

# Flowing Through The Five Elements with Qigong Masterclass

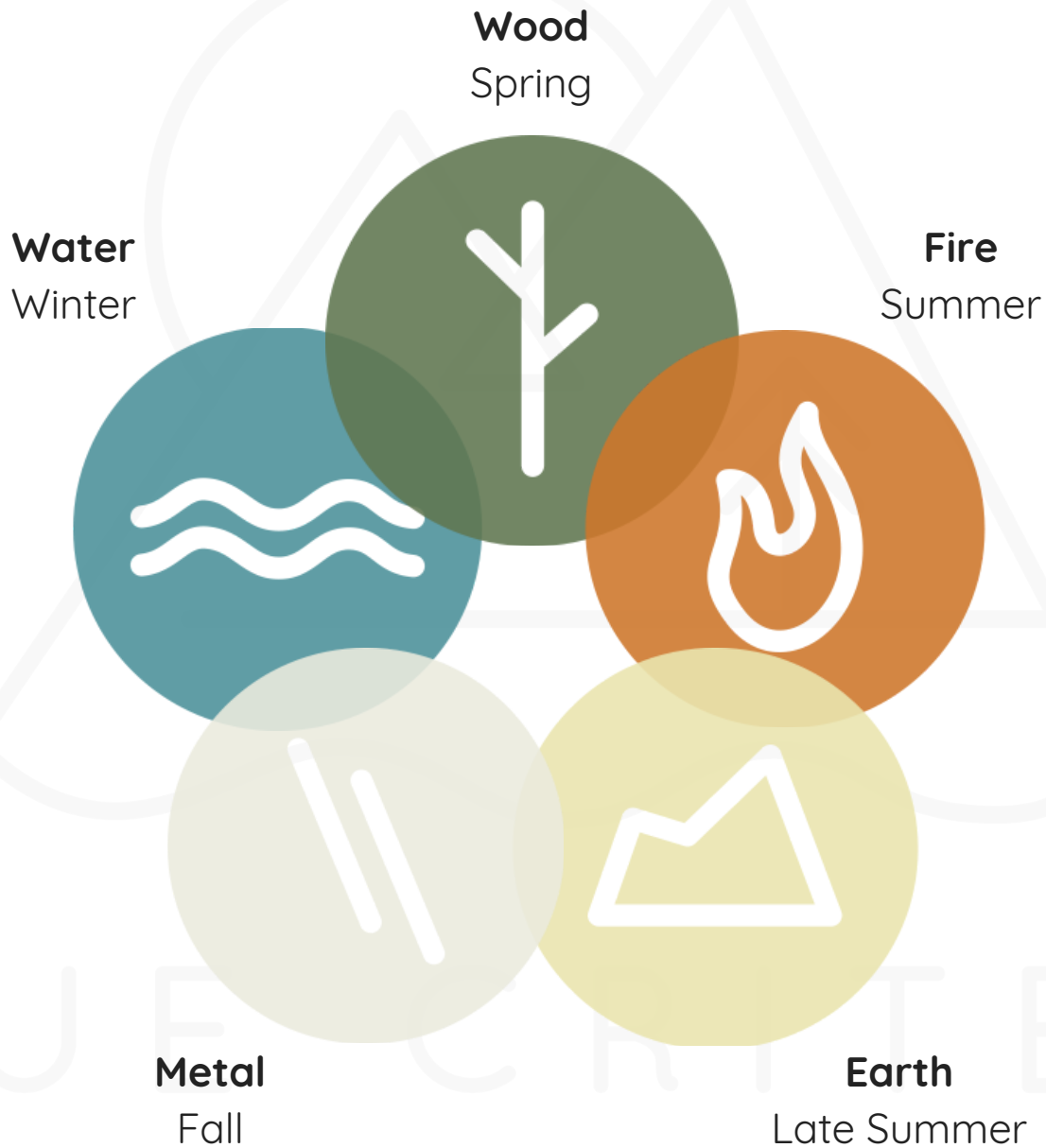
*with Sue Crites*

[www.suecrites.ca](http://www.suecrites.ca)



