



4 Personality Types based on the Elements

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C O N T E N T S

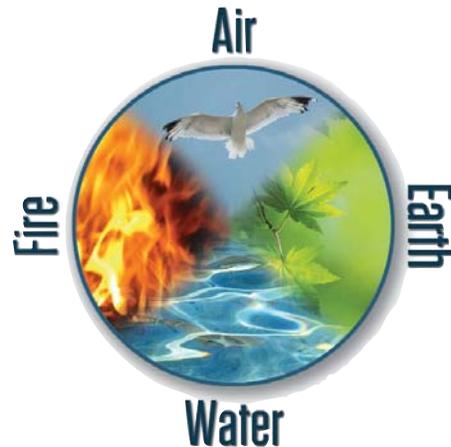
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ESOTERIC ASTROLOGY AND THE ELEMENTS

“Excuse me, can I speak to your soul?”

Chapter 1



The four elements are key to esoteric astrology, as well as other ancient traditions. Even if you look only at the elements in your chart and nothing else, you will discover enormous insight. This e-book is about the nature of the four elements so you can find your own elemental gifts and challenges.

First, consider the truths that underlie esoteric astrology:

1. You are worthy. You're carrying a gift that is unique to you and if you don't give it, the world will never receive it. You are divine. You are wanted here. You are not a mistake.
2. You are not a failure. **Being a success is being at peace**, not something that can be described in the outer world like money or fame. The definition of success in esoteric terms is simply being at peace with what is and loving your fate.
3. You are not alone. We're all in this together. It may appear, right now, that everything is wrong, but creation includes destruction. Nothing is wrong.
4. You can see yourself without judgment, when you step into your "Observer". Using the four elements you can identify the natural gifts and challenges that you were born with; then you can imagine looking down at yourself from a high observation deck, as though watching your story being enacted on stage while you are the audience. From this position you can observe your elemental personality, where you can "coast" and where you might have to work a bit to get the results you want.

HOW TO USE THIS BOOK

To find out your elemental personality, you can print your birth chart and find out using the planet facts. Or you can just take the survey below to get a general idea of which element(s) are strongest in your nature. Sometimes it's fun to do both the chart facts and the survey and see how they compare. It's up to you. The objective is to get an idea of the strongest and weakest elements in your personality.

To print your chart, follow these steps:

1. On the internet, go to <http://www.astro.com/>
2. Register for a free account



3. Locate the **"My astro"** link on the top right hand corner of the screen



4. Click "add new astro data" (located beneath basic settings for the user profile)

My Astro > Registration Data

Enter your personal details here:

Email (used to identify you) [?](#)

Choose a Password
[why password?](#) [?](#)

Confirm Password

Title

First Name

Last Name

Country [?](#)

Language [?](#)

Use High Security? Yes No [?](#)

Your registered user profile was created. Please click on the 'continue' button below once more.

Enter your personal details here:

["My Astro" Help](#)

My Astro: User profile overview

Hello Lulu L'Amour

If you are not Lulu L'Amour, [please click here](#). Your e-mail address is [\(change\)](#).

High security is enabled for this profile.

Basic settings for the user profile

- [View/edit registered user data](#) [?](#)
- [View/edit preferences and subscriptions](#) [?](#)
- [Leave this profile / Log in to a different profile](#) [?](#)
- [Delete my profile and all my natal data](#)

You currently have no Astro data in this profile. You can:

[Add new Astro data](#)

5. Enter your birth info. and click continue

Birth Data Entry

first name

last name (optional)

gender female male event

birthday January year

hour min

country The Whole World

birth town

show / hide extended settings

Extended Settings

map show map

time zone / daylight time automatic time zone

6. On the lower right hand column beneath where it says horoscope chart drawings, click “**chart drawing, ascendant**”

CHARTS & DATA

Extended Chart Selection

▶ A wide selection of horoscope types, house systems, asteroids and much more.

Ephemeris of:

▶ Varuna ▶ MakeMake ▶ Haumea
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Interactive Horoscopes

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7. Click on the chart and use your Print command to print the chart.

Your printed chart contains a graphic box that shows which of your planets are placed in which elements (F for fire, E for Earth, A for Air and W for Water). Look at the distribution of elements in your chart – notice the elements which have the most planets and which have the least planets or no planets at all.

Element Self-Survey: Start by taking the quick element self survey below. This is a quick survey that will establish, for you – at the present time – your relationship to each of the four elements. It is a Yes/No question: If the statement is true 50% or more of the time, say yes and score 1; if less than 50% of the time, say no and score zero and if undecided, give it score of ½. This survey is also available online at www.DebraSilvermanAstrology.com.

- 1. I cry easily _____
 - 2. I am sentimental (like to save sentimental objects) _____
 - 3. I become non-verbal when upset _____
 - 4. My body gets immediate gut reactions to people _____
 - 5. I second-guess myself _____
 - 6. My self-talk tends to be negative _____
 - 7. I am a private person and I cherish private time _____
 - 8. I can be hypersensitive, emotionally or physically _____
 - 9. I am fascinated by the super-natural _____
 - 10. Music is a necessity in my life _____
- TOTAL _____

- 1. I find words easily and others consider me talkative _____
 - 2. I enjoy watching people and asking questions _____
 - 3. I fill in or finish people’s sentences _____
 - 4. I observe and analyze people _____
 - 5. I easily get bored with people and want to move on _____
 - 6. It is easy for me to remember numbers and details _____
 - 7. I am easily distracted by external stimulus _____
 - 8. I change plans/directions easily _____
 - 9. I frequently forget where I put things _____
 - 10. Harmony is essential, even if the cost is high _____
- TOTAL _____

- 1. Saving money is important to me _____
 - 2. Others consider me to be practical and grounded _____
 - 3. I clean when I am upset _____
 - 4. I am thorough and deliberate when I work _____
 - 5. I love to eat and am sensitive to tastes and smells _____
 - 6. I prefer to be in control _____
 - 7. Being in nature is essential for me _____
 - 8. I am goal oriented and I get results _____
 - 9. People can rely on me and consider me dependable _____
 - 10. I am slow to change _____
- TOTAL _____

1. I thrive on exercise, athletics and expending physical energy _____
 2. I am outspoken and frequently say things that get me in trouble _____
 3. I have lots of energy and am enthusiastic and passionate _____
 4. People would like to turn my volume down or think I'm too intense _____
 5. It is easy for me to laugh and find the humor in life _____
 6. I am deeply into philosophy and/or spirituality _____
 7. I inspire others to take action _____
 8. People get mad at me – anger can be an issue either my own or other's _____
 9. I can be the life of a party _____
 10. I fight for the underdog and/or love to argue and debate _____
- TOTAL _____



THE FOUR ELEMENTS SUMMARY

Chapter 2

The four elements are fundamental to all astrology, Jungian psychology Native American and many other wisdom traditions. Elements describe the primary nature of your constitution or your character – earth, air fire, water – the four essential qualities associated with signs and houses. The Elements dress up your personality and serve as the clothing for the soul – they give the soul form. Your elements are the expression of your soul in the material realm.

