



## FULL CIRCLE: THE ELEMENTAL WAY OF WHOLENESS COURSE OUTLINE

The one thing people ask me most often is: *“How can I learn more about the Five Elements?”* Which has left me at a loss because there are little to no reliable resources designed for someone not also studying Acupuncture or Feng Shui or Face Reading (or some other Elementally based system) to really dig into and explore the elements and their influence on our lives.

**Full Circle** was designed in response to my clients, friends, and casual acquaintance's regular requests to learn more about the Five Elements, and the Nine Star Ki specifically (which has even less good teaching sources than the elements over all). So far as I know, this is the only program of it's nature that teaches the foundational ideas of all these systems in a way that they can be shared with the average person and used by people in a variety of fields.

**I honestly believe that the Five Elements offer us a Life Changing model for Wholeness** and it is my hope that talking about and understanding *your* Elemental Nature will, eventually, be as commonplace as introducing yourself by your astrological sign. I know that you'll feel the same way too as you discover the whole life wisdom the Five Elements have to offer.

Each month will include an in-depth exploration of it's assigned Element designed to help you explore *and* experience the Element's energy and will include: write ups on their essence, what they look like out of balance, their health effects, body and facial correspondences, what they perfect, their essence and wisdom, their correspondences in-depth, how and when they influence us, career, etc. As well as assigned homework and guided meditations - Elementally related suggestions - that will allow you to move as deeply into that Element as you like.

Most of the following subjects will continue to weave throughout the whole program, but here is the monthly breakdown on when you can expect each to be introduced:

Month	Element	Covering
January	Water	<ul style="list-style-type: none"> <li>- Five Element Metaphysics</li> <li>- The origins/roots of the Five Elements</li> <li>- Ancient Chinese Worldview/Philosophy</li> <li>- Introduction to the Five Element</li> <li>- the Five Elements as Archetypes</li> <li>- Soul Contracts, Fate, Destiny</li> </ul>
February	Yin Earth	<ul style="list-style-type: none"> <li>- Your Elemental Homebase</li> <li>- Nine Star Ki introduction</li> <li>- Connection to the I Ching</li> <li>- Basic Taoist Influence</li> <li>- Defining Qi</li> <li>- Yin &amp; Yang</li> </ul>
March	Yang Wood	<ul style="list-style-type: none"> <li>- Elemental Associations and Correspondences</li> <li>- Interpreting the Elements</li> <li>- Qi Gong</li> <li>- Elements in the Human Life Cycle</li> </ul>
April	Yin Wood	<ul style="list-style-type: none"> <li>- How the Elements influence each other</li> <li>- How Energy moves through the phases</li> <li>- The nature and process of healing</li> <li>- West vs East healing ideals</li> <li>- Chinese Medicine basics</li> </ul>
May	Earth	<ul style="list-style-type: none"> <li>- How the Elements relate to each other</li> <li>- Patterns</li> <li>- Recognizing Elemental Imbalances</li> <li>- Emotional wisdom</li> <li>- Stories we live by</li> <li>- Ideas about the soul</li> </ul>
June	Yang Metal	<ul style="list-style-type: none"> <li>- Case Studies begin</li> <li>- Spirit of the Elements</li> <li>- Elements moving in time</li> <li>- Intro to Acupuncture and Food &amp; herbs as treatment</li> <li>- Spiritual Acupuncture</li> </ul>

Month	Element	Covering
July	Yin Metal	<ul style="list-style-type: none"> <li>- Understanding process and change</li> <li>- Soul level change/growth</li> <li>- Your 3 treasures</li> <li>- The role of Spirit in your life</li> <li>- Personalized study subjects</li> </ul>
August	Yang Earth	<ul style="list-style-type: none"> <li>- The I Ching</li> <li>- Elements in the natural world</li> <li>- Feng Shui</li> <li>- Looking inward</li> <li>- Seven internal causes of disease</li> </ul>
September	Fire	<ul style="list-style-type: none"> <li>- How they manifest in people (voice, build, etc.)</li> <li>- Coaching/Service best practices</li> <li>- Elements in Relationships</li> <li>- Perfecting the Elements</li> </ul>

The course itself is meant to work with you, and so it will be adaptable - shifting and expanding based on what you want to gain from it - some subjects may be added and others will be expanded to take you even deeper into the Five Elements.

**READY TO DIVE IN?**