



Less Known Secrets

Of Basic Elements Of Nature That Govern Your Wellness.

Dr. Sowmya Suryanarayana

Secrets Of Basic Elements Of Nature That Govern Your Wellness.

Have you been working on improving your health and life and often wished you knew more?

Has the unlimited information around made you a little overwhelmed and not sure which ones hold good for You?

If yes, this is for You! Here are some little known factors that incredibly improves your life. Read Along.

Often the quality of our existence is aligned with the environment around us.

The less known aspect is that all these factors have the same building blocks. Understanding this would change your perspective forever.

The existence of the Universe is composed of various elements working in harmony to create a whole and integrated pattern. In reality, minute factors interact and they enhance, amplify and become more complex substances. An atom, an amoeba and a human body are made out of those same factors as well. Their proportions and complexity of their interactions differ. They are associated with life force energy in living beings and function like a complex gadget. The complexity is the result of permutation and combinations of 5 Basic Elements.



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The entire existence is a play of basic five factors. And for the ease of use they are named as Earth, Water, Fire, Air and Space.

These names are representation of specific attributes and not virtual elements (e.g. water does not imply only water, earth does not mean only soil).



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This is a list of attributes of the five elements.

Earth - Heavy, thick, hard, rough, dry, slow, static, stable, downward movement.

Water - Cool, liquid, cohesive, soft, subtle, heavy, downward movement.

Fire - Hot/warm, sharp, penetrating, dry, trans formative, light, subtle, upward movement

Air - Dry, light, mobile, clear, transparent, subtle, formless, upward movement.

Space -Formless, expansive, all-inclusive, subtle, vast, Immeasurable, no resistance, void, motionless.

Earth the **heaviest and densest** progressively gets lighter and
Space the **lightest and subtle**.

They interact and create the perception of forms which can
be sensed by the human mind & the senses perceive.

This is in fact is the
little known secret.
The qualities of each of
these 5 elements are
present in each and everything in the world.



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Be it a Yummy Ice Cream or a Disastrous Nuclear Weapon.

Put on your 5 basic element spectacle. The 5BE Spectacle ;)

Keep the above list of attributes for reference.

Let's Do An exercise:



Use the list until you can differentiate and identify the attributes all by your own.

Select an object to analyse.

Begin paying attention to one element at a time in that object.

Appreciate the presence and notice the effects.

It make take a few days to get comfortable with identifying each element.

Select a different object, article, or a species each time.

When you are comfortable with identifying single elements in objects, you can go ahead with identifying all the five one after the other. Give a point to each of the attribute present under each element. Add the points under each element and you will know the predominant element in that object.

Repeat this exercise regularly as many times and for many days as possible.

Make a group activity and notice each ones findings about the same object.

1. Everyday objects
2. Foods (grains, fruits and drinks)
3. The environment and seasons.
4. The plant and animal kingdom
5. Your Physical body.

Involve Children when ever possible. It is wonderful to know your and the little gems views.

Corresponding aspects

Each element corresponds to certain particular aspects of the individual, such as emotions, activities, internal organs and the senses. It also corresponds to a season, a life stage, a color, a shape and a time of day, as well.

This holistic, interconnected philosophy can guide us in using the elements to tend to our health. By focusing on each element and its corresponding aspects, we can see how the five elements can help keep our bodies be in better harmony.

Identifying and understanding these have proven to be a remarkably constructive way to think about how our system can be balanced.

We innately use the antagonistic factors to balance each element. Eg : when the skin is dry and chapped, oil or lotion is applied.

Dry skin has attributes of air element more and the lotion or the oil has the attributes of water and earth.

In Essence

Ayurveda- the science and wisdom of life holds that everything in existence is a blend of these five elements.

Good health and wellness are results of five elements being in harmony. These are some of the most ancient ideas about health remain relevant even today.

Getting in touch with the elements can help us find better balance – in our bodies and our lives – and help us feel more connected to the natural world.

This is a remarkable way to begin your journey towards **aligning with nature and better balance.**

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Being open to learning and growth is an important attitude.

This exercise makes learning fun and faster.

It Keep Growing & Evolving.

~ Dr. Sowmya Suryanarayana

Feel free to connect with me on ~

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An Invitation To Readers

To get on board The Journey of Wellness Rhythm.

This is the beginner in the series of Wellness Rhythm Prompts.

This book prompts you to consider the most important questions about your health and wellness you'll ever face.

This book doesn't offer answers for your questions. Instead, it equips you to use the fundamental five elemental perspective.

Where you can understand the imbalances so you can make wiser decisions.

Dr. Sowmya Suryanarayana is a wellness integration revolutionary.

An Ayurveda Physician, Counselor, and a Coach for over two decades. Founder of Naadi Ayurveda Clinic & Nyasa Integrative Holistic Functional Wellness.

She passionately empowers individuals of all walks of life to integrate wellness in themselves so they evolve. Resulting in getting to be their best and powerful in all areas of life. And enter the layers of consciousness with clarity and wisdom.

Let Us Connect And Pulse Wellness Together.

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