

The Earth Element

The earth element is related to fruitfulness and life ripening. It is about spiritual growth and maturity. Its purpose is to multiply our seeds and bring forth much fruit.

In the Four Seasons metaphor, each of the four seasons is associated with an element and a geographical direction. Spring is associated with wood and east. Summer is associated with fire and south. Fall is metal and west, and winter, water and north. According to the ancient Chinese laws, this leaves one element unaccounted for: Earth. Earth is the geographic center and serves as a reference point for all the other directions. Earth therefore represents the here and now, or in other words, wherever you go, there you are. Because the earth is the center point for everything, nothing can exist without it. From Mother Earth we derive our nourishment, support, and life. The farmer plants his crop in her fertile soil, and we all depend on her for the food that feeds us and the atmosphere from which we draw our breath. Earth was considered special in ancient China because it represented the source of all other elements, the center from which all else arises. The four seasons and the other elements manifest in the earth element.

Earth also represents the transition that is always present and especially noticeable and dramatic at the time of seasonal change. As winter turns into spring, a struggle often ensues; warm days are followed by freezing temperatures. The winter does not always go away quietly. At the right time we need to plant and fertilize. As spring turns into summer, temperatures rise but could suddenly drop and turn colder again with late spring showers lingering before summer settles in. We labor in anticipation of our harvest as we water and weed our crop. Ready or not, summer transforms into fall, the leaves change color and fall to the earth, and we harvest our experiences. Winter often storms in with a cold blast that brings everyone inside to slow down and reflect. With sudden and drastic changes, we need to adapt to weather and temperature just as we adapt to changes in our circumstances, in every moment, to take proper action in each life situation.

With a change of season can come intense metamorphosis in nature and in our lives, as well. The earth element represents transition. We pass through many seasons in a lifetime, in a business, in relationships, even during a single day. Just as in nature, the seasons or circumstances in our personal life often change drastically or suddenly. Transitions can cause great tumult physically, mentally, and emotionally. Earth, then, is our center, and in a stable, balanced earth, we stand on a solid foundation of goodness, morals, and ethics. It is important to stay centered, present, and calm in the midst of the storm. From this concept, most likely, we get the sayings, “down to earth,” and “keeping both feet on the ground.”

Jack, a fifty-one-year-old male, was the owner of a commercial janitorial company that had major corporations and businesses as clients nationwide. Jack had seen me for different ailments in the past, and on this particular visit came in with pain on top of his left ankle and foot. He was not even sure how he injured it, but thought it might have been while running on a treadmill without wearing his custom made shoe inserts (orthotics). He also suffered a lesser pain on the bottom of his right foot inside the heel. The pain made him limp and unable to workout,

which was an important part of Jack's life. He was a man of excellent fitness; in fact any twenty-five-year-old would have been envious of his physique.

I explained to Jack that his main symptom on top of the left ankle and foot was most likely related to his stomach and spleen meridian. I asked him if he'd recently had a hard time being present, if his mind was constantly going, if he was craving sweets, or if he had any sleeping problems. Jack then proceeded to tell me that lately he was obsessively, night and day, thinking about all the things he needed to do to take care of his business. He was exhausted because he kept waking up in the middle of the night and was unable to stop thinking about the business and go back to sleep. Jack, who always followed a very strict and healthy diet had lately been too busy to eat at regular times, skipped meals, and started craving sweets. I told Jack that the most common injuries occur when a person is not present. Thinking about work, while working out is not a good idea. I asked Jack why his thoughts were obsessing about the company that he had owned for years. I told him there had to be a cause for him to have obsessive thoughts, as there had to be a cause for his pain.

Jack told me that his company had grown and transformed dramatically over a very short time. The company had gone from 600 to 1,200 employees in the last four months. Clearly the growth of his company was something Jack desired, but he was not ready for everything to change so fast. He had hired one vice president and two regional managers but was not letting them do their work. Instead he was trying to do their job, getting involved in everything, just as when the company had half the employees. He was trying to do everything, all over the country, all the time. His mind was never present or "at home," as he was jumping from one thing to another, anxious and nervous that he'd miss or forget something. His newly hired vice president even told him he had to let him do his job. Clearly Jack couldn't possibly micromanage and multi-task to be involved in all things as his company grew.

