

## Five Elements Part 2

In the last newsletter we looked at the creative and controlling relationships between the elements. Now we will look at what these elements represent. Originally they were known as essential resources for survival. Through a long history they have developed into a useful map of how things interact.

Element	Wood	Fire	Earth	Metal	Water
Colour	Green	Red	Brown Yellow	White Golden	Blue Black
Season	Spring	Summer	Late Summer	Autumn	Winter
Organ	Liver	Heart	Spleen	Lungs	Kidneys
Direction	East	South	Centre	West	North
Animal	Dragon	Phoenix	Snake	Tiger	Tortoise
Person	Left	Front	Centre	Right	Back
Movement	Outward	Upwards	Rotational	Inwards	Downward
Emotion	Anger	Excitement	Worry	Grief	Fear

From this table we begin to get a feel of the elements. You can apply their categories to almost anything. They are used in Chinese medicine, Feng Shui, martial arts, philosophy and in Master Lam's syllabus of Zhan Zhuang.

Hopefully it is clear all the elements need to be present and in balance for a healthy situation. Although for the sake of understanding we can view them individually, in reality they work together to make a whole. When one is too strong or too weak, all the others are also affected and balance is lost.

We can see this in the representation of the emotions. In the table each is seen in excess on its own. When everything is balanced and calm they can change to Creativity, Joy, Compassion, Courage and Clarity.

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# West Country Lam Association Spring 2013

## June Zhan Zhuang Workshops

Saturday Mornings 9.30- 12.30 June 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup>

Bristol Steiner School, RedLand Hill, Bristol

Open to all abilities and ages three morning workshops with Tony Dove centred on Zhan Zhuang practice. Each session is separate covering a different topic. Combined together they will explore the fundamentals of this elusive art.

Like a great tree we take time to be still and slowly grow from within. There is no hurry, no competition and yet inside a thunderstorm begins in our innate energy. Although the basics can be learnt in a single day, Zhan Zhuang can bring positive effects and new learning for a lifetime. The art is subtle and yet profound, simple in concept yet vast in detail. With personal practice you have the possibility to gain healing, stillness and joy. Each session costs £25, or £60 for all three.