one that was done quite a while ago on long haul truckers. Because although they have a sedentary lifestyle filled with stress, very punishing hours, especially prior to all of the more recent regulations and terrible diets, I guess one would probably judge that they did much better than they should have.

And that is because the truck vibes. The vibration of the track. Wow. Welcome to Beyond the Scale, where real health gets deeper than just the numbers.

I'm Dr. Darren Dubiak. And I am Alexandra Dubyak, and we are not only partners in life, but also passionate partners and integrative care. Blending faith, family, functional wellness, And a little life with our dogs.

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For any health or medical related advice, please consult with a physician or other healthcare professionals. Further, information about specific products or treatments within this Podcast are not to diagnose, treat, cure, or prevent disease.

Hi, everyone. Welcome back to Beyond the Scale Body by Aim 360's podcast. Today, I am super, super excited because I have such a lovely, wonderful guest here with us today to talk about something that I think that you all are really going to love.

We're going step aside from the medical things, and we're gonna dip into the world that's in. Dr. Susan Amoros knows so, so very well. But first, I want to introduce her.

I wanna you guys to know a little bit about her, So, Susan, if you would be so kind to go ahead and introduce yourself, tell us a about your history, how you made it to where you are right now, all the wonderful things that you're doing for the people in your life that follow you, including yourself.

Woo! I'll do my best, Ellie. First off, I just want to say how excited I am to be doing this with you and what a huge fan I'm of you. And Dr. Darren Dubiak, and you've meant so much in my own wellness journey.

So thank you for the interest and this opportunity to exchange on this platform, which is really exciting. I have been involved in one form or another of what I would call an integrative model, a holistic approach to wellness for a lot of my adult life.

And sincerely, I think my journey into becoming somebody who is healing practitioner and an instructor parallels many stories I hear. There was a circumstance or an experience, a health challenge, something that created a level of vulnerability and probably mystery that forced me to explore other opportunities and pathways to feel better and to solve things for myself.

And that's certainly what really took me into several wellness practices. One more common initially was yoga, meditation. And then really just quite by accident, I was called to a book on a shelf and it was a Qigong book.

And I literally taught myself this practice from a look and I cannot tell you why it took me literally years to grab a tape and then a DVD. I have no answers for you.

I didn't know that a book drove you to Qigong. Yeah, I was really looking for answers, but I've always had a bent to me. I'm sure you could relate to this.

There was an openness and a curiosity about exploring really what I could do better and understanding how and why we work the way we do. And so that is, I think, a big piece of it.

The other piece is I've had a few health challenges in my life and When i was seven and a half months pregnant with my daughter who is now an adult and living very happily and well in chicago.

there was an accident, I was struck as a pedestrian by a car. And one can just imagine how many different levels of impact, literal and figurative, that had.

The aftermath, right? Yeah, the aftermath after any pregnancy can be tricky. for many and it was really exacerbated for me and I wanted to be well and my nature was to push through and minimize what I was going through for as long as I possibly could.

But when it all was said and done, I truly believe that occurred for a reason. and that it really did create a pivot for me, and it took me deeper into exploring and discovering what I could do to supplement what i was experiencing in the allopathic model, where the doctors were doing as much as they possibly could for myself and my, at the time, baby.

And it spoke to my nature, Eastern practices. I definitely am someone who benefits from the opportunity to reflect and to process. Thank you. I guess I'm on the deeper side and always have been.

So this really honored that. And all alone for many years, I practiced Qigong because no one had ever heard of it in my circles. This was in the 90s. Okay.

And it was really before the internet became what it is today and certainly well before social media took off, which no matter what our mixed relationship is with all of that, it certainly has done so much for our respective fields, has it not?

People have access, they are curious, the click, there's information, video, audio, and it's an incredible journey for me as I know it is for you, Ali, because we don't have nearly the lengthy learning cycle And we really don't have to sell this anymore.

We don' have create that much foundational awareness. People are coming in with a little bit of information, a lot of curiosity. So it's changed dramatically in terms of my practice that way.

