

Homework for Lecture 5 Metal Element Lung and Large Intestine

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

This week, ask yourself about the Metal element, Lung and Large Intestine:

1. Do I avoid grief or try cover up for a sense of loss? Do I avoid letting go and moving on by trying to gain things materially or otherwise? Is there something that I am avoiding feeling which is stopping me from moving on? Do I try to control situations?
2. Does this stop me from aligning fully with the virtues of justice, balance, detachment, receptivity, righteousness, impartiality, neutrality and being upright? Does this stop me from being present to every moment, being in the NOW, and being present to the divine in every moment in every thing?
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 Metal element: addictions of some kind; to things, prestige, alcohol, relationships, food, tobacco; holding onto the past, something or someone; the need to boast or prove myself; using crutches to try to avoid the moment of life and the present; self-deprecation; weakness; boredom; emptiness; show up in my life because I am avoiding, suppressing or disconnected from grief and avoiding feeling something and letting go?
5. How can I learn to express and honor my grief appropriately, be present in a healthy way and let go so I can move forward?
6. Can I identify any beliefs that keep this pattern going and add to the affirmation of keeping the distorted emotions in place? Look at the beliefs below and see if you have some that relate to this cycle. The list below is not exhaustive.

Beliefs:

- a) I have to be in control/ I can't have any control
- b) It's not safe to let go/surrender
- c) I can't take in life/ I'm being suffocated
- d) I'm not able to receive
- e) I'm not worthy of receiving
- f) I can't ask for what I want
- g) Nothing of value can be retained
- h) Nothing has any value
- i) I'm worthless/I'll never be good enough
- j) Life is pointless
- k) I'll never have enough/I can't get enough
- l) I have to prove myself
- m) I don't deserve anything
- n) I'm weak
- o) Life is so boring
- p) I am/my life is empty
- q) God is punishing me

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 grief; resistance to letting go; the need to acquire things; materially, good feelings and the need to elevate yourself; use crutches to try to avoid the moment of life and the present; put yourself down, feel weak, bored or empty. Remember that the discomfort caused by resisting grief and letting go is just an opportunity to work on a belief that prevents you from being present to the NOW and God in all moments and from treating yourself and others with justice and righteousness. The image of metal is that it is our nature to take in and let go but these have to be in balance. Any imbalance in this area shows us our disconnection from the present, the NOW, God and the universe. Knowing this keeps us focused on learning to let go.

Emotions, virtues and distortions flow chart for the Metal element

