

# The Power of the Five Elements

*Transform Client Experiences Using the Five Elements in  
Energy Psychology*



**ACEP**

**The Art & Science of Transformational Change**

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**Dondi Dahlin**

[www.LearnTheFiveElements.com](http://www.LearnTheFiveElements.com)

## **The Five Elements**

The Five Elements are both a personality-type system and a health system. They originated in China over 2500 years ago when physicians believed that we are all connected to elements in nature and that every living thing falls into a metaphorical element. They are used as a compass for relationships, work, love, money, home/office (landscaping, décor), health, movement, communication, and medicine. Even today, many of the 1 billion Chinese people awaken in the morning and guide their day by what elements govern their lives.

It is believed that every person has all five elements dancing within them. However, there are usually 1 or 2 that are strongest. Within the elements that govern a person, certain traits, strengths, and challenges come with those elements.

The Five Elements is not a way to categorize people, box them in or label them. On the contrary, the Five Elements give people compassion for others. We all default to our worst self under stress and the Five Elements can be a helping hand along the way and they allow us to have compassion for others.

When you work with a client and you know if their strongest element is Water, Wood, Fire, Earth, or Metal, you can meet them where they are at. You can create a safe space of calm and understanding when you know the elements of your clients.

## **The Water Type: The Philosopher or The Curious Baby**

The “philosopher” Water rhythm is a slower rhythm...creative, contemplative, romantic, and hypnotic. They look for meaning in everything they do. Procrastination can be an issue.

The “curious baby” Water rhythm is sweet, playful and can resemble a Fire, at times because of their fun and joyful disposition. Everything seems to be new to them and they enjoy exploring life and getting to know people.

**Stress Response:** Fear

**Emotional/Mental Strengths:** Hopeful, gentle, deep, playful, independent.

**Emotional/Mental Challenges:** Fear, paranoia, shame, guilt, depression.

**Physical Features:** Round face, full/wide cheeks, “meaningful” eyes (can be prone to under-eye puffiness). Can often be pudgy or “fleshy.”

**Governing Organs:** Kidneys and Bladder

**Famous Waters:** Edith Piaf, Maurice Chevalier, Stevie Nicks, Nicholas Cage.

**Energy Medicine Technique for Your Water clients:**

**Cross-Crawl Repatterning**

This repatterning exercise resets the nervous system and supports crossover patterns in your body’s energies that are necessary for more energy and vitality. This exercise can also lift you out of depression or fuzzy thinking. As a Water you may need to do this twice a day for several days to feel a difference in your moods and energy level.

**Communicating with a Water Client:**

- Waters need gentle communication that isn’t hurried.
- Waters need time to process, ponder, and make decisions.
- Tread lightly when bringing them back to the topic. (Waters can go off topic – they are fluid, not linear.)
- Don’t surprise Waters with a difficult conversation – ease them into it.

## The Wood Type: The Pioneer

Woods do it first and do it well. They are on a mission to fix what isn't working. They see the big picture, make goals and accomplish those goals in record time. They value truth over tact and can dismiss people who don't work as hard as they do. Patience is not their strong suit, but they are very loyal.

**Stress Response:** Anger

**Emotional/Mental Strengths:** Driven, determined, focused, organized.

**Emotional/Mental Challenges:** Anger, frustration, short-fused, insensitive.

**Physical Features:** Rectangular faces, squared jawline, intense gaze, and strong brow bones. Usually short or medium height, stocky, and muscular.

**Governing Organs:** Liver and Gallbladder

**Famous Woods:** Simon Cowell, Napoleon Bonaparte, Donald Trump, Pink.

**Energy Medicine Technique for Your Wood clients:**

**Blowing Out the Anger**

Becoming more viscerally familiar with anger makes space for healthy assertiveness. The following exercise helps to move stuck Wood energy—including rage—out of the body, and free up congested energies. Plus, it feels great!

**Communicating with a Wood Client:**

- Woods want information that is direct and honest.
- Woods can make decisions quickly, so be ready.
- Expect some debate and some tough negotiation.
- A Wood doesn't do well with slow or long-winded communication.

## The Fire Type: The Wizard

Fires bring optimism to difficult situations. They understand the importance of connection between groups of people, and they flip seriousness into moments of fun and joy. Passion and pleasure are magnets for Fires, and they may have a problem with committing to you or that next project if something else comes along that brings them more joy.

