

Actions that Balance and Support the Fire Element:

(Stimulating for Earth & Water, Calming for Wind)

Creative energy can be raised through meditation – sending energy up the chakra column to transform the energy centers, releasing blockages bringing vibrancy and vitality to our energy fields.

Smudging and learning exercises to cleanse our energy fields and environments regularly are very beneficial. Frequent self evaluation to eliminate what is no longer serving us is a great practice.

Utilizing Crystals, Essential Oils and Smart Supplementation.

The Energy Zen Zone has a list of Crystals & Essential Oils that support the Element of Air.

If you are interesting in learning additional tools and ways to help you with this and other elements, book an appointment with me for a FREE Mini Q& A or a Full Elemental Balance Reading.

“The difference between a good life and a bad life is how well you walk through the fire.”

– Carl Jung.

Want to Explore The Zen Zones & Your Elemental Balance in More Detail?



Book a Full Elemental Balance Reading with Deborah

visions@bell.net
416.995.7404

www.Visionsinthewoods.com

Energy



ZEN ZONE...

The Element of Fire

Supports Our Energy, Vitality, Creation, Will Power, Action & Transformation

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About the Elements & Zen Zones

Learning to work with the Elements can be very empowering and healing.

Being able to identify where we are out of balance and what needs to shift for us to come into alignment with the Universal Energy Shifts that are occurring, can truly benefit everyone.

When we are in our natural state of interacting with nature, we absorb all elemental energies constantly and are able to maintain a state of dynamic balance.

When we are disconnected from our natural elements, it becomes more difficult for us and we become physically, mentally, emotionally and spiritually depleted.

My work and practices with the Elements, Crystals and Essential Oils has been very rewarding and help me move into more balanced states in so many areas of my life.

I created the Zen Zones to help elevate your experience & knowledge, and to help you learn how they can be beneficial for you too!

I Hope You will join me on this Journey!

Deborah

There are Five Primary Elements...

Earth, Fire, Water, Air and Storm. These bands of energy are carried within you as well as by the Earth itself.

Each Element is identifiable by a set of characteristics and energy frequencies that are distinct to that element.

You were born with a specific combination of energies that give you strengths in certain areas and opportunities to grow in others. The breakdown of your specific combination can be found in your Birth Chart.

Learning Your Elemental Balance is the first step! Have a discussion with Deborah about your Balance and How to Work with the Elements.

Each Element brochure was created to give you a little guidance around the Element or Zen Zone, you may need support with.

This one is about the Element of Fire & Our Energy Zen Zone.

The Element of Fire & the Energy Zen Zone

Fire Supports Our Energy, Vitality, Creation, Will Power, Action & Transformation.

It governs our ability to creatively express ourselves artistically, sexually, & other forms of direct energetic communication and to

shift our reality by use of our will.

The Element of Fire can be rather dangerous when not appropriately expressed.

Fire's powerful cleansing & energy moving properties can greatly enhance the flow of healing energy through the body, which can in turn affect our emotions. It gives us the passion to create & manifest, including our purpose or mission in life.

Out of Balance:

Feeling apathetic, depressed, lost, without faith, disconnection, Inactivity or lethargy, poor digestion, chronic coldness, fear of confrontation or to express one's opinion, sexual disorders, reproductive challenges, insomnia, self abuse, inflammatory diseases, powerlessness, habitual anger, hypercriticism, and anxiety attacks

In Balance:

Positive Creative Flow, you feel good about sexual expression & potency, hormones and sexual drive are stable. You can easily express your passion and tap into your intuition. You have strong metabolism, physical & life force energy as well as feeling empowered. Fire in balance encourages us to take action to create & transform.