WELCOME · ALL FIVE DIMENSIONS

Your Five Dimensions

One person, five ways of being well.

THE SHORT VERSION

You are more than a body or a lab result. How you feel comes from your body, your mind, your emotions, your energy, and what gives your life meaning. These are connected: a change in one ripples into the others. We start where you are, usually with the body, and keep the whole of you in view.

The five dimensions

Physical EARTH	Your body: food, digestion, nutrients, hormones, sleep and movement. This is usually where we begin, with your labs and the foundations.
Mental AIR	Your mind: focus, memory, clarity, and how you make decisions.
Emotional WATER	Your feelings: how you notice them, express them and move through them, and how connected you feel to the people around you.
Energetic FIRE	Your vitality and your nervous system: how charged, settled or drained you feel, and how well you recover.
Spiritual ETHER	Meaning and connection: to yourself, to others, to the living world, and to whatever is sacred to you, however you name it, or don't.

How they connect

Take being tired all the time. In the body it can be low iron, B12 or thyroid, or blood sugar swings. In the mind, a load that never lets up. In the emotions, sadness that hasn't had room. In your energy, running on adrenaline and then crashing. And underneath, sometimes, living out of step with what matters to you. One symptom, five threads. Following them is how we find what will actually help.

How we'll work together

1. **Your story first.** Your Signal Screen and our first visit show me where to look.
2. **The body as the foundation.** Labs, food and the basics come first, because they make everything else easier.
3. **The rest as it shows up.** When I notice another dimension at work, I'll name it and ask. You decide what we explore, and "not now" is always fine.

4. **A few things at a time.** Each visit you'll get two or three pages and practices matched to you, never everything at once.
5. **See it change.** Your progress shows on your Living Constellation.

Your Living Constellation

Your Living Constellation is your personal map. Each dimension is a ring of facets, brighter where you're strong and quieter where you need support. At the center is the star, where all five meet. It changes as you do, and you can open it anytime.

WHY THE ELEMENTS?

Earth, Air, Water, Fire and Ether are old names for these five. We use them because they're easy to remember. You don't need to believe anything to use them.