

The Five Elements

PEACE

*“It does not mean to be in a place where there is no noise, trouble or hard work.
It means to be in the midst of those things and still be calm in your heart.” - Anonymous*

水 WOOD

In Chinese Medicine Spring is associated with the wood element. It is a time of rebirth, sudden growth and rapid expansion. Wood is forceful, strong and determined, as well as supple and bending. Excitement builds as the life processes reawaken from their Winter slumber and respond to the first rays of sunny warmth. Birds begin to sing, buds open and flowers break forth from the newly thawed earth. Motivation is burgeoning. It is time to start new projects, to get moving with a brisk walk outdoors and to explore your vision for the future.

Key Words: Movement, Power, Vision

火 FIRE

Summer is the time of Fire. We are witness to the fullest potential of all creature and plant activity. The mundane is imbued with extraordinary. The sun is at its zenith, the flowers are in bloom and everywhere we turn there is radiance, activity and life. It is time to expand, laugh, interact and make connections. Feel the warmth of the sun on our face and get outside to enjoy nature in all of its frenzied activity and motion.

Key Words: Communication, Joy, Connection

土 EARTH

Late Summer is Earth time. Earth is the only one of the five elements that does not have its own season, it shares the Summer with the Fire element. This is the time of ripening fruit and harvest. The soil feeds us and the ground stabilizes us. It is a period of abundance and nourishment when we reap the benefits of the years labor and feel a sense of peace and copiousness. Earth symbolizes our center of gravity, grounding us and allowing all other sides of our character to orient around this axis. It is a time to nourish ourselves with fresh fruits and vegetables and to appreciate a good meal with friends and family. Take a moment to sit outside and relish the sun's golden light.

Key Words: Nurture, Support, Devotion

金 METAL

Autumn corresponds to the Metal element. This season begins with dynamic beauty and ends with stark barrenness. The leaves fall to the ground and decompose into next year's rich soil. Fall is a time of regret, remorse and grief; a season of contraction. By stripping away the excess, we can pare down to the core of what is ultimately most valuable. The tiny seed that holds within its parameters the blueprint for a great tree. The priceless gem that is formed in the dark

earth through the compaction of minerals. The Metal phase is the most Yin of the elements, where we descend into the darkest places. The realm of the Goddess Xi Wan Mu, who resides in the caves under Kunlun mountain. An Alchemical process occurs here and we emerge into the air and light, evolution has distilled and extracted us from chaos. Autumn is the season to clean out and let go of the excess. This is the time to make amends and heal relationships that have experienced a rift in the past.

Key Words: Transmutation, Contraction, Discernment, Refinement

水
WATER

Winter is the season of Water. It pours from the clouds in the sky in the form of snow, sleet, hail and rain and replenishes the aquifers in the ground. It is a time of storage and rest, waiting until the aqueous reserves can be used for new growth in the Spring. Winter marks the importance of the conservation of Qi; the plant that submerges its energy into the roots before the leaves wither or the long slumbering bear. Winter appears on the surface to be a static period but underneath the frozen ice is a secret universe bursting with movement, gestating and germinating in preparation for the next season. Water, a vital element, unites all human kind, the plant and animal kingdom and supports all life on the planet. Winter is the season to focus on indoor projects such as cooking and study. Remember to conserve energy and rest. Get an extra half hour of sleep each night, drink plenty of water and explore your dreams and vision for the future.

Key Words: Conserve, Concentrate, Introspection

