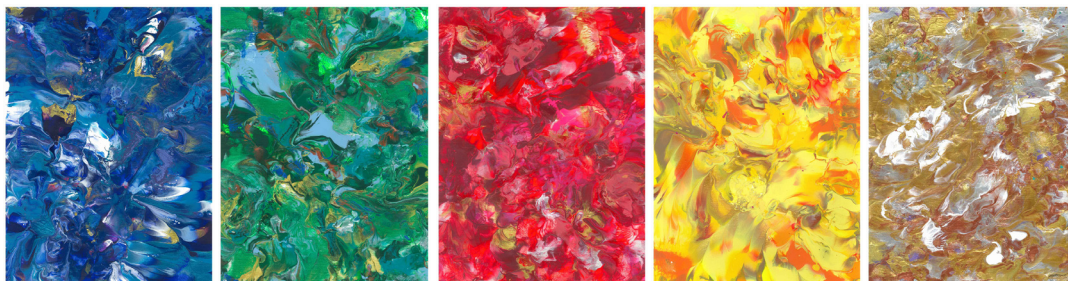


AN ANCIENT TRADITIONAL ALCHEMIC ENERGETIC CURE FOR THE FIVE ELEMENTS

When the five Eastern elements as expressed in the body are in harmony they support each other, and this manifests in the organs, systems and emotions. Water feeds Wood, Wood feeds Fire, Fire produces Earth, Earth yields Metals.



WATER

WOOD

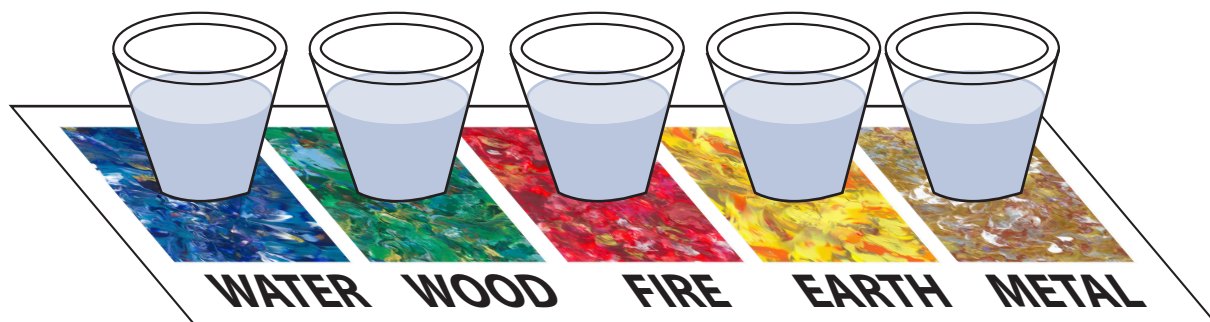
FIRE

EARTH

METAL

Print out this image, cut it out and laminate it.

Place five shot glasses or other small glasses with water (1 ounce or less) on top of the images and let them sit overnight. In the morning drink them one at a time, from left to right, to remind your body how the different organs and systems should be supporting each other. It is sort of like "rebooting" your systems, and it helps energize you in the morning.



<http://www.cafepress.com/fengshuicures/7134040>

<http://www.fengshuiforus.com/books/fiveelements/FengShuiCuresforTheFiveElements.html>

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