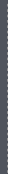




SUSAN FAUMAN

HANDCRAFTED
HEART-CENTERED JEWELRY



The Five Elements

*Earth,
Water,
Fire,
Wind
and
Space.*

The interaction between these 5 principles give all people, things and situations, their unique expressions.

The 5 elements compose everything that we can perceive with our 5 senses. In their more subtle forms, they even shape our thoughts and emotional experiences.

A lot of the time we have a sort of cramp in our perception that takes us out of the flow of communication between our bodies and the world around us. The remedy is any process that relaxes those cramps—such as

slowing down and tuning into your senses, eating real food, and aligning your lifestyle practices with the changes of the seasons.

When these cramps are relaxed, a free-flow expression of natural rhythms follows.

Everything contains all 5 elements at once, but the predominance of one or more elements determines the characteristics that will be expressed.

A handwritten signature in black ink that reads "Susan Jan". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

EARTH *is square. Earth is golden.*
It's stable, regular and still. It expresses as STABILITY.

Plant your feet firmly on the ground
and sink in some roots.

When you express clarified Earth
element, you feel stable and rooted.
Emotionally: grounded and confident,
but flexible.

Earth element supports committed,
long-term relationships and career
paths. With the help of Water element,
it insulates your body with a healthy
layer of fat. It produces sturdy bones
and muscles, and a good capacity for
physical work.



*"I often infuse a design with
Earth Element when I fuse
24k gold to silver or add an
18k gold component or detail.
Earth Element stones include
jaspers, agates and ambers,
and hematite".*

WATER *element is round and wet. Iridescent and reflecting. Cooling and soothing. It expresses as COHESION and NOURISHMENT.*

Take a bath and connect to the soft, calming effect of the water on your skin.

When you express clarified Water element, you feel nourished by, and connected to, your community. It helps you feel content, express yourself calmly and smoothly, and allow things to “roll off your back.”



“Silver and moonstone. Opal, pearl and turquoise, blue-green tourmaline and aquamarine bring a huge water element influence to my designs.”

FIRE *is sharp. It is hot and bright. Changing and consuming.*
It expresses as TRANSFORMATION.

Watch the autumn leaves as they transform from green, to yellow, to orange, then red.

When you express “purified” fire, you have great capacity for affection and compassion. You feel naturally joyful, generous, and enthusiastic. Fire element brings you insightfulness, an ability to “cut through” the surface appearance of things, and the capacity to transform what you find to reach deeper understanding.



“Rose gold and rubies. Citrine, coral and diamond, garnet and pink tourmaline. Depends how hot you like your fire”.

WIND *element, sometimes called air element, is movement incarnate. It is irregular and rough. Dry and inspiring. It expresses as MOVEMENT and INSPIRATION.*

Imagine standing in the cold wind of autumn.

Because Wind Element is movement, it is also power. When you express “clarified” Wind element you have great, unforced capacity for work. Your effortless stamina and enthusiasm for life arises naturally. You feel motivated and creative because the subtlety of Wind element conveys inspiration. Healthy Wind element also results in great capacity for abstraction and connection to unseen things. Focus comes naturally.



“Wind element inspires a sense of movement and of whimsy in my work. Rough and irregular crystals. Repetition of variations on a theme”.

SPACE is subtle. It is expansive and still. Still, because it lacks the movement of Wind. Cold, because it lacks the heat of Fire. Dry, because it lacks the moistness of Water. Light because it lacks the weight of Earth. It is the place that is nowhere, so it is expansive, pervasive, and has no center. Its expression is HOSTING.

Close your eyes and take a few deep breaths. Feel the boundaries of your body relax and expand outwards to take in your environment.

Clarified Space Element has no preferences and can host everything just as it is. We accept our own and others' situations. We feel flexible and open-minded. We accommodate changes and challenges with a natural ease because we do not hold too tightly to the way we would like things to be.



"In many ways, my work is about the container of Earth and the hosting of Space. To infuse joy into what I do is to leave myself Space to discover. To fail and to try again".

INSTRUCTIONS

*Print this page.
Cut along the
dotted line. Cut
or fold along the
solid line. Enjoy
your bookmarks.*

*“When you
connect with
your experience,
you touch the
ineffable. You
touch infinity.”*

S U S A N F A U M A N



*space—
hosting*



*wind—
inspiration*



*fire—
transformation*



*water—
nourishment*



*earth—
stability*