

be in your element

Give everything to your work
Give everything to your soul
Live as nature Intended

By

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Dedication

We dedicate this book to all the masters who brought Ayurveda to the present century. We acknowledge all the people who have inspired us, taught us and shared their experiences with us.

We hope this book finds it's way into your heart and helps you live as nature intended, in harmony with your True Nature and those around you. May this book also help people throughout the world understand the differences between us all and honor those differences as a part of the wonderful world of nature.

Forward

Your constitutional analysis will reveal so much.

Rama Prasad, Ayurvedic practitioner and Christopher Walker, Business Consultant – have researched the science of Constitutional Analysis. An ancient yet, powerfully appropriate science in the currently challenged world to help people – of all nations. Be in your element

A heart stopping simplicity. A life changing awareness. A Deep and personalized self-understanding that affect how we sleep, eat, loose weight, exercise, work, - Our office environment, our management style, our relationships with others and the sort of products we buy.

Your ‘elemental constitution’ – reveals the weather you thrive in, the foods to balance you, the exercise that suits you and the career you can live in harmony with. It reveals your possible imbalances and potential vulnerabilities and cautions you on what your potential lifestyle hazards are.

It is like sculpting. There before you sits a rock, rough and covered in mud. You begin to chip away at it’s surface and slowly, through hard work, you find a beautiful sculpture within it.

Our constitution is exactly like the potential that sits within this rock. Through training we need to remove the unwanted bits and discover the gem that lies within it.

The first thing is to understand what is your natural constitution, which is the exact shape of that gem. To do this we examine the body you were born into.

Then we reveal how it responds to the world around it. How it is meant to care for itself and what it’s natural process in life are. In other words we learn what it takes to honor who we really are in our most natural state.

Then we explore how this body constitution functions best at work, in relationship and in leisure. How it needs to act in order to feel great, what it needs for nourishment and

how it needs to recover. Rather than invent some new way of life, or a synthetic approach to managing ourselves, we are seeking to reveal the real.

Ultimately, we are aspiring to find our true path. Rather than mimic or imitate someone who is also born unique, we are attempting, through an understanding of our constitutional element to honor our individual uniqueness. To be proud of the way we do things, albeit different to others and say “ this is who I am – I am a unique person who is living in harmony with what nature intended me to be”.

Rather than a prescribed dogma or set of rules to follow, we ask your body and it’s constitution to work with you in creating the happiness and success that is possible. One lifestyle does not fit all, one philosophy does not suit all, following someone else’s path assumes your constitution is the same as theirs. We must find our way, our own way and through this live in a deeper harmony with the world around us.

Ayurveda Means
Dosha - Means
Elements _ Means
Constitution - Means
Disease Means
Healing Means
Relationship – Means

Note – this book is not intended to replace your doctor, therapist, lawyer, counselor, coach, healer, guide, consultant or any other person who delivers specialized services to you in person. This book does not aim to replace your faith or ask you to subscribe to any other belief system other than the one you currently hold.

This book aims to provide insight into your unique character and an awareness of what nature intended in providing you with the specific and unique body constitution you were born with.

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(page numbering is not correct for the time being
-sorry)

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Introduction

It is time to reconnect with a more authentic definition of who we are. To see what is natural for us and how that must at all cost be preserved. Our choices are infinite – our joyful, heart-full and healthy way of living are not. We are born in a body, that body has functional characteristics which in turn make us easily great at something and an uphill battle in others. It is time to honor ourselves. To know ourselves again. To get beyond motivation and rhetoric of psychology of re framing our minds to finding our truth, our core our heart and standing proud in the world saying.

We are suffering a huge problems in the world with stress and burnout at work in epidemic proportion. Just look at statistics involving health care in business where mental health has risen fro 10% to nearly 90% of health claims made in corporate insurance. Add this cost – to lost time and stress costs in families and we argue that psychological testing, human resource management in corporate worlds have got it wrong. They are actually heading in the wrong direction making things worse.

People are getting fatter and sicker. Life expectancy is rising but what about the quality of life. The word should has become an epidemic “should do this” should eat that, but nothing is curbing the tide of trends toward a world in which health and mental peace are synthetically created. Love doesn’t come in a pill or a plastic bag nor a book for that matter. So what is going wrong?

Who are we really before we put on our ego, measure ourselves against some social standard and compare ourselves with expectations inherited or otherwise. We are taught by the motivational guru’s that there are infinite possibilities for our lives – and that’s true as long as our lives are lived in our head and we choose to exist in places that are heartless and synthetic. We are stuck in our heads. We are

thinking more than feeling. We are reading about ourselves in books rather than predicting our journey by self understanding.

Empowering yourself means knowing a certain constant about yourself. Instead of the infinite possibility model of life, we consider that there are infinite possibilities for disaster, unhappiness and misery when we don’t live as we are naturally born to live, our individual “True Nature” “bugger off” she said . I am a water person. I achieve productivity in this corporation by nurturing and caring for people. And if you don’t want that style of management you employed the wrong element.” “Bugger off” he said “I am an air person – I thrive of multi skilled multi dimensioned living – don’t tell me to do one thing at a time, are you trying to kill my spirit?” “Bugger off” the student said to the teacher, “I’m an ether constitution I am born to be a dreamer, a thinker and creator. You want someone to do numbers and deal in facts facts fact – who do you think I am some robot who can just change programs – where’s the respect”?

Psychology has got it wrong. 200 years of Jung and Freud and all the rhetoric that have flowed from it have served only to distance ourselves from ourselves.

We argue that you, the individual can choose your mind state and therefore have the capacity to adjust your personality as you choose. This would mean in fact that a person once considered an extrovert may, through changed circumstances become introvert. Or a person who is analytical may become a feeling type in a certain environment. We argue that environment and memories play a huge and overwhelming role in determining personality – rather than any predisposition on the basis of Ayurvedic element, constitution or psychology.

Rather than define people by their mind – we believe that every person is capable of every state of mind.

We do not concur with the idea that personality is fixed or even should in any way be measured because this is purely a function of the human ego. A flexible adaptable and totally unpredictable part of human nature.

What are we implying? That psychological testing is flawed. That measurements of personality, psychology and capability have completely bypassed the spiritual and deeper meanings of life. That they are measures that discriminate, judge, isolate and restrict humanity. That an Indian woman is meant to be evaluated on some psychological test that will show something meaningful in the United Kingdom is like comparing caged animals. It is the ultimate human insult.

Rather we have proposed that your body type – your constitution affects your capacity to perform certain functions on a sustainable basis. For example a person with a thin wiry build will not enjoy, will become stressed and unwell if they are placed in a job where high physical labor carrying heavy boxes and loading trucks is involved. Similarly if the person is built like six foot six, and they are asked to sit and count matches everyday, they will become stressed and ill. Their body types determine a natural disposition toward certain types of work.

Let me give you an example; Mary is 15 she's just been dumped by her first boyfriend. She's crying so the first thing that happens is she goes to the school counselor and she in good faith gives Mary support. But the support is helping Mary get over the crisis because the school is afraid of suicide.

But where is Mary taught in this process about Mary. You see Mary has a certain body type a certain constitution and that constitution is one that needs time to cry. It's safe for Mary to weep and feel bad – it's her constitutional way of dealing with life.

Of course the teacher has a different body type, the counselor another body types so where is compassion that comes from zones that can only understand the world through their own body type.

Peter goes through the same grief. He's 16 and just got dumped – he's depressed and his Dad becomes him mentor. Dad's laundry from his own childhood is incomplete at best and so Dad's adhered himself to some organized religious faith which works for him. When peter goes through his drama – Dad's solution is the one that works for him. But if you stood the two men side by side, you'd see dad is shorter and quite round, Peter is six foot 3 inched tall. No way on earth they are going to deal with the same problem is the same way. What can Dad do other than share what works for him. But there is another way.

Dad can honor Peter's constitution. He can say Peter, you are born an ether. An ether person is an ether person whether they like it or not and so, well because I am a water person,. The way I deal with problems like this is just not going to work for you. How about we find out what works for ether people in this situation? And here's where this book comes to life. It's not your usual Ayurvedic book talking about Doshas and types and implying that anything other than balance is wrong. it's actually trying to present a loving and compassionate way to live in the world respecting who you are, who others are and what is their natural God given constitutional way of handling life.

Peter is ether. He handles grief by understanding why. He need to be philosophical about it. Once he gets a grip of the big "Why" he will be fine. If he can't find why, he's going to self depreciate and may even self harm. His dad on the other hand – is water. In grief water people need people, they need pity and hugs and warmth of human contact. Peter on the other hand may find that makes matters worse.

Now take this into an office. You are the CEO and it's time to renovate and upgrade the office layout.

You call in a consultant and she arrives. A shorter quite strong woman who sets about proving that with lots of strong features, plenty of warm wooden features your office will create a really grounded feeling for those in it. She guarantees productivity will fly through the roof.

She's never met the staff who are going to work here. In they come, tall people short people, round people, strong people fast people slow people. Did you know that every one of those people need a specific office environment to thrive in. That certain spaces suit certain body types and in fact, the new design is going to cause joy for some and grief for others.

Then you take back the reins from architects and you re design your home "your way". You are tall thin and you love space so you get a Dutch designer to come and make wide open white space with lots of sharp edges. You walk in the door – there's glass walls and white lounges. It looks like something from Vogue – so proud are you of this space. But how does this affect the kids, your partner and the whole family dynamic. How does this space affect your peace of mind- with this space have you stimulated or pacified yourself. You built the renovation during a time at work when things were going smooth, you weren't stretched in your nerves.

But next year the business is in crisis and you are working 24/7 to get through. That's real, it happens. So how is your home design impacting your life now? Is it burning you out or building you up?

Now you are married and you're in love. You are earth he is ether. How in the hell is this going to work if you can't see each other unique and unchangeable in your ways. Ether is going to think about things but do little, Earth is going to do things and think about them less. Earth starts complaining to ether that ether is not operating in a way that makes earth comfy and ether is going to feel like they need to change but can't and next thing you

know – what could have been fun turns to hell.

We wrote a whole chapter to introduce the elements in relationships. Goodness me, lets get back to loving each other, respecting our differences instead of trying to clone each other so that we operate the same. As uncomfortable as it might be to hang out with someone who lives life different – it's allot easier when you realize that 's their constitution – and it can't be changed rather than trying to fit a square peg in a round hole.

And there's a whole chapter on work. Not for you, but for your kids. Imagine being 16 and reading that you are a fire person and therefore accounting is not going to make you jump for joy for the rest of your life. It may please Dad and you may be good at math but there are other ingredients to your constitution that need to be expressed – so if you choose accounting – you'd better learn to do it riding on a tread mill. You know the cost of wrong body wrong job. You've seen and probably experienced it. If the world is going to get more healthy – mind body and soul we have to start with helping people find the right constitution for the right job and the right environment for them to flourish.

Imagine if you will, a tiger, laying an egg, well that's what we do when we psychologically test, and base the career choices, environments, communication and relationships on mind. Mind is a game, a twisted path to our personal growth. It's translation of daily existence is flawed at best. We need to feel again, we need to know ourselves as we were born to be – we need to learn to love ourselves, our constitution and it's idiosyncrasies. I promise one great measure of knowing your constitution.

You will learn to laugh more, not at people, not at jokes, but at the very predictability of simply being you.

Conquering
others requires
force.
Conquering
oneself requires
strength.
-Lao Tzu, Tao Te Ching
Chris Walker & Rama Prasad

Rama speaks from his heart

For decades, a normal child has been forced to live the way their society, family, race or country wants him to live. Nobody wants to know what is in them. The child goes through molding or reshaping of various kinds. By time they are an adult there is a big, thick, concrete wall between their soul(True Nature) and body. This wall is made of patterns, beliefs, personalities, habits and so on, which don't have anything to do with them. Their soul (Pre Nature) is dying inside. A life built on or based on these 'non-constitutional' patterns will never give fulfilment. You can change your work 20 times in 10 years. Still happiness will be a mirage.

You may be rich, popular and driving the most expensive car. The inside will be empty. Otherwise, tell me why sports stars earning millions of dollars a month are caught with illicit substances in their blood? Why many politicians are caught on camera taking somebody else's money? Why people die before young? Why people end up in the hospitals and hospice? Why people live on pills? Blame it on unhappiness and disease. Why are they unhappy? They are in powerful positions, playing with millions of dollars. Why sick? We have got gyms, ovals and highest quality food.

Body is just a monitor, representing what is going on in the mind. The waves in the mind are directly from the flow of life. A healthy body indicates a pleasant mind and fulfilled life. A weak body tells us about an unhappy mind and unsatisfied life?By moving out of a home where she was sexually threatened

(by her stepfather) a 25 year old woman restored her menstruation. It took five years of amenorrhea and emotional torture before she decided to move out. Even though she was receiving herbs, psychotherapy, and nutritional supplementation with no effects for that whole time. I have witnessed years of abuse from husband turning into wife's migraine headache. Even after 120 shots of various anti-migraine and analgesics in a short span of two weeks, the migraine pain wouldn't go away. All of us have seen continuously painful life situations causing pain in mind and constant painful conditions in the body. What approach would you take to heal this? Physical measures? Psychological measures? Or changing life?

Beyond shallow body-worship, image-flattering and ego-massaging, Constitutional Analysis is purely about boldly dealing with your inner path, destiny or your real life. This is living our life from our heart.

The moment you start working on a life based on your constitution – your soul will experience ecstasy. Your mind will be full of sunshine. Your body will never be more attractive!

Here is why we are choosing five elements over three doshas' to determine the mind-body constitution.

A retired couple in their early sixties came to see me. From their bold and demanding "tell us about our constitution" I assumed they had read an ayurvedic book recently. I asked them "did the book say both of you are Kapha constitution?" They became silent for a fraction of a second and said 'yes'.

I shared the idea of constitution their role in life and explained after observing them for a few minutes.

I told Allan that his firm and solid body, with strong bones and sturdy joints and his square shoulders suggest that he is an Earth type. Earth types are good at hands on jobs, building, moving things and managing businesses. They may not express their subtle emotions that often. They believe in 'boys don't cry'.

Elena's large eyes, soft rounded body and gentleness in presentation indicate that she is a sensitive Water type. Waters are born to nurture the world, they love babies and mother others. They make others' life comfortable and convenient.

They confirmed my diagnosis was accurate as Allan is a builder and Elana was a nurse. They have six children, a large fruit and flower garden, an incomplete house!

Technically, out of Vata, Pitta and Kapha both of them are Kapha types. But the gentle, nurturing Water and emotion-free, bulldozer-like Earth are not at all similar in any sense. They love each other for many reasons.

Here I was using three doshas in a much deeper sense -five Elements. Different principles, different depths. This doesn't mean concept of Dosha is any inferior. There is a place for all principles. There is no one principle that can fit into every aspect of life.

So I believe that using this five element system improves on the accuracy of the three dosha system of Ayurvedic diagnosis.

Chris Speaks from his heart

Your True Nature – is your soul nature. That part of you that is above conditioning, reaction and confusion. I call it Inspiration. It is pure. It is your real potential. To the degree that we can be honest with ourselves, cut the BS and separate emotion from reality is the degree to which we can live in tune with nature.

Following on from my book, Innerwealth, in which I define the laws of nature, In your Element defines how you can live in tune with nature, to find the REAL you. When I do my workshops or take people on treks I find the greatest challenge people have is being authentic. That's not a criticism, please don't think that. What I am saying is that the world has become very confusing. Being REAL, being yourself has become much more challenging, and will continue to do so.

People are under more pressure to perform, it's more competitive. Global disasters challenge our sense of self and our place in the greater picture. AS a result we need more from our relationships, more peace of mind, more confidence in ourselves than ever before. From my small experience, rather than a new set of beliefs we need to get back to our roots.

I have found that those clients who have come to understand what is natural within them have flourished in the long term. There are allot of ideas out there in



the world and most don't last five minutes. I want something that lasts for people to anchor their lives to. Something that builds love in family, compassion in business and of course health and wellness in the individual. Finding your constitution, the one you were born with is truly the path of the heart. Your path.

For 30 years I have been fighting to bring ecological awareness to the world. As an environmental engineer I build one of the largest air pollution control business in Asia. But people wouldn't listen. Economics drove behavior. Then I completed an MBA and set up a consultancy, helping corporations big and small stop the violence and abuse of the environment both human and natural. And still people wouldn't listen. Cultures are built on values and values are, at the end of the day, set by society.

Since the mediocre launch of the Innerwealth book in North America I have come to appreciate even more, how difficult it is for people to change. There is always an olive branch, a new pill or a new philosophy which makes it possible to continue old ways whether those ways defy nature or the long term wellbeing of an individual or not. Cultures are hard to change.

But there are signs of awareness. Positive shifts are beginning. With world disasters, with war and with

media awareness and the professional spokespeople reaching out into the heart of global awareness, there is change afoot. The cost of separating ourselves from nature is being recognized. The human cost of separating people from what is true and natural within them is becoming unquestionable. Our respect for humanity as a global family means we are returning to a cultural value system in which humanity comes first. A humanity inseparable from the quality of the environment we live in, both internal to ourselves and external in the world at large.

Live in Your Element is a great contribution to this quest for a better life and a better world. Live in your element invites you to look beyond the conditioning of your culture, your corporation and your family to find what is REAL within you. It invites you to explore your True Nature and instead of seeking remedy only when disaster and illness occur, to be proactive in managing your life, your family and your business.

Let join together, let nature be your guide. Improve your own life, your family and your business to be in tune with nature instead of against her. I think then, we will witness a whole new way to live for the betterment of all humanity.

Christopher Walker 2005

Determine your Elemental Constitution

Your score should be based on how you feel when you are healthy and normal. Don't choose 'what you want to be'. There is no better or inferior body type. If there is want to be go straight to imbalance –you will know why. If you behave and live like another body type, it brings serious imbalances. Life becomes fulfilled when you behave like your inner self. This questionnaire is to find your inner nature. Be yourself. If you have doubts regarding your attributes, ask your friends or someone reliable, you trust.

