

THE EARTH ELEMENT

The earth element carries the power of ripening and centering ourselves. It is the energy that brings us back to our pragmatic understanding of life and of ourselves. It brings us back to the center of our being to understand from which place inside ourselves we are moving and it brings us back to the physical plan and the present moment. It is the power of the earth's gravity in us. How much can we be here now? It pushes us to be responsible for our own thoughts, words, actions and our own life. It is connected with the adulthood and the ability to be parent inside ourselves. As much we have been traveling inside ourselves to find back our own essence through the fire element, as much the earth element asks us to gather this energy in the center of our being in order to act properly, in synchronicity with the universal will and our higher self, (as the fire element is giving birth to the earth element). The earth element is like the concrete consequence or the realization of our spirit in the material world. It is the descending of heaven on earth. It is the time of harvest and fruits. It is the time of digesting our own consciousness. It brings the concrete acknowledgement from the outside world of our inner development. It asks us to fully incarnate our spirit on this earth. It brings us to a state of presence and of pure karma yoga: actions that are totally free from the ego and the search for the results and acknowledgement and that are pure expression and channeling of the universal love and consciousness. This element prevents us of loosing ourselves in a chimerical inner world of fantasy and extrapolation, (as the earth element is controlling the water element). It brings completion, inner peace and stability. It makes us act in harmony and with compassion. It helps us to feel connected with the outside world and other beings, that is one of the reasons we all came on this planet. It pushes us to take direct and instinctive actions coming out of real awareness of the situation. It brings natural fairness of life, out of any ego game. It asks us to reconnect with our deep instinctive body wisdom, with this part inside us that has chosen to be animal incarnate in a body, and to be deeply fair with ourselves and all our relations (not only with humans) on this planet. It opens the path of karma yoga through which your spirit is harvesting the transcendental fruits of non-egoistic

actions and the path of the animistic religions that were acknowledging, respecting and meeting the spirit through every natural manifestation of life: in trees, sun, animals..., receiving a lot of teaching through everything and every moment that they were meeting in their life. The earth element is asking us to melt our highest consciousness and understanding of the sacredness with the most simple moment and act of our life.

In the Chinese medicine the earth element is connected with the spleen, the stomach and the pancreas. They are the organ in charge of digesting all the external food and information that we are receiving from the outside world. Can the outside world nourish us properly? And can we absorb what we have been taking in? How much the outside world is abundant and nourishing for us? And how much can we accept this abundance inside ourselves? The stomach is in charge of asking for outside nourishment and of absorbing it in the body. Disturbances in the stomach will bring difficulties to digest the food, lost of appetite or overeating, over-weight... In the psychological realm, people with an excess of yang energy in their stomach will be all the time hungry, looking for more outside distractions, activities, information, sensations, taking everything in without taking the time to really absorb it... And people with an excess of yin energy in their stomach will be taking responsibility too much on themselves, feeling miserable, inadequate, unneeded, depressed, unsupported and un nourished by life... The spleen is in charge of the good organization of the enzymes for the digestion and of the women menstrual cycle. The spleen is connected with the mother archetype toward ourselves and our own feminine part. Unbalances in the spleen creates strong difficulties to digest the food, alimentary intolerances, carences, difficulties to choose what to eat and to know when to eat, bulimia or anorexia, disappearance of the women period or painful menstruation ... On the psychological level, excess of yang energy in the spleen will bring over-thinking, worry, excess of caring and sympathy for others, invading the space of others, like an excessive mother. And excess of yin energy brings difficulties to take short term decisions, difficulties to be grounded and to know what to do on this planet, impossibility to nourish yourself with the outside world, being an orphan in this world.

