

ENERGY MEDICINE YOGA®

THE FIVE ELEMENT FLOW

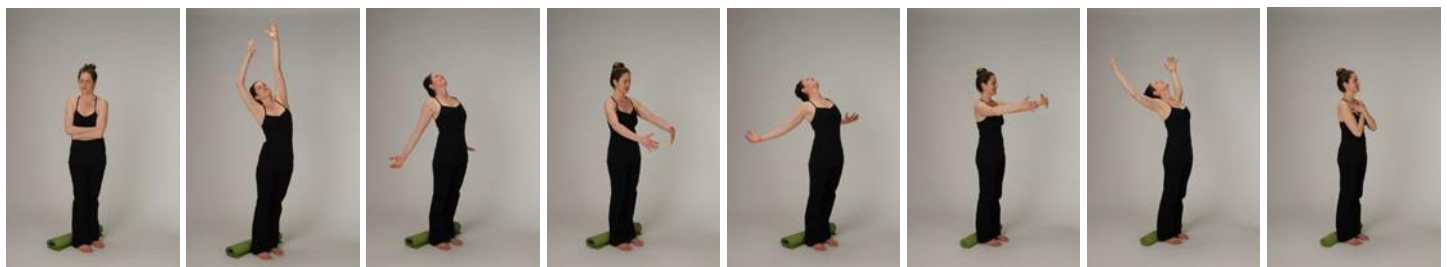
The Five Element Flow is a powerful sequence to help you balance emotional energy that may no longer be serving you. Once learned, this sequence takes less than five minutes and is a wonderful daily practice.

There are five parts or “peak poses” to the Five Element Flow. Each peak pose corresponds to one of the five elements. You can do any of the peak poses on their own when you want to focus on moving the energy of the emotion associated with that element, or all together as you are learning here. Although some people will notice a difference after going through the sequence or peak pose once, many find repeating the several times in a row is needed to shift the energy.

Overview of the Five Element Flow



Water → *Wood* → *Fire* →



Earth → *Metal* →

The following pages provide detailed instructions for each part or peak pose of the Five Element Flow and notes about when you might want to practice it.

1. The Water Element

Name of Peak Pose: Blowing Out the Candle

Exhale Sound: Whoooo

Emotions: Fear → Courage

Purpose: Affirm Courage Through the Unknown

When to practice: Anytime you feel fear or sacred, and don't want to do something challenging.



Instructions

Come into a squat position, balancing on the balls of the feet. Hug your arms around your knees. You may place one hand on the earth for balance, if needed. Inhale, bowing your head down. Look up and exhale with the sound whoooo.

Do this three times. You can think about something you're afraid of and visualize yourself blowing out a candle, affirming that you have the courage to be in the dark or the unknown.

2. The Wood Element

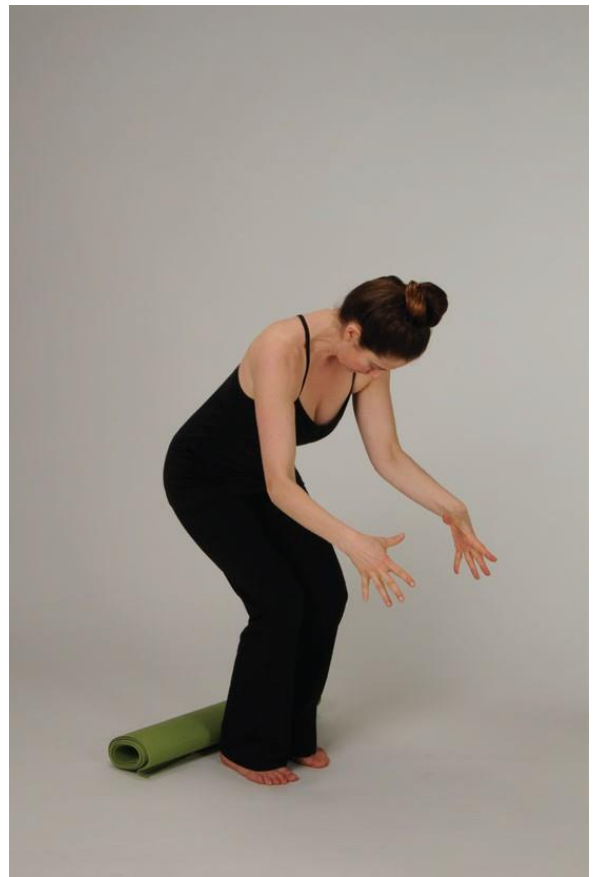
Name of Peak Pose: Expelling the Venom

Exhale Sound: Shhhh

Emotions: Anger → Assertive Action

Purpose: Gather and let go of anger and rage

When to practice: Anytime you feel anger, frustrated, annoyed, irritated, or overly judgmental.



