

5 Element Polarity Therapy

Ether

The ether element rules the spine, midline, central nervous system, joints, and spaces in the body. Ether work brings more "space" and ease and can facilitate an opening when things are tightened down, promoting awareness of new options and choices. Ether helps communication between the head and body, self expression, and connection to one's spirit. All elemental work addresses imbalances in ruled areas.

Air

Air rules the nervous system, kidneys, ankles and shoulders. Air work is very effective in bringing relief from stress and helps balance and support the nervous system. It also addresses illness related to respiration, lungs, thymus, bronchioles, chest and heart. There are protocols which balance the sympathetic and parasympathetic nervous systems. Sometimes a traumatic event or demanding life situation will cause the sympathetic nervous system to remain in an active state. Air work can help a person move into a parasympathetic phase of rest and rejuvenation. There are specific sessions which address respiration as well.

Fire

Fire rules digestion, vision, & physiology. The fire element also rules the eyes and head, solar plexus and thighs. Fire work promotes balance and healing for digestive troubles, inflamed and irritated conditions, sluggish vitality, and lack of motivation or courage. Fire also facilitates the expression of repressed emotions, anger in particular. There are specific sessions which address the eyes and vision, physiology of organs and glands and vitality. Fire work can bring clarity, energy and motivation.

Water

Water rules the reproductive system and its organs and glands, cycles, fluids and emotions. I have had a lot of success with a specific water protocol in addressing ovarian cysts, irregular periods, PMS, painful periods and infertility. Water work brings emotional healing and balance. Trauma associated with sexual abuse, abortion, miscarriage and birth is sometimes accessed and released from the body-mind with this work.

Earth

Earth rules the colon, neck and knees as well as tissues and structures and elimination. Earth work can be very grounding and supportive of managing life on a practical and physical level. Earth work benefits conditions with the neck and knees, as well as imbalances in elimination and in the colon.