

# 5 Elements



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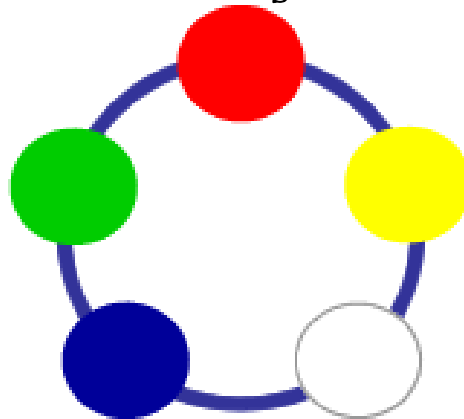
## 5 Element Cycles

We are healthiest and most vibrant when all 5 Elements are in balance, working together and supporting one another. Creation and Discreation are the two basic forces that maintain balance.

The Shen or Nourishing/Birth Cycle = produces, feeds, strengthens, nourishes, engenders

(Yang - expansive)

The clockwise sequence on the circle represents the Shen cycle. The Shen cycle is often called the nourishing cycle or the mother-son cycle. Each element is mother to the next element. Water nourishes Wood, Wood fuels Fire, Fire makes Earth (ashes), Earth yields Metal, Metal produces Water (e.g. condensation).



The Ko or Regulating Cycle = destroys, dominates, controls, restrains, weakens (Yin - contracted)

The clockwise sequence depicted by the pentagon represents the regulating or destructive cycle. Water (fear) can extinguish Fire (enthusiasm), Fire (lack of joy/passion) can melt Metal (ability to take in richness of life), Metal (grief) can cut Wood (stop growth - zest for life), Wood (anger) can control Earth (feeling centered and peaceful) and Earth (worry) can dam Water (deep sense of introspect - thoughtfulness).



The Reverse Shen Cycle = exhausts

The Reverse Ko Cycle = injures

These are destructive cycles that indicate imbalances and lead to dis-ease. These destructive cycles happens when an element is too strong and is controlling the mother element too much. A controlled element reacts against its controller.

## FIRE

Helps earth, helped by wood, hinders metal and is hindered by water.

## EARTH

Helps metal, is helped by fire, hinders water and is hindered by wood.

## METAL

Helps water, helped by earth, hinders wood and is hindered by fire.

## WATER

Helps wood, helped by metal, hinders fire and is hindered by earth.

## WOOD

Helps fire, helped by water, hinders earth and is hindered by metal.

These elements are interactive and shape every aspect of the daily life. Productively they lead to harmony, prosperity and happiness. You can think of God as a state of elemental balance. Life flourishes when the elements are balanced.

**Destructively the elements will lead to discord and disaster.**

Path of least resistance:

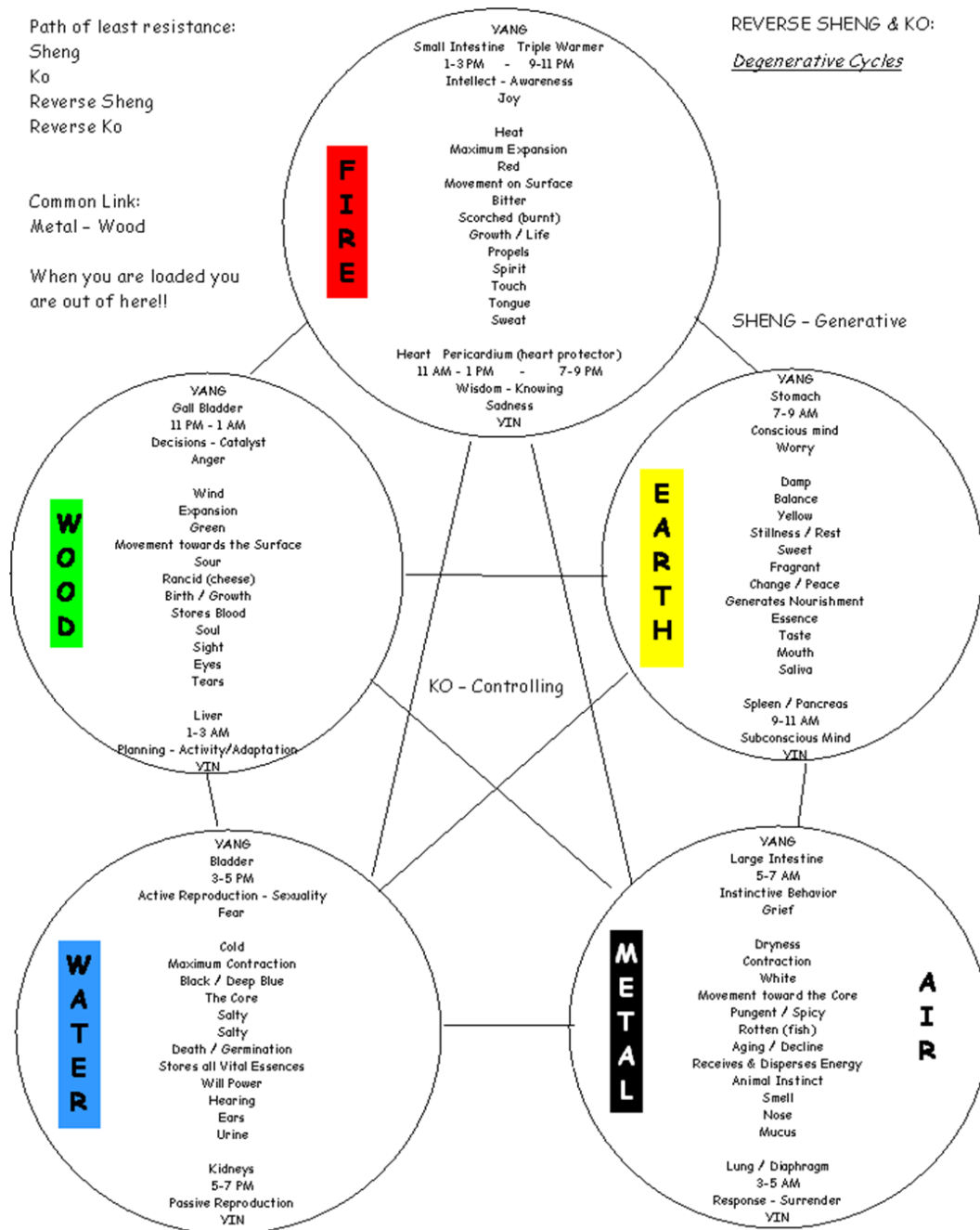
Sheng  
Ko  
Reverse Sheng  
Reverse Ko

Common Link:  
Metal - Wood

When you are loaded you  
are out of here!!

REVERSE SHENG & KO:

Degenerative Cycles



# 5 Basic E-Motions

- Joy / Sadness
  - Worry
  - Grief
  - Fear
  - Anger

# E-Motions to Meridians

Every meridian has a corresponding emotion. Emotions we RESIST are stored in specific organs or body parts.

- Joy / Sadness
- Worry
- Grief
- Fear
- Anger

Heart & S.I.  
Spleen & ST  
Lungs & Colon  
Kidneys & BL  
Liver & GallBL



# 2 Forms of E-Motions

**ACUTE:** Acute emotions are what I call 'emotions in the moment.' This is the form of emotions that hit you as you're going through life. For example- let's say you are having an argument with a friend and you get angry (for a good reason) – that is 'acute emotion' and it's perfectly okay EVEN REQUIRED that you express your feelings in the MOST PRODUCTIVE way as possible in that moment!

If you do not express your emotions in the moment, they become "stored" and they wreak havoc on your health!

**STORED:** If you do not emote in the moment for whatever reason (fear, lack of self-worth, etc.) the emotions are stored in muscle, fascia, organs, and even bones. Stored emotion is basically emotion from circumstances in your life that you could not release (give away/forgive).

## STORED E-MOTION TEST

Here is a sure-fire test to see if you have any stored emotion:

1. Recall an injustice you remember experiencing in your life. It could have been last week or ten years ago.
2. If you still feel strong emotion (like anger, sadness or fear) when you recall the situation you have stored emotional charges.

