



Five Element Intuitive Eating

NOURISHMENT FOR BODY, MIND & SPIRIT

The Five Element Personality Types

WOOD

Personality traits, gifts and challenges for Wood Types:

Assertive, strong, purposeful, straight/direct, organised/disorganised, decisive/indecisive, visionary, angry, can't see the wood for the trees, focus, frustrated, dynamic, creative, thwarted, can clearly use the minds eye, can hold the dream, expressive.

- Standing up for oneself
- Being clear of boundaries
- Owning being a leader and an individual
- Managing anger
- Expressing oneself emotionally and creatively

From the deep stillness of the Water element of Winter we flow into the dynamic upwardly moving energy of the Wood element. The power and potential of Water has been sitting quietly building over Winter, conserving energy and waiting for the big push in Spring.

To begin to understand the essence of the Wood element it is first useful to imagine a tiny seed as a power pack waiting for the warmth and moisture that will trigger the upsurge of energy needed for it to germinate and start to create its potential. Once released the energy is strong and purposeful as the tender shoots move towards the light, the innate vision of its potential manifesting as it grows.

The Wood element therefore represents creativity, purposefulness, assertion and the way we express ourselves and allow ourselves to be who we are meant to be. To reach this goal Wood energy is decisive and organised, there can be no hesitation in the move to release and manifest potential.



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FIRE

Possible personality traits, gifts and challenges of Fire Types:

Being the life and soul of the party, wearing your heart on your sleeve, volatile, fun, a laugh a minute, vulnerable and shy, sexy, passionate, grey, dull, lifeless, sparkly, two-faced, in a muddle, easily hurt, excitable, enthusiastic, big hearted, loving, cruel hearted.

- Compassionate and great communicator
- Feeling vulnerable in relationships, very open hearted, loving and giving
- Making inappropriate choices for oneself, lack of discernment
- Emotionally volatile, melancholy one minute but over excited the next.

We now move on from the dynamic and purposeful energy of the wood element to the more mellow and relaxed energy of Fire. The energy that was needed for the initial growth of spring has now dissipated into a beautiful show of flowers, warm weather and the beginning of the fruit that will become the Earth's harvest in the late summer. To get to know and understand the Fire element we can start by imagining a beautiful open fire or the single flame of a candle. First we would probably notice its light, colour and vibrancy, the flames invite people to sit around it and relax, it becomes a focal point; the fire element therefore is very much about communication and interaction both on a one to one basis and in a group setting. Fire literally acts as a social barometer measuring and guiding the temperature, or appropriateness, of our social interaction.

Summer, the season associated with the Fire element brings with it these qualities; we love to be out in the warm sun, chatting to the neighbours, socialising with friends and cooking on barbeques, forget Christmas, this is the true season for partying! You may also notice that Fire is never still, it is volatile and forever changing, from dancing flames to glowing embers; this shows us its transformational quality. It gives us the power to discriminate good from bad, healthy from unhealthy, and make appropriate choices in our lives.

Finally fire provides the warmth needed for our soul to transform, to blossom and mature as it is through our relationships and interactions with others that we can learn to be reflective about ourselves. Just as the sun is so essential to nature so the Fire element is to us feel rich beyond words.



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EARTH

Possible personality traits, gifts and challenges for Earth Types:

Completion/incompletion, security/insecurity, stability/instability, the cycle of life, mother earth, satisfaction/dissatisfaction, a job well done, contentment, discontentment, nourishment/neglect, nurturing, mothering/smothering, harvest, barrenness/fertility, fullness/emptiness, softness, yielding.

- Feeling unfulfilled, easily satisfied and content
- Feeling unable to celebrate your 'wins'
- Lack of self care, nourishing everyone else first
- Lack of empathy for others
- Receiving our own personal harvests, are we completer-finishers or do we start a project and never reap what we sow?

We move around the cycle of the Five Element cycle to the full and nourishing Earth element. This beautiful element is all about nourishing ourselves and others, physically it is linked to digestion and getting the best from our food. It is also responsible for how we take in new information, thoroughly chew it, understand it and put in into effect, it is therefore about digestion on all levels.

