

with great power, comes great responsibility



I-Ching & The World of Metaphysics

Newsletter volume 38th , Nov 6th-Dec 7th

The Chinese Month of Boar

Nov 8th –Dec 6th 2008

This is a month of Boar and Flying Star 8 arrives.

The combinations of annual 1-white star and monthly 8-white star resulted in calmness or less turbulences as compare to last month chaotic stocks market worldwide!!! But do not even think of punting or betting on it!! IT might take you to cleaners!!!

Summary:

Kind Sectors: Northwest/West/North

Unkind Sectors: Northeast/Southeast/Southwest

IN RED ANNUAL STAR WHILE IN BLACK MONTHLY STAR

Southeast/SHUN 9 7	South/LEI 5 3	Southwest/KWAN 7 5
East/CHAN 8 6	CENTRAL 4 8	West/TUI 3 1
Northeast/KAN 4 2	North/HAM 6 4	Northwest/KIN 2 9

Everything that is coexists within the context of Heaven (Sky) and Earth or cosmic is I-Ching. 易與天地准

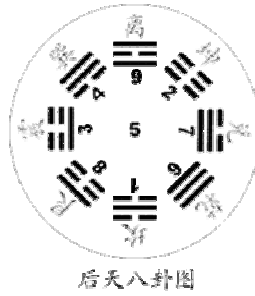
I-Ching is none other than the everyday activities that we live in. Things required systematic or pattern to exist and such behaviors are documented in proper manner. Sun rises on the east and sets on the west. Summer is hot while winter is cold. All these can be explained by using ancient Chinese Yin and Yang and 5 elements of Wood, Fire, Earth, Metal and Water. However, to pre-emptive certain rational is not the study or spirit of I-Ching. A practical Feng Shui master will explain their findings in 2 ways. One is the theoretical part of Feng Shui; the other is the practicality or his or her own experiences. If you cannot seem to put his or her explanation into logic, then your doubt is acceptable. There is no secret in Feng Shui only inability to explain, such ignorance is desperately hurting the promotion of Feng Shui essence or Chinese Metaphysic for that matter.



FENG SHUI

Original Flying Star Chart

Shun 4 巽四	Lei 9 離九	Kwan 2 坤二
Chan 3 震三	Central 5 中五	Tui 7 兌七
Kan 8 艮八	Ham 1 坎一	Kin 6 乾六



后天八卦图

2008 Annual Flying Star Chart

Shun 9 巽	Lei 5 離	Kwan 7 坤
Chan 8 震	Central 1 中	Tui 3 兌
Kan 4 艮	Ham 6 坎	Kin 2 乾

Xuan Kong Zhang Pai

The Late Jing Fang



24 Mountains Represent Body's Parts

Boar 亥	Forehead/Bladder/Soul of foot
Kin 乾	Head
Dog 戌	Head to Torso
San 辛	Lung
Rooster 酉	Right shoulder/Blood/Kidney/Ear
Kang 庚	Waist/intestine
Monkey 申	Back of head/intestine/bladder/tendon
Kwan 坤	stomach
Goat 未	hand/small intestine/mouth
Ding 丁	heart and tissues
Horse 午	tongue/mouth/heart
Peng 丙	Eye/shoulder/small intestine
Snake 巳	lip/teeth/hand/small intestine
Shun 巽	Head/Buttock/
Dragon 辰	Skin/stomach/Waist/leg
Yuet 乙	Throat/liver
Rabbit 卯	Foot left armpit
Kap 甲	Head
Tiger 寅	Chest/Gall/Hair
Kan 艮	Nose/Fingers/Tendon
Ox 丑	Fingers/Torso
Kwai 癸	Foot
Rat 子	Ear/bladder/kidney
Yam 壬	Kidney/Buttock

General

Head	Kin/Boar/Dog/Kap/Kan/Goat/Shun
Corner of Forehead	Kap/Kan/Shun
Face	Kin/Dog/Horse/Snake
Neck	Ox
Eye brow	Dragon
Nose	Kan/Dui/Chan
Tongue	Dui/Horse/Goat



