



Fire

Creativity
Companionship
Inspired Action
Community
Volunteerism

Feel the Sun on Your Face

Wood

Growth
Focus on a Task
Study
Meditation/Visualization
Forest Bathing
Singing

Earth

Nurturing
Occupy yourSelf
Eat Nourishing Foods
Walk Barefoot
Work With Clay



Water

Movement
Play
Dance
Arts
Integration

Metal/Air

Breathwork
Tonglen
Meditation
Radical Acceptance
Transformation
Rest

The Tan Cycle

Suggestions for Home Practice
To Lift and Support Toward Balance and Healing