Simply learning about the elements will help you understand your character and where best to focus your energies. The one-word summary for each element is:

WATER	feelings
AIR	intellect
EARTH	practicality
FIRE	energy

Look at distribution of elements in your chart (or survey). If you have only one planet (or one survey checkmark) in a particular element, it is almost like having none of that element. Although you lack that element, it may actually be the most important element for you to pay attention to.

When a person lacks an element, it can go one of two ways: either that element is really well developed already (in which case, be careful not to become preoccupied with it) or it's really lacking and you're got to grow and cultivate that element to establish balance in your life.

The distribution of the four elements is like the four tires on a car – ideally they are all fully inflated to the same level and all working together. If one tire is low, the entire balance of the vehicle is affected. The goal of this book is to help you identify the missing element and to cultivate balance. If your vehicle is off balance, you'll see that reflected in your life.

CYCLES OF THE ELEMENTS IN DAILY LIFE

Whether or not we're aware of it, we follow the elemental rhythms in our lives and in our daily routines. Developmentally, cycles always begin in water. We gestate for nine months in **water**. We spend the next 20 some years studying, using **air** to become educated, then we use **earth** to develop a skill to provide financial security, and finally reach retirement when life is supposed to become fun and be a **fiery** time of travel and adventure, wisdom and passion.

Even our daily routines follow this elemental, cyclical pattern. We begin every day with a **water cycle** first thing in morning. We go to the “water closet” (or bathroom) where we pee, brush teeth, shave, and bathe. Then we make ourselves a cup of tea or coffee.

We then go to look at our calendars or blackberries/i-phones, make lists, check our email, and begin the **air cycle**. What is on my list today? Who do I need to call? What fell through the cracks yesterday? Who do I need to communicate with?

After we finish writing our list, we begin the **earth cycle**. We check things off the list, dot the i’s, cross the t’s and make sure everything is complete. Are we making money, losing money? We do our work, get job done, then think about meals and preparing food.

Then we sit together at the hearth with the fire at the end of the day or gather in the kitchen around the cook stove, share stories, drink fire water and get into the **fire cycle**. This can manifest either as joy, enthusiasm, sharing and celebrating or as venting frustration, anger, fighting and complaining.

SUMMARY OF THE FOUR ELEMENTS



Water

WATER is the element of feelings, dreams and symbols. In modern times, we’ve lost our connection to the language of symbols and dreams, which are the currency of the element of water. Water is the element of meditation, stillness and the purity of love. Not only can we no longer drink tap water as a result of our disrespect, but we’ve all but lost the dream of true love sustaining itself or even believing that we can ever have peace on earth. We have made great gains favoring the mind and scientific knowledge, yet we have paid a price in our diminished watery capacity to feel compassion, stillness and peace.

The right use of water is to know how to release and forgive the past. Clean water is a spiritual depth that allows us to have faith that there is a reason for everything even when it is hard to believe it’s true. Having healthy water means we have learned to heal the pain, to release, to ask forgiveness and carry on with a new story. It also means we’re able to feel our feelings and process them in real time.



Air

AIR is the element that represents the new story; including the right use of the mind and language. The stories we tell ourselves either limit our ability to ever believe in peace and love or create possibilities that are as wide as the sky, as big as our imaginations. Since the beginning of written language, the mind has assumed the position of power, and so, for ages, we have valued the mind over the heart – from intellects to oracles to universities to books, radio and TV personalities – words and language have saturated the human psyche. Words have been used to separate us; different languages have alienated us from each other. We have so overvalued the mind and intellect that we’ve lost our hearts. But new understandings (Heart/Math Institute) have revealed that the heart is hard wired to the brain and the heart itself is comprised largely of neural tissues. In fact, it now appears that the brain is the seat of intellect while the heart is the seat of intelligence. Even this paragraph – far bigger than the last one – is an example of air, going on and on, jumping around the mental process of the mind.

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

Albert Einstein

The right use of fresh air is to have the mind speak from the heart in the present moment in a way that is authentic and honest. When you see evolution in the big picture, you are no longer judging destruction, creation, life and death; instead your mind is big enough to include a humbled posture that reminds you that you are merely a servant to the creative intelligence. The right use of air is an innocent mind open to possibilities and subservient to the direction of the divine. Just as the personality should be in service to the soul, the mind should be in service to the heart (and not the other way around).



Earth

EARTH is the element that wants to provide, give and serve. Our planet could be called Water because it is blue and mostly made of water, but it is called Earth because our purpose here is to contribute, manifest and provide equally for all creatures. Alice Bailey says glamour and greed are the two most distracting influences in the human psyche, preventing us from remembering our true nature. Humans have appeared as greedy, selfish beings who hoard and exploit without consideration of their fellow humans, much less other species. The earth will survive regardless of humans. We have now reached a point of evolution where it is our responsibility to tend to and steward the earth and all her creatures, or else suffer the consequences.

The right use of Earth is sharing and philanthropy and consideration of the generations to come.

The natural virtue of Earth is just that—to understand that we are all one family. This is not spiritual theory, even though it may sound like it. This is a really honest question of how do we give back to the earth in our day-to-day living, work and service with an attitude of reverence and gratitude that we have been given the wonderful gift of life. The quality of Earth can be the most entitled, arrogant, unconscious impulse that simply takes and forgets to give, or it can be the ultimate provider for the good of all – creating heaven on earth.



Fire

FIRE is the element that is honest, righteous and passionate about truth. The truth is we are at a very critical moment in the history of humankind – a time we could easily judge as hopeless and irreparable. Nothing less than an esoteric point of view gives us enough distance to see this is all part of the plan. Nothing is wrong. The ruthless honesty of fire takes us straight to love, which is the only bridge to the new heaven and the new earth.

Fire is the element of change. Fire transmutes old form into ashes and creates the possibility for something new to emerge. As a collective we are in a fire cycle – full of war, suicide bombers, wild fires, combustion of fossil fuels causing climate change, etc.

Fire does not burn itself – and only that which is sincere and true will survive the flames. The truth of love and honesty is the healing balm of our times. Who has the courage or tenacity to stand in the face of pretense, denial, and despair and still hold the faith that we can come out of the ashes into a new world? A fire sign can do this.

