The wood element
The season of spring is the time that everything comes to life. It starts to move, it starts to grow.

The wood element is about movement, about action. Physically in the body, the Wood element is related to the tendons, but also to controlling the movement of Qi and blood.

If you consider the wood element, the liver and gallbladder are the organ and meridian pair that are represented. The wood element enjoys actions that are smooth and regular.

When there is distortion in the tissues of the body and it's restricting the flow of chi and blood, the wood element doesn't like that very much. It can very easily become congested. When we we have a look at the gallbladder meridian, you can see how easily the movement of the lymph, the blood can get stuck in the correspoinding areas of the channel where the direction changes in the channel where the tissues change as well.

In Eastern medicine each of the elements work with each other.

What I love about Gua Sha and this is the first thing that really clicked for me is how you move stagnation or how you break up congestion.

Example: If you have a tree or you have some firewood there how are you going to break that wood up? What are you going to do? How are we going to break up that wood?

Say we're on a hike and, and there's a tree down in the path… how are you going to remove it? chop it up. burning it. that's going far lol,. we're going to shave it, we're going to chop it.

We're going to chop it. Yes. We're going to cut it up. Right. And what do we use? What tool do we use to do that? How are we going to chop the wood? We could break it down with a saw, right? With a saw, with some kind of a saw, with an ax. Exactly. And what is that made of? What material is made of? Is the star the ax made of?

This is metal.

Exactly. So this is your TCM lesson for today. **Metal cuts wood**. And that's something in traditional Chinese medicine, we say in the body as well, but externally, what are we using? You see in this video, what is that? It's a metal tool. Now in, in Chinese medicine, traditional Chinese medicine, metal originally was actually stone.

And then of course, as things got refined and time went on and they started to find metals. It became the term metal because obviously metals in many ways are much tougher or harder and they're actually extracted out of stone. But think about it, in Gua Sha, what are we using? We're using stone, we're using metal, sometimes we're using animal horns, and tools, primitive tools, were absolutely carved and sharpened with animal horns and stone.

So, stone or metal is the perfect instrument to break up wood. So when we're talking about the wood element, using a tool, why not use the one that cuts wood. In Eastern theory we are said to reflect nature. For me, it keeps showing up as being true.