



Week 28

Overview of Lecture

WOOD ELEMENT IN SPRING

Wood Element in Spring

WOOD ELEMENT is the dominant rising energy in spring.

The wood element manifests Liver and Gall Bladder functions.

The Liver and Gall Bladder allow us flexibility in our minds and bodies.

The wood or spring energy is light and fast, rising up out of the earth and creating young plants and fresh flowers quickly, seemingly out of nothing.

If we are full of spring energy and allow ourselves to be rejuvenated by it, we will feel young and light and flexible.

This flexibility also reflects in the immune system's ability to adapt to different conditions.

Our Liver gives us our DIRECTION in life so if you feel stuck or wish to move along a different path the Liver has to be flexible enough to allow you to achieve this. +

Improve the wood element to overcome addiction.

Light spring foods are best for healing the wood element organs.

Animal products and saturated or heavy foods are avoided in spring.

In spring the rising expansive energy of the wood element releases the heat and heaviness we accumulate during winter.

Sometimes this heaviness or congestion can accumulate too much in winter and can come out as toxic discharge.

When the accumulation happens in the upper body it can feel like fatigue or nausea as it eliminates.

It can manifest as a dry tongue and runny nose or dandruff and watery eyes.

In the lower body it can manifest as aches or pains or heat and restlessness at night.

Have cold showers and move to relieve yin acid symptoms.

Pranayama and stimulative therapies work well for yang acid symptoms.

There are remedies for these surface symptoms.

Yang alkaline for yin acid and yin alkaline for yang acid symptoms.