

Take a look at the Element overview below and be honest with yourself:

What emotions are mostly predominant in your life?

What physical discomforts are mostly present in your life?

Now that you know this, to which Element they belong?

This is the Element where you have lack of self-love and were you will find the matrix program that is now ready to come home to your harmonic zero-point.

An example; you struggle with self-expression, and find yourself worthless at times, attracting a repetitive loop of people who mirror that feeling back to you. This makes you depressed, and you get stuck in a spiral of negativity. Which sparks an urge to collect, in stuff and old pain memories. You become your own victim by holding on and not being able to let go. The body reacts, which manifests itself in a sore throat, shortness of breath, recurrent flu symptoms and a constant cold lower abdomen.

Because you have honestly looked at yourself, you now know that the program you may reprogram and balance is present in the landscape of your Metal Element, in your lungs and large intestine.

Element – Organs – Function:	Element in balance reflects this state of being:	Element out of balance reflects this state of emotions and physical symptoms:	Season – Climate – Body smell – Food taste:	Body speaks through:	Sense Organ & Voice Sound:
EARTH = our inner Earth Mother, center of balance, living in the NOW, being grounded in self-love, creator of connections, all transformations, manifestations and home of all changes, we call “life”. Spleen/Yin - Grounded Mother in balanced focus & love for self. Stomach/Yang - Grounded Father in balanced intellect & thinking.	Sympathy, compassion, groundedness, self-loving, carefree, clear focus & calm mind.	Lack of focus, cynicism, jealousy, overthinking, worrying, doubting, obsessing about details, lack of sympathy, lack of grounding, brain fog, headache or migraines, nausea, craving for sweets, clinging, diabetes, bleeding gums, unexplained weight gain, fluffy muscles, submissive behaviour, low body immunity, stomach problems, irritable bowel syndromes, diarrhea, constipation, mid-back pain, elbow pain.	Earth needs extra care during change of seasons. Earth imbalance doesn't like dampness. Earth imbalance smells like old flowers. Earth imbalance wants sweet food.	knees, elbows and mid back, lymphatic system, gums mouth, body fluids transport.	Mouth, taste and singing voice

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<p>METAL = our inner heavenly father, self-worth, the natural rhythm of our Ki-intake/breath that brings harmony between our inner and outer world, flexible belief systems and healthy boundaries to support and align our lives.</p> <p>Lung /Yin - effortless living and speaking our truth. Large Intestine /Yang - smoothly letting go of the old.</p>	Release naturally, optimism and positive direction in life. Inner and outer truth in balance. Speaking and living our rhythm of inner truth.	Holding on to the past, not letting go of old possessions, pessimism, excessive grieving, depression, living in isolation and negativities, anti-social, feeling worthless, difficulties in self-expression and letting go of negative thoughts and resentments, tight chest, shortness of breath, sinus congestion, a running nose, sore throat, asthma, coughs, colds, bronchitis, pneumonia, constipation, cold lower abdomen, too much or too little sweat, bloatedness, diarrhea, hemorrhoids from constipation, dry skin and hair.	Metal needs extra care in Autumn. Metal imbalance doesn't like dry. Metal imbalance smells rotten leaves. Metal imbalance wants spicy food.	Abdomen, chest, skin, pores, membranes & respiratory system.	Nose and crying voice
<p>WATER = our memory of origin and the purified seedbed of our life force and will to live.</p> <p>Kidney /Yin - our basic trust in the here and now. Bladder/Yang - listening and trust our inner knowing.</p>	Driven, willpower, flowing, courage, determination, basic trust, inner silence, regeneration & a good listener.	Fear, anxiety, fight-flight response, insecure, lacking in confidence & trust. insomnia, trembling, lower back pain, frequent urination, thinning of the head hair, hearing loss, ankle and wrist pain, weak legs, and feeling cold all the time.	Water needs extra care in Winter. Water imbalance doesn't like cold. Water imbalance smells like ammonia/urine. Water imbalance wants salty food.	Bones, lower back, ankles, wrist, marrow, genitals, urethra, anus.	Ears and moaning voice
<p>WOOD = Our inner leader of unconscious/unrooted or rooted/conscious boundaries, visions, possibilities and decisions.</p> <p>Liver/yin - leader of the roots, physical boundaries & anchoring true self. Gallbladder/yang – leader of the branches, soul boundaries & clear vision in possibilities and decisions.</p>	Decisive, clear insight in self and anchored boundaries, anchored in self, humor, patience, creative drive, clear vision and imagination.	Impatience, indecisiveness, loss of creativity, lack of drive or vision, getting stuck in anger, rage, frustration and irritability. Neck and shoulder tension, pre-menstrual tension and/or pain, headaches and/or migraines, dizziness, eye problems, brittle nails, scanty menses, nervous system, unexplained pain that travels through the body, lack of life purpose.	Wood needs extra care in Spring. Wood imbalance doesn't like wind. Wood imbalance smells rancid. Wood imbalance wants Sour food.	Inner knees, shoulders, especially the right shoulder, tendons, connective tissue, joints, muscles and nails.	Eyes and shouting clipped voice.

