

6 Conditions for Healing A Taoist 5 Element Perspective

1. Safety (Earth). First, we need to feel safe. In order to feel safe we need to be oriented in the present moment and connected to our personal support system.
2. Quiet the Mind (Wood). Once we feel safe and grounded in the present moment, our mind, or guardian in Traditional Chinese Medicine, can quiet down.
3. Feel (Metal). Once we feel safe and our mind quiets, we begin to feel. We feel physical sensations in the body and the unfinished emotional charges (stored in our body) begin to surface.
4. Acceptance (Fire). We then need to accept these feelings even though we may not like them or even understand them. We understand that emotions are irrational. We understand that there is a very good reason we feel the way we do.
5. Transformation/Energy Surge (Water). When we open our heart to our pain and accept our feelings the energy of those emotional charges can move through the body to completion. We ride the waves of the emotional charges as they rise and fall, moving in between the 5 states of safety, quieting the mind, feeling, acceptance into energy surge.
6. Integration (Earth). After we have been able to allow the energy charges of the emotions to move through the body to completion we can fully integrate that experience and we have grown from it.