THE FIVE ELEMENT THEORY

The 5 element theory describes the stages of a naturalistic basic cycle. The 5 stages of this cycle are Water, Wood, Fire, Earth and Metal. Each of these elements has an effect on the others in the process of the cycle.

Water (Kidneys & Urinary Bladder) – Qigong Sound “HAY”

The first element in the cycle is Water, representing the most extreme Yin state. It is the phase when the energy is stored, awaiting a time to explode outward, initiating a new life cycle. Winter is the season associated with Water. If the energy of water can be retained, it will provide strength through the life cycle. If the energy is wanted, the remainder of the cycle will be weakened.

**Deficiency of water manifest in fear, paranoia, poor resistance, cold, lower back and knee pain and general bodily weakness.**

Wood (Liver & Gallbladder) Qigong Sound “SHU”

Wood represents the next phase of the cycle. In this phase, the concentrated energy developed in the Water phase explodes outward, starting a new period of activity. Spring is the season for the Wood phase. Wood energy rises and expands, resulting in what some experience as “spring fever”. Wood id New Yang. This is a time of creation and growth.

**When the Wood energy is repressed, one can experience irritation, anger, hatred and rage. When the Wood energy is depleted, there may be lethargy and depression.**
Fire (Heart & Small Intestine) – Qigong Sound “HAA”

The next phase of the cycle is the Fire phase. Fire represents Full Yang, or the energetic phase of the cycle. Summer is the corresponding season. This is the most expansive time of the year. Activity is at a peak, and contentment and co-operation prevail.

When the Fire energy is blocked, it is expressed as heat or tension, especially in the neck, shoulders and head. When Fire energy is deficient, one may be suspicious, paranoid, lose the memory, or experience emotional unrest.

Earth (stomach & Spleen) – Qigong Sound “HAI”

The final phase is represented by the Earth element. The Earth is the centering and balancing element in the cycle. This the Earth element is always present, even in the other phases of the cycles. It acts as a non-judgmental influence, providing understanding, contemplation and a mature energy.

If the Earth influence is excessive, one worries too much, losing the overall perspective, resulting in hypochondria, digestive and blood disorders and menstrual disorders in women. When the energy is deficient, the mind becomes sluggish, resulting in depression and fatigue.

Metal (Lung & Large Intestine) – Qigong Sound “SHANG”

Fire is followed by Metal, which represents the Fall season. This stage begins the withdrawal process, where the energy of the Fire stage can be processed and readied for harvest. This is a time to get of excess turbid energy before the lean phase of winter begins. Metal represents a time of inner reflection and meditation, when one can draw in and store the essential energies that are useful.

Blockage of the Metal element may result in melancholy and grief. Physical manifestations can include chest pressure, breathing difficulties and low resistance to colds and flu. Excess can result in continuous sobbing and draining of the body’s essential energies.