	0 - 10	Total
Tall compared to the other members of your society		Ether
I have long limbs, fingers, and finger nails		
My skin is thin and translucent		
I am tall compared to the other member of your race		
I think allot then act so projects can take a long time to start.		
		Air
I am small in size		
I am a light-weight type		
You can classify me as petite		
I have a slim body with small bones		
I get around quickly		Fire
I have well-defined muscles, even without working out		
I have a firm jaw		
I am medium height and weight		
My body is warm and like colder weather		water
Wen I am committed, I am passionate in action		
My body is soft and smooth		
I am heavy boned		
My body has lots of curves and circles (large, circular eyes)		Earth
My body is strong my shoulders are rounded		
I do things methodically and well		
My body is stocky, firm / solid		
I have strong and heavy bones		
My shoulders are wide and square		
I have wide hips and broad forehead		
I do things methodically / systematic in action		

Your Elemental Constitution on a Universal Stage

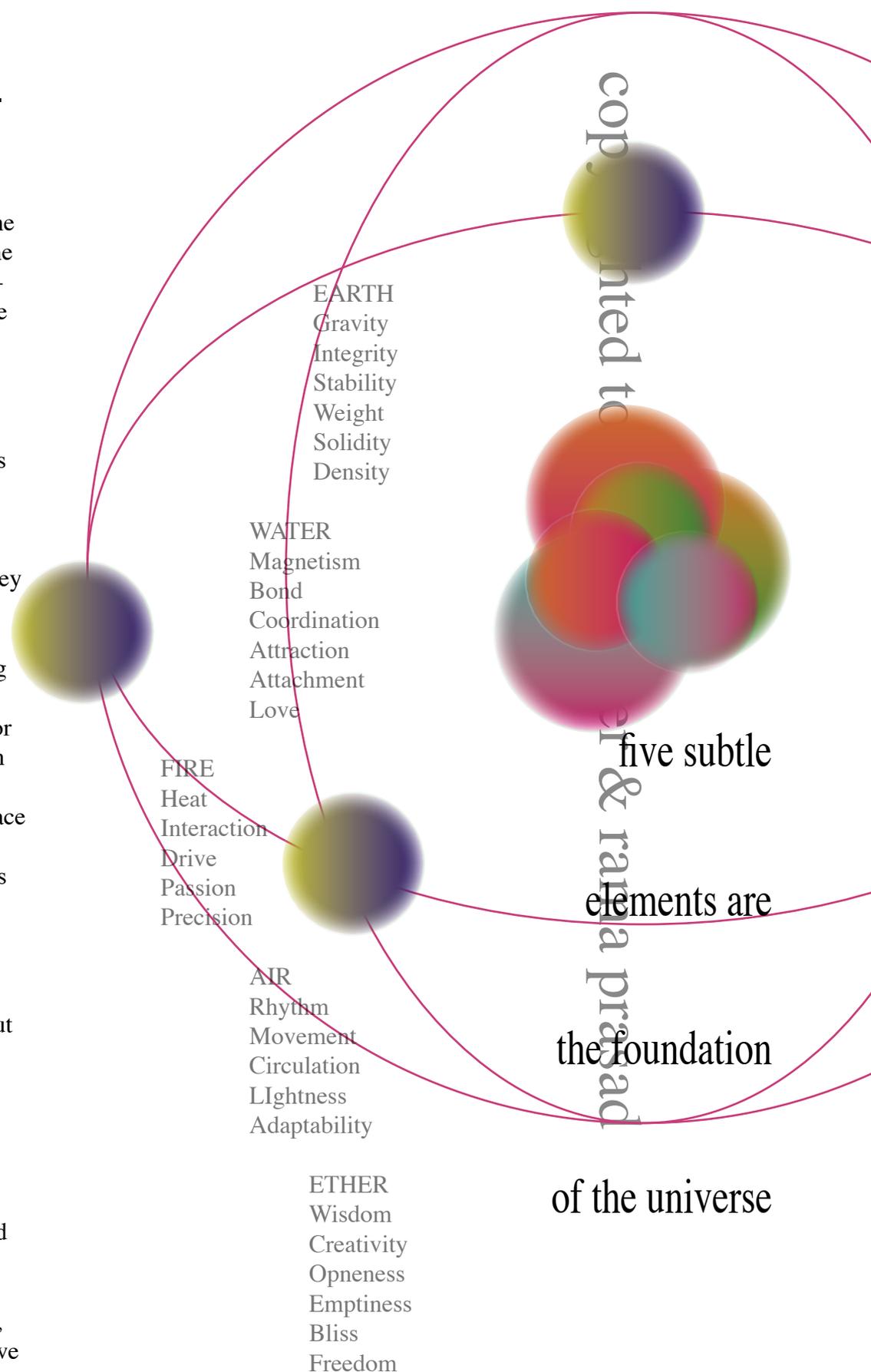
An atom is composed of five aspects. Its gravity, the electromagnetic attraction between the particles, the heat emitted from it during a reaction, the well-calculated movements in it and the wisdom behind the functioning of the atom are the five aspects or five elements we are talking about.

This everyone and everything is made of all five elements, in different amounts and proportion. This makes everyone unique, like everyone else. Let us look the role each element in every one of us.

No one element can live without the other four. They vary in strength. Sometimes one element is stronger than the rest and this determines the elemental constitution of that object, thing or being. Knowing the make up of something – means that you know it's natural rhythm. You understand it's essence. For example if there is a tree and it is high in the earth element then it will be a strong tree in the face of nature's challenges. But if that tree has a predominance in the air element it will blossom and flower many times over but will not be highly resistant to storms or virus that may come from time to time, it needs shelter and protection from those elements.

In elemental analysis – life is simple. Focus not on what people say, or how they act at the moment, but on their constitution.

Each and every person is born with a certain constitution – which means a body and mind suited to sustainable performance in a diversity of tasks. Everything is possible but sustainability is the key. For example would you ask a person to farm a field by hand if they weighed 50kig and had bones thin and brittle? In elemental analysis – instead of considering people based on what they have done, say, or would like to do, or even seem qualified to do, we



identify people based on what their constitution can sustain. In this we are suggesting that somehow, in the process of birth, a template, a soul was born and the body most often reflects it's uniqueness.

This is in direct contrast to conventional alternative medicine and the application of ayurveda to healing. Mosty people are attempting to make the world harmonigous, flat. They say – “where are you out of balance and try to recommend how you can temper that. For exampele if yu have fire they say “ohh that’s not good, cool down with this herb”

Einstein noted that a great person knows of his or her greatness long before anyone else does. ... most people have been conditioned to be affected by the opinions of others and therefore never get to see their own magnificence..

But the world is beautiful because of the diversity of it. It’s not a matter of creating peace through merging of culture but by celebrating the uniqueness of it. Honoring diversity meanns a more unique world, a better world and the first step, in this we believe is to honor your element.

If youwere born water then be water, don’t fight against it in orer to achieve some preconceived ideal of what a human should o r shouldn’t look like. If you are water you will be unique and different, can you love that? If you are fire – yu are unique and different. Spauare pegs don’t go in round holes unless they shrink. We are not about shrinking to some ideal of personality or way of living.

Unique means that you were born to be you, that unique process of going about life that is sustainable for you. It’s not at all abu=out belief systems, or being right or wrong or being clever or not. This is belief systems and they are the toxin of your heart. No we are talking here about action.

How do you manage a business in your element?
How do you love someone in your lemeent? How

do you bring up kids in their element? And more all behaviour is uniquely aylored in the uniqvese to meet the quality of your element. We here are committed to helping you fiond and own that element, that unqiue combinationa of the universal elements that is you.

Honoring your element means self knowledge. Finding who you and others are before the tainting and confusion of emotions and beliefs and dogman and circumstance tricks you into some half understanding of truth. The ultimate end of al this is freedpom. Free top be you, free to honor others to be them, they are unqiue too. Free top choose the right food for the right circumstance. It is the formulae that we believe yur creator intended at the time of your birth into this wonderful pworld. It is living as nbature intended.

In summary

Ether is thought
Air is motion
Fire is propulsion
Water Binds
Earth controls

In each of us we have all five elements. So we can do all, be all and think all. Anything and everything is possible. But, what if we are trying to live a life that needs allot of earth element and we are born with huge quantities of air or fire. We are interested in sustainable health and happiness, being in your element means happiness and prosperty on a long-term sustainable basis.

Should an Earth person embark on a communication career? Why not? Their logic and rational thinking will make the easy to understand and a very predictable and reliable communicator/ But what if you asked that Earth person to do that job all day every day. To be continually interrupted, to think on their feet, to be highly flexible and adapting to diverse circumstances. To see a huge range of options and opinions. This might be a very very stressful environment

for an Earth person.

But an Air person thrives on this diversity. Give an Air person one task and they'll be stressed, give them 5 and they will be calm. Air people love the diversity and challenge of communication with a capacity to do that all day. But now ask the Air person, who is a qualified accountant, to do book keeping all day. If they can't get up, talk to real people, have real conversations, apply some creative optioning around the book keeping they will become very very stressed. An Earth person could do that task all day with one hand behind their back.

Constitution in this work context means finding the career, and the mode of operating in that career, that works best. If you are a Fire person and get into a business that is stagnating you'll go mad. But changing jobs every five minutes is not the option either. So as a Fire person you might say, ok I am over Fired up at this phase of the company situation, I need to cool down a bit or I'll explode (stress). Or maybe I need to intensify my social circumstances to burn a little Fire – lie more sport, more social service, build a new house or something. Fire people have short time frames, they need action and results and if that is not coming to them, stress and exhaustion are the result.

Whereas a Water person thrives on slow but steady pace. That same company above that is in a slow growth phase is the absolute haven for the Water person. They will do everything they can to hold the company to slow growth, because fast is bad to a Water person. Too fast to a Water person means careless, poor attention to details and terrible human cost. For them, fast is stress. To the Fire fast is heaven. Both in the same place – one or the other is going to be confronted with stress. Moderation satisfies neither.

So our work can't be fixed pace. Cycles are nature's law. Everything changes from chaos to order, continuously. If the Water people are in control they

will fight for stability. If the Fire people are in control they will fight for change. Who wins can determine the destiny and survival of the business. But worse, if Fire wins Water people may become ill. If Water people win, Fire people may become ill. Micro management of your constitution in business is absolutely the future. The key is knowing how to adapt, manage and live in fluctuating circumstances.

To live in your element is not to deny it. If you are Ether, there's no use in trying to deny or neutralize that part of you with herbs or any new age meditations. It is you and you deserve to be honoured for it. That part of you. It would absolutely guarantee misery. You can follow a lot of misrepresented Ayurvedic text (Chris, we can call it 'modern ayurvedic commercial literature' – as a student called it) and practitioners and try to "balance your Dosha" but this is an attempt to turn the world beige. Your element is you, your soul, your genetic map, your talents or your unique gift in this life. Constitutional analysis is all about managing your constitution to bring out the best in you, to alleviate illness and suffering and finally, to find your own path through ever changing circumstances.

Ready?

Self-knowledge is a more reliable guide to behaviour than adherence to arbitrarily imposed standards, though both are susceptible to error.

Ether

Ether is the sacred element that breathes life into the inanimate world of elements. Without Ether, there would be no greater purpose, no divine essence. She is the element who can tap the greatest thought of them all, the divine knowing.

All elements are bound by laws, those laws manifest themselves as Earthly truths such as gravity and attraction, and centripetal force. But if one were to ask where those laws originated, Ether would understand the origin.

Ether is the invisible. Life in the Ether world does not need to have form, for Ether there is no difference between the clarity of a real object made of metal or skin, and the dream of it, which exists in atoms and thoughts. Ether brings a greater purpose to everything. Beyond materials and structure and logic Ether is the source of the greatest and most unanswerable question of all. Why?

If you are born with an abundance of the Ether element, you are blessed to see the world through eyes unique to this Earth. You bring to the world a huge perspective, a non tangible power that can see what others cannot. You know what others cannot know, you mind will dream what others may eventually create. You are the element of the mind beyond material, the source of all humanity is this thought.

Ether is the divine space within, the source of wisdom. This is the origin, this is also the destination. Without Ether there won't be meaning to life, skies in the galaxy, and room to open your eyes.

Air

The complexity of life is in essence its beauty. The multiplicity of shapes and forms, and colors and objects all interact to create one amazing whole. The

flower with it's petals, stem, cells, buds – the insects, its water and the sun. All this is the gift of the sacred element of air. The versatility of it all – the beauty of the whole dynamic of life. The sensitivity of nature's relationship to mankind, the vulnerability of balance in the forest, the diversity of human condition, this is all in the safe keeping of the air element.

If you are blessed with air as your element, you have been born with a special gift. You merge and connect the diversity of life in a magnificent web and spin that web wherever nature decides. All connections in the universe of life are the responsibility of air. Movement, a dance of life and the magic of beauty is your gift to the world.

Air is enthusiasm and lightness, ease of movement and mingling. Air is the changeability of butterflies and goldfish. Now it is sitting on one flower, the next moment on another. Now it is facing one direction, in another moment a different one.

Air is the dance of rhythms, currents and cycles of nature. With out Air life will be linear -just one season, one climate and one expression.

Fire

The element of Fire is the element most representative of the masculine principle of creation, transformation and destruction. In the universe masculine forces create change, they destroy form paving the way for new birth, new life, evolution. It changes everything from one form to another.

Many people in the spiritual work fight the Fire element thinking that any form of change is bad – and therefore Fire can be a challenging element.

If Fire can operate in it ideal world it will work with Water to evolve the planet. But If Fire is repressed and not celebrated it's form becomes violent. War and anger are the result.

If you are blessed with Fire as an abundant energy in your body, you are gifted with the vitality that makes the world new. You are the force that transforms the old, transports the materials continually into the great recycling systems of birth, life death. You are the trigger for new life, new ways and new species.

The Fire is, in the Ancient Greek language the death of form, the birth of the spirit. Fire destroys structures so new ones can be created. It is Fire that paves the way for new expressions for celebrating life.

Fire is the drive, the power to change, transform and evolve. Without this a bud won't bloom, a fruit won't ripe -life will be cold and colorless.

Water

The element of Water represents the entire feminine energy of the universe. It is Water that the Greeks referred to as the sacred birthing. The Idea of rain coming to Earth to nurture us is the perfect understanding of the sacred element of Water.

Many people think the feminine energy too weak to make change in the world and resort to Fire – but Water occupies 90% of the surface of the planet. She has eroded the grand canyon and her forces can be resisted by no one. She may wear things down rather than dominate them. Water always gets her way.

Water seeds all growth, all birth. Water is the mother, the sacred mother – She turns the hard to soft by soaking it – she carries the essence that turns the Earth into life. She cares for it – keeping it Watered – Water is the great mothering. All that she touches changes, evolves even if at first it cannot be seen.

If you are born with abundance of this sacred energy of Water – you are born to care, to nurture and support. Your energy feeds the soul of those you touch deeper and deeper – you move to places where love is needed. You are steady and not fast, so you breed

security and confidence. You heal and care for the heart of humanity.

Water is the love in life, compassion in society, rain in the right season and the mist in the mountains. Without Water, there won't be mothers and lovers, there won't be cuddles and kisses, and there won't be smiles and handshakes. Life will be dry, painful and rough.

Earth

If you were born with a predominance of Earth you have been gifted with the powers of material abundance and control.

Earth Element is the sacred element representing the real world of existence, the ground beneath our feet, the soil from which all must grow, the foundation for all existence. It is the ground from which all comes and will eventually return.

Earth is solid, realistic and highly structured. It is not easily moved by the wind or storms so thinks clearly when there is trouble afoot. The Earth represents what has been given to us all, our potential.

Earth element holds the world in place. It is responsible for the laws, the rules of nature. It is Earth that determines the forces that create matter, hold us in patterns and keep life predictable and safe.

Earth provides nourishment so that foods can grow. So Earth supports the elements that nurture us. Earth is the very ground beneath our feet, the food in our mouths, the roof over our head. Earth is life as we know it.

Earth is the integrating force that gives world a definite shape and structure, precise routines and stability. Without Earth there won't be organisation and control, life will be impractical.

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Your element in Brief

- Ether Tranquility, peace, freedom, stillness, calmness, openness, wisdom and creativity.
- Air Rhythm, response, movement, cycles, flow, detachment (positive) and changeable.
- Fire Courage, analysis, solution, speed, transformation, drive, passion, intensity, heat and force.
- Water Love, compassion, connection, flexibility, attachment (positive) caring and sharing.
- Earth Stability, support, reliability, grounding, establishment, firmness and solidity.

Are you honoring your social element?

	0 - 10	Total
I Love dreaming up new ideas		Ether
I often wonder about Spirituality and God		
I feel really bad about social injustice		
I treasure my personal freedom,		
I care about the social good – but don't always act on it		
		Air
I can spend hours with my friends running around helping them		
I get friends together for social gatherings		
I spend alot of time with people I can help		
I don't like aggression and violence		
Friends and family members bring a lot of variety to my daily life		Fire
Chnaging the world excites me		
I love to persuade people about change and possibility		
I am unstoppable when it comes to a personal issue		
I fight for human rights		
I express my opinion with passion		Water
I always make time for sharing and caring		
It is great to know that now we can support each other		
I look after people in need		
I know many people in our neighbourhood		Earth
I have a large loving friend circle.		
Laws are there for a good reason – People should obey them		
People with integrity, make a strong society.		
I worry about things allot		
When it comes down to it – acion speaks louder than words		
Instead of worrying about why – we should do something.		

Understand the Nature of Illusion and Reality.

Voyage beyond the Avoidance of Pain and the

Pursuit of Pleasure.

We operate our whole lives in the illusion of a

desire for pleasure and the avoidance of pain.

The man who is not troubled by pain and pleasure,

who remains the same, he is wise and makes him-

self fit for eternal life.

-BHAGAVAD GITA

Your Constitution explained

To really get to know yourself you must become an empty cup. Often a person comes to me and says “here I am. Can you help me spiritually?” And I answer “yes”. Then they say, “I want to know first of all what is my constitution, and what you think about life and death, or about the beginning and the end of existence”.

And at this time I wonder what their attitude will be if their existing opinion does not agree with mine. They seem to want to learn, yet they do not want to be empty. That means, going to the stream of water with one’s cup covered up, wanting the water, and yet the cup is closed, filled with preconceived ideas.

With a full cup, a mind full of beliefs, identities and ideals, it is impossible to develop self awareness, to learn or even change a thing. In order to find our True Nature we become open, refreshed like children. Innocence comes from emptiness and emptiness comes from confidence. Only fear, uncertainty and insecurity keep our cups filled.

People say that the character of the mind is engraved on it. Some infer that things cannot be unlearned. But we heartily disagree, for the sake of humanity, we disagree. How can one unlearn all that is collected in a life time?

Unlearning is knowledge. To see a person and say, “that person is bad”, that is learning. To see further, and recognize something good in that person, that is

unlearning. When you see the goodness in someone you have already called bad, you have unlearned. You have unraveled that knot. If you have once said “I dislike that person” -- that is learning. And then you say; “I know, I can like them, or I can have empathy for them”. When you say that, you have seen with two eyes. First you learn by seeing with one eye; then you unlearn and you see with two eyes, this makes the learning complete.

And the same goes for ourselves. To see ourselves and try to be something we are not is learning – because we are often in reaction to the world around us, or operating from conditioning. But when we unlearn, we free ourselves and just take a more honest approach. Trying to be like our father or mother, trying not to be like our father or mother – this is learning – it takes us away from our heart and away from our true nature. So this is the reason you can learn about your element. Then you can compare your natural being to your learned being.

