

FIVE ELEMENTS REJUVENATION SYSTEM©



What are the Five Elements and what do they help us heal?

The 5 elements of Nature (Water, Wood/Air, Fire, Earth and Metal) are huge life forces (described in great detail in Chinese philosophy and medicine) from which everything on the earth including ourselves is created. Indeed, there is 70 % of Water within us, while Wood/Air provides the movement of energy, food, blood, and lymph in our bodies. Fire is responsible for keeping the optimal temperature for digestion and life (36.6 degrees), and Earth and Metal create the best biological balance of proteins, amino-acids and minerals in order to sustain life.

According to Chinese philosophy, Out of the Dao (the energy of Unconditional Love) the Yin and Yang energies were born, which are 2 huge magnetic polarities presented on the Earth like male and female energies, day and night, hot and cold, good and evil. Out of the duality of Yin and Yang, the 5 Elements were born. We are made out of them and we experience the cyclic changes in them every single day of our life in our bodies, in our emotions, in nature, in our life and in the societies we live in.

When the 5 elements are balanced in us and in the life we create, we enjoy harmony and health. When they fall out of balance we suffer. We experience disease, emotional discomfort, and stressful life situations.

Each element includes several energy fields that are typical for this particular element. We call these component energy fields ASPECTS.

In each element there is a physical aspect (the Yin and Yang of organs and energy pathways), an emotional aspect (the polarity of emotions, for example Fear and Courage), a mental aspect (your attitude to life created by your conscious and subconscious mind), a spiritual aspect (the Spirit of each element plays a role in our lives) and, finally, a life aspect (life situations that this particular element is responsible for).

(There are also other aspects the information about which goes beyond the scope of this course. They are colour, number, temperature, season, taste, smell, sound, etc.)

Thus, each of the Five Elements help us heal our physical body, our emotions, our mindset and our life situations.

Water

Transforms fears (flying, drowning, death, disease, etc.)

Flushes out problems passed on to you by your ancestors

Tones your kidneys and urinary bladder, giving you more energy and strength

Helps you get everything you need to start a new project in your life, increases willpower

Career, knowledge, accumulation of resources

Wood/Air

Releases anger and frustrations

Detoxifies your body (cleanses blood, removes toxins from your liver and gall bladder)

Invigorates your sexual energy (attunes to pleasure for women; helps with erectile issues for men)

Helps you progress towards your goal

Finances, family, health

Fire

Moderates ego and turns resentment into positivity

Provides clarity on what you truly desire

Supports the cardiovascular system and helps with blood circulation

Lowers anxiety and releases depression, helps insomnia

Fast tracks to achievement and success in your life (whatever your current focus is: love, work, sport)

Career, fame

Earth

Calms your worries and stresses (either daily issues or larger dramas)

Focuses your intention

Supports healthy digestion (IBS, constipation, hemorrhoids, etc.)

Evens out sugar levels and balances enzymes

Helps you effortlessly maintain healthy weight (reduces cravings, encourages desire for healthy food)

Makes you feel balanced and peaceful in your relationships (partners, children, in-laws, parents) and helps you find a Soul Mate

Metal

Releases sadness, grief and tearfulness

Helps you accept and come to terms with loss (money, material goods, friendships)

Tones your skin and helps you deal with skin issues (acne, rosacea, skin allergies, etc.)

Helps you breathe easier by supporting your lungs (asthma, cold, bronchitis)

Creates clarity and turns chaos to order in your mind, home, financial affairs, and documents

Drives your ability to manifest a fantastic end result by fulfilling your desires

Children, friends, helpers

Activating the receptors which connect you to the multi-dimensional energies of the field of universal love

Stand comfortably with your feet at the width of your shoulders. Close your eyes and relax. Relax your shoulders, the muscles of your arms and legs, your neck, your chest, relax each muscle of your face. Feel into your body, feel the movement of energy inside your body.

Note how it moves and what it feels like...

