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Sustainable Health

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**“Always arriving everywhere without being confused,
gentle without hesitation, the perfected person
knows where to go. “**

*Huang-Chih's Practice Instructions:
The Clouds' Fascination and the Moon's Cherishing*

Hello and welcome to the spring edition of Sustainable Health.

Eastern Medicine includes spring under the **Wood** element which is related to the Liver and Gall Bladder and **Wind**. Wood also corresponds to growth, the eyes, and ligaments. Just as new growth is rising up, so is our blood and qi rising to the surface of our body. If it encounters any blockages we might experience stabbing pains, stiffness, sore eyes, volatile emotions and skin eruptions.

Body

With the recent spate of virus' that have been flying around we can see the effect that wind can have on our health. Spring brings with it a combination of wind and alternating warmth and cold so it is very important to **keep necks covered** with a scarf to prevent invasion of pathogens. Food needs to start to lighten up a little and include plenty of leafy greens and chlorophyll rich foods such as spirulina. **Dandelion tea** or lemon juice in warm water can assist the liver with its detoxifying function and clear out winter sluggishness.

Mind

The mental states that can flare up in spring are agitation, frustration and anger as our qi starts to move upward and outward. The natural tendency in spring is **growth** and free expression of potential. If that growth encounters resistance or we do not have enough energy to support it then we can experience volatility in our emotional life. Repression of emotion can lead to depression in some people. **Freedom of expression**, journaling and creative pursuits will provide outlets for this rise in energy before it builds up.

Spirit

The gifts of the Wood element are **vision**, direction and planning. Now is the time to start to make sense of the dreams that germinated over winter and bring order to chaos. The tradition of 'Spring Cleaning' is one way to do this. Chaos is a vital ingredient for creativity but it is vision and **strategy** that can turn our life dreams into a life direction. When we are in balance, ideas, vision and destiny unfold without effort and the actions we need to take are effortless. Then the path we are walking becomes the way and the journey is the destination.

Wishing you health and happiness, *Elizabeth*