Your Ego and all that we have learned in this world is partial knowledge, it is the unquestioned collection of data gathered from random, and seemingly unqualified sources.

Religion, books, teachings are all of the mind and require no experience. Living as others prescribe is not authentic. In the process of becoming authentic you must drop away those half truths. How do you know if it is a truth or not? Health is the answer.

If our Divine Maker does not will it, not even a single leaf will dare to fall.

Natures bible is your body. Your wellness mind body and spirit. Do not delude yourself – a healthy spiritual life while your body is racked with pain or illness is no truth. It is learned delusion, ego, applied cleverly to life it is only half truth for natures answer is that your body is the measure of your authenticity.

This is the core of this book in helping you discover your constitution and to live with it is more about wellness and wellbeing than any topic. It is not asking you to adhere to some doctrine or measure yourself against some God. It is saying “are you well?” and nature is your teacher here.

To truly experience inner harmony, we need to have a sense of our own personal truth, a sense of openness to life and this comes when we live in our element, our true constitution. With this sense of truth, coupled with a strong direction, and an inspired personal vision, all theories and practices converge to create a new reality. We all want to live a natural and inspired life.

There is no greater end to life than to become the master of your own destiny; To do so we must truly understand the mysteries of life.

In this nature is our teacher. Then and only then can we apply those tools to our life.

Lifestyle

	0 - 10	Total
Do you have time to be in the nature or in my garden.		Ether
Do you have time for my long walks and watching birds and reading books.		
Do you have long breakfasts with meaningful conversations.		
Life is about openness. So, Do you follow the laws and rules, they are not stiff.		
Do you have meaningful and intellectual conversation with our harmonious friends.		
		Air
Life is filled with various activities.		
Do you do many short pleasure trips frequently.		
Do you spend time in the garden, at the gym.		
Do you am involved with gatherings where we can share our experiences.		
Do you catch up with friends regularly.		Fire
Do you organise plenty of picnics by water.		
Do you am involved in many active groups linked to business and finance.		
Do you love challenging activities such as climbing and rowing.		
Do you feel alive among a competitive group of friends		Water
Do you have a lot of cool areas and a mini gym at my residence.		
Do you have a very harmonious family.		
Cooking is a big part of my home life. It relaxes me.		
Do you spent any amount of time nurturing others.		Earth
Do you have a garden. Do you have got lots of water-themes in it.		
Do you spent a bit of time with my friends/relative. It is very healing.		
Do you have an organised life.		
We go for a long trip once a year.		Earth
Do you have a structured office with labelled drawers and shelves.		
Punctuality is important in life. We do most things at specific times.		
Do you make life decisions based on facts and figures.		

Your element - Summary

Your Element and it's Universal Role

Ether – The World of Imagination
Air – The World of Movement
Fire – The World of Change
Water – The World of Greater Family
Earth – The World of Stability

To keep your heart open - to keep love in your life no matter what, the Laws of Life - Natures laws - are the key to a sustainable and joyful, love filled life, under all circumstances.

Your Element and it's theme

Ether Tranquility, peace, space, freedom, stillness, bliss, calmness, openness, wisdom and creativity
Air Rhythm, response, movement, cycles, flow, circulation, detachment (positive) and changeable
Fire Courage, drive, passion, analysis, solution, transformation, assimilation, speed, intensity and heat
Water Love, compassion, connection, fluidity, flexibility, attachment (positive), caring and sharing
Earth Stability, support, reliability, solidity, structure, grounding, establishment, firmness and solidity

Elements in nature and body

Element	Sense	Motor	Functions	Quality		
Ether	Hearing	Expression	Wisdom	Subtle, space, empty	Cold	Light
Air	Touching	Locomotion	Gas	Movement, rhythm, cycle	Cold	Light
Fire	Seeing	Modification	Electric	Transformation, warmth	Hot	Light
Water	Tasting	Creation	Liquid	Moist, gentle, soft, heavy	Cold	Heavy
Earth	Smelling	Excretion	Solid	Firm, stability, dense, hard	Cold	Heavy

Systems & symbols

Ether	Cellular wisdom, brain, nervous system	Dot, spark, long line.
Air	Circulatory system, vessels, pumps	Crescent, hexagon, wave or a small line.
Fire	Digestion, metabolism, enzyme, hormone	Upward directed triangle.
Water	Lymphatic, plasma, fluids, soft tissues	Circle, curve or oval.
Earth	Musculo-skeletal, minerals, metals	Rectangle or square.

Strengths of your elements

Ether Ability to think deep, to accept new ideas, and see the whole picture
Air Ability to switch between jobs, quick to learn and to do new things
Fire Strong commitment, drive and passion
Water Ability to be “always there for you”, the caring nurturer
Earth Ability to stick to a plan and complete a project successfully

Professions

Ether Philosophy, charity, planning, creative ideas
 Air Teaching, music, communication-b
 Fire Marketing, negotiating, analysis, solving
 Water Caring, nursing, mothering, safety measures
 Earth Management, organising, controlling

The Office that supports your element

Ether Silence, lots communication through written media, skylight
 Air No doors or dividers - can see each other, multi-color
 Fire Technologically latest, strong colors, reward based system
 Water A good kitchen, supportive environment, sofa, cushions, water themes
 Earth Hierarchy, formality, wood/steel, brown-dark colors

The feedback that inspires your element

Ether Linked to the values, uniqueness, subtlety, wholeness of the work
 Air Linked to the difference in the work
 Fire Linked to importance, speed, efficiency
 Water Linked to compassion
 Earth Linked to punctuality & perfection

News or behavior that stifles your element

Ether Injustice, disharmony, dishonesty
 Air Chaos, conflicting information, orders or news
 Fire Continuous demonstration of lack of drive, focus, clarity, precision from others
 Water Cruelty, lack of compassion or mercy,
 Earth Equally stubborn characters; lack of punctuality or routine, unruly situations, disloyalty

Your most challenging work colleague

Ether Fire is too intense for me
 Air Earth is a bulldozer for me
 Fire Water is a couch potato
 Water Ether is too insensitive
 Earth Air is too unreliable

Colors that will inspire you

Ether White, natural
 Air Stripes, spots, a mixture
 Fire Strong colors
 Water Green-blue-pastels
 Earth Brown, earthly

Most probable positive remarks about you by others

Ether	Gives me my personal space, inspires me
Air	Full of ideas, easy going, jack of all trades
Fire	Motivating, warm, transforming
Water	Very caring, supportive, gentle, comforting
Earth	Extremely practical, kind hearted, supportive

Most probable negative remarks about you by others

Ether	Too ideal, unearthly, impractical, dream-world-ly, no action, too silent! “Why don’t you take your time to explain it systematically?”
Air	Too talkative, changeable, unreliable, fluctuating and hyperactive! “Why don’t you talk about one thing at a time?”
Fire	Drives you mad, too challenging, always wants to win! “Why don’t you slow down a bit?”
Water	Too mothering, emotionally demanding, nostalgic and sentimental, “Can you please stick to the facts, rather than how you feel about it?”
Earth	Too domineering, bossy and stubborn if others not inspired Don’t always tells me what to.

Things that the business should use you to do

Ether	Forecasting, planning,
Air	Communication; networking; multi-tasks (phone/desk/computer/+)
Fire	Crisis management; business development; sales; negotiation; stocks
Water	Human resource management,
Earth	Business management; administration; overseeing

Things that your business might find someone else to do.

Ether	market research; debates and administration
Air	To remember things; monotonous work;
Fire	human resource manager
Water	aggressive marketing
Earth	running around in the office

Music that you will thrive on

Ether	Silence, gentle, soothing, meaningful, classical; piano, nature’s sounds
Air	Loves remote control than TV, changing radio stations, pop music with big variety,
Fire	Metal, latest
Water	Romantic, nostalgic, Violin, vocal, lullabies,
Earth	Traditional, historical

Your Element at Work

YOUR CONSTITUTION AT WORK

Are you honoring your element at work?

Belinda is a slim, tall woman with wide shoulders. She was working as a creative director for a private company. She had a window table with simple table and some drawers. There were couple of others in the same large room, who were pretty silent most of the day. When the new management and changes came, she was given a more important, but congested room. She started getting frustrated, contracting all the seasonal bugs and her sleep was affected.

A constitutional analysis revealed why an Ether person got frustrated with congested space and started losing energy and vitality. She had a chat with her new bosses. She went back to the limitless-sky-filled large window. Life is back to normal.

You are sitting in your office about to interview a new candidate for the main job. They will be under pressure, performance is critical. You've read the résumés – they range from highly academic to hands on practical. You are conscious of the laws regarding discrimination on race, sex, body weight or any other physical attribute, yet, to put the wrong person in the job, is manslaughter. What to do?

In elemental analysis – there is a simple solution. Employ not on what people say, or how they act at the moment, but on their constitution versus the job they are expected to do.

Each and every person is born with a certain constitution – which means a body and mind suited to sustainable performance in a diversity of tasks. Everything is possible but sustainability is the key. For example would you farm a field with a Volkswagen? In elemental analysis – instead of employing people based on what they have done, say they would like to do or seem qualified to do, we employ people based on what their constitution can sustain.

In summary

An Ether person is an ideas person/planner

An Air person is a communicator

A Fire person is a change agent (sales / consulting)

A Water person is a care giver

An Earth person is a manager/administrator

In each of us we have all five elements. So we can do all of the jobs above. Anything and everything is possible. But, what of the cost of that ideal on a long-term sustainable basis.

Should an Earth person embark on a communication career? Why not? Their logic and rational thinking will make the easy to understand and a very predictable and reliable communicator/ But what if you asked that Earth person to do that job all day every day. To be continually interrupted, to think on their feet, to be highly flexible and adapting to diverse circumstances. To see a huge range of options and opinions. This might be a very very stressful environment for an Earth person.

But an Air person thrives on this diversity. Give an Air person one task and they'll be stressed, give them 5 and they will be calm. Air people love the diversity and challenge of communication with a capacity to do that all day. But now ask the Air person, who is a qualified accountant, to do book keeping all day. If they can't get up, talk to real people, have real conversations, apply some creative optioning around the book keeping they will become very very stressed. An Earth person could do that task all day with one hand behind their back.

Constitution in this work context means finding the career, and the mode of operating in that career, that works best. If you are a Fire person and get into a

business that is stagnating you'll go mad. But changing jobs every five minutes is not the option either. So as a Fire person you might say, ok I am over Fired up at this phase of the company situation, I need to cool down a bit or I'll explode (stress). Or maybe I need to intensify my social circumstances to burn a little Fire – lie more sport, more social service, build a new house or something. Fire people have short time frames, they need action and results and if that is not coming to them, stress and exhaustion are the result.

Whereas a Water person thrives on slow but steady pace. That same company above that is in a slow growth phase is the absolute haven for the Water person. They will do everything they can to hold the company to slow growth, because fast is bad to a Water person. Too fast to a Water person means careless, poor attention to details and terrible human cost. For them, fast is stress. To the Fire fast is heaven. Both in the same place – one or the other is going to be confronted with stress. Moderation satisfies neither.

So our work can't be fixed pace. Cycles are nature's law. Everything changes from chaos to order, continuously. If the Water people are in control they will fight for stability. If the Fire people are in control they will fight for change. Who wins can determine the destiny and survival of the business. But worse, if Fire wins Water people may become ill. If Water people win, Fire people may become ill. Micro management of your constitution in business is absolutely the future. The key is knowing how to adapt, manage and live in fluctuating circumstances.

To manage your element is not to deny it. If you are Ether, there's no Earthly use in trying to quench that part of you. It would absolutely guarantee misery. You can follow a lot of misrepresented Ayurvedic text (Chris, we can call it 'modern ayurvedic commercial literature' –as a student called it) and practitioners and try to "balance your Dosha" but this is an attempt to turn the world beige. Your element

is you, your soul, your genetic map, your talents or your unique gift in this life. Constitutional analysis is all about managing your constitution to bring out the best in you, to alleviate illness and suffering and finally, to find your own path through ever changing circumstances.

Everything under heaven has a purpose.

Acquire the Courage to Believe in Yourself.

Ether at Work

You were born to dream, to think and imagine. An exceptional gift in any environment you bring an essence of futurism, of possibility and of creativity to any situation. Every organization needs Ether energy. Ether guarantees things will never become boring or mundane, it reaches to the sky and carries all with it. Sometimes it's hard to be understood, so patience is your learned virtue, they'll catch up eventually. Ether not only thinks outside the box, Ether lives outside the box, and therefore can bring unique, creative and visionary insights – a philosopher not daunted by reality nor the how-to's of life – just why and why not.

High above the clouds the small things seem trivial compared to the bigger picture you always see. Your attention to detail is fanatical but you are a teller (thinker) not a doer. It makes you hard to like sometimes, always seeing the faults, always seeing opportunity for improvement but rarely going further than criticism and evaluation. You are definitely not a hands on manager. You invented the words, delegate, personal assistant and automate. Anything else would kill your spark.

The term "can't see the wood for the trees" applies to Ether. You see the trees but rarely the wood. Who cares about budgets and economics when the dreams are so vivid? Certainly not Ether. To manifest you

need a strong team around you one of whom should be a Water person to take care of the human angle.

Ether invents, sees life differently and can create amazing visions. They are the creative, always outside the box and rarely hampered by nuts and bolts logic. Ether sees the future, big visions, great ideas, sometimes beyond the comprehension of everyone around them.

Ether thrives in working environments that are open, spacious, free and clean. They are the contemporary space people, they love the vogue never been walked on look. Clean open white and straight lines. Offices most suited to Ether people have an ultramodern feel and sometimes (usually) a bit (a lot) spacey. Human warmth a cuddly things have their place with Ether – but rarely in their work environment.

These are tall guys sitting in front of you. Stillness in their eyes. Almost motionless. If you think they are taking a bit too long to answer your rushing questions, wrong. They can see the source of your question and every possible answer to your queries from a million angles. They are choosing which type of answer you deserve.

Ether people thrive on silence. Lots of it. Interruptions destroy their genius and they need to have a sense of control of their environment. Free from people and noise, Ether people create and sustain entrepreneurial vision.

Sometimes accused of being aloof, or unrealistic, the future would not exist without the inspired Ether. So if the person sitting opposite you in the interview room is an Ether, and the job requires masses of micro management, hands on people management and a strong task orientation, then the potential for misfit is extreme at the best.

Ether people self-destruct in environments that are too repetitive, too hands on, or too nuts and bolts. They become disorientated and can become ex-

tremely unwell. During such times the Ether person is encouraged to meditate and seek soothing relaxing balance to help them cope. However, sustained exposure to environments that require hands on thing on your feet exposure to the hard core of management with inevitably wear the Ether person to the bone, literally.

Without the helpful, vast vision of these Ether types (especially in their fifties and sixties), multinational companies collapse and billionaires go bankrupt. Ether people are the silent sentinels of a company. They don't make any noise, they don't demand credits, they don't ask for attention, they wouldn't try to prove they have done anything.

If you thank them, a very humble smile blooms on their face, which can link you with your own soul!

The sacred color for Ether is WHITE and in the work place white is best for Ether. Many companies are lead by visionary Ether people but such companies employ huge resource to guarantee the Earth beneath their feet. Consultants, accountants, financial analysts and more surround the Ether leader to catch the gets and put them into action.

Up in the clouds the Air is thin and Ether people sometimes disconnect from the reality of relationships. Ether people can tend to talk it up, but forget to act. They are deeply kind and gentle people but sometimes the actions are replaced by words. Ether people can think they are doing great when really all that has happened for them, is that they have thought about it.

Doing business with Ether types is a very special treat. Ether people are kind and gentle types and they love tranquility, peace, freedom and stillness. When the world is calm and open they thrive. They honor wisdom and creativity in others and themselves. Don't cramp their style or you'll meet significant resistance. You have to give them lots of space to think and feel and contemplate the outcomes. This may be

frustrating because it feels like you are wasting your time with them. Ether people will delay and delay and delay making any business decision always looking for perfect and finally settling for less when they recognize that perfect is a theory and actuality has blemishes.

The strength of Ether in business is their deep thinking ideology. They are very open to new concepts and love a debate on anything theoretical. Sometimes nothing happens with Ether – it's all hypothetical but this is a vital ingredient of any business, in fact for some it's the key to success.

Ether guarantee that you are seeing the whole picture. Even to the point of distraction they will open every window, every door and every possibility until exhausted you finally understand that there were more angles to this venture than first met your eye.

Because of their big heart and this ability to think way outside the square Ether people gravitate to careers where philosophy, charity, planning and conceptualizing are key. Often we label the Ether person the entrepreneurial spirit – the free thinking big ideas person, but of course they need a team of doers in order to actually make anything happen in reality.

Ether people thrive where the climate is warm and bright, if it's too cool or too hot they melt or freeze into their cocoon and become unproductive.

When doing business with Ether don't be in a rush, it'll turn them off and they will not make good decisions under time pressure. Be friendly and open and avoid any form of confinement, strict rules and heavy approach. Ether people respond well to diversity, new ideas and questions like, "what do you think about that?"

You'll know when Ether people are engaged in the business, they'll say "lets talk it over" or "I have a thought" or "I think we all ought to get together and discuss this openly" – of course what they mean is

"your ideas stink and I have a better one which I forgot to mention in our earlier debrief and I thought of yesterday after 6 months of working on the project and it's probably going to change the direction of the whole businesses but it's a good idea and I want to find an environment to mention it where you won't shoot me down for mentioning it" This is Ether's great skill – never stop creating – but unfortunately there's no off button.

Strangely with such a potentially antagonistic mindset of never ending ideas – it's judgment and criticism that is Ether's Achilles heel. They shut down and run when they feel that the environment they are in is judgmental or controlling. It's a managerial nightmare – getting the best from Ether means openness yet, from a commercial viewpoint if the project keeps changing it'll never be built and certainly not on budget. Not only this but the people around Ether go mad trying to put their finger on exactly what they are meant to be doing and what they should do with all the work they did on the last idea which this new idea replaced.

For a Christmas gift or to schmooze them – Ether people love gifts of books, music and anything to do with the philosophy of their passion. Mind you they already spend half their spare cash on those things so be careful not to duplicate. They love the world of magic and spiritual concepts and always love to play games that involve "what if"

Anxiety is a warning sign, when Ether hits the stress wall, anxiety build on anxiety to almost guarantee impractical and some times disastrous discussions that looked good in the short term but have huge long term ramifications. That's why Ether people need to manage their cool, they need lots of meditations and relaxations and things that alleviate stress (sometimes sex is the cure all). But if you are in business with an Ether, and they are not getting enough relaxation (sex) then be warned – your life and your business is in jeopardy, the next thing they do might undo whole years of effort. Spirituality that

involves peace and compassion favor the Ether person, calming music and spacious countryside retreats – lakeside or rainforest holiday homes are the perfect antidote to the stress of business life.

