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Acknowledgments--Metal Element by Chloe Wordsworth

Our innate perfection

The Metal Element in Chinese acupuncture represents our values and asks us to question what we acknowledge and appreciate as being valuable to us. From the cosmic point of view what is of greatest worth to our Metal Element is our "spirit"--the essence of each person that is divine in its being and qualities.

The Metal Element is the frequency in each being that relates to the divinity within. Our Metal Element keeps us connected to the "heavens." The Metal quality within each of us is pure, shining gold, free of all dross. Because the Metal Element has such a close association with spirit and our connection to the divine, appreciation, or what we value, takes on a profound significance. It is said in the East, that gratitude opens the gates to divine grace. Grace, the power of spirit, is a Niagara Falls of light, sound, love, harmony and bliss. When we appreciate all and everything as divine in its essence, we move into resonance with these higher frequencies and experience the "grace" of love, harmony and joy.

Appreciation--a basic life need

Appreciation or acknowledgment is one of our basic life needs--both giving and receiving appreciation. In fact, it has been statistically proven that in the workplace people rate receiving appreciation higher than receiving a salary increase! One reason may be that when we resonate with giving appreciation, a streaming of love radiates from us; and when we resonate with receiving appreciation, we receive that frequency from another and we too become radiant with the energy of love. It is the streaming of love energy that brings happiness.

Because few of us received anywhere near our full quotient of appreciation as infants and children, we can't fully resonate with either receiving or giving appreciation until we've been Repatterned. Too many of us had earlier experiences in which parents devalued and demeaned each other, put each other down and failed to give each other respect. In addition to this modeling, many of us were ourselves criticized, judged, demeaned, put on the spot, not believed, or disrespected.

When we don't receive appreciation

Generally, in most families, love tends to be withdrawn in the face of some misbehavior. What we need to know is that we are lovable even when we do things that don't work, that are "wrong." The distinction needs to be acknowledged to both children and adults that we are loved and lovable, and also our action or behavior is de-energizing. It is also essential for us to know why our actions are life-depleting. When we receive a clear communication of what we have done, a rational explanation of why this action is de-energizing and a positive alternative to the life-depleting action, most of us will find ourselves wanting to change. Inherent within us is the desire to improve and to maintain the interchange of energy we call love. When people are unable or refuse to make positive changes that energize all concerned, we know there are unconscious patterns of negative resonance blocking their ability to resonate with life-enhancing choices.

When our basic life need for acknowledgment and appreciation is not met by the mother (Earth Element) and the father (Metal Element), our energy constricts

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and our frequencies become non-coherent. This non-coherence makes it impossible for us to entrain with or be in-phase with appreciation or recognition. As a result we aren't energized by giving appreciation and acknowledgment, or by receiving recognition. Non-coherence in relation to appreciation may be the core of many of our problems because appreciation is the basis for a positive, life-enhancing attitude. A positive attitude can shift the angle of our vision and instantaneously create a shift in our experience from one that is life-depleting, to one that is life-enhancing.

When we identify and transform unconscious patterns of negative resonance relating to appreciation and acknowledgment, we automatically begin to resonate with the strengths of the Metal Element: we experience that our intellect is clearer; we feel inspired, and inspire others; we value the inner quality and richness of things and people; we feel connected to spirit in ourselves and others; we are in touch with our purpose; we want to put in the effort to be truthful; in particular, we want to acknowledge and appreciate everything!

Acknowledgment in an HR session

Acknowledgment and appreciation come in various forms. As Holographic Repatterning practitioners, acknowledgment is the basis for developing a meaningful relationship with our client. When we listen and nod our head, say, "yes" or "hm" or "that's interesting," or "that's important," or "let's see if we need to check for more details on that," we are acknowledging our client. Our responses are actually a self-healing modality for our client's Metal Element. The client feels heard; feels significant. They unconsciously have the sense that we value them and what they have to share. When a client says something seemingly unimportant and we continue muscle checking or say, "Well, let's continue," the client's Metal Element will feel devalued.

