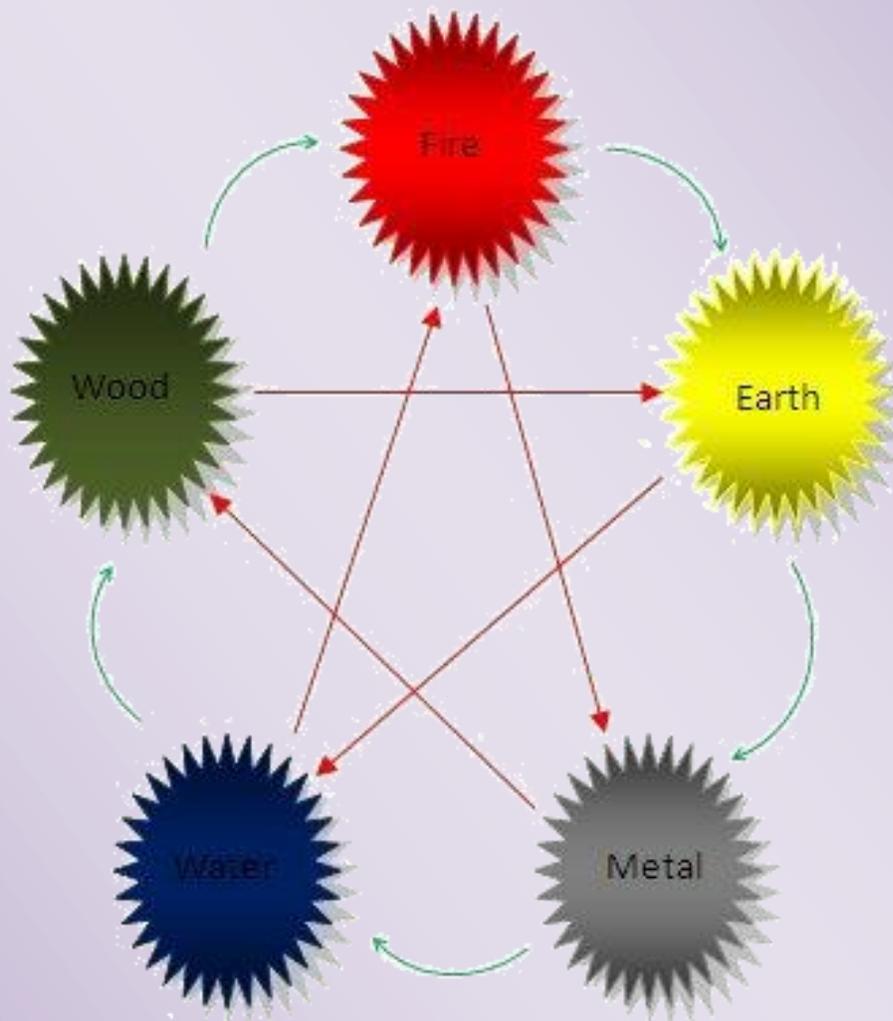


20 Insider Secrets

Of the Chinese 5 Elements



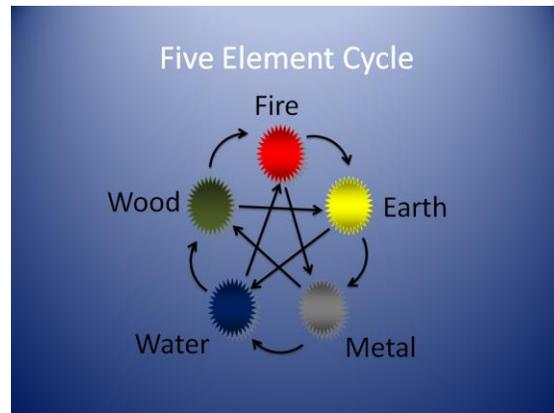
20 Insider Secrets of the Chinese 5 Elements

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1 Which of the Chinese 5 Elements is most important?

They are all equally important. Think about it: if your liver doesn't work properly, then your whole system feels it. The same with the Chinese 5 Elements

Having said that, Fire Element has four meridians associated with it (Triple Heater, Heart Protector, Heart and Small Intestine), which indicates the importance the Chinese put on the heart and the Fire Element. In Ancient China, it was thought that the Heart was the centre of the body for both thinking and health, as well as being the seat of the spirit. They also observed that when the heart stopped beating, the person died, whereas if the brain stopped working properly, for example as a result of a stroke or an injury, people didn't necessarily die.



