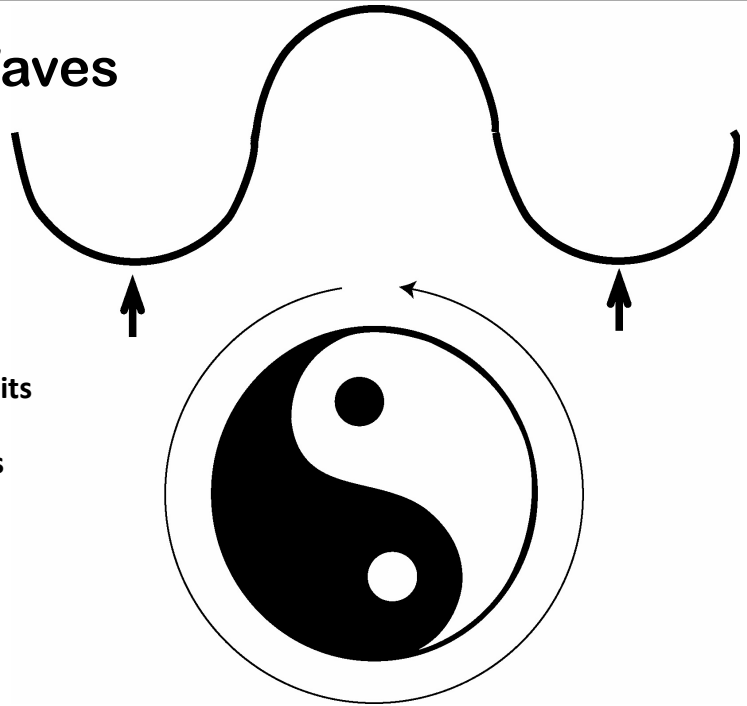




Energy Travels in Waves

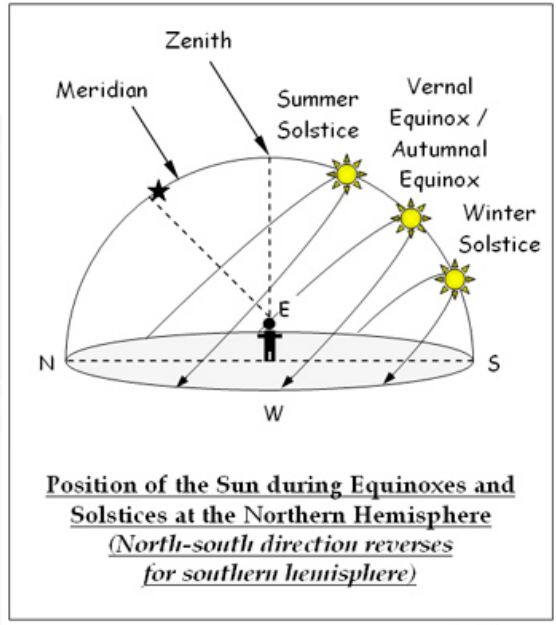
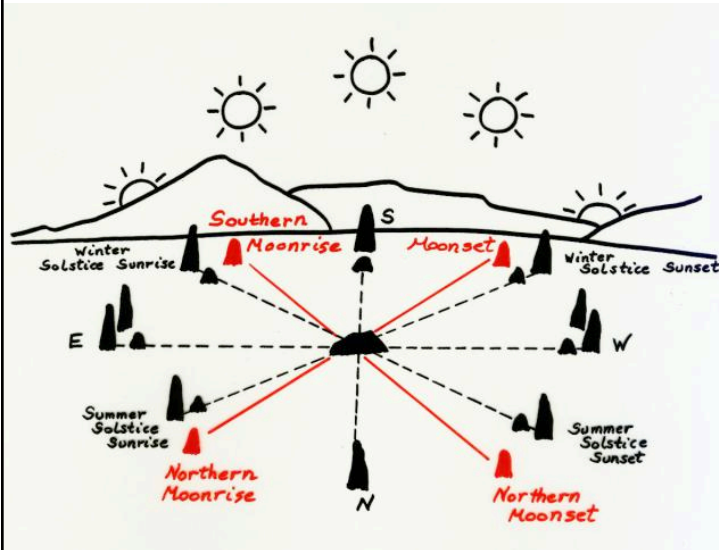
- Energy Travels in Waves
- Waves are cycles
- Cycles are also circles
- Major Cycles
 - Daily Cycle (earth rotates on its axis)
 - Monthly Cycle (moon rotates around the earth)
 - Yearly Cycle (earth rotates around the sun)



