

Walking the Labyrinth

In Practice Since 1975

with *Lindy*



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.

The Fire Element corresponds to the emotion translated as "Joy."

August 2008

Greetings,

Summer is really flying by! I spent much of June re-designing my website. I am still in the process of writing some of the pages, but the design is complete. It looks and feels very different and is much more user friendly. If you have not visited www.lindyferrigno.com recently, please give it a glance. And, if you are interested in DNA Activation, check out the Workshop Schedule page. I'll be teaching workshops in Portland, Boulder and Charlottesville this Fall.

Lindy

OK, back to summer. Summer is the time of the Fire Element. It is a time of celebrating and rejoicing in the beauty, fullness and fruition of life. The Fire Element corresponds to the emotion translated as "Joy." In ancient Asia, the concept of joy was quite different from what we think of in our modern American culture. It indicated a sense of inner peace, which included harmonious relationships with family, friends, community, ancestors, nature, spirit, etc. A healthy Fire Element produces a powerful, yet gentle, inner strength that delights in being "spiritually fit." Heart is the main organ associated with the Fire Element. Spiritual fitness means that we have enough heart, enough spirit, to develop and engage our whole self. Anyone who endeavors to live up to his/her fullness will probably exhibit moods, at times, that are difficult for the people around them. At these times, we may have to ask: "Is this a situation where it is more appropriate to inhibit my response, or is this a time when I should 'go for it' and risk the consequences?" The answers need to come from a deep place of self-awareness – a place full of heart. That is why the recommended activity for tonifying the Fire Element is meditation. Meditation makes it possible to perform the general functions of the Fire Element, namely, receiving, responding and adapting to life's stimuli from the center of our core of peace. When we understand the Fire Element in this light, a more appropriate translation than "joy" might be "contentment." This contented kind of joy arises from an inner awareness and appreciation of the beauty of our true Self. The purpose of my work is to foster this expanded sense of Self that sees the beauty in our own being and all that is around us.

Shiatsu relaxes and strengthens the mind and body, making it easy to create and maintain healthy, positive energy. It promotes a balanced "self," able to assess, interpret, and respond to life's events from the heart. Shiatsu is effective with, or without, other practices. On all

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Chakra Development
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DNA Activation
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Whole Presence Quantum Soul
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Chakra Development offers a moving meditation that nourishes our central core with the many types of yin and yang energy available to us. It gives stamina to all aspects of our being.

DNA Activation frees up and increases our physical and mental energy. It restores the divine blueprint of perfect health and clears our thoughts and emotions, bringing harmony to the various arenas of life.

Whole Presence Quantum Soul Retrieval reclaims and integrates any energy given away or lost in the course of life circumstances. It helps us reconnect with the ability to direct our life in a positive direction.

Health Tips For Summer

- Just a reminder about leaving bottled water in the car: The amount of heat that accumulates in the car when the sun is streaming in through the windows causes chemicals from the plastic to leach into the water. These chemicals are especially dangerous to women, as research indicates a link to breast cancer. After her bout with breast cancer, Sheryl Crow made many public appearances to educate the public about this fact. You will give a great gift when you share this information with you mother, daughter, wife or girlfriend, and any women you know.
- If you apply Asian medical nutrition to local American foods, watermelon not only tastes great and is refreshing; it also helps prevent heat stroke and keeps you hydrated. Now you have even more reasons to appreciate and enjoy this wonderful earthly delight!

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