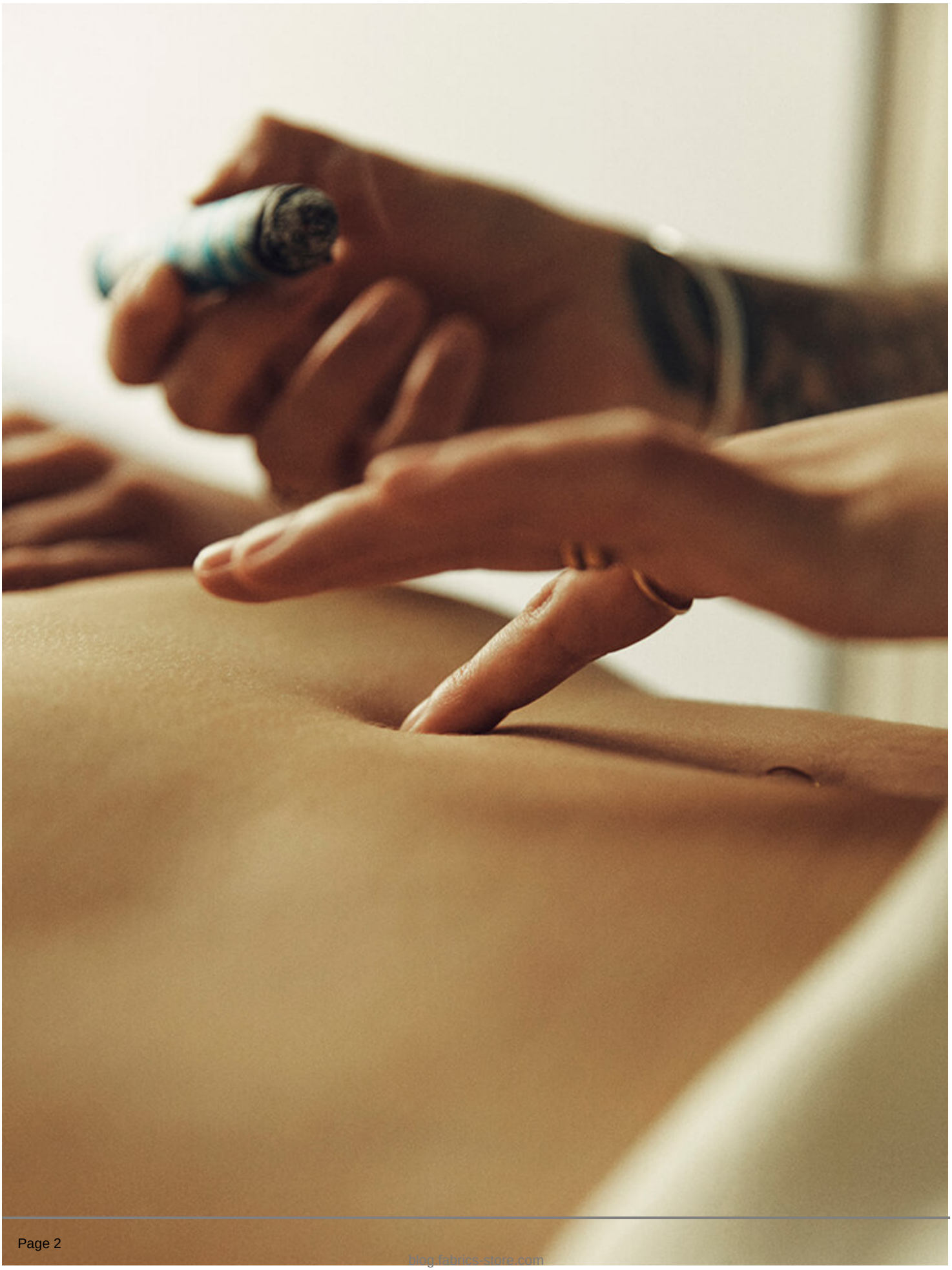


Spring, the Wood Element and Chinese Medicine

Description



As we are in the dawn of spring, March the 20th brings more than longer days and extended evenings.

In Chinese Medicine, Spring is the season of the Wood Element. The organs that are associated with the Wood element are the Liver and the Gallbladder. The colour connected is green and the odour is rancid. This is the one time of year that we shift from Yin to Yang, and it is a hugely pivotal time of change for all. The energy of the Wood element is the encapsulation of growth, justice and perhaps more poignantly, anger.

From a physiological perspective, the Liver (Yin) and Gallbladder (Yang) are the Organs at the forefront of this season. In the Nei Jing, the Liver is often referred to as the General; the overseer of the army. This role when applied to our own inner terrain, is affiliated with the movement of Qi, the flow of blood, the regulation and expression of emotions and our drive to grow. The Gallbladder on the other hand, is in charge of decision making; the Liverâ??s right hand strength. Its role in the body is to excrete bile.



The Liver has an essential role in the functioning of our body both physically and emotionally. During the spring season, many different emotions can arise. Chiefly, the emotions of Anger and injustice can surface; whether it be unresolved and lying dormant, or maybe a current situation that evokes this powerful emotion. This can simmer to the surface during this switch of the seasons. The Liver manifests in the eyes, so the importance of being able to see things clearly, and exactly as they are is an important focus at this time.

During this shift, there is a distinct sense of shedding the heaviness of the Yin seasons and transitioning into the Yang aspect of the year. The image that comes to mind, is that of the seed working hard below the soil, now moving to the stage of emergence, to surface and live life above ground to thrive and grow. We can recognise the low rumble from under-ground, ready for the eruption of energy to appear from the deep. The powerful energy that has been cultivated during the darker months.



There are many ways in which you can support the Wood element during this time. Unsurprisingly, being in nature (specifically around trees) is an obvious way to connect to and embrace the formidable Wood energy. Making sure you are moving your body in a way that feels intentional, will encourage the smooth flow of Qi. This is another great way to stimulate the flow of your Liver Qi and in turn, it will reduce emotional and physical stagnation.

By using the power of words considerately, you can carefully release those unresolved and repressed feeling of anger or injustice. These may be feelings based on your own experiences, or experiences of those you have witnessed. At times, injustice in our world (both internal and external) can feel overwhelming, and often we can have a feeling of a lump in our throat; this can be a sign that you are holding back your truth.


SHIPLAKE HOUSE

By using the medium of writing, you can express yourself in a way that feels right and honest. Each night, write down in your own personal journal your thoughts and experiences of the day. Be creative with your words and honour your sense of Self; this can feel incredibly freeing and will help relieve any stagnated emotions you may be harbouring. In Chinese Medicine, the Liver is highly respected and is incredibly responsive when it comes to being treated with acupuncture.

This is such a brilliant time to look outside of yourself and your window, and see nature pushing through the dark and into the light. We are reflections of our environment, so step outside to witness the majesty of it all. When things seem dark and never-ending, know that just like the hard working sapling, exploding through the soil, you too were born to grow, expand and change the landscape.

CATEGORY

1. COMMUNITY
2. WELLNESS

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