



June/July 2014

Shiatsu Summer Newsletter

Alan Bishop and Frances Rayner

Welcome to the third edition of our Shiatsu Newsletter.



Fire Element

In Traditional Chinese Medicine, the Fire element is the spark from which all of life derives. The colour associated with Fire is red; the climate of Fire is hot; and the sound connected with Fire is the sound of laughter. The Fire element manifests in our body through the Heart, Small Intestine, Pericardium (also called The Heart Protector) and the function known as the Triple Heater, which regulates internal body temperature. The Pericardium works as a kind of doorway to the Heart that opens to allow love in, and closes to protect the Heart from emotional shock. If a Fire imbalance is present a person may have a few trusted, close friends because of excessive emotional barriers. The opposite may also be true, with people who wear their hearts on their sleeves.



Element Season: *Summer*

Summer is the season of light and heat, of Yang at its peak of expansion and richness of manifestation. Energy has extended itself as far as it can go, out to the flowers and fruits of each plant; animals and birds have reared their broods of young. It is at this point, or rather, after the ten days of earth stillness at the end of this season, that the transition to Yin, the return to the cool, the dark, the still,

must begin; there is nowhere else to go.

“Having purified the great delusion, the hearts darkness, the radiant light of the obscured sun, continually rises.” H.H.Dudjom Rinpoche



DID YOU KNOW?

The time of the Fire element in the Chinese clock is 11am – 3pm and 7pm – 11pm. The Heart and Small Intestine meridians have their peak of energy at midday – the hottest, lightest and most Yang time of day.



The Fire element is connected to the tongue, because of its ability to communicate as the organ of speech. The tongue is the means by which we speak our hearts to each other, and express our emotional response to the outside world. The tongue is considered to be a *“sprig of the heart”*.



“The Heart is master of the organs and home of the spirits that bring inspiration and joy. It commands the pathways and the blood, brings the spark of life and offers a quiet centre in which the spirits find a voice”. Yuichi Kawada & Stephen Karcher

Someone with harmonious Fire energy:

- Is good company.
 - Isn't easily embarrassed.
 - Is relaxed in large groups and in small intimate relationships.
 - Feels comfortable giving gifts and attention, and receiving the same.
- Has a clear sense of his own personal space and adapts it to meet different situations.

Symptoms of Fire element Imbalance:

The emotion associated with Fire is joy, which, when in balance, represents an overflowing enthusiasm for life. An excess of Fire, however, can create hyper excitability and restlessness, while a deficiency of Fire can produce a lack of joy and a feeling of apathy. When Fire is out of balance, obvious symptoms may include problems with the heart organ or small intestine.

How does Fire energy get out of balance?

Emotional trauma

All emotional trauma's affect the body in many ways. But as a first level of protection there is Fire energy. Too many emotional trauma's weaken Fire energy.

Communication

When there are problems communicating with friends or family, this will disturb Fire energy. Counseling courses and confidence building may help.

Childhood relationships

If children do not receive enough love, security, or compassion as they are learning about their emotional selves, Fire energy will be upset. It helps if adults learn to love the child within.

Lack of personal space

Living in a close community can be fun, but if there is no time to be oneself then Fire energy gets upset. Meditation, quiet times and prayer all benefit Fire energy.

Self-care for Fire:

- Avoid heat and stay cool.
- Wear light clothing and layers you can remove easily to adjust body temperature.
- Have fun, dance, sing, play, express yourself.
- Reduce stress and practice meditation.
- Avoid burnt or smoked foods.
- Drink plenty of water and increase intake of fresh fruit and vegetables, oily fish (up to three portions a week), and seeds and seed oils (such as flaxseed oil).



- Wear midnight blue and black