# The Five Elements

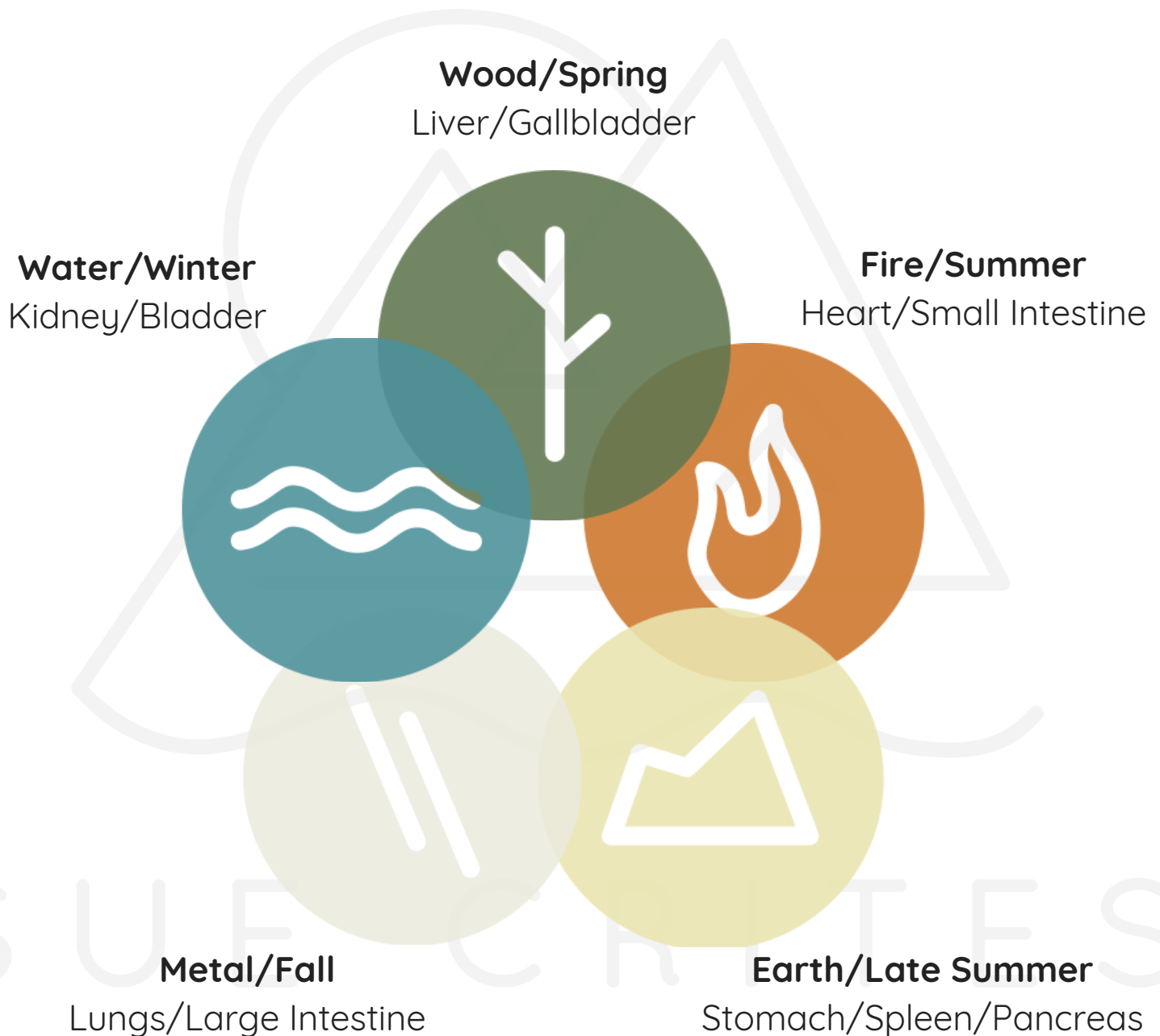
## Seasonal Flow



breathe • heal • shine

# The Five Elements

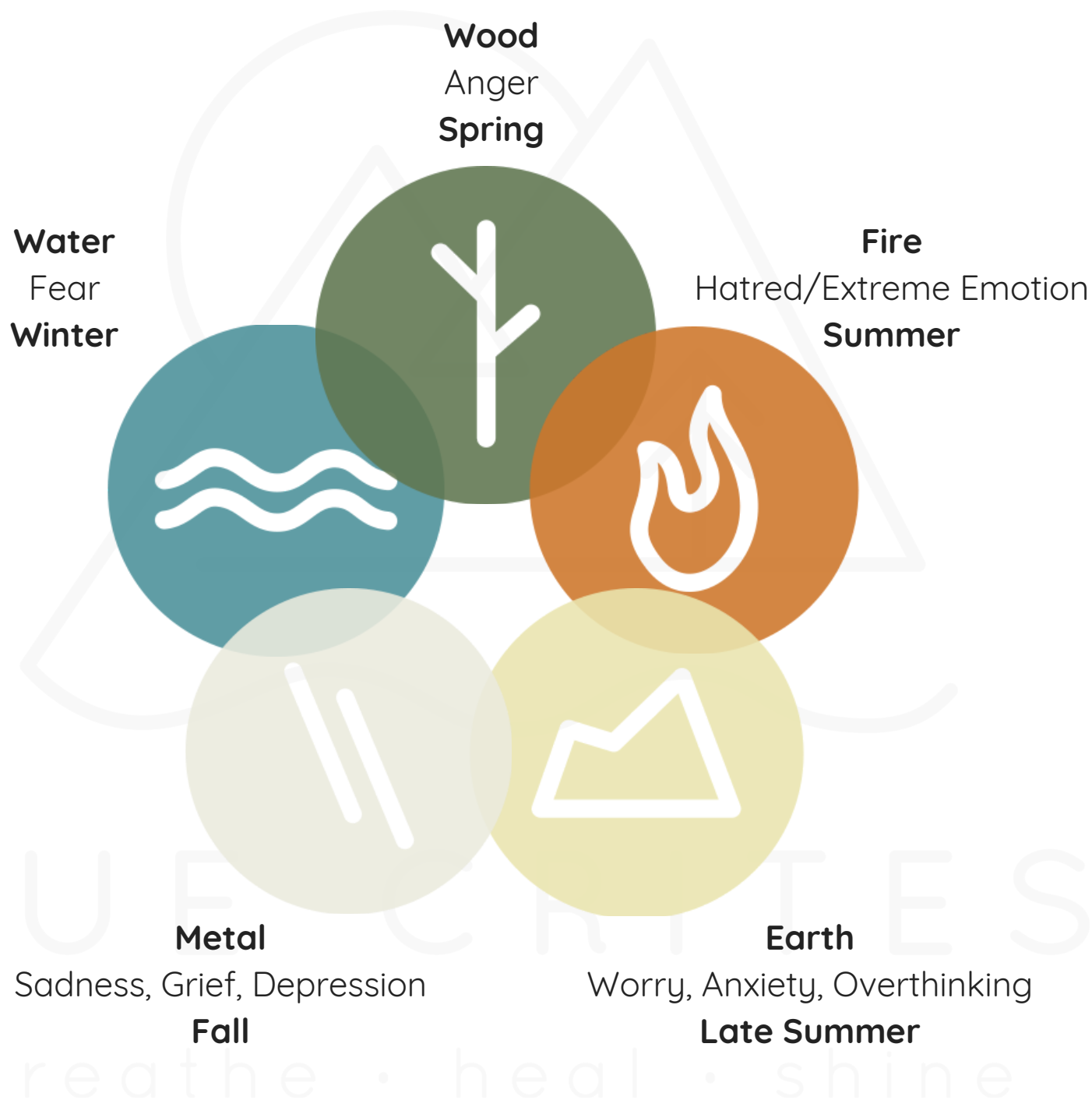
## Meridian/Organ Systems



breathe • heal • shine

# The Five Elements

## Negative Emotion Flow





# The Five Elements