If Ether people become deactivated – un motivated and depressed then the beach – rolling waves – fresh air and lots of walks in the cool of the evening are the key. Make sure they understand the difference between the antidote for excess (stress) and deficiency (lost motivation) – excess needs pacification so the green and tranquility of lakes and countryside are key. Deficiency is when the world has lost its charm and the thrill of being you has vaporized, work has become a drudge – then Ether needs environments which uplift, stimulate and these are oceans, winds and star lit skies. By the way – if they are going to the beach – no sun baking or extreme exercise in the hot sun. Excess sun and Ether are a bad mix and a guarantee for skin problems, anxiety and disease.

Negotiations with Ether people take on a wondrous – almost mystical feel, they love to trust and can't get past their uncertainties unless there's a good connection to the other party. Cross them and they become tyrants. The words Ether love to hear are; easy going, new things, variety, take it easy, anything else, another way, and best of all, "what do you think – feel about that?"

Office environments that activate Ether are spacious, plain colors, silk, simple white and pastel. Calm music and open space activates the Ether in everyone. But its Ether people who can live and work in these environments – long term.

Environments that pacify Ether – if they have gone to excess are green, Watery, gentle and cushioned. To the extreme if Ether is in stress mode they need Earth beneath their feet, solid thick timber, deep walls, security and strength from both the space and those around them. One has to know the signs. Ether of all the elements can swing quickly from excess to deficiency. The one environment will just not do.

Ether needs options – the country home to pacify their stressed out overloaded self and the city home with space and open plan in order to stimulate their natural self into action. Some architects build multi function spaces where rooms change within a house. In an office Ether will walk around looking for the calming are when their own office space (should be activating) becomes just too much.

It can be reflected in the cars they drive. An activating car will be a large four wheel drive or something that says – get away from it all, and I love space, but this will only do if there is not enough activation of the Ether element in the work day. Most Ether people love the warm cozy comfort of a luxury car the warm seats, the smell of comfort and the smooth music playing in the quad speaker stereo. This is a car for the highly used Ether person – looking to pacify themselves – a meditation on the move.

Ether people are symbolized in the animal world by the Human mammalian – the Ape. More evolved than the animals they co habit with, yet, in the wild it is only their brain that can guarantee their survival. Under equipped in the speed and armor departments – the human mammal relies on sensory skill and premeditated plans to out wit the rest of it's specie. Just like in the human mammalian specie there are thousands of variety – from smaller and faster to bigger and more powerful

If Ether people are going to succeed in business they need to embrace certain absolutes – the word itself conjures resistance in an Ether reader. But absolutes means that there are keys to success for Ether people in the business world that make being Ether an absolute guaranteed winning edge. These keys are;

Focus on willpower – will power is mind over matter, learning to concentrate on being in one place mind body and heart. Ether can drive the car, dream of next years opportunity, talk on the mobile phone and carry on a posture adjusting car seat adjustment all at the same time. It all seems to happen at once

but to the observing passenger it feels like there nobody at home, back seat drivers were invented to help Ether drivers remember when to turn left.

Goals – now for some other elements goals are natural. In fact as you'll see later for some elements we say drop them. But Ether, well – life can be lived in two ways – virtual reality and reality. It can be lived in your head or in actuality. Both is good, but if Ether has the ambition to create in the real world, not just dream and dream of how it could be, or should be – then goals and timelines and deadlines that force their hand into decisions and conclusions are essential foods.

Discipline and schedules are foreign to Ether. Everything would get done eventually in the Ether world – the trouble is that life is ruled by other elements too. Other people need to interact with Ether, and those interactions demand some sort of predictability for both commercial and emotional comfort. So Ether needs to have sympathy for the worlds of others where time is a regular consideration and deadlines and profit are important and change is not always good.

Finally – as mentioned elsewhere in this book – nutrition is key for Ether people. Consistent meals, snacks, and a good regular diet regime with not too much variation will ground and support the beautiful free spirit and open hearted lifestyle of the Ether business person.

Jesus was an Ether person

Air At Work

Meet the communicator. Meet the dancer, the mover, the teacher and high speed communicator. The multi skilled leader who is unhappy if there aren't twenty different projects on the go at the same time. Meet the element that is gifted with multi-skilling from birth, if it can be done, can be known, and can be

done at the same time as something else, Air is the element of choice.

But beware; Air people are also trouble makers. If there's not enough going on they make it go on. Air people can create something out of nothing and that something can be troublesome. If the job requires long periods of focus on one single repetitive task, then your Air person is going to fry in that job. Or worse, everyone around them will fry.

If you are an Air person you are born with a great and beautiful power. You can go go go and give give give while most others are still thinking about how and when and what, you've done it twice. You are a mover, and the more you move the more you have energy. Lock an Air person in a room and give them a pen and paper and they'll be doing or thinking of 200 ways to fill their time.

Communication is the art of the Air person. When they are finished with people, they go to the phone. Then if possible the chat rooms. With twenty jobs on at once – they can feed work out keep track of it, collect the mail and have lunch all at the same time. Awesome capacity is this. The ability to work in creative environments and multi skill means you are often the boss and running ragged while the others just turn up.

Air people are awesome communicators, able to think and act in 20 different directions all at once. They love the hands on challenge of classroom diversity and can multi skill their way through all manner of challenge. Then pack, get on a plane and fly. The mobility thing is a bit of a challenge for Air people, like any other element

If you are an Air person, offices that buzz are your kingdom (or queendom) – technology is your bed-mate and being in the thick of it is crucial for you. Having good solid people to add the numbers and check the bank balance might be a vital addition if profit is a motive but other than that you leave noth-

ing to chance. Delegate is not your strong suit. You are often overheard saying I should have done it myself. Air is the one who can replace anyone in your office for a short while. They don't need to prepare. They speak extempore. They can do a presentation -off the cuff. But, be warned – air people love to talk and sometimes they forget time, place and space and can go on beyond the capacity of the audience. They just love to communicate even when the listener is exhausted. Sometimes therefore, they stop making sense!

Because Air can juggle so many balls at once they can be termed “complex”. Complex people are those who are not always logical. But how can an Air person be totally logical. They have 200 things going on, each affects each one, so anything they do has 100 repercussions that the rest of the world cannot even dream about. So much so that it looks for all intents and purposes that Air people create problems for themselves. But it is just appearances. In fact Air people are sensitive to the diversity of the challenges in their world, that makes them even more tentative.

Air people are great net-workers. They can gather in groups and find great affinity with many people. Air people are wired. They can become hyper and hypo active at the flick of a switch. Sensitive to foods and environments Air people are often at the forefront of human development because of their own super sensitive reactions to life.

Action is their word. So, Air people can become easily hyperactive. Sometimes overdoing it they can go in circles, becoming exhausted but achieving nothing. It's a cat chasing its tail and hard to break the cycle. Air people don't carry reserve petrol tanks. (it is a great phrase, but still I am thinking. This do happens when they over do things.) When they run out of petrol, unlike other elements they are often on the side of the highway waiting for a lift.

Taking on too much is the business management vulnerability. Doing everything, becoming what's called

a control freak. Wanting a finger in every pie and when push comes to shove control of the cooking as well. It's a guarantee of quality as long as there is a balance – not over doing it.

The sacred color of Air people is Mauve – purple. They love the pastel colors and soft materials. Offices for Air people are soft tones, they need to see others, they need hands on technology and they need to be soothed.

Air people need to talk, to someone about what is in their mind. They have the answers, come from multi directional positions on issues and are concerned with environments and toxin because these things affect Air people.

If your job requires a fast mover, a multi skilled easily changed itinerary, a rhythmical movement and often thinking on the feet skill, you can't go past the great marketing and communication skill of Air. But remember, there has to be an escape valve, otherwise it will, like a rolling snowball, ball and build and build until all is carried before it in a storm. Air people need relief in the form of movement and dance, flowing soft and rhythmical movement. They are also ideally suited to running and Yoga of a dynamic form.

Amazing – that's the expression people use when doing business with air people – amazing. How can you have so much happening, keep hold of the reins, have so many balls in the air and be so calm? While the rest of the world struggles with one or two tasks at the same time – air thrives on hundreds. The energy can almost feel frenetic, but air people love the multi tasking approach – they love it when there's a hundred things happening at once even though they may complain “no one takes responsibility around here” – it's really impossible to take responsibility around an air person. They want a finger in every pie and if it's no happening fast enough they'll have it done, complete delivered and paid for before the office arrives for work next day.

Working with air is such a creative experience, the true lateral thinker the hands on manager – that leader who in the movies has twenty assistants running along behind with mobile phones ringing and a frenetic pace while the star signs autographs and be cool. No matter who you are around an air person in business, you always feel like they are going to step in and take over – it’s like being an assistant rather than a team member.

The strength of air in business is this potent hands on style. It’s ideal in creative and unpredictable environments where customer service is unique ever time. Or where design and creativity require constant input. Fashion and magazine management where opinion rather than fact determine the look and feel of the magazine, this requires air leadership because the leader has to be 100 places at once guaranteeing the look and feel is consistent.

Air people love the rhythm of life, movement of any sort is a joy for air, the challenge response cycle is their bliss. So air people thrive around people especially where ideas and thoughts and concepts are being engaged and developed. Rather than philosophical in approach air people are practical, they just love twenty ideas more than two.

The irony for air is their detachment. They may be thinking one thing one day and the complete opposite the next – they don’t even blink. For air, ideas and thoughts are just variables, pawns on the chess board and they are worthless apart from the stimulation in the quest for right answers.

What an exceptional ability. Receptive to 100 different possibilities, no urgency to choose one, an ability to allow those ideas to co exist and yet, productivity happens. Changeable you might ask. Air people can change on a dime. They truly embrace diversity but never really let go control, no matter how much an air person may say –“I want you to take responsibility for this” they never really let go. So in the long

term people just move to an organic style of interaction, nothing is concrete until the air manager says so.

Another notable asset for air – is the speed at which they learn. Talk about a sponge for information air can hear it one day and be teaching it the next. Amazing dexterity. The ideal communicator – the element who invented interactive leadership, the perfect teacher (can grow staff well because they are never far from the action)

Air is creative. Always innovating – holding hands and helping guide people. If the staff are open to it they’ll learn so much and the result is exceptional. Air people iterate solutions by working with those people who are at the coalface. Air people really make management a people experience.

However, be mindful that it can be demotivating for highly skilled and experienced people to be interfered with” all the time. Air sees no problem with stepping across the lines of territory of possessiveness around whose work is whose. They just love the process, the cycles of think do work and so can’t even imagine the possessive nature of those whose work has come to reflect an element of their personality. Air says – just change that a bit – worker thinks – “I designed that all day yesterday” Air learned something and thinks, “we can improve that” worker invested their heart and soul into it. One is attached the other is not.

Because of this wonderful skill at multi tasking, air people gravitate to business areas that provide variety. Rather than manage a business air people manage projects – they prefer outcomes that can be seen and are variable, many projects rather than one business. Air people are also prolific in the performing arts, dancers, artists and musicians where skill and diversity create a dynamic complex yet team orientated environment.

Because air moves gracefully between situations

they make great travelers, able to move here and there in a moment. Teachers and trainers whose life is orientated around being available for many people at once, different audiences every day – air can sustain the demands.

Adaptable, continuously changing and innovative – air people are determined. They hold onto the result even if the process looks complex they are always committed to the outcome. Air thrives in warm sunny climates, but easily depletes and exhausts itself in windy and cold environments. Air people struggle in places where such extremes exist, like Canada – hot summers and frozen work performance.

Air is symbolic of the Bird world – able to fly around to make good – taking seeds from place to place flying around collecting the food for their young and returning faithfully to nest. Birds fly south for the winter – unlike the bear – birds know that cold frozen and windy climates are no place for them to thrive.

Sometimes people call air people air head. That means they appear scattered. But air people are not scattered in their own mind, they just explore options and more options and alternatives and more alternatives. Air is about the dance – air people are not scattered when it comes to the outcome, their approach instead of direct is to explore and touch a million points – but the result is never in question.

If you want to be on the right side of air in any negotiation or sales situation – they love the following language; Hey take it easy, or tell me about it (they love to share their thoughts verbally) or which one do you love? Or you are so adaptable – in business they'll sign the deal and on the way out the door be talking about the next deal or even changing the last one. If they buy a home – they are looking in the paper for the another new home before they move in. Always looking for the options, always creative and always inspirational air people are the multi skilled multi faceted ones amongst us.

In closing a deal with an air person – let them choose. If you narrow the options and begin to make them feel there's only one choice – in your opinion there may be only one, but air loves the freedom to choose. Avoid lack in variety, my way or the highway is absolute guarantee of lost respect with air people. They eventually talk themselves into their own right answer. Remember options and options, benefits and benefits and most important of all, learn to listen.

When it comes to surprises air people love them. They love special treats and when it comes to gift time, well it might be better to give them a gift voucher, what is great today may be worthless to them tomorrow. First question air people ask is where did you get it, really they are saying – if I don't like it, which I do, but if I don't can it be changed. Without that information air people cannot embrace the moment fully.

Air people are built for speed and endurance. So if you go out at night with an air person be careful you may not get home till breakfast. They can dance all night but can't eat more than a mouthful before they are satisfied. So if you are planning an evening with an air person – quality of food not quantity is the key and then entertainment and activity is their passion. If you are doing business with air – then join them in the dance, not too heavy on the facts, let them ask – give them time to talk themselves around, enjoy and keep it light until they are ready to dig in.

Their questions will be so exact you'll be stunned at the accuracy. Like a bird circling above waiting for the right moment Air will await and prepare before diving into the hard core of the days business.

The challenge in business for air people is the impression they give the world that they are too vague, too airy and always fluctuate. It's not so really but to the lion, the bird circulating above the prey is wasting it's time. Air people need to understand this about themselves so they are not drawn into the Fire

too quickly and that criticism doesn't cause them emotional upset.

When you are around an air person – and they say – “I am so confused” then you are witnessing the result of stress in their lives. Confusion is air's answer to stress – excess. This excess and confusion of air can eventually lead to hyperactivity, instability and over changeability (no commitment). Pushed even harder with more stress and air begins to have panic attacks, fear can overwhelm them and their lives, mind and work environment can become cluttered and scattered. Nothing gets done.

Now this is a big problem for air. First they take on far more than any other element could consider in a day, and then – if they go into excess – i.e. they overdo their air element – they turn their day into a knotted ball of string, huge amounts of activity but going around in circles. Even one such experience in an office can undermine authority of air for the future.

Air needs lots of Earthy support and their has to be a cut off where Earthy management can stop the spin and get the job done. Air often doesn't even know that they are stressed and in excess – except they will feel a little bit isolated as others withdraw. Earthy management can draw the line and air must be able to accept that at some point, ideas and options must give way to productive discipline and staff moral.

Now if air is in excess the perfect space for air is amongst the green green grass of home. A warm slowness, logs on the Fire, a cozy comfy couch, strong arms and a plate of Earthy vegetables (even meat) will bring balance. Far away from digital and electronic devices, a log cabin in the middle of nowhere. No real effort – just a time to be still and let the mind calm. Yoga classes on a daily basis are good and plenty of Water can help balance a spinning air. Long warm (not too hot) baths and spa treatments with oils can also help calm the excess of air.

The ideal office to activate air is busy open plan, where people can see and talk and share – but there must be variety – mixed temperaments, colorful walls and active phones. Air thrives on the variety of life. But in places where the energy is intense and frenetic air needs calm. Unpredictable is not good for air, threatening or unsafe spaces are detrimental. If it all gets too much air people end in the gymnasium at lunchtime preferably doing aerobics, fitness dance classes or on a tread mill for half an hour.

If air is not active in their work (deficiency) then living near flowing Water, playing music and running long distances is great (their home can become a musical nightmare for the neighbors). Diving into music, photography and the arts is an air bliss stream. But if air is working to excess at work then stability at home is the key. Warm sunny windless places with lots of still Water and smooth rhythm, predictable and safe, tranquil and at peace.

Mahatma Gandhi and Mother Teresa were air people. Staying calm in the most complex of circumstances.

Fire At Work

Fire people are the masters of change. If your business is in need of change, then fire is needed. But if it's time for consolidation then fire people need to take a holiday. It's just not going to happen with them around. Send them out to start a new business or change a division of the company in Antarctica. They are perfect to analyze, detect and solve problems one after the other. Time is of the essence so if change management is what you need, and there is a time limit look for the Fire person.

They are of medium to tall height, well shaped build, well defined muscles with a sharp jaw and often sharp nose. They speak with Fire in their eyes, passion is their favorite word and their motto is something like, go for it.

Fire people are sprinters. They rarely go for the long haul. They need results and they need them now. Ideal in sales and marketing roles where results are the only return. Fire people are time people. They want it done and they want it yesterday. They put everyone under the hammer, go go go.

Fire people's offices work. They are a mix of jumbled confusion giving the feeling of too much to do too little time and organization because Fire people who become disorganized drop exponentially in productivity. Fire people are front line people. The love to be up front, on the battle field, in action. They don't thrive on diversity – preferring to get one job done at a time perfectly. That's why they are always in a hurry because there's always another job around the corner just waiting for the last one to be done.

The sacred color for Fire is red. To balance this Fire people thrive on nature in the wild but rather than still lakes we are talking crashing surf, sports riders on horseback and skydivers jumping. Fire people love it loud and active. People ready to jump to action. They love feedback and the best feedback for a Fire person is the feedback they are getting right now. "How was that?" Fire in the middle (the intersections of Earth Water and air Ether – green/

Fire people love toys. They have those offices with basketball hoops and billiard table and jokes on the wall and sports photos and life all around. They love people and just can't wait to sell them another one of what they already have.

Fire people are hard to follow unless you are a Fire person. They are loners. They love to travel, be independent and are not "company people". Fire people make their own rules but they always bring home the bacon.

They own the words such as holiday, vacation, beach, relax and surf. They also have trademarked the words win-win, reward and returns. When they work –they work. When they party. 'Intense' is the

word to describe their style.

These are the people who can eat like horses, dance all night and then crash in bed for days. Once they are up, they are switch backed on to business, sales and transactions.

These are the wall street warriors, brains behind the banks and the ferocious barristers. They sip away cups and cups of instant coffee while work out fast, perfect and fool-proof solutions. For them success is everything. Opportunity is the mantra. Progress is the path.

These warm romantic heroes may become fierce fighters when things go wrong in relationships. They are great forgivers most of the time, though. They know that life is business. So, though the relationship fails, they try to keep the friendship at least on a superficial level. Don't insult them calling 'tender lovers'. They are intense and passionate. They know how to score points in relationships.

