

**The 2017 QI Gong,  
Tai Chi and Tao  
Almanac with Moon  
Sign Aspectarian  
Calendar**

*Published by the Institute for Solar Studies on  
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Scott Rauvers, ***Author***

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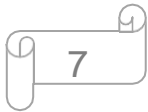
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## ***Welcome to the 2017 QI Gong, Tai Chi and Tao Almanac with Moon Sign Aspectarian Calendar!***

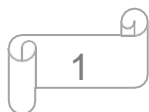
This easy to use almanac has purposely been written for people of all age brackets, sexes, professionals and nonprofessionals alike, and for people from all walks of life seeking a simple easy to use planetary organizer. Compiled by Scott Rauvers, the Founder of the Solar Institute and author of 3 personal success achievement books covering Remote Viewing, QI Gong and the path to Intuitive Wealth, this simple and unique almanac gives you the 21st century tools necessary for achieving personal and business success in the new millennium.

This edition includes daylight savings hours, the major U.S. public holidays and the date each season begins. The included day planner gives you enough space to write in information for meetings, activities and other vital information. Included is a complete Moon Void of Course Calendar and with the dates the constellation is in each house, Planetary transits for 2017 and a 2017 Moon and Planetary Ephemeris Calendar showing the aspects for each day of the year are also included.

The section on electional astrology helps you put important events into motion using the aspects of the moon and aspectarian. Also included are the dates of new and full moons and the dates of super moons for the next 4 years. No longer does the reader need to go on frustrating searches for this important information.

This unique almanac includes which foods create maximum health according to the season and as each new season begins, a series of recommended exercises based on the Tao can be performed that enhance the immune system, restore energy and detox the body to maintain excellent physical health.

The information in the included ephemeris sets higher standards for simplicity and accuracy for contemporary Taoist and Chinese 12 earthly branches astrology. Updated with the very latest data, it includes the longitude dates of the Sun aligned with the major asteroids of Juno, Ceres, Europa, Pallas, Eros and Vesta. For remote viewers, the time of 13:30 LST is included at the start of every month for convenient planning of your remote viewing sessions. As an added feature for our readers, are the more than 21 original articles showcasing the latest creative



ideas and rare information that will super-charge your goal setting and objectives all through 2017.

The beginning pages show how to find your element and animal sign and how to use these signs to choose foods that will enhance health and vitality according to the season. It also shows you how to match your element to each season and the recommended anti-aging foods and herbs for those seeking a lifestyle of longevity.

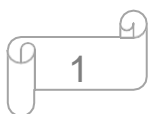
### **Timing is vital to any important undertaking or major venture**

Avoid frustrating failures and delays by knowing the very best time to undertake or fulfill your vital venture. To benefit fully from this information, you do not need to know your horoscope, simply plan your activity based on the favorable dates listed and take action on any day of the year. Seeking to find the date the Moon is in Taurus? our Moon Houses section gives the exact time and date the moon will be in that house.

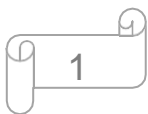
Know the best time to plan travel and perform self-healing based on the included Tao charts and know your peak cycles of 'CHI' to supercharge your QI Gong practice and maximize feelings of revitalization.

Years of computerized astrological data and ancient Taoist wisdom have all conveniently been capsulized into this rare one-of-a-kind almanac which is now available in nook, kindle and hardcover editions.

***Once again, we welcome our loyal readers to the 2017 edition and all of us here at EZ3DBIZ publications wish you a happy and prosperous 2017!***



This free Preview also includes a partial listing of the rare and much sought after Tao and moon void of course charts. The following pages show a small portion of the charts included in this almanac.





## Void of Course Moon for 2017

### February 2017 Void of Course Moon Calendar Eastern Standard Time

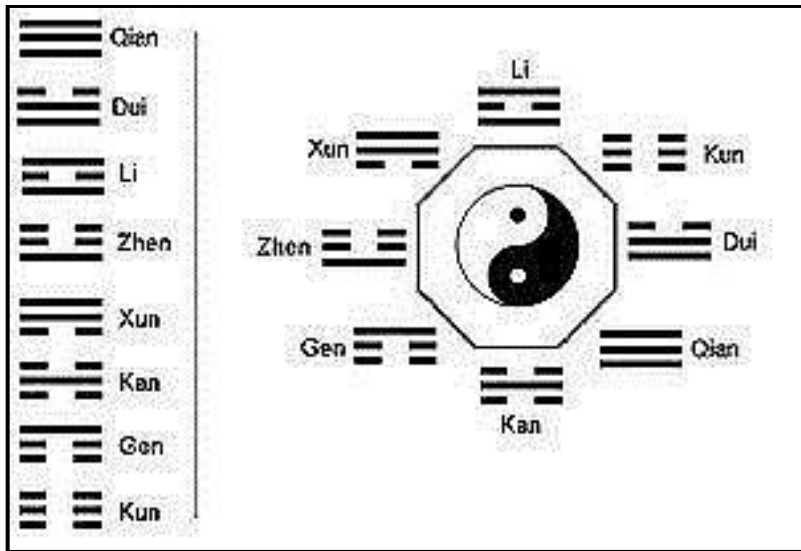
| VOID BEGINS      |          | VOID ENDS      |          | Sign Moon Enters<br>After Void |
|------------------|----------|----------------|----------|--------------------------------|
| Date Void Begins | Time     | Date Void Ends | Time     |                                |
| February 2       | 11:50 AM | February 2     | 8:50 PM  | Taurus                         |
| February 4       | 5:42 PM  | February 4     | 11:44 PM | Gemini                         |
| February 6       | 5:53 PM  | February 7     | 2:03 AM  | Cancer                         |
| February 8       | 5:00 PM  | February 9     | 4:41 AM  | Leo                            |
| February 11      | 0:52 AM  | February 11    | 8:52 AM  | Virgo                          |
| February 13      | 7:36 AM  | February 13    | 3:43 PM  | Libra                          |
| February 15      | 8:54 PM  | February 16    | 1:41 AM  | Scorpio                        |
| February 17      | 2:38 PM  | February 18    | 1:52 PM  | Sagittarius                    |
| February 20      | 6:37 PM  | February 21    | 2:08 AM  | Capricorn                      |
| February 22      | 10:24 PM | February 23    | 12:17 PM | Aquarius                       |
| February 25      | 1:11 PM  | February 25    | 7:24 PM  | Pisces                         |
| February 27      | 6:08 PM  | February 27    | 11:52 PM | Aries                          |

# Aspects of the Moon

Tropical Aspectarian - Wednesday, 01 Feb 2017 at noon, Greenwich SVP = 05:01.37 True Ayanamsa = 24d 05m 37s  
 geocentric Julian Day = 2457786.0

| Day    | h m   |  | Day    | h m   |                                 |
|--------|-------|--|--------|-------|---------------------------------|
| 01 Feb | 01:37 | ♀ ♀ ♂  |        | 17:25 | ♂ ♀ ♂                           |
|        | 02:54 | ♂ ♂ ♂  |        | 22:32 | ♂ * ♀                           |
|        | 03:26 | ♂ ♀ ♀  |        |       |                                 |
|        | 04:51 | ♂ ♀ ♀  | 16 Feb | 01:55 | ♂ ♀ ♀                           |
|        | 04:57 | ♂ ♀ ♀  |        | 05:42 | ♂ ♀ ♀                           |
|        | 05:05 | ♂ ♀ ♀  |        | 06:42 | ♂ ♀ ♀ - Moon ingress            |
|        | 14:44 | ♂ ♀ ♂  |        | 08:17 | ♂ ♀ ♀                           |
|        | 15:13 | ♂ ♀ ♀  |        | 10:18 | ♂ ♀ ♀                           |
|        | 20:52 | ♂ * ♀  |        | 12:10 | ♂ ♀ ♀                           |
|        |       |  |        | 14:09 | ♂ * ♀                           |
| 02 Feb | 05:15 | ♂ ♀ ♀  |        | 18:09 | ♂ * ♂                           |
|        | 10:31 | ♂ ♂ ♀  | 17 Feb | 02:08 | ♂ ♀ ♀                           |
|        | 13:55 | ♂ ♀ ♀  |        | 05:04 | ♂ ♀ ♀                           |
|        | 14:02 | ♂ ♀ ♀  |        | 06:17 | ♂ ♀ ♀                           |
|        | 15:07 | ♂ ♀ ♀  |        | 14:21 | ♂ ♀ ♀                           |
|        | 16:52 | ♂ ♀ ♀  |        | 14:33 | ♂ ♀ ♀                           |
|        |       |  |        | 19:39 | ♂ * ♀                           |
| 03 Feb | 01:51 | ♂ ♀ - Moon ingress                           | 18 Feb | 05:29 | ♀ ♀ ♀                           |
|        | 02:41 | ♂ ♀ ♀  |        | 11:22 | ♂ ♀ - planet ingress            |
|        | 03:48 | ♂ ♀ ♀  |        | 18:53 | ♂ ♀ - Moon ingress              |
|        | 07:29 | ♂ ♀ ♀  |        | 19:35 | ♂ ♀ ♀ - (Quarter Moon, 00°20.7) |
|        | 09:29 | ♂ ♀ ♀  |        | 20:24 | ♀ ♀ ♀                           |
|        | 09:59 | ♂ ♀ ♀  | 19 Feb | 02:13 | ♂ ♀ ♀                           |
|        | 15:45 | ♀ ♀ ♀ - planet ingress                       |        | 15:22 | ♂ ♀ ♀                           |
|        | 16:47 | ♂ ♀ ♀  |        | 17:45 | ♂ ♀ ♀                           |
|        | 20:11 | ♂ * ♀  |        | 17:51 | ♂ ♀ ♀                           |
| 04 Feb | 04:21 | ♂ ♀ ♀ - (Quarter Moon, 15°32.8)              | 20 Feb | 05:16 | ♂ ♀ ♀                           |
|        | 08:40 | ♂ ♀ ♀  |        | 12:34 | ♂ * ♀                           |
|        | 22:44 | ♂ ♀ ♀  |        | 14:40 | ♂ ♀ ♀                           |
| 05 Feb | 04:45 | ♂ ♀ - Moon ingress                           |        | 16:50 | ♂ * ♀                           |
|        | 06:53 | ♂ * ♀  |        | 23:39 | ♂ ♂ ♀                           |
|        | 11:32 | ♂ ♀ ♀  |        |       |                                 |
|        | 12:04 | ♂ ♀ ♀  |        |       |                                 |
|        | 11:32 | ♂ ♀ ♀  |        |       |                                 |
|        | 12:04 | ♂ ♀ ♀  |        |       |                                 |
|        | 15:17 | ♂ * ♂  | 21 Feb | 03:55 | ♂ * ♀                           |
|        | 22:55 | ♂ ♀ ♀  |        | 07:09 | ♂ ♀ ♀ - Moon ingress            |
| 06 Feb | 06:00 | ♂ ♀ +/- up to 1 hour                         |        | 13:18 | ♂ * ♀                           |
|        | 10:41 | ♂ ♀ ♀  |        | 14:04 | ♂ ♀ ♀                           |
|        | 16:21 | ♂ * ♀  |        | 18:16 | ♂ ♀ ♀                           |
|        | 19:34 | ♂ ♀ ♀  |        | 22:11 | ♂ ♀ ♀                           |
|        | 22:55 | ♂ ♀ ♀  |        | 22:11 | ♂ ♀ ♀                           |
| 07 Feb | 07:04 | ♂ ♀ - Moon ingress                           | 22 Feb | 05:10 | ♂ ♀ ♀                           |
|        | 09:24 | ♂ ♀ - planet ingress                         |        | 05:37 | ♂ * ♀                           |
|        | 11:56 | ♂ ♀ ♀  |        | 08:51 | ♂ ♀ ♀                           |
|        | 14:10 | ♂ * ♀  |        | 19:36 | ♂ ♂ ♀                           |
|        | 19:60 | ♂ ♀ ♀  |        | 20:15 | ♂ ♀ ♀                           |
|        | 20:20 | ♂ ♀ ♀  |        |       |                                 |
| 08 Feb | 01:21 | ♂ ♀ ♀  | 23 Feb | 01:46 | ♂ ♀ ♀                           |
|        | 13:43 | ♂ ♀ ♀  |        | 01:54 | ♂ ♀ ♀                           |
|        | 18:54 | ♂ ♀ ♀  |        | 03:25 | ♂ ♀ ♀                           |
|        | 22:01 | ♂ ♀ ♀  |        | 14:02 | ♂ ♀ ♀                           |
|        |       |  |        | 17:18 | ♂ ♀ ♀ - Moon ingress            |
|        |       |  |        | 21:38 | ♂ * ♀                           |
| 09 Feb | 09:42 | ♂ ♀ - Moon ingress                           | 24 Feb | 15:42 | ♂ * ♀                           |
|        | 15:28 | ♂ ♀ ♀  |        |       |                                 |
|        | 17:21 | ♂ ♀ ♀  | 25 Feb | 01:04 | ♂ ♀ ♀                           |
|        | 21:15 | ♂ * ♀  |        | 02:29 | ♂ ♀ ♀                           |
| 10 Feb | 02:07 | ♂ ♀ ♀  |        | 03:57 | ♂ ♀ ♀                           |
|        | 16:32 | ♂ ♀ ♀  |        | 07:48 | ♂ * ♂                           |
|        | 21:03 | ♂ * ♀  |        | 09:55 | ♂ * ♀                           |
|        | 22:37 | ♂ ♀ ♀  |        | 11:03 | ♂ ♀ ♀                           |
|        |       |  |        | 14:49 | ♂ ♀ ♀                           |
| 11 Feb | 00:35 | ♂ ♀ ♀ - (Full Moon, 22°28.6) - lunar eclipse |        | 18:13 | ♂ * ♀                           |
|        | 01:41 | ♂ * ♀  |        | 22:56 | ♂ ♀ ♀ - planet ingress          |
|        | 05:54 | ♂ ♀ ♀  | 26 Feb | 00:25 | ♂ ♀ - Moon ingress              |
|        | 13:53 | ♂ ♀ - Moon ingress                           |        | 00:39 | ♂ ♂ ♀                           |
|        | 15:18 | ♂ ♀ ♀  |        | 02:38 | ♀ ♀ ♀                           |
|        | 21:02 | ♂ ♀ ♀  |        | 05:55 | ♂ ♀ ♀                           |
|        | 21:25 | ♂ ♀ ♀  |        | 06:08 | ♂ ♀ ♀                           |

