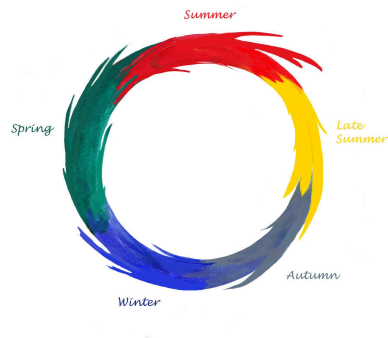




THE SEASONAL BODY CHECK-IN

A gentle look at where you are right now

Catherine A Rolt — Integrated Traditional Chinese Medical, Grief & Spiritual Practitioner

Your body is not failing you. It is communicating with you.

You don't need a diagnosis to begin listening. You just need five minutes.

In Traditional Chinese Medicine — and in the Five Element tradition that forms one strand of the Integrated Medicine Catherine was trained in — diagnosis draws in part on colour, sound, odour and emotion. Each season has associations with two or more organs, and from these an energetic profile can be built, bringing more balance and harmony into a client's days. In her first book, *Unravel Dis-Ease Naturally*, Catherine shares the foundations of this extraordinarily clever medicine — one that is constantly unravelling potential, listening deeply to a person's own body's communication.

This isn't a test. There's no score, no right answer, and nothing here replaces medical care. It's simply a mirror — five questions, five seasons, one honest look at what your system might be trying to tell you.

Take what's useful. Leave the rest.

THE FIVE SEASONS, BRIEFLY

A note on emotion: this medicine holds emotion very differently. No emotion is good or bad, positive or negative. The word e-MOTION is in the English language for good reason — our emotions are a huge, vital aspect of our life force and its flow. So we do need to be emotionally healthy, and flowing.

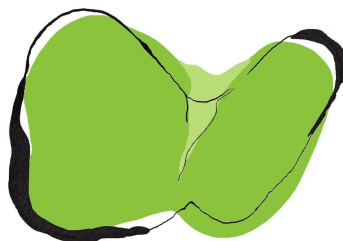
SPRING / Wood / Green — growth, vision, decision-making, planning.

Think of the Liver as similar to your Hoover bag, and the Gallbladder as aiding your digestion.

Associated with: Liver and Gallbladder.

Emotion: anger, frustration.

Liver



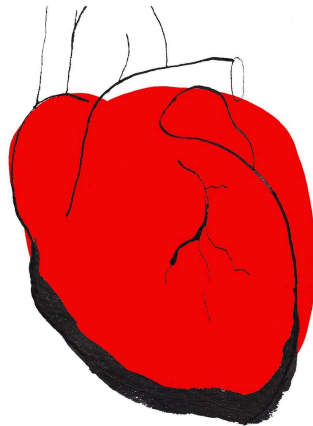
SUMMER / Fire / Red — joy, connection, protection.

Sorting through the pure in our lives, from the impure, on a mind, body and spirit level.

Associated with: the Heart, Small Intestine, Pericardium and Triple Burner/Thermostat.

Emotion: joy (and its absence).

Heart



LATE SUMMER / Earth / Yellow — *nourishment, giving and receiving, grounding.*

Harvest time — gathering the fruits of our work, transforming and transporting.

Associated with: Spleen and Stomach.

Emotion: worry, over-giving, sympathy.

Stomach



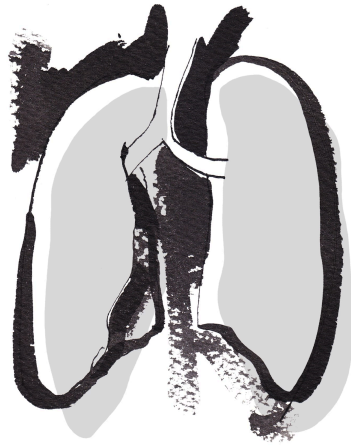
AUTUMN / Metal / Grey — *quality, letting go, self-worth.*

Taking in quality of life, but equally letting go of what simply cannot be utilised — this season helps us declutter!

Associated with: Lungs and Large Intestine.

Emotion: grief.

Lungs



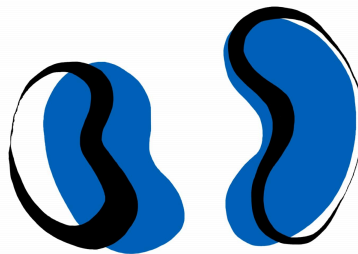
WINTER / Water / Blue — *reserves, stillness, courage.*

The signs of danger registering in healthy ways that allow action and appropriate responses.

Associated with: Kidneys and Bladder.

Emotion: fear.

Kidneys



FIVE QUESTIONS: WHAT ARE YOU NOTICING?

Read each one slowly. Notice which lands hardest — that's usually where to start.

1. SPRING — Where in your life is frustration building because a decision or a boundary keeps being postponed?

2. SUMMER — Where has connection or joy gone quiet — not gone, just quiet — because you've been protecting yourself, or others, for too long?

3. LATE SUMMER — Where are you giving more than you're receiving? What would "true nourishment" actually look like today?

4. AUTUMN — What are you still holding on to that has already, quietly, run its course? What would it mean to let the quality of your life matter as much as the quantity of things you're carrying?

5. WINTER — Where is fear showing up as exhaustion? What reserves have you been spending without replenishing?

YOUR SEASON RIGHT NOW (OPTIONAL)

You may identify with one season the most right now — or perhaps more than one. All of that is okay. Which feels closest to where you are?

This is for you only — so scribble down whatever comes. If you like, hide your answer away and return to it in a few months' time, as a small note to your future self, to see how far you've moved.

What is one small, kind action that season is asking of you this week — not a life overhaul, just one small thing?

STILL CURIOUS?

If pain — physical, emotional, mental, or something harder to name — is part of what brought you here, there's more support waiting.

The Pain Reflection Questionnaire offers a deeper look at what your pain might be communicating.

[link]

From Pain to Peace is a full course built around this work, for when you're ready to go further.

[link]

Discover Your Superpowers, a five-session live journey through all five seasons with Catherine and Janet Leslie, runs twice a year — the next cohort begins this October.

Sign up here → [discover-your-superpowers](#)

No pressure, no timeline. Come back to any of these whenever it's right.

WHERE TO GO NEXT

This check-in is the beginning of a much larger map.

UnRavel Dis-Ease Naturally: Season by Season walks through all five seasons in full — the organs, the emotions, the patient stories, and Catherine's own extraordinary forty years of clinical and lived experience.

Read the book → <https://amzn.eu/d/0hxewHrU>

If you'd like to explore your seasons in guided company rather than alone, Discover Your Superpowers is a five-session live journey through all five seasons with Catherine and Janet Leslie.

Explore the course → unravel-dis-ease-2020.newzenler.com/courses/discover-your-superpowers

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