Parowan Gap Petroglyph Site



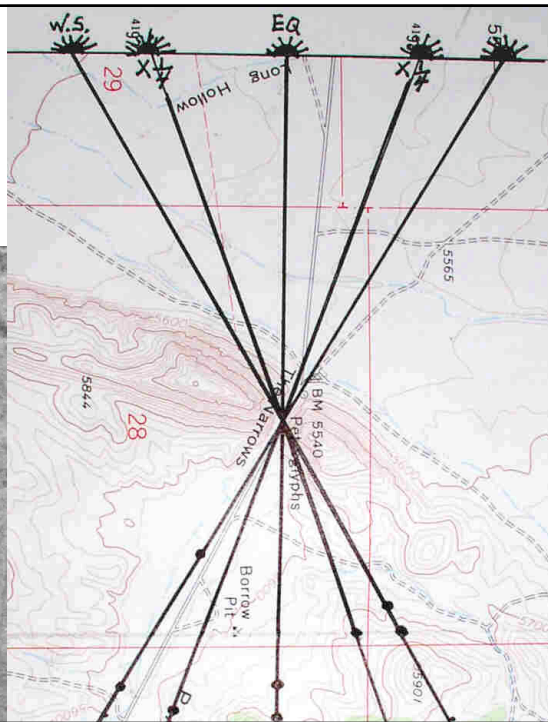
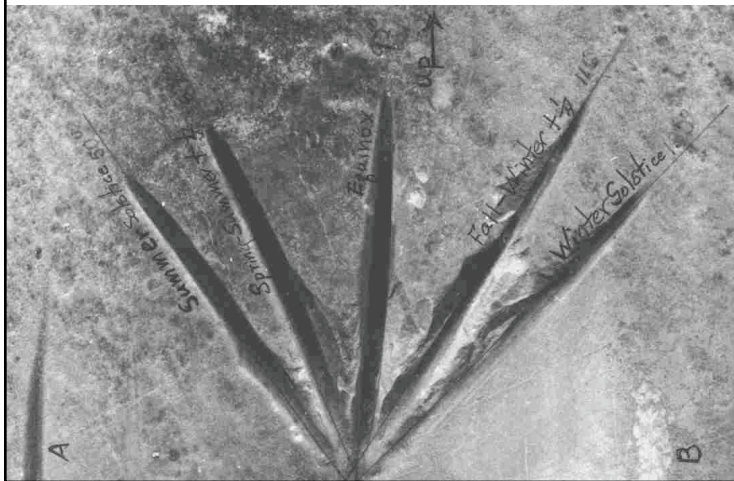
Sun Movements