The right use of Fire is to stand in the face of catastrophe and still be able to keep your heart open and have faith even when every thing seems disastrous. The open heart is a healthy fire that says, regardless of tragedy, I still love you, life, and nothing will turn my face from your love.” The right use of fire is also about knowing how to use anger as a proactive impulse to create change rather than using anger to destroy.



WATER

Chapter 3

Cancer, Scorpio, Pisces

Water people will relate to the following:

- **I cry easily**
- **I am sentimental (like to save sentimental objects)**
- **I become non-verbal when upset**
- **My body gets immediate gut reactions to people**
- **I worry about the ones I love &/or second-guess myself**
- **My self-talk tends to be negative**
- **I am a private person and I cherish private time**
- **I can be hypersensitive, emotionally or physically**
- **I am fascinated by the super-natural (mystics attract me)**
- **Music is a necessity in my life**

If you relate to 7 or more, it suggests that the element of water is a very strong influence in your character. Most everything you read below will apply to you. If you relate to 6 or fewer, the section called "Medicine for Water" – will be helpful to you.

WATER THEMES AND WISDOM

1. Learn how to deal with sensitivity and release the past (childhood memories) to be here now.
2. Learn and practice the art of forgiveness.
3. Listen to the language of symbols, dreams and intuition to make the unconscious conscious. Water has the most developed capacity for psychic phenomenon, reading minds, etc.
4. Water is the unconscious mind. It offers the opportunity to become aware of feelings that have been stored in your unconscious. Bringing them to awareness allows you to release old wounds.
5. Develop boundaries. Learn how to manage sensitivity as a gift and not a curse. Water absorbs what is around it, so one needs to know how to clean off the emotions and psychic fields of other people.
6. Water is responsive and can go to either compassion or to pain. At the highest level, water is Christ energy, loves everyone and everything, and wants to heal. The low level of water is excessive empathy that takes on other's pain and wallows in it (depression and infinite therapy, addictions).

WATER KEY WORDS

Tears, emotions – feelings
Too much water – drowning in feelings
Too little water – frozen ice cubes don't feel feelings
Beginning of every cycle – womb and gestation
1st intuition, gut feelings, instinct, non verbal
Family of origin
Quiet, introverted
Mysteries of life, including occult and magic – psychic abilities
Gut feelings about anything and everything
Great capacity to feel
Sensuality, loves nature, intimacy
Highly sexual especially as teenagers
Healers
Childhood fears
Mother, Comfort, Home
Love antiques and anything old
Absorbs negativity – psychic sponges
Personal space and quiet
Rules unconscious – easily influenced, easily hypnotized
Nurturer, loves to Cook
Poet, visionary, creative dreamer, rich imagination
Yum yum factor – pleasures of senses
Ecological vision – huge compassion for physical earth
Memories
Merges, no boundaries
Permeable
Feels pain - Pain can get stuck in their body
Music, meditation and yoga
Need to be able to release
Reactive and highly emotional
Perceptive and receptive
Sensitive – empathic – cuddly
Doesn't want to ask for help
Recluse, secretive, private
Dreamtime – intuition
Can't change moods easily
Energetically sensitive to "vibes" and invisible realm
Water stays in a rut when scared
Compassion and intuition
Challenge is to stay in touch with feeling
Memory like an elephant – can trigger emotional body to distraction

Rules dreams, unconscious

Homebody, likes to save and collect things of sentimental value

Decorator, interior design, great aesthetic, sacred spaces

MEN AND WATER

Water men tend to not talk much and don't care to socialize. They express their love by providing but not talking. Can be overly sexual. highly sensitive, emotionally reactive (either temper or withdrawl).

WOMEN AND WATER

Watery women can talk and share process. On the other hand they can be very secretive and withdrawn if they sense you neglecting them for one minute. They make really good friends, but like to have just a few. Love being mom. They have a very difficult time asking for what they need, until they've reached a crisis point.

P E R M I S S I O N S F O R W A T E R

- Allow yourself to feel and listen deeply... Your soul longs for quiet
- It is safe for you to open to those you love. (Water people are overly protective and shield themselves from being open.)
- It is okay to only want to be around a few chosen people.
- Allow yourself time off guilt free far away from people. Home is sacred temple.
- It is okay to hate superficial parties.
- Allow yourself to release the feeling in the moment so emotions don't get backed up. (Alcoholism, sexual and fear based addictions can result if the emotional body is harboring pain and has no means to release. AA is full of water people.)
- It is okay to just sit with those who are in pain. You are a natural healer with your hands and with your heart. (You don't need to take on other people's pain.)
- It is totally okay to be quiet, in your silence and comfortable. You don't have to talk.
- Stay in yourself and beware of your need to please and shape-shift like a chameleon, taking on qualities of whoever it is with.
- Be grateful as much as possible
- It is okay to cry, to get angry

- It is okay to ask for what you need without waiting for a crisis. Practice receiving from others. It is okay for them to give to you.
- Allow yourself guilt-free time to read, meditate, watch TV, and take naps and downtime
- Listen to your own truth, take time to be alone
- Practice saying 'yes' to your soul. Go through a spiritual door, meditate pray, do yoga
- Give thanks for all things in a consistent spiritual practice of a Morning Prayer
- Know when therapy is over – seek joy as a spiritual practice

BE AWARE – SHADOW OF WATER

- Losing boundaries, causing, you to complain that you're always giving and not getting.
- Indulging in alcohol and drugs and sex
- Prone to depression and complaining and wallowing in emotions
- Fear-ridden with paranoia or phobias
- Hypochondria; get sick a lot feelings cause symptoms in their bodies
- Fear of dying and fear of loss is always present
- Cold and limiting beliefs – become like ice, addicted to negativity
- Family issues never resolved, hold onto past wounds and carry them into the present all the time
- Project their own faults onto others because they can't see outside their own compelling emotional experience
- Lack of impulse control
- Can get caught in occult and death and dying and spirits, become overly affected by invisible world

WATER EXERCISE – ASK YOURSELF

1. Where am I in pain? What am I feeling? Give yourself permission to fully experience and release it, even if you have to cry during this exercise.
2. How much do I let myself feel? Score it zero to 10 (zero the lowest and 10 the highest).
3. What am I feeling right now? Find it in your body. Ask yourself, “Where in my body am I feeling that?” Sit with it compassionately don’t feel like you have to let it go, let it speak if it wants to. Score it zero to ten and see what degree you are in touch with your feelings. If it’s a low number, slow down, close your eyes, and take the time to allow the feeling to expand and breathe into it. Feelings just need time and awareness.
4. Once you identify the feeling ask, “What am I scared of?” Rate it zero to 10. If it is a high score, ask this question: “Is the pain personal or collective, or both?”
5. Using your breath, take the pain up from the belly and down your back/spine and into the cord going down into mother earth.