## The eight trigrams, their signs, names, and meanings



| Trigrams | Name (Chinese) | Name          | Attribute    | Image           | Family relationship |
|----------|----------------|---------------|--------------|-----------------|---------------------|
| ☰        | Qian           | the Creative  | strong       | Heaven          | father              |
| ☷        | Kun            | the Receptive | devoted      | Earth           | mother              |
| ☳        | Zhen           | the Arousing  | movement     | thunder, wood   | eldest son          |
| ☵        | Kan            | the Abysmal   | danger       | water, clouds   | middle son          |
| ☶        | Gen            | Keeping Still | standstill   | mountain        | youngest son        |
| ☴        | Xun            | the Gentle    | penetration  | wind, wood      | eldest daughter     |
| ☲        | Li             | the Clinging  | light-giving | lightning, fire | middle daughter     |
| ☱        | Dui            | the Joyous    | pleasure     | lake            | youngest daughter   |

## Favorable Locations for positioning Herbs / Fruits / Tree Types according to Region

|  |   |
|--|---|
| <b>Grains, Herbs, Teas, Fruits,<br/>Fresh Fruit, Chrysanthemum</b>       | House, Study, Mountain<br>Retreat, Shrine, Temple.              |
| <b>Rice, Lake Plants,<br/>Magnolia, Gardenia</b>                         | House, Bedroom,<br>Marshes, Valleys, Lakes                      |
| <b>Dried Fruit, Peanuts,<br/>Tomatoes, Watermelon,<br/>Pepper, Maple</b> | Patio or House Porch, Lighted<br>Street of The City, Lighthouse |
| <b>Plum, Peach, Evergreen,<br/>Young Bamboo, Green<br/>Vegetables</b>    | House, Living Room, Forest,<br>Buildings                        |
| <b>Taro, Flowered Bulbs, Beets,<br/>Potatoes, Yams, Ginger</b>           | Kitchen In House, Bottom<br>Of Ocean, Fields, Farms             |
| <b>Trees, Poppy, Grass, Lily</b>   | House, Hallway, Library,<br>Forest Glades                       |
| <b>Swamp Plants, Reed, Lotus</b>   | House, Bathroom, Waterfall,<br>Well, River                      |
| <b>Avocado, Banana, Mango,<br/>Mushrooms</b>                             | House, Dining Room,<br>Graves, Path, Gate, Palace               |

## ***Wu Hsing Correspondences***

| <b>Activity</b>                      | <b>Wood</b>    | <b>Fire</b>     | <b>Earth</b>                             | <b>Metal</b>           | <b>Water</b>       |
|--------------------------------------|----------------|-----------------|--|------------------------|--------------------|
| <b>Direction</b>                     | East           | South           | Centre                                   | West                   | North              |
| <b>Virtue</b>                        | Benevolence    | Propriety       | Faith                                    | Rectitude              | Wisdom             |
| <b>Color</b>                         | Blue/<br>Green | Red             | Yellow                                   | White                  | Black              |
| <b>Planet</b>                        | Jupiter        | Mars            | Saturn                                   | Venus                  | Mercury            |
| <b>Numbers</b>                       | 8 and 3        | 2 and 7         | 10 and 5                                 | 4 and 9                | 6 and 1            |
| <b>Sound</b>                         | Shouts         | Laughs          | Singing                                  | Weeping                | Groaning           |
| <b>Emotion</b>                       | Anger          | Joy             | Sympathy                                 | Grief                  | Fear               |
| <b>Climate</b>                       | Windy          | Hot             | Wet                                      | Dry                    | Cold               |
| <b>Animal</b>                        | Dragon         | Phoenix         | Ox                                       | Tiger                  | Snake/<br>Tortoise |
| <b>Hour</b>                          | 3 – 7 a.m.     | 9 a.m. – 1 p.m. | 1 – 3 & 7 – 0 a.m.<br>1 – 3 & 7 – 0 p.m. | 3 – 7 p.m.             | 9 p.m. – 1 a.m.    |
| <b>Celestial Stem (yin and yang)</b> | I              | Ting            | Chi                                      | Hsin                   | Kuei               |
|                                      | Chia           | Ping            | Wu                                       | Keng                   | jen                |
| <b>Terrestrial branches</b>          | Yin, mao       | Ssu, wu         | Ch'ou, wei, ch'en, hsii                  | Shen, yu               | Lzu, hai           |
| <b>Constellation</b>                 | Gemini, Cancer | Virgo, Libra    | Taurus, Leo, Scorpio, Aquarius           | Sagittarius, Capricorn | Aires, Pisces      |

## Master Chart of the 5 Elements

|                                     |                                |                |               |                               |                      |
|-------------------------------------|--------------------------------|----------------|---------------|-------------------------------|----------------------|
| <b>Number</b>                       | 8                              | 7              | 5             | 9                             | 6                    |
| <b>Planet</b>                       | Jupiter                        | Mars           | Earth/Saturn  | Venus                         | Mercury              |
| <b>Moon Cycle</b>                   | Half Moon heading towards full | Full Moon      | Hidden Moon   | Half Moon heading towards new | New Moon             |
| <b>Manifestive results</b>          | Tree                           | Heat           | Soil          | Metal                         | Water                |
| <b>Vegetable</b>                    | Leeks                          | Shallots       | Mallow        | Onions                        | Greens               |
| <b>Foods not</b>                    | Rancid/Oily                    | Burnt          | Fragrant      | Rotten                        | Putrid               |
| <b>Modulates</b>                    | Prayer                         | Healthy Habits | Herbs         | Acupuncture                   | Warming Heat Therapy |
| <b>Color</b>                        | Green                          | Red            | Yellow        | White                         | Black                |
| <b>Exhibitor</b>                    | Spiritual                      | Soul           | Mind          | Ambition                      | Body Strength        |
| <b>5 Tastes</b>                     | Sour                           | Bitter         | Sweet         | Pungent                       | Salty                |
| <b>Grains</b>                       | Wheat                          | Red Millet     | Yellow Millet | Brown Rice                    | Legumes              |
| <b>Fruits</b>                       | Apple/Plum                     | Berries        | Dates/Olives  | Melon                         | Citrus               |
| <b>Movement</b>                     | Upwards                        | Active         | Downwards     | Solidified                    | Liquid               |
| <b>Susceptible areas to disease</b> | Nerves                         | Viscera        | Tongue        | Upper Back                    | Cavities             |

## QI Gong / Revitalization energy – Seasonal and Hourly Peaks

|  |                    |  |   | Time of Day of<br>Peak of<br>Revitalization<br>Energy |
|--|--------------------|--|---|---|
| <b>Place of<br/>Eternal<br/>Frost</b>        | Winter<br>Solstice | Furthest<br>Southward<br>of<br>Equator               | Maximum<br>Yin/<br>Shortest<br>Days/<br>Longest<br>Cold                             | <b>Midnight</b>                                       |
| <b>Golden<br/>Gate</b>                       | Spring<br>Equinox  | Crosses<br>Heavenly<br>Equator                       | Light and<br>Darkness/Yi<br>n and Yang<br>Balanced.<br>Yang QI is<br>expanding      | <b>Sunrise</b>  |
| <b>Palace<br/>of<br/>Universa<br/>l Yang</b> | Summer<br>Solstice | Furthermost<br>Northernmost<br>Point from<br>Equator | Maximum<br>Yang or<br>Brightness,<br>Longest<br>Days, of<br>light and<br>heat       | <b>Noon</b>   |
| <b>Gate of<br/>the<br/>Moon</b>              | Autumn<br>Equinox  | Crosses<br>Equator                                   | Light and<br>Darkness,<br>Yin and<br>Yang in<br>Balance, Yin<br>QI is<br>increasing | <b>Sunset</b>   |

## QI Flow and Moon Phase

| PHASE OF MOON          | REASON                                       | TIDE   | QI & BLOOD        | REGULATION     |
|------------------------|--|--|-------------------|----------------|
| <b>New</b>             | Moon between sun; earth. Start of orbit      | Spring. Max. Sun; moon pull together         | Deficient         | No Purging     |
| <b>Waxing Crescent</b> | Moon between sun; earth & 1/8th around orbit | Spring. Max. Sun; moon pull together         | Turning excessive | No Tonicifying |
| <b>First Quarter</b>   | Moon is 90 deg. to sun & 1/4 around orbit    | Neap. Min. Sun; moon work against each other | Deficient         | No Purging     |
| <b>Full</b>            | Moon opposite sun & 1/2 around orbit         | Spring. Max. Sun & moon pull together        | Excessive         | No Tonicifying |



|                 |   |   |                   |            |
|-----------------|---|---|-------------------|------------|
| Last Quarter    | Moon is 90 deg. to sun & 3/4 around orbit     | Neap. Min. Sun & moon work against each other | Turning Deficient | No Purging |
| Waning Crescent | Moon between sun & earth & 7/8th around orbit | Spring. Max. Sun & moon pull together         | Deficient         | No Purging |