Be aware of any discomfort, tension, pain or unwanted emotion. Just observe it, it is one of your energy patterns. Let go of any tension or discomfort you may have. Do not push it out, just command your body to release it and observe. If any thoughts appear in your head, just observe them, they might come and go, it does not matter. Be aware of your fascinating body containing the sum of your energies. Observe your experience noticing these energies... Feel the energy of Happiness in your heart and in your Higher Heart, your thymus. Find the energy of Love to yourself, to everything that is alive or created by Man on this planet and at the same time feel Love to the whole Universe. Notice a beautiful pink lotus in the area of your thymus, opening up its leaves. Watch it fill with the gorgeous pink light and direct its leaves upwards, towards your pineal gland. Watch your heart opening up to love and happiness. More and more lotus leaves are opening... You feel the energies of Love and Happiness become stronger. Spend a few minutes just watching your lotus... As it opens more and more leaves, it is becoming brighter and more beautiful...

Allow your mind to notice the connection between your Higher Heart and the centre of your brain, where your pineal gland is located. It is filled with the iridescent white light of Universal Love. There is no separation between your energies and this wonderful energy of Universal Love. You are one.

Feel the iridescent energy of Universal Love merge with the pink energy of Happiness and fill every cell of your body, revitalizing itself. Every cell of your body is being harmonized with everything that you are, here and everywhere. You are here and everywhere, you are Man and the whole Universe at the same time.

Let your mind wonder to your palms and your fingers. They reflect the whole spectrum of light. The energies of Love and Happiness have merged with the energies of your physical body, and you start projecting these energies through your palms and fingers. Your fingers have become you antennae0 connecting your physical body with the multi-dimensional field of Universal Love.

Feel various vibrations in your hands: tingling, warmth, coolness, movement of energy. Your sensation is becoming more complete and diverse. All these feelings and sensations are your personal experiences of communication with the field of Universal Love and harmony of Happiness. Feel into this field.

Feel its Love and readiness to play... Start moving your hands... Move them closer to each other, then separate them, feel tension or expansion between your hands and your fingers... Play with the energies in this field of Love, show your interest to communicating with this brilliant field of Consciousness... Sometimes you might think that your hands disappeared altogether, and then you might notice them again. Have fun exploring the temperature of this field, its vibrations, its density, and its liveliness. Learn to communicate with the multi-dimensional energies.

Dissolve everything that separates you, your physical body with the field of Universal Love. Spend a few minutes just enjoying your new sensations of being in the Stream...

When you feel that the activation is completed, slowly open your eyes and look around. How did your perception of the physical world around you change? Has everything become brighter, more diverse? Do you notice changes in how it sounds? Take a mental note of these changes and thank the field of Universal Love for activation of the receptors connecting you to this multi-dimensional field of energy.

Water Element Meditation and downloads

Close your eyes. Imagine yourself standing at the sea shore on a warm day. You come up closer to the water and allow the waves to roll gently over your hot feet. It makes you feel happy and you experience the pleasure of being cooled off. The coolness of the water is rising up your whole body, letting it experience the energy of water. You merge with the energy of water and notice it reviving every cell of your body.

You are in complete harmony with the water element. You start walking into the water and allow it to touch your whole body. Your experience of merging with the water energy is becoming more complete.

You feel the salty taste on your lips, a pleasant coolness. You imagine the whole range of colors water can have - from almost black to various shades of blue and transparent.

Do you notice a strong desire to live and a will to create something meaningful on this earth? All your fears about not being able to bring your dreams to reality are being dissolved in the water. You understand that you can achieve anything you want in this life or in any of your multidimensional experiences. Give yourself a few minutes to feel the wonderful qualities of this element...

Slowly turn onto your back and just enjoy a gentle touch of the element. Allow yourself to preserve your life energy by being idle for a while. You feel the energy of water getting into every cell of your body, into your bones, and strengthening them. You notice your hearing improve, your kidneys, your lower back and your bladder become stronger. Your whole immune system is getting a boost from this revitalizing force. You feel yourself merging with the water energy. You become water, letting it dissolve the rest of your fears. You feel love to this element, as well as love of this element and share your appreciation and happiness with it. In turn, it gives back its wisdom to you, its intuition, and the energy of fearlessness. Gratefully, you absorb this knowledge.

You feel that you are at the end of one cycle, and at the same time at the beginning of a new one. Renewed life force obtained from the wisdom of the water is combined with the desire of your soul to create new ideas in life. At this point you might already know or are still contemplating which



project you want to undertake in the future. It does not matter. The energy of water will give you all the information necessary when the time is right for you.

For a second you completely submerge into the deep Yin energies of the water and feel nothing. This is an empty space. There is no creation in this state, but there is potential for all creation. Notice the unlimited possibilities open for your creation and spend some time in that quiet empty space...

