

Between Dark and Light
soft and hard, happy or sad, cold or warm
Black and white
Are 5 Ways ... circular bridges binding all
5 Movements, 5 Elements, 5 Senses to embody
the rainbow 's radiance
between ~ Virtue or Vice
where light all ways shines
5 colors of the rainbow are shadows
of the love inside us sacred, divine

Sensing embodying and *evoking* the ancient Chinese model of the 5 Movements/Elements and following their messages will bring us to a sacred place where we view the universe as a unified continuum of balanced vital energy- vibrant health, joy, peace,

Flowing

Shhh.... Listen.... *Hear* the iridescent ocean washing upon the shore? Waves dance inside the body as blood flows to every cell reminding us of our origins in water. ...Do you hear it? - born from the fluid filled womb tumbling in darkness to the sound of the infinite flowing universe.

Every Night in deep sleep we “*Dream*”/ our purpose for “*Being*” just as was nourished in dark womb of our gestation... touched again in the ritual of sleep— darkness. Rest... and build the reserves our body requires to fuel and recharge our will. Prepared to be reborn, we hear our inner voice....courageous, adventurous primed by infinite wisdom.

Back away? Retreatyes follow your caution to recharge to bring greater vitality to Your dream-following your way your Path Your destiny

Flow represents The Core of our physical structure housed in the Lower Back, Organs of Reproduction, Our Reservoir of sexual/creative energy, the Essence that builds our bones, brain and nervous system, the filtering out of internal ocean ...our water elementthe blood –the Kidney Chi – Regenerated every night in the ritual of sleep

Rising,

Look! Remember your sense of Dream and watch how you rise out of the darkness into the new spring light. Like a sprout bursting through the earth rising to catch the rays of the morning sun. The essence of a growing tree fueling the sparks of creative action, growing reaching for new heights. Your dream is now followed by the spontaneous actions of a fresh spring morning. *See yourself do it.* Birds are singing as the sun raises your ideas into the smiling deeds of unfolding enthusiasm.

Frustration? Anger ? Breakout! Find your freedom –remember the big picture/Your dream reminds you ... patience ingenuity..Genesis creating new beginnings

The direction of our actions, housed in the right ribcage, rising to the eyes, the sparks of nerve synapses activating our tendons into bodily action, the speed of energy functions, now, the Liver acts ...live now direct your dreams into action or wait till time shows you.. the opportunity

There's a feel that comes in the spring
vision of hope -new beginning
the world is alive and shining
see us all- the young and the old
and birth each day with the smile of perfect timing

Radiating,

Actions become inspired, one idea births the expansion to infinite possibilities and you are blissful.... exploding with intense excitement- So much Joy- your smile sparks into the fire of laughter circulating. *So good you can taste it.*

Feel the laughter -The charismatic chuckle of a baby- a child beaming in pure joy

OR-Remember a time where your whole body laughed in ecstatic bliss –laughing so hard you thought you would burst- Tears came to temper your fiery mirth.

Live passionately. Be it. Express your spirit

Too many inspirations? The intense flames of passion leave you burnt out...breathe... fuel to sustain your joy..... temper your intensity, one step at a time- make your bliss last all ways for ever

- Radiate through every cell, pumped by the Heart, the joy of ecstasy
Empassioned and enduring a candle burns, endures... a slow burning hearth ...warms our core--

Summer shines its warm inspiring light on all to feel

Flowers bloom in fluorescent radiance

As our hearts sing with joy

*We celebrate the Spirit of our bodies caressing the heavens above while still feeling
the solid earth below our feet*

Stretching, Radiating up and out – re joice

Grounding

Inspirations become focused-Grounded.... Like ashes from the aftermath of a cleansing transformational fire, nourishing the earth to produce fertile soil, Our inspirations motivate us step by step to carry through, to focus to nourish our desires in the sweet soothing richness of human connections.

Feel. Feel Feel embody the touch of Human desire-Put your attention on the sensations of your body feel the nurturing touch you desire... and are willing to share. Bonding in the spoken words or in silence --your connection to others grounds you. Follow the hunger of your stomach- It motivates you to carry through your inspiration as you feel safe participating, in communion, connected to all.

Or perhaps in your connection with others you feel your vulnerability- betrayal – abandoned---Blame an other..he/ Is your sense of heaviness the result of someone else's actions-You have a choice-he/she is your teacher... a participant in shaping your soul..... be grateful

You have what it takes to respond..... response ability Grace full attitude -gratitude

Resources , Fuel, Endurance... enduring blood sugar, the secretions of the pancreas, Immunity from the white blood cells of the spleen -the neutralization /resolution of all toxicity- Your physical Body provides you with the necessary fuel to feel emotionally...Safe, Safe in Sharing, whatever the consequences – You are a chamber of Love and no other can ever take that from you- You embody mother Earth-Generous Nurturing Touch reminds us ...we are home

There's a feel that comes in early autumn where rustic leaves of orange, red, yellow and brown fall from the heavens to embrace mother earth. To nurture her, to hold, protect, give back to the source of all things. Falling in love, connecting, merging- Held in forever, giving the greatest gift, I am one with love.

Gathering

In the first breath away from the umbilical cord separated from the mother who nourished your every breath-you discovered “I”- Individuality. I am an individual- In the *scent* of every breath comes the awareness of your uniqueness. From all your experiences with others -A late Fall Harvest is Gathered – a year comes to an end- Well Done- You did it“My way” Your Way— goals and all tasks are harvested into MANIFESTATION. Or..... if you did it??? Are you to blame for being wrong or hurting someone? Remember there are no failures... only feedback Make your failure into FEED BACK- Nourishment from what you have walked away from..the Past-Be kind to yourself, make amends and drop your heavy load
Guilt is like a bag of bricks drop it... make amends- and drop your heavy load tread lightly on your journey to the light

Inhale- inviting the power of “I”- complete”- words accountable through actions. Dependable -Acknowledging the lessons of our past- being your self
Exhale, let go of limiting patterns of the past
Cleaning the grooves of your blemished learning. Cut and paste, cancel /clear- delete Overwrite the past . You have a new hard drive on your ever changing Human soul completely upgraded.
The breath guides the balance between the acknowledgment of a choice you have learned from or being stuck in the past
doing something because others consider it “the right way” or being true to your self to let go, forgive, be kind and move on... be happy.

Remember to overwrite.....Upgrade

Lungs, breathing in... Identity/your style -your way- Exhaling... letting go of limiting patterns

As in the feeling of a late fall harvest gathered bundled row upon row- I rest in the manifestation of long awaited goals and dreams-

I reap what I sow. I am response able- in kindness to my deeper self I acknowledge the past as a learning. Now its time to go- Deeper, Deeper back to the flow

SENSE:	HEARING	VISION	TASTE	TOUCH	SMELL
ELEMENT:	Water	Tree	Fire	Earth	Metal(air)
CHALLENGE:	Fear Confidence	Anger	Scattered	Blaming others	Blaming Self
HARMONIZING: FOOD	Sea Vegetables Warming	Sprouts, Greens Cooling	Leafy, Greens	Sweet Ground Vegetables	Root Vegetables, Grains
HARMONIZING BEHAVIOR:	Small challenges	Free play (no pressure)	One step at a time	Assume response ability	Forgive Variety
HARMONIZING THERAPY:	Deep Sleep Water Activity,	Eye Exercises, Visual Stimulatio n	Nutrition Herbs	Communic -ation Touch	Breathing, Aroma- therapy