## Scents and Emotions used to Enhance Healing and Strength

| Element      | Sounds | Scent    | Flavor  | Emotion  | Number   |
|--------------|--------|----------|---------|----------|----------|
| <b>Water</b> | Groans | Putrid   | Salt    | Fear     | 9 and 10 |
| <b>Wood</b>  | Shouts | Rancid   | Sour    | Anger    | 1 and 2  |
| <b>Metal</b> | Weeps  | Rots     | Pungent | Grieving | 7 and 8  |
| <b>Earth</b> | Sings  | Fragrant | Sweet   | Sympathy | 5 and 6  |
| <b>Fire</b>  | Laughs | Scorches | Bitter  | Joy      | 3 and 4  |

## Lunar Activity and Healing – Seasonal, Planetary and Lunar Peaks

|                    |                             |                          |                 |                    |
|--------------------|-----------------------------|--------------------------|-----------------|--------------------|
| Location           | Greater Yin                 | Lesser Yang              | Greater Yang    | Lesser Yin         |
| Yang/Yin Cycle     | Yin                         | Yin to Yan               | Yang            | Yang to Yin        |
| Quality            | Cold                        | Light                    | Hot             | Dark               |
| Tai-Chi Fish       | Black                       | White eye on Black Head  | White           | Black eye on White |
| Direction          | North                       | East                     | South           | West               |
| Sun Phase          | Winter                      | Spring                   | Summer          | Fall               |
| Head               | Ears                        | Nose                     | Eyes            | Mouth              |
| Wise Advice        | Remain Concealed and Silent | Prepare for an Onslaught | Move with Force | Withdraw           |
| Trigrams Generated | Ken and K'un                | Sun and K'an             | Ch'ien and Tui  | Li and Chen        |
| Moon Phase         | New                         | First Quarter            | Full            | Last Quarter       |
| Heaven             | Moon                        | Stars/Zodiac             | Sun             | Planets            |
| Earth              | Emperor                     | Prince                   | Ruler / King    | Duke               |

## The Tao of Diet

### The 4 Seasons, Foods and Elements

| Season | Dominant Element/Organ                | Organ at its Weakest Point                  |
|--------|---------------------------------------|---|
| Spring | Wood (Liver); eat less sour foods     | Earth (Spleen); eat more mildly sweet foods |
| Summer | Fire (Heart); eat less bitter foods   | Metal (Lungs); eat more pungent foods       |
| Autumn | Metal (Lungs); eat less pungent foods | Wood (Liver); eat more sour foods           |
| Winter | Water (Kidneys); eat less salty foods | Fire (Heart); eat more bitter foods         |

| Foods/Taste | More Yang          | Less Yang         | Balanced Yin/Yang    | Less Yin          | More Yin       |
|-------------|--------------------|-------------------|----------------------|-------------------|----------------|
| 5 Tastes    | <b>Sour</b>        | <b>Bitter</b>     | <b>Sweet</b>         | <b>Pungent</b>    | <b>Salty</b>   |
| Grains      | <b>Wheat</b>       | <b>Red Millet</b> | <b>Yellow Millet</b> | <b>Brown Rice</b> | <b>Legumes</b> |
| Fruits      | <b>Apple/ Plum</b> | <b>Berries</b>    | <b>Dates/ Olives</b> | <b>Melon</b>      | <b>Citrus</b>  |
| Vegetables  | <b>Leeks</b>       | <b>Shallots</b>   | <b>Mallow</b>        | <b>Onions</b>     | <b>Greens</b>  |

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- Excessive joy injures the heart, and is balanced by fear.
- Excessive anger damages the liver, but is balanced by grief.
- Excess sympathy injures the stomach, and is balanced by anger.
- Excess grief damages the lungs, and is balanced by anger.
- Extreme fear damages the kidneys, but is balanced with sympathy.
- Extreme moaning injures the kidneys, and is balanced by joy.
- Prolonged standing in the same location harms the kidneys and bladder and is balanced by walking.
- Excessive cold injures the kidneys and bladder, and is balanced by warm liquids.
- Fear and depression are the result of weak kidneys and bladder.
- Fear and depression are balanced by laughter.

We can also use the 5 phases to bring balance to excess emotions.

- Excess Freedom can be balanced by more Responsibility
- Excess Love can be balanced by more Wisdom
- Excess Meekness can be balanced by more Self Value
- Excess Caution can be balanced by more Courage
- Excess Patience can be balanced by more Aggressiveness
- Excess Tenderness can be balanced by more Stability
- Excess Joy can be balanced by more Moderation/Fear
- Excess Faith can be balanced by more Understanding
- Excess Gentleness can be balanced by more Strength
- Excess Intuition can be balanced by more Logical Reasoning
- Excess Generosity can be balanced by more Economy
- Excess Repose can be balanced by more Energy
- Excess Zeal can be balanced by more Reflection
- Excess Ambition can be balanced by more Unselfishness
- Excess Charity can be balanced by more Justice
- Excess Candor can be balanced by more Tactfulness
- Excess Aspiration can be balanced by more Judgment
- Excess Benevolence can be balanced by more Discrimination
- Excess Liberty can be balanced by more Lawful Obedience

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| Planet                             | <b>Jupiter</b>  | <b>Mars</b>          | <b>Earth/Sa<br/>turn</b> | <b>Venus</b>   | <b>Mercury</b>             |
|------------------------------------|---|----------------------|--------------------------|--|----------------------------|
| Moon<br>Cycle                      | <b>Half<br/>Moon<br/>heading<br/>towards<br/>full</b> | <b>Full<br/>Moon</b> | <b>Hidden<br/>Moon</b>   | <b>Half<br/>Moon<br/>heading<br/>towards<br/>new</b> | <b>New<br/>Moon</b>        |
| Manifestat<br>ive results          | Tree  | Heat                 | Soil                     | Metal  | Water                      |
| Vegetable                          | Leeks   | Shallots             | Mallow                   | Onions   | Greens                     |
| Foods not<br>advised               | Rancid/<br>Oily                                       | Burnt                | Fragrant                 | Rotten   | Putrid                     |
| Modulates                          | Prayer  | Healthy<br>Habits    | Herbs                    | Acupu-<br>ncture                                     | Warming<br>Heat<br>Therapy |
| Color                              | Green   | Red                  | Yellow                   | White  | Black                      |
| Exhibitor                          | Spiritual   | Soul                 | Mind                     | Ambition   | Body<br>Strength           |
| 5 Tastes                           | Sour  | Bitter               | Sweet                    | Pungent  | Salty                      |
| Grains                             | Wheat   | Red<br>Millet        | Yellow<br>Millet         | Brown<br>Rice  | Legumes                    |
| Fruits                             | Apple/<br>Plu m                                       | Berries              | Dates/<br>Olives         | Melon  | Citrus                     |
| Movement                           | Upwards   | Active               | Down-<br>wards           | Solidified   | Liquid                     |
| Susceptible<br>areas to<br>disease | Nerves  | Viscera              | Tongue                   | Upper<br>Back  | Cavities                   |

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| <b>Element</b> | <b>Wood</b>   | <b>Fire</b>   | <b>Earth</b>   | <b>Metal</b>                                       | <b>Water</b>   |
|----------------|---|---|--|--|--|
| Yin Organ      | Liver   | Heart   | Spleen   | Lungs  | Kidney   |
| Yang Organ     | Gall Bladder  | Small Intestine   | Stomach  | Large Intestine                                    | Bladder  |
| Flavor         | Sour (vinegar type sour)  | Bitter (lemon type bitter)                                    | Sweet (like sugar)   | Pungent (like ginger)                              | Salt   |
| Cereals to eat | Wheat   | Millet  | Rye  | Rice   | Beans  |
|                | <b>Fire</b>   | <b>Earth</b>  | <b>Metal</b>   | <b>Wood</b>  | <b>Water</b>   |
|                | Bitter  | Sweet   | Pungent  | Salty  | Sour   |
| Nuts/ Seeds    | Sunflower<br>Pistachio  | Pine Nut<br>Pumpkin   | Almonds  | Black<br>Sesame<br>Walnut                          | Brazil<br>Cashew   |
| Vegetables     | Red Bell<br>Pepper<br>Scallion<br>Tomato<br>Beet<br>Dandelion<br>Root<br>Okra | Rutabaga<br>Spinach<br>Squash<br>Cabbage<br>Carrot<br>Parsnip | Mustard<br>Green<br>Onion<br>Radish<br>Asparagus<br>Broccoli<br>Celery<br>Cucumber | Seaweeds<br>Water<br>chestnut<br>Kale<br>Mushrooms | String<br>Bean<br>Zucchini<br>Green<br>Bell<br>Pepper<br>Green<br>Pea<br>Lettuce |
| Fruits         | Cherry<br>Persimmon   | Fig<br>Orange<br>Papaya<br>Pineapple<br>Strawberry            | Apricot<br>Banana<br>Pear  | Mulberry<br>Pomegranate<br>Raspberry<br>Watermelon | Avocado<br>Grape<br>Lemon<br>Lime<br>Plum  |
| Grains         | Amaranth<br>Corn  | Millet<br>Barley  | Rice   | Buckwheat  | Oats<br>Wheat<br>Rye   |

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|          |                    |                  |             |                 |                                 |
|----------|--------------------|------------------|-------------|-----------------|---------------------------------|
| Legumes  | Red<br>Lentil      | Garbanzo<br>Peas | Navy<br>Soy | Kidney<br>Pinto | Mung<br>Lima<br>Green<br>Lentil |
| Cautions | Chocolate<br>Sugar | Meat             | Eggs        | Cheese          | Soft Dairy                      |

## **An Introduction to the Elements**

Traditional Eastern Medicine states humans are a microcosm of our universe. Through thousands of years of careful observation of the interactions occurring in Nature, the Five Phases of Transformation theory was born (*also referred to as the Five Elements*). This knowledge has been applied to the human body for healing, treatment, diagnosis and prevention of illness. It also is used in the Tao to find the best dates to plan important ventures.

Early references to the early birth of the Five Phases can be found in the classic Chinese text **Inner Canon of the Yellow Emperor** dated between the first and fourth centuries BC. The five phases spread from here and became applied in practices such as feng shui, astrology, shiatsu, acupuncture, chi gong and healing and prevention of illness through diet.

Each of the 5 phases consists of a major and secondary organ, which then governs its associated emotion. Each phase is also assigned its own hour. For example, the phase of wood is associated with sunrise and an upwards flow of life force. Also, each of the phases is assigned its own particular taste. By changing diet, we change how our food tastes, which affects our nerves, which then re-directs the flow of the life force.

One of the most easily recognizable ways that the flow of QI (life force) is impacted is by experiencing the seasons. Therefore, seasons are an excellent starting point to understand this flow more clearly. Below is an example of how the seasons can weaken certain organs.

- Summer Heat Weakens the Heart
- Spring Winds Weaken the Liver
- Winter Cold Dryness weakens the Kidneys
- Fall Humid Weather weakens the Spleen
- Late Spring Cold Dry Weather weakens the Lungs
- Excessive effects on the body during winter will manifest themselves during spring time



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- Excessive effects on the body during late spring winds manifest themselves as a low appetite in summer
- Excessive effects on the body in summer manifest as a fever during fall
- Excessive effects of humidity in fall manifest themselves as a persistent cough during winter

Just as each planet has a peak of energy according to the season and hour, there also exist character and personality traits that are unique to each individual when born during a particular month. The year of a person's birth gives their animal and element sign. This governs their personality, attributes and character.

Use the information conveniently displayed in this almanac at the beginning of each month to pursue a career, examine your inner weaknesses and strengths, perform self-healing or plan important projects. A little-known secret in timing is to plan your most important or challenging projects just after your birthday (*which also matches your animal sign as will be shown in this almanac*). Before we begin you need to know your animal sign and metal element. Let's explore this next.

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## **How do I Find My Element?**

The first step is to match your year of birth with one of the animals listed below.