WATER WITH OTHER ELEMENTS

Earth with water: The water principle is a natural ally of earth. Just a plant in the earth loves to be watered, so does water love to be with earth – these two are natural friends. Water is about emotional security and earth is about financial and material security.

Air with water: poet – ability to listen to intuition and speak it in a whimsical, free flowing way.

Fire with water: confused because Fire’s impulse is to stand up and stand out while the water impulse is to go inside, retreat and pull back. But if there is a container for the water, the fire can heat it up with a nice result like a hot cup of tea or a delicious hot tub.

Water with water: very compatible, both prefer to be gentle, non-verbal and nurturing of the other. These two get along great. They just might not talk very much.

EVOLVED WATER

Best example = Dali Lama is evolved water

The ability to be in stillness, accept pain and pleasure without preference

To master the art of forgiveness by having compassion for the perpetrator

To have intact boundaries which allow feelings to come and be released

To practice the art of consciously letting go

To easily know when to say "no" in order to maintain one's own well being as a first priority above all else.

MEDICINE FOR WATER – HOW TO CULTIVATE AND GROW THIS ELEMENT

Symptoms of lack of water: you can't feel or feel too much. Lack empathy. Don't understand notion of romance. Its very easy for you to let go of things and you can't understand why people are so attached. You move very quickly through your emotional issues. Human nature itself seems a mystery to you because you really don't understand attachment. Here are some balancing suggestions:

Medicine for Water: If it's hard to cry - need to watch sad films like Ordinary People, Love Story, My Life as a House, The Color Purple. These will help you reestablish your tear ducts and get water flowing.

If you have lots of water, or not enough, you may cry at commercials and for any reason at all without control, you may want to consider an anti-depressant because some people have a chemical imbalance that affects their ability to control their emotional body. This can especially be true if you are lacking water in your chart.

Learning meditation is a short answer to the question of how to cultivate emotional stability. Try sitting quietly and breathing deeply. Yoga, qi gong, tai chi and similar contemplative techniques can be very helpful.

The wisdom of water is to allow someone's pain without trying to fix it... to simply rest in the depth of sadness or despair or grief with a gentle touch. It is healthy to be sad. But if someone is overindulging in their pain and not able to get over it in appropriate time, then there are side effects that prevent joy, which is the source of depression, negativity and moodiness.



A I R Gemini, Libra, Aquarius Chapter 4

Air people will relate to the following:

- **I find words easily and others consider me talkative**
- **I enjoy watching people and asking questions**
- **I fill in or finish people's sentences**
- **I observe and analyze people**
- **I easily get bored with people and want to move on**
- **It is easy for me to remember numbers and details**
- **I am easily distracted by external stimulus**
- **I change plans/directions easily**
- **I frequently forget where I put things**
- **Harmony is essential, even if the cost is high**

If you relate to 7 or more, this suggests that the element of air is a very strong influence in your character. Most everything you read below will apply to you. If you relate to 6 or fewer, "Medicine for Air" will be helpful to you.

AIR THEMES AND WISDOM

1. People, people everywhere – into friendships, love and harmony
2. Detached, live in their heads, which makes it hard to feel, and therefore they're indecisive
3. Feeling different and separate, alienated, especially from their own family of origin
4. Relationships – harmony at all costs, even at expense of the self
5. Thrive on novelty, adventure; hate being bored, consistent, repetitious, therefore impatient. Dislikes empty space, boredom or redundancy
6. Independent, freedom – loving, thinker, curious, talkative, observant
7. Sociable pretense often assumed at expense of authenticity.

AIR KEY WORDS

Verbalize, Talk, interrupt
Fill in other people's sentences
Mediators, lawyers, negotiators, therapists, coaches
Articulate
Mind, intellect, school
Reading and Writing
Break the rules
Keen observation
Charming, pleaser personality – politicians – schmoozer, can work the room
Not connected – detached, disappear, evaporate suddenly, unpredictable
Designer – loves color, feng shui
Mathematical, good with numbers (but never think so)
Auditory
Nosy – gossip
Loves people and avoids conflict
Curious – always studying, reading
Provoke and stimulate new thought,
Love conversation
Visionaries – ahead of their time
Consciousness – perky, awake
Observer, spectator
Out of box
Research and modern science
Reads anything
Minds insatiable
Get bored easily
Great listener
Comforted by books – libraries – bookstores
Flaky, forgetful "airhead"
Telephone – email – computers, technology geeks
Spontaneous, averse to repetition/mundane; don't like plans
Forget where they put things
Messy, scattered, unorganized
love colored pens, organizational tools (but can't find them when they need them)
Hallmark cards, stationary, books and magazines
Lighthearted, witty, tickle people with their wit and humor
Photographic memory

MEN IN AIR

Intellects who are mad scientists, humanitarians who forget their children's names
Can appear detached and disinterested in human psyche or can be excessively charming and romantic and almost feminine in respect to relationship

WOMEN IN AIR

Social, friendly, value community and networking. Love clothes, jewelry and design, Great sense of style. Playful, entertaining, they love to talk, shop, spend money. Change is their middle name; change their mind. Far more sensitive than they appear. Emotionally unpredictable.

P E R M I S S I O N S F O R A I R

- Learn to talk from the heart and the body – use the body to stay in the moment and not get lost in words. Words have power and can be used as daggers to hurt people or they can be used as a soft touch to open a heart.
- Ask yourself, why are you speaking and who are you serving? Practice saying these sentences: “I need you.” “I miss you.” “I feel sad.” “I was wrong.” “I need help.”
- Agree to disagree. Disharmony can be healthy. Know when not to talk.
- When you can't make decisions, seek counsel from those you respect who will have the wisdom to give you back to yourself.
- Beware of leaving yourself out and always being curious about the other person to the exclusion of yourself. Take your “air time.”
- Journaling to establish your own voice is medicine for you, so that you can hear your own thoughts. You don't to have be consistent, just do it when needed.
- Learn to use the “gut” as your discernment tool so you don't suffer from indecisiveness
- Everyone has their own rhythm It is ok for others to go slow – don't judge them because filling in people's sentences and thinking you know more keeps you feeling separate and appear arrogant.
- Know that you are an intellectual person even if you feel as if there is so much more for you to learn; stop underestimating your mental capacity.
- Speak to the unspeakable. Speak truth and avoid mixed messages.
- At level of personality, air loves to talk, while soulful air loves to listen

- Find good listener, coach, therapist, talk and talk without censor... “air conditioning”
- It is okay to speak the negative in order to “clear the air” so there is no pretense of positive thinking when you’re actually feeling negative.
- Identify the core beliefs and the stories you repetitively tell yourself – are they true? are they serving the present moment?