Everything was moving faster and faster and Jack was not grounded and at peace with his present reality. He was in counter-balance. His left foot showed symptoms of stomach and spleen with an earth imbalance. His right foot showed symptoms related to the kidney meridian and winter. The earth imbalance caused his anxiety, obsessive worrying, inability to be present or sleep, and cravings for sweets. The winter imbalance was indicated by fear of giving up control and of failure. Jack was trying to find his center and balance in his company's growth, but his mind was worrying about things that had not happened yet (the future). He had one foot stuck winter (fear of moving forward and giving up control) and the other foot failing to gain balance and stability (in the present) as his company was taking off.

After releasing acu-points on Jack's stomach and spleen meridian on his left foot, ankle, and lower leg, he left pain-free without a limp. With some coaching, Jack realized he could only be in one place at one time, doing the job of one person at one time, and that there are only so many hours in a day. He needed to restore balance by sleeping through the night, being present with his wife and children, not skipping meals, and being present and engaged in his workouts. Jack needed to let the people he hired do their jobs. He needed to restore balance and harmony to his life.

The earth is our stable center. It rotates on its own axis, each time around giving us day and night. And it revolves around the sun, creating the four seasons. If you lack a stable center, there's nothing to grasp onto when everything around you starts to move and change. Earth is not a season, but ever present in and between all four seasons. This means that every time we are out of balance in any season (life situation), we are out of balance in earth.

Stan, a fifty-four-year-old man in corporate management, is another example of an earth imbalance. Stan was a runner who ran three to four marathon races per year (he averaged fifty miles per week) and he came to see me for chronic knee pain that had plagued him for ten months. He had seen family doctors and orthopedic doctors, and he had x-rays and MRIs that showed nothing wrong. The doctors told him that his pain was caused by an inflammation under the kneecap from overuse as well as friction caused by uneven pulling and improper tracking of his kneecaps. He had extended physical therapy without any relief. Finally, a cortisone injection gave him relief for six weeks, until his pain came back as bad as ever. He was taking anti-inflammatory over-the-counter medication so he could continue his running. He felt pain and discomfort the first mile running, until the medication and endorphins kicked in. After the run, his knees would swell up and get stiff. Still, he continued his running routine.

In my office Stan was unable to squat or step up on a two-foot-high treatment table without experiencing sharp knee pain. I could immediately tell that Stan was obsessive about his running and that he stubbornly would keep running as long as he could walk, and I suspected that he was out of balance in the Earth element and that he had blockages in his stomach and spleen/pancreas meridians. I started to ask questions related to an Earth imbalance to see if my suspicions were correct. I asked, "When you run, what do you think about?"

"I think about everything except running," said Stan.

"That is part of the problem!" I said.

"What do you mean?"

"Do you have a hard time being present, in other words does your mind wander a lot?"

Stan told me that he constantly multitasked and found his mind wandering at work. But he believed that was an asset that made him successful managing employees and tasks. He admitted his girlfriend often complained he wasn't "there" when they spend time together, but he quickly added but all women say that.

"Do you have a hard time falling asleep or staying asleep because you can't turn your mind off?" I asked.

"Yes I do. How did you know?" replied Stan.

"All your symptoms follow a pattern of an imbalance. Do you also have heartburn or acid reflex symptoms?" I said.

"Yes, I've had problems with acid this last year. I take Tums to keep it under control." Stan looked around my office for a moment and then pointed to a picture of a Harley Davidson motorcycle on the wall. "Do you ride?"

"I used to, sold it ten years ago. Do you have a bike?"

"Yes, I do," said Stan proudly. "I have a Harley Road King."

Seeing an opportunity, I asked, "What do you think about when you ride your Harley on the freeways?" I saw the lights go on in Stan's head.

"I think about nothing else than riding," he said.

"Exactly, and what would happen if you thought of something else?"

"I could die or be in a serious accident," he said.

"When you run, you need to think about nothing else than being the runner, paying attention to every part of your body and your breathing as well as the environment you are in. Being in the here and now, paying attention while running, will make your running experience and performance better than ever. There is a reason it is illegal to send text messages on your cell phone when you are driving your car. If you are not present while driving, you might be in an accident. You do not read a book or think about your work when you make love to your girlfriend. If you do, the experience will not be very good. Being present in whatever you are doing, at work or spending time with your girlfriend, will improve your performance and enhance the experience. If your mind is present when you are lying in bed to sleep it cannot be somewhere else, thinking about what you need to do tomorrow or what you should have done yesterday. If you get present and aware of breathing, deeply and relaxed from your diaphragm, you will most likely not experience the heartburn anymore."