But that's truly how I got into all of this. And it was self-care, which then eventually led to attending the National Qigong Association Conference in the early 2000s, going to several of those, connecting with people of minds who shared the practice, and for the first time, being able to actually practice in a classroom or a group, Which is a very different experience than doing it by yourself.

And that led me into that network. And I met Ted Civic, who is relatively local in the Pittsburgh area and one of the leading teachers in The United States.

So I was just out of serendipity. talk about believing it was meant to be. Yeah, there was a thought leader, an instructor, and a practitioner in my backyard.

So that's really a big part of it. And my gateway drug, as I like to say, was Reiki. Before all of that, I learned how to do Reikki and it opened an incredible world for me of discovery of what that connectivity was like, experiencing vibration in a systematic way, and one that really I think lays a foundation for people who are drawn toward the metaphysical.

I want to stop you for a second because you said vibration and I just read something recently about have you ever heard or read about beekeepers and how I forget the exact statistic but about Beekeepers in the vibration from the bees that it because some study had shown that It extended their life by a percentage and i can't recall I wish I could at the moment.

Yes, I I wish I had that statistic and I think it's such an important one and a powerful one, and why many people are so drawn to that, right? And they may not even know why.

One of my favorite statistics too, was one that was done quite a while ago on long haul truckers. Because although they have a sedentary lifestyle filled with stress, very punishing hours, especially prior to all of the more recent regulations and terrible diets, I guess one would probably judge that they did much better than they should have.

And that is because the truck vibration of Wow, that's interesting. I didn't mean to throw you off track, but you said- No, this is what this, it's much more fascinating than me and my- Yeah, no, not at all.

But anyway, sorry guys to backtrack. So, a little sidebar there. Susan, I feel like you're being very humble and modest. Like I want you to tell them about, you have a degree in this.

You didn' t just teach yourself how to do Qigong, like, You pursued it in a whole different way. And you have this amazing degree to back this up and you're training other people to do what you do.

And I've met them, Jonathan, he was lovely. We went to that. Jonathan Campbell. Yes. So you are training people. I can't imagine there's anybody better to teach this to them.

Tell us about the degree behind. Yeah, I mentioned Dr. Ted Stibic. He runs a school. I believe the last time I heard there were four. There may be more, there may fewer at this time, certifying institutions for clinical or medical Qigong.

And so I attended his school and it was, three years and then an additional one several years later, which was a capstone year. So there's four years of study in clinical or medical Qigong, by that I mean that we study to appear therapeutically to support others in their healing.

and also to become instructors. So I certify studio instructors, table treatment practitioners, and it is probably one of my favorite things in the world to do.

combined that with over two years, maybe two and a half years of the other Eastern modality, which was Reiki. So there are almost seven years. Of study.

Yeah. But it's fascinating and it, you know, one of my passions is to learn. And it didn't really ever seem like work to me, but there's a huge foundation there and Qigong is based in five element theory, which I know we wanted to touch upon, and which is all about vibration.

Yeah, I'm super excited to talk about today. I don't know a ton about it. So I mean, obviously heard a bit, a lot of us have heard about this, so I find it fascinating.

And I would love to get into that. Oh, fantastic. I mean, you know, so, in integrative medicine, we talk so much about individualized care, trying to understand the whole person.

We're always talking about how everybody's different. And so today, I wanna look at that from a whole new perspective, right? Which is why you're here kind of understanding ourselves on a deeper level and how that connects to our health.

So again, many people have probably heard about the five elements, but don't know too much about them, me included. I mean, let's just get right into it.

And I want to kind kick that off and ask my first question here. Where does that framework come from? And what was it originally meant to describe? Oh, that's a great question.

So five element theory is the cornerstone of all Eastern practices, and more specifically, Oriental medicine, Chinese medicine for the most part. And it's really not so much an attempt to describe nature, but it is nature describing itself, the way that someone put that a long time ago, and I can't think of a better way to say it.

And so five element theory really looks at nature. Well over 2,000 years ago maybe it would be 23, 2400 years ago,

all of this began to be codified in a cosmology that is now known as five element theory or the five elements system.

And it was from ancient scholars really observing conditions around them in nature. and also understanding that they were very reflective of what we may be able to describe that we're experiencing within our own bodies and our minds, within own spirits.