## Positive Emotion Flow



# The Five Elements

## Qigong Movements & Emotions

**Wood**  
Moving of  
Yin & Yang  
**Happiness**



**Fire**  
Breathing of the  
Universe  
**Joy**



**Water**  
Connecting with your  
Heart's Energy  
**Gratitude**



**Metal**  
Connecting with  
Your Body's Energy  
**Contentment**



**Earth**  
Connecting  
Heaven & Earth  
**Peace**

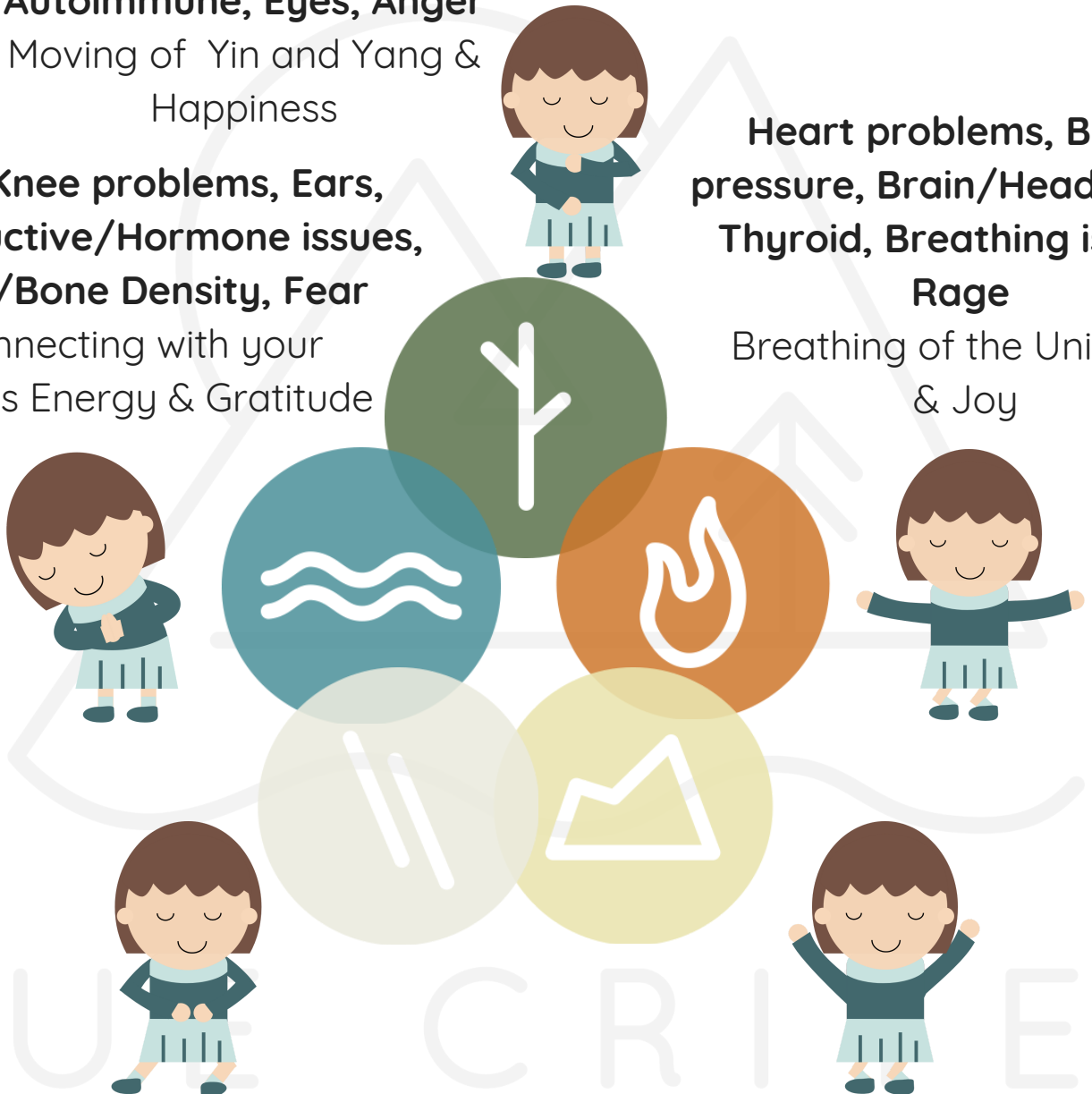


# The Five Elements and Blockages

**Liver problems, Hormones,  
Cancer, Digestion, Ligaments,  
Autoimmune, Eyes, Anger**  
Moving of Yin and Yang &  
Happiness