Now take a few deep breaths, in and out and start to float. Swim slowly. Once again feel the gentle touch of water around you and catch the current. Feel how your deep Yin energies state start allowing more and more Yang energies to expand gently within. The stream is becoming stronger and your movements become more confident. Intuitively, you know that you are able to implement any of your ideas. You feel that a spark of Yang is developing. And with this evolvment your whole body, your bones, and your mind become stronger and ready for the challenge. The urge of your soul to create and the desire of your mind to do so become one. You have started a new cycle.

I am water. I love water in me.

I am Courage.

I am a new beginning.

I am the wisdom of my Soul and my brilliant new idea merging into harmony.

I have the Will to start a beautiful new creation in my life.

All my resources are ready, waiting for my mind to start implementing them into my life.

My water is my Yin energies reservoir of creativity, intuition, infinite beautiful potentials.

I am on my way to my utmost success, experiencing beautiful energies of Unconditional Love.

Now imagine the energy of the water element between your fingers, your palms. Bring your hands closer and then move them further away from each other. Move your fingers, play with the energies of the water element. Ask them to start communication with you. Sense with your receptors (your fingers) what a balanced energy of this elements feels like.

Wood Element Meditation and downloads

You are walking slowly in the spring forest. As you are moving, you notice the interplay of shadows around you. The light kisses the branches and intertwines with the leaves, creating miraculous pictures all around.

You walk through light and dark patches and feel the changes in temperature. The forest is alive with sounds and movements: from the whispering of the young leaves, eagerly sprouting, to the first tentative chirps of the birds... The awakened stream is chattering busily, as the water pushes and flows over the pebbles. You feel the movement of the air around you and young energy within you. Everything is fresh, cool and fragrant. There is a faint zesty sour taste on your lips that clears away any sluggishness left in the body after the winter. This taste also supports the movement of energy.



You are in harmony with yourself and with everything that surrounds you. Through your walk you start noticing the revival of your life force. It is becoming stronger with each step. In your mind, you note the energies of your liver and gall bladder. You feel and observe them strengthening, and your blood is cleansing. Together with the enhanced flow of life energy you feel a renewal of your sexual energy. You are happy to discover the new tendencies of youthfulness in your body. You know that you can achieve anything you want in your life - health, wealth, knowledge and harmony with the world around you.

Think about your world... Ask yourself what your outer and inner worlds consist of. Note which aspects of your world need balancing...And allow them to balance with the gentle energies of the Wood element.

Now, let your mind go back to your spring forest. Feel into the youthful spring in your walk, your newly discovered vigor... Once again listen to the whisper of the forest, the balance of its multiple energies, their harmonious interaction with the new energies inside you. Notice that everything that you find frustrating, bothersome or hard to accept is dissipating, transforming into peace and acceptance. Continue your imaginary walk. Be aware of the variety of green-blue colours around you and the multitude of plans and thoughts inside your mind.

Allow your intuition to choose the best path for you, in which the harmony between the desires of your soul, mind and body is easily achieved. Turn onto the road that is leading to that harmony and continue your way. You might notice that it is much easier to walk. The wind is pushing you

gently in the direction of accomplishing your dreams, blowing away the mental resistance to your own new ideas. Confidence, peace and happiness fill your heart. You know that you are on the right path.

I have joyful energies of a new tree in the wind.

I am flexible, yet goal oriented. I know my goal.

I can clearly see the way to my goal.

I know how to grow my abundance, my creative ideas, and how to make them work for me. I have that energy in me.

My Life Purpose works in perfect unity with my Creative Mind.

I am on my way to Success.

I allow the inner Child in me to rejoice in Life.

Slowly open your eyes and continue to feel the energies of the wood element between your fingers and your palms. They can be as subtle as a tremor of the leaves or the soaring of a bird or as powerful as a gust of wind. Play with these energies. Feel with your receptors (your fingers, your palms) the balanced properties of the wood element.

Fire Element Meditation and downloads

In the quiet of the summer night you watch your companion light a fire. Only a second ago you were shivering from the night's cool. All the sounds around you seemed eerie and unusually loud. Now, the flickers of the fire brighten up everything around, chasing away your scary thoughts and images. As the flame picks up, your perception of the night changes. More and more branches get involved in the dance of the purest energy of Yang, leaving the cool darkness of the Yin energy in the background. The energy of the fire element is swift action, instantaneous transformation, a brilliant idea that all of a sudden reverses the course of action and changes the decision of the mind.

