

**The Liver Season is Spring**, when the Yang energy in Nature awakens. Then the liver strives to purify itself and ensure the full enrichment and flow of vital energy and blood. It is no coincidence that this is the time chosen for "religious fasting", when our body needs to get rid of the accumulated slag and toxins in winter. The liver loves the tonic "sour" taste, does not tolerate meat and fatty foods, exhaustion and windy weather. Just as the "Green Tree" needs Water, Earth and Sun, so the Liver needs: (p.20,21)

- enough fluids (water, fruit juices, teas); (p.101,166)
- vitamins and minerals from natural sources: (p.51,62,168) green leafy vegetables, salads, fruits, juices, black bread,
- solar energy, which supports the synthesis of vitamin D, necessary for the liver, thyroid gland and immune system. (p.39,63,82,95,111)

**The liver is directly "responsible" for the absorption of almost all chemical compounds** that enter the digestive tract, and controls the elimination of their toxic metabolites and toxins. (p.52,54,129) The liver often suffers from intoxication due to excessive emotionality and use of alcohol, drugs, overeating, eating late and going to bed at night, unhealthy relationships that cause various states of imbalance in liver energy, such as: stagnation, cold, heat, deficiency, moisture. Liver contamination often affects the function of the bile, skin, lymph, tendons and eyes. Manifestations at first glance are invisible, but are expressed in constipation, lymphatic stagnation, fatigue, cramps, loss of appetite, brittle nails, impaired vision, cellulite, stiffness, back and joint pain and more. (p.27,47,49,55,59,81,108,184,190) To strengthen the Liver and the immune system, it is necessary:

- To take care of the spring detoxification of the body. (p.59,168)
- Choose liver-strengthening foods (eg lemons).
- Avoid eating hard-to-digest meat in the evening.
- To adjust the diet (with the last dinner at 19.00)
- To adjust the regime of rest and bedtime (no later than 23.00),
- To go out often in the fresh air and sun! (p. 25,87,111,158,169,186-188)
- Be generous and avoid negative emotions. (p.32,45,90,173)

### THE ASTROLOGICAL GUARDIAN OF THE "HORN OF ABUNDANCE"

The liver is the guardian of our Soul aspirations and potential. In the roots of our "Tree of Life" lies the "Horn of Plenty", from which we can draw if we master the Heart Force with which to cultivate the fruits of the Spirit. (p.94,111,114,148) The liver, as the "Lord" of health and strength, performs its activity through the energy elements of the Tree (yang) and Water (yin), in the zodiac sign of Pisces. The astrological task of Pisces is to purify the Ego, by serving the Heart Force, which creates the conditions for the fruitful interaction of Spirit and Soul, ie. the development of the Fourth Dimension of our lives. (p.17,37-38,99,111,117,125,131,149,153,157,158,159,171,191)

### THE PURIFICATING EFFECT OF MENTAL FORCE

Pure and bright thought can purify the depths of Consciousness and enlighten our Vision of Truth, revealing the benefits of Generosity. (p.15,36,80,89,90,102,117,137,144,172,177)