

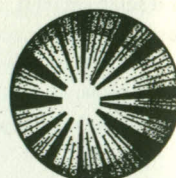
### THE THREE SEASONS IN THE NORTHERLY PHASE OF THE SUN



Late Winter



Spring

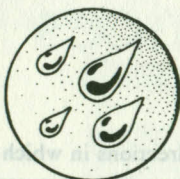


Summer

The three seasons in the northerly phase of the sun are late winter, spring, and summer. From late winter, in mid-January, the absorbing effects of the sun and wind increase progressively until their culmination in mid-June, when the sun's southward movement across the earth commences.

Due to the sun's harshness during the northerly phase, three of the six tastes—bitter, astringent and pungent—are dramatically enhanced. These three tastes share a constricting and absorbent nature which, when used in the form of food, further deplete the physical organism.

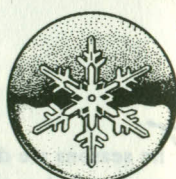
### THE THREE SEASONS IN THE SOUTHERLY PHASE OF THE SUN



Rainy Season  
(early fall)



Autumn



Early Winter

Contrary to the northerly phase, the sun's southward movement begins a period of reprieve for earth's inhabitants and vegetation. This phase is dominated by the quality of the moon which influences the sun's rays onto the earth. During this period, the sun and wind are also restrained by the clouds and rains, triggering a period of cooling release, which begins towards the end of summer. The stupendous powers of the sun begin to slacken as a result of the course of the earth's movement, cloud formation, and the presence of wind and rain.

The three seasons created by the southward movement of the sun are the rainy season or early fall, autumn, and early winter. From mid-June until towards the end of summer, the heat of the sun slackens progressively until its weakest culmination in mid-November, when the tri-seasonal cycle of the north phase re-occurs. The end of the southerly phase and the beginning of the northerly phase mark the most important junction of the changing seasons.

During the southerly phase, the natures of the three remaining tastes, sweet, sour, and salty are greatly enhanced. As a result, they contribute to bulk and vigor when used in the body.

### AYURVEDIC CHART OF THE SIX SEASONS

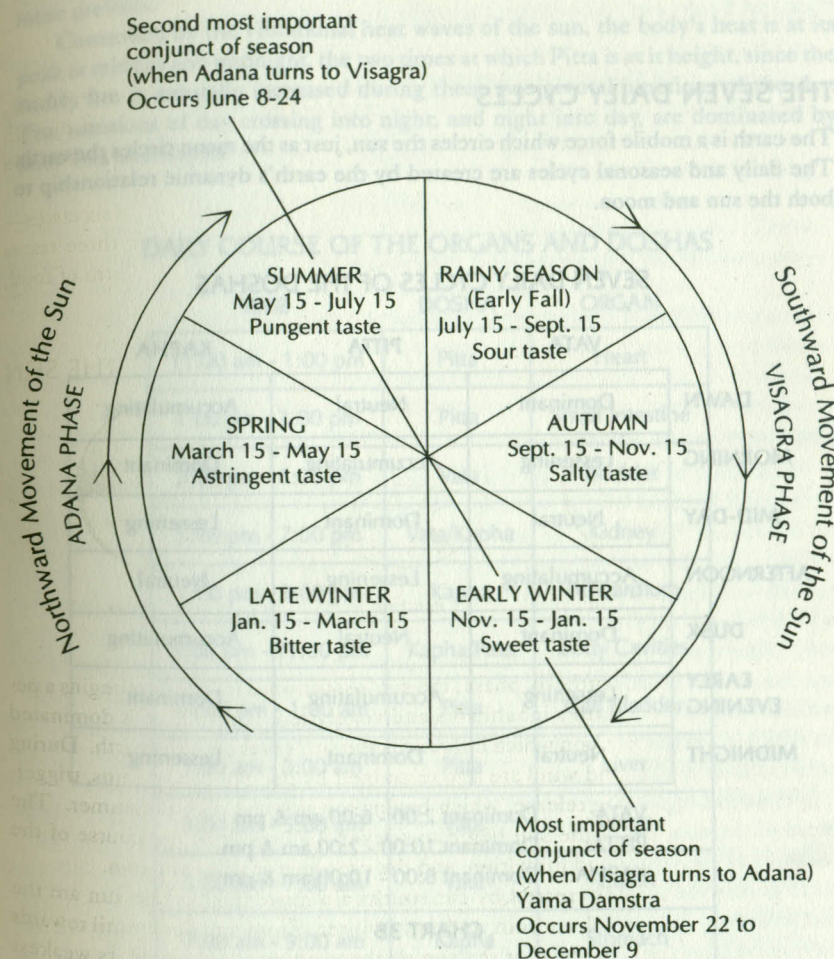


CHART 3A



## PART TWO

### Daily and Seasonal Cycles

#### THE SEVEN DAILY CYCLES

The earth is a mobile force which circles the sun, just as the moon circles the earth. The daily and seasonal cycles are created by the earth's dynamic relationship to both the sun and moon.

#### SEVEN DAILY CYCLES OF THE DOSHAS

	VATA	PITTA	KAPHA
DAWN	Dominant	Neutral	Accumulating
MORNING	Lessening	Accumulating	Dominant
MID-DAY	Neutral	Dominant	Lessening
AFTERNOON	Accumulating	Lessening	Neutral
DUSK	Dominant	Neutral	Accumulating
EARLY EVENING	Lessening	Accumulating	Dominant
MIDNIGHT	Neutral	Dominant	Lessening

VATA: Dominant 2:00 - 6:00 am & pm  
 PITTA: Dominant 10:00 - 2:00 am & pm  
 KAPHA: Dominant 6:00 - 10:00 am & pm

CHART 3B

Each day we experience six phases of expansion and contraction, all of which are controlled by the sun. At dawn, when the sun is about to rise, the dry, cold, mobile aspects of Vata, gathered through the night, are prevalent. At daybreak,

the cool and heavy energy of Kapha begins to flow out of the body as we rise from rest. At midday, when the sun is at its peak and saps the body with its heat, Pitta prevails. In the early afternoon, as the sun's energy begins to wane, the dry, cold energy of Vata once more dominates. At sunset, when the sun has descended on the horizon, Kapha begins to pour back into the body to induce the body to rest. Finally, at midnight, when the sun is farthest away from the earth, Pitta once more prevails.

Controlled by the vibrational heat waves of the sun, the body's heat is at its peak at midday and midnight, the two times at which Pitta is at it height, since the bodily fire is naturally increased during these two pivotal junctions of the day. The junctions of day crossing into night, and night into day, are dominated by both Vata and Kapha.

#### DAILY COURSE OF THE ORGANS AND DOSHAS

TIME	DOSHA	ORGAN
11:00 am - 1:00 pm	Pitta	Heart
1:00 pm - 3:00 pm	Pitta	Small Intestine
3:00 pm - 5:00 pm	Vata	Bladder
5:00 pm - 7:00 pm	Vata/Kapha	Kidney
7:00 pm - 9:00 pm	Kapha	Pericardium
9:00 pm - 11:00 pm	Kapha/Pitta	Body Cavities
11:00 pm - 1:00 am	Pitta	Gall Bladder
1:00 am - 3:00 am	Pitta	Liver
3:00 am - 5:00 am	Vata	Lungs
5:00 am - 7:00 am	Vata	Colon
7:00 am - 9:00 am	Kapha	Stomach
9:00 am - 11:00 am	Kapha/Pitta	Spleen

CHART 3C