

Five Elements Summary

	<u>ETHER</u>	<u>AIR</u>	<u>FIRE</u>	<u>WATER</u>	<u>EARTH</u>
Path of Involution	Grief at separation from source	Fill the space with things to calm the grief	Frustration that things don't satisfy	Cling to things	Fixation on things and fear of losing
Passions	"Poor Me", Depression	Desire, Greed	Anger, Frustration	Attachment, Lust	Fear, Fixation
Virtues	Spirituality, Humility (Recognize Illusion), Devotion, Discrimination	Contentment, Moderation, Hope, Idealism	Forgiveness,, Compassion Discipline, Force, Creativity, Willpower	"Letting Go," Sexuality, Family, Order, Continance	Courage (Trust the Purpose), Security, Boundaries, Confidence
Chakra	Throat	Chest	Solar Plexus	Pelvis	Pelvic Floor
Body Triad	Diaphragms, Center Line, Joints	Shoulders, Kidneys, Ankles	Head (eyes), Solar Plexus, Thighs	Chest (breast), pelvis, feet	Neck, Knees, Bowels
Food	Prepared with Love, presented beautifully, sprouts, sea veggies	Tree Level Fruit, Veggies	Waist High: Grains, Beans	Ground Level: Greens, squash, melons	Underground: Root Veggies
Voice	Spiritual, penetrating, beautiful, soulful	Breathy, Mobility, Speedy	Loud, Forceful, Directive	Engaging, flowy, singsong, syrupy	Low, Slow, Methodical
Sense	Sound	Touch	Sight	Taste	Smell
Flavor		Sour	Bitter	Salty	Sweet
Body Movement	Lengthening	Speed	Shaking	Fluidic, digestive	Contraction
Elimination	Expression	CO2	Sweat	Urine, Lymph	Bowels
Tissue	Hair	Skin	Blood Vessels	Flesh	Bone
Fluid	Saliva	Sweat	Urine	Semen	Blood
Function	Sleep	Thirst	Hunger	Luster, "Glow"	Laziness, Immobility
Associated Principle	Air	Air	Fire	Water	Water
3 Principle Contacts	5 ptd star, stillpoint	Chest, Colon, Calves	Path of Fire, 4 Corners	5 ptd star, Perineal	5 ptd star, Perineal, Coccyx
Body reading	Big toe, center line, throat, stillness	second toe, cheeks, eyebrows	3rd toe, diaphragm reflexes, nose	4th toe, lips, mouth	5th toe, chin
Complaint	"I don't know", emotional constipation, sadness	breathing, respiration heart	Digestive problems, eyesight, heart, arthritis	Swelling, watery, sexual areas	Constipation, immobility, panic attacks
Vocational	Spirituality, Art	Education, Religion, Information	Commerce, Industry, Sports, Active labor	Family, Nurturing, Caregiving	Armed Forces, Police, Security,
Artistic	Music, Art	Dance	Visual Arts	Written word	Sculpture
Childhood Right	Value	Immaturity	Imperfection	Dependent	Vulnerable
Adult Symptom	Self esteem issues	Moderation issues	Reality issues	Dependency issues	Boundary issues
CORE STATEMENT	I AM	I WANT	I CARE	I NEED	I HAVE
Astrological Symbols		Gemini (shoulders) Libra (Kidneys) Aquarius (Ankles)	Aries (Head) Leo (Solar Plexus) Sagittarius (Thighs)	Cancer (Breast, chest) Scorpio (Pelvis) Pisces (Feet)	Taurus (Neck) Virgo (Bowels) Capricorn (Knees)

Saturn Return

The planet Saturn ("The Tester" or "Lord of Karma") covers the natal chart in 28-year cycles. Thus age 28, 56 and 84 are recapitulations of the birth time and opportunities for major growth and transformation. They are also time of potential major decline (56 is statistically the most likely time for heart attacks) if life lessons are not taken seriously.

Quadrants of this cycle are reflections of each other and reflect the involution/evolution process:

Age 7, 35, 63: Steeping fully into the world (school, career, retirement to elder status)

Age 14, 42: Opposition to birth life lesson, greatest involutionary moment (teenage opposition phase, midlife crisis).

Age 21, 49: Transition into greater evolutionary expression of life purpose (college, career maturity and height of influence)

Psychological/Emotional Terminology Guide to the Elements

The Five Elements are a way to describe many aspects of experience and personality. This table gives words for qualities of each energy center. Qualities are linked in chronic patterns of healing (center column) or disease (side columns).

Element Emotion	Primary Quality	Focus on:	BALANCED Neutral	YANG Too Much, Expanded	YIN Too Little, Contracted
ETHER Grief/Joy	Self-esteem	Achievement "I am"	Self-esteeming Accountable Longing Humble Making Conscious choices	Arrogant Better than Shameless Tyrant	Worthless Less than Shamed Doormat/Victim
AIR Desire, Integrity	Moderation Self-regulation	Appearances "I want"	Honest Content Moderate	Pumped up "Putting on airs" Speedy Impatient Creating illusions Super-mature Greedy, Dissatisfied Drug/work addict	Tuned down Immobile Depressed Jealous Super-immature Hopeless
FIRE Power, Motivation	Self-knowl- edge	Power: "I care"	Warm Responsible Respectful Enthusiastic Forgiving	Raging at others Blaming Resentful Explosive Controlling others Won't allow others' reality Alcoholic	Raging at self Blaming self Apathetic Imploding Controlled by others Doesn't know own reality or knows but won't tell Enabling
WATER Attachment Growth	Self-care	People "I need"	Changing Accepting Receptive Compassionate Nurturing	Isolated Anti-dependent Compulsive Passionate Charming Sex-addicted	Enmeshed Dependent Needy Possessive Despairing Love-addicted
EARTH	Self-protection	Material "I have"	Protecting Supporting Respecting Grounded Stable Able to let go Accepting Limits	Walls against involvement Invulnerable Paranoid Defensive Resistant Self-concealing Hypervigilant	No boundaries Too vulnerable Self-doubting Overly sensitive Defensive Frozen Anxious