



Awaken the Five Elements™ Through Belly Dance and Ceremony The Five Elements for Our Modern Lives Jean Haner

Dondi: Hello, everybody. I am Dondi Dahlin and I am so excited to be sharing some time with Jean Haner. I wonder if you've ever had that experience where you hear about a person for maybe a long time and maybe it's even a celebrity or somebody that you see in the media. Maybe an author, maybe someone you read about in print and you want to meet them, and you secretly hope inside that they're as wonderful as you want them to be. Well, this happened with me and Jean Haner. I heard about Jean for years of course with her multitude of books and articles and wisdom and knowledge and people would say to me, "Dondi, you must know Jean Haner. Oh my gosh. You've met Jean Haner, right?" I would say, "No, I haven't met her, but I've read about her and I've seen her on interviews" and then we finally met. I was so pleasantly surprised because Jean is genuine and authentic and real, and I was so excited because you want that. You want people to be as wonderful as they are in your imagination, and Jean is. You will find that out during this time together, but before I introduce you to Jean, I just want to say she has an amazing website. I was just on her website yesterday looking at her blog. You can find out everything you want to know about the Chinese five elements. You can read her articles. You can of course look at her events and her classes and her books about Chinese face reading and the Chinese five elements and space clearing and really spend some time there, jeanhaner.com. After you listen to us and enjoy some time with us, I hope you'll go there. Jean is just terrific, and I would like to introduce you to her now. We're going to have a fun time together. Hi, Jean!

Jean: Hi, Dondi! Oh my God, I'm so honored. I feel like we are soul sisters here. It's crazy that it took us so long to meet, but now we're together and that's the most important thing.

Dondi: Absolutely. Yes, we work in the same field and it warms my heart to know that you're working in the same field I am, and we have a lot of similar desires. That is

for people to understand themselves, for people to be able to have better relationships, for people to not have to struggle in life with this web we weave in our heads and decisions and going forward. The Chinese five elements, we have talked about it. It's like this secret that we have, but we want to tell the whole world because it has made our lives so much better, so I'm so glad you're with us here today.

Jean: I feel exactly the same way. I feel like we've discovered the secret map and we want to tell everybody this is so amazing. Everybody who's ever been introduced to it at first are like, "Really?" and then like, "Oh my God, this is the most accurate thing I've ever discovered. This is amazing," so I love that you love it too.

Dondi: Yes. Well, let's get into it. A lot of people who come to me and come to my sister when we're teaching the five elements, they often have a couple of questions that come bubbling forward at first and I want to ask you those and one of them is, is the Chinese five elements based on astrology? For instance, if someone is a Libra, and I think in Western astrology, at least, Libra is an air sign, I believe, so where does air fit in? Is air equal to metal, but is metal my astrological, what? I'm so confused! Can you talk a little bit about that?

Jean: Oh, my head, yes. Yeah, I often get asked that question. The thing is that it doesn't come from astrology. It's not based on astrology, but it's a similar system. In other words, there are many systems out there to read personality. There's astrology. There's Enneagram. I kind of consider them to be parallels. You can't blend them. You can't make them fit with each other. There are certainly a lot of similarities. You've mentioned air signs and you're right. In five elements, metal is associated with the sky or heaven, so it's considered to have to do with air. There may be some similarities there, there may be some crossover, but I always say it's best to pick one system and stick with it. If astrology just rings all your bells, then stay with that and maybe you have five elements on the side. If Enneagram fascinates you then study that and study other things too, but in a way, it's really difficult to try to make them all blend together. It just doesn't work. If something is true, it's true. There's truth in astrology. There's truth in five elements. There's truth in other systems. Just deepen your knowledge of whatever really appeals to you.

Dondi: Great! If this isn't astrology or isn't really based on astrology as we know it, the next question is, well, where does it come from? Am I born with it? Do I sync into it when I'm seven years old? How does that work?

