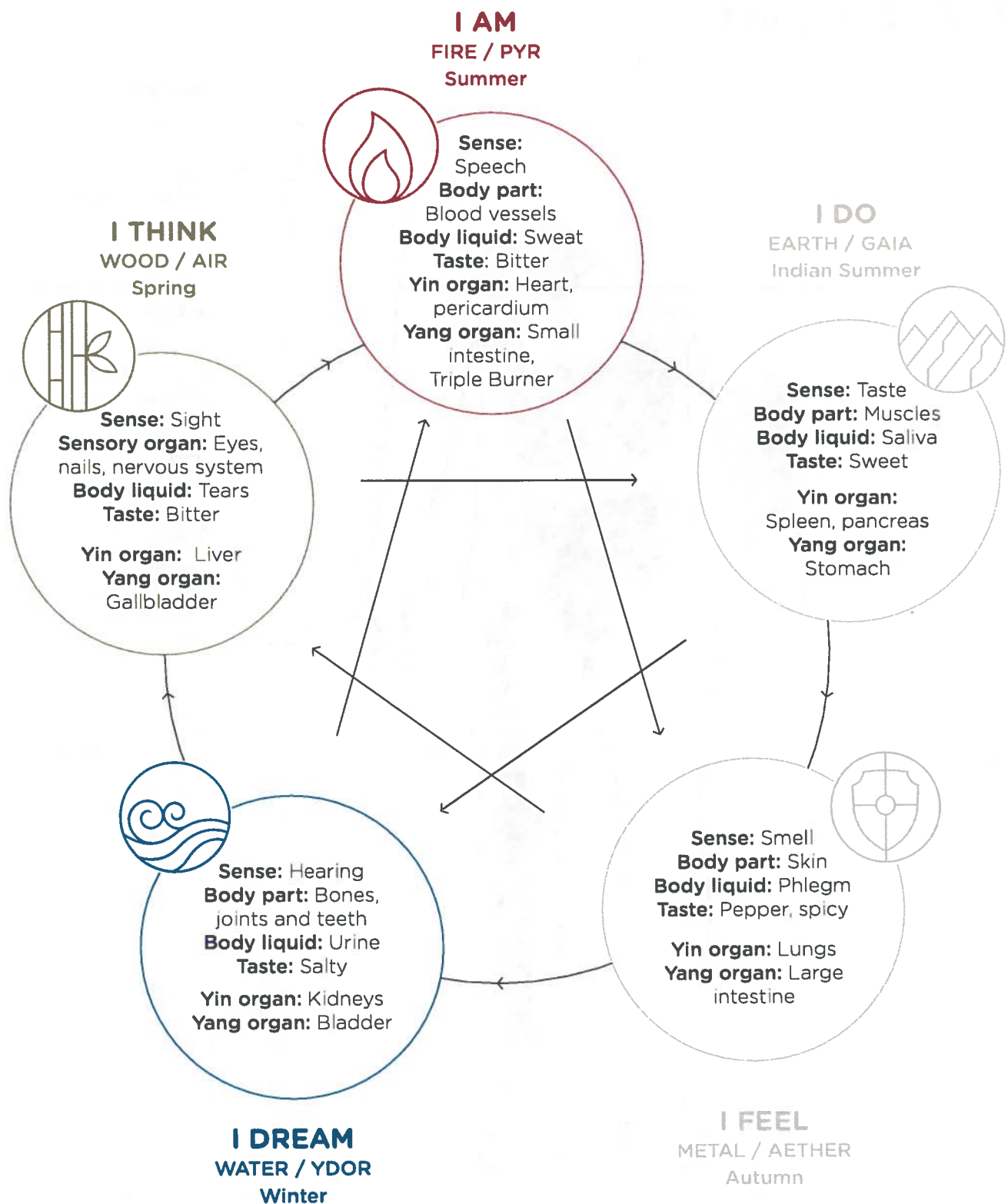
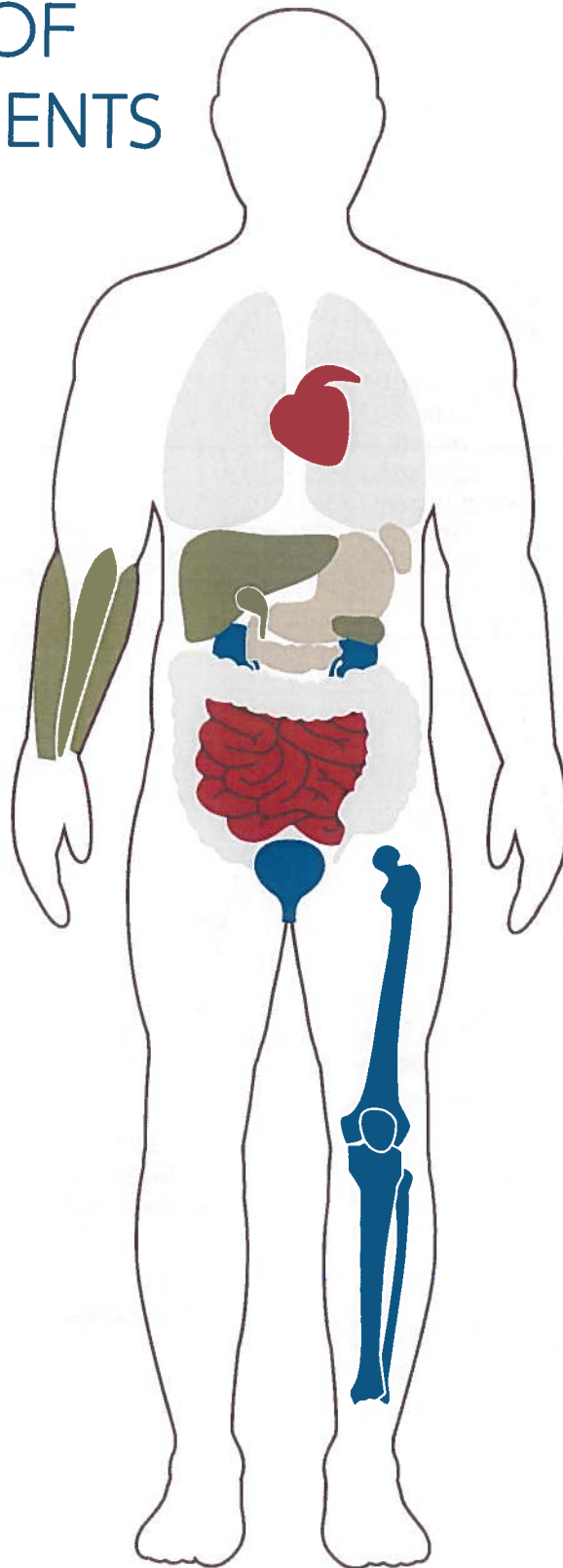


