

Offering the possibility for change

During summer I will be presenting 4, maybe 5, articles from the library of 'The Teachings from the Daoist Hermitage' under the headings of 'Real Teachings about Health'. The expected titles to be these:

- #1 The simplicity of creating health during this lifetime of a human experience
- #2 The world of no-senses behind the senses
- #3 Spirit-Mind as source and creator of your human existence
- #4 Alignment between Heaven-Earth, Time-Space, Cosmos & Planet-Gai
- #5 ?? Approaches to your own Dying → Death, plus considerations on how to go further

These might be a little 'heavy-weight' for some: quite terse in writing, without explanation; quite compact with suggestions of practices; rather daunting when the advices imply these practices can take 5, 10, 15, 20, 25 years to embody, to have some real influence upon your life.

However, they represent a more real, truer approach which would be needed to make a more radical change within your health; especially if you have the idea you wish to age with body able, mind agile and spirit cognisant.

My suggestion is that you begin just somewhere pick out a practice, like morning meditation which you already undertake, or which sounds familiar to you; and add this to your daily schedule. Remembering that it takes 3 months, '100 days' for any practice to go into 'body-mind' memory, so that you can just 'click into it' and go into automatic pilot, as the nervous system + sub-conscious have learnt and embodied it as routine.

This does not mean that you become less conscious; rather that the underlying structure has been formed, so that you can become more consciously involved with the activity intended by the practice.

Gradually, work through the list according to your own choice, taking the time it does and continue to integrate each into your daily life. Even the practices of this first article can take some years to have an effective and significance difference to some areas of your well-being. But it is to persist with constancy, for it is time that you have, and it is time, those extra years of well-being, which you seek to promote.

Expect to invest some hours each day initially; looking at periods of 1, 3, 5 → 10 years to perceive real change.

If you are younger, under 50, the years to 60 move faster than you can imagine : begin now !!

If older, over 70, ageing, ill-health and death can come unexpectedly at any time and will be sooner than wished. If your mind begins to fail, which for most it will, you will become less aware, less cognisant of who you are, less able to make any affects upon your health and general life situation.

It is then too late. So, please begin already now, today.

In Dharma

Daoist-Hermit



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

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