Jean: One of the reasons I have such deep respect for the five elements is that it's been developed over thousands of years. I always say 3000 years of research and development went into this. It's based on the study of patterns of nature. That over thousands of years, these ancient scientists really walked through the world and they researched the patterns of nature, the cycles and the patterns in the life

cycles of plants, in animals, how the day merges into night, how the seasons work. They actually developed a very sophisticated map of how everything works, of how all life works including people and including people's personalities, so there's such a depth to this system. I've been studying it now for almost 40 years, oh my God, and every day is like Christmas. It's like, oh wow, this is another way that it shows up. It's just endlessly fascinating.

Dondi: Terrific. Thank you. The next question that usually comes is, "How do I figure out my element? How do I figure out what my mom is and my son and my boss? How do I do it?" Of course, there are five-element quizzes and that's a great way to do it, but I'm hoping you can go a little bit deeper with us. What does somebody look for? Let's say they are at work and their boss walks into their cubicle or into their office. What types of things could grab them and maybe give them a clue into what that person's element is?

Jean: Oh, good example, so let's go through each of the five elements in terms of that situation. The boss walks into the office. If the boss is a water person, for instance, one thing about water people is that they're quite deep. They have a depth of emotion, a depth of feeling that other people lack, but things go very deep with them and it takes a while to come up and out. If you have a water boss, he or she will walk into your office and they won't immediately start talking. They may take a few moments to lead up to what they're going to talk about, and if you're not a water person, you can be like, "What? What? What?" They won't just launch into the conversation. If you picture water in nature, it doesn't go in straight lines. It wanders around, and so a water person will wander in conversation. If your boss is a wood person, wood people are very direct. They like to get to the point. They want to figure out what the problem is and fix it and move on. If a wood boss walks into your office, he's immediately going to go, "Okay. This is the problem, and this is what I need you to do and it has to be done by ten" and you're like [gasps]. If you're not wood, that's a lot of pressure.

A fire person, fire people like to have fun. They tell little jokes in a conversation. They're very warm and affectionate. They'll be very lighthearted in conversation and they tend to talk really quickly and wave their hands around when they talk. As you watch me today as I'm talking, you may notice I'm unable to talk without my hands because I have a lot of fire in my personality. If your fire boss walks in, he or she will immediately be [babbling] and maybe toss in a little joke here and there. If you're not fire, it may be hard for you to follow all that. They're just dumping a lot of stuff on you at once. Earth, if you have an earth boss, well, earth people are the givers of the world. They're the nurturers. They always think of other people before themselves, and so if the earth boss comes into your office, even if it's an emergency, the first thing they ask, "How are you? How's your family? Did you eat breakfast? Anything I can do for you?" Then they'll tell you about the problem. Usually, it'll be a long story because earth people are

storytellers, so they won't get to the point. They'll say, "Well, she said this and then I said that and then he said that and then I said this" and then get to the point.

A metal person, if you have a metal boss, often metal people need space. They're very sensitive to other people's energy, and so you may find that they just step into your door, but they don't come right up to your desk, for instance. They need space between you and them, and people can misunderstand that. They can think that metal people are aloof or standoffish and that's not it. It's just that it takes them a little while to get used to somebody's energy. They have to build up to that. If the boss is standing some distance away, you may think, "What's wrong with me? What?" and understanding that's just the space that they need between them and another person and then you can relax and not misunderstand the dynamic between you. Does that make sense?

Dondi: It makes so much sense and thank you for clarifying this. Thank you also for bringing up the metal element. I find that working in the Chinese five elements metals and woods are often difficult for people in that people can take personally how a metal or a wood is, and 99.9% of the time, it's not personal. This is the vibration they were born into in the Chinese five elements, so often even with me, I've known the five elements since I was a little girl. I was raised in them with my sister by our mom, who you know, Donna Eden. Even with me, when I encounter a metal person who is a little bit distant, a little bit detached, I immediately go into my water place, "What did I do? What's wrong with me? Why do they hate me? What did I say?" I love that the five elements really do teach us to not personalize things. Because I am versed in the five elements, I can come back to myself fairly quick and say, "Dondi, come on now. That's a metal. Get over yourself and don't take it personally."