You are looking at the flames, immersed in your thoughts. You hear the crackling of the flame playing with the wood and emitting impish sparks. You lick off the bitter taste from your lips. You like the feel of warmth, harmony and happiness coming from the energy of the Fire element.



Watching the fire, you feel its fast energy filling your mind with a desire for swift action. You already know what you will do tomorrow. You also know that your plans are being fulfilled. "Shen" is the spirit of the heart. It knows how to do it, and you trust it.

Sitting close to the fire brings on childhood memories of baking bread. A shapeless piece of dough was transformed into warm, flavourful bread by the energy of fire. You realize that you have also transformed from a person who might be procrastinating, might be slow to take action into one who knows what she/he wants, knows how to achieve it and acts upon it. On the way to your success you have become kinder, and wiser, and have acquired the knowledge of how to thank, forgive and be grateful. You thank the fire energy for who you were and who you have become.

I admire the balanced Fire energy in my body and in my life.

I know how the energies of achievement and success feel in my life.

I know that I am worthy of all the very best in my life.

I know that my heart's energies are completely balanced ensuring healthy blood circulation in my body.

I know how to accept life with grace and gratitude.

I am the gratitude... Mentally look at your fingertips and imagine bright flickers playing around them. With an open, happy heart step into this game, feel its speed and action. Feel with your receptors (fingers) what balanced energy of fire feels like.

Earth Element Meditation and downloads

You are standing in the middle of a buzzing green meadow covered by a tapestry of colourful flowers. Out of this multicoloured blanket, your eyes pick out a bright yellow flower. Like every flower in this meadow, it derives its life energy from the riches of the Earth. The flower enjoys the earth's tender care and responds to it with its beauty.

Feel into the magic energies of the earth and flower union. Notice the energies of care and motherhood coming from the depth of the earth. You can taste the sweetness coming from the earth. You bend over and lovingly stroke Mother Earth and cup your flower in your palm as your heart fills with kindness and love for everything around you, which is created by the energy of the earth. Standing in the middle of this creation, you feel the loving energy of your mother, who is gently hugging you and smiling at you. The tension in your muscles dissolves as you accept this loving care.

Mentally, you look at your digestive system: your spleen and your stomach. You thank the earth for providing you with your daily food. If something worries you, send these energies into the centre of the earth through the soles of your feet. Breathe in the earth harmony, and absorb the sweet aroma of its blossom. Take a few deep breaths in and out... All past worries about your failures are absorbed by the energies of the earth, becoming part of its memory.

The earth energy has balancing properties. Decide what you want for yourself and formulate your intention, as it is the time to put it into life. Admiring the beauty of the meadow, you become aware of the beauty of your life path. Wish for yourself to know what it feels like to enjoy the balanced energies of the earth in your life. You know how to give and receive love, and how to give and receive care. Your intention is heard by the earth. It shares with you its gifts and its spiritual wisdom. In turn you share the wisdom you have accumulated through your life on Mother Earth.

Breathe in deeply the energies of unconditional love and wellbeing coming from the earth, and as you breathe out, share your gratitude to life and love.

I am in complete harmony in my body, in my home, in my city, in my country, on my Earth and in the Universe.

I enjoy the balance of Yin and Yang energies in me and in my environment.



I accept the opposite in me. I accept my good and bad.

I love and accept myself fully and completely.

I have a strong bond with my earth and my Universe.

Now notice the energies of the earth element between your fingers. Play with them, feel their breathing and their warmth. Sense what the balanced energies of this element feel like.

Metal Element Meditation and downloads

You are standing at the foot of an imposing mountain. You are attracted to the cave that you know contains all kinds of miraculous things, and most precious of all, the sacred book with the records of the perfect blueprint of your own body. You powerfully ascend to the foot of the cave and enter. As you go in, you pause for a minute, allowing your eyes to get used to the dim light around you.

It takes you a few minutes to realize that the cave is not dark at all. You look around and see that it is filled with rock formations, with glittering traces of minerals. As you study them you, notice all the glistening colours of the rainbow.

You are drawn to the copper mineral. Immediately, you feel its positive effect on your heart and your nervous system. You look at the silver traces. They give strength to your bones, joints and your muscles. You notice that the gold color is stunning. Immediately it harmonizes all your organs, and your skin starts to glow with vitality and health.

