



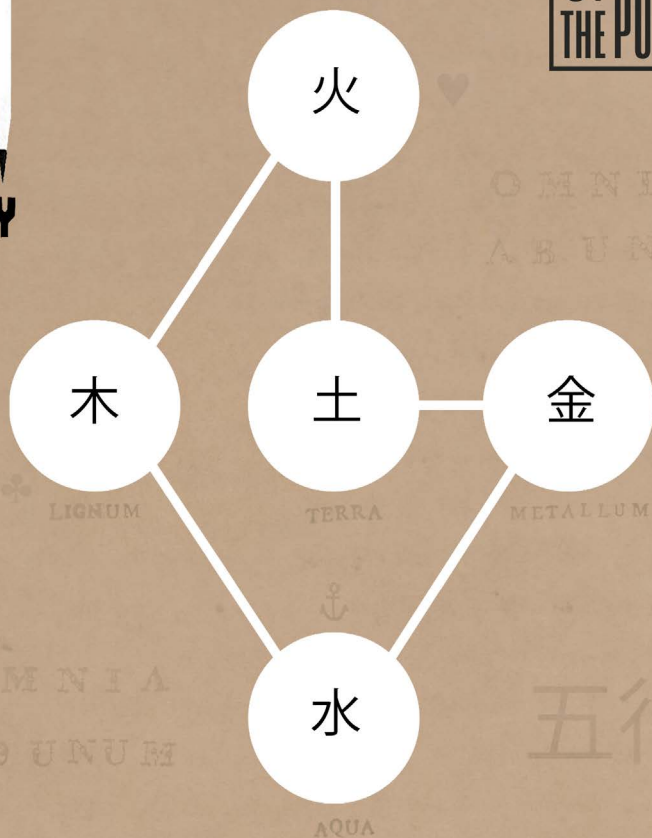
NATURA

IGNIS

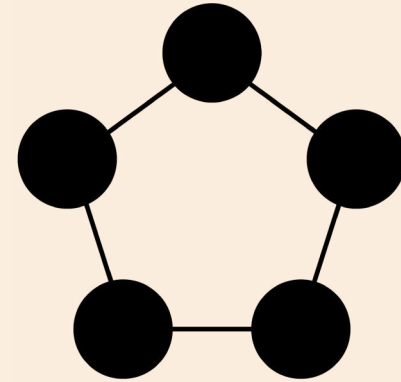


FREE

OMNIA
AB UNO



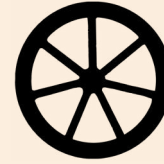
find your nature



ELEMENTA

Flora Joan
Michael Silvester
van der Giessen





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Wood _____ 5

Fire _____ 7

Earth _____ 10

Metal _____ 12

Water _____ 14



People often ask us, 'How do I know which deck to work with?'

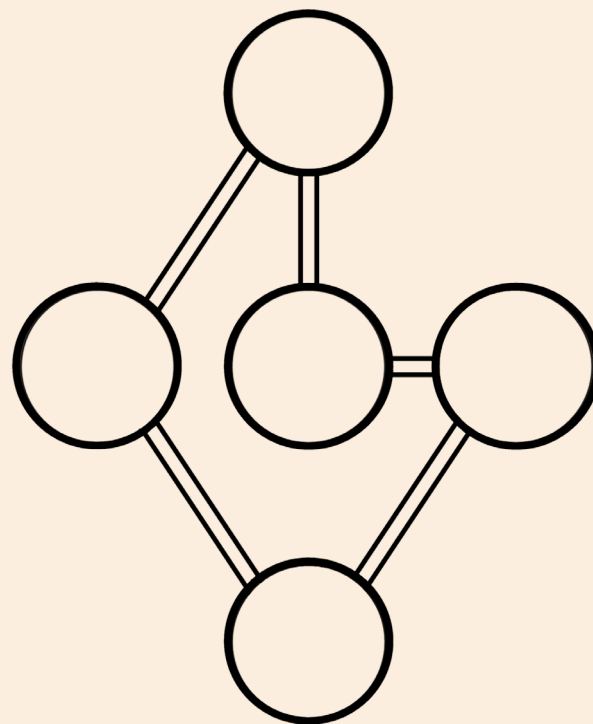
Here are a few pointers...

