

UNDERSTANDING THE FIVE ELEMENTS



INTRO

**FIVE ELEMENTS COMPANION BOOK
BY LETA HERMAN & JAYE MCELROY
AN INSPIRED ACTION PUBLICATION**

UNDERSTANDING THE FIVE ELEMENTS

Understand energy and how it manifests in people.

Qi is Energy – movement in time and space.

Yin and Yang – movement of Qi at a very basic level.

Yang is energy that flows up and expands.

Yin is energy that descends and condenses.



UNDERSTANDING THE FIVE ELEMENTS

The 5 Elements represent the 4 seasons and 4 directions, plus...

The 5th Season is Earth, the transitions between seasons and directions.

It lies at the center and turns the wheel of time.



ELEMENTAL MAKEUP

What is your Elemental Makeup/Stack Up?

You must understand your Five Element energetic makeup to really understand your curriculum.

Wood – your curriculum of this lifetime is related to Growth and Striving to Achieve Greatness, the palaces of Wealth and Health.

Fire – your curriculum Compassion and Love, or the Relationship and Prosperity Palaces.



ELEMENTAL MAKEUP

Earth – your curriculum of this lifetime is related to belonging, community, and hospitality, or the palace of Home.

Metal – your curriculum is related to your creativity and freedom, or the palaces of Adventure and Children/Creativity.

Water – your curriculum is about skills and wisdom or the palaces of Career and Knowledge.



UNDERSTANDING THE FIVE ELEMENTS

We have all 5 Elements:

Your First Element you exhibit to the world about 80% of the time.

Your Second Element you fall back on when your first element isn't accepted -about 15% of the time.

Your Third Element is activated when you're in a crisis- hopefully only 5% of the time; you've tried everything else; it's the worst of the Element.

If your family didn't support you energetically, then you may rely on your 2nd or 3rd elements much more throughout your life.

Doesn't mean you can't learn to draw positive strengths from your third.



THE FIVE ELEMENTS



Summer

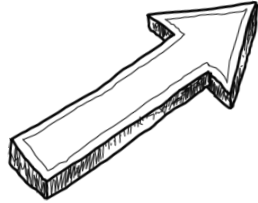
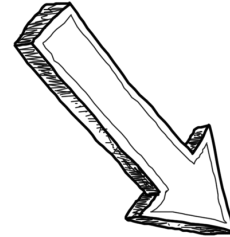
Joy

Maturity

Heart/Small

Intestine

Heart Protector /
Triple Heater

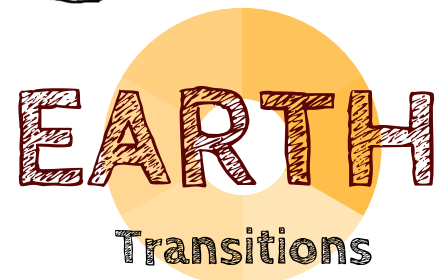


Spring

Assertiveness

Growth

Liver/Gall Bladder



Transitions

Understanding

Decrease

Stomach/Spleen

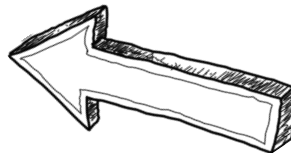


Winter

Anticipation

Emphasis

Bladder/Kidney

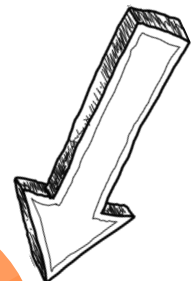


Autumn

Connection

Balance

Lung/Colon



UNDERSTANDING THE FIVE ELEMENTS

You are born with your elemental “stack up” and you cannot change it.

You could learn to override your true nature, but you WANT to be yourself energetically.

It’s how you MOVE through life (walk, talk, eyes, gestures, facial expressions, emotional expression, even your smell!).

It’s not WHAT you think, but HOW you think.

We will cover each element in detail, how to recognize the Elemental energy in other people, and how to adjust your energy to better communicate with others.



UNDERSTANDING THE FIVE ELEMENTS

Wood – Spring Energy, like a sprout bursting up through the ground, doing-ness.

Fire – Summer Energy, like the plants coming into full bloom, saying “look at me!”, energy of being-ness .

Earth – Seasonal Transitions, like a tree giving its fruit in the Harvest season between summer and fall, where the earth gives back to all the inhabitants of the planet.

Metal – Autumn Energy, like a leaf falling from its tree and then being blown to and fro, the energy of letting go.

Water – Winter Energy, like an acorn in the ground, amassing the power to become a huge oak tree, the energy of stillness and movement.

