



SPRING 2024

The first day of spring occurs this year on March 19, 2024. In the Five Elements Theory, spring is associated with the Wood Element. Wood rules the liver and the gallbladder. The liver regulates the smooth flow of Qi in the body, governs the spine, muscles, joints, tendons, ligaments and the eyes.

Green represents the color of the Wood Element and symbolizes the outward growth of the season. This is a time for beginnings as we, and all of nature, emerge from the stillness of winter.

Anger is the emotion linked to the liver. Holding on to anger can stagnate Liver Qi. Retaining anger gets us stuck and prevents us from living fully. Use this time of beginnings to release anyone and anything that no longer serves you.

As with all of the seasons, finding the right equilibrium is the key. Here are a few ways to find balance in spring:

Think Green

As green is the color associated with spring, try to include as much green in your diet as possible – broccoli, green beans, lettuce, kale, apples, asparagus, celery, cucumbers and watercress.

Get Moving

Movement helps Qi circulate through the body. Take a walk or consider practicing Qigong everyday. As the Liver controls the tendons, a good stretch everyday benefits the smooth flow of Qi.

Release

Let go of that which no longer or perhaps never did, support and buoy you. Release old thought patterns, hurts and grudges - they stand in the way of your growth and happiness.

The Eyes Have It

The Liver opens into the eyes. Practice Qigong eye exercises daily. Also, remember to take frequent breaks when reading or looking at your computer.

Spring is the perfect time to take inventory of your life. Is your current plan working? If not, devise a new plan and make a fresh start. Plant your seeds now and act upon your desires and goals in the months to come.