



“The Three Months Of Spring,” from Su Wen ch. 2

春三月
此謂發陳
天地俱生
萬物以榮

The three months of spring
are called springing up and unfolding.
Heaven and Earth together produce life
and the 10,000 beings are invigorated.

夜臥早起
廣步於庭
被髮緩形
以使志生

At night, one goes to bed,
at dawn, one gets up.
One paces in the courtyard with great
strides,
Hair loose, body at ease
exerting the will for life

生而勿殺
予而勿奪
賞而勿罰

Letting live, not killing
Giving, not taking away,
Rewarding, not punishing .

此春氣之應養
生之道也。

This corresponds with the spring qi.
It is the way that maintains the drive of
life.

逆之則傷肝
夏為寒變
奉長者少

To go countercurrent
would injure the liver,
causing in summer, disturbance due to
cold,
through an insufficient contribution to
growth.