

The Five Elements;

1. **ETHER;** represents the space between, nonresistance
2. **AIR;** represents motion or movement
3. **FIRE;** represents transformation (of data into knowledge or food into energy)
4. **WATER;** the idea of fluidity or cohesion
5. **EARTH;** the idea of solidity, being grounded or rooted

Dosha: a biological force that sets the stage for the rhythms of our bodies, the time of day, the seasons and our stage of life.

These doshas are made up of the earth's elements.
 The three doshas are VATA, PITTA & KAPHA

	Vata	Pitta	Kapha
Elements	Ether & Air	Fire & Water	Water & Earth
Qualities	light, cool, dry & mobile	light, hot, slightly oily and unstable	heavy, cool, moist and stable
Body Characteristics	often thin with narrow frame, long neck and bones	medium frame, good musculature	stocky, good musculature, short neck, large bones
Personality	fast speaking and fast moving, creative & energetic	focused energetic & intense	slow speaking, slow moving, consistent & dedicated
Physical Challenges	dryness: constipation, gas, dry skin	heat: heartburn, skin rashes, weak liver, loose stool	dampness: prone to mucousy lungs and sinuses, water retention, congestion
Emotional Challenges	nervousness, fear, worry, overwhelm, difficulty focusing	anger, critical, jealousy, cynical	lethargy, depression and over attachment
Balanced by	heavy, moist, warm and stable	cool, heavy and stable	warm, light, dry and mobile
Gifts	creative, enthusiastic, inspiring, often excellent artist and healers	clearly perceptive, excellent leaders, teacher and guides	unconditional love, nurturing, devotion, great caretakers and supporters