Acknowledgment and honesty

Acknowledgment is always honest. A student in a seminar or a client for example, may give a particular answer to your question. Acknowledging the individual by saying "Let's check that" supports their

sense of worth in what they have contributed. If the check is "off" rather than have the person feel wrong, we may need to further support a person's Metal Element and their sense of worth by saying something like, "It's all information. It doesn't matter whether we are right or wrong." Most people's Metal Element is fragile. Letting people know that what they say is important or interesting or worth responding to, begins a deeper healing energetically of our sense of self-worth.

Acknowledgment without accepting blame

Another form of acknowledgment is when we acknowledge another's pain or upset without feeling the need to fix it, take the blame for their pain or defend our position--especially if we are being blamed for the person's upset. When someone is angry or disappointed (non-coherent frequencies) they often attempt to gain temporary relief by blaming another for their discomfort or disappointment. Often, all the individual needs is acknowledgment. If we resonate with a strong Metal Element and stay aligned with our truth (stay connected to our inner strength and the inner strength of the person who is upset with us) we will acknowledge the other person's upset, anger or disappointment. All this takes is listening, nodding our head, saying, "I hear you", or appreciating what they are experiencing by saying, "it's understandable that you are feeling upset / insecure." If our Metal Element is strong we can even apologize sympathetically without taking the blame: "I'm sorry this happened / I'm sorry this has caused so much upset for you."

Equally important, if we have caused pain to another we need to have the courage to recognize our part and apologize. Usually people are quick to forgive when a mistake has been made, the acknowledgment is genuine and an apology is given.

Reactions to an HR session

It is particularly important to acknowledge our client if they appear to have a reaction to us or the session they have received. The first thing we need to do is reconnect to our Metal Element by breathing. Consciously connecting to our own divinity and the divinity in the other by whatever means we use to do

this, is a life-saver. Then we need to acknowledge our client by listening with our eyes, by nodding our head, and saying, "hm" to show we are present for them. We also need to get feedback on what we are hearing- "If I'm hearing you correctly, you are saying that after the session you felt . . . ?" Finally, we need to educate, update their information, bring understanding as to what has happened and check what healing is needed. We cannot do this final part until we have acknowledged the client first. When we give solutions or feedback before listening and acknowledging, the other person usually feels frustrated, even angry, and mis-communications or misunderstandings easily occur. We want our experience to be acknowledged. Once this has happened we are open to other positive alternatives.

The effect of a weakened Metal Element on the other Elements

If our Metal Element frequencies are non-coherent we will feel blamed, that "it's my fault" when a client has a reaction. When our Metal Element is off balance our self-image easily plummets. Weakened Metal can't feed the Water Element, so we become scared and stop listening. Weakened Water can't feed the Wood Element and we begin to feel hopeless, become defensive or react with anger. The Wood Element is then unable to nurture the Fire Element with the result that loving communication goes down hill and the relationship disintegrates into further misunderstandings and often abusive or life-depleting communications. The Earth Element becomes devastated as everyone loses their center of balance. The end result for the Earth Element is that our sense of life as nurturing and abundant goes underground! Earth Element says, "It's time to disembodify--life is painful!"

Acknowledging others' value and their contributions

A third form of acknowledgment occurs when we acknowledge someone's value. When someone does something positive and life-enhancing, we enjoy appreciating the person and their action. This kind of acknowledgment is as much for the person giving the appreciation as for the person receiving it because when we appreciate another, and resonate with giving

appreciation, our own energy field expands with light.

When the Metal Element is weakened, (through unresolved, unconscious patterns of negative resonance) a sense of inadequacy is often disguised with a veneer of superiority, or an inability to acknowledge and appreciate another's strengths and gifts. We have all experienced this state within ourselves and at the hands of others. Any time we feel inadequate, unappreciated and unacknowledged, we know we have some work to do.

