

Chapter 1 : Lost Boundaries () - IMDb

Elder: Boundary Keeper (The Practical Herbalist's Herbal Folio Book 4) - Kindle edition by Sue SierralupÃ©, Candace Hunter. Download it once and read it on your Kindle device, PC, phones or tablets.

Posted by TBGDN If you appreciate the taste of onions but not their strong flavor and the inevitable onion breath they leave you with, or if you have difficulty growing onions in your area, then consider growing shallots. A staple in both French and Asian cooking, shallots *Allium cepa ascalonicum* are considered the mildest of all onions and are also more widely adapted and less finicky about growing requirements. Substitute shallots for onions in recipes where you prefer a milder flavor; saute them with a variety of vegetables and meats see recipe below , slice and toss them fresh in salads or dressing, or oven roast them to bring out their sweetness. Shallots are wonderful in risotto and other delicate rice or noodle dishes for which only a hint of onion flavor is required. Green shallots, harvested before the bulbs size up, are similar to green onions and add a crisp texture to many dishes. In most parts of the country, even in my Vermont garden USDA Hardiness Zone 4 , early fall is the best time to plant for a bountiful harvest next summer. Shallot Shapes Shallots are classified into two groups based on shape: Depending on the variety, the skin and flesh colors range from white to purple. There are many variations on these basic types, and although flavor depends on the variety, growing conditions, and weather, French-type varieties tend to have a more pronounced flavor. As a rule, stressed plants produce bulbs with stronger flavor. Both round and French-types produce 1- to 2-inch-diameter bulbs. In general, the firmer the bulb, the better it will store. Choosing Seeds or Sets Normally, shallots are grown from sets similar to onions sets. Purchasing sets is the best option for gardeners who want to save their own variety each year or for those who have small gardens. Set-grown shallots may produce flowers, although these often have sterile seeds. But now, after years of breeding, shallot seed is finally available for sale. For larger plantings, seed is cheaper than sets, and certified disease-free varieties are available. Fungal and viral diseases can be carried over year to year on set-grown shallots. Seed-grown shallots have a shape and flavor similar to that of set-grown ones but are more onionlike in their growth habit. For example, sets of seed-grown shallots cannot be saved for replanting. Spring-planted seed-grown shallots, when harvested in summer, produce sets that if planted will bolt without forming bulbs. Seed-grown shallots take longer to mature usually more than 90 days compared to 70 to 80 days for sets. Set-grown shallots are day neutral--they will form bulbs at any latitude as long as the growing conditions are correct--while seed varieties are somewhat day-length sensitive with some long-day varieties adapted to the North and other, short-day ones to the South. Generally, degrees North latitude is the boundary; it runs approximately from northern California and Colorado through central Illinois to southern New Jersey. These north-south distinctions are not as critical as with onions, and most seed varieties grow throughout the country. Growing from Seeds or Sets Shallots grow best in cool temperatures. Seeds are best planted in spring but can be fall planted at the same time you would seed short-day onions in zone 8 and warmer. You can plant shallot sets in fall anywhere you plant garlic then: In spring, plant sets two weeks before your last frost date. Fall-planted shallots, which tend to produce larger bulbs, will be ready to harvest about two to four weeks before spring-planted ones. Last fall, I planted shallot sets in my garden, and more than 80 percent of them overwintered. They did send up flower stalks in spring, but I snipped them off. Flower stalks on fall-planted shallot sets are usually a sign of water, fertilizer, or heat stress we had a dry, hot spring. Still, these fall-planted shallots matured two to three weeks earlier than the spring-planted sets and produced larger bulbs. Before planting, prepare the soil as you would for garlic or onions, creating a well-drained raised bed, amended with compost. Like onions, shallots are shallow rooted, so keep the soil evenly moist, fertilize with 1 pound of a complete fertilizer such as per 10 foot row, and keep the bed weed free. In areas where the temperatures drop below 0? F, cover fall-planted shallots after the first hard freeze with a 6-inch layer of hay or straw. In spring, remove the mulch at the first signs of new growth, side-dress with a ratio fertilizer, spreading 1 cup per foot row. To allow the bulbs to form a tough, protective skin, reduce watering a few weeks before harvest. Once harvested, separate the bulbs from their bunches and dry them in a warm 80? F , well-ventilated room for two

to three weeks to allow the tops to dry and the bulbs to cure toughen their skins. Cut off or braid the dried tops, and store the bulbs in mesh bags hung in a cool 40° F , humid area, such as an unheated basement. Enjoying Shallots Eating shallots is the best part. To make bulbs easier to peel, drop them in boiling water for about 20 seconds; this also moderates their pungency. French cooks think of onions and shallots as two separate vegetables, each with a unique flavor.

The Skin Keeper. 41 likes. Serious, skincare products, treatments, and updates that help all skin types stay healthy longer. Anti-aging detoxifying, and.

