

## **EARTH (Section 5)**

COLOR:	Yellow
SEASON:	Late Summer
ORGANS:	Stomach / Spleen
DIRECTION:	Center
TASTE:	Sweet
FLUID SECRETION:	Saliva
SENSE ORGAN:	Mouth
EMOTION:	Sympathy, fairness, compassion, centering, balance Worry, anxiety, pity
HEALING SOUND:	Hu
PHYSICAL TISSUE:	Flesh
SMELL:	fragrant
EXTERNAL FACTOR:	humid / dampness
ANIMAL:	Golden retriever (lovable, loyal, friendly, kind)

### **PERSONALITY:**

Earth's love comfort and love to comfort others. They are good listeners. They pour devotion into their relationships and sacrifice for others. They can often help others so much they forget about helping themselves. They have a hard time asking for what they need and can feel they are being a burden if they ask for help. They often suspend their own needs and desires for those of others. Earths need connection and community. They are drawn to people in need. Worry and guilt are big emotions for earths. Earths need to balance their devotion to relationships with solitude and develop self-reliance as well as building community. Earths love family and to feel they can be themselves and give to others. They can often get caught in the middle during difficulties between people and like to hear both sides of a story. Some have a tendency to lack assertiveness. They want everyone to feel loved and accepted without judgment. They take pride in being dependable. Earths often dole out compassion to others but many have a hard time feeling compassion for themselves. Their mission is to help others so they often suspend their own needs and desires. They need to avoid being overly giving in order to stay in emotional balance. Connection and love is important to earths. They almost always have children or animals. Earths don't like struggle. They want people to feel stable, connected and peaceful. When unbalanced earths can have an extreme need to be needed which can be a huge turnoff to others. Of all the elements earths are the most resistant to change. They are all about contentment and no struggle. They want things to be easy. They ponder decisions and feelings and are often not able to let them go and move on. Worrying can lead to over mothering others and becoming too involved or intrusive in others lives, which can be dysfunctional and lead to codependency. Earths need to learn about emotional boundaries and separation between their lives and other peoples. Earths want to prepare for every

scenario. They have a hard time letting go of things and people and can often find themselves in unhealthy relationships. They would rather stay in the familiar safety of the world they know. In relationships earths want to smooth everything over and soften conflict. They believe if they are kind and loving enough other people will come out of darkness and into the light; however, not addressing difficulties or problems often leads to more problems in the long term. When earths are in touch with their own inner voice they can love others without losing themselves in a compulsive need to give. They can learn to redirect their thoughts and not obsessively worry by connecting to the planet and going for a walk in nature. They need to focus on allowing change and not worrying about the unknown. They need to allow people to live their own lives. Earths love food and may gravitate toward sweets and starches. Because the earth element relates to the stomach, earths need to avoid over indulging. They should follow a gluten free diet if they have GI issues. Earths can become easily overwhelmed. Deadlines, authority, rules, directions and politics can be difficult for earths. Always needing to take care of others and giving of their time can stretch them too thin.

### **RELATIONSHIPS**

Earths are great listeners and will support everything their loved one does. They create the space for people to be their best that many people can't do without their support. If you are in a relationship with an earth let them help you. Even if you're a completely self-reliant wood, find something they can do for you. They need to give and this cannot be avoided. They don't want people to feel bad and tend to not rock the boat. They say what they think people want to hear and have a tendency to enable toxic relationships instead of challenging them. They can start to question their entire existence though when they feel they don't please people. Most earths are caregivers and healers yet have a hard time nurturing themselves. They need to learn to receive. If you need someone to really pay attention to you and take care of you befriend an earth. They can be taken for granted as a bottomless pit of love though, so make sure to acknowledge them occasionally.

### **TYPICAL PROBLEMS**

Earths keep their problems to them self and take on others burdens. They tend to over worry and can overwhelm and smother people. They can be overprotective and can overextend in efforts to please others. They struggle with boundaries. They may have a tendency to be comforted by things or food. They can get resentful doing too much for others and can feel sorry for themself if people aren't giving them enough love or in the right way. They may ignore their truth to avoid conflict.