We are all made up of all five elements, but we all have one element that is our default setting. Knowing our elemental type helps us understand our own nature. However, identifying our default element is not as straightforward as we might like. Like the colours of the rainbow, the elements blend into each other at their edges. And too much or too little Yin or Yang can cause an element to manifest in seemingly opposite ways. Recognising yourself in the corresponding emotional responses and behaviour patterns is a unique journey of self-discovery.

The decks are meant to spark your imagination and expand your sense of possibility. Use them creatively! The elements are dynamic forces of nature that manifest in many ways. They cannot be boxed into fixed concepts and categories. The decks simply map out broad outlines that allow you to keep deepening your understanding.

To help you determine your default element, we have listed the personality traits associated with each element. But since we all have unconscious bias and quickly resort to stereotypes, you may also find it helpful to talk to an acupuncture practitioner who can offer objective insight.

五行
wǔxíng

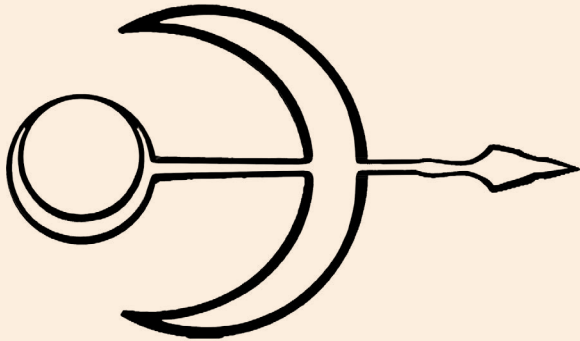


五種流行之氣

The place of Water in the cosmic cycle of Qi



WOOD 木



*If the nature of Wood resonates, aim for
The Inner Sight Liver deck*

Wood is the impulse of life to become and to grow

The Archetype is the General (the charismatic leader, architect, inventor, seeker and visionary), always aware of the ultimate goal

The organs and faculties associated with Wood reflect the gifts of the Wood personality type: the Liver controls the smooth flow of Qi and is connected to the eyes and vision, while the Gallbladder governs decision-making

Balanced Wood expresses as:
confidence, ambition, assertiveness and adaptability
clear vision, a strong sense of purpose and determination,
high levels of vitality and resilience – like the energy of Spring, excitement about new ventures, a continual search for ways to learn and grow, the ability to make decisions and execute plans, wanting to be in charge of one's own destiny and the impulse to push forward in pursuit of one's goals



Signs of Yin and Yang imbalance in the Wood element

too much Yin

being overly adaptive and unable to say 'no',
being unable to express appropriate anger and
avoiding problems to keep aggression under wraps,
being aimless and ceasing to grow, and delegating
responsibility for the way life unfolds, preferring
to seek external guidance

too much Yang

being authoritarian, domineering and aggressive
taking over without being asked, overriding resistance
from others, refusing to take 'no' for an answer and
ruthlessly pushing forward with self-made plans,
refusing to share responsibility and being
determined to win

