

The 5 Elements Engaging Dynamic Change



The ancient Taoist 5 Element Theory is based upon the dynamic transformative cycles of nature. Serving as the underpinnings for Chinese Medicine, acupuncture, and other integrative therapies and healing arts, the 5 Elements teach us to; recognize and honor our inherently adaptive nature, go with the flow, maintain internal and external harmony and balance, know thyself, and interact with others with greater reverence and compassion. Each Element has specific energy meridians, and many correspondences including; peak time of day, season, emotion, sound, virtue, taste, and specific and yin/ yang energetic balance. Energy flows in both the Shen - nurturing cycle, and Ko - Controlling cycle. **Today's goal: I utilize the power and wisdom of the 5 Elements to be a more fully evolved and integrated "5 Element Self," awakened and able to view myself and the world in new ways thus increasing capacities, options, connections, and engaging more fully and collaboratively with Life.**

Caren Truske Wisdom Ways Learning

Evoking Wisdom
Navigating Change

Harmonizing Mind-Body-Spirit

Integrating, Optimizing and Actualizing Wholehearted Living
through

Meditation, Movement, Breath, Sound, Community and Play



Contact Caren for

Classes, talks, workshops, transformative individual & group sessions:

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5 Elements Harmonizing Movements & Affirmations

Wood - Victory Breath

(Spring)

"I welcome changes in my life which are growthful
and beneficial."

"I forgive and I am forgiven"



Fire - Rings and Bracelets

(Summer)

"I love and accept myself"

"I am in tune with the flow of life."



Earth - Cross My Heart

(Late Summer/Transitions between seasons)

"I am safe and secure, content and fulfilled."

"I am nourished and nurtured by life."



Metal - Connecting Heaven & Earth

(Autumn)

"I joyfully release the past making room for
change to enter."



Water - Calf Pump

(Winter)

"I embrace the mystery of life knowing that health,
wealth, happiness and joy are mine now"

"I love to be alive I give my whole spirit to life."

