



5-Element Self-Nourishment Starter Kit

Mini practices to ground, replenish & restore your body's natural rhythm.

This guide offers elemental nourishment through body-based prompts and reflections. You'll find full mini-practice bundles for the Water & Earth elements, the two most common imbalances in highly sensitive, creative souls.

For the remaining elements — Wood, Fire, and Metal — you'll receive one grounding prompt or reflection to begin connecting with their medicine.

These practices are rooted in the wisdom of Chinese Medicine, Meridian Theory, and my Holistic Liberation approach: restoring your rhythm, nourishing your nervous system, and reconnecting with your body's deeper knowing.

With care,
Jyllin
Founder of Holistic Liberation



How to Use This Kit

1. Start where you feel most drawn — or with Water or Earth if you're unsure. (You can also use insights from your 5-element quiz. In case you forgot, you can access the quiz [here](#).)
2. Choose one practice from that element and commit to trying it once or daily for a week.
3. Let it be simple. These practices are seeds. You're not doing it wrong if you only pause to reflect.
4. Notice what sensations, emotions, or ideas arise during or after.
5. If you enjoy a prompt, explore the bonus practices for that element.

This kit is designed to help you reconnect with your own wisdom. It's not about doing more — it's about doing what *matters*.



Water — Deep Rest & Nervous System Repair

Prompt:

What would it feel like to trust that rest is productive?

Mini-Practices:

Yin Yoga Pose—Supported Forward Fold: Sit on the floor with a bolster across your thighs. Gently fold forward and breathe into your back body. Hold for 3-5 minutes. Let gravity do the work.

Reflection Prompt: *What boundary could I uphold to protect my rest?*

Bonus Practices:

Try any of my water element practices including yin and yang yoga, EFT, and meditation [here](#).



Earth — Grounded Nourishment & Self-Worth

Prompt:

How can I offer myself the care I so easily give to others?

Mini-Practices:

Habit Prompt: Eat one meal today without multitasking. Before eating, place a hand on your belly and ask: *What am I truly hungry for?*

Reflection Prompt: *How does slowing down shift the way I receive nourishment?*

Bonus Practices:

Try any of my earth element practices including yin and yang yoga, EFT, and meditation [here](#).



Wood — Vision, Decision & Action

Prompt: *What would it feel like to trust my inner yes — and honor my no?*

Pause and place a hand on your side ribs or hips. Feel into where you've been holding back — or pushing through. Ask: *What's one small, doable action I can take this week to honor where I'm being pulled forward... or feeling called to root?*

Fire — Expression & Connection

Prompt: *What helps me feel safe to express my truth?*

Close your eyes and breathe into your heart space. Notice any warmth, ache, or tension. Ask your body: *What does this part of me need to feel expressed?*



Metal — Release & Reverence

Prompt: *What am I ready to let go of, with gratitude?*

Gently run your hands down your arms and across your chest. Imagine releasing what no longer serves you on each exhale. Feel the breath clearing space, lightening your physical, mental, and emotional load.

Want More Personalized Support?

These practices are a beautiful starting point, but working with me one-on-one is entirely different. My personalized trauma-informed, 5-element meridian EFT, yoga, and holistic health & habit coaching are designed around *your* body, your rhythms, and your life.

If you're curious about deeper transformation, or want to explore the Holistic Liberation Program, you can learn more about it [here](#).