Hair/Beard	Tiger
Head Skull	Kap/Ding
Forehead Skull	kap/kin/kan/chan/shun
Cheek	Dui
Jaw	yam
Mouth	Dui/Goat/Shun
Teeth	rabbit
Saliva	rat
Brain	Kin/Boar
Throat	Yuet/Dui
Ear	Ham/Ox/Dui
Lip	Dui/Snake
Teeth	Snake
Sound	Dui/Dragon
Language	Kin
Neck	Boar/Dragon
Elbow	Kan/goat/Snake/Chan
Finger	Ox
Chest	Boar
Back	Ham/Yam/Kin/Dui/Monkey/Dragon
Waist	Ham/Kan/Ox/Kang/Dragon
Heart	Lei/Ding/Dog
Lung	Dui/San/Tiger
Kidney	Ham/Dui/Kwai
Bladder	Boar/Yam/Rat/monkey
Knee	San/Dog/dragon/Horse
Private Parts	Ham/Yam
Nipple	Shun
Liver	Chan/Yuet/Ox
Stomach	Kwan/Goat/Dragon
Intestine	Kan/Monkey/rabbit
Small Intestine	Snake/Peng/Goat
Anus	Boar/rat
Foot	Chan/rat/Px/Kwai/Dragon/Dog
Blood	Ham/Dui/Rabbit/Kan
Toes	Goat



CHINESE ANCIENT MEDICINAL VIEW OF TIME

THE BEST TIME TO SLEEP

~~RAT 11PM-1AM~~ GALLS AT WORK

Did you ever wonder why on normal circumstances you are very lethargic at 9-11pm and beyond 11pm you come awake again? Have you experience insomnia and found out that the time past 11pm? This critical period is where the first Yang energy emerges and this is where in the darkness period the concept of Yin and Yang prevails-when there is Yin (Dark), there is always Yang (the first Bright energy). Our gall is working at this juncture. In Chinese medicinal view; we do not treat an organ per se, but the functionality of the organs plus the components, i.e. the bloodstream and surrounding organs and body parts. We treat organ as Zang ‘臟’ with the function to store and accumulate secretions that aid the organ to perform in an equilibrium state. We will treat this in three important levels. The first one is form ‘形’, if somehow the form is cut or damage, the totality of the organ is affected. The second level is energy ‘氣’, is related to the movement of the blood stream from organ to organ. The last but important level is the spirit ‘神’; the spirit is the performances of the combination of form and energy at certain period. Gall is the function to keep the ‘alertness’ level in us. After you sneeze, or when you stretch, the gall is working to bring more oxygen to our body.

THE BEST TIME MUST SLEEP WITHOUT INTERRUPTION

~~OX 1AM TO 3AM~~ LIVER AT WORK

Liver energy tends to rise, over jealousy will cause us to feel dizzy. This is due to the up rise of the Yang energy from the Liver to our head without control. To understand this we must first understand the expansion and contracting theory. The up rise of energy is expanding and when reaches a stage of critical point it will contract in the form of ‘receiving’. The function of ‘receiving’ is out of control; it causes us a headache and dizzy. Liver also serves as a function of eliminate waste or toxin in our body. A healthy liver is critical to determine the level of responsiveness and wittiness. It is therefore wise to sleep soundly from 1am to 3am.



HEART ATTACK HAPPEN THE MOST

-TIGER 3AM-5AM-LUNG AT WORK

This is a period where most of our body function starts from being static and slowly enters dynamic state. That's why most elderly start to wake up or cannot go to sleep at this period. This is where our production of blood and blood flow started to move at increasing speed-distributions of blood flows. This serve to remind us that elderly requires attentive care while waking up. The distribution of blood flows will need to be slow and steady especially for elderly of heart patient. Statistic shows that most heart attacks took place during 3am to 5am due to unevenly distribution of blood flows.

THE BEST TIME TO HAVE BOWEL MOVEMENTS

-RABBIT 5AM TO 7AM-LARGE INTESTINE AT WORK

Our anus will start to open at this period and thus forcing us to have bowel movement. This is a natural phenomenon that when the sun will rise (Yang) our body will start to eliminate the toxin or waste in our body. In Chinese medicinal view, the function of organs is co-related. Our bowel moment is heavily dependent on our lung function. Our lung system provides a smooth environment for bowel movement and often constipation persist is due to malfunction of lung system.

