木 火 土 金 水

Harmony · Balance · Wellbeing

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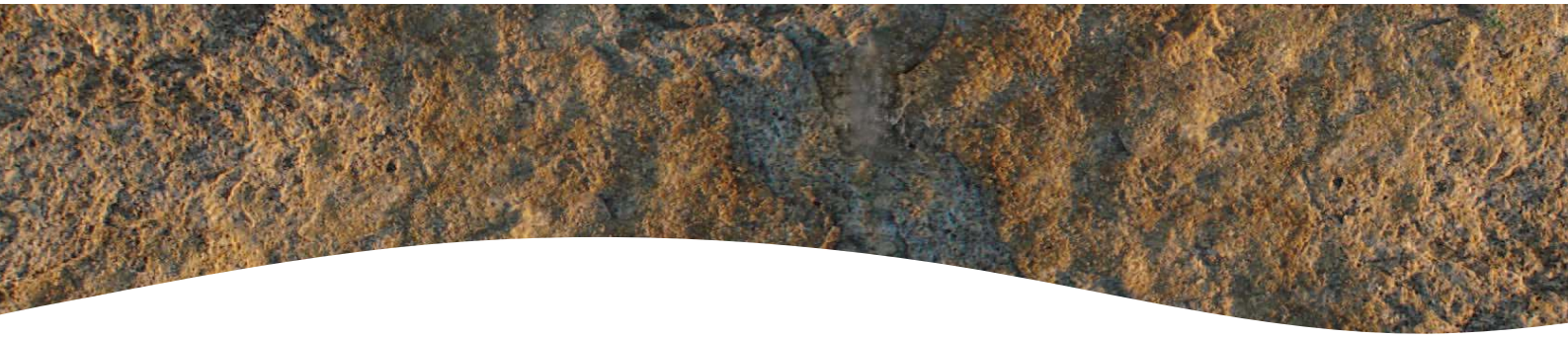

Late Summer

Seasonal Manual

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Late Summer Seasonal Manual

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The Earth Element and Late Summer

Mother Earth is at her fullest, most round, most pregnant.
Nature is dripping with the fruits of her labours.
If our Earth is in balance, we are open to receiving the bounty of the world as well as to giving it out.
- John Keats 1795-1821

Welcome to the Late Summer Course. In this module we will explore the Earth Element and Late Summer and the associated correspondences. In the Taoist tradition the Earth Element represents the energy that is predominant in the time of Late Summer.

In Traditional Chinese Medicine's five Elements, there is a fifth season recognized as the last month of summer and the middle of the Chinese year. Referred to as Late Summer, it sits in the cycle of seasons like a plateau of still, tranquil energy marked by heat, ripening and fullness. Time seems to slow down and no one wants to move as quickly. The season of Late Summer corresponds with the Earth element, acting as a point of transition from yang (or masculine energy) to the yin feminine energy. The Earth element holds the space between the expanding growth cycle of Spring (Wood or Tree element) and the playful, active offerings of Summer (Fire element) and the inward, cooler, more mysterious Autumn and Winter seasons.

In the Five Element system of Traditional Chinese Medicine (TCM) there is an aspect of each of us that identifies with each of the elements. The Earth organs of stomach and spleen are responsible for the building and maintenance of the whole body. The organ tissues assigned to Earth are muscle, fat, and connective tissue. The spleen helps generate blood, keeps it (blood) in the vessels, and also generates white blood cells in bone marrow, which support the immune system.

The spleen transforms nutrients and transports moisture; it controls the lymphatic system. Swollen legs, oedema, poor lymphatic drainage, fatty tumors, and obesity all relate to poor transportational and transformational functions of the Spleen.

Course Objectives

Module Description

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

In this module we focus on the descending yang energy phase (of the yin yang energy cycle) as well as the Earth element. Late Summer is ruled by the Earth element, which is associated with the stomach, spleen, pancreas and muscles. Physically, the Earth element is represented in our bodies by the organs of the stomach and spleen. These organs receive food, then process and transform it-so that our bodies receive the nourishment we need.

The Chinese did not view the vital organs as physical entities only, but also as officials, with functions that manifest on a non-physical level. Parallel to body functions, the manner in which information and emotions are taken in and "digested" is largely a function of the Stomach official, which is seen as the agent who receives and processes emotional and mental "food." A failure within this function means that thoughts and feelings churn endlessly, ultimately developing into obsessions that can't be processed and rendered useful.

Other correspondences are important, such as: psychology, colour, diet, lifestyle and clearly-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 and educator.

Module Objectives

Upon completion of the Seasonal Late Summer Module the ChiBall practitioners should be able to:

1. Explain the principles of the five Elements.
2. Understand the stomach, spleen and pancreas and the relationship with Late Summer.
3. Identify and understand the characteristics of the Earth personality type.
4. Understand the importance of food and diet in Late Summer.
5. Understand the importance of specific movement patterns in Late Summer according to TCM.
6. Understand the importance of lifestyle choices in Late Summer.