



YOUR ENERGY ELEMENT



Your Inner Energy Element is using personality types that are based on the four elements; Air, Fire, Water & Earth.

Although we all have all 4 elements in our personality there is one & sometimes 2 that are dominant. By learning more about our dominant element you will be better able to navigate the world, the challenges and victories that we all face in an ever changing environment.

At some point you might want to learn more about the elements and how affected we are by them; emotionally, mentally, spiritually and physically. In addition to having a personality element we go through an elemental cycle as well which is usually monthly.

Think about a time in your life when you just couldn't get going no matter how much you liked what you were doing - well you were "in" water - time to go with the flow & just let go. Or what about a time where there was no stopping you - you wanted to share to the world & shout it from the rooftops - that is when you were "in" fire.





YOUR ENERGY ELEMENT - EARTH

Earth is Grounded, Practical, Steady; the foundation of the elements.

Earth's are very organized, detail oriented, list makers and they get things done. You follow through, completing each step to ensure that things get done and done well.

As an Earth you are naturally nurturing, you will provide, give, serve, help and heal others. Earth is stable, reliable & predictable.

You are down to earth "authentic", extremely loyal and thrive on being busy. Earth is motivated, energetic, & determined. Earth's are patient & great teachers.

Earth's have to be reminded to balance work & fun.

A place for every thing & every thing in it's place!

Earth's feel peace when they feel secure & safe in their material and financial situation.

Don't let self judgement get in your way, the need to and shoulds have a tendency to knock Earth off balance and can keep you too busy doing and not finishing or putting your project out "there".

When Earth is in balance they know & feel how to be in the moment and spontaneous.