Jean: That's so gorgeous because to me, that's one of the most valuable things about this work, is we all tend to take things way too personally and we all look at life through our own filter, through the thick lenses of our own personality. It affects our perception. Sometimes it distorts our perception, so you're right. If someone who has a very different element is talking with you, it can be difficult and you can take their behavior personally and this lets you step out of that, to get out of the personal reaction and recognize. Yes, at first it may be like, "What?" and then you're like, "Oh right. Okay. What element is talking?" and then you're just gone. You're freed from that. It prevents so many problems in any kind of relationship whether it's 30 seconds in an elevator or 30 years in a marriage. Because misunderstandings can build one on top of the other and then you've got some huge issue that evolved from some tiny little misunderstanding long ago that was just two different elements trying to communicate.

Dondi: Yes, and I love how you talk about being freed from being hooked and triggered. There aren't as many hooks and triggers anymore for me. A lot of times, I go for long periods with no hooks and triggers, but I think to myself, wow, if I didn't know what that person's element was, I would've been really triggered, so thank you.

Jean: Absolutely, and as well of course with ourselves, we can be aware not only of the holes we tend to fall into with our own personalities, but also understand there's a reason why you were designed this way. This is based on an understanding of nature. When we look at an oak tree, we expect it to grow acorns, not apples, right? That's an oak tree, so we're not upset or confused when it grows acorns. Well, each of us has a purpose in life, a way of being that is right for us. This system, I think, helps us live our lives on purpose, to be true to our own nature.

Dondi: Yes, so don't beat yourself up if you don't grow apples and you grow acorns. That's for all the waters out there. Don't beat yourself up. I assume that there are people watching this who have clients. They're either therapists or they're life coaches or they're alternative health practitioners or they're bosses and managers and they have clients or employees where they need to set a plan for that person. They're helping that person plan a part of their life or a part of their job and they're giving that person a plan. So many times, people wonder, "Why did that fall apart? Why did it fail? Why did that person not follow through with my perfect plan that I laid out for them, that I worked on for them, that I gave to them?" and there was failure. What I want to talk about and what I'm leading up to is this question of asking you. With each of the elements, if you can go through them, and I know we speak very generally at times especially on short interviews like this, but in general, are there things that we want to think about and maybe even stay away from before presenting it to that type of element? For instance, is there a plan that we wouldn't give to a water, that we wouldn't give to a wood because they're probably going to be challenged by it? Does that make sense?

Jean: Totally, and this is so valuable to know. So often when we put ourselves in the client's shoes, of course, we'd given them the plan and it didn't work out because it wasn't a match for their personality. That alone is difficult enough, but then the next thing that often happens is the client blames themselves. They think something is wrong with them, and then they're worse off than when they started off, so we definitely want to create plans that are a fit, that are a match for our client's designs. For instance, most coaching systems are very wood element. They're very linear. "Here are your seven steps to success. Just do this over the next seven weeks and you'll achieve your goals." Oh my God, for a water person, linear? Water is not linear, right? It doesn't move in a straight line. Water people process things deeply. They are very deep thinkers and they have depth of emotion, as I said, so even the concept of a plan can be hard for a water element person to follow. For water, it has to include some intuitive sense of how they feel

