

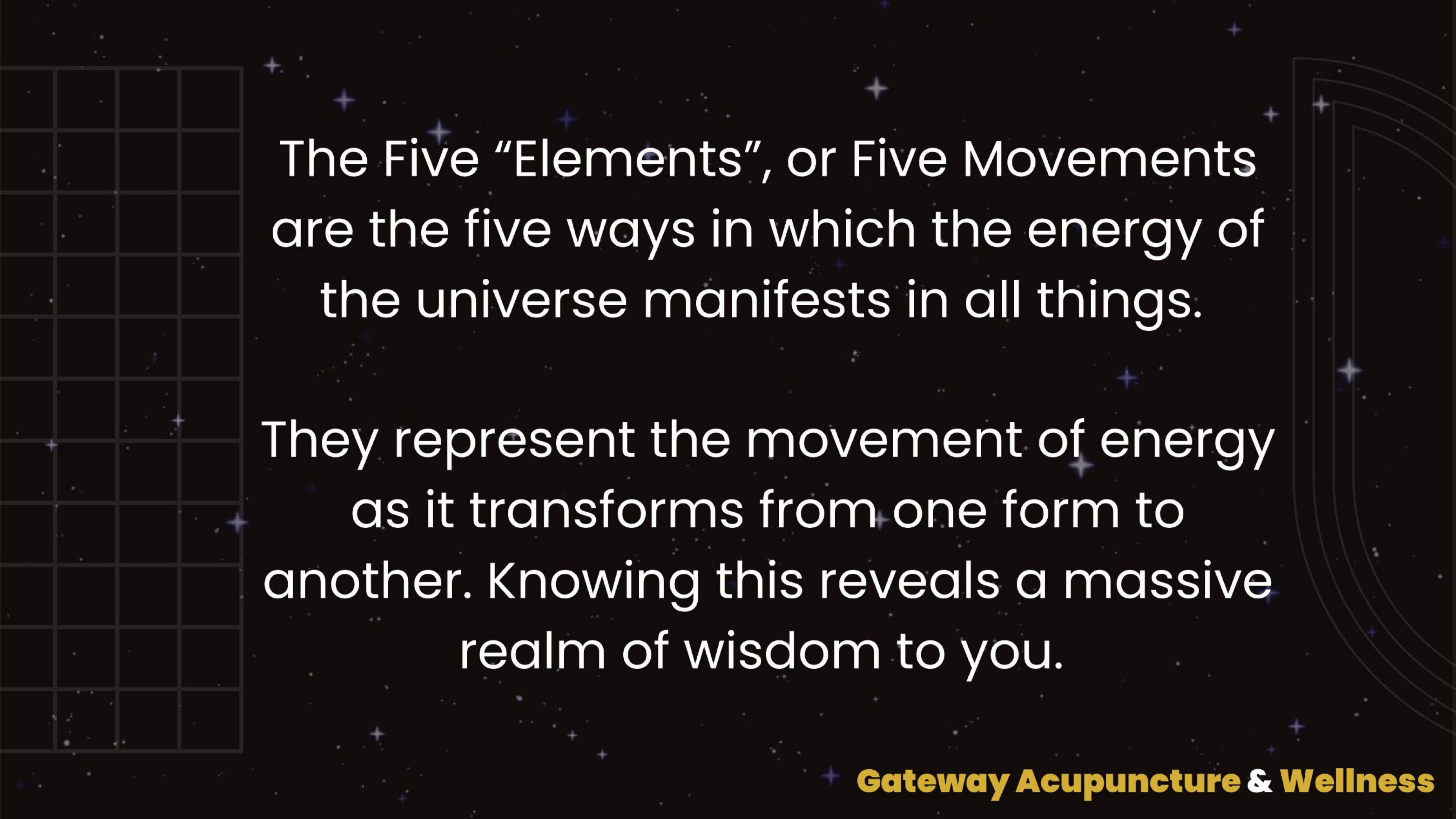


GATEWAY  
ACUPUNCTURE & WELLNESS

# Daoist Alchemy

The 5 Elements,  
9 Palaces, and Yóu!