BEWARE – SHADOW OF AIR

- They think they are flaky and sometimes they are – can appear flaky even if they’re not. They feel self conscious about this.
- They lie by omission – don’t tell the whole truth
- Very flirtatious, even if only in their head, guilty for being flirt
- Dilettantes dabbling in many things and master of none
- Co-dependent and don’t like being alone
- An “idea factory” with no practical application – dreamers who don’t manifest because they don’t think it through in light of practical realities – “blue sky” people
- When feel left out, will talk more and more or stand in silence on sidelines appearing arrogant and separate when actually hurt and longing for contact.
- Beware of becoming know-it-all, you read enough to get the gist and pretend you know all.

AIR EXERCISE – ASK YOURSELF

1. What am I confused about?
2. Do my words match my truth, insights, and thoughts?
3. Who have I not communicated honestly to? Write a letter – you don’t have to give it to them.
Writing it will
release the negative thoughts rather than let me continually loop in your head.
4. Do I allow myself the freedom to think for myself or is my “pleaser” keeping me in a relationship that no longer serves me?

AIR WITH THE OTHER ELEMENTS

Air can blend fairly easily with each of the other three elements.

Air with water is letting someone be nonverbal and leaving empty space rather than filling in words for them all the time.

Air with earth is providing ideas and then listening to the practical advice of earth so you don't feel criticized but rather supported to take your idea into the practical realm.

Air with air will go off and have a party at the speed of light, change their mind, and forget to tell you where they were going just after promising to meet you for dinner.

EVOLVED AIR

- Know when not to talk
- Empty mind – meditation
- Wisdom Carrier, Teacher
- Poets
- Use words to bless and heal rather than puncture and hurt.
- Can gracefully & effortlessly speak to unspeakable
- Spacious, gracious, inclusive
- Diplomats, ambassadors, messenger

MEDICINE FOR AIR

Issues for people with too much or not enough air: either they don't talk at all or they talk all the time. Their minds go in many directions at the same time. They can't finish a book. Sitting still for too long is impossible. Can't socialize comfortably.

HERE ARE SOME BALANCING SUGGESTIONS:

- Take a class like toastmasters or Dale Carnegie to learn public speaking and social etiquette.
- Act like you're interested in the stories of people around you.
- Write in a journal and air your thoughts and feelings
- Ask questions – the single most powerful gift that an air person knows – how to ask questions and engage the other in telling their story.
- If you've been told you talk too much, giving too many details and publicly displaying your mind's meanderings, ask for feedback. "Did you understand what I just said?" Then listen to those around you because they're trying to give you information; don't take it personally; you just may not be aware of how much you are talking.



EARTH Chapter 5 Taurus, Virgo, Capricorn

Earth people will relate to the following:

- **Saving money is important to me**
- **Others consider me to be practical and grounded**
- **I clean when I am upset**
- **I am thorough and deliberate when I work**
- **I love to eat and am sensitive to tastes and smells**
- **I prefer to be in control**
- **Being in nature an essential for me**
- **I am goal oriented and I get results**
- **People can rely on me and consider me dependable**
- **I am slow to change**

If you relate to 7 or more, this suggests that the element of earth is a very strong influence in your character. Most everything you read below will apply to you. If you relate to 6 or fewer, "Medicine for Earth" will be helpful to you.

EARTH THEMES AND WISDOM

1. Manifest, money, job, getting things done, values results
2. Must have security – obsessed with money; loves to get a good deal
3. Laws, practicality, government, rules, paperwork, being on time
4. Captains of worrywort team
5. Always thinking of what needs to happen next; there is work to be done
6. Kinesthetic and sensual – like being in body, eating, get off on giving gifts and cleaning
7. Work hard and forget to have fun
8. Wish everybody was like them – neat dependable on time, gets everything done perfectly

EARTH KEY WORDS

Consistent, solid

Grounded – sustainability, environmentalists

Perfectionist

Nature lovers – love being outside

Obsessed with plants, herbs, natural medicine

Physical

Manifester – Buildings, architecture

Loyal

Likes how-to books

Like routine, repetition, buys the same brands, eats the same food, listens to same music

Functional, practical, purposeful things are valued

Quality

Research

Clean, clean, clean

Kind of boring – slow and simple

Stable

Critical

Know how to connect to core

Integrity

Abundance

Good at \$

Maintenance

Practical

Control freaks – they get off on checking things off of their lists

Substantial – designer labels, into high quality

Hard to move; stubborn; highly opinionated

Lists

Result oriented

Wants insurance policy

Love to eat – “foodies” into organic, vegan; check labels, ingredients, additives

Trustworthy, materialistic, accountant

Gets everything done, judges self, holds back feelings

Jewelry, gold, gems, high-priced art

Enjoy sensuality love body just as it is

Track and record schedules timetables – spread sheets, strategic planning

MEN IN EARTH

Want to get results, build things, make money, provide for family and be left alone to do it again. They resent emotional demands. They don't like to talk. Very predictable and thrive on consistency and routine. Tend to be close-minded about issues to do with spirituality, astrology or metaphysics, unless they find a niche, and even then they are very specific about their mindset.

WOMEN IN EARTH

Really need security; need a lot of money in the bank to feel safe. They hate change and they love beautiful clothes and jewelry. Don't require very many friends but relish a stable home life.

P E R M I S S I O N S F O R E A R T H

- Learn that it okay to take risks & remember to enjoy
- Trust and relax let go of worrying (don't be a worrywart)
- Relax and enjoy and release inner dialog focused on what's not being done.
- It is okay to lower your standards (your standards can be unreasonably high – for yourself and sometimes others – and you may not even know it.
- Bask in your accomplishments – don't let one flaw ruin the whole thing – if you didn't finish one important detail it doesn't mean everything you did is worthless.
- Accept that you value purpose and function above fun and partying and that's okay
- Acknowledge simple, hard truths. What is is. Accept your fate.
- Less is more.
- True leadership is a democracy
- Slow down – the turtle won the race against the hare
- Let go of attachment to results – the journey is more important than the goal

BE AWARE – SHADOW OF EARTH

- Earth wants you to indulge in yummy – but you accuse self of eating too much, not exercising enough, being fat (criticize body type)
- Work all the time – workaholics – but think they're not doing enough
- Self talk: "I'm slow, I'm boring, I weigh too much."
- Appear organized, smart and confident but inside their head they believe the opposite
- Tend to hold back feelings, keep very busy
- Crisis opens up their soul
- We are human beings, not human doings
- Stingy, don't share, hoard things and money
- Tyrants, dictators, control freaks
- Judgmental of self and others

EARTH EXERCISE

1. Remember to smell the flowers – gardening, singing, cooking are enjoyable to earth
2. Eat with total pleasure, savor the kiss, and enjoy the sensuality, especially outside in nature.
3. Appreciate beauty and enjoy the sensual (massage, incense, flowers, box of candy)
4. Enjoy being generous and sharing. Do philanthropy and give to charity
5. Love your body just as it is. Say something nice to yourself about your body.