about it. Water people need freedom in how they do their work and how they do anything, and so if the plan has tight deadlines, well, just throw it out the window. That's not going to work for a water person. To feel into it, to maybe have one exercise, one practice they do and then meet again and see how things feel and "Now, what should we do?" to allow the process and to allow the water person to do it as the mood strikes them without deadlines. If you have a wood client, often woody coaching systems work really well for them, because wood people do like linear things and step-by-step plans and things like that. However, wood people need to feel successful soon into the process. If the plan is six months long and kind of complicated and they won't feel like they've won something and they've reached the goal post soon into the plan, it won't work for them. You need to give them a win soon into the plan. A few steps in, yay, they've reached the goal, they've met a deadline, and then the plan will work for them. For fire element person, well, oh my God, it needs to be fun. Please don't make them do these long, drawn out exercises or all these complicated things unless there's some fun involved and creative expression. Fire people need to express themselves. These are the communicators. The joy that they find, joy is the emotion associated with fire, they need to find fun, joy, excitement, and stimulation in the plan that you devise for them.

For Earth people, so often I have clients who work with clients. They're therapists, they're coaches, whatever, and often one of the most difficult types of clients is an earth person. They have worked out a beautiful plan for them. The earth person agrees, "This is absolutely what needs to be done. It makes total sense to me. It's doable" and then they don't do it and they don't do it and they don't do it. The way to help an earth person create change in their lives or to reach a goal is to help convince them that it will help somebody else. Earth people, these are the mother archetypes, and so they can often disregard their own needs in favor of someone else's needs, so giving them a plan that suits their needs, that's a foreign experience. That's a little bit uncomfortable for them, but if you can convince them this will help them help other people then they're on it. They'll do it.

For a metal person, metal to some degree is about a very high level of awareness, awareness of details and subtleties and nuances. Metal clients are very analytical often and they will analyze the plan that you've devised for them and they'll think it's not thorough enough. They'll think it didn't cover different potentialities and they'll nitpick about things. Metal people often tend to be very anxious, so then they'll start being anxious that it won't work or they won't do it well enough and they'll get stuck on one little point because metal people always think there's only one right way to do things, and so they'll get stuck or they'll procrastinate because they're so afraid to do it wrong. They're afraid of failure. With a metal client, you need to help coach and guide them that there isn't just one right way. You're always doing the best you can, and this leads you to another thing and then another thing. With metal, there's often an aspect about just relaxing into trusting

that there's a reason why you do this now. You don't have to overanalyze it. Does that make sense for the different types?

Dondi: Oh my gosh, yes. I have to say you really nailed it. I have a lot of wood and my friends seem to think I have more wood than I think I do, but anyway, I have a lot of wood. I remember being in this job where we would get these little tiny raises. About every three or four months, it would be 10 cents, or 30 cents and all the other employees were just complaining about it. "I can't believe we get a 10-cent raise. I can't believe I just got 20 cents. They shouldn't even give it to me. It's a slap in the face." I loved it. I was like, "Oh, good! I'm doing good. Another raise, that means I'm rocking it!" I'd take my little 10-cent raise and milk it for all it was worth because it made me feel like a success. That's all I needed to keep going, so thank you for saying that. And yes, with the metal, I have a metal in my life, and we work together. In our writing, we have to write a lot of things together, he's always adding things. He's making them longer and longer because he needs to be thorough. He needs to include all of the intellectual insights that are in his head. If he doesn't, the reader will somehow not get the full experience of the writing and the reader will feel like they missed out on something, and I'm like, no, the reader won't even know, so it doesn't matter. Thank you.

Jean: That is very insightful, what you just said, because metal is always concerned about lack, not enough in so many ways. That was a beautiful example of a very subtle way that a metal element is so concerned about the person reading this. It won't be enough. It'll be lacking some information. You can even feel when a metal person speaks in that way. You can feel the anxiety. It's really coming from a place of feeling like it needs to be perfect. Oh gosh, we can help our metal friends, and myself included, to relax. I often tell metal people if you only put in 50% of your usual effort, it would be anybody else's 200%. You could phone it in for once and still it would be better.