Presentation by **Diego Garcia, LAc**

The background features a dark space with numerous small, light-colored stars. On the left side, there is a grid of squares, some of which are filled with a lighter shade. On the right side, there are several concentric, curved lines that resemble a stylized 'D' or a partial circle.

The Five “Elements”, or Five Movements  
are the five ways in which the energy of  
the universe manifests in all things.

They represent the movement of energy  
as it transforms from one form to  
another. Knowing this reveals a massive  
realm of wisdom to you.

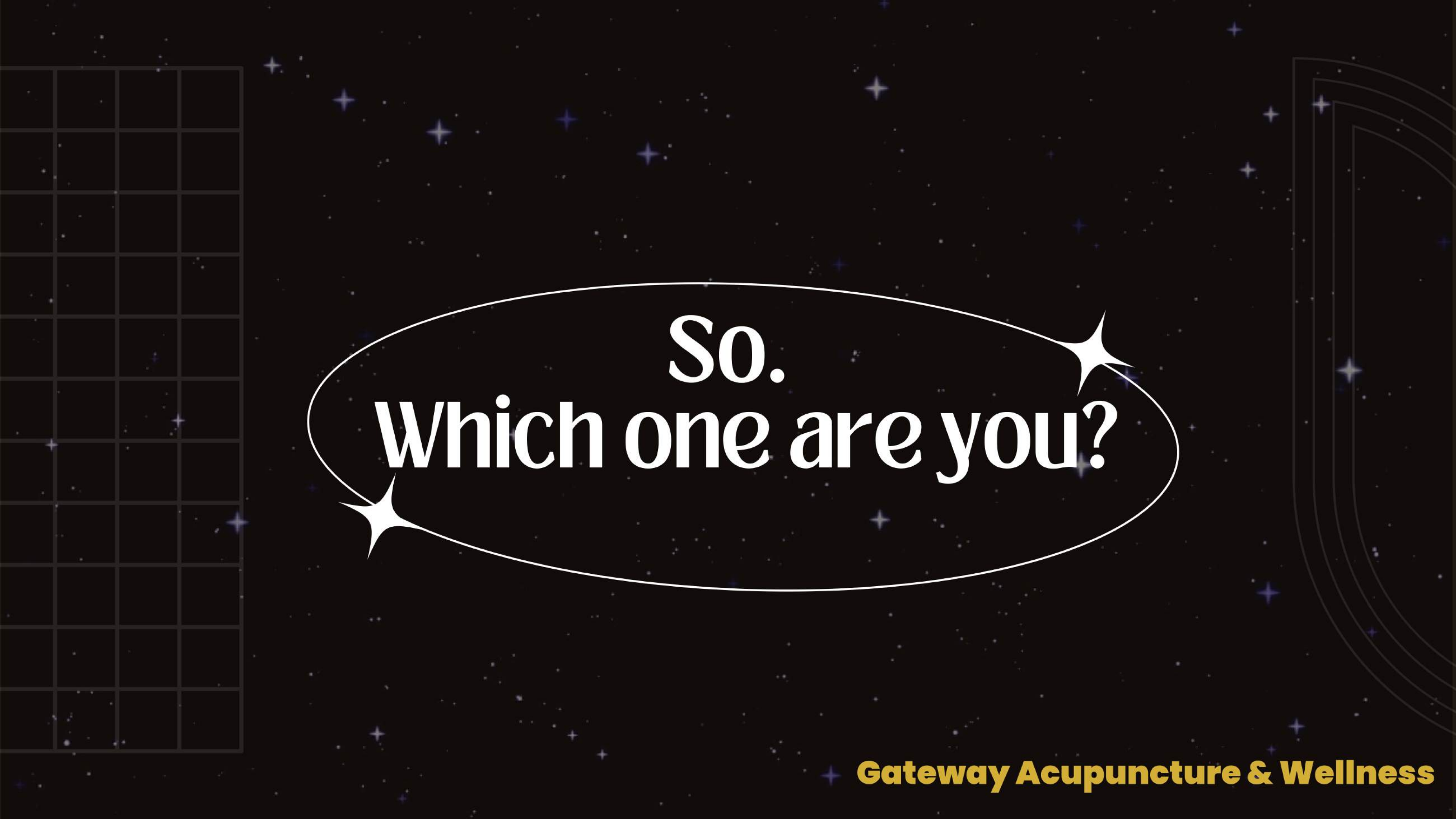
**WOOD:** the energy of Spring, burns to make...