And so they we able create a system that has stood the test of time. Here we are millennia later and the five element theory is as integral, really, a part of our understanding and our empowerment, really, to work with our own natures and the conditions or the natural environment and what it has to offer us.

And so the five elements are wood, fire, earth, metal, and water, slightly different than you would find in the Ayurvedic, but quite, quite similar. There are correlations east and west, believe it or not.

But we basically are looking at those elements and their characteristics. So, for example, if you don't mind, I could jump into a little bit of what would characterize that for people.

How do you recognize that in somebody? Yes, there you have it. Okay. So a wood person, personality wise, temperament wise would be a visionary, somebody who's very growth oriented, very productive.

A fire person is probably no surprise, passionate and very warm and thrives on connection. and connectivity. An Earth person, I have a lot of Earth nurturers, you know something about that.

And they're usually incredibly not just stable or steady, they stabilize people and the things around them. I think I already know which one I am, Susan.

I bet you do. I'm going to ask you and then I'll get to tell you if you're right. But the medal is, gosh, people who desire clarity. You know, they work toward definition and refinement in their lives.

And they are boundary oriented. The water folks, well, deep, that kind of goes almost without saying. Those who have an internal quiet wisdom, who do best, when they can retreat for a bit so that they process, so they that can rejuvenate and reflect.

And so, just understanding it through temperaments, personality, characteristics, emotional states too, that's typically the hook. A lot of people come in and say, what does this mean?

You know, wood is anger or Fire is described as overjoyed. There are a lot of things that can be lost in translation or what I would call oversimplified or minimized.

But at the end of the day, it is fairly simple and straightforward when you read about the emotions associated. What you're usually coming upon is manifestation of an imbalance, those.

So for example, somebody who is presenting as fire When they are in balance, they're warm, capable, as I said earlier, of connectivity, and they have successfully channeled their passions.

And their passion are manifesting. But when they out of balance what can very often happen is that energy becomes so diffuse and untargeted that they find it very challenging to be able to manifest their goals.

And perhaps if it manifests in a more quixotic way, it's very difficult for other people to maintain their connections to them. So there you have it, they thrive upon connection, but the flip side of that, the yin to the yang, if you will, or the dark shadow side is what they need.

They may subconsciously be pushing away. And that's why five element theory really shows up well, I think. in our modern western world because these pieces are part of the puzzle for many of us that we're missing, at least for me and the many people in my practice or I teach.

So it's fantastic to come in now with a more complete toolbox for self understanding and also truly to bolster, refine, and sometimes save relationships.

Because once we understand that this is a very powerful handbook to understanding the world, the cosmos actually and ourselves, that's not overstating it, we begin at least to be able to approach others without the expectation they are going to exactly like us responding to what we respond to in the same way we responded to.

It takes that pressure away and the illusion away. And it says, oh, I know who I am. I'm growth oriented and I'll be frustrated when I run into potential blockades.

Always going to be looking on the horizon to see what could impede me. But I completely getting on nerves of my water pal over here who wants to retreat a bit.

and have a chance to be in the moment and process, right? Think about it and yes. Yes, yeah. So there are these understandings that eventually emerge that allow us to accept.

It's a little different than if you're looking at the zodiac from a Western perspective versus the Eastern, but there're many parallels. I won't get into all of that, maybe that'll be That could be another one.

Yeah, maybe for Lunar New Year and the New year. But it's helpful to understand what your composition is. And I do want to tell you, Ali, that very few people really present as just one thing, one element.

We're usually a combination. That was a question I had. Can you be more than one element? That was one of my questions that came up as we were talking.

You certainly can. And that's actually balancing. But as anything, when more that one thing tries to coincide within one's nature, it can also produce a little conflict or a tendency.

But everyone probably has one that is, they could be a combination of two or so of them, but there's probably always one. That is more dominant. And different times of our lives.

Sometimes we live through something or we evolve in a certain way. Also, there is the primal aspect of being. People experience trauma and what was at one time barely able to manifest can come forward.

