

“An Unending Cycle of Becoming”
~ Created & Inspired by The Five Chinese Elements~

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Earth

Warm, nurturing soil caresses the newly planted seeds bringing forth heartfelt caring with a sweet, fragrant voice. Feeling the golden-brown earth grounded beneath our feet, inspired to walk the next steps of life's journey.

Metal

Letting go of grief and leaving behind all weeping and sobbing for what was. Honoring what was discovered, present in the perfection of the now and breathing in pure, white air for the future.

Water

Freezing blue waves groaning with the weight of the unknown, our bodies trembling. Banishing all fear and digging deep into our souls...connecting with ancestral spirits eliciting our power into existence and thriving.

Wood

Springing into a world of hope, our anger disappears...the green, verdant richness of life creates a new vision. Shouting with the vibrance and vitality of the future and leaping into action. Choices abound.

Fire

Discovering our own truths and passions where our fullest expression blooms. Laughter is bubbling up out of the red cauldron of love from within...now recognizing the deepest source of life. Joy is present and palpable.