Dondi: Oh my gosh, you are so right. This man that I work with, he's always trying to make it perfect, the writings and whatever we're working on. I'm like, it's good enough. In fact, your good enough is so much better than anybody else's best, so don't worry about it. Thank you. I want to get a little bit into communication. We get into these relationship things in our life and I am very sure that most people watching this have been there. When you feel like, "Wow. I have tried everything to get through to my partner and I can't. They don't hear me. They aren't hearing me. We aren't resonating. I don't know what to say anymore. I've tried it all," same goes for working with a parent or a child. "I've told my daughter this a thousand times in so many different ways. I don't know what to do anymore." So Jean, what are some of the ways that we can reach the elements through specific communication that may be some words that an element likes to hear or a tone of voice or sentences that you think would work with each element and just give that element a little bit of, "Oh, they did hear me. I heard them."

Jean: Yes. Oh, I love that. Yeah, absolutely. You're making me think of a couple of business partners I just worked with. One of the business partners was a fire person and the other was a water person. One thing about fire people is that if they're trying to make a decision or solve a problem, they talk it out. In other words, "Well, we could do this. What about this? How about that? Well, you know what? The last time we tried it..." A water person is the opposite. They need to be silent in order to think. Their brain doesn't work that way. It's not that one is right or wrong or better or worse or anything. It's just different styles. So as long as the fire person is [babbling], the water person is just like, "Make it stop. Just shut up for a minute so I can think." Then they need some quiet time. In nature, water element is associated winter, the season of winter, and if we think about what winter is like, it's quiet and still and silent. Water people need silence and they often, even in communication, will say very little. Things are kept deep down inside. If you send an email question to a water element person, you're typing all about the problem, "What do you think? This is what I think" if the water person sends a reply, it'd probably be four words long. It's because it's just like, okay, this. They don't need to talk it all out, so we need to have realistic expectations in any kind of relationship. We know that a fire person has to talk it out. They're not going to stop doing that. Oak trees grow acorns, right? Fire people need to talk, but water people need some time to process, to feel into it, to let things trickle down, and then they'll be able to come up with a solution.

Any relationship can be a success. There are not bad combinations. There's no incompatibility. Some are a little bit more challenging than others, but any relationship can be a success as long as it's based on understanding and acceptance of who each person is and then we can find ways to make it work. There's always some middle ground there. With a water person, if this is your partner, if you're married to a water person and there's a problem you need to talk about, you can't just expect them to sit down and go, "Okay, look. This is the problem. Okay. We're going to need to talk this out." Well, the water person needs some time to see if they're even in the mood to do that right now and then to let the words come up from deep below, but a wood person is very different. I just had a wood client who was having conflict with her boyfriend. She couldn't understand why they weren't able to resolve this. Anytime there was a problem in their relationship, she would say, "Hey, come in here" and she would say, "We need to have a kitchen table talk." What she meant by that is, "We need to sit down and get it all out on the table so we can get it resolved and move on." Because wood element people always like to move on. They don't like to just wallow in their feelings and talk and talk and talk. "Let's get things done," but her boyfriend was water. To expect him to sit down and get it all out on the table and talk it out, well, that was unrealistic for him. She needed to just reframe; revise how she would communicate with him. She would say, "Hey, maybe sometime today, can we sit down? Let me know when you feel like it's a right time" and then

she would sit and speak more slowly because water people don't like really fast talkers. It's just overwhelming for them, so speaking more slowly, allowing more time for him to think and then respond, and then their relationship got back on track.

A fire person, as I said, needs to talk, but also when they come home at night, they need to talk about their day. They want to hear about your day too, but mostly they just want to talk about their day. If you're a metal person, when you get home at night, you need to be alone. You just want to go into a room with four walls and a door and just have some space because you need to recuperate from all the overwhelm of all that intense energy. But if you're home and you're married to a fire person and they walk in the door, they'll have a million things to tell you right away. Again, there can be an agreement about, how do we coordinate this so it's comfortable for both of us. Earth people, they need to talk. Earth people are the storytellers. They like to collaborate with people. They don't like to do things alone. They like to chat while they work. If you're working with an earth person, they'll be talking the whole time. They're working and, "Oh, did you hear about...? What do you think about...?" It can drive some types of people crazy, but it's very comfortable to have that back and forth with earth people.