And we see that in PTSD cases a lot. So yeah, it's interesting and all of this links on the medical side to organs. The organs of the body, the wood for example, is liver.

Um, and the liver is known as the house of anger, but it's also the House of, uh, contentment, the, that House have confidence, right? Those who want to produce and those who went to, um, grow the fire.

is heart and that when we start to think about burnout when, we started to, think, about our energy that passion going in too many places that makes sense we also want to guard our hearts because they're very sensitive organs responsible for so much and yet we process a lot through our, hearts don't we.

I would say my heart goes out to you. That's not just an expression. On a level as human beings, we understand that there are energetic fields, energetic systems that are specific to our organs and they respond in certain ways.

and literally the electromagnetic field many studies on that heart math solution is an institution many books have been written on the heart the electro magnetic field goes out and pulls in so that we can process.

There are neural cells in the heart, there are neutral cells and the gut, not just in brain, which brings me to earth, believe it or not. The earth element is associated with spleen, when imbalanced, the house of worry.

and overthinking, the earth element, if it is depleted, will give way to perseverating overth thinking, spiraling. If we do not have our groundedness, the brain has its way with us.

And I think that that is an incredibly common ailment. I that's a 20th, 21st century epidemic that overthinking being lost in our minds and to the dismissal of the rest of our being physically and spiritually.

So that earth element is incredibly important, but as we become more, perhaps in quotation marks, refined and sophisticated, not so sure, right? We're trying.

Yeah. As we evolve, sometimes we lose some of the precious parts, the quality of our lives. And I would say our access to the outdoors, our to Earth itself, is particularly challenged in this era, just based on our screens and based the way we make our living and spend our time.

For sure. It makes sense. So then, it does, right? Then the metal is associated with the lungs. And if you remember earlier, I said it's also about refinement and boundary.

The lungs are associated With our immune response. If you think about boundary, It's what we're allowing to come in and what were allowing To come forth from us.

In that sense, That is, on a granular level, what immunity is. So if we must protect ourselves, we also must also protect others in the environment from what is coming from us.

But how much are we taking in and how are much we releasing? So letting go, I would say, is very difficult for most people, right? It's unnatural. Yeah.

And then the last one, yeah, it's a difficult thing. We take on, take off, and accumulate. Very difficult. Look at anybody's closet, or almost anybody.

So we just accumulate, we feel more comfortable with that. we don't wanna let go because we equate it with loss or disempowerment. If we don't, what we have then challenges our capacity to live in what is a refined state, which is what feng shui is.

It is wind and water. it is for a flow state. So when we impede flow, we create a blockage and stagnation. and stagnation is really the enemy of life and it's antithetical to what the universe.

But the last one just to wrap up on the elements for our listeners is water. And so water is, as I said earlier, associated with death. and it's associated with the unknown.

So the emotion that lives in the kidney, which is associated, with water, that's an easy one, I think, to remember, is fear. Oh, interesting. Yeah, so when we have a physical issue, it'll manifest emotionally.

When we an emotional issue it will show up in those organs. The good news is, all of the other organs, are working to rebalance and to share their chi or their vital life force.

And there are ways that we can temper our experiences and indulge our particular characteristic energies or vibrations in a way that serves us better.

So interesting, so interesting Susan. I have like so many questions coming to the front of my brain and don't know if I'll even remember them. Out of curiosity, at the very end, I'm gonna tell you what I think I am.

And then I want you, you can probably confirm. You've known me long enough that you probably would have a decent grasp on what you think. So we'll do that at very yet.

But out of Curiosity, and you mentioned kind of like the Zodiac and things like that. You know, these five elements, do the seasons affect the elements in any way?

Yes, I don't mean to to leave out the season. The seasons are big. Yeah. What is what is spring? Fire is summer. Earth is late summer, we have a fifth season in five element and metal is autumn and water is winter.

Okay, I love that. Yeah, so whenever we're experiencing autumn, you know, here in Southwestern Pennsylvania, we are experiencing gravity really moving in.

And that is the more yin aspect to the prior seasons of summer and late summer that were a bit more yang, which means more active, more light filled, literally and figuratively hotter.