In the middle of the cave you see steps going down, and start descending them without hesitation. The lower you descend, the lighter it becomes. You find yourself in a room filled with iridescent white light. You look around and take a few deep breaths in and out. Is it a cave or the centre of your own being? What do you see around yourself? You feel something magnetic, and understand that it is the energy of your protons and neutrons working together. Far, far away in the distance you see the glittering traces of whizzing electrons. There appears to be a lot of space in between the protons and electrons. You decide to explore...

When you step into that empty space, you see many beautiful energies in the shape of various frequencies. When you look at them, they acquire shape and form. You touch what you are drawn to... There is a book decorated with precious and semi-precious stones. It opens by itself to reveal the page that has a drawing of the perfect blueprint of your own body. As you look at it, you see the utmost harmony of all five elements presented in your body. This blueprint is your perfect DNA, which exists in the multidimensional field of the universal love. You allow the perfection of what you see to be streamed into your body, rejuvenating it, revitalising your energies of happiness, joy, and peace. Give it a few minutes, allow it to transform limiting tendencies in your physical body, mind and emotions into the beauty of perfection. Remember what you are shown.

Now take a few deep breaths in and out and find yourself back in the cave where you saw traces of minerals in the rock formations. Before leaving the cave, look at these minerals again, and ask the field of universal love to show you which minerals are lacking in your body. Ask the field of universal love to supplement your energies with the energies of these minerals.



Now that you have left the cave, you feel a pungent taste on your lips. Your lungs are rejuvenated with the fresh air. As you breathe in, thank your lungs for their help in the transformation of your vital life force. As you breathe out, let go of all the unproductive tendencies in your life through the energy of large intestine. Breathe in again... As you breathe out, let go of the energies of sadness, grief, suffering, loss... Bend over and touch the rock that is lying at the front of the cave. How does it feel to touch it? How do the energies of the rock feel?

I know what is a circle of life. At the end of each circle there is a beginning of a new one.

I this moment of time I allow to myself to let go of all the low energy energies in my body and in my life.

I allow my body and my life to rejuvenate completely.

I allow myself to complete my karma and understand all the lessons that it brought into my life.

I accept my shadow side and embrace my new beautiful energies.

Now I leave all the lower vibrations that I developed in this life to go to the light for the transformation.

I feel great in my new liberated body and in my new amazing life.

Now imagine the energy of the metal element. Play with it and feel its slow movement; its prevailing Yin energy. Feel with your receptors (fingers) what the balanced energies of this element feel like.

Aspects of Five Elements

1. **Physical**
2. **Emotional**
3. **Mental**
4. **Spiritual**
5. **Social**

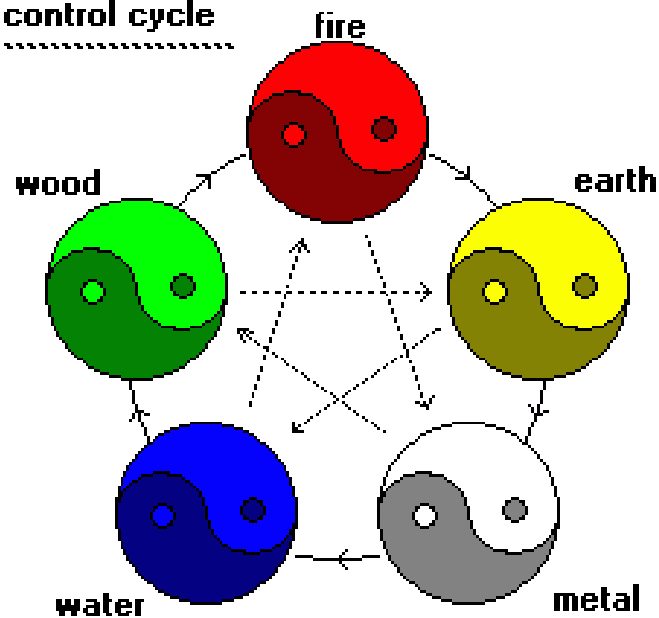
1. Liver (Yin)- Gall bladder (Yang), eyes, tendons
2. Anger, irritation- acceptance, understanding
3. Intellect (Yin), creative thoughts(Yang)
4. *Hun*- spirit of the Direction
5. Health, family, prosperity