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Metal people in communication really need to feel like you've heard them. I was just working with a metal client who was trying to talk to her doctor. He had given her prescription for a certain type of medication and it wasn't quite working, so she went back to him. He said, "Oh, okay. Well, let's change it up here. Just take half a pill three times a day and here's a new medication." She went home and she was trying to do that, and it still wasn't working, so she went back to the doctor and he said, "Okay. Well, we'll cut that one out. Take this at ten and two, and the blue pill at four." It made her feel like he wasn't paying attention to the details. She was saying, "Wait. This one... do you remember that I said that..." Oh, it's just so hard for her. Because metal people, it's often their experience in life that other people don't pay attention to details, then there's a little mistake, which is very hard for a metal person. They kind of anticipate in any conversation with another person that they're going to miss something. Often when you listen to metal element people speak, sometimes they will enunciate very carefully. You feel like, "What? Do you think I'm stupid?" but they're so concerned that you understand exactly what they're telling you so that it reduces their anxiety.

Dondi:

Thank you. I would love to go back to earth for a moment because I do find that when an earth is told that there needs to be a talk, they can go to a place of real worry. I think that a lot of earths assume decisions will need to be made and earths aren't the best at decisions especially if they're quick decisions. I find that with a lot of my earth family members and earth friends, just a person saying, "Hey! Can we talk?" sends them into this worry place. How can someone present a talk to an

earth, so they don't go there, and they come into the talk with an open heart and open mind?

Jean: Yes. Well, you're right. This is the classic earth person that worries. Worry is what earth does all the time. In Chinese medicine, it's called rumination. Rumination means chewing the thoughts over and over but never digesting them. It can be hard to get clarity or make a decision, plus earth people always consider how is this going to affect everybody else. Oh my God, that can be a bit much, right? With an earth person, I wouldn't just be very direct with them. I wouldn't say, "Can we talk?" because oh God, then the worries start. I would actually say a lot more. I would tell a little story about why we have to talk so then at least they have one thing to chew on and not a whole bunch of things to worry about, so lead up to it. Like I said, earth people like stories. "This happened to me, so I was wondering... then he said then she said, so can we talk about that?" Okay. Now, the earth person has a container for their worries at the very least. That might help.

Dondi: Wonderful. A container for the worries is a great visual. I know at least with the people who are earths who are in my life, bringing food to that talk. Calling it a meal instead of a talk, "Let's have a meal together" really helps. Let's talk about self-care. One thing that I love about the five elements that I know you love is that the five elements really look at everybody as individuals. Self-care is interesting because we're in an age where self-care is seemingly important. It's on the cover of magazines. It's in workshops. "You must have self-care." Everybody is working so hard, so the new thing is be sure and fit in your self-care. Yet I see that the same self-care is being suggested for every type of person. "Everybody needs to do yoga at 5:00 a.m. This will work for you. Do not exercise after 8:00 p.m. and do not do anything that gets your heart rate up too much, because that's bad for you." Of course, you is all of the millions of people in the world. You and I know that everyone is different, so maybe you could give us some clues into self-care that might be good for each element and really feed them, not just their mood, but also in the way of physical health.

