



Mother Nature and Her Five Children: The Tale of Panchatattva

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Mother Nature, with a gentle smile and robes like blooming flowers, gathered her five unique children, the elements, around her. She explained that her vast kingdom of twelve months would be shared, each child receiving their own special time and a unique throne made from the body's wisdom.



Samer, the mischievous Air child, darted across the sky, a streak of vibrant green, bringing the fresh, sour taste of early spring. He loved to tickle leaves and make windmills spin, feeling the world through every touch of his skin. His throne was the liver and gallbladder, active late at night.



When Samer grew too wild, he would gently touch a white-brown spot on his palm, right over his liver and gallbladder points. Instantly, his playful gusts would soften into a soothing breeze, reminding him of the vast, calm sky. His planetary friends, Saturn, Rahu, and Ketu, watched over his balance.



Agni, the fiery warrior, blazed with youthful energy, a magnificent swirl of red and orange, bringing the intense, spicy heat of summer. He saw the world with fierce, bright eyes, and his throne was the strong heart and busy small intestine, active during midday.



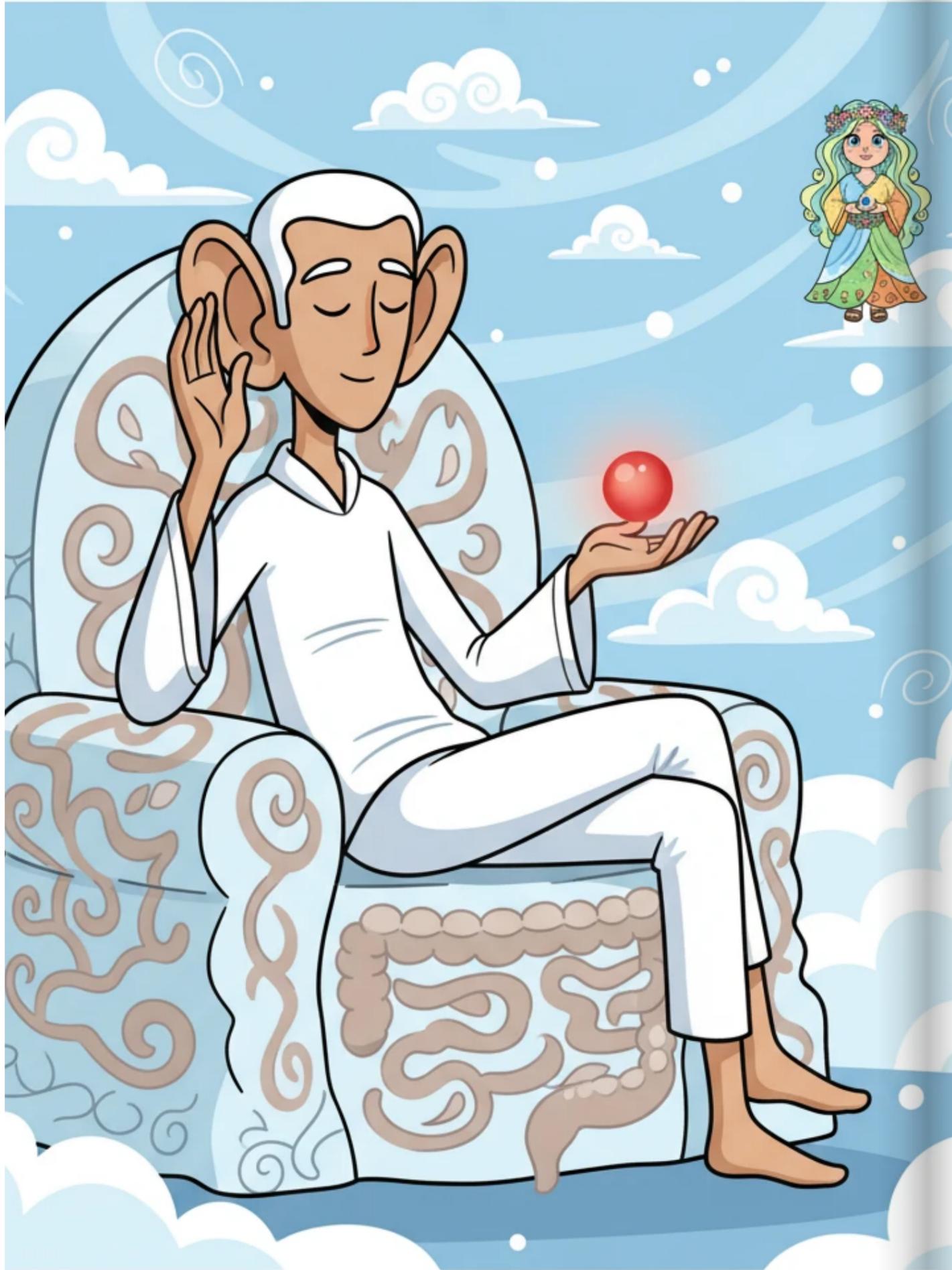
If Agni's flames grew too hot, he knew how to cool down. He would touch a soothing blue-black spot on his palm, over his heart and small intestine points. Like refreshing water, his intensity would calm to a gentle warmth. Mars and the radiant Sun were his powerful friends.



Prithvi, the patient Earth daughter, radiated comforting yellow, embodying the sweet, nurturing embrace of autumn. She connected to the world through her sense of taste, her tongue savoring every flavor. Her steady throne was the stomach and spleen, active during the morning.



When Prithvi felt a little too heavy, she would gently place a vibrant green patch on her palm, over her stomach and spleen points. A light, airy feeling would bubble up, balancing her grounded nature. Mercury, the quick messenger, was her cheerful friend.



Aakash, the silent Sky sage, spread serenely in shades of white and brown, bringing the deep, subtle flavors of late winter. He listened to the whispers of the universe with his keen ears, and his throne was the lungs and large intestine, active in the early morning. When he felt too empty, a touch of red-orange on his palm brought him back to center.



Jal, the wise Water elder, flowed with gentle blue and black hues, bringing the salty, deep stillness of mid-winter. He felt the world through his tongue, understanding all its currents. His throne was the bladder and kidneys, busy in the afternoon. When he needed balance, a yellow spot on his palm helped him. Venus and the Moon were his calm companions.



So, all five children, the elements, learned to rule their seasons and balance their energies. When one felt wobbly, they knew how to use the colors of another element to find harmony again. Mother Nature smiled, her heart full, for she knew that balance was the most wonderful secret to a healthy and happy world.