

5 Elements of Chinese Medicine



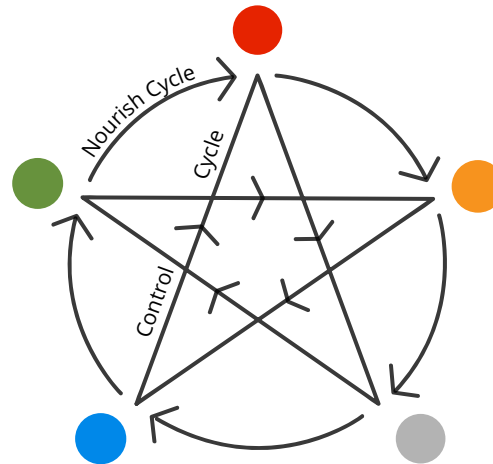
"Playful Communicator":
Summer / Maturing
 Connections, Passion, Intimacy, Anxiety, Panic, Relating, Spirit, Joy, "Drama-Queen", Over-excited, Enmeshment, Fear of being alone, Authentic Connection, Passion / Listless, "Relate"
 (Woody Allen)

The Spirit and Personality



"Care-Taker":
Transition / Ripening
 Grounding, Self-Care, Boundaries-or None!, Nourishment, Reflection, Insecure, Worry, Procrastination, Attunement, "Feel"
 (Winnie the Pooh)

"Activist":
Spring / Sprouting
 Action, Movement now, Independence, Growth, Push limits, Creative, Anger, Indecision, Impatience, Learn to flow-to grow, "Engage"
 (Captain Kirk)



"Wisdom Seeker":
Winter / Composting
 Innate Wisdom, Courage, Will to align with Heart, Trust, Fear, PTSD, "Frozen", Depressed, Isolated, Introverted, Intuitive guidance, "Listen"
 (Eeyore)

"Speaker for the Sacred":
Fall / Harvest
 Vitality, Intellect, Organization, Grief, Perfectionism, Controlling, Justice, "Un-emotive", Unable to let go, Judgemental, Vision, "Think"
 (Spock)