

5 ELEMENT WORKSHOP

SUMMARY

Personal introduction

General introduction:

*Synergy yin/yang
Principle of regeneration
Cycle of creation
Cycle of control
Function yin/yang
Function 5 colours
Function 5 seasons
Function 5 tastes
Digestion - assimilation - elimination
3 fires
Influences - emotional
- climatic*

each workshop covers on each system

- 1) Defence
- 2) Endocrine
- 3) Digestive
- 4) Respiratory
- 5) Circulatory

*Introduction
Functions
Colour / taste
Organs
Balance
Unbalance - excessive
- deficient
Side effects
SR food - quality
- **concentration**
- variety
Element food*

CORRESPONDENCES

	WOOD	FIRE	EARTH	METAL	WATER
SEASON	spring	summer	late summer	fall	winter
COLOR	green	red	yellow	white	black/blue
FLAVOR	sour/acid	bitter	sweet	spicy	salty
SYNERGY	vitamins	lipids/fat	carbohydrates	minerals	proteins
ORGANES	liver gall bladder	heart small intestine	spleen stomach	lungs large intestine	kidneys bladder
MOOD	anger	joy	worry	grief	fear
BEHAVIOUR	agressivity	manic	obsessive	depressive	anxious
QUALITY	emotive	sensitive	reflective	deductive	instinctive
ACTIVITY	implementing	intuiting	absorbing	analyzing	scanning
MOTIVE	self-serving	self-dissolving	self-locating	self-defining	self-preserving
FACULTY	active awareness	trancendant awareness	passive awareness	subliminal awareness	primal awareness
CONDITION	arousal	excitement	ruminaton	sorrow	fear
VOICE	hollering	giggling	poise	inhibition	withdrawal
CLIMATE	wind	heat	humidity	dryness	coldness
TIME	dawn	noon	late afternoon	dusk	midnight
DIRECTION	east	south	center	west	north
STAGE	birth	growth	maturity	degeneration	death/ germination
POWER	expansion	completion	transition	contraction	consolidation
ODOR	rancid	acid	fragmant	fishy	rotten
SOUND	crashing	roaring	humming	cracking	sucking
TISSUE	ligaments nails/nerves	external ear arteries blood/psyche	tissue/flesh mouth/gums muscles	skin/pores body hair veins lymph vessels	inner ear head/bones pubic hair teeth/marrow brains/anus spinal cord urethra/testes cervix
SENSE	eyes/eyesigh	tongue/tasting	lips/touching	nose/smelling	ears/hearing
EXCRETION	tears	sweat	saliva	mucus/phlegm	urin/ sex excretion
SUBSTANCE	nutrified blood	oxygenated blood	chyme/chyle	lymph	cerebrospinal fluid