

## HARMONY HE 和

The character for Harmony 和 is made with on the right a mouth 口 which says yes, complies with, agrees and accepts. On the left, the ear of a grain 禾 is used to indicate the pronunciation, but may also suggest the natural agreement and the reciprocal relation between the mouth and the food.

The character can be translated into English by several words as : Harmony; peace; conciliation; to be on good terms with; kindly; to harmonize; mild. To mix; to blend flavours; well flavoured. To keep in tune with; to agree with; to rhyme with. Together with.

To be healthy is to be in harmony; a good health is an harmony which depends upon each individual according his or her age, the food, the emotions, the seasons, the circumstances, ... The yin yang balance manifests itself in the harmony of the blood and qi, perceptible in the pulses which are regular, moderate and changing.

The harmony is the balance constantly recomposed between all the elements making life, the blending of all the qi from the exterior as well from the interior of the body.

Harmony is the condition for life : «When they are in harmony, there is life. Without it, there is no life» (Guanzi, ch.49, translation Ryckett, Princeton University Press).