

LINDY'S LABYRINTH

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Water Element

In the winter, a seed incubates in the ground. This is the season of birth, or rest and preparation.

THE FIVE ELEMENTS – The Five Element Theory is based on the natural cycles of growth and decline found in Nature.

Making transitions between seasons is the time of the Earth Element, the most important of the Five Elements in Asian medicine. It is central to all the other Elements.



Wood Element

In the spring, the shoot pushes upward and outward, through the earth to the sun. This is the season of growth.

EARTH ELEMENT - INDIAN SUMMER or the TIME BETWEEN SEASONS

THE EARTH gives us food, shelter and clothing and it is the support we stand on.



Fire Element

In the summer, the plant flowers and blossoms. This is the season of maturity.

Earth is the Element of Indian Summer in Asian medicine, as well as the period between any two seasons. The Earth Element represents groundedness and centering. It shows in our capacity for sympathy and empathy. It rules the system of muscles and connective tissue. Its associated organs are the Stomach and Spleen. It corresponds to the color yellow and the sweet taste. Therefore, foods such as carrots and sweet potatoes are considered tonifying to the Spleen and digestive system. Its main functions are nurturance and digestion. Just as the Earth Element expresses itself physically by the digestive process, it is expressed mentally by keenness of mind – the ability to think clearly, to concentrate or study, and generally process information. Consider everyday expressions like “food for thought,” “a lot of information to digest,” or “chewing it over” when you have something important to consider.



Earth Element

In the late summer, the life in the flower fades and the seed ripens for picking. This is the season of decrease, or decay.

- THE EARTH-TYPE PERSON –

In balance, the Earth person is basically strong, relaxed and at ease, “earthy” and self-possessed, stable and well-rounded. These people truly appreciate all the sensual delights – good food, the beauty of nature, physical affection and the comfort of family. They have satisfying relationships with family, friends and community. Out of balance the Earth person may experience difficulties with digestion, such as heartburn and belching, slow digestion, inability to taste food, dry or sticky mouth, nausea and vomiting. Problems with appetite may occur on both sides of the spectrum, either loss of appetite or over-eating. They may tend to think too much or have trouble concentrating. Students frequently exhibit an Earth imbalance when studying intently.



Metal Element

In the autumn, the harvest is gathered and the seed is buried. This is the season of death, or balance. The cycle repeats.

Exam time is a good time to seek Shiatsu treatment.

It helps increase mental capacity,

improve concentration,
clear the mind and
ease anxiety.

Shiatsu is a preferred treatment
strategy
for digestive difficulties.

- RECOMMENDATIONS FOR THE EARTH SEASON –

Earth is all about nurturance, including the balance between nurturing and being nurtured. We nurture our families, our friends and ourselves by the food we eat and the thoughts we think. What about getting nurtured? Asian medicine recognizes that the transition between seasons is known to be a time of delicate balance for health. Customary recommendations for the season are to eat well, rest deeply during sleep, and receive a shiatsu or acupuncture treatment aimed at maintaining a harmonious balance of body, mind and spirit. Asian bodywork (shiatsu, tuina, etc.) is considered one of the most beneficial treatments for health maintenance.

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