

Homework for Lecture 2 Wood Element Liver and Gall Bladder

Continuing on from the Lecture 1 homework, write down the answers to these questions:

This week, ask yourself about the Wood element, Liver and Gall Bladder:

1. Do I avoid expressing anger or related emotions such as frustration or resentment? Do I suppress it or feel disconnected from it? Does it overtake me? Do I express it inappropriately?
2. Does this stop me from aligning fully with the virtues of benevolence, compassion or generosity and the ability to see God in myself and in others?
3. Do the answers I have given from 1. or 2. impact on my life? What am I missing in life because of this?
4. Do the distortions of the Wood element: aggression, belligerence, timidity or passive aggression show up in my life because I am avoiding, suppressing or disconnected from these identified emotions?
5. How can I learn to express and allow these emotions to be present in a healthy way?
6. Can I identify any beliefs that keep this pattern going and add to the affirmation of keeping the emotion in place? Look at the beliefs below or see if you have some that relate to this cycle. The list below is not exhaustive.

Beliefs:

- a) I can't express myself.
- b) I can't express myself because somebody may not like me.
- c) If I am angry, no one will like me.
- d) If I make a mistake I'll lose everything.
- e) My life is chaotic and disorganized.
- f) I can't make good decisions or choices.
- g) I can't make up my mind.
- h) I'm afraid of making mistakes.
- i) I feel stuck
- j) I feel hopeless.
- k) There is no hope in the future.
- l) There's no point in trying because there is no hope.
- m) Something always goes wrong.
- n) If I speak up, I'll lose everything.
- o) It's not safe to be angry.
- p) There's no hope in getting what I want.
- q) I just have a hard path in life.
- r) My partner is violent or dangerous or abusive.
- s) My husband/wife is a %^\$2\$ &#@?!
- t) People are violent or dangerous.
- u) People are %^\$2\$ &#@?!
- v) I have no future, so why try.
- w) I've got to know my place. (I'm not somebody who gets anything so I shouldn't speak up or rock the boat.)

7. If you identify with any of the beliefs, by bringing them into your awareness they will start to shift. Be present to times this week that you feel anger, frustration, suppressed anger and get belligerent, bullish, timid or are passive aggressive. Know that this is the Wood element bringing you closer to God. You can honor the energy of Wood by remembering that anger is important. Remember that the discomfort is just an opportunity to work on a belief that prevent you from seeing the creative solution to your apparent conflict. The imagery of Wood is that it is our nature to grow, but that resistance is to growth is also natural. Knowing this keeps us focused on learning to express anger in a productive, benevolent way.

Emotions, virtues and distortions flow chart for the wood element