Submissive Behavior Lizards, which belong to the class Reptilia, resemble the dragons of the old fairy tales and the gigantic dinosaurs of long-ago eras. With their scaly skin, their mostly immovable eyes, and a circulatory system that does not provide the body with warmth, they have long been less familiar to us than mammals or birds. Anyone who wants to keep lizards in a terrarium should know at the start what these animals are like and where they come from. Origins Fossil finds provide evidence that the first lizards lived on the earth some million years ago – in the Upper Carboniferous Period. But because even by this time they already existed in many forms, it is clear that there had been a common ancestor earlier. Only the turtles and the Rhynchocephalian tuatara persist into our time. Some million years ago the crocodilians arose. The present-day lizards today number some 3,000 species. They are spread throughout the temperate zones of the earth, though most species live in the tropical zones. Limbs The limbs of the lizard give an indication of its way of life: Tree-dwelling, fast-climbing species have long, delicately jointed legs – especially the tibia shinbone. These lizards have extremely long feet and long toes, which are armed with sharp claws. There may also be fringes of skin on the toes that enable the lizard to run on its two hind legs across a flooded area. Terrestrial lizards have short, powerful extremities and heavy feet. Many of them can dig holes and tunnels in the earth. Water-dwelling lizards have short, powerful limbs and as an adaptation for the aquatic life style they have webs between the toes; these vary in nature from species to species. Many semiaquatic lizards use their flattened tails to help propel them through the water. Special adaptations are the gripping lamellae platelike growths on the undersides of the toes of most geckos. On the lamellae are microscopic hooked cells, which enable the geckos to maintain a grip on smooth surfaces such as large leaves, ceilings, and even on glass. Tail Some species of lizards can, in reaction to an extreme stimulus, cast off the tail or a portion of the tail. This behavior, which is called autotomy, is an important defense mechanism. A predator is easily distracted by the cast-off tail, all the more as the tail segment may continue to make slithering movements for a while because it possesses an independent nervous system. Lizards that autotomize have tail vertebrae with pre-established breaking points. The shortened tail regenerates partly or wholly, not by means of new bony tail vertebrae but by developing new cartilage. The appearance of the scales and the color may not always match those of the lost tail. Sensory Organs The eyes: Probably the most important sense organs for the lizard are the eyes. In most lizards, the sense of sight is very well developed, even allowing them to perceive colors. Evidence for this comes principally from the many optical signals through which lizards identify each other or communicate. In species active at night or at dusk, the pupils are slit-shaped, to protect the eye from glaring light. As light dims, the slit widens. At the base of the eyelid are the tear glands; on the nictitating membrane a third, often translucent eyelid are the lachrymal and Harderian glands. This salt is sneezed out. Thus many a sneezing iguana is not an iguana with a cold. Hearing abilities vary greatly from species to species. Unlike the lizards, the crocodilians have an external auditory canal. Some hear well and are even able to distinguish specific noises. For example, geckos have comparatively good hearing; the sounds and cries that they emit during mating, particularly, are an indication of this. The perception of the aromatic substance is accomplished through the sensory-cell tissue of this organ. Therefore, increased darting of the tongue – at feeding, for example – is analogous to the excited sniffing of a dog. After eating, many lizards polish their mouth with their tongue. Almost all use it to drink or – to put it more accurately – to flick up the water. Geckos that lack movable eyelids regularly polish their eyes with their fleshy tongues. They can be deeply cleft and extended, serpentlike. By means of a notch in the upper jaw, the monitor lizard, for instance, can flick its tongue with its jaws closed. But tongues can also be short and fleshy, as in the iguana. Skin In most lizards the skin is very highly developed. It consists of scales and sometimes bony plates of different sizes and shapes, whose arrangement is always the same within each species but differs within the orders, families, and genera. In the zoological classification of lizards, therefore, the scales serve for recognition and definition. Since the

lizard skin is horny on the surface – the surface a lifeless structure that no longer grows – it does not continue to fit during the period when the lizard is still growing. Therefore the skin must be shed from time to time. The new skin is somewhat larger than the old. The fast-growing young lizard molts at substantially shorter intervals than the more slowly growing older animal, but even mature lizards shed their epidermal skin surface as it becomes worn. Molting is governed by the hormones of the pituitary and thyroid glands, although external factors like temperature, humidity, food supply, and the condition of the animal in general also play a role. The molting proceeds differently among the various kinds of lizards: Skinks slip out of their skin like snakes and leave it behind all in one piece. Other lizards, like the monitors, lose their skin in patches or shreds. This often continues for so long that an entirely new molting is beginning at the head as the skin on the tail is just sloughing off. Geckos grasp the old skin in their mouth, pull it from the body, and eat it, thereby taking in valuable nutrients. The changing color of the skin is brought about by the expansion and contraction of the pigment in the color cells of the dermis and lower epidermis. The color change is controlled by hormones or by the nervous system. It can be an adaptation to the background or, frequently, it is a reaction to the mood of the lizard. Threats, displaying, courtship, or mating can influence the color range of many lizard species. Dark colors mostly signify rest or submission, but they will also appear when it is important for the lizard to take up as much solar energy as possible. Body Temperature Reptiles, including the lizards, are described as cold-blooded or poikilothermic animals. This means that their body temperature is influenced by the temperature of their surroundings, since – in contrast to mammals and birds – they do not possess or do so to only a very marginal degree the power of keeping their body temperature constant. The body temperature can be higher than the environmental temperature when a sunbathing lizard has become dark and is thereby taking up much warmth from the sun. It can be less if a bright color is reflecting the sun. If the heat of the sun becomes too great, lizards seek shadow or damp places in the earth. Since the blood distributes warmth throughout the body, it follows that the heartbeat can exercise a degree of influence over the body temperature. Because lizards cannot accommodate themselves to extreme variations of climate, the lizard-keeper must see to it that the temperature in the terrarium corresponds to the needs of the captive lizard species. Some particularly striking behavior patterns are easy to observe in the terrarium. For example, you can draw conclusions about the mood of the lizard or tell if the animal in the terrarium is under stress. Threatening Behavior Threatening demeanor varies from species to species. Iguanas threaten a rival by stalking stiff-legged with mouth wide open and trunk vertical and flattened, head nodding, and presenting the dewlap. Bearded lizards threaten with wide-open mouth and prickly black beard – a fold of skin on the neck – erected. The shining yellow mucous membrane of the mouth thus contrasts strikingly with the dark beard. Blue-tongued skinks achieve a similarly terrifying effect with a wide-open mouth, thus exhibiting their shimmering gray-blue tongue and the red mucous membrane of their mouth. Male anoles nod their heads and erect the dewlap on their necks when they are menacing another lizard. Monitor lizards signal an attack by high-stepping with head sunk and agitated puffing up of trunk and neck. It is important for the keeper to recognize the threatening behavior of his lizards. Lizards threaten each other according to a typical ritual – it is a part of their method of communication – but the threat may also be directed toward the keeper. In that case, special caution is indicated. If you are bitten by a lizard, see a doctor at once. A lizard that is constantly being threatened by another lizard is placed under constant psychological stress. An animal so threatened will languish if the caretaker does not intervene promptly. Lying with head and front part of the body raised, it moves the front legs quickly up and down, while the dominant animal threatens with head held upward and legs high. When an animal shows this submissive pattern frequently, the caretaker must intervene to help by providing better territorial boundaries in the terrarium or, if necessary, putting the dominated animal in a separate terrarium. Check out these related articles:

Chapter 3 : Basic Information About Keeping Lizards As Pets | Infolific

The purpose of this manual is to provide you with the basic information necessary to complete person care skills as required by Department of Human Services Minnesota Rule (Personal Care Assistant).

She had been absent-mindedly daydreaming, playing out a fantasy scenario between herself and Lucy. She found herself to be enamored with imagining the romantic possibilities between her and her newly acquired girlfriend. I found it surprising that he contacted me in the first place. She was looking forward to seeing Erza, as she had had a hard time getting her mind off of her. She grinned to herself thinking about it as she approached the guild hall. Lucy opened the front door to find Natsu, Gray, Erza, and Happy standing near the entrance. Jeez, I thought you were never gonna make it! Lucy made eye contact with Erza and felt a smile spread across her face. We have to take a train to Veronica?! The group arrived at the train station and boarded. Lucy grabbed a window seat, Erza sitting next to her. Gray occupied the opposite seat from Lucy, with Natsu on the ground in a fit of nausea. Gray stared blankly out the window, lost in the landscape. He found himself to be thinking of his Fairy Tail family often; the love he felt for them is what drove him to be a force of good in the world. Ur had shown him that through love, all hatred and fear could be overcome. Gray heard a giggle and glanced over at the girls across from him. Gray smiled to himself. Lucy looked so peaceful in that moment, it brought him warmth. He shifted to look at Natsu, who was both immobile and mute. He shook his head, deciding to tease Happy. Wait, am I tired? I am, in fact, tired. Being affectionate towards Erza felt natural, but was she risk of outing herself? What if this upsets our team dynamic? She sighed, sitting up once more. Grassy hills, growing larger by the moment, seemed to billow from the rocky outcrop in the distance. She wondered what they were getting themselves into. Before long, the train pulled into Scylla Station. Happy carried Natsu off the train, the rest of the party following. The buildings and structures were intact, but there seemed to be no life in the city. The train station was the exception, with soldiers lining the entrance. We need to track down Jericho and get to the bottom of this. Their footsteps echoed throughout, the city otherwise still. As they walked past a derelict alley, Lucy heard a rustle. She turned her head just in time to see a large green lion, covered in scales, leaping towards her. She let out a scream, crouching and flinching. As she braced for impact, she heard the sound of metal piercing flesh followed by a pained roar. She opened her eyes to see Erza over the beast, now prone, stabbing it repeatedly. The creature seemed to evaporate into a miasmic cloud as it gave a parting cry. Erza looked at Lucy, her eyes wide and blood pumping fast. Lucy grabbed her gate keys. They passed through the north entrance. Before them was an emerging forest, heavily populated. The group turned to see a heavily cloaked being about fifty meters from the entrance of the city, nearly hidden amongst the trees. Sagittarius drew an arrow, taking aim. Sagittarius held his shot, turning to Erza. The shrouded figure began to move towards them, seemingly unfazed. The humanoid walked holding a gnarled, dark brown staff. Atop the staff was a circle with an X running through it. It sounded as if the forest itself was speaking to them. A set of eyes faintly glimmered underneath a heavy earthen cowl. I am the guardian of Scylla, and by proxy, the rest of the principality. An orb, to be precise. The orb amplified my powers by many magnitudes, allowing me to contain the beasts of Boundary. I fear that she has stolen my orb in order to manipulate this power for her personal gain. Tell me how we get there! Balta is incredibly strong, especially with the orb. Do not underestimate her. Erza turned to look at Jericho. We will not let you down. Gray was the first to hear a muffled struggle in the distance. He rounded the trees in front of him to see Natsu wrapped in vines, struggling to move. He formed a blade of ice, slicing through the tendrils ensnaring him. Everyone stood in the small clearing with bated breath. A deafening crash erupted through the forest as the ground in front of them was torn open. A twin-headed behemoth worm-beetle raised up, both heads hissing loudly. Its dark purple exoskeleton was caked with mud; its twin pincers were shiny and black. The beast lunged for Erza, who leapt into the air, sending a volley of swords downward. The blades bounced off of the exoskeleton, enraging the worm. It began spitting an acidic slime; everyone except Gray managed to avoid the attack. He let out an agonizing cry as the acid landed on his arm. Gray froze the substance and shattered it. It seemed to stun the monster, which began to flail about a few seconds after impact. Natsu grabbed hold of its