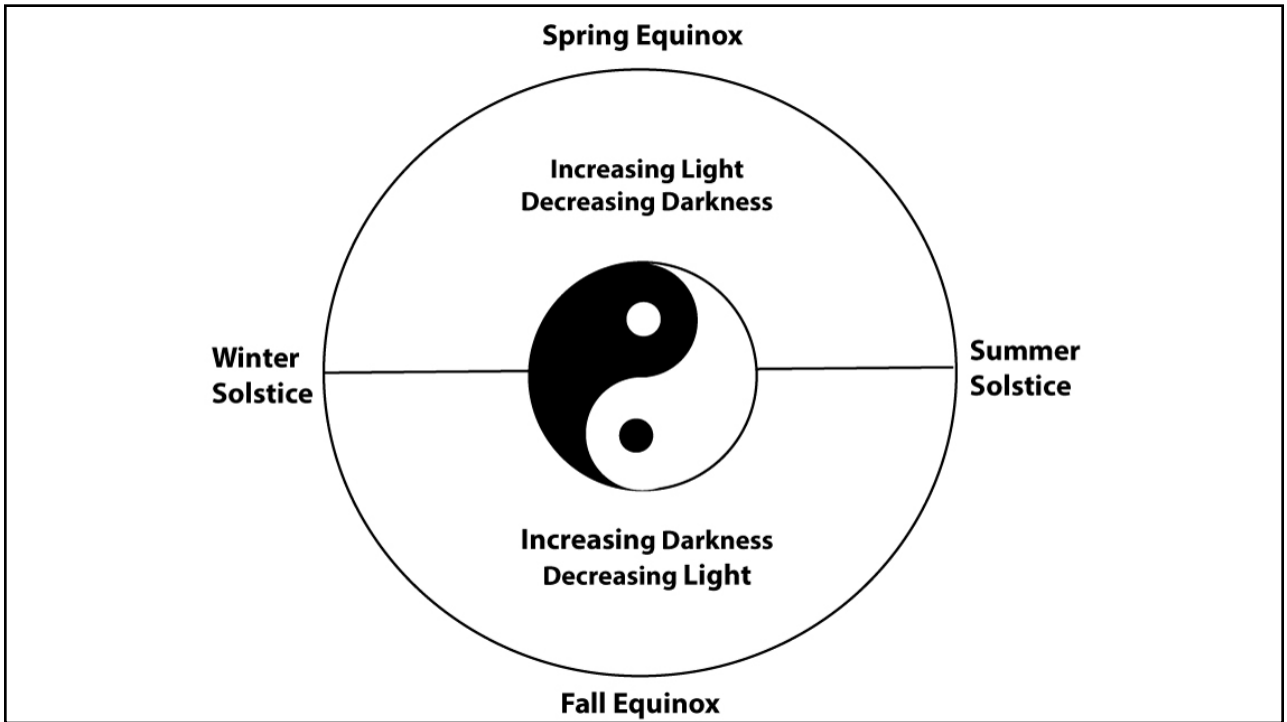


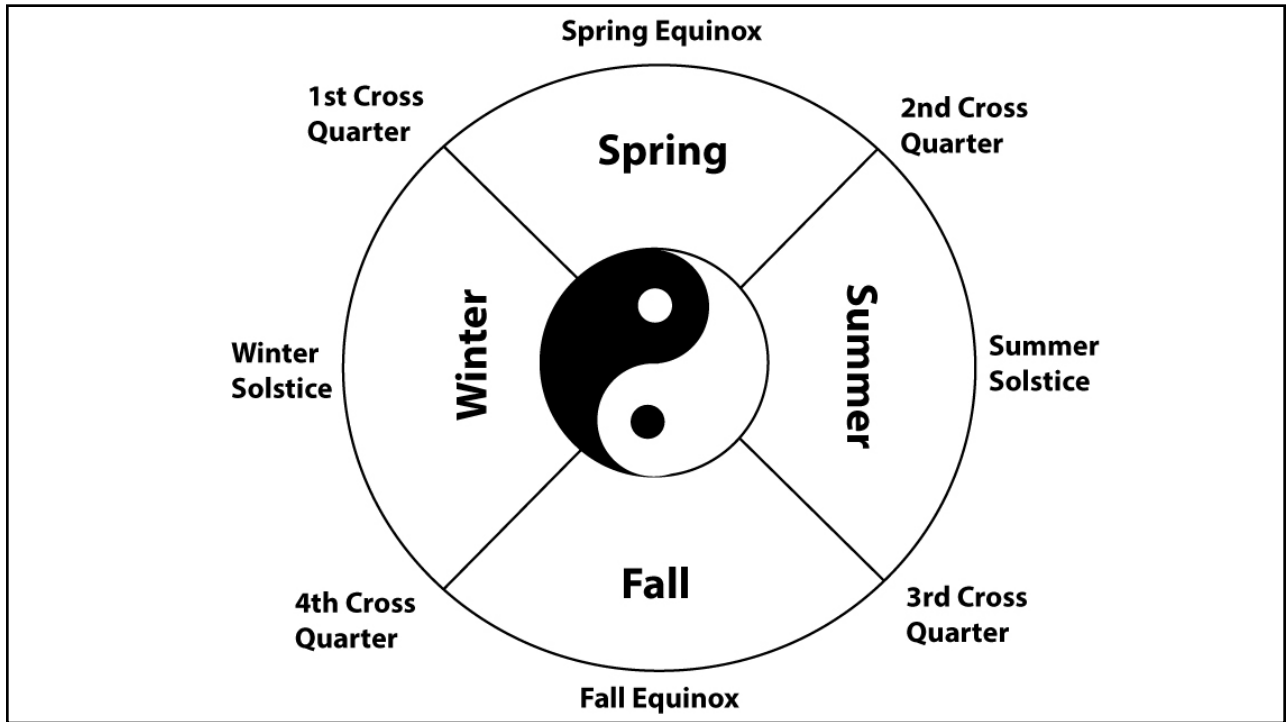
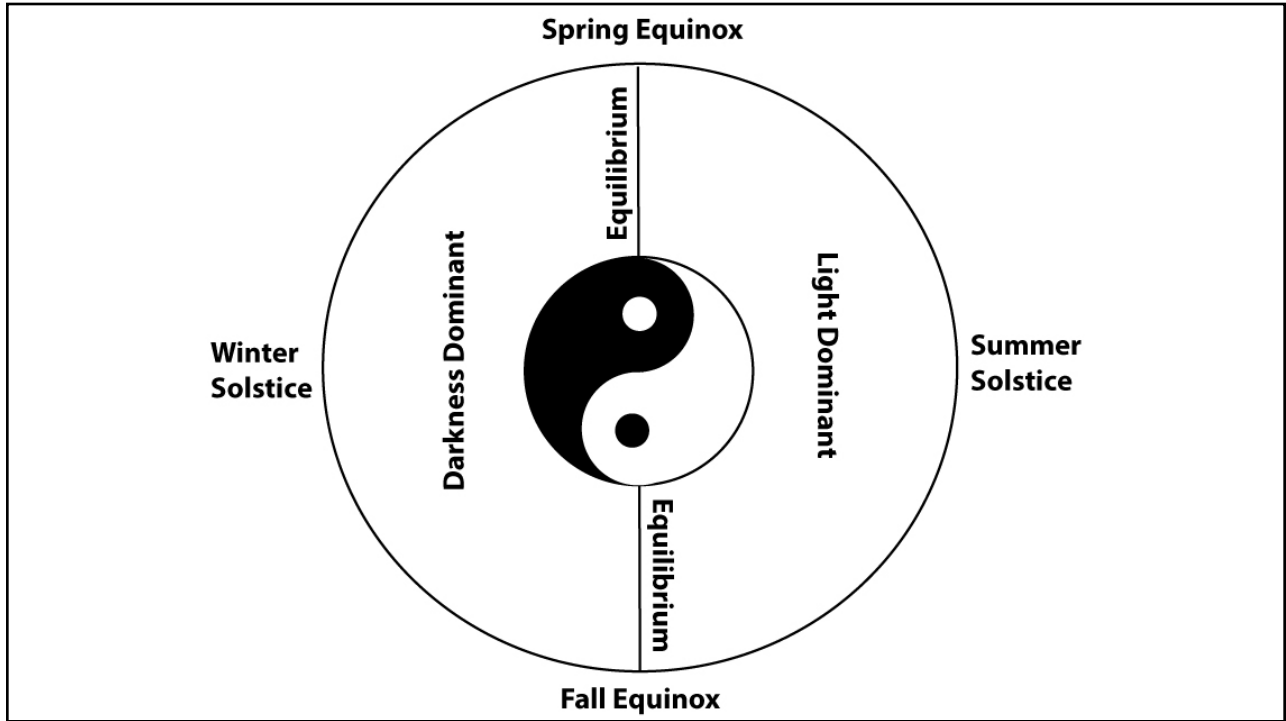
Position of the Sun during Equinoxes and Solstices at the Northern Hemisphere
(North-south direction reverses for southern hemisphere)