too little Yin

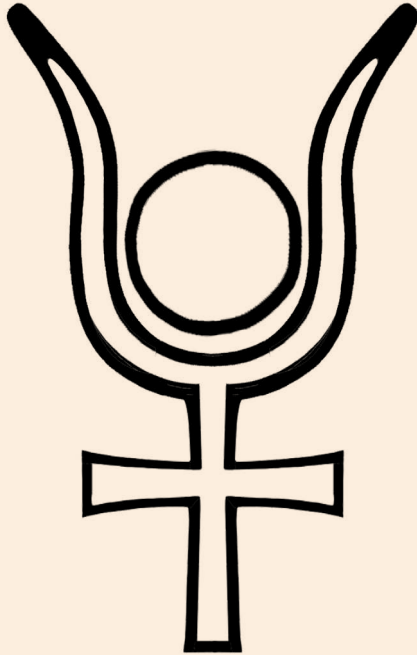
being rebellious and always clashing with authority,
being stubborn and unwilling to back down, getting
caught up in conflict when there is nothing to gain,
being judgemental of others and unable to let go of
things, feeling that there is no choice, not wanting
to lose, obsessing about accuracy, being unwilling
to accept and admit mistakes, and finding it
difficult to unwind and relax

too little Yang

being hesitant and indecisive and uncomfortable
saying 'no', running out of steam and needing
external help to complete things, being manipulative
and provocative to redirect attention and avoid notice,
resorting to passive aggression to avoid confrontation,
failing to convert initiatives into growth through
not knowing what to want, and feeling a sense of
futility and depression



FIRE 火



Fire is the impulse to radiate and transform

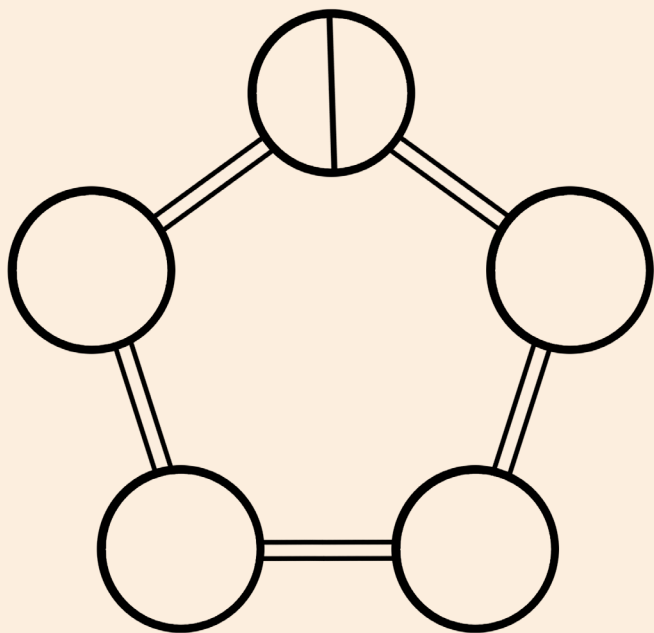
The Archetype is the Emperor or Empress, the wise ruler guided by love who spreads joy throughout the Kingdom

The organs and faculties associated with Fire reflect the gifts of the Fire personality type: the Heart expresses love and enlivens the other organs, the Pericardium protects the Heart, the Small Intestine separates pure from impure, the Triple Warmer adapts to the environment, and the Heart-Mind is infused with spirit or Shen

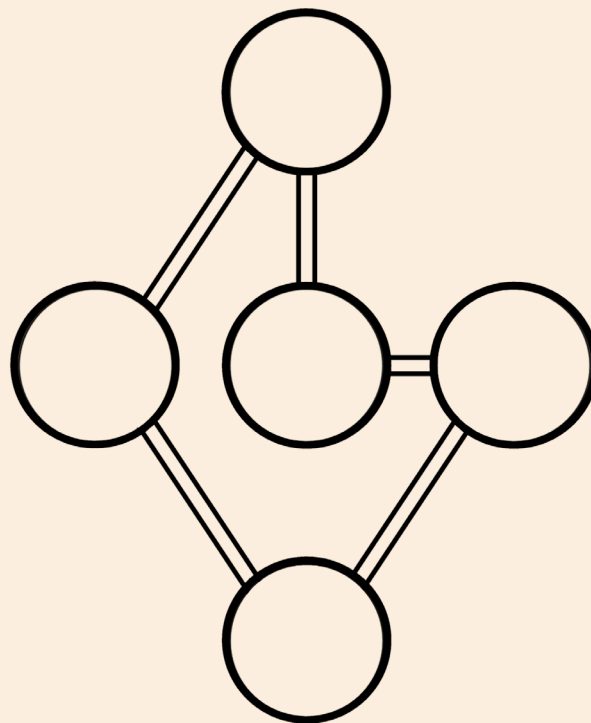
Balanced Fire expresses as:
light-hearted exuberance, passion, charisma and infectious joy, open expression of feelings, appropriate vulnerability, intuitive and empathic sensitivity, a natural ability to connect heart-to-heart and make people feel loved, a flair for kindling enthusiasm in others, an instinctive orientation towards fun, and the inclination to always look on the bright side and err on the side of hope

