

# *SELF HEALING*

with the  
*Elements*



Elements of Emotions  
[www.elementsofemotions.com](http://www.elementsofemotions.com)

# INTRODUCTION

In Traditional Chinese Medicine, there is a Five Element Theory that teaches that the body is a microcosm of the macrocosm. Whatever happens in nature, happens in our body. They studied the seasons, the way animals move, what foods grow in which season, and how all this information contributes to understanding the human condition.

The Five Elements work in cycles that are either in creation, controlling or in reverse. The Elements correspond to Organs in the body. For there to be harmony in the body/mind, the elements all have to be in balance. This constant fine tuning allows us to experience a healthy, joyful life.

When a sequence is over-controlling it becomes excessive and controls the element that should be controlling it. The excess in one area causes deficiency in another area and deficiency fails to create or nourish. This makes for dis-ease.

As you can see, if any one element has too much or too little going on, there is a knock on effect throughout the whole body.

In order to age gracefully, it is helpful to work with nature instead of against it. Doing things at the right time of day helps to nurture that organ and energy system. This allows the system to maintain a sense of balance, creating wellbeing throughout all areas of life - mental, emotional, spiritual, physical.

Meditating, eating, exercising all have a prime time in the 24 hour clock. The digestive meridians are most active in the morning and early afternoon, so eating a big breakfast, medium lunch and light supper will optimise your health levels

Looking after your emotional response to life plays a major part in your blood and energy health.

## THE *elements* and *associated organs*

Wood Element - liver, gall bladder

Fire Element - heart, small intestine, pericardium, triple burner

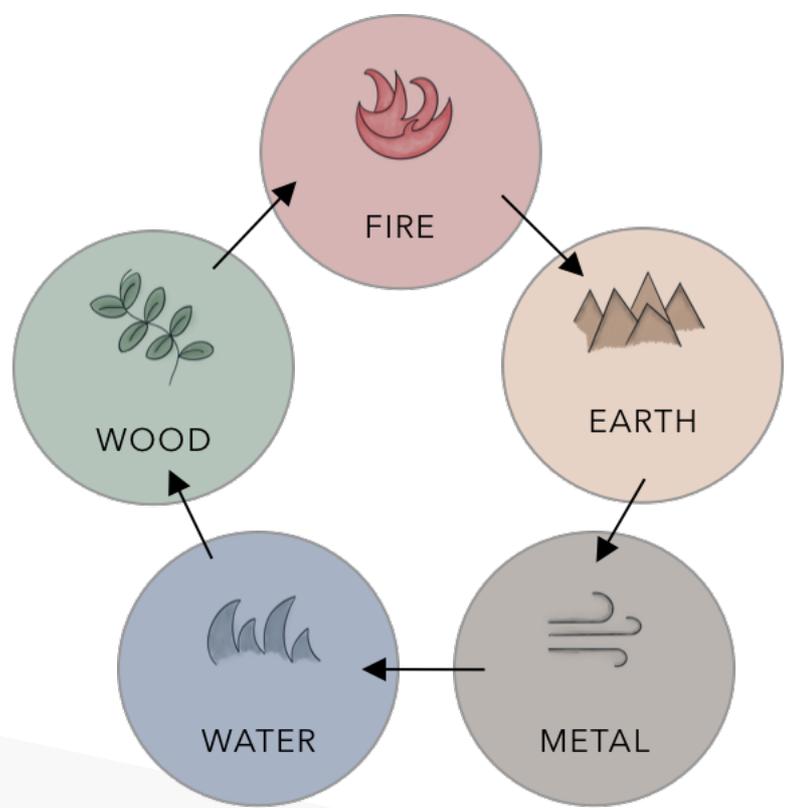
Earth/Soil Element - spleen, pancreas, stomach

