

ENERGETIC CAUSES OF KIDNEY ENERGY DEFICIENCY:

- **The stagnation of Liver-Yang energy** potentiates the retention of pathogenic heat in the body, disturbing the hormonal, electrolyte and pH balance, what is a common cause of cardiovascular and bone-joint complaints, autoimmune diseases. (str.31,35,42,45,48,54,57-58,79,106,111,114,171,190)
- **Penetration of cold** into the meridian of the bladder (p.102) - the cause of frequent colds, weakened immunity, decreased libido.
- **Stagnation of Yin energy** in the meridian of the spleen, (p. 123) potentiating the retention of pathogenic moisture in the body (putrefaction in the colon (p. 144), lymphatic stagnation).
- Weak, destructive or missing **Conscious manifestation**. (p.15,36,58-59,94,111,182)

THE KIDNEYS NEED:

- **Enough clean water** and some mineral water.
- **Balanced diet** that does not unduly disturb the alkaline-acid balance in the body, ie. does not burden the kidneys with excess strong acids, bicarbonates, phosphates and sodium. (p.127,167)
- **Sufficient imports of foods** rich in calcium, magnesium and other minerals and trace elements. (p.51,63,59,168)
- **Healthy lungs**, which import pure oxygen, enlightening the mind and carrying fresh Spiritual energy from the Aether, also needed for the synthesis of secondary life energy in the stomach, but also for the alkaline-acid balance in the body. (p.70,73,92,93,132,137)
- **Enough movement**, but also **enough active rest**. (p.25,75,91)
- **Sunlight**, which delivers life-giving UVB rays that support the natural synthesis of vitamin D in the skin. (p.63,87,105,111)
- **Creative and mental activity that expands Consciousness, balances emotions and nourishes life energy**. (p.12,21,27,33,42,69)

THE ASTROLOGICAL GUARDIAN OF THE SOURCES OF LIFE

As regulators of body fluids, their pH and hydro-mineral balance, the kidneys are the guardians of our subconscious and our genetic programs, in terms of our mental and emotional manifestations and the corresponding hormonal expression.. (p.15,22,36,51,63,70,85,112,127,132,144) Energy regulators of the elements Water (yin), Earth and Fire (yang), the kidneys perform their conscious activity under the astrological influence of the zodiac sign of Capricorn. (p.21,58,94)

The astrological task of Capricorn is to use the Earth life to acquire Consciousness, with which to purify the Ego and the "storehouse" of the subconscious from outdated and negative memories, views, prejudices, fears. (p.38,39,91,114,146,150) **To release the Soul!** This requires constant self-control and work on the purity of thought, heart, senses, body fluids, as well as our conscious and unconscious manifestations. (p.36,102,137,182)

THE DETOXIFICATION EFFECT OF HEART POWER

It is the **Heart power** that maintains the purity of Consciousness and bodily fluids, unlocks the portal to Superconsciousness and adjusts our senses to the vibrations of Love - **the Eternal Fire of Life and the Source of all Blessings**.
(p.17,59,93,106,112,117,131-133,148,153,171,190)