# THE CYCLE OF THE FIVE ELEMENTS



# ORGANS AND BODY PARTS OF 5 ELEMENTS



## WATER



- Kidneys | Yin
- Bladder | Yang
- Ears
- Bones & joints

## WOOD



- Liver | Yin
- Gallbladder | Yang
- Eyes
- Tendons
- Nails
- Nervous system

## FIRE



- Heart | Yin
- Small blood | Yang
- Intestine
- Tongue

## EARTH



- Pancreas | Yin
- Spleen | Yin
- Stomach | Yang
- Mouth
- Lymph

## METAL



- Lungs | Yin
- Large Intestine | Yang
- Nose



# WATER (YDOR)

**E**verything starts with Water. We are born into water and it is the fundamental element of life on our planet. So this is where our journey begins. In the season of winter, a time of hibernation, darkness and the conservation of energy.

There is the danger, therefore, that we will be consumed by the struggle associated with the primal fear of survival and become paralysed with fear. We need patience and tranquility as we wait for the sun to rise again. This is how we arrive at the spiritual power of Water, which is wisdom.

It is vital, therefore, that our emotions are not blocked in order to release to potential for dreaming and wisdom associated with Water.

Wisdom is nothing else but the ability to live through fears – to acknowledge them and even to laugh at them. As Plato said, courage is knowing what not to fear.

There are two organs that manage the element of Water in an organism – the kidneys (Yin) and the bladder (Yang), with the kidneys holding the energy and vitality of life.

