

# About the Five Elements as central theme and integration in the retreat.

## The Five Elements

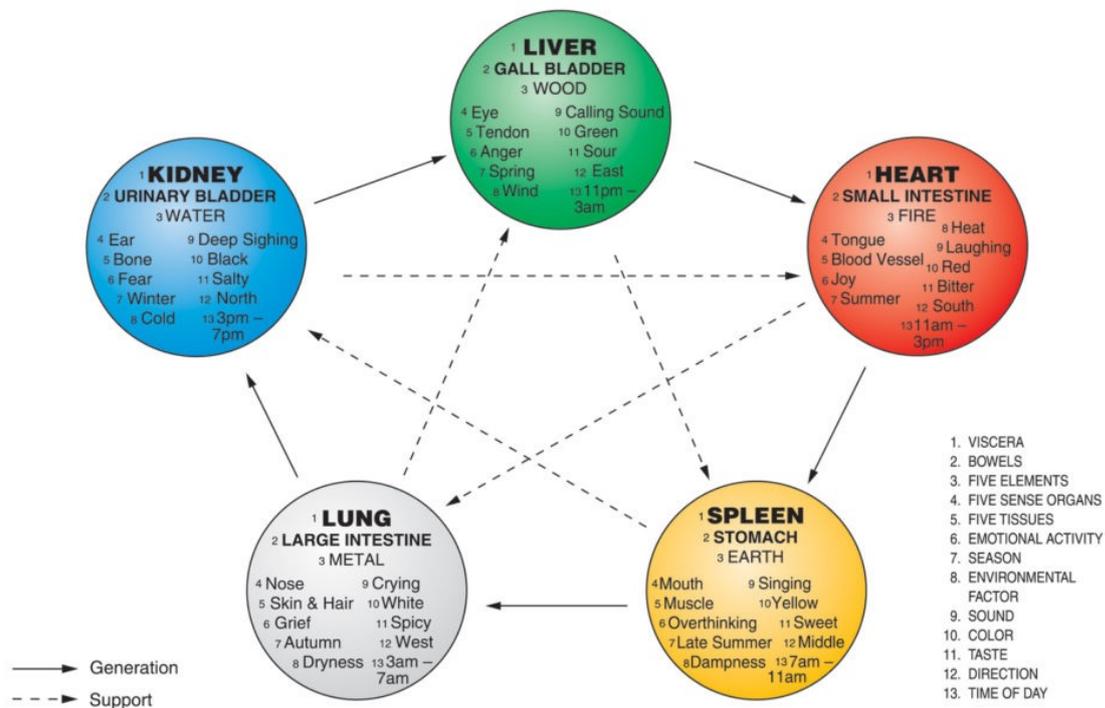
Five Element theory is the foundation of Chinese disciplines such as feng shui, the martial arts (Tai Chi, Qi Gong), and the *I Ching* (*The Book of Changes*, a text also Universal in its understanding and representation of the dynamic balance of opposites and the processes of unfolding events and change), or in other words, the dynamics of Yin and Yang in life.

### A Comprehensive Template Reflecting Natural Law

The Five Elements are a comprehensive template that organizes all natural phenomena into five master groups or patterns in nature. Each of the five groups—Wood, Fire, Earth, Metal, and Water—include categories such as a season, a direction, climate, stage of growth and development, internal organ, body tissue, emotion, aspect of the soul, taste, color, sound . . . the categories are seemingly limitless. The Five Elements reflect a deep understanding of natural law, the Universal order underlying all things in our world.

It provides a master blueprint that diagrams how nature interacts with the body and how the different dimensions of our being impact each other. When studying the Five Element Framework it is important to emphasize that this multi-dimensional view of life offers a diagnostic framework to recognize where imbalances—body, mind, emotions, and spirit lie. The Five Elements include the internal organs, and the interconnected relationships between them.

## CLASSIFICATION OF THINGS ACCORDING TO THE THEORY OF THE FIVE ELEMENTS



## The Five Elements during the retreat

Monday 16/04	Element Water
Tuesday 17/04	Element Wood
Wednesday 18/04	Element Fire
Thursday 19/04	Element Earth
Friday 20/04	Element Metal



During this retreat we will reflect and integrate 1 element per day in:

- Morning specific exercises
- The activities and relationship with element(s)
- Some tips and tricks
- Balanced cooking using the 5 elements.

### Did you know by entering spring time, the element “Wood” is now our guest star?

(Chinese: 木; pinyin: *mù*), sometimes translated as **Tree**, is the growing of the matter, or the matter's growing stage.

*Wood* attributes are considered to be strength and flexibility, as with bamboo. It is also associated with qualities of warmth, generosity, co-operation and idealism.

The Wood person will be expansive, outgoing and socially conscious. The wood element is one that seeks ways to grow and expand. Wood heralds the beginning of life, springtime and buds, sensuality and fecundity. Wood needs moisture to thrive.

In Chinese medicine, wood is associated with negative feelings of anger, positive feelings of optimism, patience, and altruism.

Organs associated with this element are the liver (yin), gall bladder (yang), eyes, and tendons.

The Wood element stands for a very strong upward lifting “life”- energy pushing nature out of the buds, stems and leaves grow until maturity and form they are programmed.

So maybe you will have intentions and a passionate desire to tidy up and clean up your house, or start projects, and setting in place things you would like to do, see, travel, work with others? Or you feel like some fastening, or detoxing?

Your body wants to move, to eat the new spring asparagus, leaks, artichaux, and all this great “sprouty” fresh food?

All signs you are fully entering the spring time, and let the Wood element do its job!!