EARTH WITH THE OTHER ELEMENTS

Earth with water loves to be supported by gentle watery personality

Earth with air gets impatient with air's unpredictability and impracticality

Earth with Earth loves to get things done and does it effortlessly

Earth and Fire can conflict because they're both bossy and can get in power struggles

EVOLVED EARTH

- You love yourself just the way you are and you allow your love to be expressed.
- Stop and accept what is
- Fulfillment from simple pleasure without using the outer world as measuring stick
- Pleasure of being in the body is what life is all about
- Being patient with people regardless of their evolution

MEDICINE FOR EARTH

With too much or too little earth, either the person is preoccupied with cleanliness, organization and manifestation or they kill plants, forget to balance their checkbooks, and never have enough money to pay their rent or mortgage.

HERE ARE SOME BALANCING SUGGESTIONS:

For the overly concerned earth person, it is OK to leave a mess, make fun of yourself, laugh at your own idiosyncrasy and know that the outer world is not as important as you think. It is important to let go of attachments, easier said than done.

For those that do not feel comfortable in earth, prepare a meal at least twice a week, promise yourself you will clean a closet, balance your bank account, and make it into a spiritual practice. The practical world is a spiritual avenue when approached with reverence. Even the mundane has a sacredness to it.



Aries, Leo, Sagittarius **F I R E**
Chapter 6

Fire people will relate to the following:

- **I thrive on exercise, athletics and expending physical energy**
- **I am outspoken and frequently say things that get me in trouble**
- **I have lots of energy and am enthusiastic and passionate**
- **People would like to turn my volume down or think I'm too intense**
- **It is easy for me to laugh and find the humor in life**
- **I am deeply into philosophy and/or spirituality**
- **I inspire others to take action**
- **People get mad at me – anger can be an issue either my own or other's**
- **I can be the life of a party**
- **I fight for the underdog and/or love to argue and debate**

If you relate to 7 or more, this suggests that the element of fire is a very strong influence in your character. Most everything you read below will apply to you. If you relate to 6 or fewer, "Medicine for Fire" will be helpful to you.

FIRE THEMES AND WISDOM

1. Think about impact on other; speak positive before negative
2. Wake up in morning fully charged, full of energy – must consume energy
3. I can do it all myself – fiercely independent
4. Love change, travel and adventure
5. Party and indulge past the line that says stop
6. Your gift is generosity, you pour life into everything you do
7. Fire is the only element that gets energy from expending energy – must expend energy (exercise)
8. Rejection is just a moment away; I'm too much; I'm too big; people can't handle me

FIRE KEY WORDS

Enthusiastic, passionate
Impulsive, hot temper
Inspirational
Humor, Drama queens and kings
Have fun, energy, childish or childlike
Don't like to be bored
Sexuality
Sports – Love athletics
Conflict – confrontational
Colorful and bold
Feisty – can't wait for a fight
Stands up for the underdog
Get excited – dancing, celebrating, partying
Intuitive
Enthusiasm
Out of control, indulgent, "more, please"
Inspirational
Ruthlessly honest
Need to be noticed
Leaders
No off button; don't know when to stop
Love of life
In service to life
Become self conscious
People get pissed – feel like they take over
Need attention
Move energy
Love to drink
Insecure
Bossy
Honesty – blunt and philosophical, great at one-liners
Starting something new
ultra-independent
endless optimist
philosophical
don't want to sit still or follow
graduate of school of hard knocks
get caught having affairs – indiscreet

MEN IN FIRE

Bold ego-centered energy field that commands, demands and manifests
Demanding and hard to keep up to but inspiring and a really good guy
Temper, when mature, becomes focused and creates gift of intense, radiant passion.
Wow all the lucky women who have been loved by you!

WOMEN IN FIRE

The courage to stand out without being self conscious as a woman will make it easier to gain respect and fulfillment. Few can keep up with you; it is not her fault; she has the gift of life force and inspires us to have the same. A fire woman needs to be honest about her love for attention and respect; that's where your humor is and it is more palatable to others when you're direct about it.

PERMISSIONS FOR FIRE

- Know when to stop – practice using your “off” button
- Let your soul shine bright and enjoy it. Love change
- Be open to relationship: don't close down to relationship because you think nobody can handle you – who are so independent or so big or so successful
- Have the courage to be disruptive or out of the box without feeling like you're going to get in trouble
- Don't accept labels – Fire people get labeled dyslexic or hyper or child prodigy, have to deal with labels later in life
- Allow people to offer feedback – beware of coming unglued when someone tells you to tone it down or criticizes you even a little
- You are our inspiration to be outrageous, be yourself
- Don't let fear stop you. Just go do it.
- “I need some attention.” You can ask for what you want
- You can communicate with your heart open. Think about how it will be received by the other. Try speaking something positives before you say the negative

BE AWARE – SHADOW OF FIRE

- Egomania, self-centered, know-it-all, grandiose
- Deception; can rationalize anything; tend to embellish or exaggerate
- Competitive without heart
- Anger issues; violent outbursts, rage
- Don't tell me what the fuck to do club – your not the boss of me!
- If fire goes out depression, suicide, obesity, addictions - when dysfunctional very dysfunctional
- Selfish and can be self-indulgent
- As a child or teenager, get in trouble in school, leading to fears of getting caught
- Hate details, so tell themselves "Don't sweat the small stuff"
- Sometimes a show-off, impatient with others..
- Drank too much or got caught in affair, or spent money on gimmick
- Your challenge to know your soul is joyful with or w/o other's attention

FIRE EXERCISE – ASK YOURSELF

1. Am I willing to fight/stand up for myself?
2. Do I give myself the right to my joy and passion?
3. Can I tell my truth even it means creating disharmony in it's wake?
4. Physical exercise is the access point to healthy fire and must be done on consistent basis.

FIRE WITH THE OTHER ELEMENTS

Fire with water; fire has to be careful because can hurt water's feelings with its boldness

Fire with air is very comfortable – great ideas (air) and lots of energy to follow through (fire)

Fire with earth is manifestation if the fire can accept the Earth's structure, demands, rules

Fire with fire has so much fun the party never stops or they fight all the time.