THE BEST TIME TO HAVE BREAKFAST

-DRAGON 7AM-9AM-STOMACH AT WORK

The stomach system is one of the most important one. The flow of such system begins from our head down through our nose and diverges into 2 routes with one to face and the other to our head. It will go to our nipple via neck, that is where when women is having a period the nipple will feel he pain. The vain will run through our large intestine and go to our feet. It is very important that during this time, we must eat breakfast due to our digestive system perform most efficiently Pimples on our body especially on our face is caused by the imbalance of our stomach system.

THE BEST TIME TO GET WORKING

-SNAKE 9AM-11AM-SPLEEN AT WORK

This is the time for the oxygen distribution from the blood to out muscles or strong tissues of organs. Spleen acts as the 'transformer' after the stomach digested food and transform or diluted to energy into the blood and distribute to whole body via heart. To see our spleen work probably or not, we can observe two things; one is the



firmness of our muscles and second is our lip that looks glossy. A glossy lip is a health lip that reflects the function of spleen. Salivating is the result of a weak spleen. A diabetic is also a result and a weak spleen.

THE NAPPING TIME

-HORSE 11AM-1PM- HEART AT WORK

A little nap here will help to ease the workload of the heart. Ancient people pay particular attention to the time of Rat (11pm-1am) and Horse (11am-1pm) because of two important organs at work here. This is the opposing time period that requires us to halt or nap a while to recuperate. It is believed that our heart and kidney will function to the fullest at this period. That is why we are quite a wake at this point. Heart is fire element in the rise while kidney is the water element that suppresses the strong fire. It is also best time to practice martial arts or Qigong at this time.

THE BEST TIME FOR LUNCH

-GOAT 1PM-3PM- SMALL INTESTINE AT WORK

The function of small intestine is to absorb the food after processed at spleen and transform and distribute to all organs. If our face is red and our chest is having difficulty to breath at this period, it is the heart that is having malfunction. Heart and small intestine work very closely. It is believed that a healthy lunch is required to satisfy not only our hunger but and our desire for taste. This is the time our taste function fully.

THE BEST TIME TO BUILD STRONG MEMORY

-MONKEY 3PM-5PM-BLADDER AT WORK

The Bladder system is directly to the brain via bloodstream. It is believed that in order to have a good memory, things that we learn in the morning should be re-study at this period to strengthen our memorizing ability. Bladder and kidney are inter-related organs. Both function determine the smooth urinate and bowel movement.

TO DETERMINE YOUT ALERNTENSS LEVEL

-ROOSTER 5PM-7PM-KIDNEY AT WORK

Kidney is the most important organ in accordance to ancient Chinese. Kidney determines the level of activities of a person due to its storages and transformer



ability. The transformer function will provide catalyst to other organs' normal functionality. The storages ability determines the level of activities one can handle in a day.

THE BEST TIME TO RELAX

-DOG 7PM-9PM-HEART SYSTEM AT WORK

The whole heart system in accordance to Chinese medicinal view range from the surrounding bloodstream to three inches below armpit that run through the middle path of our hand down to middle finger. Should our middle finger fell numbness, a high possibility that our heart is having problem. The pressure point in front of our chest will determine the level of happiness or our emotions control center. This critical point is in the center of our chest in between nipples. To massage such point gentle will help to relieve our depression as well.

THE BEST TIME TO HAVE SEX

-BOAR 9PM-11PM-SAN XIAO CHING AT WORK

This is the time for relaxation and enter sleepy mode, but before we sleep, this is also the best time for couples to make love. This is believed that the right time to for our body to enjoy the 'happiness' of making love since the previous hour of 7pm-9pm sets the tone for this event. San Xiao Ching is divided into three parts. The first part governs the heart and lung, middle part governs the spleen and stomach and the last part governs the liver and kidney. It is the whole system that includes tissue, tendons and the bloodstream surrounding them.

Your letters and comments are always welcomed!

-Kerby Kuek

