

# THE FIVE ELEMENTS

|              | Qualities  | Embryonic Harmonics  | Associated Chakra and Mantra                                       | Oval Field and Vowel                      | Associated Organs/Systems  | Pulse  | Sense   |
|--------------|--|--|--|---|--|--|---------|
| <b>Ether</b> | ∅<br>Neutrality,<br>Stillness, Balance<br>Harmony,<br>tranquillity, Subtle<br>space, integrating                               | Neutral Field of the neck.<br>Permeates the whole Body.<br>Joints.   | Throat, C3 - C5<br><br>Vishuddha<br><br>'Ham'                      | Neck.<br><br>'E' (as in <u>Pe</u> t)      | Permeates the<br>whole body;<br>Joints;<br>Ears;<br>Neck;<br>Thumbs.   |  | Hearing |
| <b>Air</b>   | ⊕<br>Balancing,<br>connecting,<br>moving, diffusing,<br>mental activity,<br>attention, breath,<br>conscious emotion            | ⊕ Shoulders, lungs,<br>upper chest, arms, heart<br><br>∅ Kidneys, Adrenals,<br>Colon<br><br>⊖ Ankles, Calves | Heart, T5 - T8<br><br>Anahata<br><br>'Yam'                         | Chest.<br><br>'A' (as in <u>Ca</u> t)     | Immune System;<br>Nervous System;<br>Lungs; Chest; Heart;<br>Kidneys; Colon; Bladder;<br>Calves; Ankles; Skin;<br>Arms; Hands                                | Snake-like, Fast,<br>Irregular, feeble,<br>Faint. Moving<br>from place to<br>place           | Touch   |
| <b>Fire</b>  | ⊕<br>Impulse behind<br>movement,<br>intelligence,<br>insight, direction,<br>goals, purpose,<br>quickness of<br>mind, vitality, | ⊕ Head, eyes<br><br>∅ Umbilicus, solar plexus,<br>heart<br><br>⊖ Thighs, buttocks                            | Navel/solar plexus, L2 -<br>L3<br><br>Manipura<br><br>'Ram'        | Head.<br><br>'I' (as in <u>si</u> t)      | Head, Eyes, Thighs,<br>Stomach, Liver,<br>Duodenum, Gall Bladder,<br>Heart and blood vessels,<br>Pancreas, Spleen, Brain,<br>Jaw, Hip, Circulatory<br>system | Frog-like, Jumpy,<br>regular, high<br>volume, like a<br>beating drum                         | Sight   |
| <b>Water</b> | ⊖<br>Seeks lowest<br>level, grounds,<br>generation, seed<br>potential, nurture,<br>unconscious<br>emotions.                    | ⊕ Heart, breast, lower chest.<br><br>∅ Generative organs, pelvis<br><br>⊖ Feet                               | Genital,<br>Lumbar-Sacral Junction<br><br>Svadisthana<br><br>'Vam' | Pelvic.<br><br>'U' (as in <u>yo</u> )     | Generative system,<br>Breasts, Heart, Chest,<br>Lymphatic, Secretary<br>Glands, lungs, Pelvis,<br>Buttocks, Feet   | Swan-like<br>Full, Bounding,<br>Rolling, Wave-<br>like, slow,<br>moderate yet full<br>volume | Taste   |
| <b>Earth</b> | ⊖<br>Foundation,<br>support, stability,<br>structure, form.  | ⊕ Neck<br><br>∅ Colon<br><br>⊖ Knees   | Anal,<br>Sacral-coccyx junction<br><br>Muladhara<br><br>'Lam'      | Abdominal.<br><br>'O' (as in <u>Ho</u> t) | Neck Colon, Rectum,<br>Knees, Joints, Skeletal<br>structure, Nose, Bones,<br>Inner Ear (Balance)   |  | Smell   |
|              | <b>+Ether</b>  | <b>+Air</b>  | <b>+Fire</b>   | <b>+Water</b>                             | <b>+Earth</b>  |  |         |

|              | <b>Emotion</b>  | <b>Attribute</b>  | <b>Function</b>  | <b>Liquid</b>                      | <b>Solid</b>                                | <b>Body Imbalances</b>  | <b>Response</b>   |
|--------------|---|---|--|------------------------------------|---|---|---|
| <b>Ether</b> | Grief, Joy/Bliss  | Space,<br>Lengthening<br><br>(Ether/Air)                            | Tranquillity, Sleep<br><br>(Ether/Fire)  | Tears, Saliva<br><br>(Ether/Water) | Hair<br><br>(Ether/Earth)                   | Throat or joint trouble. Endocrine.<br>Balance. Saliva. Hearing. Hair   |   |