**Stress Response:** Panic

**Emotional/Mental Strengths:** Joy, happiness, positivity, optimism.

**Emotional/Mental Challenges:** Panic, scattered, non-committal, unfocused.

**Physical Features:** Long face, or “heart-shaped” face; prominent cheekbones, smiling eyes. Often freckles, red, curly or wiry hair. Thin, tapered limbs.

**Governing Organs:** Heart, Pericardium, Triple Warmer, Small Intestine.

**Famous Fires:** James Corden, Benny Hill, Jim Carey, Bette Midler.

### **Energy Medicine Technique for Your Fire Clients: Triple Warmer Smoothie**

A meridian is a pathway of energy on the body. The Triple Warmer meridian governs the emergency response to threat, otherwise known as flight, fight, or freeze. It is the human thermostat -- involved in regulating the endocrine system, the autonomic nervous system, and appetite. The Triple Warmer Smoothie sedates the triple warmer meridian and helps to restore peace and calm. It also helps regulate body temperature, hot flashes, and panic – all of which a Fire is susceptible.

### **Communicating with a Fire Client:**

- Bring joy and pleasure to difficult conversations.
- They can get bored and appreciate an upbeat vibe.
- Promise the Fire a bonus or reward of something fun.
- Keep a light pace and don't drone on and on.

## **The Earth Type: The Caretaker**

Earths are the epitome of compassion for other humans and/or animals. Nothing is as important in life as others feeling safe and comforted. The needs of an Earth will never be as relevant as the needs of someone else. Earths are the peacemakers and the shoulder for the whole world to lean on, which doesn't always bode well for self-care and self-value.

**Stress Response:** Worry

**Emotional/Mental Strengths:** Compassionate, kind, peaceful, gentle.

**Emotional/Mental Challenges:** Worry, indecision, guilt-prone, resentful.

**Physical Features:** Shorter faces with sallow complexions and wider foreheads. Smaller nose but larger mouth and/or smile. Round body.

**Governing Organs:** Stomach and Spleen

**Famous Earths:** Pope Francis, Omar Sharif, Ed Sheeran, Melanie in *Gone with the Wind*.

**Energy Medicine Technique for Your Earth Clients:**

**Cross My Heart**

This cross-over pose of the arms calms the spleen energy and helps to bring restoration and love back to yourself. This exercise can also lift you out of indecision and worry. As an Earth you can do this whenever you like to help bring calm to a worried mind.

**Communicating with an Earth Client:**

- Make the conversation and surroundings feel comfortable and safe.
- Include snacks and beverages.
- If you demand quick answers, you probably won't get the truth.
- Use gentle words, a gentle voice, and a "team" approach.

## **The Metal Type: The Alchemist**

Like the alchemist, Metals chip away at the layers of life to get to the gem. They are wise and reverent and seem to float slightly off the ground – striving to understand that which we cannot see – the spiritual aspect of life. Metals are even-keeled and do not outwardly express great joy or great sadness – they live in their minds and observe the world from a lofty place.

**Stress Response:** Grief

**Emotional/Mental Strengths:** Respectful, gracious, well-mannered, thoughtful.

**Emotional/Mental Challenges:** Grief, detached, aloof, distant, anti-social.

**Physical Features:** Long face with widely set eyes, prominent cheekbones and nose, pale complexion, tall – or look tall even if short, lanky.

**Governing Organs:** Large Intestine and Lungs

**Famous Metals:** Angelina Jolie, Victoria Beckham, Benedict Cumberbatch, Daniel Day-Lewis

### **Energy Medicine Technique for Your Metal Clients: Connecting Heaven and Earth**

Breathing and stretching with one hand up to the sky and the other down to the ground can be soothing and calming for Metals, plus it is a powerful stretch for the hips, waist, and torso. It is very refreshing and can help to bring you back into inspiration when you are feeling very “heady.” This is one of the most popular exercises in Eden Energy Medicine because it makes people feel so good.

### **Communicating with a Metal Client:**

- Group therapy may not work as well as one-on-one.
- Don't cut them off...they might not be able to get back on track.
- They are even keeled and usually won't show a lot of emotion.
- Have patience; it may be drawn-out.