

THE FIVE ELEMENTS IN NATURE
A HEALING MANDALA FOR CRISIS IN REAL TIME

Nature offers a path...a way to think and feel our way through upheaval. The Elements serve as a guide to bring us to Wholeness even in the midst of crisis.



Water: When feeling overwhelmed Water brings us the gift of listening. *"Start close in..."*, *listen deeply to yourself*. Begin with what you have. Do you have food, shelter; someone to call if you need a place to stay? Settle into the peace of knowing that you do have these fundamental needs taken care of. Once you have settled, allow rest. Uncertainty can leave us exhausted.

When ready take stock of what is not certain for you in this moment and move yourself to the next element...Wood.

Wood: When feeling confused Wood brings the gift of direction. Strategize around your uncertainties then take a step into action. When finances are a concern, call your bank, credit card company, landlord. The world has been turned upside down and everyone now must bend even those you think most unlikely. Methodically work through your list until you can say that there is a plan for at least the next month. See with your eyes the beauty in nature, the flowering trees still blossoming; and imagine a transformed landscape, the world as you would like it to be.....and move yourself to the next element...Fire.



Fire: When feeling lonely, Fire brings the gift of partnership. Make a practice of keeping in touch. Do not isolate underneath the weight of covered faces, hands and six-foot distances. While it is true we need social distancing, maintaining relationships and community are essential for keeping the spirit in your heart alive. Love crosses boundaries and is the one medicine we can spread to help



us all. Form a web of trusted friends and express your love more freely; allow yourself to feel the warmth of their hearts when you are most alone and move yourself to the next element...Earth.

Earth: When feeling worried Earth brings the gift of present contentment. Sheltering in place is a call to this element and for many of us a step in our lives that may have been missing. Relish this time. Sink into home life without all the distractions. Nest in a blanket; prepare home cooked meals; savor their taste. Keep walking as it not only supports your body but frees the mind of worry and pre-occupations, an easy snag in the midst of it all. Find satisfaction in your day...that walk, that meal, or the person in the grocery line who needed your help. Once grounded in the present moment.....move yourself to the next element...Metal.



Metal: When feeling forlorn Metal brings the gift of rhythmic return. Inhale and exhale. The BMS thrives on rhythm. If you find yourself floundering through unnamed days and hours, establish a routine as soon as possible....a regular rising and sleeping. Bow to life exactly as it is now, the plans, the disappointments, the dreams that are now delayed. Give yourself time to feel and absorb the losses; then honor their truth as an inevitable part of living. For this you will grow immeasurably rich, in service to all of humanity.



You have now come full circle. May you and yours be safe, blessed and whole.

Jane and Linda