World is a bit too slow for a classical Fire type. They point out the missed opportunities in your life. They can give you the success plan in no time. They can help you save taxes in more ways than any other tax-man!

To get their help, you only need a gentle challenging gesture, glance or a word. They will jump onto it. Willing to take to straight to success –of course- in their own way.

Like others, Fire people are also prone to excess. Excess play, excess work, excess demand, excess relaxation. Fire people are the addictive types. They can become obsessed at anything.

There is an old saying – "never put a Fire person in charge of your business" and the reason is that it would be a waste of a great talent. Fire are built for speed, for surging, challenging and continuous rigorous examination. New ideas, new ways to do the

same old thing. Business thrives – profit wise at least on doing something repetitively – predictably well. Fire would have no part of it, do it, change it, do it change it. Like being permanently in Research and development Fire never stops innovating.

For Fire this is automatic but for the rest of the universe change is not always great. Some order amongst the chaos of change makes life comfortable for most, but not Fire. Repeat a speech more than once? asks Fire.

The strength of Fire is tenacity, intensity, analytical and creative application. Ideal where marketing is concerned or change analysis – time is the essence of Fire's life. Just do it, is a Fire energy slogan. Don't pre plan – jump and see says Fire.

Fire is the symbol of courage – to launch new enterprise, to move a business to a new level, to grow and re invigorate – yes, Fire turns things over makes the changes needed but then needs another project – maintenance is not Fire's skill.

If there's a competitive edge – a situation where one competitor is playing against another head to head – Fire is your person. They are ideal in these situations – they love a challenge. Even in a Yoga class Fire people are looking around to see who they can compare themselves to. It makes for growth, fast change, transformation and drive.

But Fire are not blind – they are not thrill seekers. Caution is learned by Fire people, usually the hard way by putting their hand in the flame. But they analyze deeply. They do their research and act. It's a phenomenon to see Fire at work, sometimes bewildering others with their preparedness to go to market before the goods are finished. Fire is about winning at all cost, being there first, and that can come at a human cost.

Big hearted is the word we use for Fire people. Big hearted – fast and passionate.

The ideal occupations for Fire people are in marketing, negotiation, analysis and problems solving under pressure. Anything competitive will make Fire alight and they can do it for a lifetime. Fire people are the real test for human resource managers. Ambitious sales people want to become sales managers yet, Fire needs to sell and sales manager's need to manage. Like taking the best sales person and making them the worst sales manager. Fire people are this contradiction.

Sometimes people feel that whatever the work they are doing, it could not be what God intended for them. They blame the work. The missing piece here is not what is wrong with the work they are doing, but rather understanding the work they are performing right now in the context of their destiny.

Christopher Walker

Highly motivating Fire people can burn others out with their high energy and high expectations. They push and they push – the goal in mind and sometimes the human cost, and the nitty gritty details get left behind. Fire people are the keys to change, to getting through the tough times and to growth in the good times. If you are negotiating with a Fire person keep the energy alive and supportive. If things become slow and gentle and soft and spacious they'll switch off. On

Language that Fire loves to hear are; precise, sharp, clear, picture this, powerful, intense, holiday and retire. This is energy yet Fire knows the gift of calm relaxed lifestyles. Appeal to Fire by agreeing with them on their ideas that the world is too slow (they will spend a lot of money to help speed up progress) and therefore technology is a Fire birthday, they love time saving devices even if – after the fiddling about, there's potentially more potential for lost time.

In the office Fire like strong color, vivid and sharp definitions, activated square shapes and lots of light. Energy in a Fire office is like the New York stock

exchange and Fire people can do that job for a lifetime whereas most other elements would struggle in a week. When there is deficiency in Fire, in other words there's nothing to compete with Fire need to activate this deficiency through exercise, action and direct application to task. Fire thrives in comparison so most biographies of inspirational people are read by Fire. It needs mentors it respects and can grow to match and then another and another. Fire need role models and mentors they can compete with.

If there are situations that need understanding, analysis and resolution Fire can do it best. They love the sprint, the physical middle distance – rowing and gymnastics – human against the elements type sporting environments and therefore thrive in the marketplace.

If it's Christmas gifts you are looking for remember Fire loves technology, faster and better not bigger, things with luxury appeal and tools to make life more functional.

On the cautionary side Fire in excess leads to aggression and violence. If there's not Fire and passion at work they bring it home with lots of expectations and energy. The wonderful domestic bliss they create with their big heart can turn sour if their Fire is not being consumed in the outside world of work and sport. Fire is always asking – "when will it happen or when did it happen" Time s life to Fire energy.

Stress for Fire results in illness. Acidity, joint problems kidney stones and blood pressure. Ulcers and tension can lead to many side affects even stroke and heart failure. Like a pressure cooker, pressure can build and build while the internal components struggle with the overload.

Always prone to excess Fire can even do Fire to excess. Fire can become ill if there is too much of a good thing. The ideal balance for Fire during periods of excess is Watery places. Places of tranquility and calm with soft trickling Water, Zen gardens and

warm baths. Fire people thrive in cool Waterfront environments. They swing to excess and unhappiness in hot, damp places.

The animal of nature that best represents Fire is lion. King of the jungle – or so it thinks, it's pride and ego defend it's domain. A voracious appetite, a ruthless capacity to do what must be done, stealthful and fast the lion is in many ways the most vulnerable of animals in the jungle yet, in the right conditions – a powerful fighting machine.

If you are in business with Fire, celebrate the passion and purpose this element brings to your world, give them the lead on new development and take it back when the hard yards are crossed. Keep the details out, look at the big picture and be sure not to step n their way. Pictures paint a thousand words for Fire, they can't wait for the slow people to catch up so be sure to have plenty of first aid on hand if you are working with them. A wonderful spirited element that can transform and change any situation in the shortest possible time.

The keys to success for Fire people are: Moderation, middle path, calmness of mind, and plenty of physical exercise.

Napoleon, King Arthur, Hercules, Zena, Zorro, Superman, Batman, Batwoman,

Water at Work

Humanity is preserved, Water has arrived. If you want a human touch, ask Water.

Your element is Water, and you are asked to manage an office. You would look around and find out how to make people more productive by making them more comfortable. Care giver is a better term for Water – management by care. How wonderful a skill, what an amazing talent. The Buddha was a Water person, compassion is his call. Water people live the

Buddhist motto without reading a book, or mediating a moment.

Water people care. No matter what the job, they care. Water people are steady, almost slow. They are considered, very humanly focused and will always put people first. If sitting in front of you right now is a person with soft tissue, soft rounded face and large bones, then consider this person the ideal career.

But this element does not respond well to speed, to change or to statistical type of people or environments. Rush them, you will see them falling apart, behaving like brain-less. They manage by feel not numbers. Water people are sustainable managers and are ideal where high growth is not in demand. Where stability and longevity are a competitive advantage, Water people are the winning edge.

Water elements however are prone to depressions, especially when their service is not valued. When they don't get their way, or when the world is turned upside down they withdraw in a haze of emotion (often withheld anger) and can become very very defensive.

They are the mothers of the elemental zodiac! Talk about babies, they'll fall in love with you.

Water people love family offices. Open plan, open hearts. They love coffee rooms, and sit down areas to celebrate the human and restful side of business life. They love to wine and dine customers and are always the superb host, making people feel at home everywhere.

Water people love soft fabrics, large cushions, comfortable chairs and non violent spaces (i.e. no too many arguments). Water people are collusive, they get people onside and by supporting them, build teams. Water people are great when it comes to settling the dust after change has been rapid. They give a sense of stability, caring and community.

The sacred color for Water element is yellow (Chris, is that blue/green?). So joyful, fun loving caring environments are great for Water people. Be careful though. Water people think the whole world would be better off being Water people. So they build the office, the culture and the rules of an organization for the great comfort of Water – but the complete disharmony of other elements – particularly Fire.

In business nature and nurture are often in conflict, the motive for profit and wellbeing are sometimes in a challenge with each other. Water represents the wellbeing side. When you are working with Water elements – always put people first – that way you can be assured of their involvement and probably achieve the profit you desire.

The profound gift Water people bring to business is bonding. They connect people, nurture and build amazing loyalty. They are ideal maintenance managers, slow paces, highly predictable and generous, the company and you will float along with many good employee feedback reports.

Water people want to know how what you are doing will affect people. They see performance and productivity from a human angle and love the ideals of compassion and humanity. Water people build flat company structures – trying to empower even the most challenged employees to happiness and reward.

If you are selling or negotiating with Water people, use the words, feel calm,, peaceful, bathe, waves, and business ethics. In an office Water people are activated by cooling colors fluid designs, flexible objects (plants and lamp stands) circles ovals and smooth, soft fabrics.

If Water is being highly activated at work then the home life for Water may become almost slothful. Water can really let go when it needs to creating a lifestyle akin to the couch potato. Books, television and fluids take the Water person to paradise and back

but like all the elements too much can be detrimental. If the Water element is not activated at work then we find a very caring partner at home. Some would say smothering if done to excess. The Water person likes to be right and rarely stops before things happen the way they want.

Stress for Water means withdrawal. Now on the couch add a bowl of ice cream and some chips and Water feels like they are on the inside and the world is on the outside. An easy existence for Water under stress but not highly compatible with business success and achievement. Possessiveness, attachment and holding on are your signs of personal excess. These elements reveal you are overdoing your Water and are into excess. Balance is required. If you find yourself becoming self righteous then you are in serious overload because Water's last stand against collapse is to become self righteous. Be careful with this indication of stress.

The perception many people have of this caring constitution is one of deeply attached and a worrier. This may, from time to time be the truth, but what is true caring other than attachment and concern. It is a matter of balance, anything done to excess can be smothering.

If you want to get on the good side of a Water person peak these words, slowly: Are you ok? Is this safe? It helps. If

When it's birthday gift time – Water loves clothing, food and anything that makes life and the world for that matter – a safer place. Rarely do Water people enjoy being alone, with no one to care for it can be a nightmare for them. If it's a one person office Water may find it hard, and if there's number numbers and numbers then definitely Water people will find it a long term struggle to stay healthy. (not impossible – just not natural)

When Water people go to excess they put on weight. That in turn makes it harder for them to be active

which means they put on more weight. That' makes it harder to be active and the cycle goes on.

The keys to success for Water are quite proud. First it is a willingness to let go. When something isn't working rescue just breeds desperation. When it's time to let go it takes allot of energy and courage (Fire) and you do have that within you. Further – you must acknowledge that allot of the world cannot understand the feminine side to success and achievement.

As a strong representative of compassion and peace you will often be accused of being too gentle or too kind or easily manipulated. That is the truth for you, you are kind and you are vulnerable to manipulation but that is something you know and understand and your compassion guarantees that the world will get over it. You of all the elements must understand your process as being different and special, human and powerful. Water takes a long time to wear down rock – but because it stays consistent it does wear down and it always achieves its end.

Water easily suffers depression in cold and damp environments. You find that in Northern Climates where the winters are long and dark there are many Water people and they suffer enormously. Once they would have migrated south because the environment dictated it, now they defy nature. Be compassionate with yourself first Water. Warm and dry is heaven for you.

If work is not stimulating your Water element, you don't feel you have enough opportunity to give care to people then it's vital you activate your Water element in your personal life. Take a massage, stretch in a non violent yoga class, keep the fluids up and go join some people whose heart is in the right place to give care. Be in nurturing environments with your partner so you can both celebrate the beauty of your being.

You'll thrive in sporting environments involving

swimming and steadiness like archery. Keep your mind active through study and maintain a healthy physical emphasis – without emphasis on weight but more on healthy food, good air, cardiovascular exercise and lots and lots of love.

In a world where numbers and facts often dominate the business environment you are a breath of fresh air. Not always in alignment with maximum profit goals you need to be mindful of the sort of culture you work in. And for those who employ you they too need to be conscious that if they listen to Water – in the end they’ll surrender profit for feeling good. It’s the challenge the world has right now to find just this balance.

Water is always there to care, even if it costs you the job or is put ahead of profit Water element believes people and their wellness comes first. The Buddha was a Water guy.

More to come
.....

Earth at Work

You want a job done, you want a business managed, you know the future and you want it created. You want a great blend of hands on roll up your sleeves action with a balance of fact and strength, you’ve come to the right place with the Earth person.

Just like Earth, Earth people are the solidarity upon which everything can happen. Slow to change and very stubborn in their ways, extreme reliability, ethics and trust are their core values.

Earth people have a short string. Results are the measure. Action is the barometer. Earth people are not interested in why, they want to know how and when. They’ll plug away, drilling deeper and deeper and like a terrier never give up. They persist and you can trust them until the sun freezes over. Earth

people are, at the end of the day, the ground beneath the company’s feet.

But if Earth people dig in, or go to excess they can become a blockage in the flow. They can resist the inevitable and no amount of appeal can shift them. It was like this for the past hundred years it’ll be like this for the next hundred years. That can be Earths’ failing.

If the person sitting opposite you is square shouldered, strong jaw, thick set with heavy bones and a little on the shorter side, you have the perfect manager. Not necessarily build for creative, flexible and adaptable management style but a real trustworthy workhorse who’ll get the job done at any cost.

Earth people sacred color is red, dark red Earth tones. So wooden desks. Leather lounge, leather chairs and older style buildings with wooden walls are their bastion.

Earth people love offices that exude tradition. Paintings on the wall, certificates where they should be. The company mission in the lobby and the carpet on the floor a good deep red or brown practical color.

Earth people are punctual. Win their hearts by doing what you promise. They will stand for little else. These are the people made for repetitive, long-term work. They love to do things a million times in the same way, at the same pace. They tell you what to do and how to do it. Just follow them, instead of finding your own unreliable methods, you get the result!

Even in the most dangerous or painful situation, they can crack a joke and laugh at it.

For them everything is about order, method and punctuality. Their mind and body have the perfect rhythms and systems. They are the best hands-on people. Builders, handymen and engineers are all in this ‘practical’ class.

When the general (who was probably Earth) sent out a lone warrior to do a whole armies work single handed – it was always an Earth person. When they need people to walk in space and perform amazingly complex tasks – they're usually Earth. When the ancient gods called down to Earth and made Zeus – the Gods build Earth people. Because when it's time to get something done, to actually make it happen, when its loyalty, trust and reliability at stake in the material world, Earth has it all.

The Earth person is the manager, the one who, given a formulae for success will ensure it will happen at all cost. They are the builders, the ones who manage the ideas thoughts and visions of the world and bring them to form. Yes, Earth is behind the great wall of china, the pyramids of Egypt, the great human made monuments to the powers of human will, Earth is the builder of dreams.

Beneath every great enterprise is Earth energy. The owners or entrepreneurs don't have to be Earth but they cannot live or survive or grow without Earth people. These are the people that ask how – rarely why.

In the business world stability, support reliability, grounding, establishment, firmness and solidarity are the call of the Earth energy. Earth people stick to a plan, and guarantee completion of any project or endeavor. On sports teams they are the unflappable, the anchor, the link in the chain. You can always rely and put your trust in the hands of an Earth person.

So when negotiating with Earth keep in mind they love methodical, firm and on time commitments. They rely almost 100% on experience to prove anything and thrive when strategy is clear, a plan is set in concrete and integrity is made a strong core value.

In the office – Earth people love those brown leather lounges with the buttons stuck in – fabrics are always rough and durable and the coffee table is 6 inches thick wood. Steel and metal beams can be

exposed because it's a feeling of strength and reality and rectangular shapes for Earth are pleasing to the eye. Strong shoes, long lasting materials, and many antiques reveal the essence of Earth in an office.

Earth people love facts. Cut to the chase now what are you trying to say? Earth people often spark off Ether and air – who might very well lament the opportunities that aren't being pursued, rather than focus on the ones that are. While other elements worry about why and who, Earth is concentrating on when and where.

If Earth goes to excess – it can, like the other elements, turn strengths to weaknesses. Commitment can turn to absolute stubbornness, loyalty can turn to blindness, attention to detail can turn to time wasting retentiveness, and reliabilities can turn into stiff and frozen mindsets. Earth people are strict at the best of time – discipline is easy for them, but when stress takes Earth into excess, strict can become downright mean and stick to the knitting can become stubborn and obstructive.

Earth is the element of control. Ether may be the element of imagination, air the element of possibilities, Fire the element of transition and Water the element of humanity. Earth is the element of control. What use would imagination, possibilities, transformation and humanity if there were no food on the table, if the electricity didn't flow to our homes or the Water we drink was contaminated. What use would a business plan be without Earth to follow through with the details and implementation.

In the eyes of others Earth can appear dominating and stubborn but this is a negative twist to a wonderful gift. However, Earth can, in spite of outer appearances take allot to heart and when under extreme pressure or when out of control, develop very deep levels of low self esteem. If this happens Earth must seek support otherwise their decisions in testing situations may lean toward an ego gratification rather than a healthy business logic.

For the Earth person who is not fully stimulated in their work it is vital to activate the Earth element in their private life. Weight training is ideal, balanced with affirmations, investments, real estate development and stability in family matters.

When it's time to buy your Earth person a gift consider that Earth people are essential people. Cosmetic life is no value to them. The gift must be real but functional. Useless paper weights on a computer driven – window closed office will not survive the day they were presented.

If you need a bold, responsible, can do and any thing can be done type leader – manager in your organization, you cannot go past Earth. But if creative, variable, uncertain, no planning and totally unpredictable environments are essential for your success, then those Earth people you work with should be kept well away from that ruckus. It will just not make for productive dynamics.

When it comes time to negotiate or sell to an Earth person, well it's very reasonable to use these words; Lets do it, Lets manage that. And lets stick to a plan. Earth loves anything that has solid routine, well documented rules, provides a systematic plan, is factual, methodical and repetitive.

The animal that most represents the Earth element are those that build. The elephant, strong and stable, the beaver focused and determined, the bull, strong and unstoppable, the hippopotamus – safe and guarded, the bear – storing things for winter and the dog, reliable, faithful and a friend for life.

By the way, if you are working with Earth people never throw things out. Earth people store and store and store and store things. Just in case they are ever needed. They put things away, they file things they organize even the rubbish is well organized. Earth people hold on tight to the past, they value it, it provides security for them so be careful – those of you who are obsessed with letting go the past, Earth

people have good cause to hang onto it, this is the Earth beneath their feet.

When it comes to climate – Earth people thrive in hot places. They can also cope extremely well in cold climates. So there are few places on the planet where this element cannot thrive, which is just as well because they are the foundations beneath the building of cities and offices and businesses and forests. Without Earth people, we would all be living nomadic existences.

According to your life,

your duties have been prescribed for you;

follow them and your

desires will be naturally fulfilled.