Not so obvious is a weakened Metal Element that manifests as our failure to give acknowledgment and appreciation to others. It is interesting observing how we respond when someone is sharing something they have excelled in. Sometimes we rack our brains to think of something similar to share that we have excelled in. Other times we change the subject. How often do we simply respond by listening with appreciation or with, "Fantastic! Isn't it wonderful when that happens?"

Our terror of criticism or negative acknowledgment

If there is one thing we all abhor it is being criticized or judged. It is the dreaded fear behind every exam and all feedback. Even hearing a spouse say, "We need to talk," can send us into an energy constriction! Our Metal Element is delicate! How quickly we lose our sense of self-worth. Yet the Metal Element wants self-knowledge that will lead us to the perfection of who we are. We yearn for self-improvement. We are not satisfied with the status quo. This innate longing for perfection requires a feedback loop: we need to be able to evaluate ourselves and others in an honest, loving and helpful way for the benefit of all.

Feedback versus criticism

Feedback is something we can only give if it is asked for. We can only receive feedback if we ask for it. We can offer it--"Would you like some positive feedback on (__)?" and If the person says "yes," we then need to give the feedback in a way that can be heard and used. Knowing and using the five Elements can be helpful in this feedback process.

How to give and receive feedback from the point of view of the Five Elements

Our **Water Element** allows us to stand at the edge of the unknown, in the neutral space. It supports our ability to listen deeply and then to reflect back with clarity. We cannot give anyone honest feedback or receive it if these Water Element qualities are missing.

Our **Wood Element** always offers hope in every situation. Our Wood Element provides a hopeful, positive attitude of mind. Wood gives us discrimination: we know the difference between right and wrong and we positively assert what is right. A strong Wood Element provides us with a vision of the positive change that is possible, our potential, and the plans and decisions that will allow us to achieve our goals. Our Wood also gives us the ability to focus and to concentrate.

The shadow side of the Wood Element is that when we give feedback from our Wood Element it may come across as too strong or hard, especially if tinged with unresolved anger. People tend to react when given direct, assertive feedback. The Wood vision and discrimination as to what is "right" and "wrong" feels like a judgment or criticism and therefore needs to be tempered with the deep and sensitive listening of the Water Element, with the loving communication of the Fire and the respect of the Metal Element. A strong Wood Element also helps us to stay positive and hopeful when receiving feedback, so we take it and use it for our growth and for realizing our full potential.

Our **Fire Element** enables us to remain loving, even when we are giving feedback on an action that needs immediate improvement or when someone is giving us feedback. If the love flickers, we easily go into an energy constriction--disembodying or discharging--and communications go downhill. When the Heart meridian feel unprotected, we tend to protect ourselves with Wood Element anger and blame. It takes consciousness to stay firmly in the Fire Element of loving, honest communication until some understanding is reached.

Our **Earth Element** allows us to be in our body, in

life, to be 100 % behind whatever we do. It is this aspect that allows us to be 100% committed to whatever is important for us. Giving and receiving feedback requires that we resonate with a strong, coherent Earth Element because it is our Earth that takes in feedback as nourishment and digests it to provide more life energy. Our Earth Element also makes it possible to give feedback in a nurturing way. I was told the story of a man who had to fire an employee. When the employee came in the man gave him a cup of tea. As they drank their tea together he asked him about family members and other such matters. Finally, he talked about the work situation. Although he had lost the job, the employee left feeling nurtured and respected by his boss.

The **Metal Element** enables us to speak the truth and to hear the truth. Although our Metal appreciates truth, it also wants it to be given with reasons and with respect. The ideal Metal Element feedback says, "This is what you did." Facts only. It then says why this action was either energizing or de-energizing. Still facts only. It then offers, or even asks for some positive alternatives. When we receive asked-for feedback in this way our Metal Element now says, "Great! I'll go and practice that and improve myself!"

Remember: appreciation and acknowledgment are basic life needs we all need to give and receive on a daily basis.