| <b>Air</b>   | Anxiety.<br>Conscious desire,<br>Greed Grasping,<br>Attachment<br><br>Giving, receiving,<br>charity,<br>compassion,<br>universal love | Motion, Speed,<br>Expansion,<br>Homeostasis,<br>Balance.            | Thirst, respiration,<br>Heart rate,<br>Circulation,<br>Motion of<br>elimination,<br>Homeostasis<br>(Air/Fire)<br>Peristalsis | Sweat<br><br>(Air/Water)           | Skin<br><br>(Air/Earth)                     | Nervous Disorders, skin trouble,<br>chest, lung, colon, kidney trouble,<br>respiratory trouble, acid/alkaline<br>imbalance, gas, achy joints,<br>shingles. Insomnia. Powerful<br>dreams. Leg cramps. Spasm.<br>Bronchitis. Asthma. Dandruff.<br>Diarrhoea                               | Rashes, talking.<br>Twitching. Jerking.<br>Yawning. Shivering.<br>Thirst. Breathing.<br>Sweating. Bowel. Urine or<br>wind. Movement. Cramps.<br>Anxiety |
| <b>Fire</b>  | Anger,<br>Powerlessness,<br>Power - over<br><br>Justified anger,<br>forgiveness,<br>power-from -<br>within                            | Temperature,<br>Shaking.<br><br>(Fire/Air)                          | Digestion, Hunger<br>Metabolism, Glow<br>in eyes.  | Urine, Bile.<br><br>(Fire/Water)   | Blood vessels.<br><br>(Fire/Earth)          | Problems with head. Eyes. Jaw.<br>Heart. Cardiovascular system. Hip<br>joint. Thighs. Ilium. Ischium.<br>Femur. Upper digestive tract<br>problems. Gout. Liver, stomach,<br>gall-bladder, duodenum, pancreas<br>diseases. Angina. Concussion,<br>migrane, brain damage.                 | Nausea. Billiousness.<br>Heat. Cold. Shivering.<br>Hunger. Urination. Seeing.<br>Anger. Trembling.  |
| <b>Water</b> | Obsessive lust,<br>Greed,<br>Attachment,<br>Compulsion<br>Unconscious<br>desire<br><br>Healthy sex,<br>Moderation                     | Cohesion,<br>Binding,<br>Matrixing,<br>Movement.<br><br>(Water/Air) | Lustre, Repair,<br>Procreation,<br>Anabolism, Sexual<br>vigor.<br><br>(Water/Fire)   | Semen, Ovum.<br>Lymph,<br>Mucous.  | Flesh, Fat,<br>Mucous.<br><br>(Water/Earth) | Problems of toxicity and<br>elimination. Sexual problems. VD.<br>Prostate trouble. Lymph or breast<br>trouble. Menstrual or birth<br>problems. Alcoholism. Drug<br>susceptibility. Glandular<br>imbalance. Obesity. Fluid<br>disturbances. Flacidity or lack of<br>muscle tone swelling | Sleepiness. Sexual<br>stimulation. Feelings.<br>Memories.<br>Swelling. Release of fluid.  |
| <b>Earth</b> | Fear<br><br>Courage   | Solidity,<br>Contraction<br><br>(Earth/Air)                         | Elimination,(of<br>solids)<br>Slowing.<br><br>(Earth/Fire)   | Blood<br><br>(Earth/Water)         | Bone  | Constipation. Piles neck rectal,<br>knee or nose problems. Structural<br>trouble calcification.   | Sneezing, Bowel<br>movement. Sensations.<br>Fear.   |

|              | <b>Character - In Excess</b>  | <b>Character - In Depletion</b>  | <b>Character - In Balance</b>   | <b>Psychotherapy Core Condition</b>   |
|--------------|---|--|---|---|
| <b>Ether</b> | Out of touch with (physical) reality.<br>Dissociated. Avoids being in the world.<br>Spaced - out  | Out of touch with spirituality. Hooked into content. Unable to 'step back' and observe process. Reactive, blocks grief and transpersonal experience.   | Tranquil. Peaceful, Neutral, meditative, Blissful, Enlightened. Mindful.  | Mindfulness (presence/Awareness/ Witnessing)<br>Non violence (following process/trusting)   |
