

FIVE ELEMENTS AND PATTERNS OF DISHARMONY

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THE VALUE OF CONSTITUTIONAL TREATMENT

The Constitutional Factor (CF) is the primary cause not only of the client's illness, but of the client's health. It is like a first domino in a long chain reaction. This domino did not fall down long ago in the past, leaving us the pieces to pick up now; it is continuing to fall down potentially every moment of the client's life, thus every time knocking right back down again every domino that we pick up. This is why, although symptomatic treatments may bring dramatic immediate results, the effects are relatively temporary. The root disharmony will keep on producing a chain reaction of illness, until it begins to heal.

Healing is not a removal of illness; it is journey toward virtue, or greater and greater alignment with Tao. Once the CF is oriented towards this journey of healing, this too has a profound chain reaction effect. If, at any time, there is any way that we can access the deep power of the core virtue to help shift another Element towards virtue, this is always preferable, and most likely to be an enduring shift.

COLOR *SOUND* **ODOR** EMOTION (CSOE)

Color, Sound, Odor and Emotion are the sole means accepted by the 5 Element community for diagnosing CF.

Color: The subtle hue appearing off the skin, primarily near the temples and around the mouth.

Sound: an intonation in the voice independent of verbal content, which remains fairly constant despite modulations reflecting momentary emotional content.

Odor: a subtle scent usually detected at the nape of the client's neck or back, or when lifting a sheet or blanket which has been covering the client's gowned body for some time, or when re-entering a room that the client has been sitting in alone for some time.

Emotion: the primary emotion organizing the client's response to life.

	COLOR	SOUND	ODOR	EMOTION
METAL	WHITE	WEEP	ROTTEN	GRIEF
WATER	BLUE	GROAN	PUTRID	FEAR
WOOD	GREEN	SHOUT	RANCID	ANGER
FIRE	RED	LAUGH	SCORCHED	JOY
EARTH	YELLOW	SING	FRAGRANT	SYMPATHY

Confucian Transformations of Virtue

Given where I habitually fall from the Tao, what route back to the Tao makes it worth having fallen, and worth having suffered? Our CF virtues most exalt us if we cultivate them, and make us most ill if we don't.

WATER: Fear to Wisdom

WOOD: Anger to Benevolence, Visionary Creativity

FIRE: Joy to Propriety (Not Miss Manners!)

EARTH: Pensiveness/Self-Pity/Sympathy to
Fidelity/Integrity/Sincerity/Loyalty/Dependability/Sympathy

METAL: Grief to Righteousness, Appreciation, Beauty, Justice (Just Is),
Impartiality.

The Elements Within

A Five Element diagnosis traditionally includes a primary Element (CF or Causative Factor), and two Elements Within.

- 1) These “Withins” may be two Elements other than the CF Element. For instance, someone could be a Metal CF with Water and Fire Within. In this case, these other Elements are of great significance in the client’s make-up and will deeply influence how the primary element is expressed.
- 2) One of more of the Withins may be the same as the primary Element. For instance, someone could be a Water CF with Water and Wood--- or even Water and Water-- Within. In this case, the issues of the primary Element are even more focused and emphasized in every aspect of the client’s life.
- 3) Both of the Withins may be the same as each other, but different from the CF. For instance, someone could be an Earth CF with double Metal Within. Metal will appear thematically throughout the person’s life, but at the primary causative level, Earth is the primary motive force in the person’ life, for both the creation of illness and the return to health.

DISTRESSED ELEMENTS

A Distressed Element is an Element that has received such abuse or wear and tear from life circumstances that it is overwhelmed, and becomes seriously dysfunctional. Although it may appear to be the CF or a Within because of its prominence in the client’s presentation (including presentation of CSOE), it is NOT a constitutional imbalance—it is occurring strictly because of overwhelming life circumstances.

When treated, this Element responds favorably in terms of its own healing, but it does not have the healing “domino effect” of treatment on the CF.

Conversely, because the Distressed Element is not rooted in the person’s constitutional make-up, it may not respond significantly to CF treatment. It may be necessary to treat the Distress Element directly, to clear the discordancy and then return to CF treatment.

