

REFINEMENT

ANCIENT WISDOM FOR TOTAL HEALTH

Produced Exclusively for

**SHELTON
QIGONG**

UNDERSTANDING THE FIVE ELEMENTS

The five elements are wood, fire, earth, metal, water. The five elements in daily life were regarded as the foundation of everything in the universe. They have their own characteristics and can help us understand our personality traits, lifestyle choices and potential for disease. Chris Shelton describes the effect of the five elements on health. *Article inside.*



QIGONG BASICS

Click here for movements that enhance energy and balance.

Which Element Personality Are You?

Look to Nature for Optimal Wellness

Are you a strong, authoritative wood personality? A fired-up, passionate go-getter? A caring earth-loving soul? A methodical, organized metal personality? Or a wise, truth-telling water person?

When you're in tune with your dominant natural element – Wood, Fire, Earth, Metal or Water – you accelerate your understanding of personality, physical health and emotional well-being.

Scan the five profiles below. Which Element resonates as true for you?





WOOD

Wood people are good managers who get noticed, professionally and socially. Wood types have zero-tolerance for laziness. They rarely sit still. On a personal and professional level, Wood types motivate others by example rather than emotional heart-to-heart conversations. They love results and openly favor star players. Because of their drive, Wood people sometimes forget to cultivate traits like inclusiveness, kindness and compassion.

Wood types like to be aroused, excited and thrilled. Adrenaline is one of their favorite flavors so it's imperative, but difficult for them, to stay balanced at work, home and play. As expressive as Wood people are, they often avoid expressing anger and regress to displaced outbursts or seething silence. Wood types do not forgive easily, especially when they believe someone has damaged their reputation or betrayed their trust.

Wood people should have a tall slender or short stocky body (like a bush). If not then it may indicate health problems like depression and migraines. If they lose too much hair on the top of their head then it can mean there is too much heat in the body. Health conditions for Wood people can be aggravated by eating an excess of greasy or fried food and/or drinking too much alcohol.

Because Wood types see the big picture and can work easily and tirelessly toward long-term goals, narrow-minded people frustrate them. Wood people get impatient with those who "sweat the small stuff" and whine about time, energy and money. They like to help others and have an affinity for service and volunteerism.

Examples of famous Wood Element personalities: Demi Moore, John Travolta, President Ronald Reagan.

Best advice for Wood people wanting to maintain balance in life:

Practice slow-moving activities like Tai Chi, walking barefoot on the grass in nature and meditation. Let go of control, accept help from others. Avoid emotional eating and add more lemon, lime and turmeric to food.



FIRE

Fire people attract a lot of attention but need time alone to rekindle and recharge. They're fun-loving and playful but when overwhelmed, Fire types can be short-tempered and impulsive. Fire people sometimes have to make amends for their quick temper, sharp tongue and bad behavior when bored.

Because Fire personalities are naturally gracious, playful and charismatic, people want to be around them and easily forgive their temperamental outbursts. Fire people love their independence and adore fellow free spirits. When surrounded by a tight inner group of like-minded people, a Fire person thrives and accepts that the best way to manage their high-energy personality is to move, dance and shake off negativity.

Some Fire people are undermined by people-pleasing tendencies or enabling others' bad

behavior. Well-balanced Fire people listen to their intuition and take action irrespective of other people's opinions.

Fire people should walk fast and if they do not, this may indicate disorders like high blood pressure and lethargy. They are known for their blood vessels and blood. If cardiovascular health is weak then they may suffer from heart disease.

Fire types can be recklessly open with their feelings but Fire people realize that most people are not as emotionally expressive as they are. Fire people are masterfully creative so they're most engaged when starting a new project or relationship.

Examples of famous Fire Element personalities: President Barack Obama, actress Alyssa Milano, Keira Knightley.

Best advice for Fire people wanting to maintain balance in life:

Make time for joy by resting and refueling. Avoid pursuing relationships fueled by drama, self-centeredness and pain. Practice establishing healthy boundaries with people in your life. Eat sugar-free and organic as much as possible.

EARTH

Earth people are naturally open, grounded and centered. Because of their life-affirming openness, Earth types often feel uncomfortable setting emotional boundaries. They can get caught up in others' problems and dramas because they love to be needed and "fix" situations.

Earth people thrive when pushing their physical limitations. They love feeling physically expansive, strong and free. When they're balanced, Earth people are focused and tenacious. When out of balance, tenaciousness unravels into stubbornness and outright belligerence. Due to their love of feeling safe, secure and comfortable, Earth people can stifle self-expression and emotional growth by operating from outdated labels and roles that no longer serve them.

Earth people are fiercely loyal. They are advocates, activists and change-makers. Earth types are good at channeling their strong sense of right and wrong by speaking up with openness and authenticity. Earth people believe in people's good nature, which makes them natural and beloved leaders.

Earth people should have strong muscles and when they do not may be prone to conditions like diabetes and over/under-weight conditions.

Because Earth people give solid and loving advice, they sometimes attract divas and drama.

Examples of famous Earth Element personalities: Actress Marcia Cross (*Desperate Housewives*), Jacqueline Kennedy Onassis, Winston Churchill.

