



The Wood Element Experience

Theme: Growth, Direction, and Emotional Flow

Elemental Focus: Liver & Gallbladder - Flexibility, Purpose, and Renewal

Season: Spring

Opening & Arrival

Find a comfortable seat or reclined position. Let your body settle into the earth beneath you — feel the weight of your bones grounding you into stability. Gently close your eyes, and bring your awareness to the natural flow of your breath.

Inhale softly through your nose, letting your ribs and belly expand.
Exhale slowly through your mouth, allowing any tension to melt away.
Each breath is a gentle wave of renewal.

Allow your breath to become steady — not controlled, simply notice.
You are here now — present, grounded, and ready to grow.

Rooting into the Earth

Bring your attention to your **feet, your and your hips**.

Feel your connection to the earth — your roots anchoring deep below the surface.
Visualize strong, flexible roots growing downward — spreading through rich soil, anchoring you in safety and support.

With every exhale, your roots deepen. With every inhale, energy rises up through your legs and spine — nourishing your whole being. This is your foundation — the stability that allows you to expand, to reach, to evolve.

Breath of Renewal

Begin to breathe with more presence now — Inhale deeply, feeling your ribcage expand outward and upward, creating space across your sides. Exhale slowly, letting your shoulders and jaw soften.

Feel your **Liver and Gallbladder meridians** — the pathways of the Wood Element — awaken along the sides of your body. Continue to breathe deeply. With each inhale, imagine a gentle breeze moving through the branches of your inner tree — refreshing and alive. With each exhale, release what no longer serves — old frustrations, stagnation, emotional tightness.

Your breath clears the way for new growth. Your energy moves freely, just as nature intended.

Awakening the Inner Tree

Now, imagine yourself as a **tree in early spring**.
You stand tall and steady, rooted in fertile ground.
Your trunk — your spine — is strong and flexible.
Your branches — your arms, your breath, your thoughts — reach effortlessly toward the light.

Inhale — feel expansion through your ribs, your side body, your lungs.
Exhale — release down through your roots into the earth.

You are both strength and softness.
You bend without breaking.
You grow with purpose and grace.

If thoughts arise, notice them as clouds passing through your sky — let them move without attachment.
Your focus is on the feeling of life returning to your body — energy rising like sap through your core. Let that image fill you: upward flow, inner vitality, unstoppable renewal.

Emotional Flow

Bring awareness now to your **Liver center**, beneath your right ribs.
This is where Wood energy transforms frustration into flow, and anger into clarity. Rest your hands on this spot now.

Take a slow breath into this space.
Feel it soften and expand as you exhale.

If there's any area of your body or life that feels stuck — imagine it gently loosening with each breath. You don't need to force anything to change.
Just allow the energy to move again — naturally, rhythmically, like wind through branches.

Say silently to yourself:

“I allow energy to move freely through me.”
“I release what no longer serves my growth.”
“I trust the direction my life is taking.”

Release your hands. Feel how your breath shifts the internal landscape — smoothing, soothing, restoring balance.

Vision & Purpose

Now bring your awareness to your **eyes**, the sensory organ of the Wood Element.
Without opening them, soften the muscles around your eyes and forehead.
See inwardly — not with effort, but with inner vision.

What do you wish to grow this season?
What vision or project or intention is ready to sprout within you?

Allow an image, word, or feeling to arise naturally — no need to analyze.
Simply notice what your inner landscape is ready to create.

Breathe into this intention — give it air, space, and light.
Feel it expanding through your body, filling you with quiet confidence.

You are aligned with purpose.
You are connected to direction.
You are in flow.

Closing & Integration

Bring your attention back to your breath.
Inhale — expansion.
Exhale — grounding.

Inhale — renewal.
Exhale — release.

Feel your spine lengthen gently as your body breathes itself — effortless and alive.
Your roots and your branches exist in harmony — grounded and growing.

Silently repeat:

“I am rooted in strength.”
“I move with flow.”
“I grow with purpose.”

Take one final deep breath in...
and a long, slow exhale out.

Allow a soft smile to form — acknowledging the space you’ve created within yourself.
Connect to your sense of **vision, ease, and expansion**. Stay here for as long as you wish.

<OR when teaching in class> Slowly open your eyes and close your practice - thank you.

Optional Closing Reflection Prompt (for journaling or post-class integration):

“Where in my life am I being called to grow — and what support do my roots need to make that possible?”