**FIRE:** the energy of Summer, collapses into  
ash to make...

**EARTH:** the energy of Late Summer (Harvest),  
consolidates to form...

**METAL:** the energy of Fall, condenses to form...

**WATER:** the energy of Winter, bursts forth to  
form... **WOOD again.**



So.  
Which one are you?

Presentation by **Diego Garcia, LAc.**



# Wood People

COMPETITIVE

HEALTH-CONSCIOUS

CHANGE

LEADERSHIP

GREATNESS

GOALS

FAST

VISIONARY

BENEVOLENT

LOGICAL ATHLETICISM

HARD-WORKING

INITIATIVE

REACHING

EFFICIENT

WITTY

OPTIMISTIC

RESOURCEFULNESS

MULTIPASSIONATE



# Wood People

Presentation by **Diego Garcia, LAc.**

OVERLY COMPETITIVE

RIGID/TIGHT

IMPULSIVE

INSUBORDINATE

RULE-BENDING

IMPRACTICAL

OVERLY SENSITIVE

HASTY

IRRITABLE

ANGER/FRUSTRATION

HIGH-MAINTENANCE

HYPER-RATIONAL

CONTROLLING

PERFECTIONISTIC

IMPATIENT

BURNOUT

FLASHY

BLAMING



Presentation by **Diego Garcia, LAc.**



Presentation by **Diego Garcia, LAc.**



SOCIAL CONSIDERATE

SEXUAL SPONTANEOUS

EMOTIONAL (IQ) STORY TELLERS FEELING/S FUN

LAUGHTER PROSPEROUS JOYFUL BEAUTY

EXPRESSION CONSIDERATE CONNECTED

SENSITIVE LOVING EMPATHETIC

THOUGHTFUL AESTHETIC ATTENTIVE EXCITABLE



Presentation by **Diego Garcia, LAc.**

BURNOUT

VAINITY

INSUBORDINATE

MELODRAMATIC

HYPERSEXUAL

SELF-CENTERED POOR BOUNDARIES

SHY

PEOPLE-PLEASING

INNAPPROPRIATE LAUGHTER

SEVERELY UNCONTAINABLE

SCALDING

The logo features a stylized flame in shades of red and orange, with a yellow core. It is positioned to the left of the text "Fire People".

