

more of the free trace element iron will be stored in the liver and blood, at the expense of the vital hemoglobin in the erythrocytes. (p.53,57-58,64,85,92,111,114,121,160,177)

Why do the generally accepted prescriptions for increasing hemoglobin not always achieve the expected results? Conventional measures to increase hemoglobin, in anemic and other diseases, recommend: increased intake of pork, vitamin B12, folic acid, iron supplements. In the context of the topics discussed so far, these measures would lead to increased toxicity, acidification of the blood and further exacerbation of the problem. (p.62-63) Why? **It is the oxygen binder that can potentiate the synthesis of hemoglobin-rich red blood cells.** Oxygen not only stimulates the circulation of vital energy in our body, but also supports the participation of kidney, spleen, stomach and liver functions in energy and blood synthesis, and in the production of immune cells. (sr.80-92,95,104,110,121,128,131,133,162)

Oxygen is the element that supports our lives, but in order to be able to circulate freely and properly in our body, it is first necessary: (p.18,88)

- Get rid of negative emotions, especially those of grief, anger, envy, that slowing down and exhausting kidney and lung functions. (p.12,21,27,32-36,42,95-99,111,133,150,151,152,173)
- To restore proper breathing and heart rate. (p.13-17,91,106,111,117,130,132,167,171,177,186)
- To distinguish the pure from the impure food, feelings, emotions, habits, intentions, actions, and to avoid the retention and delusion of the negative. (p.29-31,86,148,159,160,163,182)
- To free our minds from prejudices, fears and primitive thoughts. To learn to receive freely, but also to give of ourselves. (p.16,17,29,42,86,91,99,133,175,161,179,184,189)
- To strengthen and detoxify our Liver and Will. (s.37-38,59,68,105,112,114,131,153)

THE ASTROLOGICAL RULER OF THE SPEAR OF DESTINY

The Lungs are the rulers and bearers of the Conscious Energy that supplies us with Oxygen, Light and Life Forces, without which our brain and cells cannot function and carry out Life in our body. Our Lungs function due to the elemental interaction of Water (yin), the reservoir of Consciousness, and Metal (yang), a conduit of *the Primary and Intuitive forces* in matter. (p.13,15,20,21,36,40,41,51,63,92,94,102,111,114,157,191)

The lungs carry out our unconscious breathing under the astrological influence of the zodiac sign Scorpio. **The astrological task of Scorpio** is to master the *Primordial power* that the Divine Consciousness has inspired in our bodies, through intuitive knowledge, purification and opening of the Subconscious to the fruitful energies of the Spirit.

Love carries the Divine breath, which revives the Soul and gives Light to the primary Intuitive power, with which we anticipate and read the signs of Destiny. (p.17,32,37,91,116-117,123,133,148,179,192)

THE ASTROLOGICAL KEY OF LIGHT

It is the Mind that can unlock our Consciousness, Heart and Intuition in order to perceive the life-giving forces of Light. **Thanks to the Light** we can become good conductors of Love, Truth and Wisdom, mastering the destructive forces of the Ego. (p.31,37-38,131,146,155,159)

In order not to waste Life, through the darkness we tend to accumulate in ourselves, it is necessary **to maintain the purity of thought** that opens our lungs to the energy of Infinite Potential, but also to take care of the purity of our feelings and body. (p.29-31,32,36,59,99,102,106,114,111,133,144,160,173,177,182,184,186)