mandibles, climbing atop one of its heads. Flames erupted from his hands and into its eyes. The creature let out a piercing shriek, the other head grabbing Natsu in its pincers. Natsu expelled flames from his form; the arrow caught fire. The now dead head of the worm fell to the ground, Natsu crashing down with it. The remaining head opened its mouth wide, letting out a cry. Erza seized the opportunity, throwing her sword into its maw. The second head fell alongside its twin. Much like the lion they had encountered previously, the worm dissipated into smoke. Natsu rose to his feet, laughing to himself. His expression pained, he was running icy breath over his arm. It only got the surface of my skin, luckily. Happy emerged from behind a once large rock, now melted from the corrosive slime. The group continued along their path until they reached an impasse. The forest tendrils had grown so thick that they could no longer traverse through them. They curved upward, running through the forest canopy and out of sight. You can leave now. Would you like to discipline me? Lucy rolled her eyes. I need you to see if you can get us on the other side of these vines. After a moment, she resurfaced. Would you like me to take you? The group emerged on the other side, marveling at the sights before them. The roots formed a gigantic hollow structure which surrounded them as walls. They traveled upward, creating a tree shape. Natural bioluminescence filled the area, which was teeming with life.

Chapter 4 : The Ecology of Magic - An Interview with David Abram

At the physical level, boundary, breath and renewal are expressed as the lungs, the skin and the colon. The Lung refers to the whole respiratory system and includes the nose and sinuses. Across the boundary of the lungs oxygen is taken in and carbon dioxide waste is excreted.

After meeting Ate Jai, my companion for this Chasing Waterfalls episode, at the South Bus Terminal early in the morning on Sunday, we took the 7 am non-airconditioned bus to Ronda for As we traveled along the southern road, the sun extended its rays on the bus window showing its radiance and majesty. I was so grateful, so grateful, that finally the weather was fine after a stormy week. Oh well, I should contain my excitement. I guess I should take a nap first because the arrival time is estimated to be after 2 - 3 hours. BUT I was totally wrong! Due to an on-going road construction that caused heavy traffic, our estimated time was delayed. We arrived in Ronda Market, the drop off point, after almost four hours. Can you imagine sitting in the bus without having a stopover and the pace of the bus is so slow because of heavy traffic? This made our stomach empty. But there was nothing to worry because upon arrival, we headed straight to the market to have lunch. We took simple food to fill in our empty stomachs. Our lunch costed us Finally we had fueled up, and it was now time to go to Lusno Falls. We hired a motorbike or habal-habal which was just in the market area. Due to excitement we immediately hired a habal-habal without even negotiating the fare, but as I have searched the fare is While we were on our way, I asked around and confirmed that the fare is indeed We continued our trip to Lusno Falls. The nice thing about riding a habal-habal was that we had a degree view of our surroundings. We witnessed first-hand the beautiful and scenic mountain top with luxuriant trees and smelled the breath of fresh air. Fortunately , there were good people who showed us the right direction. Too many hours were wasted and lot of energy were drained. After 30 minutes of riding and getting lost we arrived and found the basketball court of Barangay Anajao, Argao. This is the boundary of Argao and Ronda. Anyway, the driver of habal-habal did not wait for us because he had other business to attend to. He told us that there were a number of habal-habal waiting in this locale. After getting off from the motorbike, we asked the locals the location of Lusno Falls which they heartily gave. They even volunteered their kids to guide us. I really appreciated their concern. Their goodness melted my heart and I forgot the delayed experience in the bus and habal-habal. We asked if the distance to Lusno Falls was far from the basketball court or just within walking distance. They stressed it was far, that we should ride a motorbike. We believed them and hired a habal-habal and then we went to Lusno Falls. These were the people that helped us and as you can see the habal-habal drivers competing for people to ride on their motorbike. Maybe the locals did not believe that we could walk, lol! Finally we reached the point where the habal-habal could no longer pass through due to the narrow path, so we disembarked from our habal-habal and walked our way in going to the falls, and of course, with the company of our little guides, the kids, who led us the way. We passed by a house and paused for a while. And the resident there was very friendly, inviting us to sit on their bench outside their house. Thank you so much! As we walked down the trail, we noticed the rustic scenery. It was basically a rural and agricultural community. I find this a lovely place. This is Ate Jai. She loves to travel. There are parts of the trail that are muddy and slippery. As we continued our trek we had to go down a very steep and muddy trail. They were so cute but they were chained so that they would not wander off. Just a few more steps and we would be able to arrive at the hidden paradise, the Lusno Falls. There is no entrance fee. As of this writing This is absolutely free! How cool is that? There is a part of the place where water flows into the river that is ankle deep. We waded through the cascades, enjoying the massaging effect of water rush around our feet. Notice on the right side where we put our things. On the brighter side, there was no human modification in the environment. The beauty of the place was purely natural. Lusno Falls will retain its beauty if it will stay forever like this. You can even try this one! We really enjoyed the feeling of cold water all over our body. So brace yourselves because I will show you my selfies with this wonderful Lusno Falls. If you want harder massage you can soak under the falls.

Chapter 5 : Posikeeperâ,,ç | Boundary Equipment

Nice and quite thorough book on elder, its history and usage. I like the way the author has made the link between elder as a boundary keeper in the landscape, the emotional boundary issues elder can address (especially as a flower essence), and the immune system support elder offers when viruses threaten to invade our physical "boundaries."