### **Step 1**

#### **YOUR CHINESE ANIMAL ZODIAC SIGN**

- **Rat:** 2008, 1996, 1984, 1972, 1960, 1948, 1936
- **Ox:** 2009, 1997, 1985, 1973, 1961, 1949, 1937
- **Tiger:** 2010, 1998, 1986, 1974, 1962, 1950, 1938
- **Rabbit:** 2011, 1999, 1987, 1975, 1963, 1951, 1939
- **Dragon:** 2012, 2000, 1988, 1976, 1964, 1952, 1940
- **Snake:** 2013, 2001, 1989, 1977, 1965, 1953, 1941
- **Horse:** 2014, 2002, 1990, 1978, 1966, 1954, 1942
- **Goat:** 2015, 2003, 1991, 1979, 1967, 1955, 1943, 1931
- **Monkey:** 2015, 2004, 1992, 1980, 1968, 1956, 1944, 1932
- **Rooster:** 2017, 2005, 1993, 1981, 1969, 1957, 1945, 1933
- **Dog:** 2018, 2006, 1994, 1982, 1970, 1958, 1946, 1934
- **Pig:** 2019, 2007, 1995, 1983, 1971, 1959, 1947, 1935

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**Step 2**

Next, match animal with element.

- **Wood:** Tiger, Rabbit
- **Fire:** Snake, Horse
- **Earth:** Ox, Dragon, Goat, Dog
- **Metal:** Monkey, Rooster
- **Water:** Pig, Rat

**Step 3**

- 0 or 1, you are a metal element.
- 2 or 3, you are a water element.
- 4 or 5, you are a wood element.
- 6 or 7, you are a fire element.
- 8 or 9, you are an earth element.

And finally match the last number in your birth year to determine your element. When using your metal element in this almanac we will use the following example shown below.

**Cow / Ox (Ying -Fixed Element Water)**

Ox years include 1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997.  
The Ox month is from Jan 6th to Feb 3th, and the hours are from 1am

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to 3am. If you were born during any of the years listed as the Ox, then that month matches your character and personality and will determine your fortune for that month.

You can also use Step 1 to determine your Animal Zodiac Sign and explore your character, traits and strengths and explore any relevant weakness you may have then use that information to strengthen any weak areas you feel you need strengthening. You can also use it for planning important projects.

Now that you have found your element and animal sign you simply match it to each month shown in this almanac. You can use your element to locate the appropriate diet and lifestyle by using the charts shown later in this book. You can also use your element to find your lucky numbers, colors, hour and day of week.

### **How to find your QI peak phase.**

If you have been practicing QI Gong or similar exercises for many years you will no doubt have discovered that the revitalization energy has certain peaks or times the energy is stronger. To use the chart below to find your seasonal yearly peak let's use the example of the metal element. The chart below shows that QI energy peaks near sunset during the fall season. Therefore, when you practice QI Gong at this time you will find that your body will feel significantly revitalized and more refreshed than usual, compared to other times of the year. If you were a wood element, then dawn at Spring would be your peak.

### **QI Peak of each Element**

**Wood** - Moon's 1st Quarter - Dawn - Jupiter - Green - Spring -

Liver Fire - Full Moon - 12 Noon - Mars - Red - Summer - Heart

**Earth** - 3 days after full moon - mid-afternoon - Saturn - Yellow  
- September (late summer) - Spleen/Pancreas

**Metal** - Moon's last quarter - Sunset - Venus - White - Fall/Autumn  
- Lungs

**Water** - New - Midnight - Mercury - Dark Blue/Indigo - Winter - Kidneys

Speaking from personal experience, I am a metal element and I have

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found a considerable boost in QI energy gained when I inhale the white light of Venus before practicing the Emerald Tablets exercise as shown in my book **The Emerald Tablets: The Keys of Life and Death by Thoth the Atlantean**. The Emerald Tablets exercise is a form of Longevity QI Gong that has been known since the times of the ancient Egyptians.

If the QI energy peak occurred according to a specific element, we could use the following simplified chart shown below.

***Summary***

**Your Element – Season**

**WATER – WINTER**

**METAL – FALL**

**EARTH – SUMMER**

**WOOD – SPRING**

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## **JANUARY**

13:30 LST Time Begins at 7 a.m. PST.

January is the time of year for new beginnings. A time for recovery. A month for ambitions, making others happy, socializing and learning to get organized. It is a month to be fun and enjoy the new beginnings. The name of the first month of the year comes from the Roman god Janus who has the god of doorways and gates as well as beginnings and endings. Janus is usually depicted as having two faces pointing in opposite directions. According to Roman mythology, the god Saturn gave Janus the ability to see into the past and the future.

### **Cow / Ox (Ying -Fixed Element Water)**

Ox years include 1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997. The Ox month is from Jan 6th to Feb 3th, and the hours are from 1am to 3am. Ox persons are ambitious, conventional, disciplined, steady, dependable, calm, methodical, fair-minded, logical, patient, hardworking, modest, resolute and tenacious. They can also sometimes be stubborn, narrow- minded, materialistic, rigid, demanding and nurture grievances. The Ox attains their prosperity and success through their natural leadership qualities, fortitude and hard work. They make excellent engineers, dentists, surgeons and archaeologists. They are compatible with individuals born in the years of the Rooster, Snake and Rat.

### **Season - Winter**

Winter forces us to spend more time indoors. It encourages reflection and introspection. We also become much less physically active. It is the time for being objective, artistic and allowing for flexibility. Allow yourself to be yourself. Allow yourself to express more wisdom and awe the beauty winter brings. For healing, warming and heat therapy works best this time of year and it is the best time of year to build new body strength. This is the season of fluids flowing all around us in multiple directions at once. A time of quiet willpower and spontaneous sighs. The color of winter represents black and darkness. Around Christmas life goes though the phase of re-birth and a healing of mind and body begins as we rest our emotions. This time of contemplation allows us to take a spiritual and

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physical inventory of our lives and to nurture our emotions and spirit. It is a time to be on the lookout for fear.

Seasonal Healing Sounds for Winter  
Kidneys – FFFFFFFFUFUUUUUUU

**Healing Color Visualization Exercise**

Kidneys and Bladder / Ears / Water Element

Breathe in deep while focusing on the kidneys. As you breathe out release the sound "HOOOOO", while visualizing DARK BLUE/INDIGO energy exiting through the ears. Repeat this exercise 6, 9, or more times.

**Element WATER**

Winter represents Cold and water. Its main action is cooling and moistening. The flowing effect of water is for it to sink to the lowest level. At this level, it either nourishes (as in feeding roots), or causes blockages. If circulation is poor or non-existent, blockages will begin to form, manifesting themselves during spring.

Water types succeed by not allowing their fears to block their full expression of creativity.

Moving water activates its functions. Winter is where energy travels deep within, lying dormant until spring. Qi circulation as well as blood are reduced by the effects of Cold. Cold also stiffens muscles and tendons, especially in the knees and limbs of the body. Water represents the Bladder and Kidneys which play a role in urination, or water retention.

**Flavor is SALTY**

Saltiness is Yin energy. It is cooling and has affinity with the season of winter. It enters the kidneys, softens (good), hardens (bad) regulates fluids and detoxifies. Examples of salty foods: shellfish, soy sauce, seaweed and celery.

**Best advice for Winter**

People with Cold in their body, or who are cold sensitive, should take herbs to move the Qi and blood. It is a time to keep warm, meditate, rest and conserve energy. Eat hearty and warming foods. Cook for longer,



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with less water and at a lower temperature. Steam vegetables. Use more sea salt and include bitter tasting foods in the diet. Eat preserved and fermented foods such as fermented soy bean paste and miso.

Late Winter to Spring - Exposure to Cold, Excessive Sweet Foods, Excessive Yogurt, Cheese, Milk and similar dairy, Meat, Excessive Salts, Excessive Water, Overeating, Oversleeping, Lack of Exercise.  
Mental Component – Doubts, Greed, Possessiveness, Lack of Compassion.

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**January 2017**

| Sunday                     | Monday        | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---------------|---------|-----------|----------|--------|----------|
| <b>1</b><br>New Year's Day | 2             | 3       | 4         | 5        | 6      | 7        |
| <b>8</b>                   | 9             | 10      | 11        | 12       | 13     | 14       |
| <b>15</b>                  | 16<br>MLK Day | 17      | 18        | 19       | 20     | 21       |
| <b>22</b>                  | 23            | 24      | 25        | 26       | 27     | 28       |
| <b>29</b>                  | 30            | 31      |           |          |        |          |

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ALL STAR RISE/SET TIMES ARE IN  
PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jan 01 (Sun) | 18:36 | 110 | 23:51   | 39S  | 05:10 | 250 |
| 2017 Jan 02 (Mon) | 18:32 | 110 | 23:47   | 39S  | 05:06 | 250 |
| 2017 Jan 03 (Tue) | 18:28 | 110 | 23:43   | 39S  | 05:02 | 250 |
| 2017 Jan 04 (Wed) | 18:24 | 110 | 23:39   | 39S  | 04:58 | 250 |
| 2017 Jan 05 (Thu) | 18:20 | 110 | 23:35   | 39S  | 04:54 | 250 |

Betelgeuse Rise, Zenith and Set

|                   |       |    |       |     |       |     |
|-------------------|-------|----|-------|-----|-------|-----|
| 2017 Jan 01 (Sun) | 16:52 | 80 | 23:17 | 60S | 05:46 | 280 |
| 2017 Jan 02 (Mon) | 16:49 | 80 | 23:13 | 60S | 05:42 | 280 |
| 2017 Jan 03 (Tue) | 16:45 | 80 | 23:10 | 60S | 05:38 | 280 |
| 2017 Jan 04 (Wed) | 16:41 | 80 | 23:06 | 60S | 05:34 | 280 |
| 2017 Jan 05 (Thu) | 16:37 | 80 | 23:02 | 60S | 05:31 | 280 |

Arcturus Rise, Zenith and Set

|                   |       |    |       |     |       |     |
|-------------------|-------|----|-------|-----|-------|-----|
| 2017 Jan 01 (Sun) | 00:36 | 65 | 07:40 | 71S | 14:44 | 295 |
| 2017 Jan 02 (Mon) | 00:32 | 65 | 07:36 | 71S | 14:41 | 295 |
| 2017 Jan 03 (Tue) | 00:28 | 65 | 07:32 | 71S | 14:37 | 295 |
| 2017 Jan 04 (Wed) | 00:24 | 65 | 07:28 | 71S | 14:33 | 295 |
| 2017 Jan 05 (Thu) | 00:20 | 65 | 07:25 | 71S | 14:29 | 295 |

Polaris Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jan 01 (Sun) | 20:16 | 38N | *****   | ***  | 08:18 | 37N |
| 2017 Jan 02 (Mon) | 20:12 | 38N | *****   | ***  | 08:14 | 37N |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

|                   |           |           |           |
|-------------------|-----------|-----------|-----------|
| 2017 Jan 03 (Tue) | 20:08 38N | ***** *** | 08:10 37N |
| 2017 Jan 04 (Wed) | 20:04 38N | ***** *** | 08:06 37N |
| 2017 Jan 05 (Thu) | 20:00 38N | ***** *** | 08:02 37N |

Vega Rise, Zenith and Set

|                   |          |           |           |
|-------------------|----------|-----------|-----------|
| 2017 Jan 01 (Sun) | 03:23 37 | 12:01 89N | 20:38 323 |
| 2017 Jan 02 (Mon) | 03:19 37 | 11:57 89N | 20:34 323 |
| 2017 Jan 03 (Tue) | 03:15 37 | 11:53 89N | 20:30 323 |
| 2017 Jan 04 (Wed) | 03:11 37 | 11:49 89N | 20:26 323 |
| 2017 Jan 05 (Thu) | 03:07 37 | 11:45 89N | 20:22 323 |

