

A close-up photograph of two orange flowers with dark, textured centers. The flowers are in sharp focus, while the background is a soft, out-of-focus green. The lighting is bright, creating a warm and vibrant atmosphere.

SCICUTO ACUPUNCTURE

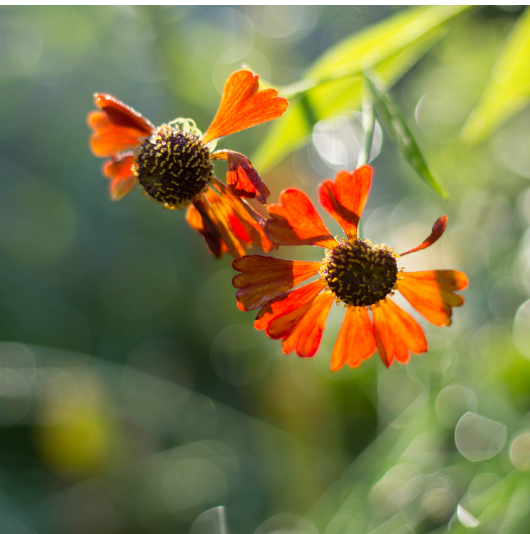
LIVING WITH THE FIVE ELEMENTS
CONNECTING WITH THE
FIVE ELEMENTS EVERY DAY

CONNECTING WITH THE FIVE ELEMENTS EVERY DAY



YOU'RE CURIOUS ABOUT
THE CHINESE FIVE ELEMENTS
AND HOW THEY AFFECT
YOUR LIFE.

YOU'RE WILLING TO STEP
OUTSIDE THE BOX AND
LEARN SOMETHING NEW.



LET THIS WORKBOOK
BE YOUR GUIDE . . .

"DO THESE EXERCISES ANYTIME YOU WANT TO EXPLORE THE ENERGY OF THAT ELEMENT."

THE FIVE ELEMENTS ARE ALL AROUND US, INSIDE AND OUT.

You can use the exercises in this workbook to help you connect more with them in your daily life. I want to show you how to connect nature to the energies within you. I've been studying, and living with the five elements as an acupuncturist, herbalist, and artist.

Let's start with the basics. There are five elements in Chinese Medicine: Wood, Fire, Earth, Metal, and Water. These elements have different correspondences. We'll be focusing on just a few of these here to bring them alive for you.

You can do these exercises anytime you want to explore the energy of that element. If your acupuncturist tells you that they're working on your Liver Qi, then maybe choose the Wood element exercise. If they say your Kidney Qi is out of balance, then choose the Water element.

I want these to be accessible for everyone. In some places, you'll see that there are alternative exercises listed if you have limited mobility. Feel free to modify these to fit your comfort level.



Are you ready to explore living with the five elements? Turn the page and remember to have fun!

Be Well-

Denise Cicuto, L.Ac.

Wood Element



organ system
LIVER
GALLBLADDER

season
SPRING

virtue
BENEVOLENCE

color
GREEN

emotion
ANGER

Walking meditation. Wood energy wants to move freely from one place to another. In fact, there's a Chinese herbal formula that helps with this called "Free and Easy Wanderer."

Find a place near you with some greenery. It might be in your backyard, a park nearby, or a place you like to hike. Walk or even dance through this space you have chosen, observing the natural world around you. Will you pick a direction or just wander and take in your surroundings? Notice if there are obstacles in your way and notice how you get around them.

Alternate: Choose a leaf or flower and follow the lines of the plant with your eyes.

The healing sound for the Wood element is shhhhh. At the end of your wandering, say this sound to yourself or out loud three times. Write down any thoughts or feelings that come up from this exercise.

Fire Element



organ system
**HEART + SMALL
INTESTINE
&
PERICARDIUM +
TRIPLE BURNER**

virtue
**COMPASSION
LOVE**

season
SUMMER

color
RED

emotion
JOY

Fireside chat with a friend. Fire element energy moves quickly. It's that energy that connects us to one another as people.

Set aside time for a fireside chat with a friend (or friends) - you can do this with a real fireplace, or a bonfire, or if your friend is far away, do a video chat or a phone call.

I recommend making a cup of tea - rose and hibiscus are good for the fire energy and settle in for your chat. If you are with your friend in person, hug left side to left side to connect your heart center with each other.

The healing sound for the fire element is hawwww. At the end of your chat, say this sound to yourself or out loud three times.

Write down any thoughts or feelings that come up from this exercise.

Earth Element

organ system
SPLEEN
+
STOMACH

virtue
DEVOTION

season
LATE
SUMMER

colors
YELLOW
ORANGE

emotion
SYMPATHY
WORRY



Eat without distractions. The Earth element helps us digest both food and information. It does this best if you do one or the other.

Have one snack or meal today without distractions. Simply eat. Notice the flavors, aromas and any feelings that arise. Perhaps the food evokes certain memories for you.

The healing sound for the earth element is whooooo. At the end of your snack or meal, say this sound to yourself or out loud three times.

Write down any thoughts or feelings that come up from this exercise.

Metal Element

organ system
LUNGS
and **LARGE**
INTESTINE

virtue
APPRECIATING
PRECIOUSNESS

season
AUTUMN

colors
WHITE
SILVER

emotion
GRIEF



Make a memory jar (aka happiness jar). Write down a event, a conversation, a date or something else you want to remember. Put this into a mason or other wide mouth jar. You can also put in ticket stubs or any other printed material.

Decorate the jar however you want to. These are things that you consider precious to you. At the end of the year, look through your jar and all of the new memories you have collected.

The healing sound for the metal element is sssss. After you make your happiness jar, say this sound to yourself or out loud three times.

Write down any thoughts or feelings that come up from this exercise.

Water Element

organ system

KIDNEYS
+
BLADDER

virtue

WISDOM

season
WINTER

colors
DARK BLUE
BLACK

emotion
FEAR



Quiet contemplation (aka Navel-gazing). Find a body of water near you - a lake or a beach or even a pond. It can be flowing or frozen. Bring a notebook or other device to jot down your thoughts.

How do you want your life to unfold? What are your goals for the year ahead? Spend some time thinking and writing about this.

Alternate: take a glass or a bowl of water and sit near it. Reflect on the above questions.

The healing sound for the water element is choooo. After your contemplation, say this sound to yourself or out loud three times.

CONGRATULATIONS!

I hope this workbook and template has helped you learn and feel connected to the five elements.

Now it's time to connect and share this information with your friends and family.

SHARE THE LOVE



If you have friends who might love this guide too, **share this link** with them.



You can also share this free resource with your twitter followers. **Just click here.**



I also invite you to keep me posted on your progress or reach out for support on my **facebook page** or via **Instagram**.



One last thing. I'd LOVE your honest feedback about this workbook and the templates. You can drop me a note with your thoughts **here**.

with much gratitude , Denise Cicuto

I detect the root cause of pain to help you heal on a soul level. Like a detective solving mysteries, I use my skills as an acupuncturist, herbalist, and alchemist to uncover the blocks that are in the way of your healing.

I invite you to **book a free 30 minute consultation** to see how I can support you.