And then as we move into autumn, there's not only a cooling, but there is a greater and greater presence of gravitational pull. Some people love it. I'm very earth, so I love autumn.

Thrive in autumn? Yeah, I am happy for the cooling down. But then I know so many people who struggle. It's incredibly challenging for them because of the downward draw, the literal challenge of gravity tugging at their energies and their energy field with the counters, their energetic or their composition in terms of frequency.

and it becomes very difficult for them. And then the seasonal depression can settle in, the inexplicable sadness or old griefs manifest and are revisited.

So if you look at the trees and our part of the world, you'll see the leaves really surrendering, right? That is the release, to yin, the gravitational pull.

Yin is the feminine that which attracts, that's which is magnetic. The yang is that, which asserts and that is very active. So as those leaves are released.

The trees themselves, that wood energy, the powerful, productive plant energy. That's really what wood-energy is in the Chinese system. All about growth.

Moving forward, it has to happen. Even the trees go into what we call dormancy. They yield and all that is nourishing begins to come more from what is downwardly experienced within earth.

And those leaves fall. They were released. That's really the essence, if you will, of metal. that's the really essence of lung and fall energy that we're experiencing right now.

So in the fall, which element or elements would you say might not do or feel their best at this time of year? Oh, yeah. Is there one just because of what the seasons were transitioning from fall into winter?

Are there elements that feel better? We obviously earth, right? I think I've pegged that this is kind of, I think I'm on earth. I like this time of year.

Thrive this year, ready for everything that is to come, but are there elements that might struggle right now a lot through fall into winter until we get back into springtime?

Yes. So I would say that at this time of year, anybody again who is growth oriented, our woods or those who are plants are the ones who were going to be challenged the most.

A lot of times we'll find schematics in books or on the internet and they show a metal saw cutting through a log. And that's the best way to remember it.

So that metal saw is going to cut down, if you will, or cut into the energy of a wood person. However, wood personalities do very well. If the balance, although it could be taught, if the balances achieved by say having a partner in business or even a part in life who has enough metal to balance that visionary.

You know, I'm a lot of earth. I am some metal. So I also have wood. And so I love growth, but I want to anchor everything and make sure it's stabilized before a new chapter of growth occurs so that we can maintain the progress rate that you've already made.

So I would show up typically in work environments to fulfill that role, working for people who are ultra-visionaries,

right? I know one. Yes, I think I do.

I know one of them. Yeah, you do. Immediately, as soon as you started describing him, I knew exactly which element my husband was. Yes. You know, wood and fire.

Overall, you think you're an earth, correct? I would agree with that. Yeah, a lot of earth. So do you, are people born with our elements? Do you that you were born an Earth element and then these other ones developed, with all of your life experience and things that have happened to you?

Yeah, so being earth dominant, I'm also spleen dominant. And by that, you know, what that really means is, as I mentioned earlier, if I deplete my earth element very quickly, My earth a lot and so do other people who are in connection with me so those are less grounded you know they benefit from that earth facet that i'm bringing in just as i would benefit what ever characteristic energies frequencies they're bringing it.

However, and that's all happening silently, but at the end of the day I lead with processing through my mind. So whatever I experience, I am going to at a certain point, although I'll feel it deeply.

I will want and seek to understand it, analyze it and then make meaning from it intellectually. So this guy up here ran overtime for me and really my mind would take over a lot of my life.

And that was ultimately not sustainable and really tricky for me in the aftermath of the accident that I described earlier. So I found I was drawn to things that would put me more in my body.

The physicality of Qigong was perfect, right? A breath and movement. It wasn't even as quiet as yoga. So I didn't have to train my brain. in the same way I would with meditation.

I could actually just start moving and synchronize my breath, and the magic, if you will, of Qigong, I think it's growing so much in popularity. We have a class that I teach at Green Eras in Aspenwall, the combination of on-site, and live stream and those who utilize recorded content is anywhere from the upwards 30 something to over 50 students who do this weekly, which when I began, I wouldn't have ever even dared to aspire to.

So I believe that this is really catching on. in large part because it provides us a way to actually evolve individually. Our body improve our health, physicality, but that mind-body balance without an enormous amount of leadership being required from our brain, it actually puts our brains in a better proportion with the body and the spirit.

