

“The Essence of Sound”
“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”
by Evelyn Mulders

Metal Couple

Guilt/Grief/Regret

I release all that no longer serves me to embrace positive change in my life

OVERVIEW

Metal in the Five Element Theory is associated with autumn. Autumn is the time of the year that we make preparations for winter by storing food and securing shelter. The Metal element represents the mineral ores, salts, crystals and gemstones of the inner earth. These function by creating structure and communication. Metal and crystals are used for electrical wire and computer chips. The Chinese liken the electrical wiring and the crystal of the computer messaging to our nervous system and the brain.

In traditional Eastern philosophy Metal energies are expressed as the inner workings and activities of the mind and in developing ideas, writing and speaking.

Metal is associated with the colour white. Whiteness in facial hue may indicate a metal imbalance, mainly noticed in the skin around the eyes and cheeks.

The sense organ for the Metal element is the nose and the associated sense is smell and the associated smell is putrid. The flavor associated with metal is spicy which opens up the senses, clears the sinuses, and stimulates the lungs; however too much spice can cause imbalance in the lungs. Often a craving for spicy foods or a strong distaste for them may suggest an imbalance in the Metal element.

Metal's body fluid is mucous. Symptoms that indicate a Metal imbalance are mucous related such as runny nose, sinus congestion, coughs and colds.

The skin acts as the third lung, being the body's outer shell, in contact with the air.

The Metal element houses our sources of inspiration for new ideas and is where new emotions take shape. The Metal element governs the interactions between

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MERIDIAN & FIVE ELEMENTS
METAL COUPLE



ASSOCIATED MERIDIANS

**LUNG AND
LARGE INTESTINE**

PHYSICAL COMPONENT

Lung and Large Intestine

EMOTIONAL COMPONENT

Grief

METAPHYSICAL COMPONENT

Letting go

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COLOURWhite
 SEASONAutumn
 SOUNDWeeping/Sobbing
 NOTE‘D’
 TASTEPungent
 ODORRotten
 CONDITIONSClear
 CONSCIOUSNESS .Animal Instinct;
 Primary reactions to life
 ACTIVITYYin – Response;
 Surrender
 Yang – Instinctive re-
 action
 SENSESmell
 ACTIONSpeech
 TISSUES.....Skin/Hair
 FLUID.....Mucous

PHYSICALBreathing
 EMOTIONALControl
 MENTAL.....Flexibility
 SPIRITUAL.....Worth

the outside and inside of the body. A balanced Metal element gives us the capacity to set limits and to protect our boundaries and to let go of old thought patterns and beliefs which enable us to grow and evolve.

The Metal element personality likes definition, structure, discipline, and organization. The Metal element personality is methodical, efficient and has many principles. This person can easily become overly strict and rigid. Rigidity and a tendency to hold on to ideas and emotions can cause constipation as well as muscular tightness, emotional tension and other restrictions.

The emotions that reflect an imbalance in the Metal element are grief, depression, melancholy, low vitality, low inspiration and sorrow. These emotions come from big losses but if prolonged may cause injury to lungs and/ or the large intestine. The sound for the Metal element is crying or weeping which can be a good outlet for sorrow or grief.

The lungs and large intestine are two major elimination organs of the body. Letting go is really the message of the meridians of the Metal element. Letting the abdomen expand fully at every inhalation causes the diaphragm to move, which will move the intestines and eventually ease the constipation. Deep breathing strengthens the lungs. Breathing involves the intake of the new and the elimination of the old. So your deepest attitudes toward living and dying may affect your breathing process and balance of the Metal element. Welcome each breath and each change in your life by looking toward the new experience and the growth it will bring.