

# The Five Element Ko and Sheng Cycle

- Ko: The Nourishing cycle and Sheng: The Controlling cycle

*Fire nourishes Earth → Earth nourishes Metal → Metal nourishes Water →  
Water nourishes Wood → Wood nourishes Fire*

## ● Fire - the Supreme Controller – the Emperor of your Palace

Heart – Yin – circulator of truth and blood

*The Heart protectors :* Small Intestine – Yang – discernment of what is pure and impure for blood  
Pericardium – Yin – intimacy and San Jiao – Yang – the body's thermostat

- Shen – the Spirit of the Heart resides in the mind



Yin – substantial Qi – substance/formation  
Yang – insubstantial Qi – activity/function

- Joy, sadness, inappropriate boundaries, burnt out

→ nourishes Fire

- Summer

↓ nourishes Earth

## ● Wood – Liver and Gall Bladder – the Planner

- Liver – Yin - controls smooth flow of Qi and blood
- GB - yang - the decision maker/judgment timidity



- anger/rage/frustration
- judgement
- bitterness
- resentment
- jealousness

- Spring

- sinews, tissues, ligaments, storage of blood

↑ nourishes Wood

## ● Earth – Stomach and Spleen

Spleen – Yin - Transport and Transformation of essence from food and fluids  
Stomach – Yang – rotting and ripening



- over thinking
- worry
- pensiveness

- Late Summer

- Stomach Qi needs to descend, if rebels upward it may upset the Heart

↓ nourishes Metal

## ● Water – Kidneys and Bladder

Kidneys – Yin - controls Water  
Bladder – Yang - reservoir of Water



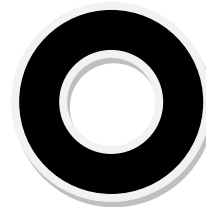
- Winter
- fear, safety, abandonment

- The foundation wisdom of all Yin and Yang
- Stores Jing essence – constitutional essence
- Kidney yang - controls the lower orifices

<nourishes Water

## ● Metal – Lungs and Large Intestine

Lungs – Yin – the receiver of Qi - oxygen  
Large Intestine – the eliminator – letting go



- Autumn
- grief, sadness, Self worth, value.
- Lung Qi descends to Kidneys to grasp (if not Asthma may occur)



## Some common patterns which may cause physical and emotional problems manifesting in our channels, meridians and or Organs:

- Entry – Exit blocks between meridians/channels/pathways of Qi and blood: these blocks of sequential Qi flow between the 12 primary meridians and the Ren – Conception vessel and the Du – Governing vessel are major blocks to healing and function and need to be cleared.  
ie. there may be a block between Metal and Wood - Liver Qi flowing into the Lung meridian, Spleen Qi flowing into the Heart channel and so on with the other meridians.
- the nature and rhythm of our of Fire and Water element within needs to find balance.
- There needs to be an ‘appropriateness’ - balance with our Heart, Small Intestine, Pericardium and San Jiao ( the body’s thermostat ) Qi – all within our Fire element; allowing clear and discerning boundaries with whom we let in and when determining intimacy and happiness.  
- This determines if we are in supreme control of what goes on in our Palace and if we are on our thrones commanding balance between our other elements interiorly and exteriorly.  
- If there is *imbalance* we may be giving too much or not enough of ourselves ( over protecting or shutting down ) and our body’s thermostat may be too hot or we may be cold physically and emotionally.
- If Fire is deficient from lack of joy and sadness then we may lack energy and circulation of blood, ie. to get up in the morning, drive and passion for life...depression and suppression of emotions may be manifest, we may feel stagnant and cold.
- If Wood is *imbalanced* ie. if we are feeling annoyed, frustrated, resentful with the way things are or our purpose and direction has obstacles in the way, our Wood and Gall bladder Qi and blood may not run smoothly and cause musculo – skeletal issues like stiffness, rigidity, tightness etc. Wood may also overact on a depleted Earth element in our Middle (jiao) causing digestive problems.
- Wood may also overact on Metal at times which is an unnatural balance and order as Metal is supposed to appropriately control Wood ( the wise grandmother of Wood who fails to have appropriate control of the grandchild).
- Wood nourishes Fire so if our Wood element is upset then this may cause too much Fire and yang activity and heat which tends to rise and flare upward.



- If our blood and the Yin aspect of ourselves is deficient due to being under nourished or due to *mal – absorption of food essence* then it may cause stagnation of our Liver Function and the yang may rise in relation to Yin and contribute to uneasy sleep at night.

- Similarly if our emotions are unsettled in any way our Liver and Heart Qi may not be settled at night and cause unhealthy sleep patterns.

- Stomach Qi may rebel upwards when we are feeling gutted or we have had a ‘guts full’ and upset the Heart Qi.

- we need to be mindful of how much we are eating, if we are upset or hurried about eating and how much acidity versus alkalinity we are putting into our Stomachs ie. alcohol and sugar, also cold raw foods and fluids which commands more Stomach energy - Qi to digest.

- we may have stagnation of food in our Stomachs which may cause heat and toxicity and reflux.

- A depleted Earth element may not nourish the muscles and our immune function may be depleted.

Is our relationship with food healthy? Do you under feed or over feed yourself?

- we may lose the integrity of our vessels, cells, tissues which may manifest with varicose veins, organ prolapse, muscle atrophy and skin suppleness, have a tendency to dampness and high or low blood sugar levels.

- Lung Qi may not descend to the middle jiao ( central region ) and lower jiao ( lower region ) and Heart Qi not circulate the blood causing pathologies like, Asthma and anxiety.

- Lung Qi and Heart Qi stagnation in the upper jiao may cause channel pathology of the brachial plexus ( shoulder region ) and Qi flowing in the channels of the arms.

- Breathing deeply into our Lungs and letting go, eliminating what we don't need : the virtue of Large Intestine function – the classic ‘Thoracic outlet syndrome’ of stagnant Qi in our shoulders and a deficient functionality of our chests not being open and oxygenated enough which indicates possible protection of our Heart on an emotional level.

- If we have fear going on internally in any way about ourselves or if we feel it in relation to external influences then this may deplete our Kidney Qi – yang and yin – our essence.



- this is the fight and flight response which causes Adrenal exhaustion over time,  
- we may manifest Bladder and or Kidney related issues ie. oedema – fluid retention, infections, urination issues, prostate issues, lower back discomfort, large intestine eliminating issues.

● We may have inherited energetic patterns – learned ways of being, a pre – disposition, a vulnerability in our channel - meridian flow and organ function therefore causing imbalance in our Five elements.

- Ultimately it comes down to a decision to own or buy into these familial patterns or not.

- We do have control on a Spiritual level of these factors which ultimately sparks, charges or drives our Fire element and allows us ultimate control in our Palace and of our body.

*Feel free to ask Phillippa for more info anytime : 021 2010 738*