| <b>Air</b>   | Scattered. Nervous. Over- talkative. Out of touch with body. Heady. Vague. Over-concerned with the abstract. Over valuing thought. Dabbles without depth. Unable to concentrate. Unable to act without thinking first. Unable to put ideas into actions. Worrying. Second thoughts. Endless plans. Spacey. Ungrounded. Many contacts, no depth. | Distrustful of intellect and of intellectuals. Unable to reflect on life - concern only with actions, feelings and/or materiality, unable to consider consequences of actions. Problems adjusting to new ideas or people. Unable to make connections - to people or ideas. | Intelligent able to make connections and judgements. Objective. Thoughtful, Diverse interests. Lively mind. Ideas and actions well planned, adaptable. Able to make good contact with others. Good communicator. Conversational, compassionate, inquisitive, Playful. | Meeting and being met (seeing and being seen / making contact / valuing / not judging / accepting)<br><br>Unconditional Positive Regard |
| <b>Fire</b>  | Impulsive. Desire to act at all times. Action for its own sake. Extrovert. Self-centred. Wilful. Restless. Impatient. Impetuous. Dramatic. Reactive. Excessive. Over-proud. Arrogant. Selfish. Power over others. Angry.  | Unable to be intuitive or spontaneous. Lack of vitality, zest, will power, direction and confidence. Unable to take the initiative. Unable to act on ideas or feelings. Unable to step forward. Lack of direction and purpose.   | Passionate, confident. Self-motivated. Energetic. Inspired. Intuitive. Honest. Direct. self-reliant. Optimistic. Purposeful. Empowered. Power from within   | Honesty / Congruence  |
| <b>Water</b> | Impressionable. At Mercy of emotional patterns. Extreme sensitivity. Touchy. self absorbed. Unconscious compulsions. Obsessions. Extremes of mood. Jealous. Holding on. Possessive. Clingy. Depressed. Insecure. Vulnerable. Hard to fathom. Selfish feelings. Overwhelmed by emotions. Unhealthy sexual compulsions. Poisonous.                | Unable to be empathic. Out of touch with feelings, poor rapport with others. Lonely, unfeeling. Lack of sense of belonging or nurture. Uncomfortable with emotionalism in others.  | Empathic, Feeling, Psychic, Self-sacrificing, profoundly intuitive, sexual, loving, nurturing, Flowing, Giving, Deep.   | Empathy (Resonance / Compassion)  |
| <b>Earth</b> | Stubborn. Over- conventional. Sceptical. Cynical. Narrow minded. Inert. Stuck. Unable to penetrate below the surface of things. Uninspired. Unquestioning. Overly materialistic. Over-cautious.   | Out of touch with reality, the material worked and the body. Ungrounded. Feel unsupported. Lack of stability. Hard to stand up for self. Trouble finding place in the world. Trouble coping with practical things. Fearful   | Matter of fact. Down to earth. Reliable. Honest. Strength of endurance. Persistent. Cautious. Realistic. Pragmatic. Solid. Dependable. Stoic. Efficient. Methodical. Practical. Able to cope with practical things in the world (i.e. money)                          | Grounding - Self and Client<br><br>Keeping the work real  |

|              | <b>Physical Appearance</b>   |  |   |  |
|--------------|--|--|---|--|
|              | <b>General</b>   | <b>⊕<br/>Embryonic Harmonic</b>  | <b>∅<br/>Embryonic Harmonic</b>   | <b>⊖<br/>Embryonic Harmonic</b>  |