**Stored emotions are the emotions that will kill you.**

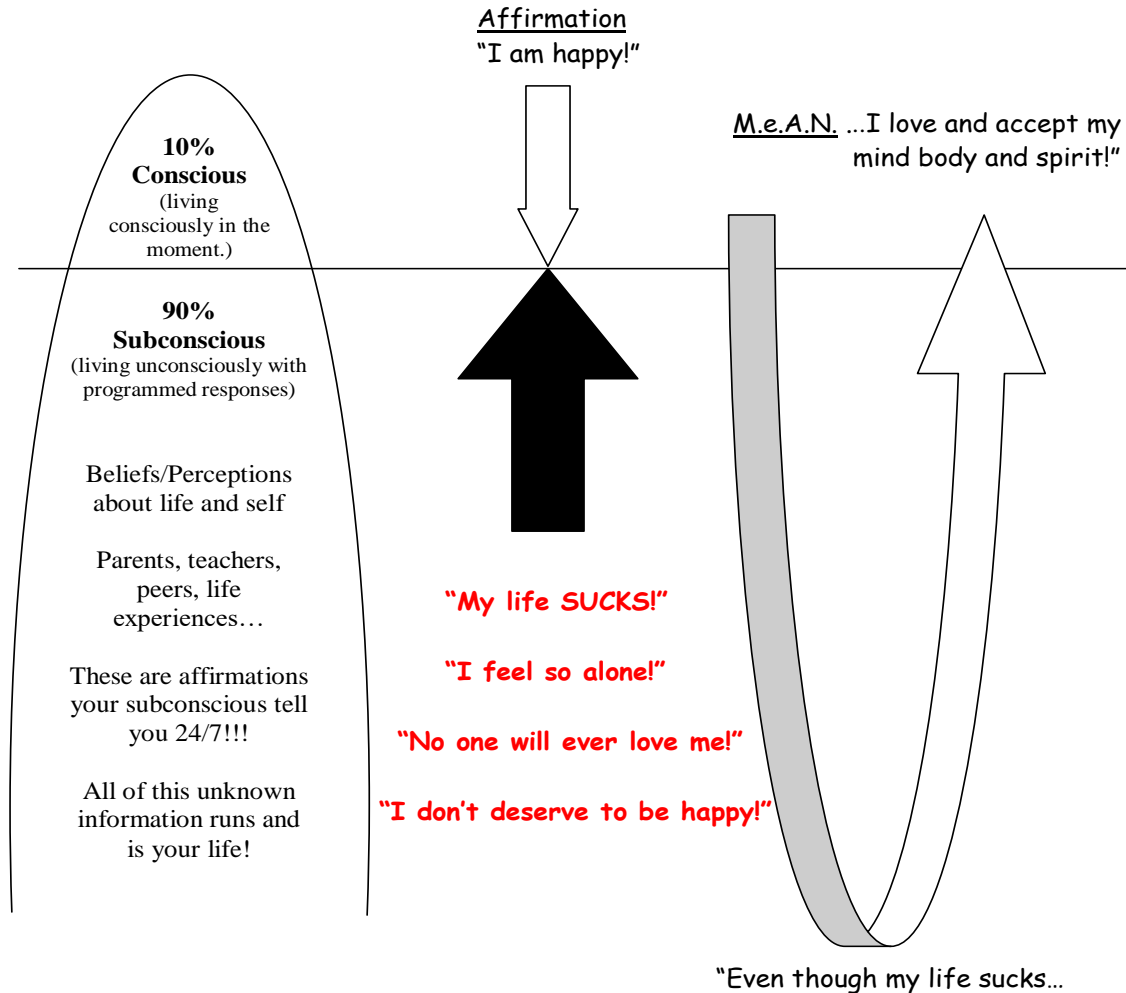
# Stored E-motions

REAL

UNREAL

WOOD	STIMULATED			ANGER			RAGE
WATER	ALERTED			FEAR			PARALYZED
METAL / AIR	GRASPING			GRIEF			CLINGING CONTROLLING
EARTH	PROCESSING			WORRY			ANXIETY
FIRE	HO-HUM			SADNESS			DEPRESSION
JOY							

# Affirmations VS M.e.A.N.

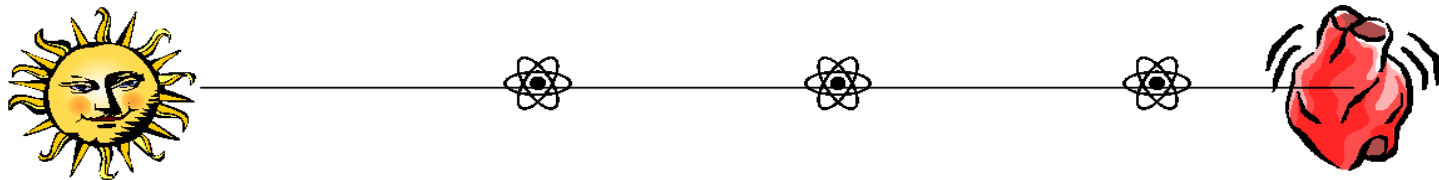


# Acupuncture/Meridian Points

Acupuncture points are much like transformers along a power line. The electricity that runs your household appliances, TV, heater and air conditioner comes from a POWERPLANT. Between the POWER PLANT and your house, there are many power lines and transformers.



These transformers serve to keep the electricity flowing through the lines, maintaining the correct voltage and regulating the energy. If one of these transformers is not working properly, a power outage, a short circuit or other types of disturbances can result.



The acupuncture/meridian points along your body act in the same way. If one of these points is not operating properly, the energy that runs through the corresponding organ is impeded and the organ does not operate at its optimum capacity.

# M.e.A.N. Basic Protocol

