



# 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 - FIRE

Fire is hot!

Young Fire are often seen as really good or really bad. Fire can lean towards self-sabotage & self-destruction.

You are honest & truthful and you will say what no one else will.

Fire likes to be noticed but generally won't admit to it, they are fiery, bold, and dramatic. They love fashion and accessories. Everything Fire does they do full out; eating, partying, drinking so you will need to keep yourself in check that you aren't hurting yourself or others. You will put your entire self into whatever you take on. They are often considered to be intense. You expect a lot of appreciation for all that you do.

They have a natural life force, are very intuitive, are quite often connected to outer realms and have psychic abilities.

Fire can be painfully shy which is covered by their over the top appearance and exuberance. You can also be overly sensitive.

Fire needs to be physically active to expend excess energy or they may face anger issues causing destruction, instead use the force of anger to make change in the world as only a Fire can do.

Fire does love a debate and will fight for the underdog. Fire is extremely loyal to friends & family so it isn't surprising that you will defend & protect them at any cost.

Fire would benefit from learning to listen without getting defensive. Learning to be open to other's opinion will open new doors for you to explore.