| <b>Air</b>   | Either tall or short. Underdeveloped. Underweight. Light, wiry.                              | <b>Gemini</b><br>Slim and flexible. Shoulders broad, chest narrow. Long arms and fingers. Head and neck long. Head bony. Forehead broad, chin pointed. Long, narrow nose. Thin cheeks and lips. Face triangular and pinched. Alert, expressive eyes. Prominent collar bones. Youthful looking. Pale complexion. Light hair. Hyperflexible. | <b>Libra</b><br>Body slim and well shaped, with tendency to weight in middle age. Elegant body features well formed and regular, sensitive skin. Fine hair. Head long, face oval, chin cleft or dimpled.  | <b>Aquarius</b><br>Impression of aloofness. Hair Greys early. Loose, relaxed eyes widely set. Skin pale or transparent, easily flushed. Head broad. Muscle formation good, but not muscular. Flexible  |
| <b>Fire</b>  | Average weight. Medium Build. Muscular, but compact and well proportioned. Lean. Well-toned. | <b>Aries</b><br>Lean, sinewy, muscular body. Head face and neck long and narrow. Strong eyebrows and narrow chin. Eyes sharp. Nose prominent. Thin lips. Head thrust forwards. Skin fair. Freckles. Hair brownish red, red or fair.  | <b>Leo</b><br>Face Broad, Flat. Hair wavy. Prominent eyes. Square face and chin. Broad, full mouth. Tend to frontal baldness. Shoulders Broad with powerful forearms and hands. Small to average well formed nose. Nostrils flared. Luxurious. Body strong and well formed. | <b>Sagittarius</b><br>Well built. Slim, But often considerable weight put on in middle age, but even so bouncy rather than heavy. Legs long, especially thighs. Head long with high and rounded forehead. Lips full and sensitive. Dreamy eyes, long nose, keeps youthful looking into middle age.                                     |
| <b>Water</b> | Moderate to stout. Well developed padded. Fleishy tendency to overweight.                    | <b>Cancer</b><br>Head large and round - moony. Wide, large mouth. Nose snub or full. Large eyes. Body heavy, especially upper half which looks too big for lower. Short neck and legs. Hands and feet small. Short fingers on fleshy soft hands.   | <b>Scorpio</b><br>Dark complexion, prominent eyebrows. Aquiline features, especially nose. Wide mouth with thin lips eyes deep set and piercing. Body small, compact. Lower limbs sometimes small or short occasional bow legs.   | <b>Pisces</b><br>Average to small body, muscle formation poor. Slack. Round shouldered, unhealthy looking head oval with broad and domed forehead, water, dreamy eyes that protrude slightly - fishy eyes. Full, fleshy mouth, chin rounded, becomes double early, Loose skin - soft, folded and dimpled. Neck short. Sometimes stout. |
| <b>Earth</b> | Solid. Thick set. Well developed. Overly muscular or overly bony. Short neck                 | <b>Taurus</b><br>Sturdy, solid, thick-set body. Neck short and thick. Face broad and flat. Short nose, full lips. Dark eyes. Hands and feet small in relation to larger body or hands large and spade like. Bull-like.   | <b>Virgo</b><br>Neat and compact, High Brow. Full forehead, widows peaks (baldness at sides). Frank, cool, observant, and critical eyes. Often youthful. Small mouth. Oval, sometimes 'poker' face, giving little away, wiry hands.   | <b>Capricorn</b><br>Body angular, Large Bones severe appearance. Chin strong and pointed piercing eyes nose long. Lips thin with long creases at sides of mouth. Facial creases deep. Long, stringy neck. Prominent Adam's apple. Bony knees. Stiff manner.  |

|              | <b>Associated Herbal Therapeutic Function</b>  | <b>Food</b>  |                                       | <b>Taste</b> | <b>Chakra colours</b> | <b>Environmental colours</b>             | <b>Stupa shape</b> | <b>Dosha</b> | <b>Season</b> | <b>Direction</b> | <b>Totems</b>        |
