

Five Elements
Five Seasons*
Five Workshops

金
木
水
火
土

*(spring, summer, indian summer, fall, winter)

Each season I present 1 workshop corresponding to the specific element and organs.

The Five Elements of Chinese medicine can be a *powerful guide* to healing *your body and feeling good*. This ancient doctrine is practical and **simple**, and can *change your life* by teaching you what to eat and how to sleep, supported by physical movements and breathing techniques.

In ancient China they symbolised the five elements of Chi, or life energy - the energy of the universe - as **water, fire, wood, metal, and earth**.





This principle of the five elements shows how all phenomena **interact** and **merge** with each other. It shows connections between the main organs, the senses, bodily tissues, the emotions, the different aspects of the self, and the cycles of life. **Each element** has a **relationship** with the **seasons, food, tastes, smells, colours and sounds, and also with the “seasons of our own life cycles”**.

The **total approach** to each season brings together study of the energies of the organs, aroma energies and nutrition into one whole, thus following the cycle of the seasons. We are bound up with the **rhythm of nature**. Each season brings its own emotional experiences and mental approaches depending on the two dominant organs. The energy of each season relates to one element: **four seasons, plus one between-season, gives five elements**. For each element, the related pair of organs is discussed.

Each of the two organs is defined separately according to its location, function, emotional impact, and symbolism, so they can be understood as a pair. So all of this has its place within the larger whole. **Our body works as a circular process**, with one organ supporting the next while drawing strength from the previous one. We need to cultivate **awareness** in order to eliminate complaints, especially chronic complaints. Our body depends on this. That is why it is very **important to understand what the body is saying, and to listen to it**. In this way we gain **a clear understanding of** ourselves as **holistic** beings and of our relationship with life.

Aroma energetics works on the powerful electromagnetic field that flows through our body. In a similar way to using a needle in acupuncture, it applies a combination of **essential oils** to the entry points of the **meridians** and to the energy centres (**chakras**) that provide the organs with life energy. This is combined with simple and effective **postures** and **stretches** to increase the inflow of cosmic energy into the relevant organs **with beneficial physical, emotional and mental effects**.

Learning about essential oils, meridians and chakras *helps you improve your health*. Everything is perfectly adapted to the elements and the season, to meet our current physical and energy needs and *to keep us in tune with the flow of the natural life cycle*.

Energy aromatherapy works by using essential oils on the meridians and chakras, which brings a flow of energy back to **restore their functional vitality** for bodily activities. This helps to reconcile Western and Eastern approaches, following seasonal rhythms and making the necessary adjustments. This practice is open to everyone. There is always a rich, varied and practice-oriented programme, with many suggestions on helping you *to care for your physical, emotional and mental health*, and we provide appropriate drinks and a soup lunch. Each seminar is scheduled for the periods when both organs need **care and attention**.



What to expect at each Five Element - Workshop

There will be *practical exercises*, like finding and massaging acupressure points with the appropriate essential oils, seasonal recipes, yoga exercises specific to the season and the relevant organs, and supporting breathing exercises. To finish, ***everyone will be given a brief experience of acupuncture treatment.***

You will also be given a bag containing nutritional supplements, gemmotherapy preparations, essential oils, homemade air spray (related to the theme) and lots of tips and suggestions for each topic to support you at each seminar.



About me

I was born in 1982, in Lier, and grew up in the small town of Everberg. Since I was young, I have had a clear idea of my mission, interest and fascination in life: people and their health. My studies to become a physiotherapist and sports physiotherapist were good stepping stones towards further development of knowledge. But I kept looking for more layers and connections: the why, the how, the causes and the deeper roots of symptoms. Sometimes I drove my teachers mad with all my questions: "Yes, but ...", "Why?" and "Where is this coming from?" I was desperate to gain a holistic view of human beings.

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