**Feet/Knee problems, Ears,  
Reproductive/Hormone issues,  
Bone/Bone Density, Fear**  
Connecting with your  
Heart's Energy & Gratitude

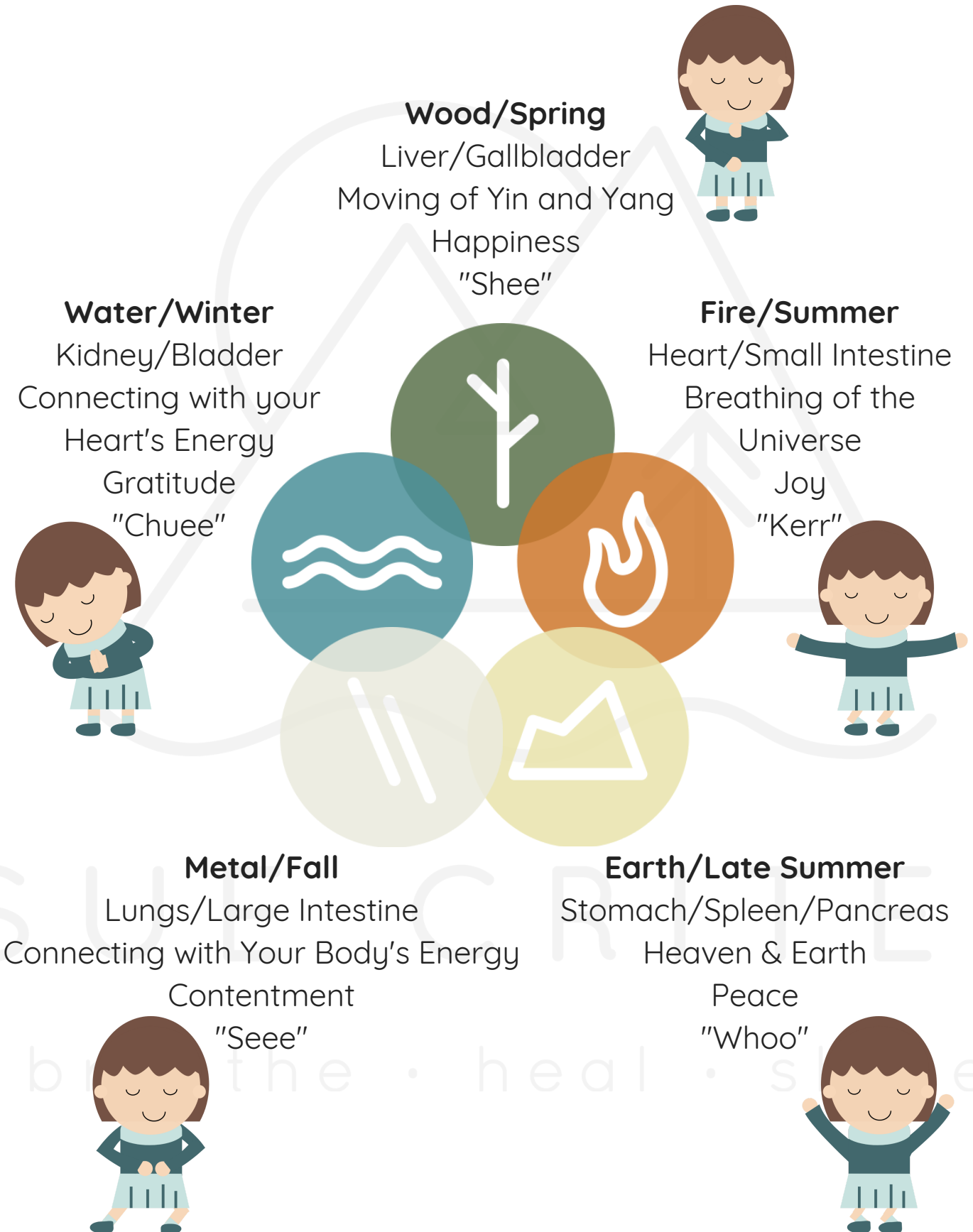
**Heart problems, Blood  
pressure, Brain/Head issues,  
Thyroid, Breathing issues,  
Rage**  
Breathing of the Universe  
& Joy