## LOWER FREQUENCIES

Fear, inertia, terror, trepidation, shock

## TOXIC EMOTIONS

Paranoia (the fear of fear), leading to secrecy

## MIDDLE FREQUENCIES

Serenity, peace, sweetness, calmness, gentleness, politeness, silence, imagination, creativity, self-belief.

## HIGHER FREQUENCY

Wisdom, free will, faith in oneself.

## PRACTICAL WAYS TO DEVELOP YOUR WATER ELEMENT

- Keep yourself fully hydrated
- Enjoy a hot bath
- Listen to the sound of water
- Stare at the sea
- Be still and quieten your mind
- Daydream, contemplate
- Read poetry and draw
- Contemplate the changes you might wish to make in your life





## WOOD (AIR)

**A**fter winter, comes the life-force of spring. The purpose of growth is for us to flower and enjoy the feelings of discovery, kindness and generosity. To display all the optimism contained in a seed coming to life.

Unless, of course, the seed is blocked by a rock or another impediment, in which case that optimism can so easily be transformed into frustration and even anger.

But frustration, in itself, need not be a purely negative force. Through frustration comes creativity and the ability to find solutions and overcome obstacles – and to share them with the world.

The organs associated with Wood are the liver (Yin) and the gall bladder (Yang). Energy blockages here affect communication between organs (and with the people around us) and can lead to frustration. The sense associated with Wood is sight. So depending whether or not it is balanced, this element has the power to create visionary leaders or those who simply want to impose their vision on others.

### LOWER FREQUENCIES

Anger, suppression, jealousy, frustration, being combative.

### TOXIC EMOTIONS

Holding a grudge leading to passive aggressive behaviour and emotions spilling over.

### MIDDLE FREQUENCIES

Kindness, generosity, creativity, planning, flexibility of mind and body, adaptability. Wanting to be part of a team. Need for communication, cooperation and sharing.

### HIGHER FREQUENCY

Kindness and generosity.

### PRACTICAL WAYS TO DEVELOP YOUR WOOD ELEMENT

- Stare into the distance
- Take a walk in a park or a forest
- Stretching, side-bending
- Become intensive in yoga
- Learn new things that satisfy your curiosity
- Make an effort to bring new people from different backgrounds into your life
- Make strategies and plans





## FIRE (PYR)

**A**ll the latent energy of spring now explodes with the energy of summer. This is the season in which our senses are heightened. Fire is absolute Yang, a manifestation of creator energy and that which enables humans to become god-like.

So in its lower vibrations we have impatience because we know we are within reach of this organismic energy and a sense of completion. We can easily become hysterical and panic as our senses are heightened. We can even become cruel and vengeful and rage against the world.

We talk of Wood as an orgasm energy, so to develop it we must surrender. During this intense period, there is a danger of being torn between letting go and the urge to control.

So in order to transform these negative emotions into middle frequency emotions we need joy, enthusiasm, clarity and – most importantly – gratitude in our lives. Without gratitude, we cannot transform within Fire. We must be grateful for the moment we are living, for the love that we feel. This is what leads us to the higher emotions of empathy and forgiveness.

Unsurprisingly the Fire organ is the heart (Yin) and the Yang organs are the small intestine and the Triple Burner (the three-part system in Chinese Medicine from the heart, chest and lungs to the kidneys and large intestine that helps regulate Qi flow in the body).

### LOWER FREQUENCIES

Hatred and rage, hardness, impatience and irritation. Rushing things, arrogance and bitterness. Sadness, feeling immobilised, vengeful, aggressive and hysterical. Being overly controlling and lustful.

### TOXIC QUALITIES

Lying.

### MIDDLE FREQUENCIES

Love, joy, happiness, enthusiasm, gratitude, honour and respect. Truthfulness, being in touch with your feelings, connection, intimacy, leniency and forgiveness.

### HIGHER FREQUENCIES

Judgement, decency, knowing the right way/timing, unconditional love, empathy, compassion and grace.

