



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 - WATER

Water is the emotions of the elements.

On the outside Water appears to others as self-assured & confident but quite often is insecure with low self esteem. You are very quick to judge yourself and are quite hard on yourself. You have a tendency to be extremely emotional but this is usually just those closest to you that will see that side of you.

Water wants to help, heal, and love everyone and everything however you will need to be careful not to take on everyone's feelings and energies.

You decide whether you like or dislike others based on your first impression and you're invariably correct. You could be a little less judgemental of others.

You have the ability to accept stillness in all forms. You are also able to forgive and accept those that have done you wrong, this isn't to say that you condone the behaviour but you do not let it hold you back.

Having boundaries is important to you as is the art of letting go of that which no longer serves you. As Water flows you will need to ensure that your feelings do without becoming congested and causing you blockages. It's okay to get angry or cry to release feeling, just ensure that it is a positive release. Nature brings you comfort.

You need to make self-care a priority and take your alone time seriously without guilt

