

## THE WOOD ELEMENT

The wood element carries the power of expansion. It is connected with the process of birth. It represents the power of manifestation and expression of life itself in its most basic and instinctive movement. It carries the power of life of a tree: taking energy from the earth and from the sky to grow from the earth toward the sky. In human life, it creates the movement that pushes the physical body to express our spirit. This movement and so the wood energy can sometimes be explosive, like at the time of our birth, if the water energy haven't be supportive and soft enough. The wood element helps human being to manifest themselves. It helps them to incarnate their spirit in there body on the earth. It is connected with the emotions of kindness, forgiveness, self-expansion and identity, when it is balanced, and with the emotions of anger, aggression, frustration, tension, irritation and compulsivity, when it gets out of balance. This element gives us the ability to define ourselves in front of life, to take our own space and to define our borders in front of the outside. It guides the understanding in all of us that as the same time that we are part of this world we are also separate from it with our identity and free will. So that everything is up to us. It is asking us: "To what do we want to give birth in this life?" From my personal point of view and experience, the wood element is strongly connected with the awakening of the cosmic snake, the kundalini energy sleeping at the base of our spine in our root chakra. Kundalini is a massive amount of energy that stays stagnant in the nervous system for most of human beings. The wood element is the active quality in ourselves that helps us to wake up this energy. When it is balanced, it brings expansion to our being, and when it got disturbed, it brings compulsivity. . In our life, it get imbalance if it has been stop when it wanted to be expressed or if someone is invading our space (that can be physical, emotional, mental or spiritual space), creating either anger or frustration. It is really important to watch our emotions when they are coming out and to discharge their energetic charge when they are destructive for our own being or for our environment. The wood element carries the impulse of puissance. So when it is imbalanced it can be very destructive. It is the energy that pushes us to grow. If it is in excess inside ourselves, it becomes like an invader: look at how some plants can invade and fully take over all the space and light of other plants who can't breathe anymore and die. The yang energy of

the wood can take over our whole being, creating a lot of tensions in all our body at all the different levels of our physicality, for example: in our blood vessels (high blood pressure), in the fascias of all our organs (general tension in the belly, swelling, cramps, nausea...), in our muscles and nerves (tensions and cramps)... On the emotional level, it makes us overactive in our life and very invading for other people. It can also turn in an implosive quality if it is not express, generating a lot of frustrations and bitterness: the gall bladder becomes overactive creating too much bile in our digestive system. In Chinese medicine, the wood element is connected with the liver and the gall bladder. The liver is in charge of breaking the molecules of the fat, eliminating the toxins from our blood and controlling the quantity of blood in our body. So imbalances in the wood element can generate weakness in the liver that can bring sickness as syrosis, hepatitis, typhoid, amebias. It is a very beneficial energy that needs to be used beneficially through channeling and also transmute to subtler energy.

The archetype connected with the wood element is the pioneer, the adventurer, the light warrior, the hero, a person living his life like a profound adventure, a myth that can transform his life. The first distorted archetype that is coming out of the personality if the wood energy get distorted in the body is the tyrant, who wants to control everything around him to be sure to be nourished.

### Meditation with the wood 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 liver, just below your ribs cage on the right side of your belly, and if you can at the same time on your gall bladder, above your rib cage on the right of your solar plexus. If the double concentration is too difficult, just keep your connection on your liver. 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 wood element in your body, so they have beautiful memories of your birth, your growth and your childhood to tell you. 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 wood element and visualize a beautiful tree full of light, of kindness, with the laugh of a little child, carrying the power of growth and expansion towards the light, in a phosphorescent green in your liver (and gall bladder if possible). Feel it really in your organs. If there are some tensions in your organs, just don't do anything, keep the feeling of the expansion of kindness of your tree or forest and just like a patient mother try to listen to what these tensions, carrying the wounds of your inner child, 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 wood element will speak to you upon the parts of your spirit that have been stop in their growth and need of expression. They ask to be seen and acknowledged by your consciousness and that you create space inside yourself for them to let their energy expand and been release. As the voice of your inner child, this energy also asks to be protected by your higher self, as a divine father, according the right to your spirit to grow in peace. 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 a growing tree inside your whole body from the bottom of your spine to the top of your head, creating roots in the earth and branches in the sky, growing up to the center of the earth and the center of the sun or the stars. Then feel that you are surrounded by a beautiful forest. You become a huge tree ever growing in the middle of a forest, laughing with the kindness of a little child. Feel it inside every cell. Let them stretch and expand in every direction towards the light. Once again if there are tensions, just accept them and listen to them. Go deeper and deeper in your visualization, transforming fully yourself, becoming just this pure energy of growth from the earth to the sky. 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 anger or frustration 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 missed some love and space to express itself. Hear the wisdom that you wanted to share with the world. Then realize that all what you would like to share is pure love and wisdom: either towards yourself or for the others and the world. Use all the energy that the emotion creates in you either to build a circle of protection around you, if you feel that you have been invaded by negative energy that you doesn't need for your growth, with clear intension and definition of your own boundaries and send love and forgiveness for the people or situation that have given you the opportunity to find a stronger definition of yourself, or use all your energy to create the path of expression and growth of your wisdom and spirit in your life with a lot of kindness and gratitude, if you have missed some space to be fully yourself, releasing all the toxins energy of anger or frustration.

Finally, bring back your consciousness in your lower Tan Tien with all the qualities of the wood 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.