# Fire People

Presentation by **Diego Garcia, LAc.**





Presentation by **Diego Garcia, LAc.**

CONSIDERATE

SOCIAL HOME

CARRY-SUPPORT

SWEET

SENSUAL INTELLECTUAL

CONSISTENT

COMFORT

CONSIDERATE

CONTENTMENT

LISTENING

NOURISHING

BOUNDARIES

SLOW FOOD GATHERING

CARETAKING

RELIABLE GROUNDED FAMILY-COMMUNITY

Presentation by **Diego Garcia, LAc.**



# Earth People

SERIOUS

STUBBORN

RIGID

OVERENCUMBERED

CLUTTERED

PUTS SELF LAST

PEOPLE-PLEASING

PRONE TO DEPLETION

SELF-CENTERED

WORRISOME

OVERINDULGENT

SMOTHERING

HOLDING ON

MATERIALLY-ATTACHED



Earth

Presentation by **Diego Garcia, LAc.**



Presentation by **Diego Garcia, LAc.**



# Metal People

ELEGANT

SERIOUS

RIGID CONVICTED

RESPECT

ENIGMATIC

SOLITUDE

HIGH-STANDARD

MINIMALISTIC INTEGRITY HONOR

REFINED

PRECISE

SERVICE

BEST BOUNDARIES

INDIVIDUALISTIC

STRUCTURED

QUIET

COSMIC

BINARY

COOL SPIRITUAL

CRYSTALLINE

SYSTEMATIC

Presentation by **Diego Garcia, LAc.**



# Metal People

SERIOUS

FEW WORDS

DETACHED

CYNICISM/PESIMISM

LINEAR

CRITICAL

UNROOTED

MERCYLESS

NIHILISTIC

MELANCHOLIC

DICHOTOMOUS THINKING

STUBBORN

DISENGAGED

NOMADIC

ALOOF

LONESOME



# Metal



by Diego Garcia, LAc.