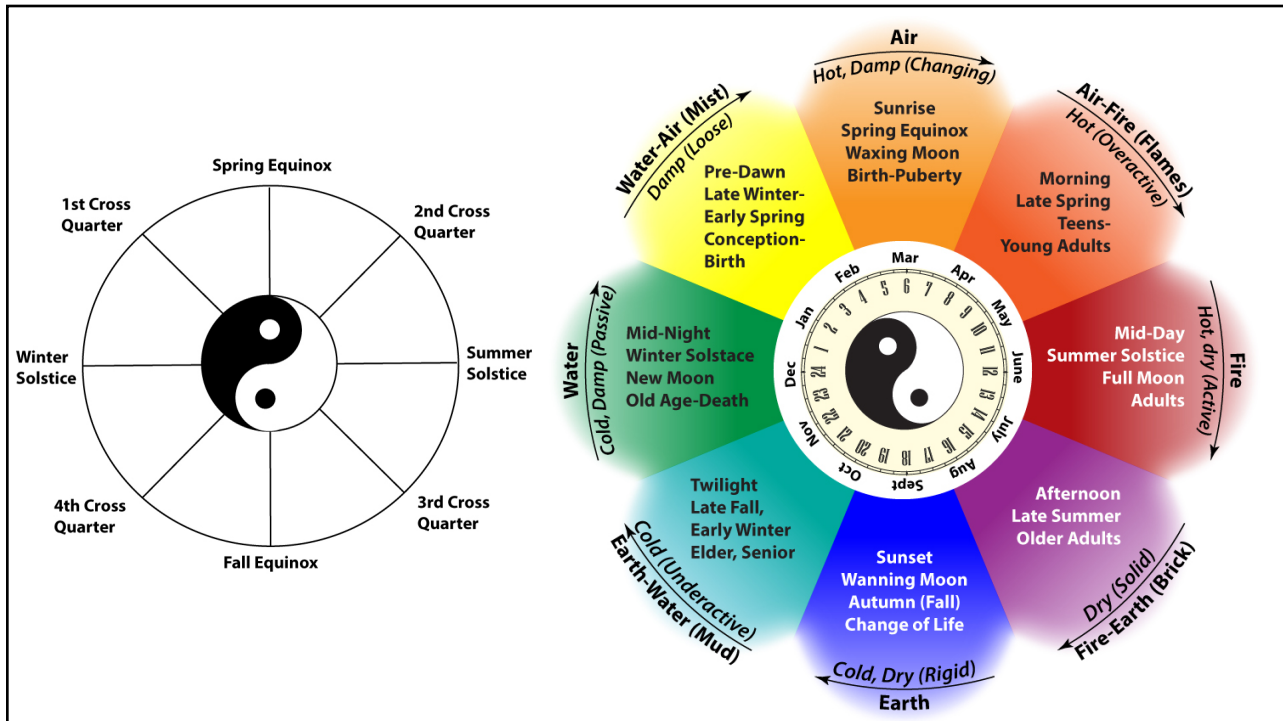
mydarksky.org

Tracking the Sun



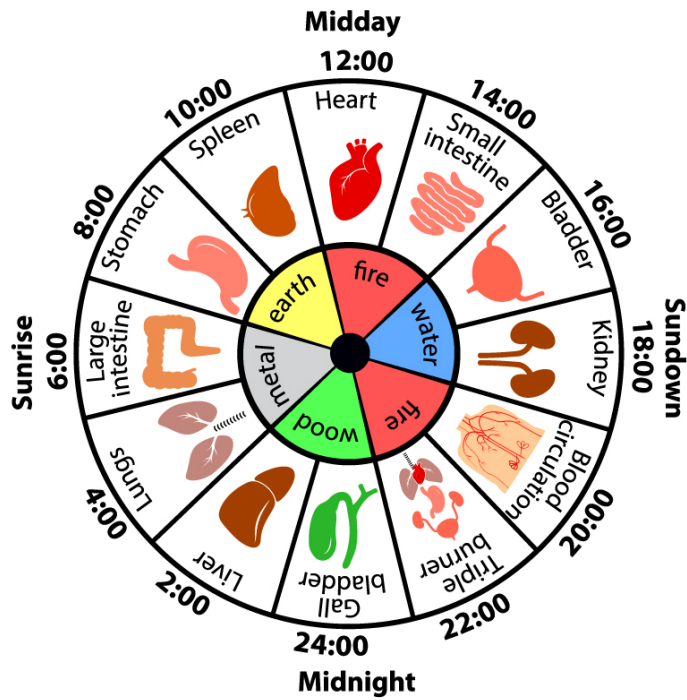


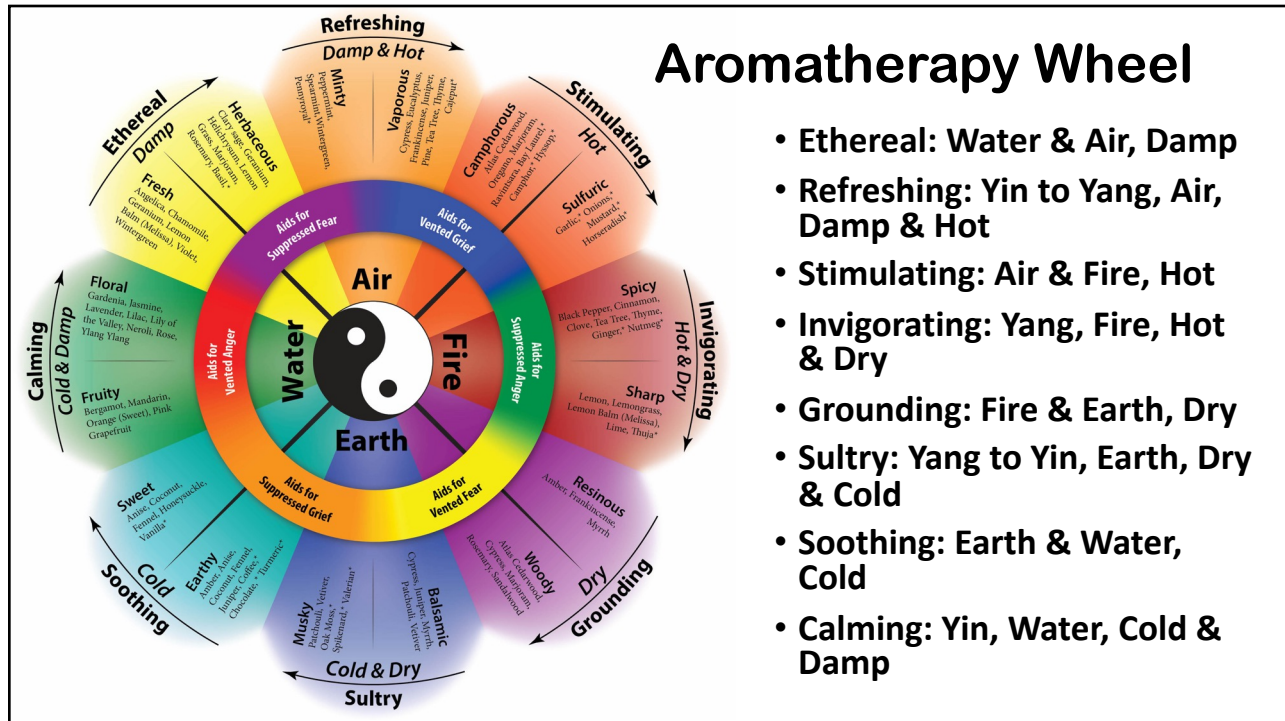




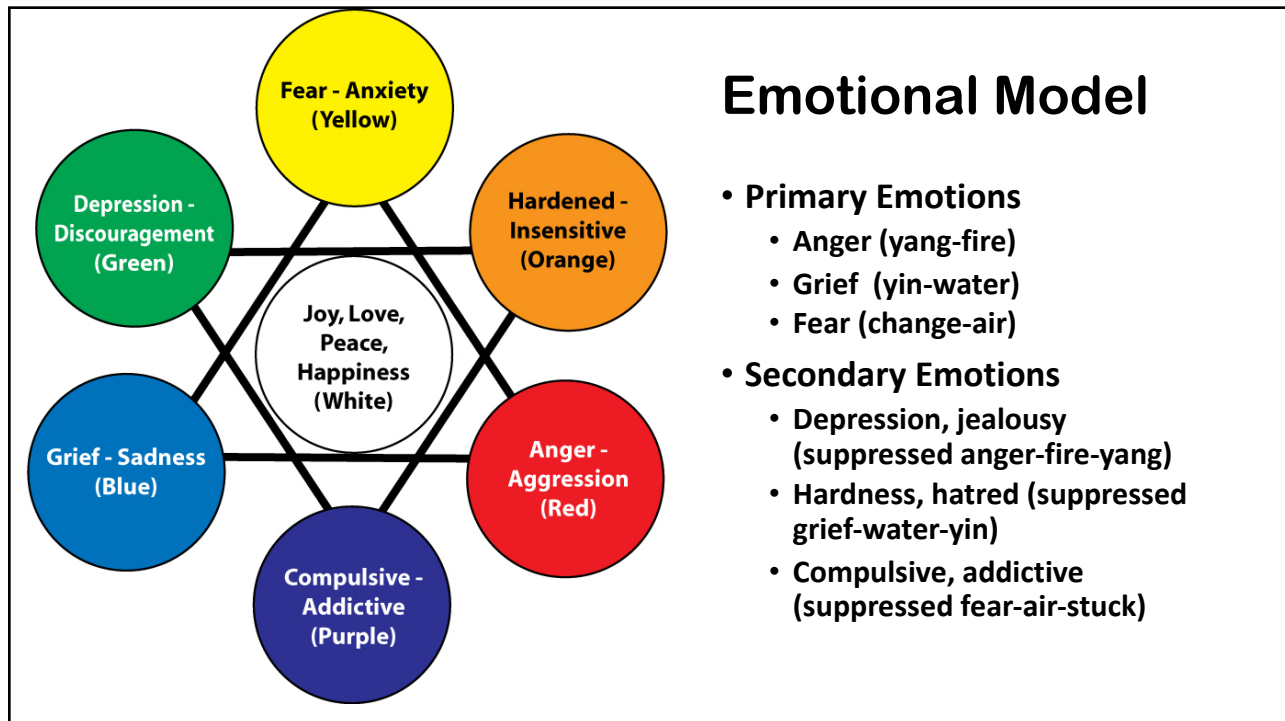
Meridian Clock

- Each meridian (and its accompanying element) have a dominant time of the day
- The meridian and element is the most active at this time
- They are least active at the opposite time of the day
- When you have symptoms is a clue to how your body is out of balance

