

## THE ELEMENT OF METAL OR MINERAL

This element is the connection with the heavenly father and the giver of pure quality and essence to Qi energy. It is also the decline of the season of growth, maturity and harvest.

Metal's essence exemplifies the decline of energy in autumn when the foliage falls to the ground and rots away into the soil. Like the season of autumn, metal is essential to our balance. Without autumn pouring the riches of decay into the earth and returning everything to the soil there would be no growth next spring. When autumn is doing its thing, there is no shortage of death and loss. Grief and the weeping voice become predominant when the person hangs on to things that are best left behind.

None of this has value or meaning unless the essence of anything, plants, animals, humans, stones, do not find their way back into the soil to make the earth fertile, so it may support life. Precious minerals must be poured back into the soil to form the foundation of vigorous spring growth.

This is an energy of letting go of the old and taking in the new. We let go through the large intestine, the janitor. Both lungs and colon work together to bring in the new and let go of old on all levels, mental, spiritual, physical and emotional. We often associate death in the west, with expressions like "gone west", the image of the setting sun comes to mind.

This element is associated with pure essence - our breath and being “inspired” from the “heavens” or divine realms beyond this realm which supports and nourishes us in its own way.

Respect is the most important notions attached to breathing in the almighty father and to ourselves. If there has been a violation, then this is important place in our lives to heal.

Often respiratory problems are related to issues around respect and value/worth in ourselves. One is not able to breathe in the life force energy fully. The skin is the third lung and imbalances with serious skin conditions arise from a metal imbalance.

Interesting enough, Mother Earth feeds the Almighty Father, the sense of a divine presence. I will tell you a story from Michael Meade, called the Cave of Knowledge and you may see how she feeds her child, the father—divine. Then we will go on a journey to meet either mother or father - teacher, guide, helper, wise one, initiator - in the upper world—you could call the heavenly realm. May you be inspired.