Metal/Air Element - lung, large intestine

Water Element - kidney, bladder

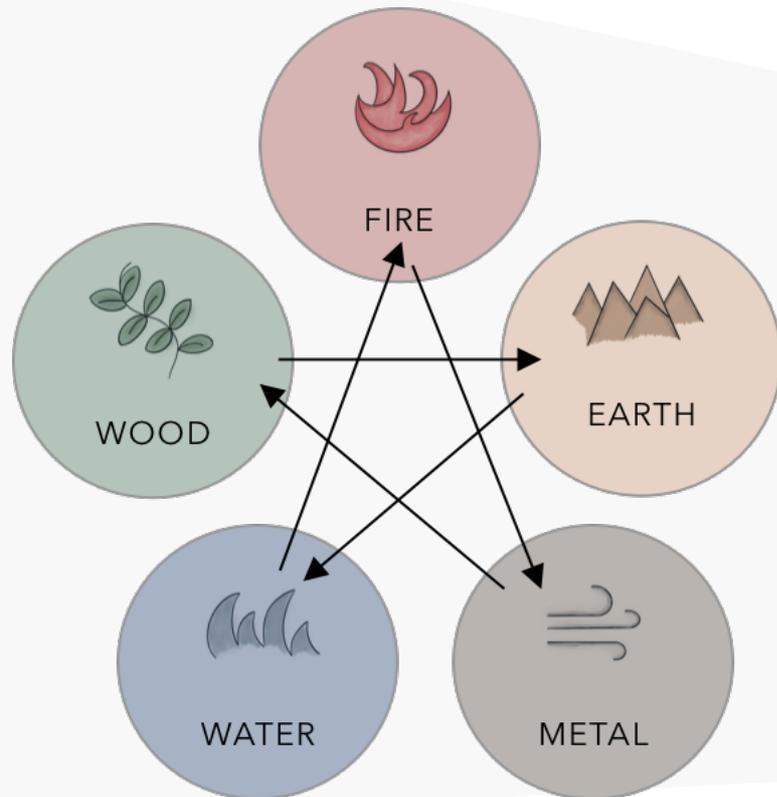
## THE *creation* CYCLE:

Wood FEEDS Fire  
 Fire CONSUMES Earth/Soil  
 Earth/Soil CREATES Metal/Air  
 Metal/Air CONTAINS Water  
 Water GROWS Wood



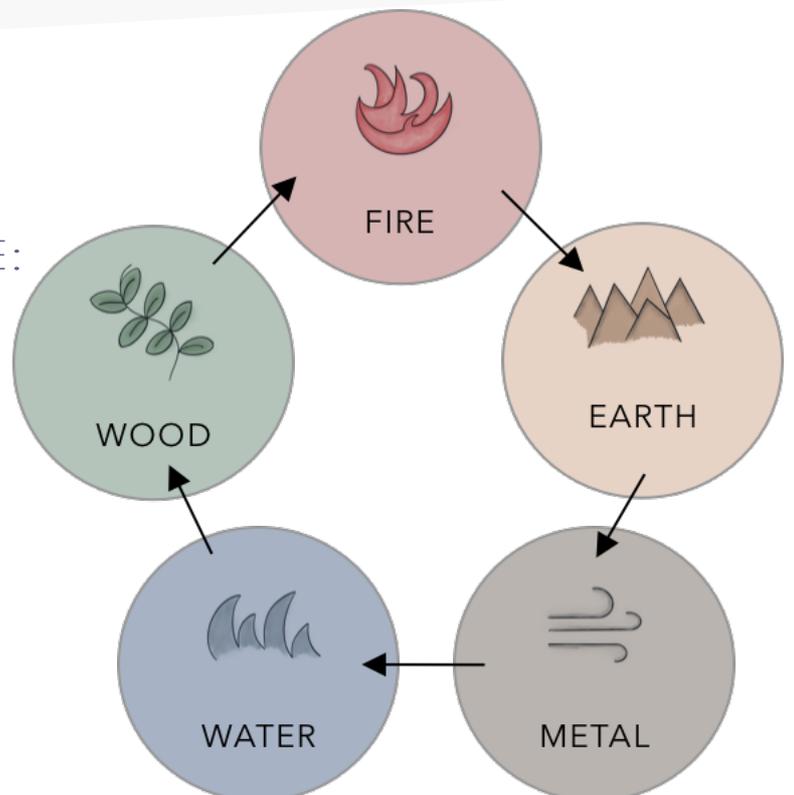
## THE *controlling* CYCLE:

Wood (tree roots) BREAK UP Earth/Soil  
 Earth/Soil MUDDIES Water  
 Water DOUSES Fire  
 Fire MELTS Metal/Air  
 Metal/Air CHOPS Wood



## THE *reverse creation* CYCLE:

Wood DAMS Water  
 Water OVERFLOWS Metal/Air  
 Metal/Air WORRIES Earth/Soil  
 Earth/Soil DOUSES Fire  
 Fire BURNS Wood



# FIRE ELEMENT

Hot  
Excitable  
Initiator  
Feisty  
Bold

Organs: Heart, Small Intestine, Pericardium, Triple Burner

Tissues: blood vessels

Sense organ: tongue

Sense: speech

Season: summer

Taste: bitter

Most active time of day: 11am - 3pm and 7pm - 11pm

Out of balance

reactive, dramatic, secretive, ungrounded,  
palpitations, anxiety, insomnia, high blood  
pressure, excessive sweat

In balance

energy ball of fun, calm, loving

For self healing

Smile often - smiling stimulates the heart and brings a  
sense of internal peace

