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

Introduction

Functions

Colour / taste

Organs

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1) Defence 2) Endocrine Balance 3) Digestive

Unbalance - excessive

- deficient

4) Respiratory 5) Circulatory

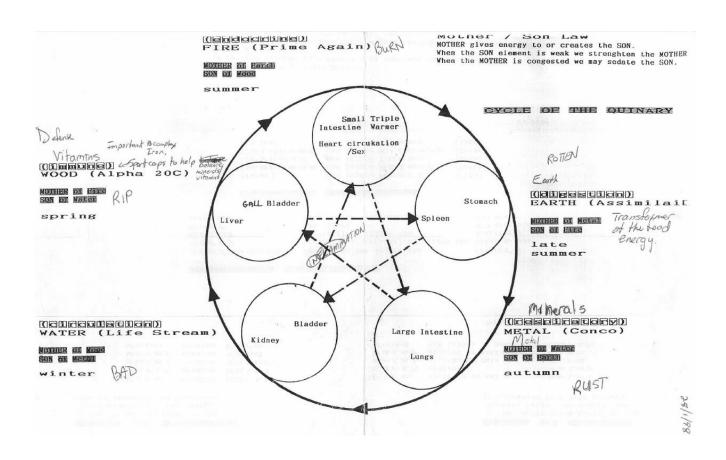
Side effects

SR food - quality

- concentration

- variety

Element food



Cycle of Creation In the "Creation Cycle" or the "Generation Cycle" the energy flow is circular and clockwise.

> Fire creates Earth creates Metal creates Water creates Wood creates Fire Earth Metal Water

In the "destruction Cycle" or the "Control Cycle" the energy flow is clockwise in a star pattern.

Fire destroys or melts controls Water wood injures or extinguishes Fire can injure or penetrate Earth Earth Metal Water

Emotional Influences

Worry Fear Anger

Joy/Sadness (excessive)can injure the Heart
Worry (compassion/sympathy)can injure the Spleen
Grief (anxiety)can injure the Lungs can injure the Kidneys (depression/fury)can injure the Liver

Climatic Influences

Heat can injure Heart
Dampness can injure Spleen (Fire) (Earth) Dryness can injure Lungs Coldness can injure Kidney Wind can injure Liver (Metal) (Water) (Wood)

The SYSTEM is a delicate balance. In perfect harmony this SYSTEM will continue to generate and maintain itself.

If disharmony of imbalance occur within the SYSTEM any number of transformation of this imbalance can occur.

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	heart	spleen	lungs	kidneys
	gall bladder	small intestine	stomach	large intestine	bladder
MOOD BEHAVIOUR QUALITY ACTIVITY MOTIVE FACULTY	emotive implementing self-serving active awareness	self-dissolving trancendant awareness	worry obsessive reflective absorbing self-locating passive awareness	grief depressive deductive analyzing self-defining subliminal awareness	fear anxious instinctive scanning self-preserving primal awareness
CONDITION	arousal	excitement	rumination	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	acrid	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 EXCRETION	eyes/eyesigh tears	tongue/tasting sweat	lips/touching saliva	nose/smelling mucus/phlegm	ears/hearing urin/ sex excretion
SUBSTANCE	nutrified blood	oxygenated blood	chyme/chyle	lymph	cerebrospinal f luid