And it does it in way that's incredibly organic and natural. So that in my experience and what I hear from many other students is that they experience resolution That's spontaneous and it's very mind-body spirit and yet they didn't drive toward that specific goal.

It just manifested because the practice itself is what produces the balance. Why? Because we are in sync. with nature. And those frequencies, the frequency of plant life, of water, frequency, fire, metal, earth, we are that.

Those elements are within us. So when you begin to experience these frequencies in a cohesive way, they feed you You feed them, you experience coherence, which is stabilizing and strengthening, and it gives you that connectivity to the quantum field.

Here's the physics aspect of it. It gives you that resonance with the quantum field, which long story short, provides you with ultimate connectivity to your source of life or power.

So in a way, just doing this a few times a day and breathing well from a grounded position, Maybe you want to talk a little bit about your experience.

Yeah, as you're saying this, I'm remembering my first Qigong class with you. And I think that I am very lucky that i got to experience your class specifically because I adore you and your knowledge and intelligence and just how in tune you are with so many aspects of ourselves and life that I don't think about, and I do not know enough about.

And I wish I did. So my husband and went to a retreat that we were invited to that was led by Susan earlier this year. It was awesome. That was my first retreat, but again, my First Qigong class.

I dont think most people get to do their First Qi Gong class like in the mountains of Palm Desert. You picked a long straw. I mean, that was, as you were just talking and saying everything you just said in the last few minutes, I was remembering that experience, being outside with my bare feet in grass and doing this practice with you for the first time with a very open mind.

And it was life changing for me because I am somebody that is very led by my brain, right? I'm overthinking everything, I am overanalyzing everything.

I try to make sense of everything and everything has a meaning to me. And I remember after we finished that first class. I remember feeling almost like I was having an out-of-body experience because I felt like i was leading with more of the rest of my body than my brain.

But really I think they were just in sync and it was just a balance that I had never experienced before. Like I truly let my Brain relax and I didn't let it take over in that moment and I don't know how to describe it, honestly.

I do not know to how describe how I felt standing there in those beautiful mountains on a sunny morning, but it did make me feel different and it made me understand the importance of taking that kind of time and I'm guilty that I haven't taken that time, I am more aware that it is something that Need to do more frequently and I really in the new year would love to try to start incorporating more of that into my life because it was like a moment for me to be to just be Just be me and to Just feel my body and try To understand it from a different perspective than my medical brain wants to understand It, you know, it's so hard for you to put into words because there really aren't words.

It was a feeling and more than anything. It's very difficult to articulate. Very difficult for me. I'm probably like running in circles with my words trying to describe it, but I can't.

You just have to experience it. And if you are somebody like me, whose brain is always on overdrive and analyzing and overthinking, you easily forget about everything else.

Yes, it really does create your connectivity to the present and it does so organically and naturally. The only thing you really need the brain to do is agree to support you toward giving you that little bit of time and space.

And I tell people, you can begin your practice with just several minutes. It doesn't have to be big. Qigong in itself is the foundational practice for what was later created, which is Tai Chi, and it's much more common in the United States or more commonly known.

The Qigong is the underpinning of it. It's four to six thousand years old. Tai Chi is about fourteen hundred years. The movements and breath coordination Tai chi are more complex than that of Qiguang.

But what you're doing in Qi Gong is focusing on grounding. and clearing and you are incredibly conscious eventually of moving your vital life force which in Chinese we call Qi.

in Japanese ki, hence the term rei ki. So we're processing energy in a really deliberate intentional way through and to and out of organs and organ systems in the body.

Which is important because we are made up of energy. It's what we We are energy and when we do that, my sense of it or perception is that the cosmos, the quantum field around us acknowledges that is creative intelligences as humans are, that we're really joining in potential for great harmonization You know, the quanta within us is joining the Quanta of the field.

And we are intending, meaning we programming our experience in a way that is leading with our desire to adapt better and therefore evolve ourselves. in harmony with the universe.