PATTERNS OF DISHARMONY

There is a web, often a wild weave of patterns of disharmony at play in a person. Our most important task is the elucidation of the primary, causative pattern i.e, the root pattern. Where did it all begin? We can analyze the patterns presentation and perhaps come to clarity about what is root and what is branch; but often with complex presentations, there are many possibilities, and it can be difficult to identify with assurance the crux of an existing dynamic of imbalance. Once we have identified the CF, however, we can “skip to the front of the line” with the Pattern of Disharmony of the CF.

1) What is the CF? This is identified by CSOE. Let's say Water.

2) What is the pattern of disharmony of the CF? Is it frozen, boiling, unconsolidated-- what's the problem, what's going on instead of virtue?

3) What other patterns is this primary, first-domino, causative pattern causing? E.g. the person is Kidney yin deficient, lacks the basic faith in the universe to support him, can't relax, leading to never eating on time and eating late, gobbling food. This is Kidney yin deficiency leading to Stomach yin deficiency and Stomach qi stagnation, which over time may lead to heat from deficiency (from the yin def) which can easily become excess heat (because it is also stagnant in there). Maybe hot phlegm will develop, maybe hot congealing of blood. Let's say at least it becomes full-out ST fire over time, and that scorches the HT making HT Fire, with (HT and Liv) blood deficiency too because the digestive system is a wreck. The client shows up and says, I have raging insomnia and I have an ulcer. Pathology is ALL OVER Earth and Fire, but CSOE is Water. He's a Water CF, this is the first domino, and although you may or may not choose to run a triage rescue mission on the other elements, the bottom line is if you do nothing about the shaky quaky Water, you're bailing a leaky boat.

4) This DOES NOT make Earth and Fire the Withins. Their pathologies are simply patterns unfolding from the initial causative pattern.

The healing journey might begin and end right there, with treatment of the causative pattern, which sends a chain reaction of healing through all the resulting patterns. In this case, the Withins don't even come into the conversation-- and they don't need to. Just treat the CF, and the client gets well. This is the clinical reality for the majority of clients.

PATTERNS OF WITHINS

In this scenario, we have a Water CF whose existential problems render him first ki yin deficient, then all kinds of other things. A long chain of pattern-causality has unfolded. If all patterns present can be traced back to that original cause, well and good.

But what if he also is Wood within, and the nature of his Wood is blood deficiency, low self-esteem, inability to take up space and feel OK about it. Because of this inner smallness he feels like a victim in life, and ends up seething at the injustices done to him, and ends up with heat in the blood, and a rising sense of pressure and futility that manifests as internal wind (causing high blood pressure and violent temper fits). THIS IS A DIFFERENT CHAIN OF CAUSALITY. Once again we need to get to the first domino in the chain of causality, and transform it into the corresponding virtue, and everything down the line falls into place-- and, as Jeffrey Yuen loves to say, he will have conquered one of his karmic tasks for this lifetime.

Repeat: Withins are not further down the Pattern of Disharmony chain of causality from the CF. They are a different layer from the CF. They may or may not be generating their own pathology-pattern chains. But they are independently existing, and timeless like the CF. Patterns of Disharmony come and go; Withins last a lifetime, and may be healthy or unhealthy, just like the CF.

DISTRESSED ELEMENT PATTERNS

The difference between a Within and a Distressed Element is that the pathology and resultant pattern-chain from a Distressed Element is purely from Posterior Heaven. A Distressed Element is an element which is a mess, stuck, causing trouble and not coming into line, needs some direct attention-- but once it comes into line, it's done. Its mess was a one-time thing, responsive to life circumstances. The CF/Within pathologies are karmic, i.e. a meeting of Anterior and Posterior Heaven, essence meeting world. Thus a Within, like a CF, is what I would call perpetually causative, perpetually generative of karmic interplay. You're either cultivating the virtue of those elements (positive karma) or they are making you ill (negative karma).