Presentation by **Diego Garcia, LAc.**



# Water People

SILLY

UNRELENTING

DYNAMIC

STAMINA

WISE

WILLFUL

POTENTIAL

INTENSE

DEPTH

SKILLS

POWERFUL

FUN

AMBITIOUS

KNOWLEDGE

ANTICIPATORY

ADVENTUROUS

ECCLECTIC

PATIENT

VARIABLE

GREAT IN EMERGENCIES

Presentation by **Diego Garcia, LAc.**



# Water People

FLIPPANT

INCONSISTENT

HYPERVIGILANT

TOO MUCH

OVERLY TALKATIVE

DRAMATIC

HYPERACTIVE

FIDGETY

CHAOTIC

UNCONTAINABLE

DARK

FROZEN

HESITANT

INSUBORDINATE

UNPREDICTABLE

COUCH POTATO



Presentation by **Diego Garcia, LAc.**

# 5 Elements

Presentation by **Diego Garcia, LAc.**

Your Stack Up  
Rough Traits +/-

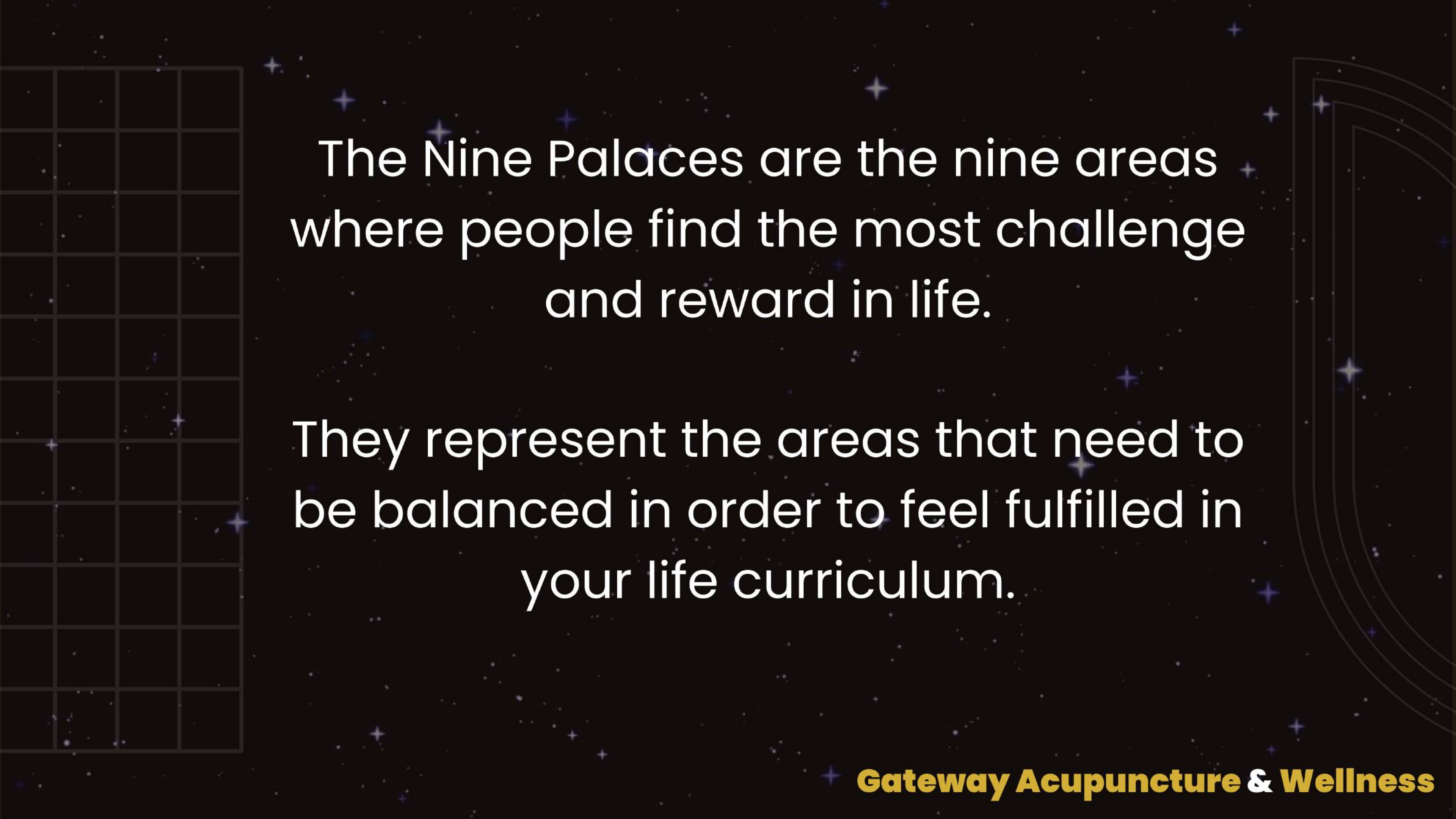
1st 75/25

2nd 50/50

3rd 25/75

4th & 5th Negligible



The background is a dark, starry space. On the left, there is a 10x10 grid of squares. On the right, there are several concentric, curved lines. The text is centered in the middle of the image.

The Nine Palaces are the nine areas  
where people find the most challenge  
and reward in life.

They represent the areas that need to  
be balanced in order to feel fulfilled in  
your life curriculum.

Presentation by **Diego Garcia, LAc.**

# The 9 Palaces

✦ Prosperity &  
Relationships

✦ Health &  
Wealth

Home

Legacy &  
Travel

✦ Career &  
Wisdom

# 5 Elements Games

Who has theirs figured out?

Reading Excerpt:

Guess the music:



# Next Steps

Understand.  
Transform.  
Let Go.