Rub hands together and place left on chest and right  
over it with thumb pads touching. This is Shen Mudra to  
send nurturing, healing energy deep into your heart

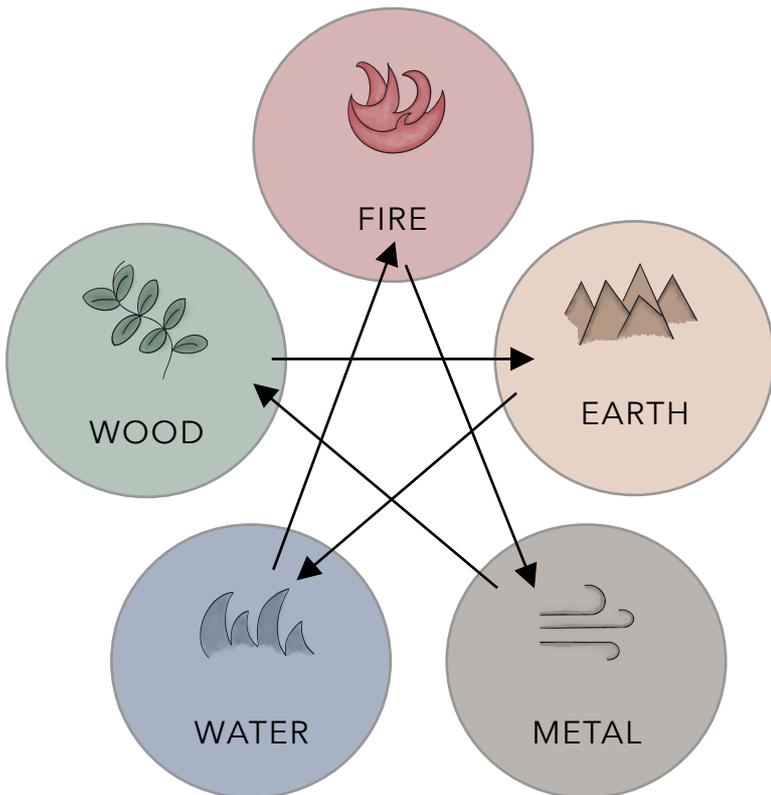
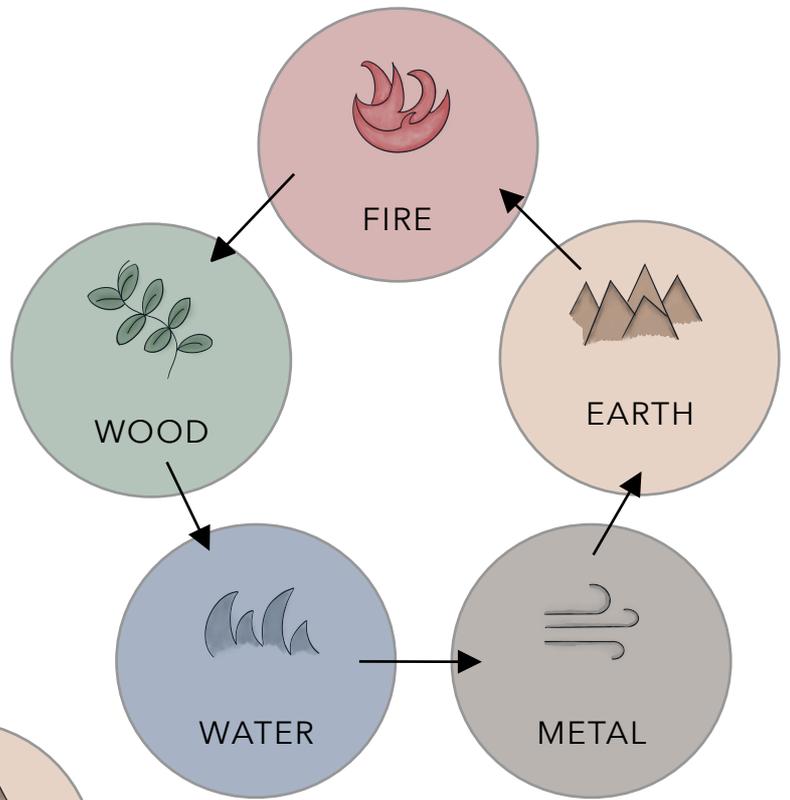
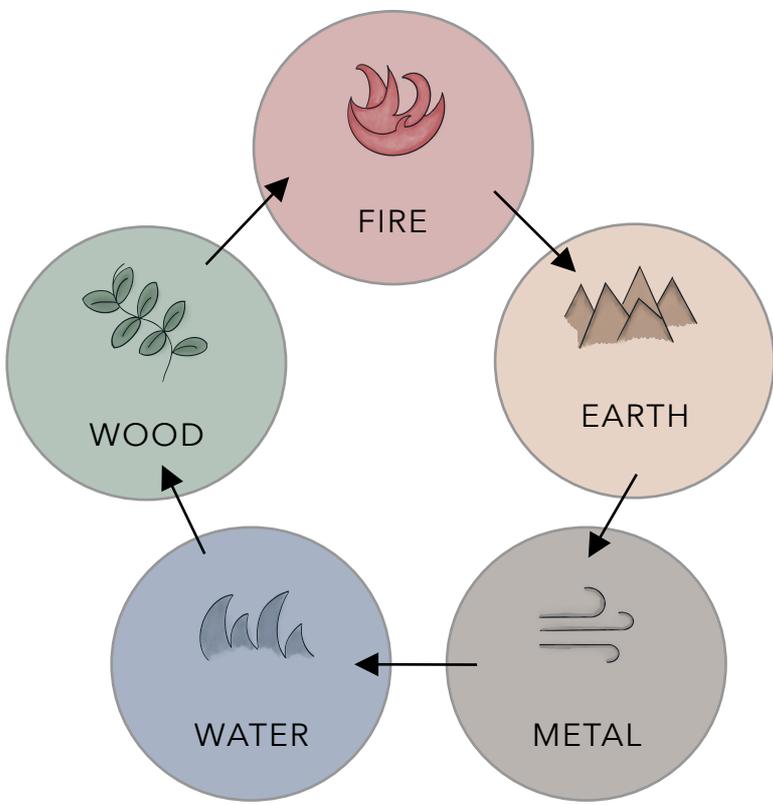