The inner environment needs to be protected by a clear boundary which both defends and defines the person. Across this boundary vital materials can be taken in and waste materials excreted. The most vital and obvious material that the Lung takes in is oxygen; but as we shall see, the Lung, in Chinese medicine, is more than the respiratory system. The Lung has to do with boundary, breath and renewal. The Lung refers to the whole respiratory system and includes the nose and sinuses. Across the boundary of the lungs oxygen is taken in and carbon dioxide waste is excreted. Since most human energy is derived from air, the Lung is primarily responsible for physical vitality and is said to govern Qi in the body. The skin also breathes and exchanges substances with the outer environment. Its healthy functioning is seen as an aspect of Lung function. Beneath the skin the protective energy known as Wei Qi is said to circulate, defending the body against invasion from pathogenic forces. The Lung and Colon together are related to immunity, the strength of the protective boundary. Pathogens most easily enter through the respiratory and digestive systems and the Lung and Colon are responsible for maintaining the integrity of these systems so that they are not penetrated by invaders. A clear psychological boundary enables us to know who we are, to meet another and to establish clear relationship. Whereas the Spleen is archetypally related to the mother, the Lung is archetypally related to the father. Traditionally it is the father who teaches a sense of self-value and helps us to leave home and find our place in the world. Good fathering teaches boundary, and helps with individuation and separation from the mother. The Lung is therefore concerned with feelings of self-esteem and respect for both ourselves and others. Knowing who we are, believing in our self-worth and taking our place in the world are all part of the realm of the Lung. The Lung is also said to be the residence of the corporeal soul, or Po. The corporeal soul is the most dense and tangible aspect of the soul which dies with the body at death. The Po gives us awareness of the physical body, of our own aliveness and the physical rhythms of our bodily life. Sometimes translated as the vegetative soul, the Po belongs to the earth, to the material world and to the world of pure sensation. Its counterpart, the Hun, which is housed in the Liver, belongs to the world of spirit and consciousness. There is a sense of softness and fullness in the chest, strong lungs and a clear powerful voice. Immunity is strong, so recovery from illness is quick and effective, the skin is glossy and the complexion is bright and fresh. The breath is usually clear and pleasant. Someone with strong Lung energy usually evokes a response of admiration and respect in another. In conditions of dysfunction the Lung is either weak or obstructed. Physically weak Lung energy will manifest as low vitality and a poor immune system. The breathing may be shallow, not expanding the lower part of the lungs or the sides, and there may be respiratory problems. The skin may appear unhealthy and circulation of Qi and Blood may be weak. Dignity may turn to false pride, leaving a person feeling alone and separate. It may be hard to claim a place in the world. The best way to amplify Lung energy is to take plenty of fresh air, develop the physical capacity of the lungs through exercise such as swimming, and to consciously bring awareness into the breath. A few minutes each day of relaxed breathing, learning to breathe with the diaphragm and relaxing the muscles of the chest and shoulders, can be very effective at building the power of the Lung. Expansive movements which physically open the chest are also helpful. The intention is to stretch, to bring tone and release contraction in the muscles that surround the rib cage. It is also possible to develop the Lung through voice work such as singing or learning to project the voice. This can be an emotionally charged process for some people, bringing them face-to-face with all the inhibitions which have been allowed to constrain self-expression. The skin, as part of the Lung system, can be nourished by brushing. Wearing natural fibres will allow the skin to breathe freely; going naked from time to time when weather and circumstances allow will also help the skin to breathe. Moderate sunbathing will nourish the skin, although overexposure may be damaging. Emotionally the Lung is nourished by respect. Learning to value who we are and what we do will attract respect from those around us. Deeply exploring

what we value, and finding ways to express those values in the world, help open us to the energy of the Lung. In the outer world we can give value to our environment, attend to cleaning out stale corners of our house, or of our life. Clearing up our environment can be a way that we externally support the Lung function and may well bring more clarity into our emotional and mental life. Well-maintained fences, sensible security, clean windows and a well-kept exterior are domestic expressions of Lung energy. Nourishing the Lung Through Food A Lung-supportive style of eating attends to the aesthetics of food and gives food a high value in daily life. A quality of respect for the importance of food and a delight in the simple rituals of eating set the tone for supporting the Lung. A diet high in fresh organic vegetables with some sprouted seeds and grains is helpful. The Lung also needs protein, and a craving for protein often indicates Lung Qi Deficiency. However, the best protein for the Lung is generally low fat such as tofu, beans and white meat. When tolerated, dairy produce is strengthening for the Lung but in many cases causes congestion and the build-up of Phlegm. If this is the case, use goat or sheep products, or minimise dairy. Some pungent-flavoured foods are helpful to open the lungs and stimulate Lung function. Foods to keep in check are all those which cause congestion, i. Lastly, white and light-coloured foods resonate with the Lung, so foods such as radish, white meats and white mushrooms tend to have some benefit.

Chapter 6 : Shallots - blog.quintoapp.com

You searched for: boundary keeper! Etsy is the home to thousands of handmade, vintage, and one-of-a-kind products and gifts related to your search. No matter what you're looking for or where you are in the world, our global marketplace of sellers can help you find unique and affordable options.

