



Elemental Characteristics

4 Element Theory Characteristics

Each of the elements has a multitude of characteristics that align with human nature. There are many theories out there that showcase us to be one element over another.

Truth is we will all exhibit different temperaments in our life seasons and, more, in our daily rhythms. Understanding the positive aspects of each element, as well as their negative qualities, allows you to see, sense and feel what part of you may be out of balance.

These traits are neither ‘good’ or ‘bad’. Indeed, if you were to label them, some ‘bad’ traits would be valuable in certain circumstances of life. Rather, these traits simply show a place and state of BEing and when re-alignment would serve you.

Then, **you can embrace the element that will bring you back into balance** quickly and align with that place of inner knowing that brings peace, harmony, joy and abundance into your life.



Intro to 4 Element Theory

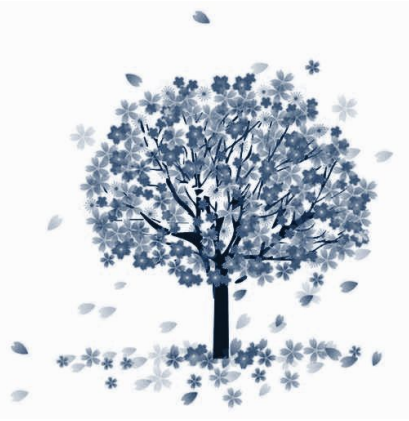
The Element of Air

POSITIVE Qualities:

vigilance,
care-freedom,
kind-heartedness,
trusting nature,
clarity,
lightness,
independency,
dexterity,
optimism,
diligence,
acuity,
joy,
smiling

NEGATIVE Qualities:

indifference,
heartlessness,
laziness,
indolence,
rigidity,
lack of daring,
lack of concern,
unstableness,
dejection
emotional
lack of objectiveness
wavering



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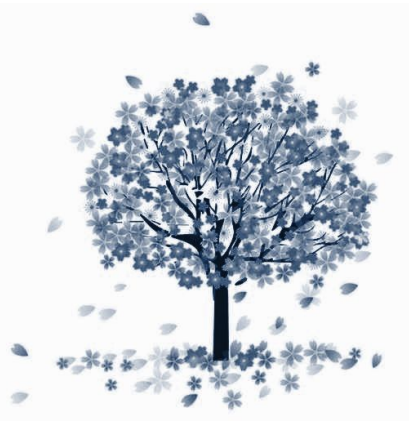
The Element of Water

POSITIVE Qualities:

understanding,
placidity,
mildness,
trusting nature,
devotion,
mercy,
forgiveness,
modesty,
compassion
meditativeness,
objectiveness
balance
peace
calmness

NEGATIVE Qualities:

lack of perseverance,
dishonesty,
gossipy,
cunningness,
backbiting,
garrulousness,
inconstancy,
touchiness,
Prodigality
Argumentative,
Confusion,
procrastination



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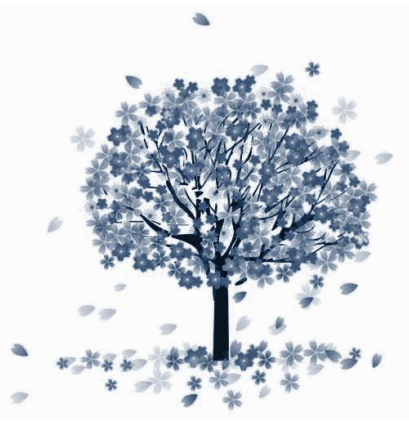
The Element of Fire

POSITIVE Qualities:

vigorousness,
zeal,
enthusiasm,
courage,
decisiveness,
power of creativity,
daring,
inspirational,
supportive,
vibrant,
empowered

NEGATIVE Qualities:

quarrelsomeness,
irritability,
unenergized,
passionless,
jealousy,
voraciousness,
vindictiveness,
anger,
volatile,
tabula rasa



Intro to 4 Element Theory

The Element of Earth

POSITIVE Qualities:

consistency,
conscientiousness,
perseverance,
punctuality,
caution,
responsibility,
firmness,
reliability,
sobriety,
ambition,
respectfulness,
determined
strong

NEGATIVE Qualities:

stiffness,
superficiality,
laziness,
indifference,
cumbersomeness,
touchiness, lack
of conscientiousness,
Irregularity,
timidity,
distrusting
lack of faith