

Homework for Lecture 4 Earth Element Stomach and Spleen

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

This week, ask yourself about the Earth element, Stomach and Spleen:

1. Do I over worry about my needs or others needs, and whether those needs can be fulfilled. Do I disregard my needs or not honor others needs or abilities? Am I in denial about or do I feel disconnected from my needs? Do I feel overly needy? Do I express my needs appropriately?
2. Does this stop me from aligning fully with the virtues of integrity and reciprocity, giving and receiving, abundance and charity, having faith in others abilities to get what they need and faith in God and the universe that everyone will get what they need?
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 Earth element: self indulgence, inflexibility, obsession, over control, self denial, self sacrifice, martyrdom, show up in my life because I am directing my worry in the wrong direction, or over worrying and not being honest about it?
5. How can I learn to express and honor my needs appropriately, while honoring others needs and allow this 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 distorted 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'm not able to receive
- b) I'm not worthy of receiving
- c) Life is overwhelming
- d) I'm in overwhelm
- e) There's always something more to worry about
- f) Murphy's law: If something can go wrong it will, and at the worst possible moment.
- g) If its not one things its another
- h) It's better to give than to receive
- i) I've got to worry about the future
- j) It's all up to me, if I don't do it nobody will
- k) God needs my help
- l) I don't deserve anything
- m) There isn't enough to go around
- n) If I'm nice or sweet, people will like me
- o) I can't take anymore
- p) I'll never have enough

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 over worry, neediness, controlling, selfish, selfless, get obsessive, or act like a martyr. Know that this is the Earth element bringing your awareness closer to God and closer to those beliefs that limit you. You can honor the energy of Earth by remembering that worry is important. Remember that the discomfort caused by under or over worry is just an opportunity to work on a belief that prevents you from seeing God in all creatures and all people and from treating yourself and others with integrity. The imagery of Earth is that it is our nature to give and to receive, but that these have to be in balance. Any imbalance in this area shows us our disconnection from God and the universe. Knowing this keeps us focused on learning to direct our worry appropriately and leads to connection and integrity.

Emotions, virtues and distortions flow chart for the Earth element

