this stage is sharing and giving to others. That which you have accumulated through your life is not yours, it is of the cosmos lent to you – whether it is material made of the earth, poems of the heart, or wisdom of the mind.

These are never yours as possessions; this is another narrative you have told yourself. A story of the ego identifying to the such in order to make a sense through ideas of permanence or solidity, in a world whose nature is only of transient change.

So, to understand spirit, is to understand the underlying communion of all and of all things; and the practice to this realisation is to share and *give that which appears to be you, yours and of you to others*.

- **Ages after 85 - 90** And now to live in the world of communion with what is. Having retained soundness of health, clarity of mind and acuity of conscious spirit, one's every breathe is from the Heavenly realm, and not the Earthly Qi.

The physical form is lessened, the transference of your material body into mind → spirit as knowledge → wisdom. Nothing lost, but energy transformed from one state to another, in accordance with your experience, presence, cognition and possibility to learn during the many years of life on the Earth.

One's soul breathes in and out the Qi of the Heaven's. Then, it is Heaven that breathes in and out through your soul. Then finally breathes in so deeply, one moment of one day, you return once again into her womb.

**These are the stages**, if accomplished and completed, which will align to you upon the pathway to Longevity even 'Immortality'.

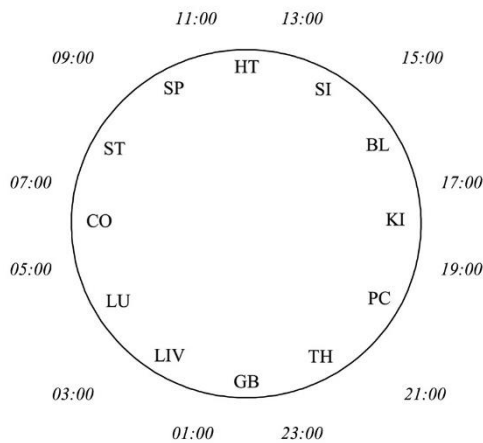
If you feel you are lacking or failing in some areas of one stage which is younger than your age; (for example you are aged 65, but still involved with intensity of emotion, which should have ceased with marker aged 40 !!); it is to rather quickly attend to this and take the time and effort to grow up !!

**Mature into those qualities** which the gods of the Heavens have bestowed upon you through the chance of conscious human existence, with the enormous possibility of personal freedom and individual volition ... for this lifetime, but maybe not the next !!

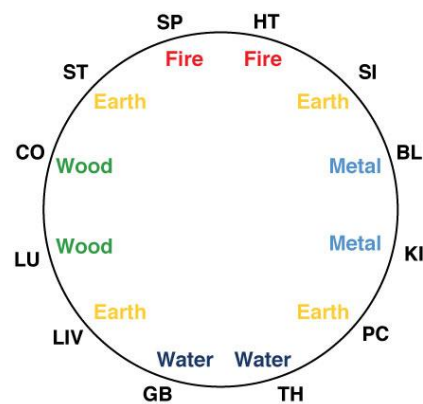
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## Appendix I

### 24 Hour Clock & Organ Qi



### showing Internal Elements



**The 24 Hour Clock** shows the 2 hourly periods and the relationship with the Qi of the Organs & Meridians within Chinese Medicine; during that time period, the activity of the Organ is optimal as the Qi is most strongly present.

One can note the activity of the Colon during the time 05.00-07.00; that of the Stomach peaking at 08.00, asking for the carbohydrates to stabilise the blood sugar for the day; the activity of the Kidneys 17.00-19.00, the time for the last meal and the main proteins to make reparation and rebuild during the period of fasting within sleep.

**The second diagram** shows the 'Internal Elemental Force' which describes the dynamic or energetic action of the Organ's activity and its deeper influence upon the systemic functioning of the body.

In such, one sees that the Organs of the Triple Heater and Gall Bladder have the nature and activity of the Water Element that quality like Winter in which all is withdrawn deep in order to store, repair and regenerate ready for the coming renewal. Thus, the advice to withdraw and sleep if the body is sick and in need of repair.

The Liver has that of the Earth Element that quality, like the Earth itself, which enables receptivity & embodiment of all things and activities: inclusion, rejection, neutralisation,; acceptance, transmutation, harmonisation.

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## Appendix II

### Ge Hong's Meditation of 'Letting go of the day'

Together with your morning sitting, 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.

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Daoist-Hermit 

[Zhuang Zhou Dreams of Being a Butterfly](#)

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