The Earth element is also about the feminine qualities of caring: mothering, nurturing and giving nourishment. We can easily equate this to Mother Earth and how 'she' always strives to provide the very best for all her 'children'.

With this analogy it is easy then to make the link to the Late Summer 'blackberries and apples season when we can see the Earth element in all her wonderful glory parading her produce in the harvest. This is nature demonstrating her sense of completion and achievement after a year's hard work.



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METAL

Possible personality traits, gifts and challenges for Metal Types:

Clarity, purity, perfection and perfectionism, clear vision, materialistic, taking in and letting go, lack of connection, spirituality, hero worship, worshipping a guru instead of finding God within, fanaticism, idealism, strength, respect, congestion

- Value, self esteem, self worth
- Challenges around letting go and receiving in
- Feeling connection, or lack of, to self and others

As Autumn naturally follows late summer so the Metal element follows and emerges from the Earth element on the 5 element cycle. Metal represents the essence of 'Mother Earth' and can be experienced in the quality, richness and purity seen and felt within the natural world. To achieve this, nature needs to have a way of taking in/receiving this divine quality and using it, and to balance this, a way of getting rid of any rubbish so that its sanctity can be preserved. Within nature the crystals, metals, minerals, natural chemicals and trace elements represent this beautiful element. These help form the structure for communication and connection on all levels, from the electrolytes in cellular communication, the exchange of gases as we breathe, our personal connection with the divine energy, to the physical structure and wiring of an electricity pylon. These minerals and metals also give richness to the soil, allowing it to provide the fertile ground to support all life on earth. In Autumn we watch the trees losing their leaves, these leaves are then perfectly recycled back into the soil thereby keeping and preserving the richness necessary to promote healthy growth in the next cycle of nature. This essence will in turn pass on to the next element in the cycle; Water, so allowing the entire natural world to experience the quality and richness that arises from 'Mother Earth'. The essence of the Metal element is the taking in of goodness and the getting rid of any rubbish that disrupts the delicate balance of life. If either of these functions is compromised the Metal element will start to show signs of imbalance. As we are all connected to nature, indeed to the whole of the universe, these qualities and processes are also part of us.



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WATER

Possible personality traits, gifts and challenges for Water Types:

Reflective, strong, calm, cautious, healing, flowing/stagnant, fluidity, adaptability, 'still water run deep', starkness and emphasis; the bareness we see in nature as everything returns to its essence, the deepest 'bone' part of us; our ancestral energy, fear and anxiety, feeling stuck, blocked, polluted, relentless, babbling on.

- Courageous and brave
- Adaptable
- Emotional
- Forceful

From the solid crystals, minerals and trace elements of Metal we flow to the liquid crystal of water. This element physically holds and carries all the richness necessary to support life, as well as carrying the energetic imprint of everything we need to know. We are almost 70% water, as is the planet, so we are the Water element; it bathes and nourishes our cells, our body, mind and spirit. If the water in us is 100% able to flow we can never become ill because we will never get stuck; the day/night cycle will cleanse us everyday, our fluids will move with the equinoxes and the moon phases, the tides within us will be as fluid as water in nature. In health therefore we can be springs and streams, rivers and waterfalls as well as the mighty ocean. Water can be cleansing, calming, soothing and healing like a mountain spa pool; it can be powerful and destructive like a tidal wave, it can be invigorating and energising like showering under a waterfall and finally it can be overwhelming and engulfing even to the point of taking our life energy away from us. Healthy, clean water always flows; even in a pond there will be an oxygen exchange with the other organisms within the pond to keeping the water moving and healthy. So what are the qualities that water gives us; most importantly it gives us flow and adaptability, water fills any space and can flow anywhere, in nature and in us. It gives us endurance and stamina, so the ability to go on and on. It can give us strength and power; it gives us stillness and the opportunity to consolidate our energy. Winter, the associated season is a great time for meditation, reflection and generally slowing down, this is our chance to store and build our energy for Spring.