**Lung/Sinus issues, Asthma, Skin  
Rashes, Constipation, Diarrhea, Grief,  
Sadness, Depression**  
Connecting with  
Your Body's Energy & Contentment

**Stomach, Digestion Issues,  
Arthritis, Blood Sugar,  
Forgiveness,  
Anxiety/Worry**  
Connecting  
Heaven and Earth & Peace

# The Five Elements Summary





WOOD



<b>Season</b>	Spring
<b>Colour</b>	Green
<b>Yin Organ</b>	Liver
<b>Yang Organ</b>	Gallbladder
<b>Weather</b>	Wind
<b>Sound</b>	"Shee"
<b>Qualities</b>	Renewal, Flexibility, Cleansing
<b>- Emotion</b>	Anger, Frustration
<b>+ Emotion</b>	Happiness
<b>Lifestyle</b>	Planning and planting, Movement, Nature, Spring clean
<b>Foods</b>	Green vegetables, Asparagus, Kiwi
<b>Other Tissues</b>	Eyes, Tendons, Ligaments, Nails
<b>Spiritual</b>	Rebirth, Awakening
<b>Time of Day</b>	GB 11:00PM-1:00AM; L 1:00-3:00AM
<b>Movement</b>	Moving of Yin and Yang

\*This information sheet is intended for your education of healthful practices. This information sheet and other learning materials are not intended as a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Rather, this information sheet and other learning materials are intended to broaden your understanding of health and wellness and help you to make informed choices of health options. Any application of the information contained in our learning materials is at the student's discretion and sole responsibility.

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## Wood Out-of-Balance

- Angers easily
- Aggressive
- Stagnation
- Poor decision-making
- Addictions
- Obsession
- Liver problems
- Indigestion
- Constipation
- Overweight
- Slow
- Acne
- Irregular menstruation
- Dry eyes, failing eyesight
- Stiffness
- Tendency to sprain
- Red face

## Wood In-Balance

- Good digestion
- Happy, good mood,
- Positive
- Likes to move body
- Motivated
- Intelligent
- Focussed
- Problem-solving
- Good at Planning
- Clear and decisive
- Flexible and adaptable
- Healthy eyes
- Good vision





## FIRE



<b>Season</b>	Summer
<b>Colour</b>	Red/Pink/Orange
<b>Yin Organ</b>	Heart
<b>Yang Organ</b>	Small Intestine
<b>Weather</b>	Heat
<b>Sound</b>	"Kerr"
<b>Qualities</b>	Connection, Joy, Compassion
<b>- Emotion</b>	Hatred, Extreme Emotions
<b>+ Emotion</b>	Joy, Love
<b>Lifestyle</b>	Friends, Activity, Late Nights, Early Mornings, Fun
<b>Foods</b>	Tomatoes, Goji Berries, Beets, Peppers, Berries
<b>Other Tissues</b>	Brain, Tongue, Thyroid
<b>Spiritual</b>	Growth
<b>Time of Day</b>	H 11:00AM-1:00PM; SI 1:00-3:00PM
<b>Movement</b>	Breathing of the Universe

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## Fire Out-of-Balance

- Angers easily, moody, rage
- Heart problems
- Brain problems
- Nervous laughter
- Sensitive or insensitive
- Hate
- Stressed out workaholic
- Irrational
- Stressed out workaholic
- Irrational
- Inability to love
- Lacks compassion
- Lacks direction
- Loss of interest
- Digestion problems
- High blood pressure