Example: If I am imprisoned by a lunatic who keeps me in a small cage and feeds me nothing but scotch and french fries for a year, no matter *who* I am in my essential nature, I am going to have a highly distressed Wood Element. On the other hand, my response that is from who I am, and the pathologies that stem from it if I do not respond from virtue, are from the constitution. CF and Withins are rooted in Anterior Heaven. Distressed Elements are a completely Posterior Heaven phenomenon.

DETERMINING CF AND WITHINS

Instead of saying that there is a CF and two Withins, perhaps it would be more clear to say that there are three layers to the CF: a Yuan layer, a Ying layer, and a Wei layer. Of the layers of the constitution, Yuan is of course the deepest, and pre-natally determined. It is the level of jing and astrology, the first marriage of Heaven and Earth in our being, and it is the first Elemental bias to be expressed in our infancy. The Ying level, or first Within, develops next, in the deep mixing ground of our early childhood, as nature and nurture combine post-natally. Finally the Wei layer develops, and we become Somebody, a mixture of innate tendencies conditioned by life experiences.

When I say that these other two layers "develop," I mean something like a telescope unfolding; the inborn aspect of each layer was/is all inherent in the Yuan, but latently until mixing with Posterior Heaven brings them into manifestation. Just so the ability to speak and walk are inherent in the unborn child, but need the living process to materialize them. The Yuan layer is the least conditioned by Posterior Heaven; the Wei layer, the most. Because the Yuan layer is the box it all unfolded out of, it "rules" the others. Many people live their lives on their own surface, only aware of their Wei layer identity-- I am who I am because my father beat me and my wife left me and now I've won the lottery. Beneath that is the ocean of the Ying, with its unconscious/ semi-conscious emotional terrain, where deep impressions and then deep choices are made determining how we receive and respond to life. Below that, the Yuan layer, is who we were before we were born, inviolate, unchanged by life, a read-only file. When we are brought in contact with-- and hopefully anchored in-- this layer of selfhood, our whole life is incidental to our essence and does not determine us; rather it is the medium for the expression of our essence, and the cultivation of the potential virtue in our nature. From this level there is only one question: "What would I do in this situation?" Life history doesn't come into it-- cheap superficial (Wei) identities like 4th degree black belt in Tai Kwon Do don't come into it-- nor even, *mirabile dictu*, being raped at the age of 9 (Ying). You are you, fundamentally incapable of violation or distortion-- yes certainly capable of self-distortion in our expression, and that is a kind of self-violation-- but the Yuan is our bedrock, our constitutional nature, which is always here to be accessed for as long as we live. When we are rooted here, our original nature directs the process of healing/ rectifying the other layers, because it holds the blueprint for the whole of us. No matter where the pathology began, the Yuan can potentially sweep it all clean—including Pattern of disharmony causal chains rooted in the Withins, since the CF also holds the original template for the health of the Withins, and can presence from its depth a "reminder" of this aspect of our original nature.

Of course to save time or for triage purposes, one might still choose to tx non-CF layers/chains of causality such as a Within-- or a screaming Distressed Element-- especially if they are screaming so loudly that it is hard for the client to anchor in their CF/Yuan. Of course, too, more than half the time when we first begin to tx someone we have no idea what the heck we are doing or who they are. So we treat whatever we think will touch them most deeply just in case they die tomorrow. Julie Measures says, "Give me 20 treatments, and I'll tell you the CF." Just because I believe the theory, doesn't mean I always have the skill to apply it right in the first shot. We must understand the client as deeply as we can, and then keep an open mind about it.

CF AND LAYERS OF CSOE

While I never heard of Worsley saying anything about layers of CSOE, it certainly seems implied that there is a deep CSOE that is basically constant and relatively unchanging, available to be perceived no matter what state the client is in--- Somach flu, auto accident, divorce, high-pressure multiple choice exam... If the client is Water, theoretically there is an underlying continuous blueness groanness putridness and fearfulness, no matter what, but this deep CSOE is modulated by what is happening on other layers-- all the bile you swallowed from watching your sister win all those prizes for horseback riding while you grew up, still corroding your Ying; and the Pink Panther movies you've been watching all afternoon, stressing your Fire element in your Wei layer, pinking you up and giving your voice a more joyous lilt that it might not otherwise carry. I suspect that mixed CSOE is a result of reading a mix of layers, e.g. Wei level emotion, Ying level sound, Yuan level color-- or any other mix.

