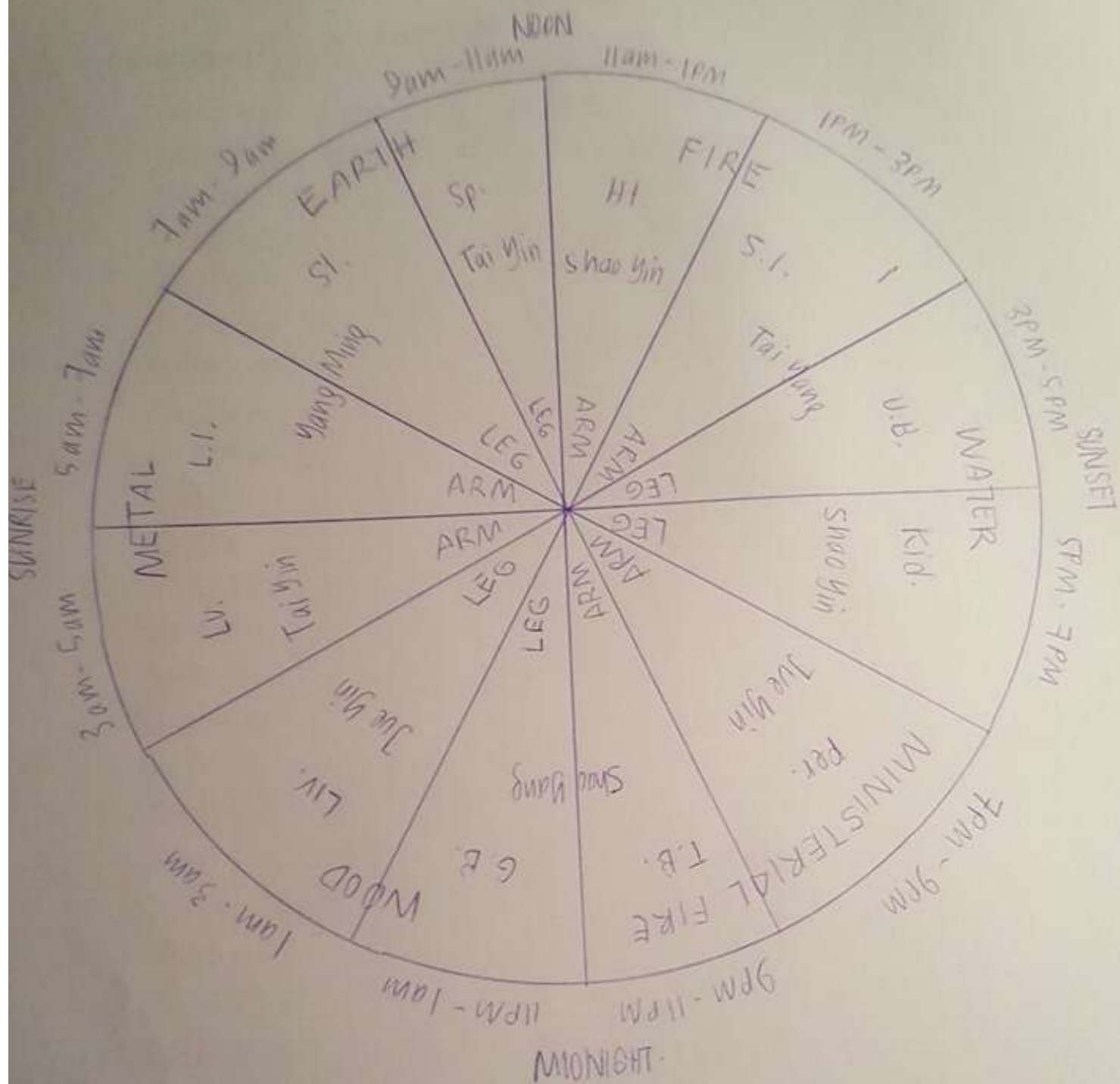


SELF-CARE REGIME

1. EAT WELL
2. DRINK WATER
3. MEDITATE
4. TAKE SUPPLEMENTS
5. APPLY WITCH HAZEL
6. LIMIT 1 COFFEE PER DAY
7. DO EXERCISES
8. STUDY IN INCREMENTS
9. WEAR SUNSCREEN
10. FIND JOY



HORARY CYCLE

There is a natural, biorhythmic Qi flow in the body every 24 hrs, known as the Horary Cycle. In the Horary Cycle, the Qi makes its way through the meridians with its associated organ so that there is a 2hr period during which it is at maximum energy.