Mercury Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2016 Jan 01 (Fri) | 08:40 116 | 13:35 32S    | 18:30 244 |
| 2016 Jan 02 (Sat) | 08:37 116 | 13:33 32S    | 18:29 244 |
| 2016 Jan 03 (Sun) | 08:33 115 | 13:30 32S    | 18:27 245 |
| 2016 Jan 04 (Mon) | 08:29 115 | 13:27 33S    | 18:25 245 |
| 2016 Jan 05 (Tue) | 08:24 114 | 13:23 33S    | 18:22 246 |

Venus Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2016 Jan 01 (Fri) | 04:29 114 | 09:32 33S    | 14:34 246 |
| 2016 Jan 02 (Sat) | 04:31 114 | 09:33 33S    | 14:34 246 |
| 2016 Jan 03 (Sun) | 04:33 114 | 09:34 33S    | 14:34 246 |
| 2016 Jan 04 (Mon) | 04:35 115 | 09:35 33S    | 14:34 245 |
| 2016 Jan 05 (Tue) | 04:37 115 | 09:36 32S    | 14:35 245 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Mars Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jan 01 (Sun) | 10:35 | 100 | 16:11   | 44S  | 21:47 | 260 |
| 2017 Jan 02 (Mon) | 10:33 | 100 | 16:10   | 44S  | 21:47 | 260 |
| 2017 Jan 03 (Tue) | 10:31 | 100 | 16:09   | 44S  | 21:47 | 261 |
| 2017 Jan 04 (Wed) | 10:29 | 99  | 16:08   | 45S  | 21:47 | 261 |
| 2017 Jan 05 (Thu) | 10:27 | 99  | 16:06   | 45S  | 21:46 | 261 |

Jupiter Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jan 01 (Sun) | 01:04 | 99  | 06:44   | 45S  | 12:24 | 261 |
| 2017 Jan 02 (Mon) | 01:01 | 99  | 06:41   | 45S  | 12:21 | 261 |
| 2017 Jan 03 (Tue) | 00:57 | 99  | 06:37   | 45S  | 12:17 | 261 |
| 2017 Jan 04 (Wed) | 00:54 | 99  | 06:34   | 45S  | 12:13 | 261 |
| 2017 Jan 05 (Thu) | 00:51 | 99  | 06:30   | 45S  | 12:10 | 261 |

Saturn Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jan 01 (Sun) | 05:56 | 118 | 10:47   | 30S  | 15:37 | 242 |
| 2017 Jan 02 (Mon) | 05:53 | 118 | 10:43   | 30S  | 15:33 | 242 |
| 2017 Jan 03 (Tue) | 05:50 | 118 | 10:40   | 30S  | 15:30 | 242 |
| 2017 Jan 04 (Wed) | 05:46 | 118 | 10:36   | 30S  | 15:26 | 242 |
| 2017 Jan 05 (Thu) | 05:43 | 118 | 10:33   | 30S  | 15:23 | 242 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

## **FEBRUARY**

13:30 LST Time Begins at 5:00 a.m. PST

### **Tiger (Yang - Fixed Element Wood)**

Tiger years include 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998. The month of Tigers are from Feb 4 to Mar 5. The hours of Tigers are from 3am to 5am. Tiger persons are daring, impulsive, vigorous, unpredictable, rebellious, colorful, powerful, affectionate, humanitarian, passionate, stimulating, sincere and generous. They can sometimes become impatient, quick-tempered, restless, reckless, obstinate and selfish. Tiger persons have faith in luck. They utilize their charisma and their daring to achieve success. Their humanitarian instincts and idealism lead them to their goals. Tiger people make good writers, pilots, actors and police officers. Tigers are compatible with Horses, Dragons and Dogs.

February is the month to uncover hidden knowledge and expand our spiritual growth. This is the time that the energies of the constellation Aquarius are at their strongest. A time to access deeper knowledge. A time to awaken to the unity with the one creative source. It is the time of year an inner awakening occurs.

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

**February 2017**

| Sunday                      | Monday                    | Tuesday                  | Wednesday                          | Thursday                  | Friday | Saturday |
|-----------------------------|---------------------------|--------------------------|------------------------------------|---------------------------|--------|----------|
|                             |                           |                          | 1                                  | 2<br>Ground<br>hog<br>Day | 3      | 4        |
| 5                           | 6                         | 7                        | 8                                  | 9                         | 10     | 11       |
| 12<br>Lincoln's<br>Birthday | 1                         | 14<br>Valentine's<br>Day | 15                                 | 16                        | 17     | 18       |
| 19                          | 20<br>Presiden<br>t's Day | 21                       | 22<br>Washingt<br>on's<br>Birthday | 23                        | 24     | 25       |
| 26                          | 27                        | 28                       |                                    |                           |        |          |



*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

ALL STAR RISE/SET TIMES ARE IN  
PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Feb 01 (Wed) | 16:34 110 | 21:49 39S    | 03:08 250 |
| 2017 Feb 02 (Thu) | 16:30 110 | 21:45 39S    | 03:04 250 |
| 2017 Feb 03 (Fri) | 16:26 110 | 21:41 39S    | 03:00 250 |
| 2017 Feb 04 (Sat) | 16:22 110 | 21:37 39S    | 02:56 250 |
| 2017 Feb 05 (Sun) | 16:18 110 | 21:33 39S    | 02:52 250 |

Betelgeuse Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Feb 01 (Wed) | 14:51 80 | 21:16 60S    | 03:44 280 |
| 2017 Feb 02 (Thu) | 14:47 80 | 21:12 60S    | 03:40 280 |
| 2017 Feb 03 (Fri) | 14:43 80 | 21:08 60S    | 03:37 280 |
| 2017 Feb 04 (Sat) | 14:39 80 | 21:04 60S    | 03:33 280 |
| 2017 Feb 05 (Sun) | 14:35 80 | 21:00 60S    | 03:29 280 |

Arcturus Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Feb 01 (Wed) | 22:30 65 | 05:38 71S    | 12:43 295 |
| 2017 Feb 02 (Thu) | 22:26 65 | 05:34 71S    | 12:39 295 |
| 2017 Feb 03 (Fri) | 22:22 65 | 05:31 71S    | 12:35 295 |
| 2017 Feb 04 (Sat) | 22:18 65 | 05:27 71S    | 12:31 295 |
| 2017 Feb 05 (Sun) | 22:15 65 | 05:23 71S    | 12:27 295 |

Polaris Rise, Zenith and Set

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Feb 01 (Wed) | 18:13 38N | ***** **     | 06:15 37N |
| 2017 Feb 02 (Thu) | 18:09 38N | ***** **     | 06:11 37N |
| 2017 Feb 03 (Fri) | 18:06 38N | ***** **     | 06:08 37N |
| 2017 Feb 04 (Sat) | 18:02 38N | ***** **     | 06:04 37N |
| 2017 Feb 05 (Sun) | 17:58 38N | ***** **     | 06:00 37N |

Vega Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Feb 01 (Wed) | 01:21 37 | 09:59 89N    | 18:36 323 |
| 2017 Feb 02 (Thu) | 01:17 37 | 09:55 89N    | 18:32 323 |
| 2017 Feb 03 (Fri) | 01:13 37 | 09:51 89N    | 18:28 323 |
| 2017 Feb 04 (Sat) | 01:10 37 | 09:47 89N    | 18:24 323 |
| 2017 Feb 05 (Sun) | 01:06 37 | 09:43 89N    | 18:20 323 |

Mercury Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2016 Feb 01 (Mon) | 05:44 116 | 10:39 32S    | 15:34 244 |
| 2016 Feb 02 (Tue) | 05:44 116 | 10:39 32S    | 15:33 244 |
| 2016 Feb 03 (Wed) | 05:44 116 | 10:38 31S    | 15:33 244 |
| 2016 Feb 04 (Thu) | 05:44 116 | 10:38 31S    | 15:32 244 |
| 2016 Feb 05 (Fri) | 05:44 116 | 10:38 31S    | 15:32 244 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Venus Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2016 Feb 01 (Mon) | 05:22 | 118 | 10:12   | 30S  | 15:01 | 242 |
| 2016 Feb 02 (Tue) | 05:24 | 118 | 10:13   | 30S  | 15:03 | 242 |
| 2016 Feb 03 (Wed) | 05:25 | 118 | 10:14   | 30S  | 15:04 | 242 |
| 2016 Feb 04 (Thu) | 05:26 | 118 | 10:16   | 30S  | 15:06 | 242 |
| 2016 Feb 05 (Fri) | 05:27 | 118 | 10:17   | 30S  | 15:08 | 242 |

Mars Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Feb 01 (Wed) | 09:28 | 88  | 15:34   | 53S  | 21:40 | 272 |
| 2017 Feb 02 (Thu) | 09:26 | 88  | 15:33   | 54S  | 21:40 | 272 |
| 2017 Feb 03 (Fri) | 09:24 | 88  | 15:31   | 54S  | 21:39 | 273 |
| 2017 Feb 04 (Sat) | 09:22 | 87  | 15:30   | 54S  | 21:39 | 273 |
| 2017 Feb 05 (Sun) | 09:19 | 87  | 15:29   | 55S  | 21:39 | 273 |

Jupiter Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Feb 01 (Wed) | 23:08 | 99  | 04:50   | 45S  | 10:28 | 261 |
| 2017 Feb 02 (Thu) | 23:04 | 99  | 04:46   | 45S  | 10:24 | 261 |
| 2017 Feb 03 (Fri) | 23:00 | 99  | 04:42   | 45S  | 10:20 | 261 |
| 2017 Feb 04 (Sat) | 22:56 | 99  | 04:38   | 45S  | 10:16 | 261 |
| 2017 Feb 05 (Sun) | 22:52 | 99  | 04:34   | 45S  | 10:12 | 261 |

*The 2017 QI Gong, Tai Chi and Tao Almanac*  
*with Moon Sign Aspectarian Calendar*  
 Saturn Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Feb 01 (Wed) | 04:09 118 | 08:58 30S    | 13:48 242 |
| 2017 Feb 02 (Thu) | 04:05 118 | 08:55 30S    | 13:44 242 |
| 2017 Feb 03 (Fri) | 04:02 118 | 08:51 30S    | 13:41 242 |
| 2017 Feb 04 (Sat) | 03:58 118 | 08:48 30S    | 13:37 242 |
| 2017 Feb 05 (Sun) | 03:55 118 | 08:44 30S    | 13:34 24  |

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## **MARCH**

13:30 LST Time Begins at 3:00 a.m. PST

Spring is a time to watch for anger and impatience as we are more sensitive to these emotions than usual. Kindness is the Emotion to counter excessive anger. This is the best season to have enthusiasm and a positive attitude. This is the time of year motivation and self-improvement help to create new beginnings and birth new projects into fruition. Therefore, it is a good time to plan and prepare for the surprises spring brings. An excellent time of year for looking for new homes or relocating. This is the time of year inspiration affects us and colors seem more vivid and alive. A time we feel like shouting with enthusiasm as new life emerges. This is the most spiritual time of the year with prayer being the most effective. The color of spring is green. Spring is the best time of year to cleanse, detox or fast.

### **Rabbit (Ying - Fixed Element Wood)**

Rabbit years are 1903, 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999. Rabbit month is from Mar 6th to Apr 4th. The hours of Rabbits are from 5am to 7am. Rabbit persons are kind, sensitive, soft-spoken, self-assured, astute, amiable, elegant, reserved, gracious, cautious, artistic, thorough, tender, compassionate and flexible. They can sometimes become self-indulgent, opportunistic, moody, detached, superficial and lazy. Rabbit people pursue their objectives methodically, yet unobtrusively by using friendliness and amiability to achieve their aims. They are also good at using inscrutability and astuteness to outwit their opponents. Rabbits are most compatible with individuals born in the years of the Pig, Sheep and Dog.