As I kept talking to Stan, I found out that a couple of years ago he was divorced from a thirty-year-long marriage. He was never at peace while with his wife. His job required him to travel a lot, so he was hardly ever home. He started to run, and when he was home he went for long runs or kept himself busy by washing the family's three cars. He was running away from his unhappy marriage, constantly on the road running or traveling. Thirty years of habits are hard to break; no wonder his mind was always on the go. When his children left for college and his job changed and no longer required traveling, he realized he could not stay married.

I released stomach and spleen acu-points around Stan's knees and in his thigh muscles (rectus femoris and vastus lateralis). Then I stretched those muscles and showed Stan how to stretch them daily by himself. After the session, Stan was able to do a deep squat and step up on my treatment table without any pain whatsoever. He said, "I haven't been pain free like this in a long time. When can I go running?"

"You can go running right away, as long as you promise to stop running immediately the second your mind thinks of anything other than your running, breathing, and surroundings. Then you can start running again as soon as you are able to be present, in mind and body in your running again. This way you will train yourself to be present in your running at all times, since having to stop repeatedly will get very annoying. This running will become meditative and more fulfilling. It will also bring you peace and make you calmer. You will run with greater ease and with less or no pain."

Stan came back for his second visit three weeks later and reported that he was running with no pain in his knees. He was more present in his running, his everyday breathing, as well as in his work and his relationship with his girlfriend. He had not had any heartburn since his first visit. However, Stan claimed that he still experienced some stiffness and discomfort in his knees,

but now he mostly felt it as he woke up in the mornings. I asked him if he immediately sprung out of bed as his alarm sounded, thinking about what he had to do that day. Stan said, "Yes, kind of."

I told him it was important to be present and aware of one's body when waking up. Stretching gently and being in a state of gratitude for what we have and for our life will help us transition into the new day. The transition from rest to action needs to be harmonious. Jumping out of bed in the same way a punched-out boxer stands up when the bell rings will cause an immediate fight-or-flight reaction. Such a reaction is stressful and causes increased muscle tension that will be experienced in our weak links, or in other words, our injured areas that have less tolerance for additional tension. From the second we wake up, to the second we fall asleep; we must be present and aware to maintain balance in earth, and all four seasons as well.

The shape of earth is a perfect circle that symbolizes our planet, a pregnant mother, fertile soil, as well as a seed. The earth follows a cyclic rhythm, like ebb and flow of the tide. Earth therefore represents the completion of an entire seasonal cycle. A well-rounded life and harmonious completion of the cycles of life signifies a balanced earth element. A person with earth not centered often experiences a disturbance in cyclic rhythms, such as breathing cycle (too shallow, too fast, or holding breath), sleeping cycle (cannot fall asleep or stay asleep), digestive cycle, metabolic cycle, blood sugar balance, and hormone cycles, etc.

Balance in Earth.....The Way To Be

In the Four Seasons System, each season is related to a specific action, or "doing." The earth element is about "being" present. As the ancient Chinese philosopher and spiritual father of the movement of Taoism, Lau-Tsu so simply put it, "The way to do, is to be."

Each season has its purpose. In spring, we fertilize and plant, meaning we get clarity about our intentions, change approaches that did not work and commit ourselves assertively to beginning a new cycle. In summer, we water and weed our tender crop, passionately and joyfully engaged. In fall we bring in the harvest, accepting with empathy what we've reaped. In winter, we store energy and preserve our harvest by remembering and appreciating what we've learned throughout the year, and the earth represents being calm and present through all four phases of successful doing. Completion of a cycle leads to greater success in the next, and the next, and the next. This is how the seed principle works - to multiply, with each go around as we mature and learn to master the divine wisdom of the Four Season System. Being in harmony with the natural flow of the seasons is vital to a balanced earth and fulfilled, successful life. A balanced earth will assure maturity and spiritual growth.

Fullness, wholeness, success, harmony, and stability in all cycles of life are what being centered is all about. The fruits of the spirit: love, peace, faith, gentleness, patience, integrity, kindness, generosity, loyalty, tolerance, and self-control are qualities reflected in someone who has mastered balance in the earth element and is staying on the path of the Four Seasons System. The truly balanced person radiates love and peace; a kind of order and harmony emanates from within (their center). They aren't governed by chaotic, desperate, and frantic external energy.