### PRACTICAL WAYS TO DEVELOP YOUR FIRE ELEMENT

- Write something for which you are grateful as the first thing or the last thing in your day
- Once a week, get in touch with the “wall” of your heart by placing your hands on your chest
- Laugh and sing with an open heart
- Get as much exposure to the sun as possible
- Being near a fire
- Touch soft things (like your skin) and hug
- Sing with an open heart
- Explore your sensual side





## EARTH (GAIA)

**A**fter the euphoria of summer comes the energy of mother Earth. In seasons, this is the Indian Summer (September-October), the Small Summer, as we refer to it in Greek. It is where we ground the riotous energy of summer. It allows us to prolong our joy in a more controllable, longer-lasting and gratifying way. But if, after the explosive potential of summer, we have regrets we could easily be overcome by feelings of guilt and shame.

In this way, Earth it is related to the digestive system (the spleen is the Yin and the stomach the Yang organ). If there is something you cannot digest or come to terms with, it cannot be stabilised, harmonised and grounded with the Earth energy. If you have an imbalanced Earth energy, perhaps you are taking care of others too much. Mothers are prone to this and to feelings of blame and resentment towards their children.

We need this balance to move to the higher frequency of Earth and the beautiful energy of altruism. But this doesn't mean that we just give ourselves away. As much as we take care of others, we must take care of ourselves. So don't deny yourself. You must find things that ground your Earth element by creating little homes. Because Earth is about home energy.

### LOWER FREQUENCY

Concern, anxiety, shame, self-doubt, low self-esteem, feeling victimised and stressed. Overthinking and issues with boundaries and over-control. Not taking enough (or taking too much) care of yourself, with poor digestion of food and emotions and resistance to change.

### TOXIC QUALITY

Disgust which can lead to displeasure and moaning.

### MIDDLE FREQUENCIES

Open-mindedness, impartiality, honesty, compassion, integrity, reliability and giving in return. Feeling content, confident, satisfied and acknowledged, relaxed and peaceful. Stability, safety, feeling supported. Satisfaction.

### HIGHER FREQUENCIES

Faith in life, altruism.

### HOW TO DEVELOP YOUR EARTH ELEMENT

- Gather with family and friends, share experiences and photos
- Take a moment to reflect on what has happened and what you have completed
- Check the intention in everything
- Have regular mealtimes, sleep patterns and exercise routines. Experience regularity
- Drink temperate water and do not eat cold food. Taking a walk at a slow pace after eating.
- Walk barefoot on grass and have mud baths
- Organise your desk, drawers and cupboards





## METAL (AETHER)

**M**etal is autumn...the time when tree lets go of their flowers and leaves, in order to survive winter. This, then, is the time to let go of what no longer serves us and preserve our vital juices.

Of course, if we're not satisfied or happy by the time we have reached the end of the cycle, and we feel that we have not grown, there will be sadness. And with this comes the danger of depression.

But you should not fear sadness. Just as tears and even screams are an integral part of mourning, so you should embrace the process of letting go.

For this reason Metal is purification element, responsible for catharsis. It requires us to have a value system (even if we don't believe in god), allowing us to learn from our lessons.

In the body, what happens in the psycho-spiritual, also happens in the physical. So in terms of organs, we are talking about is the lungs (Yin) – we breathe, take in oxygen and release what we no longer require – and the large intestine (Yang), where we absorb minerals and release our waste to the colon.

### LOWER FREQUENCIES

Sadness, regret, grief, sorrow, difficulty parting. Being self-critical, judgmental and prone to self-punishment. Dogmatic, arrogant and a having superiority complex, with elements of extreme attention to detail. Feelings of unworthiness and a tendency to quit easily.

### TOXIC QUALITIES

Contempt that can lead to depression.

### MIDDLE FREQUENCIES

Justice, vigour, courage, discipline, order, humility, and seeing beauty in everything. Acceptance to change and letting go, with the faith that everything happens for a reason. Responsibility, leniency and being ethical.

### HIGHER FREQUENCY

Correctness, virtuousness, divine justice and beauty. Grace.

## PRACTICAL WAYS TO DEVELOP YOUR METAL ELEMENT

### Stage 1

- Visit museums and beautiful places
- Take pride in your home
- Cultivate your artistic capabilities and talents
- Find groups that share the same values as you (like ecology)
- Contribute your time to those in need
- Take responsibility for actions and achieving discipline with your body through exercise and diet



