

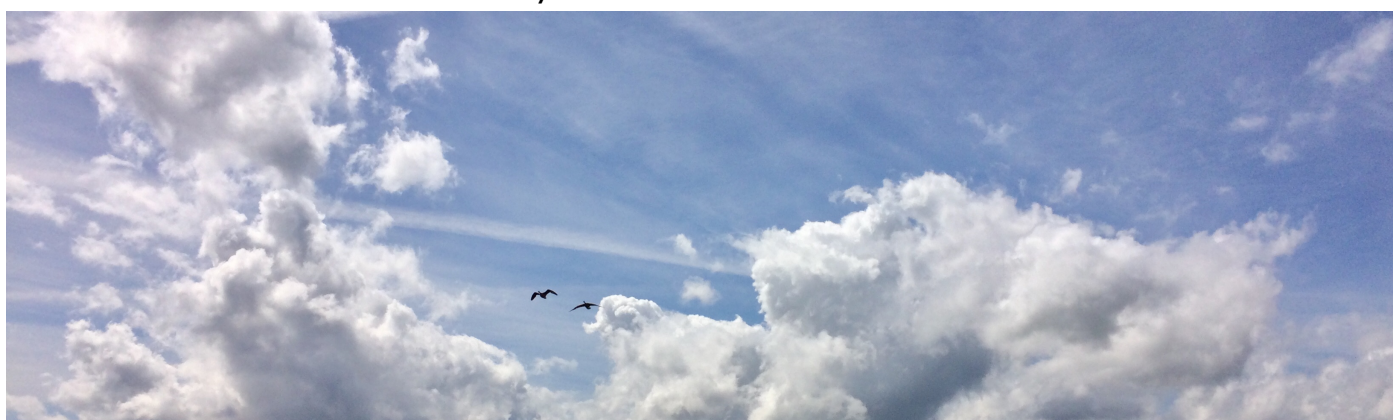


ELEMENTAL FUNDAMENTALS: a brief guide to the 4 elements.

If an element had a shape or geometry, how would you match these shapes with the elements: air water fire and earth?

The physical qualities of nature and matter
 Basic human qualities and the body, temperaments, energies.
 Carl Jung considered the elements as psychological metaphors.
 We are attuned to the elements, the vitalizing forces of our birth.
 Elements link consciousness and matter.

AIR	Gas Matter	Wind Nature	Breath Body	Masculine	Active Yang
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MIND

Logical, analytical, relationships

Mental, intellectual, thoughts, ideas

Respiration, lungs

Social relationships and communication, needs to express ideas, thoughts

Dreamers- their ideas can reach millions

Energy focuses on ideas to ensure their manifestation

Modes of expression - thoughts, ideas, art, words, abstract thought and ideas

Thoughts, hearing, speech, words

Too much air can get stuck in the mind, constantly rethinking things, a “space” cadet

Attuned to universal mind

Air is constantly in motion, even when you can't see it. This is the **same for the mind of a person with a lot of the Air element**. Of the four elements, Air is the **most concentrated on thought**. AIR people **think through every decision** thoroughly and often find clever solutions to difficult problems. They are studious and scholarly and **often see "the big picture" when others cannot**. However, as changeable as the direction of the wind, Air people can also be easily distracted. While some are outgoing, rational and clever, others are scattered, eccentric, and cold. They are strongest when focused on one problem at a time. Some Air types are very social, need social activities, others are not. Air gives humans the ability for speech. **While they can be charming, they can sometimes lack social graces**. Their **focus is placed so often on logic**, and can often overlook feelings. **Sometimes insensitive**, they **go with what makes sense** not because it feels right.

FIRE Energy Spirit
Matter

Sunshine, lightening, heat
Nature

Heart, nervous system
Body

Masculine Active Yang

SPIRIT, Energy, Identity

Light, Universal radiant energy

The Heart, Mitochondria, electromagnetic activity

Life and warmth

Aspiration and inspiration

Vision, perception, imagination, intuition

Strong sense of self Self-centered with faith in Self
identity

Excitable, enthusiastic, dynamic

Consciously directs will

Active

Energy of growth

Dynamic, volatile, impulsive

intuitive, 6th sense, often visionary

competitive, impulsive

Focused



Fire people understand world through intuition, hunches guided by a 6th sense, which are often right unless they doubt it. Self-centered, more sexual than sensual enjoy excitement, unpredictable

WATER fluid liquid
Matter

Lakes, Oceans, tides
Nature

Blood, sweat, tears
Body

Feminine Receptive Yin



EMOTIONS, Soul

Feelings, **Psychic**, sensitive

Blood, humors, waters of life

Emotional, in touch with feelings

Fluid, In tune with deeper dimensions

Instinctual, intuitive

Empathic to others feelings. sympathetic, compassionate

Secretive, private

Sexual

Need to be self-contained

Great penetrating power when channeled

Healing, soothing

Reflective, sensitive

Water, Water people, can be aggressive, possessive, secretive. Inward. Emotional overrides mental. Easily hurt, can play on other's emotions, sometimes clinging. Get deeply involved in their love relationships and can't detach.

EARTH

Solid
Matter

Material , soil, Earth
Nature

Body, muscles, bones
Body

Feminine Receptive Yin

Body, PHYSICAL, Sensation, Practical

Attuned to understanding Material world,
Make things tangible

Life work

Wealth, substance, sex, power , sensation

Body awareness: Bones, muscles, flesh

Touch

Here and Now

Attuned to world of form

Practical, stable

Resistant to change

Nature, Mother Earth

Strength of endurance

Outspoken, matter of fact

Cautious, dependable

Sensory embodiment

Sensual



Earth: the only solid element, 3rd planet from the sun, world of nature, our everyday world, ground, humanity

Earth nature people highly stable, resistant to change, mixes well with air and water

Oriented to physical plane, sexuality, sensuality

Body and material oriented, world of stuff, money sex power; ambitious, spiritual

Experience the world primarily through sensation, tangible realities more than dreams/fantasies,

Pragmatic, objective, in the here and now, can be patient or wait and procrastinate,

Enjoys food and sex, physical, sensual, physical contact, tactile,

Self-sufficient, prefer not to ask for help, sometimes slow moving, economical

May the sun bring you
new energy by day,
May the moon softly restore
you by night,
May the rain wash away
your worries,
May the breeze blow new
strength into your being,
May you walk gently through
the world and know it's
beauty all the days
of your life.

— Apache Blessing

The elements are the very foundation of the Zodiac and all of astrology. We must consciously cultivate the elements lacking in our chart for optimal attunement and balance.

~Stephen Arroyo