Jean: Yes. This then takes us to looking at the origin of five elements Chinese medicine. Because Chinese medicine was the very first personalized medicine. It's not one-pill-fits-all. It's not one-size-fits-all, not one-treatment-fits-all. It's personalized to that person's unique design which Western medicine is starting to do, starting to move into. You're right. Some kind of one-size-fits-all self-care is just ridiculous. We're all different types, but I also find that most of what is defined as self-care in our culture right now, what we're talking about, is just a bunch of shoulds. I should exercise. I should get more sleep. I should take more time off, and then it's like there's more responsibility. Now, there's all these shoulds hanging over my head. There are unique forms of self-care that are very good for each element. For instance, with a water element person, solitude on a regular basis, getting quiet because that's when their creative thinking starts. That's when their creative juices

flow. Water people need time to be quiet and go deep and that is restorative for them. For a wood person, actually being out in nature is really good for a wood person. If you're a wood person and you're stressed or exhausted, you might think, "Oh, I should take a nap" but actually going out for a run in the woods would be the best thing for you or at least being out in nature. All of us, of course, it would be beneficial for us to spend more time out in nature, but specifically for wood element people. In Chinese medicine, wood element has to do with trees and plants, and so, where are they? They're outdoors. Wood people often get reenergized by being out in nature. For fire people, oh gosh, our society these days, there's so little room for fun. It's always, "What's the next thing I have to do and what's the next thing I have to do?" and rushing around. Fire people need fun to feed their spirit. They need to have something that will feel like an irresponsible waste of time, but just lights them up. Fire is this flickering flame. It's the sparkle. Fire people need that feeling and they're often surrounded by people who have very little fire because they don't like their jobs anymore, and so there's no joy in their work. Or their relationships have gone wrong, and so the light has gone out of the love. Fire people often struggle in life to feel okay about having a little fun now and then. They can feel judged by other people.

For earth people, of course self-care is often the biggest problem for earth people because they're always taking care of everyone else. I always say to earth people, "When you're just about to make a choice in your day, ask yourself, is this self-care or is this other care?" Usually, it's other care. The thing is it will happen in such subtle little ways, you don't even notice. For instance, if it's lunchtime and you're famished, an earth person would feel hungry and then think, "Well, I promised to return that phone call" or "I just want to do a little bit more work on that project" or "I promised to do a favor, so I'll do that first and then I'll eat." Well, hello, that's taking care of other people's needs ahead of your own. Eat. Feed yourself first and then do the favor and work on the project. For earth people, often their autopilot setting is feeling guilty or selfish about doing something nice for themselves, enjoying their lives. Earth people have to put on their to-do list every day without fail, it always gets done that they do something nice for themselves even if it's just putting their feet up for half an hour and reading their novel. For a metal person, again, the metal person is so sensitive to the energy of other people. They need space. Like I said earlier, self-care can be allowing yourself to come home and give yourself some space away from everybody for a while. It can be like medicine for you to have that. You recover and then you can go back out and be just fine. Metal people often are the ones who are most likely to feel like they got left off on the wrong planet. It's just all too much. It's all too noisy, all too busy, all too frantic here, and it's very hard for them to cope. They can go into overwhelm, and so to counteract that, to give them a chance just to have some space and peace to themselves.

Dondi: Terrific. Thank you. Jean, I'd like to talk one more time about the workplace. I want to go back to that. Because we're coming to the end of our time together already and the workplace is such a place of significance especially here on the West. We are so wrapped up in our work and the relationships that we have at work. So for our viewers who are watching, if you are at work and there are other people in the office who you're feeling a little sticky with or it's not smooth or there's a little bit of tension, and this can be for colleagues, this can be of the person as a manager or a boss. Wherever they are in the workplace, I want to ask you, what are things that they could do to help their colleagues thrive? I always joke that for fires, there always needs to be a water cooler because they want to come in and talk about the weekend, but you won't see the wood at the water cooler. They're going to be working. It sounds funny. Have a water cooler. If you run an office, have a place where the fires can go, a little refrigerator, a little place that people can gather and they can yap, yap, yap about their weekend, but there are other things. Again, I know some of these small, simple things are the things that can sound silly, but they really work. That's why I'm asking you for these people who are watching who are dealing with the workplace and would like it to be more ideal.

