

一年之少阴

金秋在一年之中更宜平补；于中医看来，身体的一切，和四季也是紧密相关的

短 暂，但温暖的金色光芒依旧照耀。微凉干燥的风徐徐吹来，吹落树上的叶秋，吹动风铃碰撞的金属声音在微风中荡漾。

霜降之时乃深秋之季，在五行中属金。五行金、木、水、火、土，表述的是事物的五种状态，金通常指事物的衰退阶段。而这个衰退不止是在季节上——秋天表现的很明显，在时辰上——申、酉、戌也易体现出来，在这段时间里人们都会感到比较疲倦。

金秋有着凉爽、稳固、干燥和敏捷的特质。当万物生长得最旺盛、能量发挥最多的夏季过去后，凉爽的气候把我们迅速带进秋季，而秋天正适合我们把更多的能量聚集储存起来。

金的稳固性质使其能更易储备能量，就像我们在过完暑假之后要返回学校读书那样，因为学习能拥有更多的知识。秋天也能使我们更清醒地意识到自己未来的计划和目标。相比于夏季，我们会花更长的时间在家里完成自己的工作、与家人一起分享喜悦。

传统中医有这样的说法，金有清肃，收敛特性，而肺主呼吸，主肃降，故肺属金，再者，结肠也属金。在这个季节，我们需善待我们的肺和免疫系统以应对即将到来的冬季。此外，一些不利于我们器官例如结肠吸收的物质一定要剔除。因为肺与结肠互为脏腑表里，又属气管及整个呼吸系统。过旺或过衰，较宜患大肠，肺，脐，咳痰，肝，皮肤，痔疮，鼻气管等方面的疾病。

秋季日常生活小贴士

衣着：秋季气温骤降，保暖万不可马虎，可以通过围巾或者穿高领的衣服来保护脖

子预防着凉。同时，秋燥也会伤害我们的肺和皮肤，所以摄入充足的水分可以保持皮肤的湿润。

饮食：《黄帝内经》记载：肺主宣发肃降，肺是水上之源，肺开窍于鼻，肺主皮毛、诸气愤郁、皆属于肺。肺在五行中属“金”，在季节里肺和大肠主“秋”。在冬季到来之前，要做好清肺和清肠的工作，把过剩的粘液和食物排出体外。

而这点其实只需通过几天的清肠食疗或者水果大餐就可以达到，食疗时间的长短则取决于你肠子里通畅的程度。在冬季来临之前，这个食疗法已成为当务之急。

如果你患有鼻窦炎的话，你可以每天用富含盐分的矿物质水来冲洗你的鼻子，以此来缓解鼻塞。此外，秋季宜多摄入辛辣食品，因为辛辣味可以使粘液流通通畅以此减少鼻塞的可能性。

一旦开始食疗疗程，需要注意的是，食物切忌单一，而应该“杂食”，选择要多种多样。例如：土豆、山药、深色绿叶菜、谷物和肉类食品。众所周知，秋季是丰收的日子，所以我们要尽情享受大自然赐予我们的财富，广泛“猎食”。

运动：最适合秋天的运动莫过于个人运动，通过不断的呼吸训练达到锻炼肺部的目的。相比于其他器官，肺部接触外界环境的几率要远远高的多，所以它也比较容易受感染致病。一个运转良好的肺部有助于平和体内的“气”并且增强免疫功能。

方位：金主宰的是西方。“夕阳无限好，只是近黄昏。”无论是一日之末的夕阳还是一年之末的秋天，西方总是能量巩固和加强最好的代表。

情感：夕阳和秋天总是给人以淡淡的忧伤，这种忧伤会使我们的胸不断紧缩以保护心脏，同时忧伤抽泣带来的深呼吸能让我们快速摆脱沮丧的情绪。让它们离开吧，生活还是要继续的。

声音：一反夏季的欢声笑语，秋季或许更适合一个人躲在角落里默默流泪，然后发出微微的抽泣声。殊不知，抽泣也是肺部运动的一种，运动量还稍大于平时的呼吸。哭泣吧，让烦恼和忧伤随之抛在脑后。在这个秋风萧瑟的季节，反省、磨练和洒脱或许再适合不过了。