Soul Vessel[edit] At 15th level the essence of life has infused itself into you causing your strikes to shower your enemies with overwhelming force and your body to withstand the test of time. Whenever you land a successful weapon attack on an enemy they take 1D8 extra Force damage. In addition for every 10 years that pass, your body only ages 1 year. Animated Soul[edit] At 17th level The rage of life wells within your summoned companions empowering them with brutal might and allowing their attacks to cleave through enemies. Once on each of your turns when a creature summoned via your Life Pact feature makes a slam attack, they can make another slam attack against a different creature that is within 5 feet of the original target and within your summoned creatures reach. Grand Keeper[edit] At 20th level your immense power over life gives you more access to your Well of Life. You may spend an action to enter or leave your Well of Life and may stay there as long as you wish causing the land itself to bow to serve you, supplying you with endless food, comfort, and shelter. If you leave the Well of Life you reappear in the nearest safe and unoccupied space closest to where you entered it. You may store items in your Well of Life as you see fit. The creatures in your Well of Life will remain passive towards your guests unless you deem them no longer welcome, in which case they will be hostile to the guests and all terrain within your Well of Life will turn to difficult terrain for the unwelcome guests. In addition you may now have as many creatures as you want summoned via your Life Pact feature at any given time, however you may still only order one of your summoned creatures during your turn. The Natural Order[edit] Menagerie You have embraced the life flowing through you and become a pure manifestation of light and nature. You dedicate yourself to the purity of life and its preservation. Creatures brought to the Demiplane become covered in bark, antlers, fur, claws, flowers, or other natural features. As the holy life of nature flows through you, your body may undergo some of these mutations as well. Creatures who were already Animals, Plants, or Fey that are banished to the Menagerie remain generally the same in appearance. Grove Soldier At 3rd level creatures summoned via your Life Pact feature gain 3 maximum hit points. Whenever you gain a level in this class thereafter, their hit point maximum increases by an additional hit point. Creatures currently summoned via your Life Pact feature gain these temporary hit points as well. In addition creatures summoned via your Life Pact feature can use their action to taunt nearby enemies into attacking them. On a failed save, effected creatures cannot target any other creature besides themselves or your summoned creature as a target for weapon attacks and spell attacks. If you recall a summoned creature into your Well of Life, taunted enemies are immediately freed from this effect. Creatures who are immune to charm effects are immune to this ability. You may use this ability a number of times equal to your Wisdom modifier a minimum of once and regain uses of this ability after finishing a long rest. At 13th level creatures taunted by this ability have disadvantage on attack rolls. Animal Harbinger At 13th level you may cast the spell Conjure Animals once. You do not need to concentrate on this spell and the duration is up to 5 hours but you may only summon a single beast with a challenge rating of 2 or less. You regain the use of this ability after a long rest. Lord of the Woods At 18th level your creature type becomes beast, plant or fey your choice. As an avatar of life you will likely be sought after by higher beings in order to ally themselves with you or try and drain your life energy. From this point on you may spend your action to merge with a creature summoned via your Life Pact feature into a fusion of both of your bodies. Well merged with your summoned creature you take on all of the statistics as your summoned creature currently has as described by your Life Pact feature including its current hit points. Well in this form you gain the effects of any feature that normally effects creatures summoned via your Life Pact feature. You may use weapons in this form or make slam attacks your choice and maintain all your class features. Whenever a creature attacks you with a melee attack well in this form, they take piercing damage equal to your Wisdom modifier from barbed thorns that protrude from your body. This form lasts an hour or until it drops to 0 hit points. When this form is destroyed the creature you

merged with returns to your Well of Life with 1 hit point and you return to the hit points you were at before transforming. You may use this ability once and regain expended uses after a long rest. The Undead Order[edit] Graveyard Although most Keepers accept the gift of life within them you have denied your gift and turned to vile necromancy. You twist and warp the dead to serve you and become a patron of the dead. Life is just something to be abused for powers in your eyes. Your Well of Life becomes a Graveyard filled with muck and tombstones. Any creature banished to the Demiplane has rotting flesh, a skeleton frame, wraith like features, ectoplasm, or other undead features. As the Unholy life of undeath flows through you, your body may undergo some of these mutations as well. Creatures who are already Undead that are banished to the Graveyard remain relatively the same in appearance. The creature type of creatures summoned via your Life Pact feature becomes Undead. Cursed Touch At 3rd level your summoned creatures gain the ability to debilitate enemies momentarily. On a failed save the target suffers one of the following effects of your choice. The creature is blinded until the start of your next turn. The damage dealt by its weapon attacks is halved until the start of your next turn. It is charmed by a chosen ally within 30ft until the start of your next turn. Grave Bomb At 7th level whenever a creature summoned via your Life Pact Feature dies, they violently explode. On a failed save any creature in the radius takes 4D8 necrotic damage or half as much on a successful save. At 13th level you may apply one of the effects listed in your Cursed Touch feature to creatures who fail their Dexterity saving throw. At 18th level the damage from this feature increases to 8D8. In addition you may cast the spell Speak with Dead a number of times equal to your Wisdom modifier and you regain all uses of this ability after a long rest. When you sacrifice a creature that is already summoned via your Life Pact feature you may immediately summon a new creature as a bonus action. You may summon replacement creatures this way twice and regain the uses of this after a short or long rest. Grave Lord At 18th level your creature type becomes Undead, you no longer need to sleep and you gain immunity to necrotic damage. Although you no longer need to sleep you must still spend at least 4 hours of light activity on a daily basis to gain the benefits of a long rest. As a avatar of death, dark beings may observe your progress and cultists are likely to start following you. In addition you may cast the spell Circle of Death once without using material components. Your spellcasting ability is Wisdom and you regain all expended uses of this ability after a short or long rest. The Eldritch Order[edit] Eldritch Sanctum In your search you found the most primitive source of cosmic life. You find yourself obsessed with the great old ones and seek to learn ancient knowledge well expanding your arsenal of eldritch horrors. Your Well of Life becomes a living organism made out of tentacles, eyes, arms, legs, and teeth. Any creature banished to the Demiplane gains tendrils, extra eyes, more mouths, or huge brains. As the Eldritch life of chaos flows through you, your body may undergo some of these mutations as well. The creature type of creatures summoned via your Life Pact feature becomes Aberration. Creatures who were already aberrations that are banished to the Eldritch Sanctum remain relatively the same in appearance. Tentacles At 3rd level you gain tentacles as a Keeper Weapon. Tentacles are a special weapon dealing 1D8 Piercing damage with the finesse property. When you land a successful hit with this weapon, you may attempt to grapple your target as a bonus action. You may add your Wisdom modifier to grapple checks made with this weapon. If severed, it regrows over the course of a short or long rest. Slingshot Starting at 7th level you may catapult your body 30ft in one direction of your choice by expending all of your movement for the turn. Well traveling this way you gain the benefits of the disengage action. If you are grappled to an enemy well using this ability they travel with you. If you hit a wall well traveling you immediately stop and any creature you are grappling takes 2D6 bludgeoning damage. Inhuman Form Starting at level 13 creatures summoned via your Life Pact feature gain your tentacles feature as well. Their tentacles gain all features that directly influence tentacles whenever you gain access to them and all features that work with slam attacks also work with these tentacles. In addition your Tentacles now gain the reach weapon property and even if your form is altered by Polymorph or similar spells you may still use your tentacles as one of your actions. If a creature you transform into has the multi-attack action you may replace one of the attacks listed with a tentacle weapon attack. Cosmic Lord At 18th level your creature type becomes Aberration and you can no longer be feared or diseased. As an avatar of the cosmos, terrors from the far reaches of the universe take interest in you and their children treat you as kin. From this point onward creatures that are grappled by your tentacles have