Presentation by **Diego Garcia, LAc**

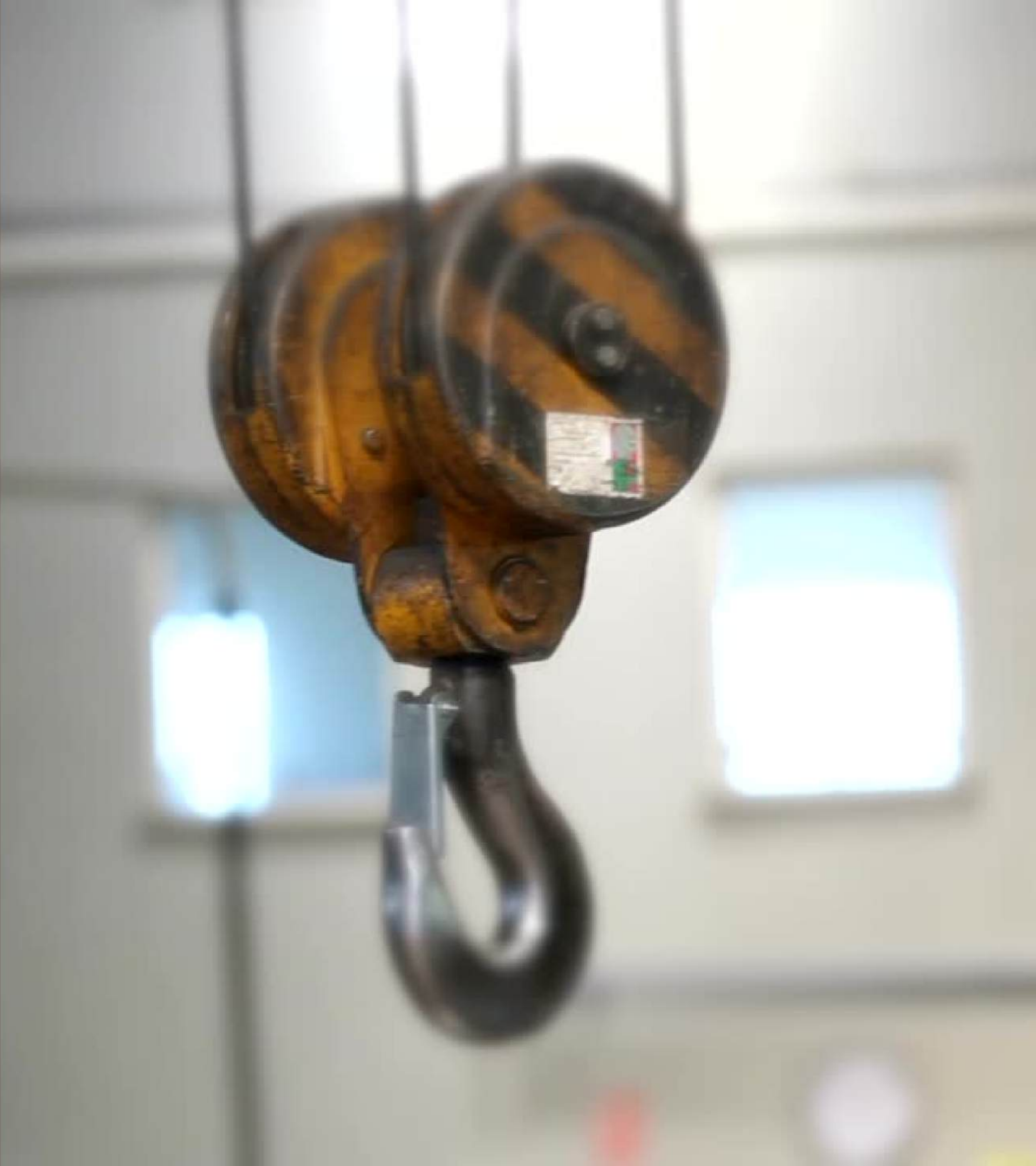


Next Class:

# 13 Ghost Points

Unhook Yourself

OCTOBER 17th





# Shout Outs



**Leta Herman & Jaye McElroy, Alchemy Healing Ctr.**

**Ricky Metcalfe**

**Patients & Teachers: Past, Present, & Future**

**Rebecka & Warren, The Divine Bubble**

**Gateway Acupuncture & Wellness**

# Resources

✦  
**My Clinic:**

**Gateway Acupuncture & Wellness**

**[www.gatewayacu.com](http://www.gatewayacu.com)**

**@gatewayacu**

**My Teachers**

**[www.alchemyhealingcenter.com](http://www.alchemyhealingcenter.com)**

**[www.inspiredactionpodcast.com](http://www.inspiredactionpodcast.com)**

**The Divine Bubble**

**[www.thedivinebubble.com](http://www.thedivinebubble.com)**





**Thank You**  
for your interest in Alchemy.

Presentation by **Diego Garcia**



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