颜色：白色——这个略带闪耀、泛着金属光泽的颜色或许最能表达落叶归根的意境了。

秋三月，此谓容平。天气以急，地气以明，早卧早起，与鸡俱兴，使志安宁，以缓秋刑，收敛神气，使秋气平，无外其志，使肺气清，此秋气之应，养收之道也；逆之则伤肺，冬为飧泄，奉藏者少。——摘自《黄帝内经·素问》第二篇

The three months of autumn are called plentiful and balancing, the Qi of Heaven becomes pressing, the Qi of Earth is resplendent. One goes to bed early, one gets up early. One does the cock. Exerting the will peacefully and calmly, to soften the repressive effect of autumn, harvesting the spirits and gathering the Qi, pacifying the autumn Qi, without letting the will be scattered outside, clarifying and freshening the lung Qi.

Quoted from: *The Way of Heaven: Neijing suwen* Chapters 1 & 2 translated by Father Claude Larre. Monkey Press

The Season and Sound of Metal

Autumn is the season of Yin within Yang; consolidation and regulated return, writes Ken Rosen M.T.C.M

Pressing cool dry wind. Golden light still warms, but shortens. Leaves fall from the trees. The sound of metal chimes cling in the breeze.

Fall is the season of metal in the five elements. Metal has a particular quality of descending energy that is quite apparent during the autumn months but also in the afternoon/evening during the daily cycle.

Metal or fall has the nature of coolness, hardness, dryness, and sharpness. It is time to pull your energy inward after the scattered energy of summer. The cool weather snaps us into the season of metal.

Metal has a focused quality of energy and this is quite apparent with a return to school and studying. It is a good time to get clear about plans and goals. Our time should also be more directed toward work, our families and projects at home.

In Traditional Chinese Medicine, metal is associated with the lungs and the colon. It is in this season that we must be careful with our lungs and our immune system for the oncoming winter. Likewise, it is also important to let go of what is not needed through the main organ of elimination – the colon.

TCM tips for daily life in Fall

Clothing – There is a sharp turn toward cooler weather; it's a time to keep warm. Keep areas of your neck protected from the cool wind during this time. Dryness is the force of nature at the time of fall. Dryness affects both the lungs and skin. Be sure to drink plenty of fluids and keep

your skin moist.

Food and beverages – Because the metal season is associated with the organs of the lungs and large intestine, it is an important season to clean out these organs from any excess mucus or bodily waste products before winter.

This can be done with a several-day cleanse, restricted diet, or fruit fast. Depending on how congested you are will determine how long you will need to cleanse. The idea is to lighten up before the heaviness of winter settles in.

If you are prone to sinus infections, you may need to rinse your nose daily with mineral-rich salt water to help break up any mucus blockages. Likewise, fall is associated with pungent taste; including more spice in your diet helps open up the sinus passageways.

Once lighter, the diet should be focused on foods that are heartier for the body. Such foods include potatoes, yams, dark leafy greens, whole grains, and perhaps more meaty foods. Since autumn is the time of harvest, it is important to enjoy all the foods that are available.

Activity – During fall, activity should be more inwardly directed. Because it is the season of the lungs, fall is a great time to focus on

breathing exercises. The lungs are the closest intermediary organ between the organism and its environment and they are more susceptible to diseases than any other organs. Lungs that are in good working condition help to regulate Qi and increase immunity.

Direction – West is the direction of metal. With the fading sun during the day or the fading sun during the season, the west represents the consolidation of metal energy during this time.

Emotion – Grief is the emotion of the metal element. Too much grief tightens our chests; trying to protect our hearts. Through ritual, deep lung breathing, and chest opening exercises; we are able to let go of sad feelings. Let go, move on.

Sound – Weeping is the sound of fall, the natural movement of the lungs, which is much stronger on exhalation than inhalation. Weeping is a natural expression of letting go so you can move forward. During this time, reflect, sharpen, and let go.

Color – White is associated with the metal season. This is a shimmering, almost metallic white that is reflected everywhere as the vegetation dries out and falls to the ground.



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