The emotions connected with the earth element are fairness, openness, stability, centering, balance, harmony and compassion, when it is balanced, and worry, confusion, rumination, pensiveness,

sympathy and pity, when it is unbalanced. The earth element asks us to be grounded in our body and on this planet to act with equanimity and compassion toward ourselves and others, creating harmony and abundance all around us. It asks us to be fair with our environment and the body in which we are living. If we refuse to connect with the instinctive parts of ourselves and our body wisdom, our compulsivity takes over our mental activity and we get lost into our head looking for solution in our mind, when the only solution is to come back to our sensations and our body, back to the simplicity of our being. If we refuse to nourish properly ourselves, we look for nourishment in others and we fall in the game of sympathy: losing our own center because of the need to feel the one of the other, instead of sharing compassion, because we feel full with ourselves, and bringing real healing to the other.

The earth element has been really deeply damaged in our western and contemporary society. Humans are much more living in a virtual world existing mainly through mental conceptions of pleasures, making all of us dependant of a global system of consummation, supposed to bring us highest completion, fulfillment and security than our Mother Nature. A lot of stress and mental pressures are put on every humans getting born on these societies in order for them to find their own place when they will be adults. It pushes most of us to strongly neglect our instinctive nature and body wisdom. It also disconnects us from all the beautiful treasures of nature by cutting all our relations with them: as the strong spiritual teaching of meeting spirit of plants, animals, trees, rivers... all the natural medicine given by the stones, the sun, the plants, the fruits and veggies... Our security and health has been controlled by a human system based mainly upon rationality and fears of the nature. It brings us now to a time of race toward an endless consummation, where nobody managed to get fulfilled and the planet get depleted of all her richness, and to a deep dependence of each human to the system in order to survive. The development of our mental capacity and logical understanding of life was very important in our evolution and search for knowledge and wisdom. It is now the time to turn it back in peace with our instinctive and intuitive wisdom. The earth element asks us to rediscover it inside ourselves, to be able to give back the power to our body and its instinctive nature without controlling it with our mind. There is a lot of forgetting wisdom inside our own cells waiting for to be remembered. The earth, plants, animals and the children are waiting for us to remember and be responsible before it all disappears. Working with the earth element asks us to transform the way we eat, we sleep, we are in relation with the world and others, we move, the shape of our body... It brings us deeper in the reality and of being aware of it, like a collective creation for our spirits to experience life. It transforms our way of being in relation with any experience that we come across in our present life. It is connected with the sense of taste. Your earth is fully damaged when your life doesn't have anymore taste. Transforming your earth, transform the taste of your life and transform your reality, but it asks you to be awaked.

Meditation with the earth element

Find a comfortable position with your spine straight, top of the head hooked in the sky and perineum relax. Becoming aware of the top your head, with every breath out you release all the physical tensions down to the ground. Take all the time you need to visit all the parts of your body, from your skin, all your muscles, blood vessels, organs, bones and nerves. Spend some time on your head, your neck, your arms, your hands, your chest, your belly, your back, your hips, your legs and your feet. If some thoughts or emotions are coming, send also their energy to the ground, releasing all the toxins from your being. Once you are really in this deep relaxed state, bring your attention on your Tan Tien and just watch your natural breath. Stay there as long as you enjoy it. Try to connect with your own feelings and feel what is your Tan Tien inside yourself. The Tan Tien is your center of gravity, your power of incarnation in your body. Try to become aware of this reality inside you.

Then slowly, when you feel ready move your attention towards your spleen (under your rib cage, below your diaphragm, on the left side of your belly) and if you can at the same time on your stomach, (in the middle of your upper belly on the left side, partly under your rib cage). If the double concentration is too difficult, just keep your connection on your spleen. Then just feel what sensations are there. Listen to your organs and watch them with all your attention like a sensitive mother to her beloved child. Find out what they are saying. Try to really meet them and understand their wisdom and consciousness. They are in charge of the earth element in your body, so they carry all the power of the responsible human and parent inside yourself. Stay few minutes like that. And now you are going to use the power of your mind. To do that properly you need to use your intension, concentration, imagination and feelings to make whatever you desire real and to align all your capacities together. Realize that you are the only creator of your reality. So now connect yourself with all the virtues of the earth element and visualize a beautiful field ready to harvest or a fruit ripening, full of abundance, fairness, compassion, openness, completion, centerness, stability, harmony spreading through all your spleen and stomach in a yellow ocher color. Feel it really in your organs. If there are some tensions in your organs, keep the feeling of the ripening and abundant stability deeper and deeper inside yourself. Then just like a patient mother try to listen to what these tensions, carrying the wounds of your incarnation, want to tell you. A sickness, a disease or a

