

levels of the mind.

Cleansing Actions that Balance the Water Element: (Stimulating for Earth, Calming for Fire & Wind)

The act of crying is a powerful tool that we naturally use to release pent up emotions and energy, as is Sound.

Allow yourself time to express & release your emotions, cry frequently.

Speak your truth knowing what we speak, we create. Seek a supportive community; explore working with Crystals, Water Essential Oils, Diffusers and Sound Therapy such as Chanting for tools to add to your tool box.

The Emotional Balance 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.

"Nothing is softer or more flexible than water yet nothing can resist it"

- LAO TZU

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

Emotional Balance



ZEN ZONE...

The Element of Water

The Element of Water Supports Our Emotions, Relationships, Communication & Cleansing

www.Visionsinthewoods.com

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

The Element of Water & Emotional Balance Zen Zone

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 Water & Emotional Balance Zen Zone.

Water Supports Our Emotions, Relationships, Communication & Cleansing!

Through release, are the powers that are embodied by the Water Element. It has the ability to move around blockages and create new pathways

for energy to travel and also stimulates nurturance & intuition. By utilizing communication to express emotional energy, those energies can be released in a healthy & productive way to stimulate rejuvenation emotionally and physically. Our hearts are where this energy is felt, the throat is where it is expressed or released. Water Energy encourages adaptability and strength by teaching us to follow the path of least resistance...to go with the flow.

Out of Balance:

Huge emotional highs, deep depressing lows, inability to communicate feelings or needs, excessive talk of problems & unable to take action, manipulating others with words, inability to cope with stress, neediness & avoidance of quiet introspection. Feeling disconnected fear of intimacy, unable to nurture others or experience compassion or joy.

In Balance:

We are able to honestly experience & release emotions as they arise; including what is in our hearts even in difficult situations. Express empathy with emotional states of others, show compassion, express love and offer support where appropriate. The ability to access our receptive side of self, the subconscious and unconscious