BHAGAVAD GITA

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Elements of your Business

	0 -10	Total
v or helping others your highest business value.		Ether
Is your business based on a holistic philosophy.		
Is you business always stimulating your imagination.		
Is your work usually intellectually elevating and fulfilling.		
Does your work brings stillness and calmness into your life.		
		Air
Is your business is about communication –sharing information.		
Do you mingle with a lot of different people everyday.		
Do you get to use many different skills to improve your business.		
Does your work life colourful and full of variety.		
Does your work elevate you and make you a different person.		Fire
Is winning - success your highest working value		
Does your work create a precise strategy every week/month to work to.		
Does your company use a reward system to boost employees' efficiency and company's productivity.		
Does your work challenge and excite you.		Water
Is profit and performance a success measure in your work		
Is humanitarian working environment your highest work value.		
We make sure all our colleagues are looked after.		
Do you mutually cover for everyone in emergency.		Earth
Does your work satisfy and enrich you.		
Do you focus on caring and nurturing in the business world.		
Is your business based on traditional values.		
Through business do you constantly prove yourself to be reliable and responsible.		Earth
Does your business focus on investment, property or acquisition.		
Does success at work ground you and brings stability to your life.		
Is Integrity your highest business value		

Are you honouring your element at Work

	0-10	Total
Are your office rooms spacious with a lot of natural lighting/ventilation		
Do you have a lot of freedom with timing and deadlines		
Going to office is like going home –philosophically feels right		
Is your office pretty still, walls are painted white or mild shades of pastels		
Are your colleagues are driven but calm/		
Communication is a major part of your work.		
Do you handle more than one jobs/tasks as part of are your profession		
Is there a lot of walking/moving around involved in your work		
Are your bosses is very supportive and inspiring.		
Is your office space with multicoloured walls and lots of interesting paintings - the environment is active		
Do you have all the latest technology		
Extremely competitive environment		
Do you have plenty of vacation to relax and rejuvenate		
Work involves marketing, negotiation, analysis		
Fresh flowers and strong-coloured walls keep us flying		
Do you have plenty of water features and indoor plants		
Do you have comfortable chairs and cushions so that we can work smart		
Do you have a small kitchen and plenty of snacks, so everyone is comfortable		
Are your colleagues are very challenging but supporting.		
Do you understand each other and care for each other.		
Do things happen in a very organised manner		
Do you have a healthy hierarchy at the office		
Are your colleagues extremely reliable		
Is everything pretty under control.		
Is your room comfortable with heavy timber table and lasting strong carpet		

Relationships at Home

Your element interacts with all other elements naturally. The idiosyncrasies of your relationships depend on these differences. How you share time, how you manage your love life, how you distribute duties and how you can create long term support for each other is dependant on your elemental constitutions and how they interact.

Relationship is an art. It is a form of meditation. Why someone falls in love with another? Why some are connect with others? There could be dozens of reasons –conscious or unconscious. But regardless of the intent, respect for each other begins when you understand what part of your partner cannot be changed. What is their natural way of life – and how this differs from yours is such a vital ingredient to your life.

Some are looking for the opposite qualities or the missing elements in their partners. Others are looking for similarities, so that they think they can easily understand each other. We need to understand our needs, likes and tendencies before start a new relationship. When there are more common goals in a relationship, there are more possibilities for it to last long or be blissful. The way one was brought up, sociology, psychology and physiology have all equal importance here.

1. Ether / Ether

The Bliss: Tranquility meets wisdom. Life is filled with unlimited ideas, beautiful thoughts, deep and wise conversations, and peaceful and fulfilling discussions. Not bothered about right and wrong. They seek knowledge from each other.

In this relationship two people will reach for the sky and no amount of reality will thwart them. It's a dream come true. High above the crowds two Ether people will dream and fantasize the world as it should be or even could be. Space, space and more

space is needed for you both to thrive. They are into touch and feel and sensual delights. Long courtship, foreplay and plenty of after sex conversations means these two need to set the alarm to get out of bed in the morning.

Alarm Bells: “It is easy to be dwarfed by Ether, so ethereal, so out there, so sure of themselves that sometimes – Ether on Ether means one of the two of you might gravitate to their second element in order to support the other. Warning, warning here, the unhappiest people you have changed their natural constitutional behavior in order to make another person happy. Hold yourself equally important as your partner and your lives will be full of tomorrows.

2. Ether / Air

The Bliss: New theme meets a perfect caption! Tranquil Ether has met the dynamic Air. It is almost like Ether suddenly discovered a new window overlooking the most beautiful ocean after being in the same room for a half a centuries.

Dreams are now poems –no more just formless dreams they are spoken words now. These are two creative and dynamic lovers. Always inventive and tactile they are. When they can concentrate and relax their minds the smooth rhythm of Air merges with the outlandish fantasies of Ether to create quite an athletic duo. Far far away in some distant land it may all make sense but to an observer these two are visiting from far off places.

Alarm Bells: Although air is the master communicator it is often quantity rather than quality that can make this relationship a challenge. Air can't help itself, it must share, it must communicate, rest is irrelevant tomorrow there will be more, the download can take forever, and listening is not crucial – just a nod every now and then. Ether thinks a lot, and that's a bit frustrating for air especially when air is talking and Ether is thinking. You both need space, quiet times and agreements on talk time.

2. Ether / Fire

The Bliss: Ideas on Fire. A flame learns to be still. Being with Ether is meditation for Fire. Now, Fire feels centered, gets more focused, becomes more precise. Love is on fire for the first time! It's love at first bite. Fire lights the flame and Ether has no interest in putting it out. Its all systems go go go. There are places to go people to see, new ideas to share and no time to waste. It's a lifetime in a week. Everything is possible, the rocket is alight the ideas aflame. As lovers anything and everything is possible. With Ethers fantasies and Fires obsessions this couple can become bed ridden. How long can it last friends ask, ohh they are both looking warn and tired they say. But through it all, lust and love merge for Fire and Ether and life only gets better.

Alarm Bells: Ideas won't work on their own. Ether doesn't realize it easily. Fire smells it from miles away. Fire's growing appetite and obsession with the result can drive Ether away. The sacrificial love the sacred Fire of this relationship can begin to burn out if they don't do some careful maintenance. Fire becomes obsessed, Ether begins to drift, the energy is hard to sustain, the highs were highs and the lows can be low. Trust, loyalty and expectations can make this relationship sour easily. It is up to you oth to cut eash other some understanding. Fire needs space and a can do support ----

4. Ether / Water

The Bliss: Blue sky touches full river. Water gets a new world of ideology to their nurturing side. Ether witnesses a new practical meaning to their philosophy –giving. Calmness surrounds them.

Ether, all of a sudden, thinks about a family. The femininity meets the divine – the powers of the heavens merge with the mother of nature. This couple can glide through life, giving and taking, sharing a wonderful sensual and exciting existence. The diversity of their element guarantees lots of laughs and the softness of their natures guarantees stillness. If you

are the Ether Water pair, celebrate the great gifts that nature has bought your way.

Alarm Bells: “When are you going to start taking responsibility?” –Water is irritated finally. Indifferent Ether makes Water think that they are selfish and obsessive. The combination of Ether and Water although a heavenly pair may just find that too much of a god thing can become mundane. Waters contentment and Ethers virtual reality can clash from time to time. The whole world may begin to be irrelevant and the relationship takes on a meaning much bigger than it was ever intended. Be careful to maintain a healthy aspect to exercise, travel and social life.

5. Ether / Earth

The Bliss: Philosophy is finally put into practice! If Ether inspires Earth with their ideas, Earth can spend the whole life on it until fruition. Ether never has seen this before!

The beauty of this love is its dichotomy. The sparks will fly, the flint is often ignited in a positive sense this makes for all manner of sexual gymnastics. It makes for creative development and manifestation. This couple can imagine and make it real. It's a formidable duo when the world of the arts considers that such a pair is a stereotype of the great artists. Manifesters who need Ether muse, creators who need management. This is the joy and the bliss of this union. A creative but grounded love affair that will never ever be boring. (unless one or the other gets too dominant). Earth gives love by protecting Ether from the ravages of the world. Ether gives love by inspiring Earth to achieve their dreams.

Alarm Bells: Control, control, control –Ether doesn't like the way they are treated. The problem can be that Ether doesn't need protection and is happy with the dreams the way they are. So there is a giving that might not be appreciated. There is a loving that might be seen as controlling. It really isn't wrong – just confusing.

If this is your elemental combination, be mindful that the way you see the world of your partner is just that, your view, not always theirs. If you can understand each others elements, you can thank each other for the love, laugh at the different forms and get on with the making of life.

6. Air / Air

The Bliss: Dynamic duo. Carefree spirits. Life is freedom for them. Friendly lovers? –not impossible. Linguistic kings and queens. A magnificent merging of spirits. Two blessed and happy souls merge in this relationship to find that conversation is a cornerstone to their love nest. Fun, light and open they will celebrate life at every turn and find that making things happen is a great joy for them both while together. People love to be around air –air relationships, they are infectious will love and happiness. Sometimes getting so wrapped in each other they forget that the world is round, it's just one big rose garden for these two kindred spirits.

Alarm Bells: Two angry cats in a bag? Scattered brain? Blocked communication? Inconsistent and unreliable to each other? Don't know what to say? Insecure relationship? You can talk non-stop about this breaking down relationship at the office or in the bed.

If you over wind an alarm clock the spring eventually snaps and so too, air and air can wind each other up until they are off the planet. They can emotionalize each other, spin each other out and there's no stopping them. They may very well attack each other instead of taking responsibility to be self aware and self responsible, and get out of trouble. Be careful my two air friends – avoid blame at all cost and you will celebrate love forever.

7. Air / Fire

The Bliss: Dancing wind and a blazing flame!
Relationship is exciting, spontaneous, never bored and light heated. What dynamics have you chosen!?

A joyful full on and totally fun loving experience. A wild and wonderful life exists between Fire and air. Everything is possible, with a minimum of fuss. You'll love each others ideas, be in a hurry to do whatever comes to mind and can keep up with each others fast pace of change. A sexy couple, you'll find great holiday resorts, fantastic bush walking trips and places to make love no one else has thought of yet. A powerful and wonderful dynamic.

Alarm Bells: Thinking is talking for Air. Living is doing for Fire. While Air talks about it, Fire starts doing it. Then Air can change their mind and Fire has already committed to it. Then Air changes their mind again and now, Fire is frustrated. Try to understand each other. Air needs a listener, not immediate action. Try creating cooling off periods before action on any new venture or idea. You'll have so much joy and happiness in this relationship as long as you take those precautions. Fire needs to practice 'calm' before they 'storm' into action, especially when dealing with Air. Air needs to do their homework before presenting an idea in this ever-changing world, especially to Fire.

8. Air / Water

The Bliss: Elusive air and embracing Water. Affair of Air and rain-clouds. Now the Water learns to flow with grace. Air learn to make ripples in Water.

Ahhh bliss – the contented pair, the soul mates who are never apart. Air and Water live in harmony so much so the world becomes an intrusion. Water loves to nurture, Air loves to be nurtured. Water loves to listen and air loves to share. What bliss could befall these two elements co habiting. And to top it off the sex will be beyond comprehension. Long slow fun and sensual. A wonder symbiotic bond means the physical attraction is blended with heart and mind to make a 'Kamasutra' experience automatically.

Alarm Bells: Nature and nurture -the contradiction in the universe. To stay or go, to move forward or

celebrate life as it is. Air loves ideas and thoughts and is always looking to improve invent and develop new and exciting solutions. Water is happy evolving as the need arises. The challenge in this relationship is to manage growth. To decide on when and where to act. Water will wait, air will be impatient to open new doors. Love each other, see that it is the combination of the two of you that really makes the right pace. Love will blossom but be mindful to respect the differences.

9. Air / Earth

The Bliss: Communication-action team. Air, being a voracious talker, articulates well and the Earth is in constant action. Earth can try to match that in action!

Now if there were – in ancient times the model of the warrior and the love, air and Earth were it. The brave hands on hero – the angelic being floating in his or her mind – the flowing silks set against the stone walls of the impenetrable castle walls. Yes, we know the hero always wins but his or her secret is always the angel of love. You two will live the magnificence of the ancients. Grapes always in hand to drip into each others mouths. Undying loyalty and faithfulness. Protector and angel, sweet and sour, ice cream and jelly. This is the life that built the pyramids, and you will do that and more.

Alarm Bells: duty calls Earth, there's that time in the movie when the hero must decide, love or duty and there is always a tearing of the heart. Air floats on love, Earth survives on duty. The challenge in the real world is priorities. Earth needs to meet his or her obligations, air can change them in a moment. The daily challenge of work and play, of love and material. This is the cross you both must bare. Strong lines of demarcation, clear time allocation and no compromise work home boundaries will make this relationship sail into the future, the maidenhead flying in the wind, the masts trimmed to perfection and the ship, ship shape as always.

10. Fire / Fire

The Bliss: Explosive, fast and furious team. The best combination to analyse and resolve any problem. Here the two Fires can feed each other with what they both need most of, stroking. They understand each other, play intensely together, climb mountains together, play on the same football team, collect stamps together, They are persistent and demanding lovers – looking for excitement, playing near the boundaries, a virile and demanding regularity, Fire and Fire are kindred spirits in all physical aspect of life.

Alarm Bells: Destructive competition and jealousy can easily flare up. This competition can kill their bodies. Beyond human action plans and heartless strategies. Premature graying, aging and wrinkling will tell you all about it. Ahh.. but there's a catch. Competition means Fire on Fire might just begin to unconsciously play games. Physically they may meet and in love they may be kindred spirits but their minds may play games. Jealousy, insecurity and uncertainty can befall the Fire Fire couple and then a gap can appear. If you are Fire/Fire relationship, be watchful that you do not become obsessed with winning – or being right all the time. It's a 50/50 win-win situation. Your partner has strengths in places you don't and for that they can be your champion

11. Fire / Water

The Bliss: A 'precise and caring' team. Fire spices up the Water's romance. Water formulates recipes. Fire falls intensely in love with them, markets them brilliantly. A great family business! Fire and Water, just think about that. Fire can turn Water to steam and Water can put the Fire out. A beautiful balance here of moderation, fun and joyfulness. A great tenderness – and beautiful softness can sweep these two into loves embrace. Deep and meaningful, long and sensual you two are made for warm nights in front of the open Fire. A great working combination, a sensitive caring couple you can also see your energies to help others who don't understand love and life.

The romance is physical, emotional and heartfelt. A tender touching and most romantic relationship filled with all the beauty life can bring. Lucky Water lucky Fire – you were made for soft moments and juicy sex. Alarm Bells: Fire can take things for granted.

It just might become too easy, too comfortable and then resentment can occur. Water thinks Fire is heartless and Fire thinks Water doesn't have any business intension. Without lots of communication, this polar opposites can fall apart easily. Hey you too, you are in love and there's more to love than just mooching around. Remember the weeks of romance, the honeymoon, that's not for special occasions – it how it needs to be every day. You both need to make conscious effort to support and impress each other. With this – your destiny – a long happy one is assured.

12. Fire / Earth

The Bliss: Fast and practical partners. They rebuild world faster than any other team. Earth gives Fire solid fuel. Fire loves it. He burns, he transforms, he changes the world. The love will build and material strength will support you both. The world is your oyster and you can rest assured that the energy between you will be thankful, hopeful and joyous. Sustaining the Fire – building the ground beneath your feet will come easily, the team you are is formidable. In bed – well there'll be hours and hours and hours of magic, vital life giving love-making.

Alarm Bells: The Alarm Bells for this relationship are purely self created – Earth may slow to a crawl wanting to put things in order – Fire may see new horizons and growth may be in separate directions. If this happens destiny's part. The future is build into your dreams. Earth – keep up – Fire be mindful not to go off in all directions for the sake of change. Boredom can kill any relationship – guarantee your future – keep growing together.

13. Water / Water

The Bliss: They are born to nurture each other and anyone around them. Intelligent Water/Water team

can catch your attention for hours. They are deep lakes of stillness. They are calm oceans of silence. When the water moves, you see them everywhere –inside, outside- they surround you.

Intimate and deep relationship is also sensual and intensely emotional. No much words, but lots of expression. Emotional commitment. Heaven on Earth. Love cocoon. Two teddy bears hibernating for winter, the door shut the curtains drawn love and smiles and snuggles and cuddles. Two bhuddas, deep in compassion, peace and love everywhere. A dream reality for any two beings whose love and passion are for soft and comfortable. The joy is infinite, the warmth radiant. You two can become a universe in a capsule, you can be all to each other. There's no turning back, it slow and steady and long and generous. A giving – snuggling and mushy world of kisses and cuddles and lots of care about the world around you.

Alarm Bells: Food, joy cuddles and love. What bliss. But what about the real world? What happened for the last 5 years, did you follow up on your career, what happened to the bank account and your health. Be careful Waters – still Waters run deep but they also form swamps. Be mindful of the other six areas of your life. Keep yourself healthy and diversity your interests otherwise you may end up unable to celebrate love because there's not enough energy or time.

14. Water /Earth

The Bliss: Water is poetry to Earth's facts. Rock starts melting. Water gets some good grounds

Earth makes the decisions. Water brings the romance. Hold onto your seats ladies and gentlemen because these two are about to go on a roller coaster. A wonderful sensual physical and emotional ride through thousands of years of history. Journeying through the great rivers and canyons and up to the top of the highest mountains. A great celebration of mother Earth, the Water Earth combination screams with rapture at the meeting of minds and hearts. Its

one out of the box, a relationship filled with gifts and giving of hugs and holding. A deeply passionate and wildly sexual meeting of hearts. Lucky you two, have fun.

Alarm Bells: Earth wants control and Water refuses it. Earth thinks – Water feels, so there's often a conflict between values. What comes from the tender heart of Water and what comes from the gentle mind of Earth can often arouse much disagreement. How to move forward under that situation? Well it's a matter of compromise – don't negotiate – just work out what values are important and hold them, and the ones that aren't let them slide. You can do it, the twinkle in your eyes, the love in your heart can overcome these small challenges.

15. Earth /Earth

The Bliss: This team is built to last and born to build. They accumulate a lot of wealth and properties. Extremely stable and productive team. Now here's a couple you'd never ever want to mess with. They have it under control, they know what they want they will protect each other to the death – Romeo and Juliet were Earth and Earth. A couple whose love died with their bodies. If you are in an Earth Earth relationship jump for joy you are about to celebrate the depth of life from which everything is possible. Don't worry about long term – you two are glued at the soul. Loyalty and certainty are your strength.

Alarm Bells: Life can be boring if they can't get out of their 'repetitive' nature and 'pathologically organized fun'. It can be intense. You both love order, and you both love to be in control, how can you live together like that. In this relationship there is need for balance, and understanding. To evolve together you need time out, tenderness relaxation and just chill time. You need to draw the line at control issues, need clear boundaries so that there's just no confusion whose life is whose. Otherwise there may be just one too many rules.