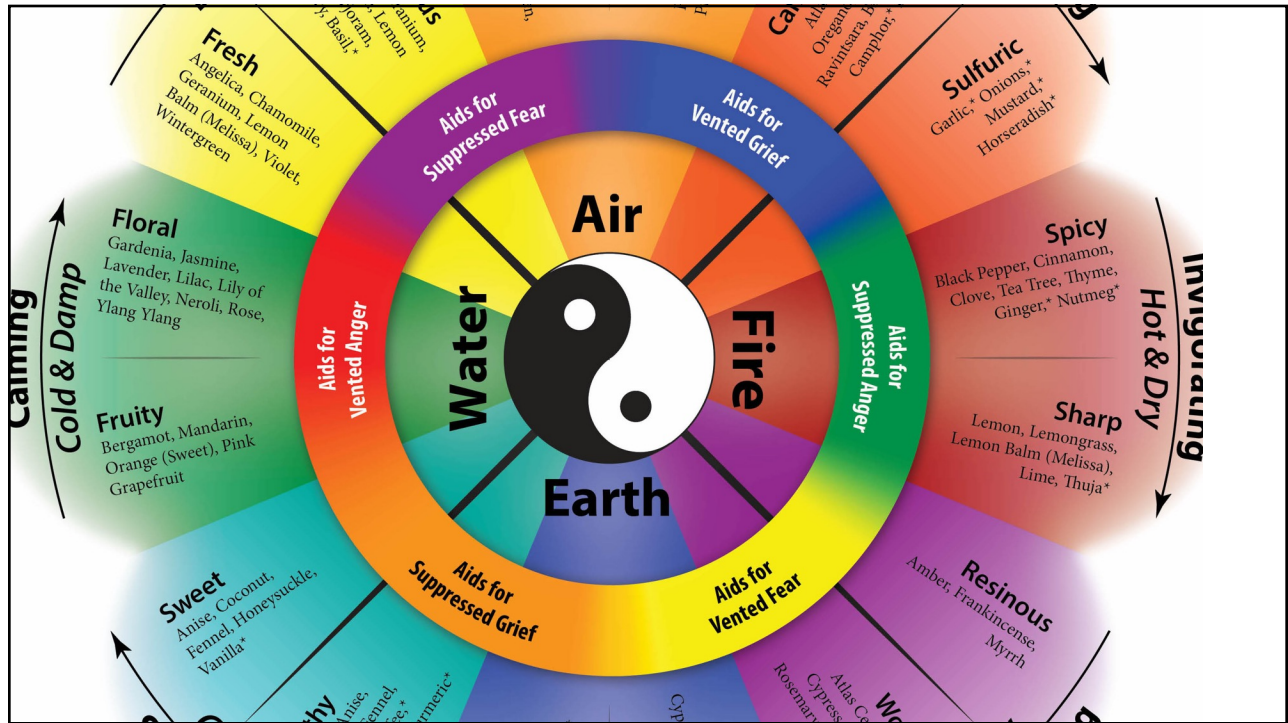




- Ethereal: Water & Air, Damp
- Refreshing: Yin to Yang, Air, Damp & Hot
- Stimulating: Air & Fire, Hot
- Invigorating: Yang, Fire, Hot & Dry
- Grounding: Fire & Earth, Dry
- Sultry: Yang to Yin, Earth, Dry & Cold
- Soothing: Earth & Water, Cold
- Calming: Yin, Water, Cold & Damp