However, although Fire Element has a great deal of emphasis placed on it, that doesn't make it the most important Element. It's important to have all 5 Elements in balance in order that our lives, health, relationships and, yes, wealth, are also balanced.

2 What is a Meridian?

The meridian system is a model developed over thousands of years in the East, on which acupuncture, acupressure, Traditional Chinese Medicine and various other modalities are based.

These Eastern modalities developed in a culture that views the body as a self balancing system, which, when it's out of balance, requires action to help the body rebalance itself - it's all about pattern rather than the Western idea of pathology or disease.

Now, if you were to ask where the meridians are in the body, I could point you at a diagram. However, although acupuncture is offered for some conditions on the NHS, no one has ever been able to find the meridians. There are no little tubes through which the energy runs, like blood through veins. However, there is research that indicates a measureable change in electric charge on certain points on the body that correspond with the points mapped out on meridian diagrams. There is also research that measures surface conductivity on skin. But Western science doesn't understand the energy model of the body or a system that takes the body/mind/spirit as a whole and therefore tends to dismiss it as fantasy ... until nothing else will work.

Meridians are the energy pathways through and around the body that the Ancient Chinese observed, used and continue to use today.

3 How important is 5 Element Balance or Coherence?

When your life is out of balance, your health suffers, you become stressed, you're unable to get everything done that you need to – and you may find yourself self medicating in various ways – alcohol, overeating and prescription medicines.



The 5 Elements don't just affect the health of your body, but also of your mind and spirit. You can find an article [here](#) about the ways in which you may feel unbalanced in one Element (Wood, in that particular example) and how that might

affect your whole life and your approach to it.

The 5 Elements are not just about the body but also effect spaces and life choices. In Feng Shui, for example, I would take a compass reading and construct a chart using the compass reading, date of construction and the 5 Elements to discover the “character” of the space over time, what negative issues need to be adjusted with the application of appropriate 5 Element “cures” and where other adjustments can be made to support the health and wellbeing of the inhabitants.

Equally, when I look at a person’s blueprint, I can discover a great deal about what kind of person they are, what their relationships are likely to look like with family, spouse, work colleagues, what kind of work they would prefer and how well they will do with money. Also apparent is which Elements are most likely to be out of balance and how they could be most helpfully to balanced.

4 Are Chakras and Meridians the Same Thing?

No, they aren’t. Meridians and Chakras are based on two different world views. 5 Element Theory, of which Meridians form a part, arose in the Far Eastern areas around the Pacific – China and Japan have codified versions, although Korea and the other Pacific Rim countries also share similar world views – whereas the Chakra model comes from the Indian subcontinent. The two world views are very different.

What they have in common is that they are both interpretations of the way that energy travels around the body/mind/spirit system and both are, among other things, models that attempt to explain the connection between lifestyle and health. This is not to say that either refer simply to physical health. They also refer to spiritual health, general wellbeing and psychological health.

Ayurvedic medicine is based on the Chakra system. This model posits that there are three major "Doshas" - Vata, Pitta and Kapha - and that these Doshas are indicators of particular strengths and weaknesses of the mind/body/spirit system. Like the Chinese 5 Elements, the Ayurvedic approach emphasises balance between the Doshas for good mental, physical and spiritual health. The Ayurvedic approach also encompasses the concept that our homes reflect where we are in life (Vaastu), just as Feng Shui does in the Chinese 5 Elements.

So in what ways are they different?

The meridians of the Chinese 5 Elements are named for the major organs of the body, whereas the Chakras are named for major life transitions. The meridians

travel around the body, flowing one into the other, reflecting the cycles of the day, month, seasons and the great cycles of Chinese eras. The Chakras, on the other hand, are more like spinning vortices, like the pictures you see of galaxies or magnetic fields. As we move through life from childhood to old age, we learn the lessons of each Chakra in turn - you can find out more about this by doing a google search or you might find "Anatomy of the Spirit" by Caroline Myss useful for a more in depth examination.

Which approach is the best?

They both are, depending on your knowledge, skill and understanding. Donna Eden suggests they are two different levels among many of the human energy system. They are certainly two different understandings of the way the human system works, both equally valid. The choice really boils down to what you want to do. From my point of view, the meridians of the Chinese 5 Elements is more accessible - but I have been studying this for over 20 years!

