

THE METAL ELEMENT (section 1)

COLOR:	White
SEASON:	Fall (letting go)
ORGANS:	Lungs (3:00-5:00am) Large Intestine (5:00-7:00am)
DIRECTION:	West
TASTE:	Pungent/spicy
FLUID SECRETION:	Mucous
SENSE ORGAN:	Nose
EMOTION:	Grief, sadness, depression sorrow disappointment Courage, justice, confidence
HEALING SOUND:	"Ssssss"
PHYSICAL TISSUE:	Skin, body, hair
SMELL:	Rotten
EXTERNAL FACTOR:	Dryness
METAL ARCHETYPES:	Queen, ballerina, yogi, alchemist, philosopher
STRESS RESPONSE:	Detached, aloof
ANIMAL:	House cat (intelligent but often reluctant to be social)

METAL ELEMENT PERSONALITY DESCRIPTION:

Metals are orderly, stoic and consistently search for perfection in life. They are structured, rigid and disciplined. They respect virtue and authority. They tend to be spiritual with high morals and values. They can appear calm, cool and collected. They promote structure and schedules while following doctrine and rules. They favor control and inflexibility, over spontaneity and creativity. They are pragmatic, practical and methodical similar to the wood element, but the metal can detach from people with little to no emotion. Metals set very high standards for both themselves and others. They have a tendency to be solitary and often lack companions. They do not readily discuss their feelings or show their emotions. Metals need to remember to keep their hearts open otherwise they can be inflexible in relationships and isolate themselves. They can often seem indifferent or void of feelings to others. It's important they accept others and allow themselves to connect. They need to remember to relate to others without judgment. They are most comfortable when they have control over situations and can go through life's ups and downs without getting too bent out of shape. They do not tend to get riled up or engage in conflict. They revere beauty, ceremony and refinement. If you don't fit into their standards they will just say goodbye. They won't argue or struggle and therefore they can come across as cold and detached. Their striving toward perfectionism can be debilitating. They need to accept their faults as well as the faults of others. The metal can go days without speaking to others without feeling lonely. Self-reflection and going inward will feel good to a metal. This is why it's important they pay attention to get out of their head at times and opening their heart. Metal elements may be wise to check in and be sure they foster some spontaneity, flexibility and creativity in their lives. Releasing the need to be perfect can be an important lesson for the metal element, so they can live more joyfully and accept others. Their

standards can be unrealistic, so they need to know how to strive for excellence while maintaining relationships. When they notice they are feeling superior they should check in with their standards and be sure they are reasonable. They need to be extra conscious to pull themselves out of their rigidity and remain connected in their relationships. They should attempt to stay connected to the present moment, and people, not become detached and ambivalent. They need to find a way to experience joy and laughter and stay flexible.

RELATIONSHIPS:

If you are looking for romance with fireworks and excitement you may want to look somewhere else. A relationship with a metal will be more mild than passionate. They find love and connection in subtlety and don't delight in the little details others may want and expect. When they are at their best they are interested in helping you reach your personal best. They can be soothing because they remain focused on outcomes and don't get emotional. It's important they be sure to check in with their partner's needs and desires. They can feel detached and may not notice what their mate needs or expects. Metals need a reminder to connect to others and need to pull them self out of rigidity and honor the people around them. If you are in a relationship with a metal schedule some fun and remind them that's important to you. Joy and happiness for a metal is different from that of the other elements. They need to be one with a higher vibration and connect to the present moment. They do best when they're at service to others. A spiritual group may be where they feel most at home. Encourage them to join a community of like-minded individuals so they don't isolate themselves.

TYPICAL PROBLEMS:

Remember for others joy is real even though you may not feel those same heightened emotions. Just because others do not engage in a spiritual practice such as meditation or prayer doesn't mean they are un-evolved. Avoid getting in your head and be sure to connect to others. When your search becomes so focused on you and your journey, you will miss out on people and experiences around you. Someone may not seem to you to be as refined, sophisticated and evolved, but that doesn't mean they are not. Remember when you don't share yourself and your emotions with others you may appear superior. Sharing of yourself will humanize you. Know it's okay to feel. Ask yourself if you are being aloof or indifferent. Allow your self to laugh or cry. It may feel uncomfortable but doing so will open your heart and get you out of your head, which is healthy for a metal.