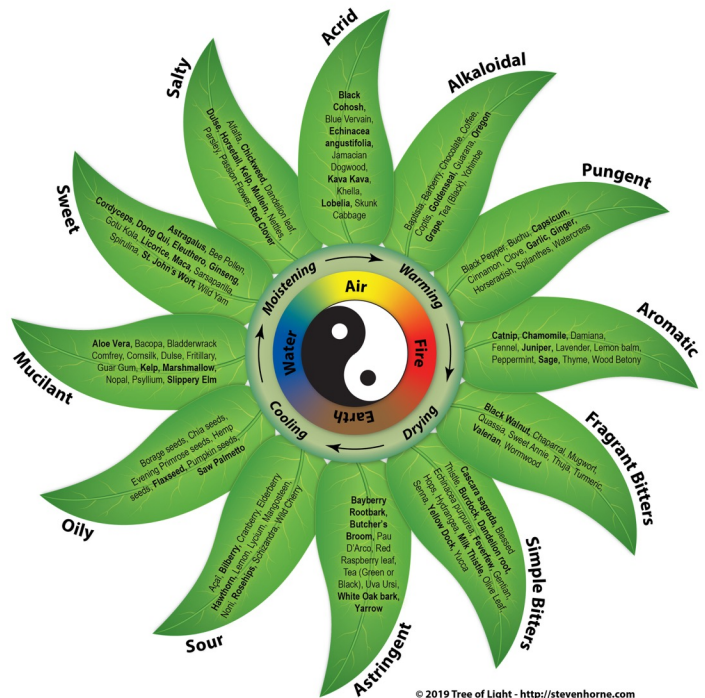


- Primary Emotions
 - Anger (yang-fire)
 - Grief (yin-water)
 - Fear (change-air)
- Secondary Emotions
 - Depression, jealousy (suppressed anger-fire-yang)
 - Hardness, hatred (suppressed grief-water-yin)
 - Compulsive, addictive (suppressed fear-air-stuck)



12 Basic Herbal Categories

| | |
|-----------------|-------------------|
| Aromatic | Mucilant |
| Pungent | Oily |
| Bitter (Simple) | Sweet (Tonic) |
| Astringent | Acrid |
| Sour | Fragrant Bitter |
| Salty | Alkaloidal Bitter |



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Air

- Yin to Yang, Damp & Hot
- Qualities: Relaxed, flowing, energized, invigorated, open, flexible, calm but energized.
- Counters: Tension, cramping, pressure, spastic, constricted, burdened, weighed down, stifled.
- Herbal Category:
 - Acrid



Hot

- Air & Fire (fanning the flames)
- Qualities: Excited, stimulated, inspired, motivated, moving, waking up, getting moving.
- Counters: Coldness, fatigue, feeling stuck, stagnant, sluggish, weak.
- Herbal Category:
 - Alkaloidal Bitters



Fire

- Hot and Dry
- Time of Day: Daytime
- Season of Year: Summer
- Qualities: Invigorating, moving, purifying, dissolving, stimulating, warming, active.
- Counters: Stagnation, fatigue, cold, dampness, congestion, depression, inactivity.
- Herbal Category:
 - Aromatic



Dryness

- Fire & Earth (Brick)
- Time of Day: Evening
- Season of the Year: Autumn
- Qualities: Solid, stable, clear, clean, dry, moving towards cooling
- Counters: Stagnation, dampness, congestion, toxic, swampy, stuck
- Herbal Categories:
 - Fragrant Bitters
 - Simple Bitters



Earth

- Yang to Yin, Dry & Cold
- Time of Day: Sunset
- Season of the Year: Autumn Equinox
- Embodied, stable, strong, solid, rooted, toned, tight, firm, grounded.
- Counters: Loose, leaking, bleeding, dripping, atonic, unstable, disconnected, ungrounded, swollen
- Herbal Category:
 - Astringent



Cooling

- Earth & Water (mud), Cold
- Time of the Day: Twilight, Nighttime
- Season of the Year: Early Winter
- Qualities: Calming, cooling, soothing, quieting, sedating
- Counters: Overstimulated, irritated, hot, inflamed, restless, agitated, nervous
- Herbal Categories:
 - Sour



Water

- Yin, Cold & Damp
- Time of the Day: Nighttime
- Season of the Year: Winter
- Qualities: Peaceful, flexible, relaxed, moist, tolerant, open yielding.
- Counters: Irritation, redness, heat, fever, inflammation, overstimulation.
- Herbal Categories:
 - Oily
 - Mucilant



Damp

- Water & Air (mist)
- Time of the Day: Late night, early morning
- Season of the Year: Late Winter, Early Spring
- Qualities: Fluid, renewed, light, energized, rested, renewed, replenished, hydrated, fluid, flexible, uplifted
- Counters: Rigidity, stiffness, aging, brittle, dry, dogmatic, stuck
- Herbal Categories:
 - Sweet
 - Salty

