



## Boost your practice with the World's Oldest Healing System

Part 5: Metal Element – the Artist – the Alchemist

*The Mountain rests on the earth. When it is steep and narrow, lacking a broad base, it must topple over. Its position is strong only when it rises out of the earth broad and great, not proud and steep. So likewise those who rule rest on the broad foundation of the people. They too should be generous and benevolent, like the earth that carries all. Then they will make their position as secure as a mountain in its tranquility.*

– Lao Tzu, Tao Te Ching

The Metal Phase of your practice is reflective and refining.

Metal is the time of introspection.

Metal is the phase of perfecting and finishing.

Metal element is the determination to uncover the “diamonds.”

Metal is the phase of refining our base existence into a better condition.

Metal is the energy that cuts through the unnecessary, revealing what really works.

**Metal Organs:** Large Intestine is Yang — Lung is Yin

**Metal:** The Alchemist — represents the capacity to distill lots of information into pearls of wisdom

**Phase:** The cool hand and refined perception based on experience

**Thinking:** Can you walk away from what is not working with grace? Can you cultivate what you have accumulated

into a shape that represents your initial intentions?

**Purpose:** This phase is the power of the mirror that reflects accurately.

**Stimulus:** Is this mirror truly reflecting what my initial goals were? Did I wander off course? Did I pile up things that are not working?

Metal phase is the time of cutting to the core. What you endeavored and what sits created before you — does any of that need pruning? Metal is the manifestation of integrity of the spirit and clarity of the soul. This is the phase where we ask ourselves, “Do I have a sense of a job well done? Do I have the resolve to shift course if necessary? What is working? What is not?”

**Truth:** I am able to discern — differentiate what I need and what I do not need.

**Best of Metal energy:** Cool, Focused, Full of Grace

**Hardest of Metal energy:** Detached, Arrogant, Nitpicky

**Greatest Virtue:** Appreciation and Acceptance

**Greatest Talent:** Integrity — being true to your own values

**Acupoints to hold to for common Metal issue phases.**

**Large Intestine 4** – Traditional name is Joining of the Valley. Large Intestine 4 is the strongest point on the Large Intestine meridian to clear and expel the mind, body and spirit of toxins, negative thoughts and resentments. This point is also called the Great Eliminator and will bring calmness and renewal through emotional release. This point is considered a purifier of mind, body and spirit. This point is considered a forbidden point when pregnant.



**Lung 2** – Traditional name is Cloud Gate. Cloud Gate connects with Heavenly Qi — Heavenly Qi is defined as inspiration and the power of awe. This point helps one see through the clouds of negativity and restores self-esteem and a knowing that one can succeed. This point enhances the breath and brings fresh air to the body or circumstance.

**Exercises** that help Metals process excess chi: yoga and any exercise that specifically focuses on breath. Any aerobic movement, such as running or walking, that practices rhythmic breathing can be considered an excellent Metal exercise. Rhythmic Breathing is inhaling for three-foot

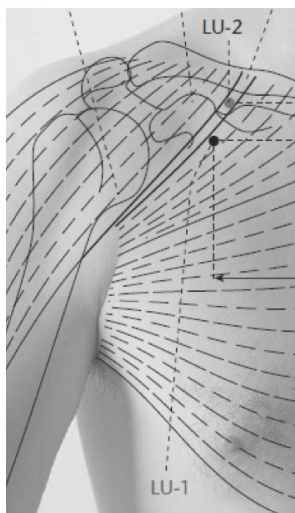


strikes and then exhaling for two-foot strikes.

**Best Advice:** Emphasize what you can control — good self-care, eating well and exercise. Take responsibility for your own response to situations. Only undertake projects that inspire you.

**“I have experience speech”:**

Metal energy is associated with the end product. Metal energy, in the cycle of life, is the ‘after 65-years-old energy.’ It is the time when we reflect on a job well done. We may have made some mistakes, but we learned from them and what we know now is considered seasoned. To say — I have been practicing my subtle energy skills for a while now and I feel that that experience has made me the wiser — is completely appropriate.



**Example of the 90 second “I have experience speech.”** “I am a practitioner of the science of the body’s subtle energy systems. Just like our physical body’s anatomy — muscle, bones, tissues — all of us have an energy anatomy that is fundamental to our well-being. That is what I practice and that is what I am trained in — caring for the body’s subtle energy systems. The energy sciences I work with are grounded in the 5000-year-old disciplines of Traditional Chinese Medicine as well as the ancient teachings of Ayurvedic Medicine. I have specifically focused on and am proficient in the method/s of (Healing Touch, Touch for Health, Reiki, Eden Energy Medicine, Energy Kinesiology, Applied Physiology, etc.). My interests/focus/specialties currently are centered around (pain relief, fatigue, children with learning disabilities, mental health issues, etc.). **I am thrilled to say that I have worked long enough now to have garnered some real insight and expertise in how the subtle energies shape our physical and emotional well-being. I feel confident that my experiences and what I now know could be helpful to your circumstance. I would love to visit with you further. If you have any thoughts or questions, here is my card.**”

Customize your own “I have experience speech” as appropriate. Be very specific about your story.

As is true to the Five Elements — Metal Element is considered the end of a cycle — and this Metal column brings us to the end of this series.

In five lines here is what we have studied together this year:

**Water:** Imagine what you want.

**Wood:** Create an environment that moves you forward.

**Fire:** Do not forget to stop and enjoy the fireworks of your creation.

**Earth:** Relax and fall into the rhythm of your daily routine.

**Metal:** Reflect and let go of what is not working to make space for something better.

Congratulations on a job well done. 🎉



Dr. Sara has studied all things energy for over 35 years. She has a private energy practice in Asheville, NC. Dr. Sara has taught energy techniques and modalities to thousands of students all over the world. She has authored over 30 papers and is the author of the class *Money Matters: Energy Solutions for Correcting and Creating a Consistent Flow of Money*. Her personal aspiration is to instill in her students the expectation of prosperity in an energy science practice. It is her vision that when the Energy Medicine practitioner is equitably compensated, and can depend on career longevity, the world will begin to embrace these essential health-giving skills that have thrived for 1000’s of year in droves. Learn more at [GoodForYouEnterprises.com](http://GoodForYouEnterprises.com) or [contact@drsaraallen.com](mailto:contact@drsaraallen.com).