disadvantage on all saving throws. Your spellcasting ability is Wisdom and you regain all expended uses of this ability after a long rest. Your Well of Life becomes a expanse of perfect draconic lairs for a variety of dragons such as high mountain caves, destroyed castles, or volcanos. Any creature banished to the Demiplane has their body heavily influenced by draconic magic similar to the way a Dragonborn compares to a Human. Some examples of this are scaly skin, leathery wings, claws, or dragon shaped skulls. As draconic blood flows through you, your body may undergo some of these mutations as well. The creature type of creatures summoned via your Life Pact feature becomes Dragon. On a failed save they gain vulnerability to one of the following damage types of your choice until the start of your next turn: This has no effect if the target has immunity to the selected damage type, and if the target has resistance they lose the resistance instead of becoming vulnerable. You may use this ability a number of times equal to your Wisdom modifier a minimum of once and regain expended uses on a long rest. In addition you may merge creatures within your Well of Life with a combined Challenge Rating of 5 or more to create a dragon egg. After one week, the egg will hatch into a Wyrmling. Draconic Feasting You may feed your dragons with the power of other beings within your Well of Life to bring them to the next stage of development as follows: To age a Wyrmling into a Young Dragon you must combine creatures with a total Challenge Rating of 10 or more.

Chapter 7 : The Lung in Chinese Medicine | Meridian Press

The Skin Keeper. likes. Having bright and beautiful skin is one of the major signs of beauty. Embark with the skin keeper's journey to achieve it.

Though he worked as a magician in the United States and Europe for a number of years, he attributes most of what he knows about magic to the time he spent in Indonesia, Nepal and Sri Lanka learning from indigenous medicine people. When Abram published his book *The Spell of the Sensuous* in , the reviewers practically exhausted their superlatives in praise of it. The Village Voice declared that Abram had "one of those rare minds which, like the mind of a musician or a great mathematician, fuses dreaminess with smarts. The book touches on a wide range of themes, from our perception of the natural world to the way we use of language and symbols to process our experience. I spoke with Abram in Claremont, California. How did you become interested in sleight-of-hand magic? I first saw a magician perform when I was a kid of about eight or nine and after that I tried to learn some magic. I came back to it when I was about sixteen. When a magician is successful making a stone vanish, and then plucking it back into thin air, or making a coin float from one hand to the other hand, it leaves us without any framework of explanation. We are suddenly floating in that open space of direct sensory experience, actually encountering the world without preconceptions, even if just for a moment. The magician is one who frees the senses from the static holding patterns that they are held in by assumptions, by outmoded ways of thinking, and by the styles of speech and discourse. Discovering this is what began to really galvanize my own magic. I would perform there several times a week working from table to table doing sleight-of-hand between courses. It was for families or young couples. You know, they would beckon over the magician and ask him to do something with a coin or a deck of cards. Sawing a woman in half, or something like that. So I stayed away from those sorts of effects for that gig. Then I began performing throughout New England. Later, I took off a year from college to wander as a street-magician through Europe. How did that lead to your subsequent interests in ecology and anthropology? When I decided to return to college to finish my degree, I became very interested in the uses of magic in medicine. Were they open to sharing their secrets with an American? Yes, in fact it was very successful. When these magicians learned that there was this Westerner who actually had some access to the ancestors as they spoke of them or who had some interchange with the spirits, I was invited into their homes and asked to trade secrets with them. Sometimes I was even invited to participate in their ceremonies. And yet you practiced a very different form of magic than they did. Yes, I had learned my craft from American magicians and from books and had thought of magic as a craft that originates as a form of entertainment. But it turned out that it was the oldest craft there is. Sleight-of-hand itself has its origins in the work of the shaman or sorcerer in altering perception and the organization of the senses. Do medicine people ever practice sleight-of-hand magic? Some do, but not all of them. Then they reach into the body and draw out some bloody, gory object, and fling it into the fire. These so-called psychic surgeons are using a very often-used technique that one finds around the world. Unfortunately, many of these folks in the Philippines are using this very old technique just to make money for themselves. I remember reading a story in a magazine I think it was the Atlantic Monthly some years ago. An English filmmaker wrote about filming an elaborate ritual in a village square in India or Pakistan in the early s. The whole thing was very impressive and culminated with a sword-wielding fakir actually butchering a small boy alive, then gathering the bloody limbs together in a sack. The filmmaker was completely stunned upon witnessing this, just as many of the other spectators were. But he was even more stunned when he returned to England and processed the film. It revealed that the whole act had been a sophisticated illusion, a perceptual trick on an entire group of people. Yes, the magician is one who works with perception. It is being used as a way of keeping the world alive and healthy, and of keeping humans in a healthy connection with the rest of the natural world. You have used the phrase "boundary keeper" to describe the magician. What do you mean by that? I discovered that very few of the medicine people that I met considered their work as healers to be their primary role or function for their communities. So even though they were the healers, or the medicine people, for their villages, they saw their ability to heal as a by-product of their more primary work. This more primary