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FIRE = Our love consciousness <i>Heart/Yin</i> – Home of awareness <i>Small Intestine/Yang</i> – Decides what energies of others we consume or not. <i>Heart Protector/Yin</i> – The guard who protects the heart and decides what emotion we let through and not. <i>Triple Heater/Yang</i> - regulates the flow of warmth.	Mindfulness, love, joy, calmness, inner clarity, balanced emotionality, heart language, natural circulation, interpretation and integration of feelings.	Panics, excitement, nervousness Jumpiness, overtalking and overlaughing, oversensitive, lack of concentration and forgetfulness, paying too much attention to details, avoidance of social life, tension between shoulders, shortness of breath, palpitation, sweaty hands, tension around throat area, neck and shoulders tension, lower back pain due to blood stagnation in abdomen, insomnia, restless, high blood pressure, cold extremities, itchy red skin and swollen glands.	Fire needs extra care in Summer. Fire disbalance doesn't like heat. Fire disbalance smells burned. Fire disbalance wants bitter food.	blood vessels, glands, chest, between shoulders & throat.	Tongue & laughing voice.

Now that you know which element it is, you can continue with the guided element journeys in step 2 and 3. Don't forget to use also the foods, drinks and exercises below in this document to support the Element that is out of balance NOW.

Since my 5-year self-healing journey that started in 2013, during which I have reset my diseased organs and most of the matrix programmings through fasting, Mother Earth potions, minerals, vitamins, the element landscape, visualizations, soul sounds and creative energy movements, I support my detoxification, secretion, oxygen in my blood and immune system, still daily via the following way:

Every day, a glass of purified water with 1 teaspoon:

(for every powder a new glass, of course)

Diatomaceous Earth (gut/bloated belly), Maca powder (stomach), Hemp protein powder (immune system) & camu camu powder (immune system).

Every day a glass of raw and cold, Mother Earth drink, only not during the winter months. You put the picked herbs together with the water in a mixer and pour it into the glass through a fine colander. Full of vitamins and minerals! And direct oxygen into your blood.

Amount of herbs per glass: 5 dandelion leaves and 5 flowers, 5 daisy flowers, 5 red clover leaf and flowers, 5 nettle tops and seeds/flowers, 1 blackberry leaf, 1 long and young plantain leaf. For the taste, you can add some natural honey or lemon.

At least twice a week, a liter of purified water with 7 grains of Celtic sea salt and a big teaspoon of vitamin C powder (immune system) and vitamins D3 + K2.

When it comes to food, I bake my own healthy bread with lots of dry fruits, seeds and nuts in it. Eat from my own garden during the summer lots of tomato's and cucumbers and in autumn/winter/spring I have my carrots and pumpkins I love. Only two times a week, I prepare a soup for myself. The other days I take shakes and my lovely bread. I stopped eating meat, ever since I left my parental home by the age of sixteen. I love animals so much, therefore I cannot eat them. Instead, I eat mushrooms, from nature when it is the season of the mushrooms. We don't need much food, that's a programmed belief system the matrix placed upon us. And when you feel the need for some chips, candy or pastry etc. Enjoy it! Alchemize it with your love, and tell your body that you are about to eat pure love. What you believe, becomes a truth, inside of you and outside of you. Don't judge yourself in those moments, it will only pull you out of balance.

I have not been sick since my full recovery in 2018. No cold, flu, sore throat, etc. Completely disease and pain free. So the above has proven to me, to be a good basic support for the body, but of course for overall health you also need a flexible balanced mind, an open loving heart and anchored soul boundaries. Without love for yourself, the body cannot stay in balance and therefore healthy. As long as there is still a lack of self-love, the outside world will reflect it back to you in the movement of a trigger and/or illness. Your body, mind and emotions react to it, so you know in which Element and organ there is still something that needs your love. The body is your instrument, engage in conversation, listen and free yourself. Your love, mind and power of visualization are the alchemical tools of the magician you already are. And know, you are not your body. You are infinite love consciousness in oneness, which needs the body instrument to find the doorway back home. Your harmonic center, where the connection to the void brings you home to a constant sense of peace. From there, when it is our time, we go back home through the inner door. Everything is already in us, it's up to us to rediscover it!