Seasonal Healing Sounds for Spring

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Liver – SSSSHHHHHUUUUUU

### **Healing Color Visualization Exercise**

Liver and Gall Bladder / Eyes / Wood Element

Breathe in deep and focus on the liver. As you breathe out release the sound "SHHHHHH", while visualizing GREEN energy exiting through the eyes. Repeat this exercise 3, 6, 9, or more times.

### **Element WOOD**

Hibernating Energy bursts forth. This is the time of most rapid change and development.

Wood types succeed by putting into motion bold plans and new projects using their imagination and compassion.

Spring represents Wind. The Chinese character for Wind is a violent gust sending forth a small insect carrying illness through the air. It implies violent movement. Spring is when energy and movement are vigorous and ascending. It carries with it the idea of change and new growth.

### **Flavor is SOUR**

Examples of sour food include: grapefruit, trout, tomato and lemon. Sourness is Yin energy, cooling, contracting and astringent, creates tension (*bad*), stops leakage and consolidates (*good*).

### **Best advice for Spring**

Spring is the time we are particularly susceptible to colds and viruses. It is when allergies begin. It is key to protect yourself from the effects of Wind by dressing warmly. In particular, wear clothing that protects from draughts around the neck or chest. Metal types (*a term used in Traditional Chinese medicine*) should choose herbs that enhance the

*The 2017 QI Gong, Tai Chi and Tao Almanac  
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Qi and Lungs.

People suffering from hay fever should choose herbs from the phlegm category, especially Liver herbs. Take part in brisk activities by not over-exercising. Eating less and simply is key this time of year. Also, undergoing a detoxifying fast to clear the fats stored up over winter also helps a lot. Light foods such as young plants are key as well as light raw, sweet and pungent foods. Food should be cooked at a high temperature for as brief a period as possible. As summer approaches, the energy levels from spring begin peaking. Now the heat from summer starts causing friction within the body's immune system.

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with Moon Sign Aspectarian Calendar*

**March 2017**

| Sunday                                     | Monday                 | Tuesday | Wednesday             | Thursday | Friday                        | Saturday |
|--|------------------------|---------|-----------------------|----------|-------------------------------|----------|
|  |                        |         | 1<br>Ash<br>Wednesday | 2        | 3                             | 4        |
| 5  | 6                      | 7       | 8                     | 9        | 10                            | 11       |
| 12<br>Daylight<br>Saving<br>Time<br>Begins | 13                     | 14      | 15                    | 16       | 17<br>St.<br>Patrick's<br>Day | 18       |
| 19   | 20<br>Spring<br>Begins | 21      | 22                    | 23       | 24                            | 25       |
| 26   | 27                     | 28      | 29                    | 30       | 31                            |          |



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with Moon Sign Aspectarian Calendar*

ALL STAR/RISE SET TIMES ARE  
IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Mar 01 (Wed) | 14:44 | 110 | 19:59   | 39S  | 01:18 | 250 |
| 2017 Mar 02 (Thu) | 14:40 | 110 | 19:55   | 39S  | 01:14 | 250 |
| 2017 Mar 03 (Fri) | 14:36 | 110 | 19:51   | 39S  | 01:10 | 250 |
| 2017 Mar 04 (Sat) | 14:32 | 110 | 19:47   | 39S  | 01:06 | 250 |
| 2017 Mar 05 (Sun) | 14:28 | 110 | 19:43   | 39S  | 01:02 | 250 |

Betelgeuse Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Mar 01 (Wed) | 13:00 | 80  | 19:25   | 60S  | 01:54 | 280 |
| 2017 Mar 02 (Thu) | 12:57 | 80  | 19:21   | 60S  | 01:50 | 280 |
| 2017 Mar 03 (Fri) | 12:53 | 80  | 19:18   | 60S  | 01:46 | 280 |
| 2017 Mar 04 (Sat) | 12:49 | 80  | 19:14   | 60S  | 01:43 | 280 |
| 2017 Mar 05 (Sun) | 12:45 | 80  | 19:10   | 60S  | 01:39 | 280 |

Arcturus Rise, Zenith and Set

| Date<br>(Zone)    | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Mar 01 (Wed) | 20:40 | 65  | 03:48   | 71S  | 10:53 | 295 |
| 2017 Mar 02 (Thu) | 20:36 | 65  | 03:44   | 71S  | 10:49 | 295 |
| 2017 Mar 03 (Fri) | 20:32 | 65  | 03:40   | 71S  | 10:45 | 295 |
| 2017 Mar 04 (Sat) | 20:28 | 65  | 03:37   | 71S  | 10:41 | 295 |
| 2017 Mar 05 (Sun) | 20:24 | 65  | 03:33   | 71S  | 10:37 | 295 |

Polaris Rise, Zenith and Set

*The 2017 QI Gong, Tai Chi and Tao Almanac  
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|                   |           |           |           |
|-------------------|-----------|-----------|-----------|
| 2017 Mar 01 (Wed) | 16:22 38N | ***** *** | 04:24 37N |
| 2017 Mar 02 (Thu) | 16:19 38N | ***** *** | 04:21 37N |
| 2017 Mar 03 (Fri) | 16:15 38N | ***** *** | 04:17 37N |
| 2017 Mar 04 (Sat) | 16:11 38N | ***** *** | 04:13 37N |
| 2017 Mar 05 (Sun) | 16:07 38N | ***** *** | 04:09 37N |

Vega Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Mar 01 (Wed) | 23:27 37 | 08:09 89N    | 16:46 323 |
| 2017 Mar 02 (Thu) | 23:23 37 | 08:05 89N    | 16:42 323 |
| 2017 Mar 03 (Fri) | 23:19 37 | 08:01 89N    | 16:38 323 |
| 2017 Mar 04 (Sat) | 23:16 37 | 07:57 89N    | 16:34 323 |
| 2017 Mar 05 (Sun) | 23:12 37 | 07:53 89N    | 16:30 323 |

Mercury Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2016 Mar 01 (Tue) | 06:04 109 | 11:18 37S    | 16:33 251 |
| 2016 Mar 02 (Wed) | 06:05 109 | 11:21 37S    | 16:37 252 |
| 2016 Mar 03 (Thu) | 06:06 108 | 11:23 38S    | 16:41 252 |
| 2016 Mar 04 (Fri) | 06:06 107 | 11:25 38S    | 16:45 253 |
| 2016 Mar 05 (Sat) | 06:07 107 | 11:28 39S    | 16:50 254 |

Venus Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2016 Mar 01 (Tue) | 05:38 111 | 10:48 36S    | 15:58 250 |
| 2016 Mar 02 (Wed) | 05:37 110 | 10:49 36S    | 16:01 250 |
| 2016 Mar 03 (Thu) | 05:37 110 | 10:50 36S    | 16:03 250 |
| 2016 Mar 04 (Fri) | 05:37 109 | 10:51 37S    | 16:05 251 |
| 2016 Mar 05 (Sat) | 05:37 109 | 10:52 37S    | 16:07 251 |

Mars Rise, Zenith and Set

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| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Mar 01 (Wed) | 08:28 | 78  | 14:59   | 62S  | 21:32 | 282 |
| 2017 Mar 02 (Thu) | 08:25 | 77  | 14:58   | 62S  | 21:31 | 283 |
| 2017 Mar 03 (Fri) | 08:23 | 77  | 14:57   | 62S  | 21:31 | 283 |
| 2017 Mar 04 (Sat) | 08:21 | 77  | 14:56   | 62S  | 21:31 | 284 |
| 2017 Mar 05 (Sun) | 08:19 | 76  | 14:55   | 63S  | 21:30 | 284 |

Jupiter Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Mar 01 (Wed) | 21:13 | 99  | 02:57   | 45S  | 08:36 | 261 |
| 2017 Mar 02 (Thu) | 21:09 | 99  | 02:53   | 45S  | 08:32 | 261 |
| 2017 Mar 03 (Fri) | 21:05 | 99  | 02:48   | 45S  | 08:28 | 261 |
| 2017 Mar 04 (Sat) | 21:00 | 99  | 02:44   | 45S  | 08:24 | 261 |
| 2017 Mar 05 (Sun) | 20:56 | 99  | 02:40   | 45S  | 08:20 | 261 |

Saturn Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Mar 01 (Wed) | 02:28 | 118 | 07:17   | 30S  | 12:07 | 242 |
| 2017 Mar 02 (Thu) | 02:24 | 118 | 07:14   | 30S  | 12:03 | 242 |
| 2017 Mar 03 (Fri) | 02:21 | 118 | 07:10   | 30S  | 11:59 | 242 |
| 2017 Mar 04 (Sat) | 02:17 | 118 | 07:06   | 30S  | 11:55 | 242 |
| 2017 Mar 05 (Sun) | 02:13 | 118 | 07:03   | 30S  | 11:52 | 242 |

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with Moon Sign Aspectarian Calendar*



*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

**April 2017**

| Sunday                         | Monday    | Tuesday                      | Wednesday | Thursday  | Friday                   | Saturday                     |
|--------------------------------|-----------|------------------------------|-----------|-----------|--------------------------|------------------------------|
|                                |           |                              |           |           |                          | <i>1</i><br>April Fool's Day |
| <i>2</i>                       | <i>3</i>  | <i>4</i>                     | <i>5</i>  | <i>6</i>  | <i>7</i>                 | <i>8</i>                     |
| <i>9</i><br><b>Palm Sunday</b> | <i>10</i> | <i>11</i><br>Passover Begins | <i>12</i> | <i>13</i> | <i>14</i><br>Good Friday | <i>15</i><br>Income Tax Due  |
| <i>16</i><br><b>Easter</b>     | <i>17</i> | <i>18</i>                    | <i>19</i> | <i>20</i> | <i>21</i>                | <i>22</i><br>Earth Day       |
| <i>23</i>                      | <i>24</i> | <i>25</i>                    | <i>26</i> | <i>27</i> | <i>28</i>                | <i>29</i>                    |
| <i>30</i>                      |           |                              |           |           |                          |                              |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

ALL STAR RISE/SET TIMES ARE  
IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 13:42 110 | 18:57 39S    | 00:16 250 |
| 2017 Apr 02 (Sun) | 13:38 110 | 18:53 39S    | 00:12 250 |
| 2017 Apr 03 (Mon) | 13:34 110 | 18:49 39S    | 00:08 250 |
| 2017 Apr 04 (Tue) | 13:30 110 | 18:45 39S    | 00:04 250 |
| 2017 Apr 05 (Wed) | 13:26 110 | 18:41 39S    | 00:00 250 |

Betelgeuse Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 11:59 80 | 18:24 60S    | 00:52 280 |
| 2017 Apr 02 (Sun) | 11:55 80 | 18:20 60S    | 00:48 280 |
| 2017 Apr 03 (Mon) | 11:51 80 | 18:16 60S    | 00:45 280 |
| 2017 Apr 04 (Tue) | 11:47 80 | 18:12 60S    | 00:41 280 |
| 2017 Apr 05 (Wed) | 11:43 80 | 18:08 60S    | 00:37 280 |

Arcturus Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 19:38 65 | 02:46 71S    | 09:51 295 |
| 2017 Apr 02 (Sun) | 19:34 65 | 02:43 71S    | 09:47 295 |
| 2017 Apr 03 (Mon) | 19:30 65 | 02:39 71S    | 09:43 295 |
| 2017 Apr 04 (Tue) | 19:27 65 | 02:35 71S    | 09:39 295 |
| 2017 Apr 05 (Wed) | 19:23 65 | 02:31 71S    | 09:35 295 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Polaris Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 15:20 38N | ***** ***    | 03:22 37N |
| 2017 Apr 02 (Sun) | 15:16 38N | ***** ***    | 03:18 37N |
| 2017 Apr 03 (Mon) | 15:12 38N | ***** ***    | 03:14 37N |
| 2017 Apr 04 (Tue) | 15:08 38N | ***** ***    | 03:10 37N |
| 2017 Apr 05 (Wed) | 15:04 38N | ***** ***    | 03:06 37N |