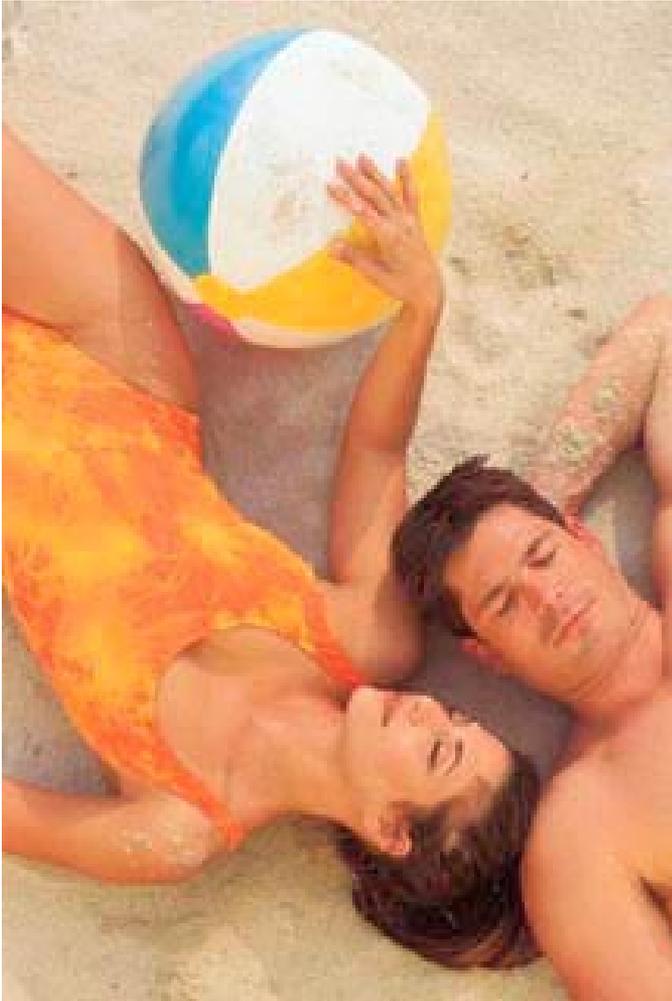
Are you loving your Lover in Your Element

Partner here is used as friends, family, spouse or environment unless otherwise stated.

	0 - 10	Total
I spent lots of calm, peaceful time with my partner.		
We have an almost non-demanding, intellectually clutter-free life together.		
We respect each other's space and are formally respectful to each other.		
We feel enriched, loved, evolved and respected by each other's presence.		
My partner reads me enlightening stories. It is more than meditation.		
I get a lot of time to talk my partner.		
We exchange a lot of loving gestures.		
My relationship is stable but very light and easy.		
I find time to call my partner at least couple of times a day.		
My partner is very flexible with decisions.		
I fall into a state of meditation when I am with my partner.		
I have a positively challenging and extremely loving relationship.		
We reward/appreciate each other for all the good work we do.		
My partner listens to my stressful stories without being judgemental.		
My work and relationship are extremely complimentary to each other.		
We have a very loving, caring, sweet relationship.		
I get lots of support and motivation from my partner.		
Lots and lots of loving gestures -including flowers and sweets.		
We discuss everything, to avoid friction later. It works.		
I get a lot of attention from my partner.		
We have a very reliable and responsible relationship.		
Our house/environment is very organised.		
We do handle matters/issues on a regular basis.		
We have time-bound, solid programs to make life easy and stable.		
We have long-term investments.		

Relationships at work

Thoroughly to know oneself,
is above all art,
for it is the highest art.
Theologia Germanica



Creation and destruction are not opposites, as they seem. They are two aspects of a single force. Break the Constraints of the Inner Images and External Standards. You must reclaim the natural state of your true self. Search for Your Own Inner Conviction. He does not have a public or private image of himself to live up to or one that dictates how he must behave. Understand Yourself. Self-observation is Essential to Self-growth. Self-knowledge is a more reliable guide to behaviour than adherence to arbitrarily imposed standards. You see success also requires the courage to risk disapproval.

Constitutional analysis is not just to find out the predominant element and discard all other duties in your life. Your constitution is not an excuse. Everyone must use all their elements in their daily life to be successful and fulfilled. One can access and activate any element to be practical in a specific situation. Every element can be your strength or weakness. The difference is the use of awareness or attention.

Following is a study of how two elements work together. ‘Positive’ is the nature when we are healthy and ‘mindful’. The ‘negative’ happens when out of balance and ‘mindless’.

Ether / Ether

Positive: Tranquillity meets wisdom. Life is filled with unlimited ideas, beautiful thoughts, deep and wise conversations, and peaceful and fulfilling discussions. Not bothered about right and wrong. They seek knowledge from each other.

Strengths: They are patient, calm and can see the truth from any angle. They can separate and discuss any specific layer of reality. If their conversations and discussions are outlined, structured and supervised these two can produce some groundbreaking ideas and plans.

Challenges: “Did you say something?” –the first Ether asked. “Did you hear something?” – the second Ether replied. Lack of dynamic action. Can sit and talk all day, theory is perfect application can be a challenge. Need earth element here to ensure this business doesn’t forget the bottom line.

Ether / Air

Positive: New theme meets a perfect caption! Tranquil Ether has met the dynamic Air. It is almost like Ether suddenly discovered a new window overlooking the most beautiful ocean after being in the same room for a half a centuries.

Strengths: Ether's inspired ideas get Air's unlimited possibility. Air admires the Ether wisdom. Ether admires the blooming world of option around them. This dynamic duo is a rare business combination but ideal where ether needs legs to act on visions. Air loves to implement and can run the 20 horses at the front of the ether carriage at once. When the relationship works the other way round and ether works for air – air gets a wonderful creative ideas person – probably a great creative team.

Challenges: “What were you talking about for the past 2 hours?” Ether wonders. “Where were you?” – asks Air. ‘You are totally scatter-head’ –Ether thinks. ‘Is someone living in your head?’ –thinks Air. Air talks, Ether listens. As Ether listens Air talks. Air doesn't wait for any response. Care here because ether changes their mind like most people change their undies. So air will act on ether's ideas and then find a waste of energy and money if the ideas aren't grounded with some earth energy. These two genius put together in business carve out new ground but so often go bankrupt because there is an infinite escalation in creative ideas.

Ether / Fire

Positive: Ideas on Fire. A flame learns to be still. Being with Ether is meditation for Fire. Now, ether feels centered, gets more focused, becomes more precise.

Strengths: Absorbing inspiration from Ether, now Fire is ready for business –better than ever. Ether is excited about how their ideas acquire a new ‘fierce power’ when they are with Fire. Ether is activated and now ready to get dirty! Yes, the ether fire com-

bination in business is a force to be reckoned with. Amazing ideas and creative genius merge with analytical skill, opportunism and dynamic energy. Nothing can stop them, apart from reality

Challenges: Reality bites. “When are you going to put your ideas into practice?” –Fire says. “Life is not just about marketing and making money” –Ether replies.

Ideas won't work on their own. Ether doesn't realize it easily. Fire smells it from miles away. Fire's growing appetite and obsession with the result can drive Ether away.

Ether / Water

Positive: Water gets a new world of ideology to their nurturing side. Ether witnesses a new practical meaning to their philosophy –giving. Calmness surrounds them.

Strengths: A Lot is said in silence. A Lot is heard in silence. This perceptive and intuitive duo can make an office heaven. Make sure there is plenty of Fire, Air and Earth to assist you in making things happen. Yes, the water Ether combination is such a humane and adventurous dynamic. Ether thinking ahead, water making the path gentle and kind. It's the ideal Dupo for humanitarian and earth changing action.

Challenges: Silent Ether and emotional Water can be dull. They might lack drive and practicality. “Don't behave like my mother!” –Ether is yells. “When are you going to start taking responsibility?” –Water is irritated finally. The significant pitfall of this couple in business is ideology. One may prefer to dream, the other may rescue and protect people from the ravages of change.

Ether / Earth

Positive: Philosophy is finally put into practice! If Ether inspires Earth with their ideas, Earth can spend the whole life on it until fruition. Ether has never seen this before!

Strengths: All those ideas and plans get a extreme 'practical' facelift. They are ready for action. Ether is amazed at the sight of a seeds evolution into a tree. Earth is stunned at the beauty of the birth of the seed. This combination can work together to build a physical world of an amazing futuristic and competitively "untouchable" idea. In partnership these two can't loose unless ---

Challenges: Responsibility and ego are the same thing. Ego can kill this working partnership unless there is a clear handover of power and a demarcation of responsibility. Earth is the nuts and bolts of production and management, ether is the ideas and vision – neither are sustainable good at marketing. "I don't want to tell you what to do, I am not your daddy" –Earth screams. "Actually, I know you are not!" –Ether whispers. Control, control, control –Ether doesn't like the way they are treated.

Air / Air

Positive: Dynamic duo. Carefree spirits. Life is freedom for them.

Strengths: Office is now filled with fun and lightness. Open window. Dividers disappeared. Notepads and pens are flying. Who else would dare to install a music system to motivate their colleagues in the premises? The masters of communication - they talk and talk and talk. They need to take note of their discussions and ideas. Give them a schedule, ask them to split responsibility – they complete your task before get back to your chair. Every huge problem becomes simple for this lighthearted business partners. They talk themselves out of any trouble.

Challenges: Two angry cats in a bag? Scattered

brain? Blocked communication? Inconsistent and unreliable to each other? Don't know what to say? This partnership can go round and round and round in circles improving something that's going to be

Air / Fire

Positive: Dancing wind and a blazing flame!

Strengths: A team with enthusiasm and drive, and momentum and spark. They discover new ways of living. Air is getting some rocket fuel for his idea. The Fire is tasting a new direction from this harmonious combination. Both are fast, willing, powered and directed. If they don't get carried away, they will produce stunning results –very fast indeed.

Challenges: "You are too critical?" –Air complains. "Did you change your mind, again?" –screams Fire. Ahh... but everything has its other side, if not careful, and these two people can quickly get on each others' nerves. These two need to learn to slow down.

Air / Water

Positive: Elusive air and embracing Water. Affair of Air and rain-clouds. Now the Water learns to flow with grace. Air learn to make ripples in Water.

Strengths: The right combination of a talker and a listener. Communication at its perfection!

Challenges: "It's all just talk" –sobs Water. "You can't expect me to be home all the time" –warns Air. Ahhh... Nature and nurture -the contradiction in the universe.

Air / Earth

Positive: Communication-action team. Air, being a voracious talker, articulates well and the Earth is in constant action. Earth can try to match that in action!

Strengths: Earth is amazed at the ease of Air and Air is amazed 'how can he/she do this over and over!'

Every one has
been made for
some particular
work and the de-
sire for that work
has been put in
every heart

Rumi

Earth can't believe how easily Air let go of things and events. Air can't believe how reliable and trustworthy Earth is. This team walk their talk.

Challenges: "Stick to your subject" –Earth warns.
"Don't be too stiff" –Air retorts.

Fire /Fire

Positive: Explosive, fast and furious team. The best combination to analyse and resolve any problem.

Strengths: Lots of coffee, spiced crisps, sleepless nights and push ups during a long schedule. As two eagles soar high above the clouds where most other birds cannot fly, Fire and Fire are like two fingers in a glove. They are like the two sides of one thing. They are the team, the hands that help. A great team, and a wonderful gift for them both. Fire on Fire is affirmative. Fire needs affirmation, support in all areas, they thrive on being praised and believed in greatly.

Challenges: "I am better than you" –grunts the first Fire. "In your dreams" –the second Fire. Ego clashes

Fire / Water

Positive: A 'precise and caring' team.

Strengths: The precision and speed of Fire is exciting for Water. The gentle support from Water inspires Fire. Fire inspires Water and Water cares for Fire. This is a winning marketing team. Fire and Water are opposite.

Too much opposite, they meet at the ends of the circumference. They feel so right to be in business together. Water remember every business details, which helps Fire. Fire can use those pieces of information as arrows and bullets as fast as he wants, whenever he wants. It is a n intensely emotional team. Winning and loosing will bring tear in their eyes.

Challenges: "You are too slow, are you dead?" –yells

Fire. “Slow down a bit, dear” –Water smiles. Complacency.

Fire / Earth

Positive: Fast and practical partners. They rebuild world faster than any other team. Earth gives Fire solid fuel. Fire loves it. He burns, he transforms, he changes the world.

Strengths: Earth’s practicality and Fire’s strategic approach make them the most ferocious and integrated team. Fire builds – Earth sustains.

Fire injects the energy Earth holds it. Fire initiates Earth sustains. You both are blessed with a dynamic that can change the world. New things are infinite and making them work for you both Earth will interpret.

Challenges: “Why do you change things all the time?” –asks a frustrated Earth. “I hate to repeat it” –Fire replies.

Water / Water

Positive: They are born to nurture each other and anyone around them. Intelligent Water/Water team can catch your attention for hours. They are deep lakes of stillness. They are calm oceans of silence. When the water moves, you see them everywhere –inside, outside- they surround you.

Strengths: They become magnetic in their work. They can sell anything to you with their sincere and sensual sales approach. They don’t talk a lot. They don’t force you into anything at all. They don’t play that ‘it is too expensive for you’ trick. Even they will tell you ‘if you don’t want don’t buy it’. Saying that, they have changed the waves in your mind.

The currents in your heart has changed their course. Whatever they are selling -whether food or chocolate- when they ask you ‘do you like to try it?’ your soul won’t say ‘no’. Business with Water means -you

feel like you are looked after from all corners.

Challenges: Dream world! Obsessions. Sometimes they will have to open the windows and face the real world.

Water / Earth

Positive: Water is poetry to Earth’s facts. Rock starts melting. Water gets some good grounds

Strengths: What could be more juicy that Earth and Water mixed into a clay and molded into any and every shape. Earth doesn’t stop working, Water doesn’t stop supporting. Whenever Water loses their shape, Earth become a vessel.

Challenges: Water, the sensitive flower can’t smile too long under a domineering Earth. But there’s a potential problem. Earth wants control and Water refuses it.

Earth / Earth

Positive: This team is built to last and born to build. They accumulate a lot of wealth and properties. Extremely stable and productive team.

Strengths: They respect each other, as they are mutually predictable and reliable and they love it. They know each other. It is a sort of unbreakable team. They trust each other. They divide their work systematically. Work out time-tested, practical plans. Put them into practice. The result is predictable. The growth is stable.

Challenges: Too critical about each other, as they expect more. Life can be boring if they can’t get out of their ‘repetitive’ nature and ‘pathologically organized fun’

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Let me not pray to be

sheltered from dangers

But to be fearless in facing them.

HEALTH & LIFESTYLE

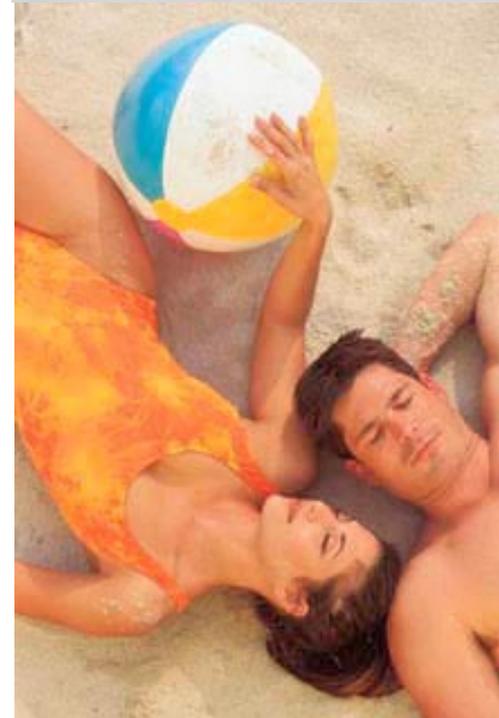
Let me not be for the

Health and re balancing By Rama Prasad
Nutrition for Your Element

stealing of my pain

But for the heart to conquer it.

Tagore



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Ether of nutrition

Ether is obeying the physiological laws, nature's rules, and eating with attention: Eat during day time, eat when hungry, eat natural and less modified food, eat while you eat. People eat with TV on, while on the run –wrong. Eat solids only during daytime. Dinner should be before sunset. Eat seasonal and local vegetables.

It optimizes the pleasure we receive through our senses. Body needs 100% satisfaction every time through every activity. It requires mindfulness. If we eat without mindfulness, some satisfaction will be absent and body will express it through cravings. Craving for sugars, salts and savories, craving for more food and always feeling hungry are some examples. Experience the food. Feel its textures. Taste the flavors. See the colors. Enjoy the aroma. Listen to the chewing music. This will help you to eat enough. Usually, half the food we eat is too much. By reducing 30% food, a group of monkeys lives an extra 40% - lifespan increased from 10 years to 14 years. This means more attention = less food = longer life = more health = more saving = more enjoyment!

Eat your liquids, drink your solids –say the ancient English proverb. This mindful ingestion of food improves the assimilation. Less biological leftovers and toxic waste load means cleaner cells.

Right combination and wrong combination: wrong combination makes two good food items toxic and dangerous. Honey is good. Heating is also good while preparing food. But the use of heated honey for 3 months reduced T cell count in mice. That means regular use of heated honey can lower our immunity.

Sour fruits with milk will give excess acid in the system. We need to rethink our fruit and yoghurt breakfast. This is the perfect combination for aggravating

acid in our system, that leads directly to inflammations of sinus, lungs, bronchus, throat, tonsils, pharynx, larynx, stomach, eyes and ears.

Ether of nutrition is about flowing with cosmic laws.

Air of nutrition

Regularity of meal times and intervals between them are air of nutrition.

Body takes around 3-4 hours and almost two thirds of its energy to digest a meal. It cannot afford any upset in the digestive system during this process. So, eating a meal within 3-4 hours of the ingestion of the previous meal can disrupt the digestion.

Timing meal should be based on personal physiological rhythm. We need to find out when we get hungry, when we digest best. Of course, when it is timed awkwardly, we should modify it. Healthy individuals experience hunger at normal times –during daytime.

Bitters and astringents are the two important air flavors. Bitters body's wisdom, improves cell memory, open channels, optimizes circulation. Lemon rind, some spinaches and bitter melon are some examples of bitters.

Astringent improves absorption, retention and firms tissue. Tannins give sufficient astringent flavors in our diet. Most lentils have a astringent flavor.

Fire of nutrition

Cooking and appetite are the fires of nutrition. Choosing the correct type of cooking for the ingredients, combination and the person.

To cook or not to cook? Raw, boiled, steamed, toasted, grilled, dried, fried, baked, brewed, fermented, soaked items. And their effects.