FIRE



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# EARTH ELEMENT

Cool  
Moist  
Stability  
Integration  
Nourishing

Organs: Stomach, Spleen, Pancreas  
Tissues: muscle and flesh, lymph  
Sense organ: mouth  
Sense: taste  
Season: late summer  
Most active time of day: 7am - 11am

Out of balance  
worry, jealousy, burping, craving sweets, low immunity

In balance  
peaceful, nurturing, kind, sharing

For self healing  
Consume foods and drinks at warm or room temperature. Avoid too much raw foods

Massage tummy - place right hand on tummy, left hand over with thumb in the webbing between right thumb and first finger. Move hands down towards pubic bone, over to the right, up and across tummy and down the left side, spiralling out to the edge of your tummy and then back to rest with right thumb again in naval



# METAL ELEMENT

Light  
Movement  
Quick  
Focussed  
Mental  
Active

Organs: lungs, large intestine  
Tissue: skin and membranes  
Sense organ: nose  
Body: skin, body hair, respiration  
Season: autumn  
Most active time of day: 3am - 7am

Out of balance  
loss of smell, scattered thinking, dry skin, not letting go,  
pessimistic, anti-social, coughs, colds, constipation

In balance  
good concentration, focus, clarity of thoughts, optimism, room for  
new ideas and directions

For self healing  
Chew your food well to aid digestion  
Eat spicy food in moderation  
Keep skin covered for protection from wind, sun and cold  
weather  
Declutter physical space regularly, as well as computer,  
thoughts, beliefs, emotions and opinions.



# WOOD ELEMENT

Growth  
Flexibility  
Pushing  
Planning  
Stability

Organs: liver, gall bladder  
Tissues: tendons, ligaments, joints, muscles  
Sense organ: eyes  
Sense: sight  
Taste: sour  
Season: spring  
Most active time of day: 11pm - 3am

Out of balance  
tight muscles, ligaments and tendons, quick to anger,  
toxic blood chemistry, impatient

In balance  
stable and flexible, peaceful, self trusting, sense of  
humour

For self healing  
Drink red wine in small quantities occasionally or avoid  
alcohol altogether  
Do gentle exercise often, like swimming, walking, yoga,  
qigong, to not overwork the tendons



# WATER ELEMENT

Emotional  
Cleansing  
Energetic reserves  
Mirror  
Flow

Organs: bladder, kidneys  
Tissues: bones  
Sense organ: ears  
Sense: hearing  
Taste: salty  
Season: winter  
Most active time of day: 3pm -7pm

Out of balance  
fixated, fearful, unworthy, highly emotional or shows no emotion, depressed, insecure, unconfident, lower back pain, thinning head hair, hearing loss

In balance  
changeable, creative, negotiable, courageous, determined

For self healing  
Eat lightly salted foods occasionally  
Sleep before midnight  
Destress and take a break often  
Massage ears by using thumb and first finger to gently 'unroll' outer edge of ear all the way down to the earlobe and gently tug it down to stimulate healing points around the body

