

# LINDY'S LABYRINTH



Water Element

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



Wood Element

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



Fire Element

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



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.



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.

Chakras are vibrational wheels of energy that receive, organize and emit the life force in YUW'cZi g'

*Happy New Year of the Rat! Chinese New Year arrived on February 7. The Year of the Rat is typically a happier year than most, free from wars, explosive events and catastrophes. It is a good for business and accumulating wealth. Ms. Theodora Lau, famous Chinese astrologer, warns that one should also make long-term investment plans so that this year's windfall can offset bleaker years that may lie ahead. According to Ms. Lau, the Year of the Rat "promises a lot of bickering, bargaining and petty arguments that will amount to nothing," but overall it is "a congenial time that will find most of us socializing and having a good time." ENJOY! -*

*Lindy*

**Chinese New Year heralds in the Spring**, the season of birth and growth. In keeping with the season, I am very excited to add three new services to my practice: **Chakra Development**, **DNA Activation** and **Whole Presence Quantum Soul Retrieval**. All use guided visualization and journeying techniques to foster health and spiritual development.

**Chakra Development and DNA Activation** are offered in two formats:

1. A series of 3–6 individual sessions
2. Six 2-hour classes that meet weekly

**Whole Presence Quantum Soul Retrieval**

typically takes four hours, done in individual 2-hour sessions.

However, many people are more comfortable taking three sessions to complete the process. It is not necessary to decide in advance. The soul will dictate the pace at which we proceed.

**Chakra Development** – Chakras are vibrational wheels of energy that receive, organize and emit the life force in each of us. Each chakra corresponds to a phase of human development beginning with self-preservation, on to compassion, and ending with connection to all that is. Increasing the power of the chakras' vibrations produces more energy reserves that one can direct toward a desired goal, be it health, a new job, etc.

**DNA Activation** – Medical science states that we use approximately 10% of our brain. DNA Activation stimulates alpha and theta brainwave states to arouse latent DNA structures and realize the divine blueprint within. The result is better cellular communication that creates youth, vitality, rejuvenation and the cell's ability to generate

its own light energy. This, in turn, clears the way for discovering the unique creativity that manifests health and expresses the soul's purpose.

**Whole Presence Quantum Soul Retrieval** – The purpose of soul retrieval is to reclaim fragments of the soul that may reside with another person, or even in another time. Whole Presence brings the ancient shamanic practice of soul retrieval into the new paradigm of our times. In the old paradigm, the shaman would search for these fragments through all time and dimensions and bring them back to the person. The new paradigm, however, recognizes the growth and development of the human soul through the ages. It calls for us to utilize these accomplishments and to strengthen the considerable capabilities we have attained. Therefore, the new paradigm departs from the old by transforming the role of the shaman to that of a skilled facilitator who provides guidance and a safe environment for the individual to identify and collect his/her own **soul** fragments.

*The evolution of development outlined above provides a sound progression of advancing health for the body, emotions, mind and soul.* However, people who have been my clients for a while or have done other personal and spiritual work may feel prepared to go through the Whole Presence Quantum Soul Retrieval process. Anyone who feels drawn to it should feel free to call.

*Observing my clients through the decades, I have become aware that the human race is evolving spiritually at an increasingly fast rate.* The amped-up speed and vibration of our planet and our species is no problem for our souls. However, our bodies and emotions are scurrying to keep up, and our minds sometimes resist what our "knowing" accepts instinctively. Many of us are feeling out of sorts. Waking up the energy that lies dormant (did you remember that 90% of our brain goes unused?) can clear blockages, promote the flow of energy throughout the body, and apply cellular knowledge to specific situations and illnesses. Unlocking the spiritual energy available for one's life journey stimulates the innate capacity to create and direct a healthy, happy life. I look forward to assisting in every way I can!

---

## **WOOD ELEMENT SPRING – THE TIME OF GROWTH**

**WOOD** is best represented by a tree because trees grow in all directions at once. The roots grown down, the trunk grows up, and the branches grow outward. **Spring is the time of the Wood Element, the time of new growth and the natural time for giving life to new plans.** Branches bud out and crocuses push through earth. We feel the urge to move, stretch, and get active again. The Wood Element represents robust energy and the ability to properly control, or channel that energy. It expresses our capacity and responsibility for acts of kindness. Its associated organs are the liver and gall bladder and it rules the ligaments and tendons. It corresponds to the color green and to the sour taste. Therefore, lemon, vinegar and green leafy

vegetables are considered tonifying to these organs. The Wood Element expresses itself in the body through physical endurance and strong joints. Its mental expression shows in the ability for planning, storing and decisions making. Emotionally, it is the appropriate expression of anger, which runs on a continuum from simple irritation to rage (consider Jesus overturning the tables of the sellers in the temple).

**THE WOOD-TYPE PERSON** – When balanced, the Wood person is a natural leader, a powerhouse of energy and productivity. Wood people tend to be in positions of power and responsibility. Liver-type people are often entrepreneurs or CEOs of companies because they have a clear vision and they see the big picture. They can effectively stay on top of things and tirelessly influence people and events to ensure the realization of the vision. They enjoy working hard and playing hard. They seldom get angry, but when they do, you do not want to be around! The Gall Bladder type is similar but a little less intense. They make excellent vice-presidents and middle-to-upper level managers, capable of making good decisions and supervising employees. When Wood-type people are out of balance, they tend to overwork to the point of compromising their health. They commonly overeat and/or drink too much alcohol. Emotionally, they may waiver back and forth between ideas, unable to come to a decision. Anger management may be a problem, or they may be irritable and have frequent bursts of temper that are unpleasant, even if they do not amount to anything. Common physical symptoms are shoulder problems, stiff or painful joints, headaches, migraines, eyestrain, hyperacidity, constipation, flatulence, prostate or menstrual problems. Wood-type people respond exceptionally well to bodywork. Therefore, Shiatsu is considered the treatment of choice for their complaints, such as joint pain and stiffness, reproductive and digestive function, and emotional inconsistency.

**RECOMMENDATIONS FOR THE WOOD SEASON** – Although we typically think of Spring as starting on the Equinox around March 21st, that is really the mid-point of the season. If you look at it from the point of view of growth, Spring begins closer to Groundhog Day. In Asian Medicine, Springtime is the best time for fasting and/or cleansing, as the Liver is the main organ of detoxification. As soon as you shake off that winter chill, you can embark on a gentle cleansing of your system. Once that is complete, the other customary recommendation is to add exercise back into your routine (people typically do less during the Winter). Walking, jogging or swimming are the most common suggestions. Pick the activity that gives you the most pleasure and enjoyment.

Lindy Ferrigno • Shiatsu Specialist • CI(AOBTA), DipLABT(NCCAOM),LMT • Charlottesville • Virginia •  
Labyrinth Shiatsu® is a registered trademark especially for Lindy Ferrigno 434.974.9264