Below you find a wider range of food, drinks and exercises that supports an element out of balance.

EARTH nourishing foods, drinks & exercises:

Nourishing foods and drinks for the Earth element are millet, root vegetables such as carrot, potato and sweet potato, pumpkin, apple, apricot, banana, beans, beetroot, broccoli, cabbage, cherry, corn, cucumber, eggplant, fig, ginger, grapefruit, kelp, lettuce, lychee, orange, parsley, parsnip, pea, pear, peach, pineapple shiitake mushroom, strawberry, barley, oats, peanut, rice, soya bean, green tea, cider vinegar, and mineral water. Animal based nourishing foods for the Earth element are beef, butter, catfish, chicken, duck, lamb, milk, rabbit and veal.

Exercises that can help to strengthen the Earth element are singing, drumming, gardening, creative with clay, swimming, walking, Tai Chi, meridian stretches, walking meditation, cycling and yoga.

METAL nourishing foods, drinks & exercises:

Foods that are good for nourishing Lungs are cheese, walnut, pine nut, pistachio, rice, ginkgo nut, almond, apricot, tangerine, yam, strawberry, watermelon, pears, asparagus, dairy and apples. Foods that are good for counteracting phlegm heat in the lungs are chrysanthemum, lily bulb, lyceum fruit, ginseng, citrus peel, carrot, grapefruit, watercress, cabbage, celery and cucumber. Foods that are good for treating phlegm cold in the lungs are mustard seed, pepper, ginger, onion, garlic coffee, peanuts cherries, peach and eggs. Foods that are good for nourishing Large intestine are broccoli, banana, eggplant, lettuce, parsnip, potato, rhubarb, spinach, almond, fennel seed, sesame, walnut, and pine nut.

Exercises that can help to strengthen the Metal element are swimming, walking, mountain climbing/walking, crystal bodywork, Tai Chi, meridian stretches, walking meditation, weight-based workouts, cycling, yoga and deep breathing exercise.

WATER nourishing foods, drinks & exercises:

Foods that are good for the water element are sea vegetables, sea weed, fish, oysters, mussels, tuna, pork, boiled eggs, black sesame, eggplant, sweet potato, celery, cucumber, lettuce, adzuki beans, red kidney beans, lentils, apple, banana, grapes, raspberries, chestnut, pistachio, and walnuts.

Exercises that can help to strengthen the water element are swimming, walking, water painting, bathing, sauna, Tai Chi, Qi Kong, meridian stretches and meditation.

WOOD nourishing foods, drinks & exercises:

Nurturing foods for the wood element are wheat, leafy green veggies such as broccoli, spinach, celery and cabbage. Foods that can activate energy are basil, bay leaf, leek, onion, cabbage, black pepper, garlic ginger and peppermint. Foods that can calm yang energy from rising are celery, lettuce, seaweed, rhubarb, watercress, spinach, lemons, apples bananas and yogurt. Foods that can relax or soften are black sesame, celery, lettuce, plum, tomatoes and apple cider vinegar. Foods that can nourish are plum, kiwi fruits, cherry, grapes, apples sesame seed, sunflower seeds, beetroot and small quantities of red wine.

Exercises that can help to strengthen the wood element are gardening, swimming, walking in nature, wood crafting, Tai Chi, meridian stretches and meditation.

FIRE nourishing foods, drinks & exercises:

Nurturing foods for fire element are sweet corn and round leafy veggies. The heart houses the love consciousness. Foods that can calm the heart are lotus seed, red dates, oyster, lemons, adzuki bean, buckwheat and wheat. Foods that can nourish the heart blood are red grapes, rice, steak, chicken breast, beetroot and sweet corn. Foods that can reduce heat (over sweating) in the fire element are soybeans, asparagus, lettuce, celery, cucumber, rhubarb, seaweed pears, watermelon, pineapple and green tea. Foods that can regulate blood flow in the fire element are vinegar, radish, cinnamon, oats, eggplant, watercress, turnip, cherries and apple cider. Herbs that can invigorate energy flow in the fire element are Chinese Ginseng, angelica root, and water lily bulb.

Exercises that can help to strengthen the fire element are singing, swimming, Fast walking, Tai Chi, meridian stretches, breathing meditation, chi-gong, group exercise, and group dancing.