## Fire In-Balance

- Joyful, positive
- Doesn't depend on others for happiness
- Good digestion
- Healthy heart
- Active
- Passionate
- Forgiving
- Motivated
- Enjoys connecting with others
- Ability to love oneself and others
- Compassionate
- Good brain health



## EARTH



<b>Season</b>	Late-Summer
<b>Colour</b>	Yellow, Brown
<b>Yin Organ</b>	Spleen-Pancreas
<b>Yang Organ</b>	Stomach
<b>Weather</b>	Moist
<b>Sound</b>	"Whoo"
<b>Qualities</b>	Grounded, Supportive, Nourishing
<b>- Emotion</b>	Worry, Anxiety, Overthinking
<b>+ Emotion</b>	Peace, Grounded
<b>Lifestyle</b>	Harvest, Evaluate, Digest, Make Changes, Schedule, Goals
<b>Foods</b>	Root vegetables, Potatoes, Squash
<b>Other Tissues</b>	Joints, Muscles, Lips
<b>Spiritual</b>	Transformation, Purpose
<b>Time of Day</b>	ST 7:00-9:00AM, SP 9:00-11:00AM
<b>Movement</b>	Connecting Heaven and Earth

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## Earth Out-of-Balance

- Worries
- Overthinking
- Unforgiving (mother)
- Irrational
- Overplanning
- Ungrounded, flighty
- Arthritis
- Distrustful
- Self-conscious
- Diabetes
- Blood sugar problems
- Sugar cravings
- Digestion problems
- Nausea, heartburn
- Thin pale lips
- Overweight or underweight
- Lack of muscle tone

## Earth In-Balance

- Strong identity
- Feels supported
- Confident
- Feels centred and grounded
- Clear thinking and focus
- Practical
- Accepting, Sympathetic
- Forgiving
- Ability to see big picture
- Moves easily
- Healthy weight
- Good digestion
- Good muscle tone and strength
- Always late or always early



## METAL



<b>Season</b>	Fall
<b>Colour</b>	White
<b>Yin Organ</b>	Lungs
<b>Yang Organ</b>	Large Intestine
<b>Weather</b>	Dry
<b>Sound</b>	"See"
<b>Qualities</b>	Strong, Rigid, Pure, Inspired, Cleansing
<b>- Emotion</b>	Grief, Sadness, Depression
<b>+ Emotion</b>	Contentment, Grounded
<b>Lifestyle</b>	Warmth, Clarity, Refinement, Harvest
<b>Foods</b>	Root vegetables, Pears, Walnuts, White foods
<b>Other Tissues</b>	Skin, Nose, Sinuses, Immune, Teeth, Throat
<b>Spiritual</b>	Increasing Yin, Life Purpose
<b>Time of Day</b>	L 3:00-5:00AM, LI 5:00-7:00AM
<b>Movement</b>	Connecting with Your Body's Energy

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## Metal Out-of-Balance

- Stuck in grief
- Depressed
- Holds grudges
- Out-of-touch
- Apathetic
- Jealous
- Resentful
- Deceitful
- Environmental/Seasonal Allergies
- Overly sensitive/insensitive
- Not settled or satisfied
- Gets colds and flus easily
- Asthma
- Breathing problems
- Eczema
- Skin problems
- Constipation, bloating, gas,
- Diarrhoea
- Hoarding, clutter

## Metal In-Balance

- Content
- Grounded
- Courageous
- Sensitive
- Inspired
- Refined
- Faithful
- Ability to move-on
- Clear breathing
- Good skin
- Regular bowels
- Good digestion
- Clear on goals, purpose





