

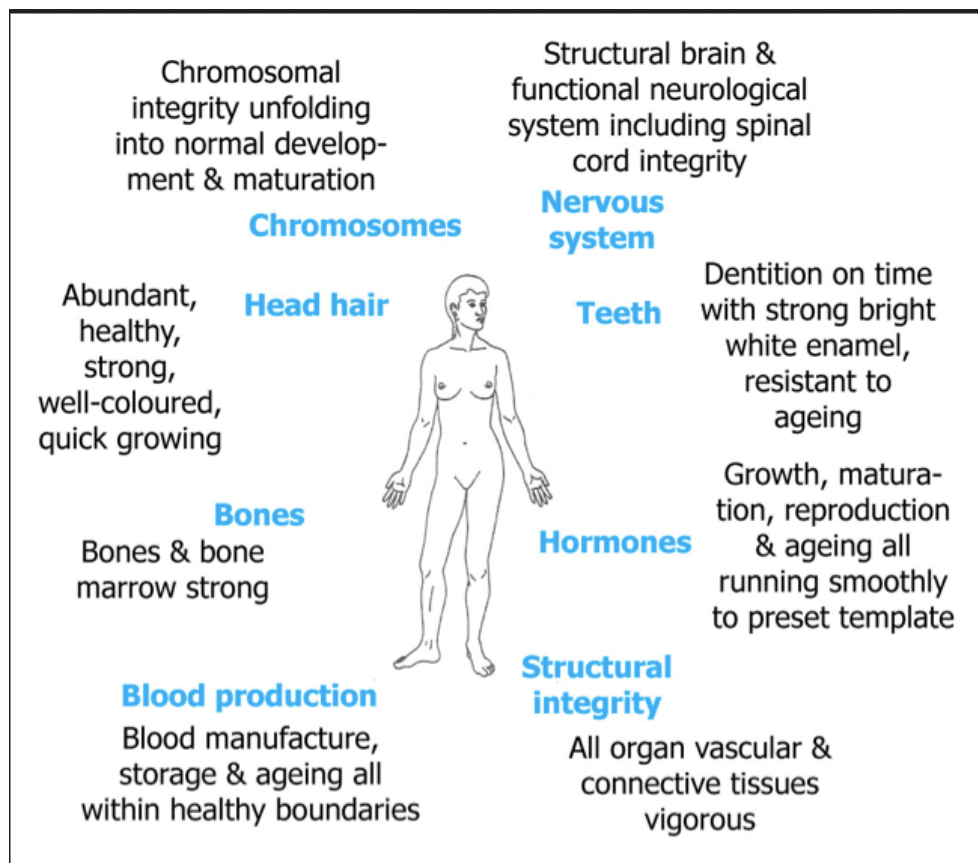
Jing markers charts – ‘His’ and ‘Hers’

Why are these here? To give you a report card that will show you that here is change – and that there are large improvements possible. I asking what health is. This is one way to measure yours - check how your Jing expression are going.

What is Jing?

Essentially your life capital. Like any other form of inheritance, Jing can be spent unwisely, for example when not adhering to sensible lifestyle guidelines. Jing shows as normal, healthy growth and development. The rate and quality of transformation from one life phase to another is the unfolding of our Jing.

Strong healthy hair, bones and teeth, complete and normal brain and nervous system development, and a strong constitution that is able to sustain a human being through various life challenges are all indications of healthy Jing.



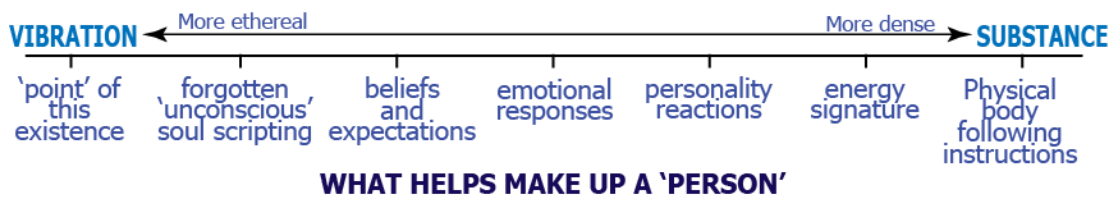
Jing is what you are living with – your inner back account. If your Jing is not of great quality, life is hard. Often seen as chromosomal defects, maturation glitches and life-threatening conditions. Being very premature will automatically have you in this category. Delicate - not robust. Your quality of life is dependent on having good Jing (constitution is a part of this). When you run out of Jing you die.

Survival matters are likely to take over. Thriving is not possible.

Probably your sleeping, gut and life is troubled. Allergies, chronic unwellness. Symptom chasing is not helpful – you are here as you wish for an overhaul. Instead of waiting for a ‘condition’ to be discovered, we could reverse backwards into rude good health. Check out what Jing is all about. Your essence.

Instructions for body functioning are not the organs and the physical bits – they are rules by Qi – energy – similar to the electrics – much like a house with the current interfered with – nothing works. So too in physical death. As with a blackout. Health retrieval involves enhancing circulation. You may need to know more about the systems, and how they all fit together.

The instructions that run your body are not seen through a microscope, not measured in blood or urine tests and does not show up in scans or X rays. Qi flows – as a current. We are all more than the physical body we inhabit. 



Why is taking note so important?

It maps out what we need to be focusing on – and shows you how you will change over the course of this project. This set of simple questions can be used as a report card for you, as you progress through the weeks on this course.

In the past we lived simpler/more natural lives. As you go through these courses with the eBooks and go about changing your life, you can feel what is happening. Charting this in all markers of health is exciting. Be careful - thus of fertility (watch out if this is not your wont - as too many have accidentally conceived when they get healthier).

What else? Recording other changes

1) - Please take a photo of your **tongue**. Health is reflected on your tongue. Watch it change. Maybe take images at least weekly. (You of course can do this more often). Why your tongue? It is a major and very easily explained way to map your health.

2) – It is easy to also chart your **BBT (basal body temperatures)**. This simply gives you a guide – and is more useful than discrete and often expensive occasional blood tests. You may uncover metabolic issues – and then correct them as you return your habit and thus your outcomes back to optimal functioning.

You can chart your metabolism (and what you make your hormones with). See how life choices impact upon what you are able to do, and how happy/well your life is. You will notice the Jing Markers and your BBT slowly normalize as you start being healthier. Enjoy.