*If the nature of Fire resonates, be open to the
The Inner Sight Heart & The Inner Sight Pericardium decks*





五種流行之氣
The place of Fire in the cosmic cycle of Qi



五種流行之氣
The place of Earth in the cosmic cycle of Qi

Signs of Yin and Yang imbalance in the Fire element

Regal Fire of the Heart

too much Yin

being overwhelmed with chaotic thoughts and feelings because the Heart is too wide open and unable to discriminate, resorting to physical or psychological withdrawal as the only means of self-protection

too much Yang

seeking to control external circumstances, possibly even using force to dominate people and situations, in an attempt to maintain the illusion of control

too little Yin

feeling shut down and uninspired, experiencing little vitality and pleasure in life, feeling hard-hearted and vengeful because the Heart has been hurt

too little Yang

being indiscriminately open and letting everyone and everything in, performing misplaced acts of kindness that cause thoughts and feelings to become confused and toxic

Protective Fire of the Pericardium

too much Yin

needing to feel protected, retreating behind cold-heartedness and guarding against vulnerability by being hostile, suspicious and dismissive

too much Yang

being unable to be alone and feeling compelled to seek (sexual) contact, constantly craving stimulation and being unable to exercise self-restraint, clinging to superficial joy as a way of avoiding pain

too little Yin

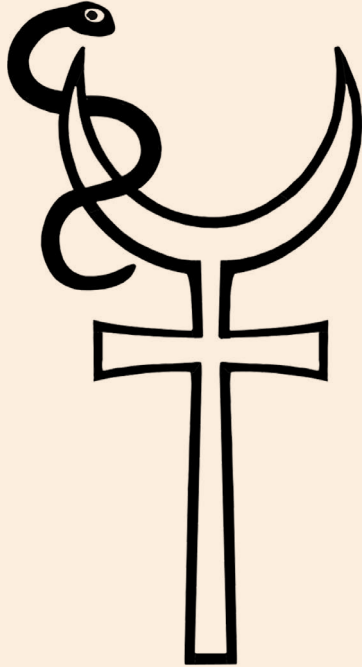
being too wide open and defenceless, being unable to recognise and respect personal and interpersonal boundaries, and going to exhausting lengths to make others happy in order to be loveable

too little Yang

experiencing a lack of vitality, feeling dull and uninteresting and being unable to actively communicate inner worth to the outside world



EARTH ±



*If the nature of Earth resonates, contemplate
The Inner Sight Spleen deck*

Earth is the impulse to support and nurture

The Archetype is the bountiful and compassionate
Mother who supports and nurtures the community

The organs and faculties associated with Earth
reflect the gifts of the Earth personality type:
the Spleen distributes vitality from the great
granaries of the Stomach so all parts of the
internal kingdom are equally nourished