And the Universe always shows up for that call. Therefore, we start to experience ourselves as power. The more grounded we are, just like a ground-tuned electric circuit or a lightning rod to lightning, the more connected and rooted in Earth, We are that everything movement is very real thing and very important thing the more light we draw to us just think of what a lightning rod does it absorb.

It absorbs light it absorbs our electricity so the mark around did you are. and the more able you are to move on this lateral plane from a grounded position, rooted position.

The more literal light you draw, meaning the higher and higher frequencies you're capable of drawing or magnetizing to you, from the quantum field. And that's the origins, if you will, of the secret that was popular in the 90s.

All of those books written, it's tomming from Eastern orthodoxies. Also, many indigenous practices in Hemispherically speaking, the earth has had many manifestations through many peoples and many systems, and they correlate rather beautifully.

So one reinforces the other. For the most part, we can look at all of this as a great energetic toolbox, sometimes a first aid kit. But for the handbook to managing yourself and your experience in the world.

For sure. I think this is super important to understand not only which element you are and what that means for you, but also for the people around you and them being able to understands you.

And vice versa for me to know myself and that looks like for other people, be able to better understand the people around me, right? Because it's so important.

If you can recognize that, it could totally change your approach to somebody if you recognize they are a specific element, dominant, that could change that approach somebody and change the experience, change, the trajectory of whatever is to come next.

a better knowledge of that. So this is fascinating. I could go on and on about this. What is your element? I am an earth element. Yes, you are. I'm an Earth element through and through, I think.

But I do think that when it comes to, the passion side of things, that I also house that. Which would be fire element, right? Or wait, wood. Fire, fire, passion.

Yeah, yeah. So I mean, then I, also how's a little bit of that, but my earth, element rises to the top. And I would say you're dominant Earth. And you said you have a little bit of metal and wood as well, you feel?

Oh, yeah. I have them all spread about. Different ones come up whenever they're needed. But at the end of the day, the Earth rules. Very spleeny, as we say in the business.

Yes. Same. and I'm always trying to consciously create an environment and an internal position that allows me to escape, if you will, my mind a bit and channel it in a way that serves me.

So it's great to be a spleen, it is great be earth, but we just have to aware and we have understand which elements characteristically in others may challenge us or deplete us, you know, and vice versa.

I love that. Well, you know, to kind of close it out, I would say I'm sure this topic really interests a lot of people that are going to be listening into this episode.

So, if somebody coming into, this is super interested and, where would you say that somebody interested should begin? Like in terms of if they want to start working with their nature instead of working against it all the time, like to gain a better understanding of themselves.

Well, there are many great resources. Nowadays, you can go onto multiple social media platforms and find videos,

and there amazing teachers out there with great content.

You can always go old school as I did and read up on it. And you could also visit my website. I'm going to tie this back to you because I wouldn't trust anybody else at this point.

I've known Susan for a couple of years now and she is just wonderful. Her voice, in case any of you have also noticed this, I was so drawn to Susan initially because of her voice alone.

And so I will literally listen to anything that Susan has to say because her is so calming and relaxing. And honestly, this is probably the most relaxed part of my day that I will have because I've been listening to you talk and fascinated by what you're saying.

So Slee, above any of the other resources that she has kicked out there, you should strongly consider her being the number one resource that you go to if you are interested in the five elements.

Oh, thank you so much. I really appreciate that. You can find me there. Yeah. And I'll make sure that I've tagged it in the caption for the posts and things.

So, but Susan, oh, Thank you. so, much for doing this and taking the time to do this today. Honestly, this has been such a wonderful topic to discuss.

I am fascinated by it. And I'm sure there will be others. Just thank you. Thank you! Thank You! This is a real privilege. I enjoy my time with you no matter what we're doing or talking about.

This has been great and so much fun for me. Thank you You're very welcome. All right, everyone. Well, we're going to conclude that. I think we will probably spin off on this in the new year with another little topic relating to this.

So I would love to do that if Susan can find the time. She's just as busy as the rest of us. But yeah, that concludes. We'll see you next time! Thank you so much.

Thanks for spending time with us on Beyond the Scale. If today's episode helped you see your health differently, like the show, share it, and we'll see you next time on beyond the scale.