5 What's the difference between the Eastern and Western Elements?

The most obvious difference is the number: the Chinese 5 Elements for the East and 4 for the West.

In the West, we consider the Elements to be related to the cardinal points: North, South, East and West. The Chinese 5 Elements, however, take all directions into account as well as the heavens, the earth and the centre.

In the West, the Elements are Earth, Fire, Wood and Water, associated with the four directions and the substances that a nature based people saw all around them - trees and plants, dirt and soil, fire and warmth, together with the water that gives life. The spiritual structure built around this system is complex in, for example, the Native American tradition. It flows from a fundamental recognition that nature and the environment are powerful, complex and, for a people to survive, they need to be living in harmony with these elements, rather than attempting to force their will upon them.

By contrast, the Chinese 5 Element system recognises that natural and environmental flow can be manipulated. The practices that grew out of the Chinese 5 Elements - healing therapies, such as Acupuncture, Shiatsu, Traditional Chinese Medicine; the defensive and offensive martial arts; environmental Feng Shui in all its forms; Tai Chi and all forms of healing,

harmonisation and balance - require an understanding of the cycles of flow, change and growth through the 5 Elements.

The Chinese Five Elements have been used for millennia to keep people healthy, living in harmony with the environment, supporting relationships, wealth creation and to help people find positive ways to live, prosper, enjoy life and generally be happy and healthy. And this system has had great influence across the world.

For example, did you know that massage, homeopathy and acupuncture grew from the same roots, spreading all along the Silk Roads – those trade routes used by the Chinese to trade across Asia and Europe?

Did you know that in China, Chinese Medicine is used right alongside Western Medicine for treating patients in mainstream medicine there?

Thus, while the Western elements remain more of an alternative lifestyle practice, the Chinese 5 Element system can be seen to have relevance in the mainstream, both in the East and in the West..

6 Which is better, Eastern or Western systems of Elements?

As noted above, the Western 4 Elements have generally been seen as a bit more “woo woo” than the Eastern 5 Elements. In my personal opinion, the 5 Elements are more useful in every day life than the Western 4 Element system. But of course, I would say that.

In the end it depends what you want to do. The Eastern Five Element System has been accepted in the mainstream of the most populace area of the world for millennia and is still part of the health system today. It is the basis of, not just acupuncture, Chinese Medicine and things like Shiatsu, but also of the martial arts, meditation, creativity and even tea ceremonies. It’s a cultural given in a way that the Western 4 Elements system is not.

In the end, from my point of view as a practitioner of 20+ years’ standing, the 5 Element system of the East is applicable in many more situations, conditions and issues than the Western 4 Elements.

I’m also a “feet on the ground” kind of person, so I prefer the 5 Elements of the East because the system is more grounded.

7

How do I know I am getting really good value from a practitioner or teacher?

These days there's a fair amount of published research about, not specifically 5 Elements, but about the effects of some of the modalities based on the 5 Elements, like acupuncture, Chinese Medicine – and even meditation. There's also a lot of research about the effect of relaxation on the system, the effects of stress on the system and so on. You could do a Google “scholar” search for the research – scholar can be found on the main page of Google, at the top under the tab marked “more”. There's a drop down menu there with scholar towards the bottom of it.

Only you can really decide whether you're getting good value from a practitioner or teacher. But questions you can ask first include: How long has this person been practicing? Do they have a recognized qualification? Can I talk to anyone who has been to this practitioner? Do they have any social proof?

The main thing is that you get along with the practitioner and that they are honest about whether or not they can help you. If you have any doubts about them, then move on.

8

Is any of this 5 Element stuff really worth the money?

There is no doubt that alternative therapies and approaches are expensive compared to many in the mainstream. They also require a great deal of information, self assessment and honesty about lifestyle, habits and attitudes that mainstream approaches do not.

However, alternative approaches like the 5 Elements, when approached with honesty, commitment and a willingness to change can radically transform one's experience of life.

Close your eyes and imagine the person you want to be, living the life you want to live, with the health and happiness you want to experience. Feels good, doesn't it? When you direct your attention to your body, you might discover you're already smiling slightly, feeling the tension fade a little.

It's that that alternative approaches like the 5 Elements give you – a road map to where you want to be and how you want to feel. But it's not instant.

If you want an instant cure for whatever ails you, you're always going to be disappointed.

