Five Elements Summary

Path of Involution
- Ether: Grief at separation from source
- Air: Fill the space with things to calm the grief
- Fire: Frustration that things don’t satisfy
- Water: Cling to things
- Earth: Fixation on things and fear of losing

Passions
- "Poor Me", Depression
- Spirituality, Humility
- Moderation, Hope, Idealism
- Throat
- Prepared with Love, presented beautifully, sprouts, sea veggies
- Spiritual, penetrating, beautiful, soulful

Virtues
- "Letting Go,"
- Discipline, Force, Creativity, Willpower
- Tree Level Fruit, Veggies
- Breath, Mobility, Speedy Loud, Forceful, Directive

Chakra
- Solar Plexus
- Head (eyes), Solar Plexus, Thighs
--path
- Chest
- Chest (breast), pelvis, feet
- Throat
- Throat, stillness
d of procession
- Big toe, center line, second toe, 3rd toe, 4th toe, 5th toe, throat, stillness

Body Triad
- Shoulders, Kidneys, Ankles
- Ground Level: Greens, Underground: Root squash, melons
- "I don’t know", emotional constipation, sadness
- I AM
- Gemini (shoulders)

Food
- Waist High: Grains, Beans
- "Poor Me", Depression
- "Letting Go,"
- Head (eyes), Solar Plexus, Thighs
-大树
- Tree Level Fruit, Veggies
- "I don’t know", emotional constipation, sadness
- I AM
- Gemini (shoulders)

Body Movement
- Speed
- CO2
- Hair
- Saliva
- Sleep
- Breath, Mobility, Speedy Loud, Forceful, Directive

Function
- 5 pt star, stillpoint
- 3rd toe, diaphragm reflexes, nose
- I don’t know", emotional constipation, sadness
- 5 pt star, stillpoint
- "I don’t know", emotional constipation, sadness
- I AM
- Gemini (shoulders)

Complaint
- Path of Fire, 4 Corners
- 3rd toe, diaphragm reflexes, nose
- Digestive problems, eyesight, heart, arthritis
- Swelling, watery, sexual areas
- Constipation, immobility, panic attacks

Vocational
- College, career, maturity and height of influence
- Family, Nurturing, Caregiving
- Armed Forces, Police, Security,

Artistic
- Dance
- Visual Arts
- Written word
- Sculpture

Childhood Right
- Imaturity
- Imperfection
- Dependent
- Vulnerable

Adult Symptom
- Self esteem issues
- Moderation issues
- Dependency issues
- Boundary issues

Core Statement
- I AM
- I WANT
- I NEED
- I HAVE

Astrological Symbols
- Gemini (shoulders)
- Aries (Head)
- Cancer (Breast, chest)
- Libra (Kidneys)
- Leo (Solar Plexus)
- Scorpio (Pelvis)
- Aquarius (Ankles)
- Sagittarius (Thighs)
- Pisces (Feet)
- 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).

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