

Walking the Labyrinth with Lindy

In Practice Since 1975

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 Metal Element represents the qualities that come from the minerals, ores, and crystals of the earth.

November 2008

Dear Friends,

You have truly graced my life, and I am thankful. I appreciate the many kinds of support you have offered to me, and accepted from me, over the years. I look forward to the yet undiscovered ways we will continue enriching this beautiful life we share on planet Earth.

Happy Thanksgiving!

Lindy

THE METAL ELEMENT

The Five Element Theory is based on the natural cycles of growth and decay found in nature. The Metal Element's influence manifests predominantly in autumn, the season of death, or balance. We gather the harvest, bury the seed and chop the wood. We do the canning of vegetables, fruits and nuts, and store grain and wood. We prepare for winter and turn our attention inward, toward our family, home and work. The Metal Element represents the qualities that come from the minerals, ores, and crystals of the earth. Minerals provide strength for our bodies. Ores offer structural support to buildings, homes, bridges, etc. Crystals and gems give us clear communication (radios and TVs), as well as sparkling beauty.

Qualities of clarity and radiance reflect in the skin, which is the tissue associated with the Metal Element. The skin is quite miraculous. It not only breathes, but it also forms the protective outer border of the body, and eliminates wastes through the pores. The organs of the Metal Element, Lung and Large Intestine, perform these same functions. People with a balanced Metal Element establish a rhythmic order in daily life [breathing], have appropriate boundaries in their relationships [borders], and are able to "let go" [elimination]. When out of balance, they tend to have constipation, lackluster complexion, dry or itchy skin, and respiratory problems including colds and allergies.

HEALTHY AUTUMN FOODS

The taste and color associated with the Metal Element are pungent and white. Therefore, foods that support healthy respiratory and excretory function are garlic, onion, ginger, radishes, etc. Fruits that have white flesh, like pears and apples, are excellent, especially when cooked. You can cut them up and put the pieces into the water you boil for your oatmeal, along with some nuts. Delicious!

HERBS FOR THE METAL ELEMENT

People with a balanced Metal Element are able to “let go”

Garlic, onion, ginger, radishes

There are two classic herbal formulas in Asian Medicine for the common cold

They desire porcelain skin that is fair and smooth, without any blemishes or discoloration.

The skincare set includes products for a total skin care routine.

The Connection With Spirit CD is on sale for over 30% off

Connection With Spirit is now also available as an MP3

A one-day workshop called Bringing Light to Your Chakras will show you how

There are two classic herbal formulas in Asian Medicine for the common cold – one for the clear, runny mucous (the cold cold) and the other for the stuffed up yellow mucous (the hot cold). An herbal company in America has combined these formulas into one tablet that can be taken at the onset of your cold to ward it off. I love this formula and will have it available for you through the winter.

SKIN CARE

Japanese women feel that skin is the key to beauty and that your inner beauty and health show through your skin. They desire porcelain skin that is fair and smooth, without any blemishes or discoloration, and that is what they demand from skincare products. As a result, Japan ranks among the highest in the world for standards of purity and effectiveness in their cosmetics, which are of a finer grade than those from Europe or America. When I was last in Portland I was introduced to an amazing skin care line (HABA) from Japan. I bought several of the products to try for my own use. I am delighted with these products, especially now that the weather is dryer and colder. Some of the products I use from the HABA line are medical quality, yet they are extraordinarily gentle and wonderfully moisturizing. And . . . I do believe my age spots are fading! I have been so impressed with this line of skincare that I asked the company to put together a sampler set that I could introduce to my clients and friends. They agreed, and I should have a few available soon.

GIFTS AND DISCOUNTS

- The skincare set includes products for a total skin care routine and costs \$51.00. It would make a great holiday gift for yourself or a friend.
- Another great gift giving option is the Connection With Spirit CD for \$15.99. It is on sale for over 30% off (orig. \$23.75).
- Connection With Spirit is now also available as an MP3. You can download the entire CD as a zipped file for \$10.99. Just go to www.lindyferrigno.com and click on online store.
- For a gift certificate with added holiday spirit, you can choose one with a Currier and Ives scene of Victorian ice skaters. View it at the online store.

MORE RADIANCE

The shiny substances of the Metal Element, like ores, crystals and gems, are often called the Light within the Earth. One way to get Light within your body and bring out that glow from beneath the skin is to shine up your Chakras. A one-day workshop called Bringing Light to Your Chakras will show you how. It will take place on February 7, from 10:00-5:00, at **The New Body Mind Spirit** on Preston Ave. Look for more information in the January newsletter.

Until then, Happy Holidays!