EVOLVED FIRE

- Your friendship and leadership will take us home to our souls
- Turn up flame, open heart, you're meant to be impassioned
- Fire personality has to stop eventually. Know when to stop – this is your soul's whisper
- Good news, you age well, and become more practical
- Mature fire brings inspiration, honesty, joy and faith
- Deeply spiritual soul and wisdom can become teacher showing others how to be real, honest and fall in love with life.

MEDICINE FOR FIRE

When fire is lacking, humor is gone, independence is barely experienced and a sense of hopelessness follows you around.

Too much fire is an over indulgent freedom lover who can't commit and is always looking for the fun, even at the expense of their own health.

HERE ARE SOME BALANCING SUGGESTIONS:

Exercise is the quickest way to fire up the body when there is depression or lethargy. Go slow and don't be discouraged; it may take some time, but once the regimen is in place, it is much easier to sustain health

Singing loud in the car or the shower on a regular basis, or chanting is another way to fire up your heart and expression.

The 12-step program, or ending of an addiction, provides healthy access to fire as a renewal and uplifted sense of self. Learning how to argue and fight in a way that's creative and gets you closer to the person you're fighting with will be an indicator of the right use of fire.

For anyone with fire as an issue, Kundalini Yoga is a specific tool that really helps balance the fire element.



THE FOUR ELEMENTS AND THE THE SOUL CRISIS OF THE Chapter 7 TWELVE SIGNS

Now we're going to look at what Alice Bailey called "the esoteric crisis" that relates to each sign specifically. Each sign is associated with one of the four elements – hence the title of this chapter, "The Four Elements and the Soul Crisis of the Twelve Signs."

Alice Bailey says that every sign has a soul crisis, which initiates you into your soul's purpose and function. This is often the most uncomfortable dilemma of your psyche. It will either be the leverage that will open you up spiritually or it will push you straight into your ego's story. This is the difference between "disciples" who use the pain of their lives as an access point for evolution versus less-evolved "aspirants" who are struggling with the human experience and cannot find a way to release their story and achieve a non-dramatic, peaceful existence.

"The handling of crisis is the hallmark of the disciple and every crisis met and rightly handled provides the place from which an extended vision can be gained, fresh knowledge can flow in, and the transmuting light from the angel of the Presence, and thus produce results. Each of you has passed through a cycle of real difficulty and strain. This is true of all disciples."

— Alice Bailey

The art of esoteric law is to let go of our stories, releasing the idea that they are ultimate truths, and instead to use them as grist for the mill. Grinding up your old stories and your childhood wounds provides the nutrients for your essential soul. This process – using your pain as a means to heal – is the key to esoteric psychology. Esoteric psychology believes that you've taken on the pain for a reason in union with everyone else.

In this way, Esoteric Astrology is very congruent with the work of C.J. Jung, who never gave a psychological analyses without looking at the astrological chart of the subject (something he did not widely advertise, as astrology was considered "unscientific"). As a side note here, we marvel at how amazing it is that now, 100 years after he died, Jung's private soul journey to his own underworld was released in 2009 as *The Red Book* – an amazing artistic journal selling beyond the wildest expectations of the publisher. This idea, so richly expressed in the work of Alice Bailey, C.J. Jung and others who were far ahead of their time, is only now being recognized as essential to both our individual evolution and also our species ability to harmonize with the rest of creation.

We have all arrived on earth with a wound that requires healing. Any human who is in the quest of evolution will have had some crisis to endure. The bigger the spirit, the bigger the crisis and the bigger the story.

The personal and the collective are inseparable, and in fact, becoming conscious of our wounds and releasing them is the evolutionary tumbling process that polishes the pearl inside you to provide you with real sense of purpose for your very existence. The most powerful contribution you can make is to take your pain, compost it and create fresh soil – free of the old story – for your children and their children.

The wounds we are carrying are specific to our individual astrological charts. Let's see if we can identify what yours is so you won't take it so personally and can realize that you are carrying the wound – and healing it – not just for yourself, but for the collective. Acknowledging and healing your wounds can become your opportunity to play a part in the healing that is so needed to bring our presence on the planet into balance.

There is nothing more satisfying at the end of a lifetime than to know you fulfilled what you promised to do. And there is no greater fear during a lifetime, for those of us who are spiritual, than to wonder whether or not we've fulfilled our promise and made good use of our lifetime. In esoteric law, fulfillment is not based on the outer world; it is based on your inner sense of peace and acceptance for who you are and what your karma brought for you in this lifetime.

Soul crises, by astrological sign, are described below. You are about to read the archetypal crises that occur in the human psyche and always create drama, fear and/or the feeling of abandonment.

Read through the section below, selecting the paragraphs that relate to your sun sign. (If doesn't seem to apply to you, you might also look at the paragraphs related to your rising sign and your Saturn.) Everybody has a childhood crisis that invites them down into the underworld to process pain in order to come back up be a functioning soul in the world.

WATER SIGNS – CANCER, SCORPIO, PISCES

Water signs have crises that relate to emotional issues and needs.

CANCER – needs security & home. The childhood wound that you inherited may feel overwhelming and oppressive. In this life your own family and/or the one you create may reproduce that same feeling of being either abandoned, hurt or unseen. So pay attention to the familiarity of these sensations and know that's exactly what you're meant to be healing. You are wanted, you are safe, and you have exactly what you need to fulfill your soul's purpose, unless your ego has captured you, in which case that feeling of insecurity and fear may follow you around and prevent the expression of your true gifts.

Cancer example crisis: experiencing broken families, losing contact with children and family of origin and feeling alone, having financial problems that leave them fearful

SCORPIO – needs to feel depth, intimacy and control. In your childhood you were probably at the effect of some abuse in which you were either the witness, the perpetrator or the victim. Or perhaps death came and visited you far too early with the loss of a sibling or parent. You may likely reestablish this pattern in your adult life, feeling as though loss follows you around. Your strength as a soul is to deal with intense pain or fear, for this is your gift and because of this you can be with others in a similar situation without shying away from their pain. You are a healer. You can rest in deep currents of feeling and role model for others that no matter the feeling of betrayal or jealousy or loneliness, spirit is only a thought away. When evolved, you have the ability to sustain your focus on the positive even in the midst of pain.

Scorpio example crisis: experiencing sexual frustration, drug addiction, multiple health issues, co-dependency, fear and obsession around money

PISCES – longs for spiritual manifestation. In your childhood, deception and pretense may have had you believing a reality that wasn't true. Your idealism and hopeful nature allow you to provide an optimistic prayer that will never tire as long as you keep your connection with spirit. If in your adult life you feel confused and without focus, just remember that the simplicity of your pure heart and longing for magic is enough. You are an angel. You are here to bless and although it may at times be without practical reflection, the vibration and the dream is enough. Let your sweetness and your kindness be your contribution. It is a real gift.

