

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

## Earth Couple

*Sympathy / Empathy*

*I am content and blessed and have confidence  
in all that I do*

### OVERVIEW

The Element Earth is related to late summer when produce is at its peak and ripens to its ultimate sweetness. It is the time of the year for the golden yellow of the wheat fields in the prairies. Earth is the center around which the other elements revolve. The Earth Meridians are related to the organs of the stomach and spleen which are located in the centre of the body. All nourishment comes from the earth; the trees are rooted in the soil and the water is filtered through the soil. The Earth element keeps us centered, allowing us to change direction without losing balance.

The sense of the Earth element is taste and its sensing organ is the mouth. The taste associated with this element is sweet. Sweet cravings or sweet tastes in the mouth may indicate an imbalance in the Earth element.

Someone with an imbalance in the Earth element may have an “apple” sweet body odor.

The sound associated with the Earth element is singing. The emotional theme for this element is sympathy and empathy. The Earth element houses the yin Spleen meridian and the yang Stomach Meridian.

The function of the Spleen Meridian is to transform the nutrition from the digestive process into life force energy and transport this energy through the blood stream. The state of the spleen is one of the most important factors in determining the amount of physical health and energy a person has. A person who has blocked spleen energy will feel tired, the muscles may be weak, and in severe cases could atrophy. If the Spleen Meridian is out of balance, there may be an impairment in the sense of taste or the presence of an abnormal taste in the mouth; lack of appetite and the lips may be pale and dry.

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MERIDIAN & FIVE ELEMENT  
EARTH COUPLE



ASSOCIATED MERIDIANS

**STOMACH AND SPLEEN**

PHYSICAL COMPONENT

Stomach and Spleen functions

EMOTIONAL COMPONENT

Sympathy

METAPHYSICAL COMPONENT

Reflection

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COLOUR .....Yellow  
SEASON .....Late Summer  
SOUND .....Singing/ Humming  
NOTE .....‘C’  
TASTE .....Sweet  
ODOR .....Fragrant  
CONDITIONS .....Wind  
CONSCIOUSNESS .Essence, The primary sense of presence of the body  
ACTIVITY .....Yin – Subconscious mind, intuitive process  
.....Yang – Conscious mind, conscious thinking  
SENSE .....Touch  
ACTION .....Thought  
TISSUES.....Flesh / Fat  
FLUID.....Saliva

PHYSICAL ..... Digestion and Absorption of Nutrients  
EMOTIONAL..... Sympathy  
MENTAL.....Grounding  
SPIRITUAL.....Contentment/Needs

The Spleen is the residence of thought. It influences our capacity for thinking, studying, concentrating, focusing and memorizing. People who have an extraordinary memory in their work or field of study are demonstrating this capacity of the spleen.

The work of the Stomach Meridian is to digest the foods we intake. The stomach along with the spleen is responsible for transporting food essences to the whole body, especially the limbs. If the Stomach Meridian is balanced the person will feel strong and vital.