木 火 土 金 水

Harmony · Balance · Wellbeing

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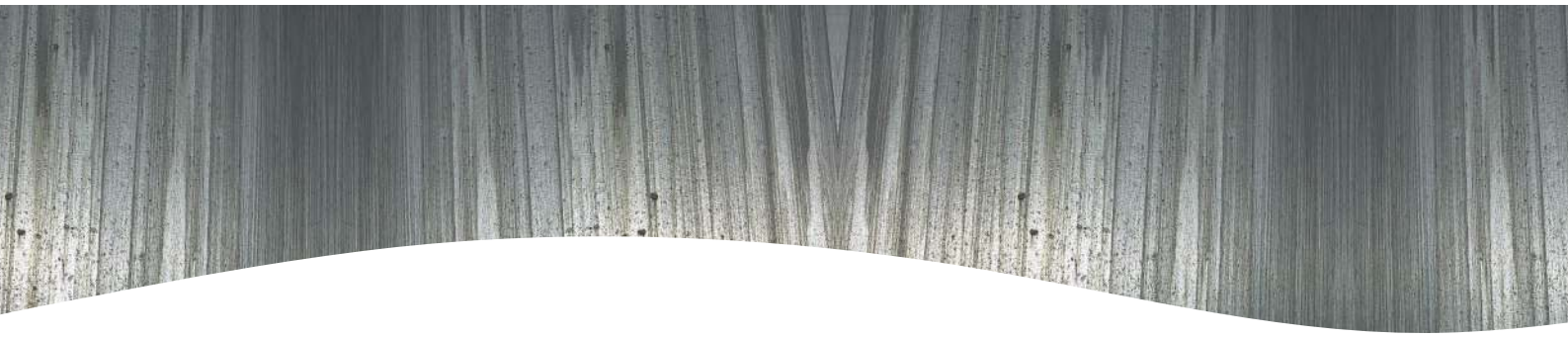

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Autumn

Seasonal Manual

ChiBall®

Autumn Seasonal Manual

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The Metal element and Autumn

"In ancient times those people who understood Tao (the way of self cultivation) patterned themselves upon the Yin and the Yang (the two principles in nature) and they lived in harmony…" -The Yellow Emperor's Classic of Internal Medicine

Welcome to the Autumn Seasonal Course. In this module we will explore the Metal Element, the Autumnal season and the associated correspondences. The cyclical nature of the five Elements have inherent rising and descending complements. Metal energy embodies the descent. We are pulled backward, downward, and inward- which can provide a wonderful sense of peace and quiet, or can result in a feeling of isolation. Establishing a balance within the Metal energy enables one to experience the downward and inward aspect of Autumn, without anguish.

Autumn brings a crisp, clear relief to the heat and humidity of Summer. The quality of light slowly starts to shift, and the air itself seems cleaner. The trees begin to reveal the colours hidden within their usual leafy green. Along with the beauty comes the sense of life pace slowing down. The growing season is clearly finished, and we're faced with the reality that all life withers and eventually dies.

This is the paradox that Metal energy grants us - awareness and appreciation of beauty and worth-and simultaneously, the reality of loss. A healthy Metal element enables us to move rhythmically through the many changes and variables that life has to offer.

The physical organs associated with the Metal element are the lungs and large intestine. When these organs are functioning well, our bodies have an effortless "rhythm" about them. With healthy lungs each inhalation brings refreshment and revitalization, while each exhalation enables the body to literally "blow-off" toxicities and waste. The smooth workings of a healthy large intestine are readily apparent. Waste products of metabolism, digestion and cellular breakdown are cleanly and easily eliminated throughout the course of the day. The body itself is able to retain and utilize what is of value, and has a mechanism for discarding which does not serve. If this elimination does not happen properly, the body, mind and spirit become cluttered and/or toxic.

The energy of Metal is about rhythm and life within balance. Our breath literally brings us to the awareness of life's rhythm. It is this rhythm that we can choose to alter. However, there is rhythm that moves without our conscious effort as well.

Working together to nourish and balance this element makes it possible bring a renewed vitality and gleam to all aspects of a person's existence and experience. Enabling the smooth, effortless function of the respiratory and elimination systems of the body can improve one's health in all dimensions.

Course Objectives

Module Description

According to Traditional Chinese Medicine (TCM), the world is a harmonious and holistic entity; and all living beings within are viewed in relation to their surrounding environment. This means that we are all influenced by changes in the seasons as well as the weather. According to TCM, there are ways we can understand these imperceptible changes and maintain our wellbeing through exercise, diet and lifestyle changes.

In this module we focus on the beginning of the Yin energy (of the yin yang energy cycle) and the Metal element. Autumn is associated with the Metal element, which governs the lung and large intestine. Other correspondences are also of significance: such as psychology, colour, diet, lifestyle and importantly, movement. Within this module we discuss the importance of these correspondences in the application of ChiBall and how this can bring depth to your practice as a teacher.

Module Objectives

Upon completion of the Autumn Seasonal Module you should be able to:

1. Review the principles of the five Elements.
2. Understand the lung and the large intestine as well as their relationship with Autumn.
3. Identify and understand the characteristics of the Metal personality type.
4. Understand the importance of food and diet in Autumn.
5. Understand the importance of specific movement patterns in Autumn according to TCM.
6. Understand the importance of lifestyle choices in Autumn.