

# Metal

People with harmonious metal are capable of both feeling loss and moving on. They can experience the richness of life in order to feel satisfied and accept when something is over and they must let go. When a person is able to do this in an appropriate manner their life has quality and meaning. Metal is related to the Lungs, which are for breathing life in and the Large Intestine, which is for letting go of that which we no longer truly value. The metal element allows us to connect with things that are nurturing and important, such as friends, parents, certain possessions or spiritual beliefs. It is metal which allows people to attach themselves to these experiences and their significance and value. This connection allows people to participate fully in life. At different stages of life people change their attachments and they must be able to let go and move on.

Metal Constitution people have a tendency to feel that something is lacking in their life but cannot put their finger on exactly what it is. They are perpetually longing for something that they believe has been lost, when in reality it is always present. Their central issue is one of worth. Just as they may not be able to retain or let go of that which is of value, they also have a hard time seeing the value in themselves. They have a tendency to be very materialistic or renounce material possession altogether due to their squewed perception. They commonly look to possessions or other people for their own worth and as a result they become very sensitive to their environment. This sensitivity often lends itself to metal types withdrawing from the world.

## Main Issues for Metal

- Recognition
- Approval
- Feeling complete
- Feeling adequate in the world
- Finding inspiration

The degree to which a metal person will experience these issues varies according to their physical, mental, emotional and spiritual health.

## The Behavioural Patterns

Fragile	Unyielding
Cut-Off	Seeking Connection
Resigned or Inert	Over-Working and Achieving
Craving Quality and Purity	Feeling Messy and Polluted
Deeply Moved	Nonchalant

## The Virtue of Metal

The virtue associated with metal is righteousness. A synonym for righteousness is honour. Metal imbalanced can be transformed when a person embodies righteousness in the way of honouring the natural process and cycles of life and death, acquiring and letting go. Above everything else it is important that they recognize that this natural course is not personal to them. Letting go of the perpetual grief associated with this element is the first step to fostering a deeper connection to life and ultimately to consciousness.