Best advice for Earth people wanting to maintain balance in life:

Listen to your intuition or gut instinct when making choices. Avoid overanalyzing and attempting to control people and situations. Eat, drink and socialize in moderation.





METAL

Metal people appreciate the finer things in life. It's important they're in constant contact with current events and breaking news. Metal people are unapologetic about their love of higher education and hard work that nets capital gains. One of Metal's great strengths is their ability to dream and to do.

Metal types have high standards that border on perfectionism. When out of balance, they can spiral down into feelings of self-loathing and self-recrimination. Metal people can be hard on others and demand the best yet they're most ruthless and unforgiving towards themselves. Not surprisingly, Metal types dislike being given orders or taking advice. When working on a team, Metal people must remind themselves to consider other people's opinions and viewpoints. Metal types should walk slowly and deliberately.

If they do not it may indicate diseases like asthma or eczema. They are known for having a strong voice. If their voice is weak, it may indicate problems with their lungs.

They have a special life-long appreciation and love of the arts. With such a strong intellect and array of critical-thinking skills, it's important that Metal types remain friendly and open rather than appearing arrogant and cold. Although grounded and connected, Metal people are quite philosophical and openly contemplate the meaning of life and death. Metal types are master conversationalists and entertainers when they feel seen, heard and understood.

Examples of famous Metal Element personalities: Angelina Jolie, Fred Astaire, Princess Diana.

Best advice for Metal people wanting to maintain balance in life:

Embrace silent contemplation. Replace judgment of others with observation, discernment and allowance. Boost immunity by adding sautéed onions and garlic to foods.

WATER

Water people are often perceived as mysterious. They possess a strong desire to succeed and to shine. At a primal level they know about “survival of the fittest;” it’s one of the reasons Water people shy away from conflict and are usually out of the room when conflict happens.

Quite beautiful inside and out, Water people are rarely without company. They often have an active sex drive. Ironically, Water people sometimes feel lonely and disconnected. Their sensual natures can attract the people and experiences they most desire.

When a Water person is out of balance they can have conditions like ringing of the ears, bone issues and lack luster in the eyes. If they have no sex drive this can indicate diseases like chronic low-back pain or high blood pressure.

Blessed with strong bones, sharp intellect and ability to face fears and take physical risks, Water people can accomplish a lot in less time than most people.

When a Water person strays from their authenticity, their intention is not malice. Water people don’t want to offend or cause conflict so will lie to or shield sensitive truths from people they consider volatile, violent or replaceable.

Water people are masterful negotiators, loyal to those they love and respect, and they especially thrive when they feel secure and protected.

Examples of famous Water Element personalities: Actress Kirsten Dunst, Elizabeth Taylor, Oprah Winfrey.

Best advice for Water people wanting to maintain balance in life:

Cultivate opportunities to take positive risks and trust people. Make sure to get enough sleep to replenish your energy. Avoid patterns of escapism and denial when feeling discomfort or fear. Be creative and eat fresh in the kitchen.



PULLING DOWN THE HEAVENS: QIGONG 101

The practice of Pulling Down the Heavens is a staple of Qigong. I recommend doing this simple, sweeping movement before and after every stretching or exercise routine, or simply to calm your mind.

Starting from the Wu Ji posture—feet shoulders width apart, knees lightly unlocked, shoulders relaxed, chin and tail bone slightly tucked—inhale and raise or float your arms wide to the side, palms up, arms gently curved.

At the top of your reach, as you begin to exhale, turn your palms over and bring the arms down, palms passing in front of your head, chest and abdomen.

Here is a short video showing how to practice
Pulling Down the Heavens (click to play):



A final note from Chris Shelton Qigong Master and "Hollywood Healer"

If you're suffering from chronic pain, facing a catastrophic health diagnosis or looking to improve your overall well-being, what a pleasure to meet you!

The simple, gentle movements you just did? Those poses helped me heal after being nearly crippled by a martial arts injury that left me bedridden and depressed.

Years ago I was told I would never walk again. At the time I was sad, sick and addicted to whatever could ease my physical and emotional pain.

Studying Qigong was a last-ditch effort to save my life,

get out of pain, get clean (emotionally and physically) and get back into the ring again... and thanks to Qigong I was able to accomplish all of those things and build a beautiful, happy, healthy life.

What's possible for me is possible for you. Impossible = I'm possible.

You do NOT need to live in chronic pain. Despite what your doctors (and your mind) may be telling you, your body DOES know how to heal and your body CAN heal.

For more than 25 years I've worked with people who've had nothing less than miraculous health transformations using the gentle movements and meditations of Qigong.

I wish you every success on your journey back to health and toward long-lasting and permanent wellness.

Want a challenge? Go to YouTube and commit to doing 20 minutes of Qigong with me every day for 30 days (YouTube.com/ChrisSheltonQigong). The program is FREE. All you need is a desire to feel better, stronger and calmer within minutes. Regardless of your mobility or how "impossible" your health situation, you can do Qigong.

Stay in touch and thanks for digging deeper into your elemental nature (now remember to take the advice, grasshopper).

Qi you later and be well,
Chris Shelton