Pisces example crisis: drug addiction or alcoholism in their family, broken relationships and feeling of being lost or meaningless, failure to manifest.

AIR SIGNS – GEMINI, LIBRA, AQUARIUS –

Air signs have crises related to the mind's ability to be decisive and clear.

GEMINI – need to be heard. In your childhood, at a young age, you were required to be independent, so you moved into a fast maturing process that alienated you from yourself. Not being heard or seen for your perceptiveness forced you into playing a role or character that wasn't true to you. Your personality was too big for your soul as a child and took on superficial, chameleon-like qualities in order to get approval. As an adult, you will have relationship dilemmas where you can no longer pretend to be the false persona and this is the beginning of your soul's emergence. If in your adult life you still feel like you have to give in order to be loved, study and find the information to free your super-size personality. You are a teacher, a student, an inspiration and a community builder who tickles the soul with truth.

Gemini example crisis: have siblings who either violate them, compete with them, or alienate them, use charm as a distraction until they stop, have to learn about relationship and being authentic instead of trying to be what others want.

LIBRA – need union and harmony. In your childhood, the polarization between your mom and dad left you disheartened about relationship. So in your first attempt at relationship you may find yourself polarized, romanticizing and idealizing what should be. The disheartened feeling of being disappointed by love becomes a ghost that haunts you until your soul can accept what you do have and find harmony in the disharmony with your life just as it is. You may always be left with a feeling of dissatisfaction with your creative expression. Your very presence is an artistic expression of the human. Your way of being with people graces us with kindness and sweetness. Your soul's presence is enough and you are so loved, although it may be hard for you to understand this.

Libra example crisis: professional dissatisfaction, artistic limitation, unfulfilled idealized love

AQUARIUS – long to be accepted and understood. In your childhood, right in the midst of your family you felt separate. Being alienated from your social group and family left you feeling like you don't belong. Wanting nothing more than to contribute and often confused by the medium in which to do this, your soul's function is to study, think and inspire others to reconsider assumptions and the status quo. You are a social scientist, observant, fascinated and curious. You are here to observe, question and report without attachment to approval. Your brilliant light reminds us of the fascination of the human experience. As you know, even if you're not understood or deeply connected to a romantic love, you are nothing less than miraculous and have to stand in that by yourself. You are whole unto yourself.

Aquarius example crisis: being left out of professional success; separated from spouse or never finding a soul mate.

EARTH SIGNS – TAURUS, VIRGO, CAPRICORN

Earth signs have crises related to their concern and obsession about money.

TAURUS – need to be needed. In your childhood, there was some physical sacrifice at a body level where you felt yourself “less than” and identified with an insecurity that you compensated for with your ability to do. A preoccupation with the outer world, with physical looks or accomplishment, could leave you feeling less than and/or distracted from your soul. Your gifts are your simple, gracious generosity both to the earth itself through your respect for form and your loving nature for those who are lucky enough to be amongst your family. You are enough just by your very presence. You make the world beautiful with your gentleness. Money would never have fulfilled you and this is why simplicity is your calling. Self confidence and true fulfillment are yours to give yourself if you can surpass your shy, humble nature.

Taurus example crisis: working hard without full acknowledgement or financial return, great efforts to help their families and provide mediation, often with limited success, self esteem issues based on a false sense of inadequacy, an unbelievable life of work and effort and contribution and not a lot of return (non-profit), sexual appetite that can feel overly stimulated or under stimulated, affecting their self esteem.

VIRGO – need to feel useful and well used. In your childhood, there was some sacrifice made with your parent(s) in your inability to help or fix or heal the parent’s dilemmas. The impulse to help and fix others continues unconsciously throughout your adult life. Your achievements don’t feel like enough and you carry a sense of disappointment in yourself that make you feel like a failure. There is no end in trying to solve the world’s problems. You suffer from a lack of satisfaction that you got it right. Give it up, it’s not your job. You are here to be our researcher, our information source, and an embodiment of beauty that only we can see because you are too critical to see how beautiful you really are.

Example Virgo crisis: health issues, the loss of a meaningful relationship and a curious disinterest in ever trying again, relentless self criticism

CAPRICORN – need to manifest, provide and create results. In your childhood, there was some major trauma/drama with your father and his family that had you in shock. You are so reasonable, practical and pragmatic, it keeps you at a distance from the human condition. Feeling separate, responsible, over-burdened can be a trap throughout this lifetime. Human is so distasteful to you and your challenge is to know you are the teacher and to have compassion for your students. You have gone through the school of hard knocks at a young age for good reason. Your soul emerges with wisdom and compassion as you evolve into who you really are.

Example Capricorn crisis: crisis with the law, with addiction, physical ailments, always having to provide and be responsible for your and others lives.

FIRE SIGNS – ARIES, LEO, SAGITTARIUS

Fire signs have crises about indulgence including promiscuity, addiction and rejection

ARIES – need to make contact and to move energy. In your childhood, there was an issue with anger, energy, lack of impulse control so fighting amongst family or school mates for permission to be yourself created an angst about your identity. As a child, there was either violation, abuse or injustice that triggered your reactivity. As an adult, that same feisty directive energy continued to produce conflict. As the soul accepts that your strong fire energy's true function is to make contact and to fight for love and honesty, then the conflict and frustration subside. Your leadership and courage to speak to the unspeakable and stand up for the underdog gives you a great soul purpose that only you have the fire to fulfill.

Example Aries crisis: getting into fights, being attacked or victimized, abuse or abusing energy, being misunderstood and shut down for your argumentative, opinionated nature.

LEO – need to be recognized and seen. In your childhood you were in a family that did not see you and where you felt invisible. The feeling of being undervalued and not appreciated followed you into adulthood, where your ego felt either special or ordinary in a pendulum swing. Your soul is here to be recognized by your self so that you are not dependent on external feedback and attention. When the attention does come your way, receive the love that is rightly yours. You elicit it from us and we want to give it to you even if you are shy. It is okay to want attention; in fact, people want to give it to you. Receiving is your soul's calling.

Example Leo crisis: rejection by family, inadequacy and self judgment especially after a success, and physical problems related to your lack of self-expression, unfounded, secret sense of failure

SAGITTARIUS – need to be big, bold and truthful. In your childhood you were too big, too smart, too fat, too much for those around you. A self-consciousness was instilled at a young age that creates an overcompensation as an adult of an exaggerated sense of self. Your soul is here to share your philosophy and humor in order to balance that feeling of being too much. You are a teacher, an inspired speaker. Your stories must be heard in order for you to show up.

Example Sagittarian crisis – childhood body image issues, the calling to travel and adventure is often limited by practicality and can frustrate the fulfillment of this soul's longing, wishing to be somewhere else.