

## 5 Rhythms of Life

<b>Rhythm</b>	<b>Roots &amp; Energy</b>	<b>Action</b>	<b>Metaphors</b>
<i><b>Flowing</b></i>	<i><b>Feminine</b></i> Earth Energy	<i><b>Awareness:</b></i> How to be part of a Tribe	Tai Chi, Weeping Willow, Eagle soaring, Silk Velvet
<i><b>Staccato</b></i>	<i><b>Masculine</b></i> Fire Energy	<i><b>Action:</b></i> How to be part of a Community	Crack of the bat, Fireworks, Rice Crispies
<i><b>Chaos</b></i>	<i><b>Integration</b></i> Water Energy	<i><b>Attention:</b></i> How to Transcended & Unify Opposites	Avalanche, Tornado, Yard Sale, Boiling Water
<i><b>Lyrical</b></i>	<i><b>Self Realization</b></i> Air Energy	<i><b>Expansive Self:</b></i> How to be a part of the Universe	Swinging, Snowflakes, Confetti, Champagne
<i><b>Stillness</b></i>	<i><b>Moving Meditation</b></i> Center Energy	<i><b>Service:</b></i> How to serve with Wisdom, Compassion, & Inspiration	Jellyfish, Buddha, Orchids, Zero, Tai Chi

### Work of Gabrielle Roth

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