1. Kidneys (Yin)- bladder (Yang), knees, hearing, bones
2. Fears- fearlessness
3. "mental bank" of information (Yin), potentials (Yang)
4. *Zhi*- spirit of the Will
5. Career, knowledge, personal development

1. Heart (Yin) – large Intestine (Yang), blood vessels
2. Intolerance, hatred- joy, happiness
3. Communication of Mind (Yin) and Spirit (Yang)
4. *Shen*- spirit of the Heart (Soul)
5. Fame, reputation in society

creative cycle

control cycle



Types of work

- **Releasing limiting energies**
- **Rebalancing Yin and Yang energies**
- **Recreating a new reality from the potentials in the field of Five Elements**

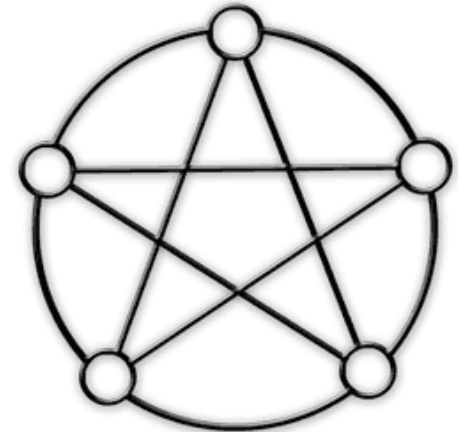
1. Spleen (Yin)- Stomach (Yang), muscles, gums
2. Worries, drama- contemplation, peace
3. Ideas (Yang), manifesting on Earth (Yin) (balance)
4. *Yi*- spirit of Intention
5. Love, romance

1. Lungs (Yin)- large intestine (Yang), skin, nose
2. Grief, sadness- letting go
3. Lesson of the Spirit (Yang), finalizing on earth (Yin)
4. *Po*- spirit of the Manifestation
5. Children,creativity, helpers, friends

The Law of the Five Elements in Nature and in Life:

1. The Five Elements of nature ensure the balanced movement (changes) in the birth-to-death cycle of all phenomena.

The clockwise movement of the circle (to the right) represents **the continuous nourishing flow** of the cycles of seasons, years and the life itself. This is the Cycle of Creation, when in the depth Yin (the Water energy) (birth, winter), the Wood element (child, spring) is born. In Fire element (young adult, summer) the Yang energy is at its strongest, which balances with the Yin energy in the Earth element (mid-age years, late summer, beginning of autumn). The Yang starts decreasing, and the Yin starts growing in Metal (old years, autumn) until the Yin prevails, and the energy goes again into the deep Water stage (winter) again.



2. The Five Elements **ensure the balance by controlling (restraining) each other.**
Without control the nourishing circle (1) will not survive. In order to be balanced the energies need to restrain each other, otherwise there will be excess and damage. Water (bottom left) controls Fire (top), so that it will not go out of control. Fire controls Metal (bottom right) so that it will not melt completely (so that it could keep form). Metal controls Wood (middle left) by chopping the excess of it. The Wood controls the Earth (middle right) so that it will not be blown away. The Earth controls Water (bottom left), so that it will not flood and wash away life.
3. All Five Elements move around the nourishing cycle (1) , circle, as well as within the pentagram - controlling cycle (2), ensuring harmony and balance. If the balance is disrupted, there will be too much energy of some elements or too little energy of other elements. This condition leads to illness, emotional disturbances, too much negativity in thinking and stresses in life.

4. Only balance Yin and Yang energies within each element and within each cycle itself ensures life. That is why it is very important to stay balanced.
5. In our lives we can't eliminate our duality. We need Yin and Yang energies to nourish and contain in order to sustain life. However, when we are balanced, in complete harmony within our energies, and are aligned with the energies outside us (home, family, city, country, earth, etc.) we can create what we really want in our life.

Application of this law to our life:

In order for us to have a better life the 3 simple steps are necessary:

- **Release** low frequency (unbalanced) energies from our life by removing surface and deep karmic blocks from our physical, emotional, mental, and spiritual bodies
- **Rebalance** the elements in our bodies, emotions and life (by balancing the Yin and Yang energies of each)
- **Recreate** better life tendencies by directing our intention (choosing the best potentials for us from the quantum field of unlimited potentials.

Working with the Five Elements energy fields will help us to do it!

Enjoy your coaching and group healing sessions!