Balanced earths live in the moment. They do not dwell on past failures or disappointments or obsess about future worries. Coming from a place of full awareness of their thoughts and belief systems, they deal with one thing at a time, staying calm and present while taking proper action in each season or life situation. The balanced earths are at home in their own flesh, at ease wherever they may be. The mark of a mature, balanced person is how well you can stay calm and present when all kinds of external energy swirls around you. It's not that a centered person experiences less trouble than others. We all experience stress and troubled times, especially in periods of change. The difference lies in how you interpret and manage the situation, how stressed you get, and how long you stay stressed out (not present.) If your earth element is in balance, you can remain present and calm while riding out the storms of life, because you know that resisting reality could result in emotional chaos and mental confusion, which can lead to more stress, tension, and disease.

Staying in the moment allows balanced earth to solve problems, envision solutions, and "think outside the box" using imagination and creativity. Your imagination can be your best friend or worst enemy; it could be used for good, or for your own destruction. A calm mind and balanced earth can find solutions in the most stressful and chaotic of situations, or on the other hand, imagine chaos, stress, or negativity to the point of obsession. Whatever your mind thinks is what you will bring upon yourself through the law of attraction. Like attracts like. Every thought you have is a seed planted in your mind, and if dwelled upon that seed will manifest. A centered earth is reflected by present awareness of all thoughts and belief systems (not obsessing), dealing with one thing at a time, staying calm and present while taking the proper actions in each season or life situation. A balanced earth is aware of his or her thoughts and questions whether or not they are true before reacting to situations. Individuals, who are not in balance with earth, dwell on the thoughts that don't serve them and therefore cause tension, pain, and suffering.

Your mind can be your own worst enemy. For example, Dorothy, a fifty-five-year-old recreational tennis player, came to see me for pain in her left lower back that radiated into her front left thigh and shin to the top of the foot. She had a surgical procedure two months prior to remove parts of a bulging disc to take pressure off the nerve that traveled down her leg. She was quite disappointed that she still had the same leg pain she had before the surgery and that she was not able to return to playing tennis. She gave me the exact date she had stopped playing tennis, to the day. Tennis was her life. I asked her how often she used to play and she said seven days a week. She had not played for eight months and had gained fifteen pounds from lack of exercise and eating too much sweets and carbohydrates.

When I assessed her, I found her left foot to be flat (pronated) and her left front thigh muscle (rectus femoris) was too tight, causing her left hip to rotate forward in the front and elevate in the back. She said that the leg pain came and went, but got worse the longer she was on her feet, making it impossible for her to return to playing tennis. Her shin and thigh pain followed the stomach meridian. I started to tell her that pain along the stomach meridian often was related to anxiety, worrying, obsessive behavior, and an inability to be present. Dorothy told me that she always worried. She worried for her son who was a police officer; she knew his work

schedule by heart so that she knew when to worry. Her daughter commuted to college and Dorothy worried about whether or not she'd reach her destination. She had her daughter call when she left and call a second time when she arrived. If the second call did not come within the time Dorothy expected it to, she started to worry. She worried about the family business. She told me that, years ago, she was diagnosed with cancer. It was a benign form and her prognosis was very favorable. However, she worried about that too. Her doctor told her she needed to find something to do that could be a distraction to her worrying. She had played tennis in high school and took it up again. She soon became obsessive, playing tennis every day of the week. She had replaced one obsessive behavior with another.

I told her I believed her excessive tennis play, pounding on a cement court with a flat foot seven days a week, and her constant obsessive worrying caused her back and leg pain. Not everyone is open to this kind of thinking. Dorothy did not want to play less and did not believe she could ever stop worrying. She did not want to believe her own behavior could be the cause of her pain. So Dorothy did not return to see me for a second visit, and if I had to guess, her earth imbalance and obsessive worrying are probably still causing her problems.

Balanced emotions for the earth element are calm, present, and in harmony. Unbalanced earth will experience negative emotions. They will either experience the negative emotion of a hypo-active nature: depression. Or they will experience the negative emotion of a hyper-active nature: anxiety. Because earth is not a season but ever present in all seasons at all times, anxiety and depression are the two most common negative emotions. Any time a person is out of balance in any season he or she will experience anxiety or depression coupled with the negative emotions for the season they are stuck in. All negative emotions are feedback on whether we are doing or not doing what we are supposed to do in the present season. When a person is aware they will be calm and experience the balanced emotion of whatever season they are present in. So many people struggle with a mild anxiety or depression that many believe it is part of life, when in fact it is a feedback telling us that we are not present or in harmony with our life situation. A more severe imbalance could manifest as an emotional roller coaster. A person who is always worrying about what is ahead or depressed about what is in the past is never "home" or present.