|--------------|--|--|---------------------------------------|--------------|-----------------------|--|--------------------|--------------|---------------|------------------|----------------------|
| <b>Ether</b> | Tonics   | Fresh Air, Prana, Quality of Food, Appearance of food.       |                                       |              | Blue                  | White, black, very pale pastels          | Flame              |              |               | All              | Angels               |
| <b>Air</b>   | Laxatives; carminatives, diuretics, expectorants; diaphoretic, anti-spasmodic, nerviness, tranquillisers, sedatives. | <b>Cleansing</b>   | <b>Building</b>                       | Sour         | Green                 | Light blue, pink, Pastels, pale colours. | Bowl (crescent)    | Vata         | Spring        | East             | Flying Animals       |
|              |  | Fruits   | Nuts, seeds, fermented dairy produce. |              |                       |  |                    |              |               |                  |                      |
| <b>Fire</b>  | Stimulants, hepatics, stomachics, cholagogues  | Bitter greens gums, barks.                                   | Proteins (especially red meat).       | Bitter       | Yellow                | Reds, oranges, yellows.                  | Cone               | Pitta        | Summer        | South            | Hunters              |
| <b>Water</b> | Anticatarrhals, astringents, blood/lymph purifiers, emmenagogues; demulcents, diuretics, vulneraries.                | Green vegetables, seaweeds, squashes etc, non-bitter leaves. | Flesh foods dairy, oils               | Salty        | Orange                | Deep blues, blue-greens.                 | Sphere             | Kapha        | Autumn        | West             | Water animals        |
| <b>Earth</b> | Laxatives, blood purifiers, nutritive herbs.   | Roots, rhizomes, tubers.                                     | Honey, malt, molasses, etc            | Sweet        | Red                   | Dark reds, strong greens and browns.     | Cube               | Kapha        | Winter        | North            | Grazers and foragers |

|              | <b>Central Issue</b> | <b>Traumas</b>  | <b>Issue with self</b> | <b>Challenge</b>                             |
|--------------|----------------------|---|------------------------|--|
| <b>Ether</b> | Communication        | Blocking emotions.<br>Not allowing things to be.<br>Griefs.<br>Lack of space in life.<br>Denial of spirituality/true self.                    | Self-expression        | Speaking ones truth and being heard          |
| <b>Air</b>   | Acceptance           | Conditional love.<br>Lack of love.<br>Rejection.<br>Criticism.<br>Judgements.   | Self-acceptance        | Accepting self and others and being accepted |
| <b>Fire</b>  | Power                | Violence.<br>Abuse of power. Abuse of vulnerability.<br>Shame.<br>Humiliation.<br>Emotional manipulation.<br>Incongruence.<br>Disempowerment. | Self-definition        | Taking action and asserting oneself          |
| <b>Water</b> | Sexuality, feelings  | Sexual abuse.<br>Emotional coldness.<br>Guilt.<br>Emotional manipulation.<br>Denial of feelings.  | Self-gratification     | Accepting ones sexuality and feelings        |
| <b>Earth</b> | Safety               | Physical trauma.<br>Physical abuse or neglect.<br>Physical deprivation.<br>Fearful environment.<br>Poverty.                                   | Self-preservation      | Feeling safe and secure                      |