Balanced Earth expresses as:
kindness, generosity and compassion, natural
hospitality and the desire to accommodate,
enjoying being with others, valuing relationships
and feeling a strong sense of community, loyal
friendship, always being ready to step up and
offer support, grounded practicality, awareness of



infinite possibilities and the ability to give and receive

Signs of Yin and Yang imbalance in the Earth element
too much Yin

wanting to be mothered by others,
being excessively focused on oneself,
manipulating others to ensure that
one's own needs are met and
showing little generosity

too much Yang

a lack of self-care that fails to
recognise and attend to personal
needs, preferring to focus on and
worry about others' needs and
wanting to mother everyone

too little Yin

lack of coherence, erratic
behaviour, a sense of being alone
and not understood, assuming that
one's own needs will not be met,
being emotionally inflexible and
unwilling to accept sympathy,
manifesting physical symptoms
in response to emotional distress

too little Yang

feeling burdened by excessive concern
about detail and needing to rely on
others, struggling to process emotional
and mental experiences, and having a
conflicted relationship with food and
being unable to properly metabolise it



METAL 金



*If the nature of Metal resonates, consider
The Inner Sight Lung deck*

Metal is the impulse to discern value and find meaning

The Archetype is the Father, the guardian and protector who knows what is of value and fosters self-worth

The organs and faculties associated with Metal reflect the gifts of the Metal personality type: the Lungs, the Large Intestine and the Skin are all highly sensitive interfaces that determine what is of value and what is not

Balanced Metal expresses as:
commitment to quality, refined sensitivity to surroundings, the ability to take in, discern what is needed and release what is not, acceptance of the need to let go so life can flow, inner strength, self-discipline, high principles, careful vigilance and precision, strong analytical skills, wide-ranging perspective, the ability to thrive in a structured environment with clear rules, and a constant search for inspiration and



meaningful purpose in life

Signs of Yin and Yang imbalance in the Metal element

too much Yin

arrogance, pride and an inflated sense of self, being judgemental and intolerant of others, a tendency to covet and cling to material things

too much Yang

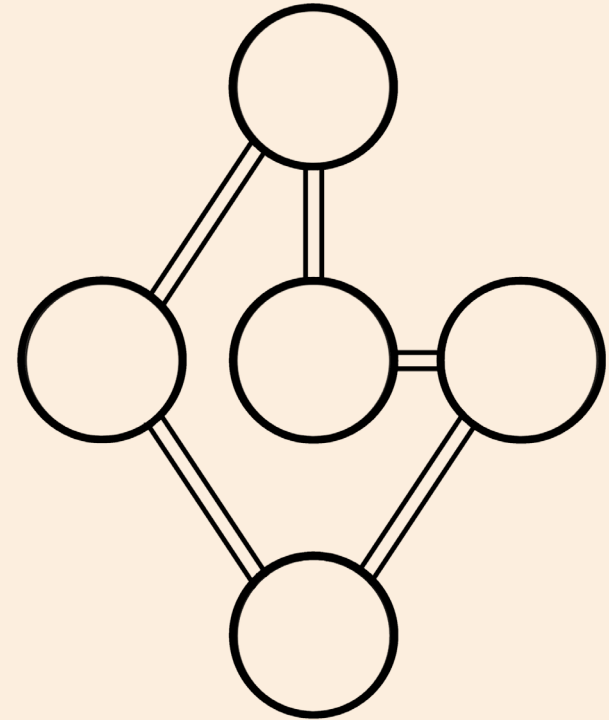
pride in being different, refusal to form attachments in order to avoid grief, rejection of the body, denial of mundane existence and a yearning for the divine

too little Yin

being unable to form enriching connections with others, the feeling of always falling short and not being good enough, dismissing positive feedback, and intentionally harming oneself

too little Yang

being overly rigid and systematic, clinging to order, insisting on following procedure and refusing to compromise, being afraid of change, focusing on the past and being unable to let go