Anytime a person is not calm and present, they are not breathing correctly. If one breathes deeply and slowly from the diaphragm, they will become present in their breathing and experience calmness. If a person experiences anxiety or depression, their breathing is too shallow, too fast, or they are holding their breath. It is impossible to be present, breathe deep, slow diaphragmatic breaths, and experience anxiety or depression at the same time. Any symptom of pain, dysfunction, or disease of the stomach or spleen/pancreas meridians is related to an accumulation of tension (stress) and a blockage of circulation (Chi). Here are some common symptoms that result when the earth element is out of balance and there is a blockage of circulation in the stomach or spleen/pancreas meridians.

- Digestive problems.

- Obesity.
- Headaches and dizziness.
- Sinus problems, primarily pressure in sinuses under the eyes.
- Neck pain from the collarbone to below the jaw and behind the ear.
- Epigastric spasms (problem swallowing).
- Shallow breathing.
- Hiatal hernia.
- Heart burn.
- Acid reflux.
- Hyper- or hypo-acidity.
- Vomiting.
- Gagging.
- Burping and belching.
- Stomach pain.
- Gastritis.
- Abdominal pain.
- Hypo- or hyperglycemic.
- Emotional instability.
- Eating disorders, including anorexia or bulimia.
- Lethargy and depression.
- Obsessive and anxious.
- Stubborn or obstinate behavior.
- Female infertility.
- Autoimmune disorders.
- Blood disorders.
- Sleep disorders.
- Metabolic disorder.
- Hormonal disorders, particularly menstrual.
- Anterior hip and groin pain.
- Front thigh pain.
- Knee pain or joint dysfunction.
- Pain along the shinbone and shin splints.
- Pain on top of the ankle and foot.
- Bunions.

Carol, a forty-year-old working mother, came to me because she experienced pain in her mid-back and solar plexus area when she took a deep breath. She had heartburn and lived on Tums antacid medication. She worked from home so she could watch her children and their nanny at the same time, and upon questioning she revealed she was never present, always trying

to do more than one thing at a time. She was skipping meals, not present enough to be aware that she was hungry. She often felt dizzy from low blood sugar. Carol even woke up in the middle of the night and could not fall asleep because her mind was working. She sat at a desk in front of a computer and phone all day long and admitted to slouching and working in bad posture.

I explained that one reason for her stomach acid problem could be that she did not use her diaphragm muscle to breathe properly. When under stress and not present and calm, we use muscles between our ribs and in our neck to breathe in a less efficient way. As any muscle that is not used on a regular basis the diaphragm would become stretched out and flaccid, allowing the stomach and acid to be pushed up into the chest cavity. Treatment that relieved tension in trigger and acu-points in the lower ribcage on the back and abdomen gave her immediate relief. But I told her that if she did not change her behavior - improve her posture, become mindful, breathe deeply taking relaxed diaphragmatic breaths, stay present, do one thing at a time, and balance her blood sugar by eating something every three hours - her symptoms would most likely return.

How to Achieve Balance with Earth

Being present means awareness and the easiest way to find awareness is through the breath. By developing an awareness of your breathing, you can control each individual breath to be fully present in this moment. Controlling the breath you are taking right now is controlling the only thing you have any control over: this moment. You could take a deep, slow, relaxed, diaphragmatic breath and feel calm, present, and in harmony. The longer you maintain relaxed, deep breathing, the more present and peaceful you will be.

Breathing affects your emotions as well. If you breathe shallow, fast breaths or hold your breath, you will experience anxiety or depression. Anxiety is defined as nervousness about things that have not happened yet, not being present. If you worry about things ahead and feel anxious, your breathing will be shallow and fast. Depression is defined as being upset about something that already happened, another form of not being present. If you hold your breath you are holding on to the past and most likely harboring upset emotions about something that already happened. In both cases, the future and the past are something we do not have any control over. The only way we can have constructive thoughts, be creative, feel calm, and be at peace is when we are present. The only way to be present is to breathe deep, slow, relaxed, diaphragmatic breathing.

