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Harmony · Balance · Wellbeing

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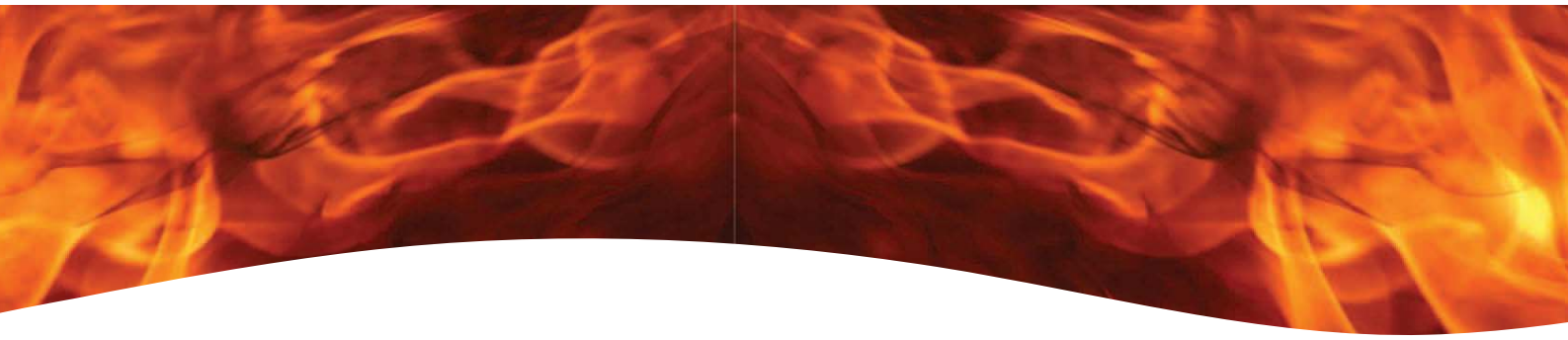

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Summer

Seasonal Manual

ChiBall®

Summer Seasonal Manual

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Welcome to the Fire Element and Summer

A grub in filth is dirty, but it changes into a cicada and sips dew in the autumn breeze. Rotting plants have no lustre, but they turn into foxfire and glow in the summer moonlight. So we know that purity emerges from impurity, and light is born from darkness. -Huanchu Daoren c. AD1600

Welcome to the Seasonal Summer Course. In this module we will explore the Fire Element, Summer, and the associated correspondences. In the Taoist tradition the Fire Element represents the energy that is predominant in the summertime. Technically, this season is simply Summer (as opposed to Late Summer, which is the season that follows); although you will often see this season referred to as High Summer. We tend to use High summer and Summer interchangeably.

The Fire element is associated with maturity and awareness, warmth, growth and summertime. It corresponds to the Heart, Small Intestine, Pericardium, and Triple Heater meridian systems; the colour red, the aroma of cinnamon and the emotion of joy. Fire people are the greatest "networkers" they love to reach out to "all the world" and to create relationships with many people. They enjoy laughing out loud, although occasionally, they carry a sadness or lack of joy deep within themselves. (High) Summer is the most "yang" time of year, when the days are longest and energy is at its height; there is vibrancy all around us.

In the Five Element system of TCM, there is an aspect in each of us that identifies with each of the elements. When we feel a surge of emotion from the heart for those who we love, this is a manifestation of Fire. In the ancient Chinese sense, the spirit of the Fire Element- the Shen, is seen as the power of the emperor, the ability to hold a central consciousness benevolently and with compassion. In the natural living world practically everything responds to the presence of the sun, which is the embodiment of Fire. Conversely, it is also easy to see in nature how the sun can be too hot: if a plant is in full sun without sufficient water, it will be scorched and wither. Alternatively, when the days are very short and the sun very weak, (as in wintertime) the same plant cannot grow at all. As always in the natural world-balance is the key. Thus it is with human beings; if the Fire element is either excessive or deficient, we suffer.

In the Five Element system, there is none of the "attitude" that we often see around us, where more is always perceived as better: more money, more possessions and more fun. When the Fire Element is balanced and harmonious, with neither too much (nor too little) energy (Chi), we have the ability to respond appropriately as the situation requires. In contrast, if one's Fire element is too prolific (or generally deficient) someone's behaviour may be excessively overbearing and hyperactive (or quiet and withdrawn) lacking in warmth, joy and laughter.

Thank you to Professor Lun Wong and Kath Knapsey, whose book "Food for the Seasons" was the inspiration for the Summer recipes. "Food for the Seasons" is available online at: www.rdog.com.au. Thanks also to Rebecca Quin, our TCM Master Trainer who has made a great contribution to this manual.

Course Objectives

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 and weather. There are ways of understanding these imperceptible changes and maintain our wellbeing through exercise, diet and lifestyle changes.

In this module we focus on the radiant yang energy phase (of the yin yang energy cycle) and the Fire element. High summer pairs with the Fire element, which governs the Heart, Small Intestine, Pericardium, and Triple Heater. Other correspondences of importance are: psychology, colour, diet, lifestyle and most significantly-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 Summer Module, the ChiBall practitioners should be able to:

1. Explain the principles of the five Elements.
2. Understand the Heart, Small Intestine, Pericardium, and Triple Heater and their relationship with the season of Summer.
3. Identify and understand the characteristics of the Fire personality type.
4. Understand the importance of food and diet in Summer.
5. Understand the importance of specific movement patterns in Summer, according to TCM.
6. Understand the importance of lifestyle choices in Summer.