

# THE FIVE ELEMENTS

	Qualities	Embryonic Harmonics	Associated Chakra and Mantra	Oval Field and Vowel	Associated Organs/ Systems	Pulse	Sense
<b>Ether</b>	∅ Neutrality, Stillness, Balance Harmony, tranquillity, Subtle space, integrating	Neutral Field of the neck.  Permeates the whole Body.  Joints.	Throat, C3 - C5  Vishuddha  'Ham'	Neck.  'E' (as in <u>P</u> et)	Permeates the whole Body; Joints; Ears; Neck; Thumbs.		Hearing
<b>Air</b>	⊕ Balancing, connecting, moving, diffusing, mental activity, attention, breath, conscious emotion	⊕ Shoulders, lungs, upper chest, arms, heart  ∅ Kidneys, Adrenals, Colon  ⊖ Ankles, Calves	Heart, T5 - T8  Anahata  'Yam'	Chest.  'A' (as in <u>C</u> at)	Immune System; Nervous System; Lungs; Chest; Heart; Kidneys; Colon; Bladder; Calves; Ankles; Skin; Arms; Hands	Snake-like, Fast, Irregular, feeble, Faint. Moving from place to place	Touch
<b>Fire</b>	⊕ Impulse behind movement, intelligence, insight, direction, goals, purpose, quickness of mind, vitality,	⊕ Head, eyes  ∅ Umbilicus, solar plexus, heart  ⊖ Thighs, buttocks	Navel/solar plexus, L2 - L3  Manipura  'Ram'	Head.  'I' (as in <u>s</u> it)	Head, Eyes, Thighs, Stomach, Liver, Duodenum, Gall Bladder, Heart and blood vessels, Pancreas, Spleen, Brain, Jaw, Hip, Circulatory system	Frog-like, Jumpy, regular, high volume, like a beating drum	Sight
<b>Water</b>	⊖ Seeks lowest level, grounds, generation, seed potential, nurture, unconscious emotions.	⊕ Heart, breast, lower chest.  ∅ Generative organs, pelvis  ⊖ Feet	Genital, Lumbar-Sacral Junction  Svadisthana  'Vam'	Pelvic.  'U' (as in <u>y</u> ou)	Generative system, Breasts, Heart, Chest, Lymphatic, Secretary Glands, lungs, Pelvis, Buttocks, Feet	Swan-like Full, Bounding, Rolling, Wave- like, slow, moderate yet full volume	Taste
<b>Earth</b>	⊖ Foundation, support, stability, structure, form.	⊕ Neck  ∅ Colon  ⊖ Knees	Anal, Sacral-coccyx junction  Muladhara  'Lam'	Abdominal.  'O' (as in <u>H</u> ot)	Neck Colon, Rectum, Knees, Joints, Skeletal structure, Nose, Bones, Inner Ear (Balance)		Smell

*Paul Francis*

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

*Paul Francis*

	<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. Dissociated. Avoids being in the world. 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) 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)  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  Keeping the work real

*Paul Francis*

	Physical Appearance									
	General	⊕ Embryonic Harmonic	∅ Embryonic Harmonic	⊖ Embryonic Harmonic						
<b>Air</b>	Either tall or short. Underdeveloped. Underweight. Light, wiry.	<b>Gemini</b> 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> 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> 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> 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> 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> 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> 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> 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> 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> 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> 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> 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</b>	<b>Food</b>	<b>Taste</b>	<b>Chakra</b>	<b>Environmental</b>	<b>Stupa</b>	<b>Dosha</b>	<b>Season</b>	<b>Direction</b>	<b>Totems</b>

*Paul Francis*

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