Vega Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 22:25 37 | 07:07 89N    | 15:44 323 |
| 2017 Apr 02 (Sun) | 22:22 37 | 07:03 89N    | 15:40 323 |
| 2017 Apr 03 (Mon) | 22:18 37 | 06:59 89N    | 15:36 323 |
| 2017 Apr 04 (Tue) | 22:14 37 | 06:55 89N    | 15:32 323 |
| 2017 Apr 05 (Wed) | 22:10 37 | 06:51 89N    | 15:28 323 |

Mercury Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2016 Apr 01 (Fri) | 07:18 79 | 13:48 61S    | 20:20 282 |
| 2016 Apr 02 (Sat) | 07:18 78 | 13:52 62S    | 20:26 283 |
| 2016 Apr 03 (Sun) | 07:19 77 | 13:55 63S    | 20:33 284 |
| 2016 Apr 04 (Mon) | 07:19 75 | 13:58 64S    | 20:39 285 |
| 2016 Apr 05 (Tue) | 07:19 74 | 14:01 65S    | 20:45 286 |



*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Venus Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2016 Apr 01 (Fri) | 06:20 94 | 12:12 49S    | 18:05 266 |
| 2016 Apr 02 (Sat) | 06:19 93 | 12:13 49S    | 18:07 267 |
| 2016 Apr 03 (Sun) | 06:18 93 | 12:13 50S    | 18:10 268 |
| 2016 Apr 04 (Mon) | 06:17 92 | 12:14 50S    | 18:12 268 |
| 2016 Apr 05 (Tue) | 06:16 91 | 12:15 51S    | 18:14 269 |

Mars Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 08:25 68 | 15:23 69S    | 22:21 292 |
| 2017 Apr 02 (Sun) | 08:23 67 | 15:22 70S    | 22:21 293 |
| 2017 Apr 03 (Mon) | 08:22 67 | 15:21 70S    | 22:20 293 |
| 2017 Apr 04 (Tue) | 08:20 67 | 15:20 70S    | 22:20 293 |
| 2017 Apr 05 (Wed) | 08:18 67 | 15:19 70S    | 22:20 293 |

Jupiter Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 19:55 97 | 01:43 46S    | 07:26 263 |
| 2017 Apr 02 (Sun) | 19:51 97 | 01:39 46S    | 07:22 263 |
| 2017 Apr 03 (Mon) | 19:46 97 | 01:34 46S    | 07:18 263 |
| 2017 Apr 04 (Tue) | 19:42 97 | 01:30 46S    | 07:13 263 |
| 2017 Apr 05 (Wed) | 19:37 97 | 01:25 46S    | 07:09 263 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Saturn Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Apr 01 (Sat) | 01:31 118 | 06:20 30S    | 11:09 242 |
| 2017 Apr 02 (Sun) | 01:27 118 | 06:16 30S    | 11:05 242 |
| 2017 Apr 03 (Mon) | 01:23 118 | 06:12 30S    | 11:01 242 |
| 2017 Apr 04 (Tue) | 01:19 118 | 06:08 30S    | 10:57 242 |
| 2017 Apr 05 (Wed) | 01:15 118 | 06:04 30S    | 10:53 242 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

## **MAY**

13:30 LST Time Begins at 11 p.m. PST

May is the month for healing on all levels from financial to physical. It is the time of love and success. A time to plan to increase your material success and to recognize and feel the abundance of Love, Joy and Peace that exists all around us. May is also a good month to explore literature and the arts and to begin a physical routine for health as the approach of summer begins.

### **Snake (Ying - Fixed Element Fire)**

Snake years include 1905, 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001. The month of Snakes are from May 5th to Jun 5th. Snake hours are from 9am to 11am. Snake persons are mystic, ambitious, elegant, cautious, graceful, soft-spoken, sensual, creative, prudent, shrewd, deep thinkers, wise, responsible, calm, strong, constant and purposeful. They may sometimes become loners, ruthless, distrustful, bad communicators, possessive, hedonistic, controlling and vengeful. Like the Rat, Snake people may pursue goals ruthlessly and with calculation. They may aim for control through power. Snakes make excellent politicians, business persons, teachers, theologians and philosophers. Snakes are most compatible with those individuals born in the years of the Ox and Rooster.

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

**May 2017**

| Sunday                | Monday                  | Tuesday | Wednes-<br>day | Thursday | Friday | Saturday                     |
|-----------------------|-------------------------|---------|----------------|----------|--------|------------------------------|
|                       | 1<br>May<br>Day         | 2       | 3              | 4        | 5      | 6                            |
| 7                     | 8                       | 9       | 10             | 11       | 12     | 13                           |
| 14<br>Mother's<br>Day | 15                      | 16      | 17             | 18       | 19     | 20<br>Armed<br>Forces<br>Day |
| 21                    | 22                      | 23      | 24             | 25       | 26     | 27                           |
| 28                    | 29<br>Memori-<br>al Day | 30      | 31             |          |        |                              |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

ALL STAR RISE/SET TIMES ARE IN  
PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 May 01 (Mon) | 11:44 | 110 | 16:59   | 39S  | 22:14 | 250 |
| 2017 May 02 (Tue) | 11:40 | 110 | 16:55   | 39S  | 22:10 | 250 |
| 2017 May 03 (Wed) | 11:36 | 110 | 16:51   | 39S  | 22:06 | 250 |
| 2017 May 04 (Thu) | 11:32 | 110 | 16:47   | 39S  | 22:02 | 250 |
| 2017 May 05 (Fri) | 11:28 | 110 | 16:43   | 39S  | 21:58 | 250 |

Betelgeuse Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 May 01 (Mon) | 10:01 | 80  | 16:26   | 60S  | 22:51 | 280 |
| 2017 May 02 (Tue) | 09:57 | 80  | 16:22   | 60S  | 22:47 | 280 |
| 2017 May 03 (Wed) | 09:53 | 80  | 16:18   | 60S  | 22:43 | 280 |
| 2017 May 04 (Thu) | 09:49 | 80  | 16:14   | 60S  | 22:39 | 280 |
| 2017 May 05 (Fri) | 09:45 | 80  | 16:10   | 60S  | 22:35 | 280 |

Arcturus Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 May 01 (Mon) | 17:40 | 65  | 00:48   | 71S  | 07:53 | 295 |
| 2017 May 02 (Tue) | 17:36 | 65  | 00:45   | 71S  | 07:49 | 295 |
| 2017 May 03 (Wed) | 17:33 | 65  | 00:41   | 71S  | 07:45 | 295 |
| 2017 May 04 (Thu) | 17:29 | 65  | 00:37   | 71S  | 07:41 | 295 |
| 2017 May 05 (Fri) | 17:25 | 65  | 00:33   | 71S  | 07:37 | 295 |

Polaris Rise, Zenith and Set

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 May 01 (Mon) | 13:22 38N | ***** ***    | 01:24 37N |
| 2017 May 02 (Tue) | 13:18 38N | ***** ***    | 01:20 37N |
| 2017 May 03 (Wed) | 13:14 38N | ***** ***    | 01:16 37N |
| 2017 May 04 (Thu) | 13:10 38N | ***** ***    | 01:12 37N |
| 2017 May 05 (Fri) | 13:06 38N | ***** ***    | 01:08 37N |

Vega Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 May 01 (Mon) | 20:28 37 | 05:09 89N    | 13:46 323 |
| 2017 May 02 (Tue) | 20:24 37 | 05:05 89N    | 13:42 323 |
| 2017 May 03 (Wed) | 20:20 37 | 05:01 89N    | 13:38 323 |
| 2017 May 04 (Thu) | 20:16 37 | 04:57 89N    | 13:34 323 |
| 2017 May 05 (Fri) | 20:12 37 | 04:53 89N    | 13:31 323 |

Mercury Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2016 May 01 (Sun) | 06:41 63 | 13:50 73S    | 20:58 297 |
| 2016 May 02 (Mon) | 06:37 64 | 13:45 72S    | 20:52 296 |
| 2016 May 03 (Tue) | 06:33 64 | 13:40 72S    | 20:46 296 |
| 2016 May 04 (Wed) | 06:29 64 | 13:34 72S    | 20:39 295 |
| 2016 May 05 (Thu) | 06:25 65 | 13:29 71S    | 20:32 295 |

Venus Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2016 May 01 (Sun) | 05:53 76 | 12:31 63S    | 19:09 285 |
| 2016 May 02 (Mon) | 05:53 75 | 12:32 64S    | 19:12 285 |
| 2016 May 03 (Tue) | 05:52 75 | 12:32 64S    | 19:14 286 |
| 2016 May 04 (Wed) | 05:51 74 | 12:33 65S    | 19:16 286 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
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2016 May 05 (Thu)      05:51 73      12:34 65S      19:18 287

Mars Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 May 01 (Mon) | 07:34 61 | 14:51 74S    | 22:08 299 |
| 2017 May 02 (Tue) | 07:33 61 | 14:50 75S    | 22:07 299 |
| 2017 May 03 (Wed) | 07:31 61 | 14:49 75S    | 22:06 299 |
| 2017 May 04 (Thu) | 07:30 61 | 14:48 75S    | 22:06 300 |
| 2017 May 05 (Fri) | 07:29 60 | 14:47 75S    | 22:05 300 |

Jupiter Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 May 01 (Mon) | 17:40 95 | 23:27 48S    | 05:19 265 |
| 2017 May 02 (Tue) | 17:35 95 | 23:23 48S    | 05:15 265 |
| 2017 May 03 (Wed) | 17:31 95 | 23:19 48S    | 05:11 265 |
| 2017 May 04 (Thu) | 17:26 95 | 23:14 48S    | 05:06 265 |
| 2017 May 05 (Fri) | 17:22 95 | 23:10 48S    | 05:02 265 |

Saturn Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 May 01 (Mon) | 23:26 118 | 04:20 30S    | 09:09 242 |
| 2017 May 02 (Tue) | 23:22 118 | 04:16 30S    | 09:05 242 |
| 2017 May 03 (Wed) | 23:18 118 | 04:12 30S    | 09:01 242 |
| 2017 May 04 (Thu) | 23:14 118 | 04:07 30S    | 08:57 242 |
| 2017 May 05 (Fri) | 23:10 118 | 04:03 30S    | 08:53 242 |



*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

## **JUNE**

13:30 LST Time Begins at 9 p.m. PST

Summer is an excellent time of year to connect with nature spirits, take herbs, learn or perform astral travel, soul work and to learn the hidden knowledge of plants and stones. This season brings out joy and surprise with the strong scents of summer being carried upon the warm moving winds. This season allows us to aspire to greater things and expand our horizons of what we thought was not possible.

Summer is a season of growth, expansion and fruition. We move with greater effort. We feel energized by longer days and warmer nights, bringing with it the emotions of the joys of life and love. Summer is also a time to watch for excess hysteria and excitement. It is a time for being expressive, outgoing and for socializing.

Seasonal Healing Sounds for Summer  
Heart – HHHHAAAAAAAAAAAAAAAAAAAAA

### **Horse (Yang - Fixed Element Fire)**

Horse years include 1906, 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002. The month of Horses are from Jun 6th to Jul 6th. Horse hours are from 11am to 1pm. Horses are agile mentally, are talkative and are physically magnetic. They are intelligent, perceptive, astute, flexible, cheerful, popular, earthy, quick-witted, changeable and open-minded. Horses are prone to becoming hot-tempered and stubborn, lacking stability and perseverance. They may also become rude, and impetuous. A Horse person's success and performance relies on their astuteness, keen mind and persuasive ability to achieve their objectives. Horses are compatible with those individuals born under the signs of Dogs, Tigers and Sheep.