The issue of layers of CSOE is a major teaching point. For instance teaching Sound, first I just have the students listen to each other's voices and describe them in any terms they can come up with. Then we name the 5 sounds, and see if we can find clear examples of them. Then we imitate the sounds, making them deliberately as clearly as we can. Then-- and this is the part that always hits 'em like a twister at first-- we start listening for the sound that is *still* in the voice, even when we are trying to make all the other sounds. This is a first moment of attunement to layers of CSOE. What does it sound like when a Water CF sings, laughs, weeps, shouts? We attune to hearing the underlying sound, the sound beneath the sound, the Yuan sound.

Just so with color--- I hear people speak all the time about seeing people's color change. If CF is a constant, and CSOE reflects CF, how then could someone's color CHANGE!? I don't care how scary the movie or how bad the meal. Clearly, though, colors et alia reflect to some degree the Elemental distress-prominence of the moment. This is unlikely to shift on the yuan layer, slow to shift on the ying layer, and fairly easily to shift in the wei layer-- easy as a change of mood in

some people. Add to this the wild joker of the Distressed Element, and how do we sort through the CSOE for the CF?

When someone is laughing, is it their soul laughing, or their persona? Wei or Ying or Yuan? CSOE shifts so significantly when someone moves from one layer to another. The voice rings truer, the face seems clearer, as we step down, step in. To sort CSOE effectively, we must know on what layer we are meeting the client-- and we must become effective at bringing our clients into their own Yuan swiftly, unobtrusively and naturally in the tx room so that we can diagnose them accurately. I see good practitioners doing this all the time. Worsley just did it with breathtaking ease and immediacy. I only had one real interaction with Worsley myself, but it was incredible how he just GOT me down deeper even than where I usually live-- zap to the core. These moments of soul (Yuan) level meeting between client and practitioner, when the CSOE of the deepest layer of the constitution is exposed, are what the Worsley tradition calls Golden Key moments. In these and only these moments, does CSOE unequivocally express the CF. At other times, the CSOE of the CF often predominates with “tints” from the other layers, but can potentially be overshadowed by other Elemental disturbances— hence the importance of Yuan level contact (Golden Key moments).

The CSOE of the Withins can also be evoked by the practitioner by making clear contact with the client respectively on the Ying and on the Wei level.

I am personally fascinated by studying the differential variations in CSOE for the various Patterns of Disharmony. For instance the Groan of a Kidney yang deficient Water (dial tone drone) is so different from the Groan of a Kidney yin deficient Water (relentless busy signal). Same with Colors. Yang deficient colors tend to be more shiny, more of a gloss finish--- while yin deficient colors are more dull, like a matte finish, and don't glow out from the face so much. E.g. a yang deficient blue is more like the face of a person who is watching a black-and-white TV in the middle of the night-- you know that pale blue glow? While yin deficient Blue is more dark black sooty-looking, more close to the skin. With all the CFs and all the Patterns of Disharmony, I have noticed very specific CSOE. Lung Fire voices Weep so very differently from Lung qi and yin deficient voices. The Shout of Liver Blood deficiency is like a hammer hitting a nail far too gently to drive it in; the Shout of Liver yin deficiency is like an avalanche in a chopstick factory. OK those are amusing images, but they are also real and different sounds which can be pointed out in examples, and taught from one person to another. It saves so much confusion on WHAT DOES GREEN LOOK LIKE, especially among the more intelligent students, if you can show them that it does not always look the same. Blood deficient Green is very pale, like nitrogen-deficient grass. Damp Heat in the Liv/Gall Green is a dark yellowy-green crocodilian color. And of course we all know that on the level of Emotion, variation is tremendous—and also reliably reflects Pattern of Disharmony.