Jean: I love that, yeah. Well, the first thing that came to mind for water people in an office is to have a couple of couches because water people like to lie down. They recline. They float when they work, and so when they need a break, they don't want to just have to go and sit in another chair. They want to lie down. You'll find them lying on the floor if there aren't any couches, so provide a couple of couches at least gathered around or in the break room. Wood element people have trouble sitting still for a very long period of time. They can be a little bit twitchy. They like to be active, so allow them space to get up and move around or take something somewhere or go out for a break and exercise. Maybe have a workout room in the building or something like that where the wood people can blow off steam when they're getting really frustrated. Fire people, water cooler, fantastic. I think that's a great idea. Interestingly, even in five elements, water is the element that helps keep fire in line. It helps keep fire healthy, so putting a water cooler with fire people, that's so great! I love that.

Earth people, they need to chat, and so maybe putting two earth people and sharing an office together so they can chat back and forth but watch out of course that they get enough done. They don't just end up talking all day. Earth people, they need to talk about what's going on for them in a different way than fire people do. Fire people, by the way, are often judged as being either flamboyant or silly or foolish or somehow superficial in that they are always trying to crack jokes or make things fun, but they're trying to lighten the mood to make it fun for everyone. They don't recognize that not everybody needs fun the way that they need fun, so there can be a little misunderstanding there. Oh my gosh, metal people, they can have their own office, their own space. If they have a cubicle or

they're just sitting out in the open, which is the worst thing for a metal person. Don't just barge right in or don't walk up behind them or don't come too close immediately. Don't tap on the desk when they're trying to concentrate. Keep your distance and ask permission in a way if I can approach. Metal is associated with royalty in an archetypal way, and so you wouldn't just rush right up to the queen and tap her on the shoulder. You would ask permission to enter, and that's what metal people need.

Dondi: That is so true, and I have to tell you, I was chuckling inside when you were talking about water and having a couch in the office is such a great idea. We have a man in our company who is a water-metal and we do a lot of filming. We have a lot of film shoots and he's on camera a lot. We'll be in the middle of a film shoot and the producer will say, "Let's take a five-minute break. Everyone grab some water or some tea." Then that man will lay down on the floor right in the middle of the film shoot and I'll be like, "Really, you're going to do that? Okay." I'll distance myself because I'm like, whoa, he's just going to lay down. Well, if there's no couch, no bedroom, no bed, he has found a way, and he is very familiar with the five elements, he has found a way to really sync into self-care in a matter of moments and he actually gets very rejuvenated with a little five-minute lay down. It can really feed him, so self-care is important, and it can be done in very simple ways. Thank you so much, Jean. I can't believe we're already at the end. These interviews go so fast and I'm so grateful to you. You have so much insight. As you said, you've been in this work 40 years. Your knowledge is unsurpassed and I'm incredibly appreciative to you. You have taught me a lot. Being raised in the five elements by my mom was such a gift. Then I had you come along as another gift to say things differently to things a little bit. It really helps to have another element explain things to me, so thank you. Before we wrap this up, is there anything you'd like to say to the viewers? Maybe some of them are brand new and they just got to listen to you and I'm sure they're taking notes. Is there anything you want to say before we wrap up?

Jean: Oh gosh. Well, first of all, thank you. It was such an honor and a joy to be here with you. You and I should go away for a week some time and we'll just talk five elements and probably wouldn't be done after a week's time. For everyone there, the beauty of this work is that it teaches us that there's a reason why you are the way you are. Often it is our self-judgment that has put us out of balance, that has made us navigate off course in life, so we're not the most positive or healthy version. We have problems because of that but learning about your elements and how they weave together helps you come back into balance. You stop judging yourself and you slowly transform into the best version of your elements, not the unhealthy or negative version. I encourage you to keep studying. Dondi is a wonderful teacher. Just know you can feel comfortable in your own skin. You can be true to your own nature and life can unfold so much more easily when you do that.

Dondi: Thank you, Jean. Everybody watching today, please check out Jean's website. It's jeanhaner.com. We thank all of you for your time and I hope to see all of you again real soon.

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