### **Healing Color Visualization Exercise**

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

**Heart, Pericardium and Small Intestine / Tongue / Fire Element**

Breathe in deep while focusing on the heart. As you breathe out release the sound "HAAAWWW", while visualizing RED energy exiting through the tip of the tongue. Repeat this exercise 3, 6, 9, or more times.

**Element FIRE**

The color of summer represents red. Summer is Heat. Heat and Fire exist as Yang energies. Heat is warming, activating, drying and energizing. Yang peaks during midsummer. This manifests as brightness, activity, growth, creativity and joy. Heat is required for transformation, especially the growth of plants. When heat is excessive it turns to fire, the heat is now out of control and sickness results.

Heat rules perspiration and speech. Excessive Heat (*Fire Element*) can cause heatstroke. This can cause some people to become incoherent and sweaty. In less acute situations, where Heat manifests due to diet or emotions, symptoms are similar but much less extreme; insomnia is one example. Black fungus (*also called Auricularia polytricha, wood ear, cloud ear, Judas ear or tree ear*) is effective in removing heat in the blood and is good for the stomach. Summer represents the element of fire. Fire types succeed by being warm- hearted and generous.

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

**Flavor is BITTER**

Examples of bitter foods include: radicchio, rye, rhubarb and coffee. It is a time to eat more colorful food, cook food quickly and use more spices in cooking. Use more water, less salt, eat smaller, lighter meals on extra hot days and drink luke warm liquids. This is the best time of year to reduce the intake of pasteurized dairy products such as cottage cheese. Consume more apples, pears or sprouted barley and especially watermelon are helpful this time of year. Bitterness is Yin energy. It is cooling and has an affinity with Summer.

The summer season produces descending movements, dries dampness (*good*), cause dryness (*bad*), reduces excess and promotes digestion. It is the time of year digestion is strongest in the stomach.

**Best advice for Summer**

Eating slow regular meals while relaxed are key. Recommended foods: Sweet grains and vegetables prepared plainly with little seasoning. Watch for excessive dry or bitter foods.

**Excess to Watch for:** Excessive Red Meat, Excessive Proteins, Excessive Salts, Excess Spicy Foods, Excess Midday Exercise, Excessive Antibiotics, Alcohol, Indigestion, Too much mental activity, Fatigue.

Mental Component – Anger, Repression of Emotions.

Fire people must be careful of overheating, internally or externally. Herbs that calm the mind are key during this time. If mental disturbances are felt, herbs to detoxify must be taken if there are signs of rampant Heat or Fire occurring.

*Seasonal transition*

Our behavior and attitude must both be in harmony as we transition into each new season. Seasonal transition is when ill-health frequently manifests itself in the body.

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

A QI exercise for the Summer Season

**Triple Heater / No Specific Sense Organ / Fire Element**

Breathe deeply while focusing on the body's torso. As you breathe out release the sound "HHHEEEE", while visualizing RED energy exiting through an open mouth. Repeat this exercise 3, 6, 9, or more times.

Studies have shown that excess geomagnetic energy can adversely affect the heart (*Influence of local geomagnetic storms on arterial blood pressure. S. Dimitrova et al. September 2004*).

The heart is a fire element, therefore during times there is excessive geomagnetic energy present, it is a good idea to eat more foods that quench fire. Seasonally geomagnetic storms are stronger than average during the months of Spring and Fall. You can get real time geomagnetic activity levels (also called the planetary K-Index by visiting the address below).

[www.swpc.noaa.gov/](http://www.swpc.noaa.gov/)

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

**June 2017**

| Sunday                | Monday | Tuesday | Wednes-<br>day         | Thursday | Friday | Saturday |
|-----------------------|--------|---------|------------------------|----------|--------|----------|
|                       |        |         |                        | 1        | 2      | 3        |
| 4                     | 5      | 6       | 7                      | 8        | 9      | 10       |
| 11                    | 12     | 13      | 14                     | 15       | 16     | 17       |
| 18<br>Father's<br>Day | 19     | 20      | 21<br>Summer<br>Begins | 22       | 23     | 24       |
| 25                    | 26     | 27      | 28                     | 29       | 30     |          |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

ALL STAR RISE/SET TIMES ARE  
IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jun 01 (Thu) | 09:42 | 110 | 14:57   | 39S  | 20:12 | 250 |
| 2017 Jun 02 (Fri) | 09:38 | 110 | 14:53   | 39S  | 20:08 | 250 |
| 2017 Jun 03 (Sat) | 09:34 | 110 | 14:49   | 39S  | 20:04 | 250 |
| 2017 Jun 04 (Sun) | 09:30 | 110 | 14:45   | 39S  | 20:00 | 250 |
| 2017 Jun 05 (Mon) | 09:26 | 110 | 14:41   | 39S  | 19:56 | 250 |

Betelgeuse Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jun 01 (Thu) | 07:59 | 80  | 14:24   | 60S  | 20:49 | 280 |
| 2017 Jun 02 (Fri) | 07:55 | 80  | 14:20   | 60S  | 20:45 | 280 |
| 2017 Jun 03 (Sat) | 07:51 | 80  | 14:16   | 60S  | 20:41 | 280 |
| 2017 Jun 04 (Sun) | 07:47 | 80  | 14:12   | 60S  | 20:37 | 280 |
| 2017 Jun 05 (Mon) | 07:43 | 80  | 14:08   | 60S  | 20:33 | 280 |

Arcturus Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jun 01 (Thu) | 15:38 | 65  | 22:43   | 71S  | 05:51 | 295 |
| 2017 Jun 02 (Fri) | 15:35 | 65  | 22:39   | 71S  | 05:47 | 295 |
| 2017 Jun 03 (Sat) | 15:31 | 65  | 22:35   | 71S  | 05:43 | 295 |
| 2017 Jun 04 (Sun) | 15:27 | 65  | 22:31   | 71S  | 05:39 | 295 |
| 2017 Jun 05 (Mon) | 15:23 | 65  | 22:27   | 71S  | 05:35 | 295 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Polaris Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Jun 01 (Thu) | 11:20 38N | ***** ***    | 23:18 37N |
| 2017 Jun 02 (Fri) | 11:16 38N | ***** ***    | 23:14 37N |
| 2017 Jun 03 (Sat) | 11:12 38N | ***** ***    | 23:10 37N |
| 2017 Jun 04 (Sun) | 11:08 38N | ***** ***    | 23:07 37N |
| 2017 Jun 05 (Mon) | 11:05 38N | ***** ***    | 23:03 37N |

Vega Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2017 Jun 01 (Thu) | 18:26 37 | 03:07 89N    | 11:44 323 |
| 2017 Jun 02 (Fri) | 18:22 37 | 03:03 89N    | 11:40 323 |
| 2017 Jun 03 (Sat) | 18:18 37 | 02:59 89N    | 11:37 323 |
| 2017 Jun 04 (Sun) | 18:14 37 | 02:55 89N    | 11:33 323 |
| 2017 Jun 05 (Mon) | 18:10 37 | 02:51 89N    | 11:29 323 |

Mercury Rise, Zenith and Set

| Date              | Rise Az. | Transit Alt. | Set Az.   |
|-------------------|----------|--------------|-----------|
| 2016 Jun 01 (Wed) | 04:48 72 | 11:34 66S    | 18:20 288 |
| 2016 Jun 02 (Thu) | 04:47 72 | 11:33 66S    | 18:20 288 |
| 2016 Jun 03 (Fri) | 04:45 72 | 11:33 66S    | 18:21 289 |
| 2016 Jun 04 (Sat) | 04:43 71 | 11:32 67S    | 18:21 289 |
| 2016 Jun 05 (Sun) | 04:42 71 | 11:32 67S    | 18:22 289 |



*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Venus Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2016 Jun 01 (Wed) | 05:46 | 62  | 13:02   | 74S  | 20:18 | 299 |
| 2016 Jun 02 (Thu) | 05:47 | 61  | 13:03   | 74S  | 20:20 | 299 |
| 2016 Jun 03 (Fri) | 05:47 | 61  | 13:05   | 74S  | 20:22 | 299 |
| 2016 Jun 04 (Sat) | 05:48 | 61  | 13:06   | 75S  | 20:24 | 299 |
| 2016 Jun 05 (Sun) | 05:49 | 61  | 13:07   | 75S  | 20:26 | 300 |

Mars Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jun 01 (Thu) | 06:55 | 58  | 14:19   | 77S  | 21:44 | 302 |
| 2017 Jun 02 (Fri) | 06:53 | 58  | 14:18   | 77S  | 21:43 | 302 |
| 2017 Jun 03 (Sat) | 06:52 | 58  | 14:17   | 77S  | 21:42 | 302 |
| 2017 Jun 04 (Sun) | 06:51 | 58  | 14:16   | 77S  | 21:41 | 302 |
| 2017 Jun 05 (Mon) | 06:50 | 58  | 14:15   | 77S  | 21:40 | 302 |

Jupiter Rise, Zenith and Set

| Date              | Rise  | Az. | Transit | Alt. | Set   | Az. |
|-------------------|-------|-----|---------|------|-------|-----|
| 2017 Jun 01 (Thu) | 15:28 | 95  | 21:18   | 48S  | 03:11 | 265 |
| 2017 Jun 02 (Fri) | 15:24 | 95  | 21:14   | 48S  | 03:07 | 265 |
| 2017 Jun 03 (Sat) | 15:20 | 95  | 21:10   | 48S  | 03:03 | 265 |
| 2017 Jun 04 (Sun) | 15:16 | 95  | 21:06   | 48S  | 02:59 | 265 |
| 2017 Jun 05 (Mon) | 15:12 | 95  | 21:02   | 48S  | 02:55 | 265 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

Saturn Rise, Zenith and Set

| Date              | Rise Az.  | Transit Alt. | Set Az.   |
|-------------------|-----------|--------------|-----------|
| 2017 Jun 01 (Thu) | 21:17 118 | 02:10 30S    | 07:00 242 |
| 2017 Jun 02 (Fri) | 21:12 118 | 02:06 30S    | 06:56 242 |
| 2017 Jun 03 (Sat) | 21:08 118 | 02:02 30S    | 06:51 242 |
| 2017 Jun 04 (Sun) | 21:04 118 | 01:58 30S    | 06:47 242 |
| 2017 Jun 05 (Mon) | 21:00 118 | 01:53 30S    | 06:43 242 |

*The 2017 QI Gong, Tai Chi and Tao Almanac  
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*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

## **JULY**

13:30 LST Time Begins at 7 p.m. PST

July is a good time to start important work a little later than usual. It is a month for outdoor activities, making new friends, forgiving and working on challenging projects.

### **Sheep (Ying - Fixed Element Fire)**

Sheep years include 1907, 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003. Sheep months are from Jul 7th to Aug 7th. Sheep hours are from 1pm to 3pm. Sheep persons are artistic, creative, gentle, compassionate, understanding, mothering, determined, righteous, sincere, sympathetic, mild-mannered, shy, peaceful, generous and seekers of security. Sheep may sometimes turn moody, become indecisive, over-passive, prone to excess worry, pessimistic, over-sensitive and complain. Sheep persons rely on their good nature and their sensitivity in order to persuade others to meet their demands and needs. They may use subtle, indirect methods and persistence to achieve their objectives. They are good at artistic and creative endeavors. Sheep people are compatible with those born under the signs of Rabbits, Pigs, and Horses.

*The 2017 QI Gong, Tai Chi and Tao Almanac  
with Moon Sign Aspectarian Calendar*

*Thank you for reading this free preview of the Tao Almanac.. The hardcover version is available from Amazon.com or createspace.. You can also download it to your nook or kindle. Thank you once again and I wish you a happy and prosperous 2017!*



*Scott Rauvers*

*Founder of the Institute for Solar  
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