



Your Energy Practice

Boost your practice with the World's Oldest Healing System

Part 4: Earth Element — the Mother & the Provider

Heaven is eternal – the earth endures... Serve the needs of others, and your own needs will be fulfilled. Through selfless action, fulfillment is attained.

–Lao Tzu, Tao Te Ching

The Earth Phase of your practice is uplifting and supporting.

Earth is the time of self-care AND the healing of others.

Earth is the phase of utter dependability.

Earth element is the unshaken drive to care for others.

Earth is the phase of altruism.

It is the soft place to land in a chaotic world.

Earth Organs: Stomach is Yang — Spleen is Yin

Earth: The Good Mother — represents the capacity of the steady hand.

Phase: The ebb and flow of the loving touch.

Thinking: Can you care for yourself and have more to give others? You cannot pour tea from an empty kettle.

Purpose: This phase is the harvest time of all your training and work.

Stimulus: Is this harvest of practice an accurate picture of what I want to give to the world? I planted roses and I am reveling in the bounty of the oil from the petals.

Earth phase is the time of the rich bounty of harvest. What

you planted now sits on the table and you are “feeding” yourself and others. There is great warmth and contentment of a job well done and an expression of empathy, caring, contentment and satisfaction. In this phase we are “cooking in the kitchen” of our practices, filling the needs of others.

Truth: I have done well and my doing well is now benefiting others.

Best of Earth energy: Loyalty, Fidelity and Dependability.

Hardest of Earth energy: Self-absorption and neediness. Co-dependence.

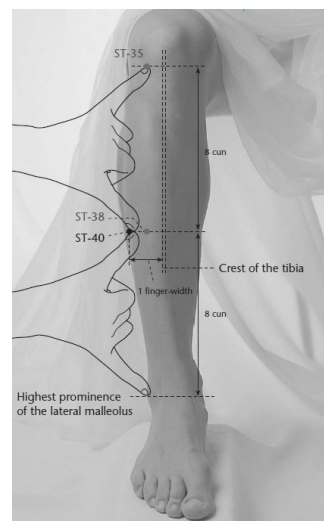
Greatest Virtue: Empathic

Greatest Talent: Harmonizing

Acupoints to hold to for common Earth issue phases.

Stomach 40 — Traditional name is Abundant Splendor.*

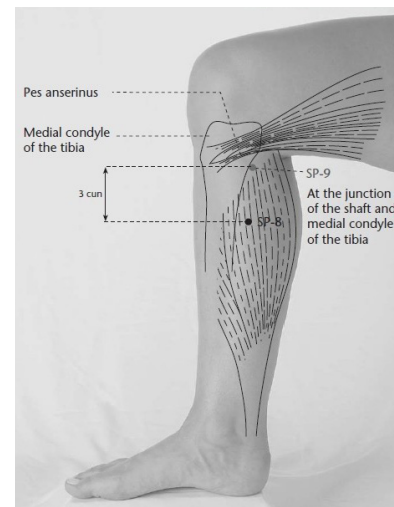
This point represents the full flowering of late summer, the trees rich with fruit. This point instills the sensation that this abundance will lead to knowledge and contentment. This point holds the knowing that all needs will be taken care of and life will continue in a secure and steady manner. This point will hold you steady.



Spleen 8 — Traditional name

is Earth Motivator.* Caring for others we can find ourselves caught in the Earth issue of over worry and over focus on the hardship we are called to help ease.

Spleen 8 helps us, the practitioner, to find and re-find the core of our calling. If we get intertwined in the problem we are called to help with we will not be effective. This point will help us refill ourselves and re-focus on the task at hand. It is awesome for overwhelm in the face of great suffering. Exercises that help





Earth's process excess chi: walking and hiking in nature. Especially in the late summer time — apple orchards or mountain trails where the forest is rich and the soil is loamy.

Best Advice: Care for yourself first. Earth phases lead to burn out in this sense — the need is so great and suffering can be so overwhelming that we care and care and care until there is nothing left for us. Place the oxygen mask on yourself first and then help others.

“I can help speech”: This is when you tell the story of comfort and care. Making people feel welcome, warm and safe is the mark of the Earth practice. Letting others know that you are there for them. Be the Rock.


Example of the 90 second “I can help 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 energetic 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 creating a space that people are finding so calming. I have been so lucky to be able to understand that the simple act of creating a safe space when people feel sick and overwhelmed is a huge part of them getting better. This work treats the heart and creates a sensation that someone has their back. This has become an important observation of mine as I build my energy practice — that this work makes people feel safe and cared for. Here is my card and let me know if there is any way you think I can be of service.”

Customize your own “I can help speech” as appropriate.

- Be very specific.
- Visualize who you are.
- Imagine what you can do.
- Revel in what you have created.
- Take inventory of what you have.

Next month we will examine the next cycle of Metal. Taking our Water vision, our Wood momentum, our Fire

passion and our Earth steadiness, and folding that all into the distillation of an effective legacy that will be there for you. Next month — glean what has worked and culling what has not. 

*Image is reprinted from www.AcupunctureSchoolOnline.com



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. GoodForYouEnterprises.com