Instructions

In a full forward bend, as if standing in a garden, start to actively pull up the *weeds* in front of you. You are gathering all the junk, the anger, the rage, and pulling it out from the roots. Then bend your knees as if in Chair Pose, swing your arms up overhead, and throw down the *weeds* you just pulled up with a strong and audible *shhhh* sound. Do these actions two more times. Execute once more, very slowly and deliberately.

3. The Fire Element

Name of Peak Pose: Bringing Down the Flame
Exhale Sound: Haaaa
Emotions: Panic → Joy
Purpose: Transforming Anxiety to Inspiration and Joy
When to Practice: Anytime you feel overwhelmed, anxious or panic.



Instructions

Inhale and sweep your arms out to the sides and overhead. Tent the hands so the fingertips and thumbs are touching. Exhale with a *haaaa* sound as you bring the thumbs to rest on the crown of the head. Release the hands on an inhale, as you sweep them out and around in a circle, tenting the fingertips as you bring the thumbs to the third eye. Exhale *haaaa*. Release on an inhale, sweeping the hands around again, bringing the thumbs this time to the heart center. Exhale *haaaa*.

Once more on an inhale, circle the hands around, bringing the thumbs to rest at the navel. Exhale *haaaa*. This is where the fire wants to be seated, in your navel center. Keep the thumbs here as you inhale and bring the pinky fingers to rest on the pubic bone. Exhale *haaaa*. Inhale, flatten the hands to rest on your low belly, keeping the index fingers and thumbs connected. Exhale *haaaa*.

Inhale as you smooth the hands down your legs and off the feet; shake the hands off. Exhale with the *Haaaa* sound as you rise up to stand.

4. The Earth Element

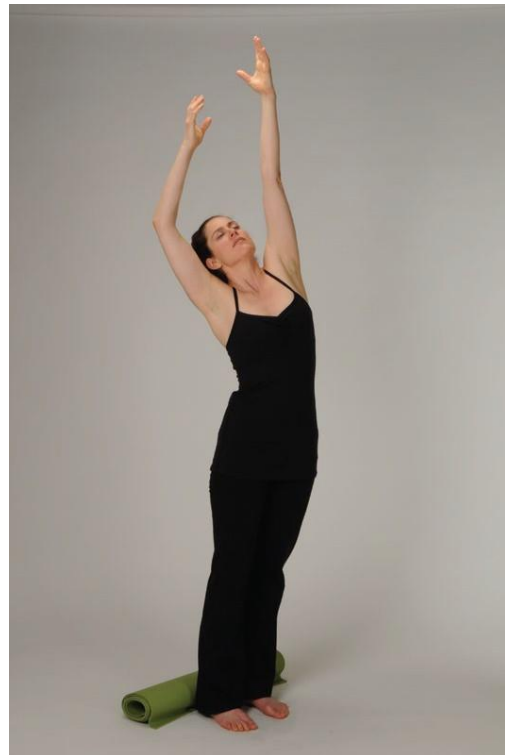
Name of Peak Pose: Cradling the Baby

Exhale Sound: The Ujjayi breath

Emotions: Worry → Self-love

Purpose: Transform Worry into self-compassion

When to Practice: Anytime you feel worried and / or exhausted.



Instructions

Using a strong ujjayi breath throughout this flow, wrap the arms around your body, giving yourself a big hug, as you rock side to side. Inhale and sweep your arms up overhead. Hold your breath in as you reach the right hand up, then the left, the right again, and the left again, simulating pulling down blessings from the heavens. Trace behind the ears three times, as if you were pushing your hair back. Inhale; on the exhale, sweep your arms out and down, coming into a standing forward bend. Slide the hands under your feet. Inhale, and pull up and away from your body; exhale, and fold back over the legs. Repeat two more times. Release your hands and slowly come back up.

5. The Metal Element

Name of Peak Pose: Human Touching Divine

Exhale Sound: Sssss

Emotions: Grief, sadness → Letting Go, Faith

Purpose: To surrender and release control

When to Practice: Anytime you are going through grief and / or sadness.



Instructions

Inhale and take a slight backbend, opening your arms at the level of your hips, with the palms facing up. Exhale with an ssss sound as you bring your hands forward, as if you were forming a circle in front of you with the fingers almost, but not quite touching. With your next inhale, take a slightly higher backbend with the arms opening up at the level of your chest. Exhale with an ssss sound and draw the hands around again, without joining the fingertips. Inhale, take a deeper backbend with your arms either shoulder-height or above your head.

Exhale with the ssss sound, bringing your hands together, this time allowing them to touch and cross over, smoothing up your arms and over the shoulders. Cross the hands over the chest, resting each palm on the upper chest over the lungs.

Inhale and exhale with the ssss sound.

Medical Disclaimer:

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