tension are appearing on the physical body as a way of expression of emotions that haven't been heard and acknowledged on the psychic level. If we want to release them, it is really important to accept to listen to them fully without trying to resist to the physical pain that they create in us. If we try to resist the pain and avoid feeling it really, we cannot understand what it wants to teach us. The earth element will speak to you upon the abundance of your ordinary life, showing you all the treasures forgotten inside your own physical cells of your body carrying the wisdom of your ancestors and of the natural kingdom. It will bring you back to your pragmatic existence and the role that you have to play in this life in front of all the other beings that came in relation with you. It will show you your karma and what you need to accomplish on this planet. It will send you to accomplish the right actions. It will bring you to a deeper state of presence inside yourself without any doubt left upon the growth of your being, because it works with real pragmatic energy. It will help you to clear your mind from any mental activity and bring you back to the consciousness of your physical body. You can work like this easily for ten to fifteen minutes, getting in deeper and deeper states of relaxation and expansion.

Then slowly bring this visualization of ripening yellow fruit of abundance, stability, harmony or of field ready to harvest full of fairness, openness and compassion inside your whole body from the bottom of your spine to the top of your head, creating a beautiful field full of ripe fruits of completion and centeredness or a strong and old tree also full of those fruits. Just feel the inner peace and deep stability of sharing your abundance, your harmony and compassion through all your being. Feel it inside every cell. Let them open to offer their own fruit and share with every parts of your body the achievement of themselves. Once again if there are tensions or some places of incompleteness where your earth is tensed or weak, just accept them and listen to them, hear what they are missing or what is scaring them. Go deeper and deeper in your visualization, transforming fully yourself, becoming just this pure energy of completion and ripening. Develop this feeling during 10 to 15 minutes again. Then if you like you can bring back in your consciousness a memory of a situation in which you know that still today you will feel worried, confused, stressed, space-out, sympathetic... if it is happening to you. Put the situation all around you, make it real, and stay connected with your inner body. Try

to feel where in your body the emotion is reacting, which places in you get contracted, and which deep memory or feeling it is bringing back to your consciousness. How do you feel?

Try to reach the bottom, the roots of your feeling. Hear the place in you that has been unable to incarnate itself, that has been stop in its action, that has felt unsupported or un nourished, what is missing for it to feel complete, to feel harmonious. Hear the fear hidden back side of your emotion. Just feel what is missing. Let go of all your projection toward the outside world and accept to take back the responsibility to look back at yourself. Remember that it is just wisdom or love that you wanted to share with the world. Accept the fear inside yourself, nourish the little baby inside you and the beautiful spirit that is trying to incarnate itself and try to find how you can help it to grow and to complete itself with deep love, compassion, harmony and equanimity for yourself and everyone around you. Then once you feel it, let this beautiful fruit ripe into your being and let its new power of achievement and direction takes every parts of yourself. Then you can visualize that you surrounded by a beautiful garden of deep abundance, equanimity and harmony. Feel the generosity of Mother Earth, Pacha Mama, all around you, waiting for your spirit to wake up and come to pick up her billions of treasures.

Finally, bring back your consciousness in your lower Tan Tien with all the qualities of the earth element, watching your natural breath. Stay there few minutes. Then gather all the chi inside your Tan Tien with your three last expirations. Release the exercise and take all the time you need before opening your eyes.