If, however, you're prepared to set out on a journey of change, then 5 Elements Coherence is a good place to start.

9 Where is the best place to start on this journey?

Obviously, I think the best place to start is with the [5 Elements Coherence Workbook](#) and/or Workshop and that's simply because I have many years' experience and training – and a product you might find useful.

However, the place to start, as an old sage once said, is at the first step. The first step for you is the most important – the results of this first step are going to colour your perception of whether or not it's a journey you want to take. The very first workshop I attended was totally outside my usual experience and, frankly, for



a while there I wondered what on earth I thought I was doing there! I was too “polite” to just leave and too frightened of losing all that money to just not go the next day. But, as the weekend progressed, I noticed a change in myself and in the people around me. By the end of those first couple of days, I was glad I went – and had made some new friends too.

It took quite a while to get to that first workshop. I read some books, tried a few things out, talked to some people and generally explored a bit before leaping into it. I'm rather a cautious person, so wanted to know more about what I was letting myself in for before jumping in with both feet.

With 5 Element Theory, you might find the [videos on my website](#) useful to get an idea of the kind of thing you might be looking at. You could also do a search on Amazon for relevant books.

10 Is it better to find a teacher or practitioner locally or online?

I am all about face to face meetings – I just don't think you get the same experience online. Having said that, however, it's a great deal easier these days to find a local practitioner by doing an online search than it is to search through the yellow pages or the local newspapers.

Many teachers and practitioners have videos on their websites that you can watch to get an idea of whether or not you like them and whether or not you like what they do. Most search engines can give you local results to where you are if you type in your area as well as what you're searching for.

On the other hand, if there are few people who do what you want to learn, the online or home study option can be a positive one as a start. Bear in mind, however, that home study isn't the same as being in a class with other people.

As you progress, you'll probably want to interact more with people who have learned similar things to you, are on a similar journey or who simply share the same interests.

11 How can two teachers teach the same subject but be teaching two totally different seminars?

People often ask this and the answer lies in the fact that the basic system of 5 Elements is the same foundation for a great many areas – like Acupuncture, Martial Arts and Meditation. However, the difference lies in the application of the system as well as its interpretation.

The way I teach 5 Elements, for example, has a different emphasis depending on the way it's going to be applied. EFT, for example, requires a different approach to, say, Reiki or Feng Shui – or even 5 Element Coherence.

The foundation is the same for all applications, but the approach may be different for practical execution, depending on what you want to do with it.

12 What is the biggest mistake people make when choosing a teacher or practitioner of 5 Element Theory?

The biggest misunderstanding people have when they approach a teacher or practitioner of **any** alternative system is that on some level there can be an expectation that there is some kind of instant cure for whatever it is they want. There are no instant cures. This is a journey, not a translocation.

13

What is the biggest mistake people make when attending seminars, workshops and taking home study courses?

See above.

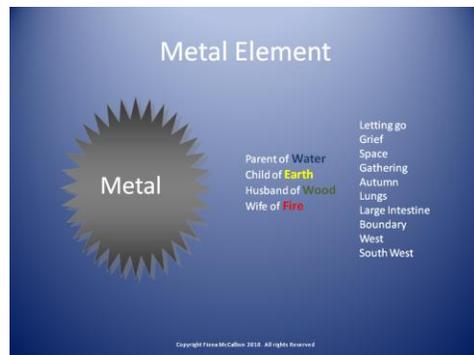
Occasionally, someone might have a miraculous breakthrough. Most of the time, however, the journey takes some time.

14

Are prices tied to the economy?

Oddly, they really aren't. Most of us charge what we need in order to eat, taking into account rents, equipment, insurance, Continuing Professional Development and various other business outgoings. If we were a bit more business minded, everyone would probably charge a lot more.

Professionals, teachers and practitioners in the mainstream are paid from taxes rather than at the point of service. As a result the experience of fees in the mainstream is that it's free or low cost. However, it is not. The average salary of an experienced teacher is around £40,000, a doctor is about £80,000 and a lecturer is around £42,000.



The vast majority of alternative practitioners, experts and teachers earn a whole lot less than that, mainly because we are all passionate about what we do and want as many people as possible to be able to benefit from our work.

15

Do I need a famous teacher?

It's always nice to say you have been taught by somebody people have heard of. But the important thing is that they know what they are talking about and care about their students and clients.

You can find a caring, passionate teacher using the strategies in #7 above.

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