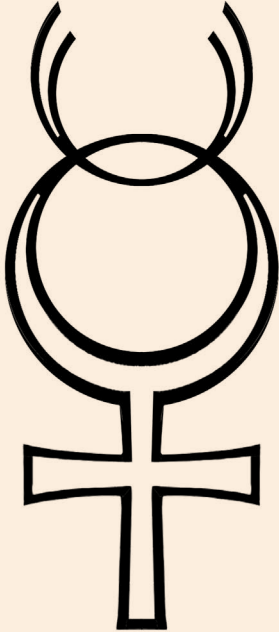


五種流行之氣

The place of Metal in the cosmic cycle of Qi



WATER 水



*If the nature of Water resonates, ponder
The Inner Sight Kidney deck*

Water is the impulse to align with the inner flow and find the best way

The Archetype is the enigmatic anonymous Philosopher who seeks knowledge and possesses intuitive wisdom

The organs and faculties associated with Water reflect the gifts of the Water personality type: the Kidney and the Bladder are the source of the body's deepest reserves, the wellspring of the will and the creative power of the imagination

Balanced Water expresses as:
fearlessness and determination, a powerful will, great tenacity and deep reserves of inner strength, fluidity and adaptability, originality, deep thoughts and feelings, a constant flow of creativity, a sensitive, contemplative and intuitive nature, an instinctive sense of discretion and diplomacy, natural healing abilities, joy in solitude and peace in tranquillity



Signs of Yin and Yang imbalance in the Water element

too much Yin

feeling paralysed and petrified, being immobilised by fear, being a 'poor me', deflecting incentives and feeling depleted, restlessness in the legs and feeling a constant urge to urinate

too much Yang

a compulsive desire for excitement and danger, being driven by ambition and the pursuit of power, achieving professional success by constantly assessing potential risks

too little Yin

a strong need for control fuelled by a deep sense of insecurity, always being wary and inclined to doubt, concealing intentions and motives, flaring up in anger, being nervous and hyperactive, being physically restless and unable to concentrate

too little Yang

a constant sense of tremendous threat, being filled with tension that drains vital energy and makes it difficult to act, feeling powerless and weak, experiencing a lack of resolve, trying to move forward while holding back, failing to manifest potential, withdrawing in fear and ceasing to grow





The duo behind The Nature of the Points

Flora Joan and Michael Silvester van der Giessen

As a teenager Flora explored the spiritual, linguistic and artistic aspects of Taoism among masters in Beijing, where her mother, aunt and uncle were studying traditional Chinese medicine. Having found her calling, she went on to qualify as an acupuncturist and gained an honors degree in photography.

Michael is an ecopreneur who is passionate about the interconnectedness of inner and outer worlds. He is pursuing a qualification as an Ecopsychologist and is also a skilled photographer. Combining her interests in The Nature of the Points, Flora uses her unique visual voice to create compositions that communicate aspects of Eastern medicine and the nature of the points. Michael does extensive research, matching the names of the points across cultures with a team of translators.

Together they want to help everyone discover the healer within.

www.thenatureofthepoints.com

Disclaimer

Our aim in creating this ebook is to help you deepen your connection with your body and the intelligence of nature. Our intention is to support self-healing. We do not claim to provide a definitive guide to the use of meridian points and are not responsible for your use of this work.

We offer this information for educational purposes only. It is not intended to be used to diagnose or treat medical conditions, or to replace professional medical consultation or treatment. If you suspect that you have a medical condition, it is important to seek advice from a qualified healthcare professional.

Healthcare professionals applying the material in this ebook are responsible for their own results. We hope the information will help you discover the treasures of the points and enrich your practice. However, please bear in mind that, while we have made every effort to ensure the accuracy of the content, we are not liable for any errors or omissions.

If you wish to use the content for self-healing, before you begin find out more about the aspects that interest you. Assuming responsibility for your own wellbeing can be very empowering. Gentle bodywork can complement conventional medicine and support the healing process. As you become more aware of your inner landscape, you will become more sensitive to the natural rhythms of your body. You can then detect and correct imbalances in your energy flow before they manifest as illness.

If in doubt as to whether to apply pressure to certain points, please seek medical advice!



