

ELEMENTAL FUNDAMENTALS     **THE 4 ELEMENTS**  
 The physical qualities of nature, Basic human traits and temperaments



**AIR**

Breath

Spring

Masculine

Active Yang

**MIND**

Mental, intellectual

Airiness

Relationships, people, social

Focuses energy on ideas to ensure their manifestation

Dreamers- their ideas can reach millions

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



**FIRE**

Energy

Summer

Masculine

Active Yang

**SPIRIT**

Light, Universal radiant energy

Life

Aspiration

Identity, self-centered with faith in self

Excitable, enthusiastic, dynamic

Directs will consciously



**WATER**

Fluidity

Winter

Feminine

Receptive

Yin

**EMOTIONS, Soul**

Psychic, sensitive

Emotional, in touch with feelings

Instinctual, in tune with deeper dimensions

Empathic to others feelings

Secretive

Need to be self-contained

Great penetrating power when channeled



**EARTH**

Solid

Autumn

Feminine

Receptive

Yin

**PHYSICAL, Sensual**

Innate understanding of the Material world, wealth

Here and Now

Attuned to world of form

Practical

Strength of endurance

Out spoken, matter of fact

Cautious, dependable