## WATER



<b>Season</b>	Winter
<b>Colour</b>	Dark Blue, Black
<b>Yin Organ</b>	Kidney
<b>Yang Organ</b>	Bladder
<b>Weather</b>	Cold
<b>Sound</b>	"Chuee"
<b>Qualities</b>	Quiet, Courage, Vitality, Strength
<b>- Emotion</b>	Fear
<b>+ Emotion</b>	Gratitude, Thankfulness
<b>Lifestyle</b>	Sleep, Footcare, Warmth
<b>Foods</b>	Beans, Mushrooms, Kelp, Black Sesame Seeds
<b>Other Tissues</b>	Ears, Bones, Bone Marrow, Hair, Feet Reproductive Organs (breasts), Anus
<b>Spiritual</b>	Yin, Deep, Journal
<b>Time of Day</b>	B 3:00-5:00PM, K 5:00-7:00PM
<b>Movement</b>	Connecting with Your Heart's Energy

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## Water Out-of-Balance

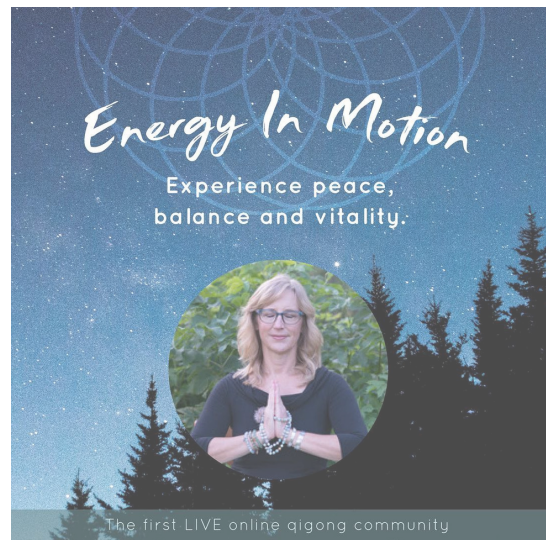
- Fearful
- Startles easily
- Low back pain
- Tired, weak, lethargic
- Weak life force
- Lack of vitality
- Lacks passion, inner fire, motivation
- Foot problems
- Weak knees and legs
- Dark circles around eyes
- Kidney/Bladder infections or stones
- Frequent urination, BPH
- Infertility
- Reproductive problems
- Breast problems
- Thin hair
- Menopause symptoms
- Osteoporosis, bone weakness

## Water In-Balance

- Grateful
- Courageous
- Creative
- Determines
- Calm, clear, grounded
- Never too stressed
- Thick hair
- Good hearing
- Meditation and relaxation come easily
- Sensual
- Healthy sex life
- Fertile
- Balanced hormones
- Healthy bones

# Energy in Motion

Your weekly online  
Qigong community  
for **peace, balance,  
and vitality!**



- ➡➡➡➡ Energy in Motion is a **Membership Community** that meets weekly to connect, support, share, and practice qigong together.
- ➡➡➡➡ Sessions are Tuesdays at 11:45 - 1:00 PM MT.
- ➡➡➡➡ Members are from all over the world!
- ➡➡➡➡ Each week's practice is recorded and uploaded to a **Private Member's Area** to access anytime as often as you like.
- ➡➡➡➡ The Member's Area also contains handouts, videos, meditations, qigong practice videos, and recipes to further help you to balance your mind, body, and spirit.
- ➡➡➡➡ New content is **uploaded weekly** to the Member's Area.
- ➡➡➡➡ Monthly **Deep Dive Sessions** are longer teachings and meditations to help you go deeper into your practice and self-healing.
- ➡➡➡➡ The **QiGang** is a private **Facebook Group** for Energy in Motion Community Members to discuss and share in a safe, confidential, and supportive environment.
- ➡➡➡➡ With over 10 years experience, Certified Spring Forest Qigong Instructor **Sue Crites** leads the community in a fun, loving, and supportive manner.
- ➡➡➡➡ Cost is \$7 for the first month, then \$29 (CAN) per month after that. Join **Energy in Motion** and experience accountability, encouragement, support, and wonderful community!
- ➡➡➡➡ Go to **[www.qigongfromhome.com](http://www.qigongfromhome.com)** for more information or to register. Contact Sue through **[www.suecrites.ca](http://www.suecrites.ca)** for questions.



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