LUNG 3-5am

LARGE INTESTINES 5-7am

STOMACH 7-9am

SPLEEN 9-11am

HEART 11-1pm

SMALL INTESTINES 1-3pm

BLADDER 3-5pm

KIDNEYS 5-7pm

PERICARDIUM 7-9pm

* TRIPLE ENERGIZER 9-11pm

GALLBLADDER 11pm-1am

LIVER 1-3am

* regulatory system covering 3 regions of the torso that relate to temperature regulation and water circulation.

Performing the old Yang form (Tai Chi) causes your Qi to flow through the Hourly Cycle 3x, energising the body and helping balance your Qi flow. Each posture in the Yang form can be practiced alone as a Qi gong exercise to treat various conditions in the body, and greater difficulty than normal in doing a certain posture can be used to diagnose diseases.

TAOISTS USE THE PROPERTIES OF FOOD & OF HERBS TO RESTORE BALANCE. THEY DIVIDE FOOD INTO 5 CATEGORIES BASED ON TASTE.

BITTER - AFFECT THE HEART & SMALL INTESTINE

SALTY - THE KIDNEY & BLADDER

SWEET - THE SPLEEN, PANCREAS & STOMACH

SOUR - LIVER & GALLBLADDER

SPICY - LUNGS & LARGE INTESTINE

FOOD
INTOLERANCES

VITAL
NRG

POSITIVE
DISPOSITION

MOTIVATION

CALM

UTERUS
HAPPINESS

HORMONAL
SIMPLICITY

INTUITIVE
CLARITY

MANIFESTATION

HOME

BUSINESS

MEDITATION

STUDY

CREATIVE
PROCESS

INFORMATION
PROJECTS

COUNSELLING
PRACTISE

COUNSELLING
DEGREE

SOCIAL
TIME

FOOD INTOLERANCES

- * APPEAL TO HIGHER SELF TO ENGAGE DNA OF PAST LIFETIMES WHEN I HAD NO HEALTH ISSUES
- * EXCLUDE WHEAT AND DAIRY
- * SUPPLEMENT DIET WITH PROBIOTICS
- * TAKE B VITS, SPIRALENA, CHROMIUM &
- * LIMIT ANIMAL PRODUCTS (ESP. RED MEAT)
- * COLLATE TASTY RECIPES

VITAL NRG

- * BACK EXERCISES
- * LIMIT SUGAR INTAKE
- * RELAXATION MUSIC
- * USE SYMBOLS OF POWER
- * PROTECTION RITUALS
- * SOCIAL TIME
- * COMEDY
- * DOWNTIME
- * DRINK WATER

*

MOTIVATION

- * MANIFESTATION PRAYER BEFORE GOING TO SLEEP
- * WALL COLLAGE OF GOALS & ASPIRATIONS
- * UNCLUTTERED LIVING SPACE
- * CLEAN AND TIDY LIVING SPACE
- * REGULAR SELF MONITORING
- * RELAXATION MEDITATION
- * FUNKY MUSIC AND SINGING / DANCING
- * SOCIAL TIME
- * READING INSPIRING MATERIAL
- * KEEP INFORMED
- * WORK ON 'THINKER'S JOURNAL' ©
- * CARD READINGS
- * TRIPS OUTSIDE
- * NAILS, HAIR, SKIN, CLOTHING

CALM

- * MANIFESTATION PRAYER BEFORE GOING TO SLEEP
- * HO OPOHO PONO
- * JOURNALING
- * READING INSPIRING MATERIALS
- * CRYSTAL WORK
- * DOODLING
- * REFER TO LITTLE BOOKS OF WISDOM
- * PICTURE OF DALAI LAMA
- * RELAXATION MEDITATION
- * RELAXING MUSIC
- * AFFECTION
- * LIMIT SUGAR INTAKE

POSITIVE DISPOSITION

- * RECORD AND ANALYSE DREAMSCAPES
- * REFER TO LITTLE BOOKS OF WISDOM
- * READ MANIFESTATION PRAYER BEFORE GOING TO SLEEP
- * WRITE IN JOURNAL
- * POSITIVE MEDITATION
- * HIO OPONO PONO
- * SEEK COUNSEL WHEN NEEDED
- *

3.0 Quer

INTUITIVE CLARITY

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UTERUS HAPPINESS

- * RASPBERRY LEAF, STAR FLOWER, CALCIUM, VIT B β
- * LIMIT SUGAR INTAKE
- * LIMIT RED MEAT
- * APPEAL TO HIGHER SELF TO ENGAGE DNA FROM HEALTHY LIFETIMES
- * INNER CHILD MEDITATIONS
- * DRAWING AND CREATIVITY
- * CRYSTAL WORK

HORMONAL SIMPLICITY

- * SUPPLEMENTS: RASPBERRY LEAF, STAR FLOWER, EVENING PRIMROSE, VIT B
- * LIMIT RED MEAT
- * LIMIT SUGAR INTAKE
- *