Unfortunately the most common behavior under stress is one that does not serve us; holding our breath or quick shallow breathing associated with stress and fight-or-flight response. If we instead were present, calm, with relaxed breathing, our body and brain would be fully oxygenated and energized to perform under any circumstance at levels beyond what we could imagine. Poor breathing causes oxygen deprivation, negative emotions, and tension, which affect our ability to perform to our maximum capacity both in body and mind. If you've ever watched a tied basketball game go down to the last seconds, the team with the ball will often call a time-out. This allows everyone to take a deep breath, get present, and get clear on a play and a strategy. This is done so that the opportunity to win the game is not wasted by stressed-out

players running up the floor like chickens without heads, not knowing what to do with the ball. Anytime you find yourself in a stressful situation you can call a time-out in your own head. This awareness will allow you to take a couple of deep breaths, get calm and clear about what you can do, and have control over right here and right now.

Another form of awareness is posture awareness. Bad posture affects the breathing and breathing affects your posture. In fact, it is impossible to slouch and breathe deep, slow, relaxed, diaphragmatic breaths at the same time. Try it for yourself. Close your eyes and perform three or four deep, slow, relaxed breaths. Pay attention to how your posture changes automatically. To breathe correctly you relax your shoulders, let them move back and drop down. You bring your head back, straighten your neck, and open your chest up. When you are breathing incorrectly you are using muscles in your ribcage and neck to breath, or not using any muscles by holding your breath. This inefficient breathing does not provide your muscles and brain with enough oxygen, causing your muscles to contract, your mind to tense, and your emotions to be stressful.

The final awareness to cultivate is emotional awareness. Your emotions affect your posture and your posture affects your emotions. Likewise, your emotions affect your breathing and your breathing affects your emotions. When you see someone who is depressed, unassertive, melancholic, apathetic, or careless, their posture looks defeated and slouched forward. When you see someone who is anxious, angry, frenzied, grieving, or fearful, they are carrying tension in their neck, and chest, shrugging their shoulders. When you are present, at peace, calm, assertive, in joy, engaged, passionate, empathetic, still, courageous and careful, your posture will be erect and your breathing will be deep and calm.

Try this for yourself. Whenever you feel anxiety, depression, or any other stressful emotion, straighten your posture by bringing your shoulders back and down, bring your head back, straightening your neck, and open up your chest. You will find that you cannot maintain a correct posture and your stressful emotion at the same time. Another thing you can try when you feel good, happy, and engaged in any life situation is to deliberately slouch and sit in a bad posture. You will find that you cannot maintain a poor posture and feel good at the same time. We have all seen the body language of someone who is depressed or defeated, as well as someone who is anxious, angry, fearful, or tense.

In ancient martial arts, masters in kung-fu and karate have long known that staying relaxed by breathing deep and slow in the most intense combat will allow the practitioner to reach a higher state of mind and body. In this state everything is effortless, as if everything around the individual is moving in slow motion and he has all the time in the world. His mind is quick and creative. His muscles are powerful, and his reflexes react with the speed of light. We have all experienced this effortlessness at one time or another - a time when our mind was limitless; a time when we stopped thinking and just became what we did; a time when out of nowhere, we got great ideas or created something beautiful; a time when our bodies performed with ease as if on autopilot. In sports this state of body and mind is referred to as being "in the zone." I call it being present, and mastery of the Four Seasons wisdom is striving to experience this state as often as possible and for durations as long as possible.

Your breathing, your posture, and your emotions all provide you with feedback to internally monitor if your body and mind are in balance or not. Once you have awareness of this, you can begin to use it to your advantage by correcting your breathing and posture. You can start to question why your emotions are negative. What are you doing or not doing? Are you stuck in a season repeating a pattern? You can start to question if your thoughts and belief systems are stressful and if they serve you or not. The only reason you experience stress is because you believe a stressful thought in your mind. You can be aware of what you think, say, or do and the consequences that follow. You can question if what your mind perceives as stressful is true and real or not. When you manage to stay calm, peaceful, and present, you can stay grounded, no matter what external circumstances you are in. Practice being aware and present in each and every moment of your day. With a proper posture and relaxed deep breathing, your body and mind can perform beyond your greatest imaginations.

For full and complete information about the Earth metaphor as well as all self help improvement applications, buy and read the book;

“The Four Seasons Way of Life, Ancient Wisdom for Personal Growth”.