work had to do with the fact that these magicians rarely live at the middle of their communities or in the heart of the village. Even the winds and the weather patterns are seen as living beings. But everything has its movement, has its life. And the magicians were precisely those individuals who were most susceptible to the solicitations of these other-than-human shapes. It was the magicians who could most easily enter into some kind of rapport with another being, like an oak tree, or with a frog. What sort of rapport? Every magician that I met had a number of animals or plants or forms of nature that were their close familiars. In the same way, perhaps, that horses can sense an impending earthquake. Where do they draw the boundary between magic and reality? That boundary is not drawn in traditional cultures. In indigenous, tribal, or oral cultures, magic is the way of the world. There is nothing that is not in some way magic, because the fact that the world exists is already quite a wonder. That it stays existing, that it continually keeps holding itself in existence, this is the mystery of mysteries. Magic is the way of the world. How do they heal people? As I said, the shamans and sorcerers whom I encountered in my travels always said that their ability to heal people was a by-product of a different kind of healing. Their primary work is to heal the relation the village and the land, to balance the equilibrium between the human gang and the more-than-human field of forces. If the magician was not simultaneously doing this work of offering prayers and praises and ritual gestures to the other animals and to the powers of the earth and the sky, then he might heal someone in the community and someone else would fall sick, and then he would heal that other person, and someone else would fall sick. The source of the illness is often perceived as an imbalance within the person, but it is actually in the relation between the human village and the land that supports it, the land that yields up its food, its animals for skins for clothing, and its plants for food and medicine. The magician ensures that that boundary is a membrane through which there is this two-way flow, and that the boundary never becomes a barrier shutting out the other-than-human powers from our awareness. Do we have any equivalents of medicine people in Western culture, people who perform a similar function? We do have some distant equivalents, such as field biologists who are able to enter into a close rapport with the other species that they are studying. But we tend not to believe in magic in Western civilization. Most magicians end up performing somewhere like Las Vegas. What a sad state the craft of magic has fallen into in the world. Then you would have pianists who had pianos with flashing lights all over them and women dancing in sequence around them as they played their flashy music. Magic has been reduced to that in the West. What happens to a culture bereft of magic? One thing is that its relation to the natural landscape is tremendously impoverished. How different that is from the awareness of a magical or animistic culture for whom everything we do as humans is so profoundly influenced by our interactions with the earth underfoot and the air that swirls around us and the other animals. You said that some field biologists are able to capture the essence of magic in their work. I do think that some of the nature writers are doing an exquisitely important work of magic. And yet in *The Spell of the Sensuous* you point out that language has gone a long way toward severing our sensuous relationship with the natural world. Yes, because so many of the ways we speak in our culture continually deny the reciprocity between our senses and the rest of the sensuous world, between our bodies and the vast body of the earth. When we speak of the earth as an object, we are denying our relationship with the earth. When we speak of nature as a set of objects, rather than a community of subjects, we basically close our senses to all of the other voices that surround us. And yet I wanted to express this in a way that would reach the scholarly community, the community of those who make decisions in our culture. I wanted to do the opposite. I wanted to do an animistic analysis of rationality and the Western intellect, and to show that our Western, civilized ways of thinking are themselves a form of magic. Everything that we speak of as Western civilization we could speak of as alphabetic civilization. We are the culture of the alphabet, and the alphabet itself could be seen as a very potent form of magic. You know, we open up the newspaper in the morning and we focus our eyes on these little inert bits of ink on the page, and we immediately hear voices and we see visions and we experience conversations happening in other places and times. They speak to us. That is not so different from a Hopi elder stepping out of her pueblo and focusing her eyes on a stone and hearing the stone speak. Or a Lakota man stepping out and seeing a spider crawling up a tree and focusing his eyes on that spider and hearing himself addressed by that spider. We do just the same thing, but we do it with our own written marks on the page. We look at them, and they speak to us. But it is

still a form of magic. And we do it in our heads, not our bodies. As psychotherapist Marion Woodman says, the modern Westerner as a person who walks around with his head suspended two feet above the rest of his body. It is not by being abstract intellects that we are going to fall in love again with the rest of nature. And how much easier it is to feel that ground if you allow yourself to sense that the ground itself is feeling your steps as you walk upon it. You pointed out that the more we enter into the world of the alphabet, as you called it, the more we close ourselves off to the living world.

Chapter 8 : Lusno Falls : A Hidden Paradise in the Midst of Two Towns – The Wanderlust Keeper

Posikeeperâ„¸ We can't KEEP the secret any longer! The Posikeeperâ„¸ was designed to keep the pin in place with full contact in the connection lugs so as to improve track component life, reduce change outs and to improve equipment availability at lower operating costs.

Chapter 9 : Skin Trade () - IMDb

Abram: That boundary is not drawn in traditional cultures. In indigenous, tribal, or oral cultures, magic is the way of the world. In indigenous, tribal, or oral cultures, magic is the way of the world.