Maturity of food: naturally matured and chemically



matured foods and their effects.

Digestives and metabolic stimulants, herbs and spices are fire items. Oils, fats, lipids fall into fire and water.

Pungent, salt and sour are fire flavors. They help break down food into absorbable form. Fire flavors are digestives and metabolic stimulants.

Most spices have pungent tastes. Pungent is available from warm to hot spices such as ginger, cumin, garlic and black pepper.

Salty taste is from various forms of salt. Supermarket salt is dead salt –no minerals in them.

Sour flavor is from lemon and tomatoes. Most unripe vegetables are sour.

Water of nutrition

Growing food with love, cooking with love, serving with love, eating with love.

How much water to drink? Drinking water can kill digestion. There is a disease due to excess drinking of water.

Need of natural moisture in food for digestion.

Carbohydrates: grains, fruits, root vegetables are the water of nutrients.

Fats, lipids and oils

Sweet is a water flavor. It grounds, calms and satiates. Natural sugars, fructose or lactose are sweet.

Rice and potatoes are sweet. Without sweet and filling dish, a meal is not complete.

Earth of nutrition

Following the diet program and meal schedule strictly is the earth of nutrition.

Proteins, minerals and metals are vital for health. These become foundation of mind-body stability.

Storing food: Grains should be stored for 1 year before eaten. Vegetables, fruits, meat are consumed fresh.

Preserving seeds: natural way; chemical way. Their effects.

Earth also shares the sweet, astringent and sour flavors. They are stabilizing, integrating flavours. The following is the list of flavours and elemental predominance.

Taste	predominant elements	
Sweet	earth	water
Sour	earth	fire
Salt	water	fire
Bitter	air	ether
Pungent	fire	air
Astringent	air	earth

A taste is the effect of active elements in the food on your tongue.



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Summary Nutrition and Your Element

	Ether	Air	Fire	Water	Earth
Eating	With awareness and attention	At regular intervals.	When hungry	Coordinated	Organized.
		Right combination.		Loving your food.	
Type of processing	Fasting	Raw food, fibers	Pickled, fermented	Boiled, steamed	Condensed
Flavours	-	Astringent, bit- ters	Pungent, salt, sour	Sweet, salty, moist	Sweet, astringent, sour
Food groups		Leafy greens, tannins	Spices, oils, lipids	Oils, carbohydrates	Proteins, minerals, metals

Increasing or Activating each Element

This is your regular health check up page. This takes you through five major areas of your life.

Ether	Breaks, naps, sleep, weekends, holidays, vacations
Air	Relationship with your self, intellect, emotions, body, work, partner, family, home, society
Fire	Cardio, building, stretching, regularity, enjoying, rest afterwards
Water	Farming, storing, combing, cooking, serving and eating elements.
Earth	Profession, business or anything that gives you intellectual satisfaction

REBALANCING YOUR ELEMENT

DISEASE - The fight with nature

We all understand the importance of maintaining health in our own life. Self-awareness is an ongoing and continuous journey. Stress and blocked emotions cause much of our illness. Don't be discouraged by your age, your circumstances or by the opinions of those who are your friends. While there are years ahead, while there is opportunity, and while you can draw a breath you have the opportunity of betterment and advancement in your wellbeing and happiness.

In all ancient teachings ill health was recorded as a sign of imbalance. Either excess or deficiency in lifestyle. Such excess or deficiency was categorized into five elements – too much or too little, ether, air, fire, water and earth. Consequently – no matter what your constitutional predominance – you are still vulnerable to a disease or illness caused by an imbalance in one of your other elements. (we all have all 5)

So an ether predominant person can have an excess of fire disease or a deficiency of earth disease. Maybe even labeling these imbalances disease is too extreme, maybe we could even say – unhappiness.

Because imbalance – excess or deficiency in any element will first mean discomfort or pain, then it may become disease. A sore throat, a rash on the hand, a headache, pimples and constipation are symptoms – not causes of disease. So in looking for imbalance we are not seeking diseases – we are looking to maintain happiness and health. This is an important distinction. We really don't have to wait until your imbalance has become a disease.

“Mankind is notoriously too dense to read the signs that God sends them from time to time. We require drums to be beaten into our ears, before we would wake from our trance and hear the warning...”

GANDHI

Your body is a book. It reveals everything. Rama can diagnose your wellness and imbalances just by looking for a few seconds at your tongue. Or he can read your pulses or look into your eyes. There are so many gateways the body provides into the mysteries of your elemental constitution and its wellbeing, we won't even try to list them. And that's why we call your body, Natures Bible.

All illness, all disease is a revelation of imbalance and a sign from nature that you need to make changes. When nature becomes your enemy you are the target of all her antagonisms and she carries many in her equipment. Backed by 8000 diseases and the countless dangers posed you, all added, she is able to remind you at an any angle of your existence that you are an important part of her universe. No pill can fight nature. And nothing that you can do will save you from her fury if your lifestyle is in excess or deficiency for long. It is therefore wise to align with her will, rather than your own folly, ego or intent.

The moderate person never dies young; rarely by disease or pain, for nature takes care of those who are in tune with her. No wonder the righteous die young – even mental extremes are imbalances to the body, the body and mind really are one vehicle and so imbalance and disease is not just a physical thing, it's mental and spiritual as well.

There are many negative or destructive forms of thought which react in every cell in your body. The strongest is fear and its child, worry. They bring

tension to the body and mind leading to waste of energy, and either slow or rapid poisoning of the body. Rage, intense fear and shock are very violent and quickly intoxicate the system. Worry and other destructive emotions act more slowly but in the end have the same effect. Anger and intense fear stop digestive action, upsetting the kidneys and the colon.

When your emotions override your inspirations, when your body mind becomes over stimulated or depressed, when you are not doing what your love, you become imbalanced. Tiredness, chronic Fatigue, mental health, illness, stress are all symptoms of imbalance.

To build and develop a healthy lifestyle -- the first step is right thinking. The ideal thought process is a happy, balanced mind with gratitude. Grateful, thankful thought, inspires the mind, builds the immune system, develops energy, attracts support and resources. Long living people are grateful people.

When your mind is out of balance your heart cannot open, emotions arise and these suck life force, exhaustion results.

Be healthy in your mind, eliminate worry by finding the balance in each thought, there's two sides to everything. This creates an awareness that is profound, make that point your dream; this is the joy of your heart.

Imbalance -redefined

Anyone can create any form or type imbalance if they are not in touch with themselves. Many of us overuse their constitutional elements and aggravate them. Thus, an Air type can create Air excess. I have seen Air types developing Fire (acidity), Fire types suffering from Earth (stiffness, stones) imbalances.

Imbalance is divided into excess and depletion. Usually an increased cold element will decrease a hot element. When one eats too much chilli (Fire), his body turns red (Fire), hot (Fire) and sweaty (Fire). He loses water by sweating. Thus, heating pepper can increase Fire element and decrease cold elements in us. As a result, your tongue will be dry (excess Air) and body will be dehydrated (depleted Water). You ask for cooling water.

If an element is depleted, there will be another element that is excess. This is true in vast majority of cases. So, by increasing a depleted element you can reduce the aggravated element.

In imbalance, the functions of an element will be diminished or distorted. For example, in excess awareness becomes anxiety, rhythm becomes changeability, courage becomes violence, love becomes obsession, boldness becomes stubbornness.

Imbalance is a state when we feel uncomfortable. We feel something is not right in us. The inability to do things as we want and wanting things we can't manifest are some effect of imbalance. When the elemental patterns are almost identical in all the layers of our life such as constitution, life, diet, work, environment, hobby, relationship etc, we experience lightness, calmness, joy and peace. When the patterns don't look similar, it means we need to look into our life, change directions and make changes.

Health is the expression of success and fulfillment. A healthy person feels like cruising through the world

and life without any friction or hurdles. From outside, you might see him overcoming difficulties and hurdles. He doesn't see them as hurdles.

In the next few pages we will analyze causes, signs and some simple, effective techniques to balance our lives. We recommend that you make any change with the help of a fully qualified life-mind-health practitioner.

Signs of imbalances

Pattern of your constitutional and other aspects of your life should be identical. If they are not you won't feel comfortable with your body or mind. Disease is a higher end of this 'uncomfortable' feeling.

Paul's story

Paul started experiencing heartburn (excess Fire), low energy, sluggishness (excess Water), anxiety (excess Ether) insomnia and insecurity (depleted Earth) during the past 3 months.

Paul is a 52 year old Fire-Earth type, running his own successful finance firm in a country town. He has a fairly suitable lifestyle for his constitution. Good family and children, comfortable house, some long-term investments, hobbies -like hunting, with friends, buying and selling properties.

Lately he is thinking about expanding his business, dealing with some old legal issues, talking to his lawyer and thinking about sending his son to the city for higher studies.

Instead of an open discussion with his family, he is keeping all his thoughts/anxiety in side he is over burdening his Ether. In this process he is eating a lot of spicy, oily food (excess Fire & Water) and drinking a lot of coffee (Excess Fire).

As a result he started suffering bad heartburns (excess Fire), low energy, sluggishness (excess Water), anxiety (excess Ether) insomnia and insecurity (depleted Earth).

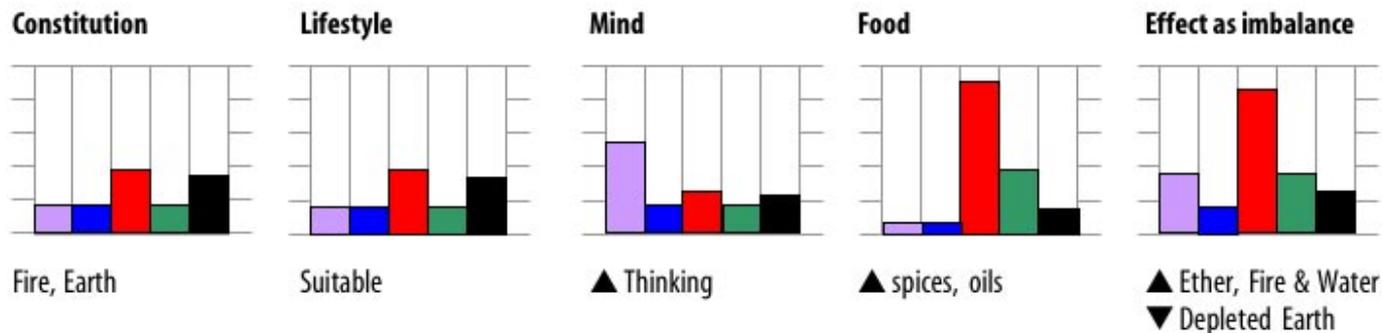
Helping Paul

Inspired by an 'elemental' consultation Paul started observing the following things: Discussing his issues with all the relevant people (using Ether and Fire intelligently). Giving them sufficient time to express their views and concerns. Started an alkaline and light diet, and eating homemade meals or eating from home to avoid acidic items. Increased his water intake (preventing excess Fire & Water). Started making a 'to do' list on paper instead of his head. Prioritized his 'to do' list. (using Fire & Earth intelligently). Regular cardio and weight training (for long-term health and wellbeing).

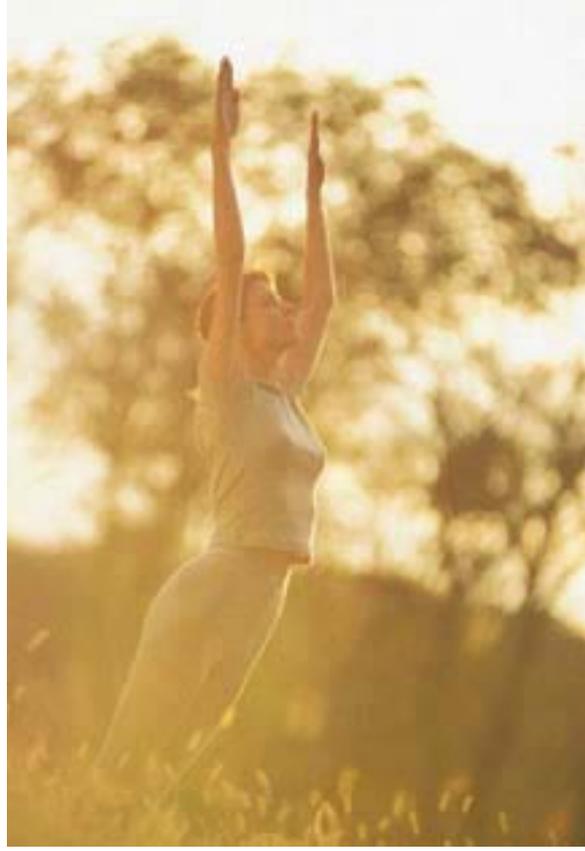
Rewards

As a result his need for coffee and junk food ceased. His acidity went away. Got his energy back. He started sleeping well and feeling secure and together again.

The following is a diagrammatic representation of Paul's state before at consultation:



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Sign of depletion of Elements

If we don't use all our elements to their proportion through different avenues of our life they deplete. Usually the signs of depletion of an element is the excess of another element. This happens when one element is physically or functionally depleted, one or more other excess element take over its space.

	Ether	Air	Fire	Water	Earth
Mind	Lack of openness & sense of space, busy & congested mind, can't think	Out of rhythm, lack of mobility, low adaptability, stagnation	Cold, lack of enthusiasm, depression, restlessness	Careless, hatred, irritable, sensitive to noise	Unstable, wavering, sensitive mind,
Body	Feel congested inside, stiff or rigid joints	Lack of circulation, excess moisture,	Weak digestion, metabolism, cold body	Dryness, dehydration, lack of lubrication	Loss of muscle tone, loose tendons and skin
General signs of	Excess Air, Fire, Water or Earth or a combination of elements.	Excess Ether, Fire, Water or Earth or a combination of elements.	Excess Ether, Air, Water or Earth or a combination of elements.	Excess Ether, Air, Fire or Earth or a combination of elements.	Excess of Ether, Air, Fire or Water or a combination of elements.
General rules	Find out the exact element/s through the chart in next page.	Find out the exact element/s through the chart in next page.	Find out the exact element/s through the chart in next page.	Find out the exact element/s through the chart in next page.	Find out the exact element/s through the chart in next page.

Signs of excess

Excess use of elements mentally, physically, nutritionally or through lifestyle or profession result in excess element in our body-mind. Excess in ether can manifest as low iron count, weak memory, low energy etc. Irregularity in your body is excess air, which is expressed as excess urea in blood, uterine tissues in abdomen, blood in urine etc. Excess fire manifests as excess heat, hunger, irritability, inflammation etc. Excess water behaves as sluggishness, longer sleep etc. The following is a broad classification of symptoms and signs of excess elements in your system. Excess is often too disruptive than depletion. Here is the list of signs of excess elements.

	Ether	Air	Fire	Water	Earth
Aggravates due to	Cold, dark, still, lonely	Cold, windy, dry, hyperactive	Hot, humid, aggression	Dampness, inaction	Cold, static, stubbornness
Appetite	Absent	Irregular, shifting	Excessive, irritable	Sluggish, overeat	Not hungry, but eat regularly
Blood	Low count, anaemia	Wrong tissues in a channel (eg: +urea in blood)	High acid, bleeding	Excess sugar, fat, white cells	Excess coagulants, tendency to clot
Bowel	Constipation, abdominal noises	Irregular, pains, inconsistent, twisted	Loose, soft, ulcer, diarrhoea, inflamed	Sticky, sluggish, slow	Hard stools, tendency to force
Circulation	Very little	Cold and hot	Excess and too hot	Sluggish	Large vessels
Cause: climate	Cold, dark, still	Cold, dry, windy	Hot, humid	Damp	Cold, static
Cause: emotions	Indifferent, anxiety	Worry, insecurity	Frustration, anger	Selfishness	Greed, possessive
Cause: food	Irregular eating	Cold, dry, low fat, dehydrated	Oily, spicy, fermented, brewed	Starchy, heavy, oily, sweet	Meat, proteins, condensed food
Ears	Ringling	Aches, blocked	Infection	Excess wax	Narrow canal
Eyes	Dilated pupil, blind	Dry, achy	Red, watery, burning	Itchy, sticky	Growths
General signs	Signs of depletion	Aches, blockage, cold, shifting	Burning, excess discharge, red	Swelling, itchy, accumulation	Growth, stones, cyst, clot
Joints	Sinovial fluid depletion	Cracking, pain, grinding sounds	Inflammation, redness	Swollen, too loose, unstable	Stiff (esp. in the morning)
Lips	Blue (bad circulation)	Cracks, dry, bleeding, sore	Ulcers, easily bruise, burning	Swollen, cold, oily / moist	Rigid, heavy wrinkles
Mind	Blank, spaced out, anxious, insecure	Worried, unreliable, confused, shiftly	Irritable, aggressive, frustrated, violent	Clingy, self centred, selfish, Greedy	Possessive, stubborn, control

Microbes	-	Virus	Bacteria	Fungus/Candida	Any
Nature of disease	Malabsorption, depletion	Irregular, shifting, aches and pain	Inflammatory, red, burning sensation	Slow, sluggish to respond to medicine	Stubborn, mostly long term / surgical
Nose	Anosmia	Blocked, septum deviation	Bleeding	Mucus	Growth
Organs (any)	Depleted, production stopped	Blockage of channels, pain	Inflammation, acidic, burning sense	Swelling, heaviness, fluid retention	Stiffness, growth, stones, clot
Pacified by	Warmth, fluids, stability, massage	Warmth, massage, moisture	Cool, moist, bitters, rest	Warm, stimulants, ginger	Mobility, warmth, circulation, space
Periods	Absent (amenorrhea)	Irregular, clots, painful	Excessive bleeding, infections	Too many days of bleeding	Clockwork (but suppressed signs)
Relationship	Alone, difficult to be warm	Unreliable, shifty	Intense, violent	Clingy, attention seeking	Possessive, controlling
Responds to (body)	Replenishing	Warmth, moisture, oils, touch therapies	Cooling, antacids, anti-inflammatory	Low fat, light diet, fasting, low calorie	Warmth, better routines
Responds to (mind)	Support, warmth	Communication, warmth	Relaxation, vacation	Assurance, presence	Openness, less demand from self
Skin	Low pigments, texture, sensation	Dry, cold, scaly	Red, easily bruising, burning	Swollen, cold, oily / moist	Rigid, heavy wrinkles
Sleep	Insomnia	Interrupted, toss turn	Sweaty, too hot	Needs 10+ hours, still unrefreshed	Clockwork –but unrefreshed
Wakes up	Depressed	Sore, achy	Irritable, grumpy	Heavy, slow	Stiff
Your Score					
2 predominant elements					

The only lasting beauty
is the beauty of the heart

Rumi

Causes of imbalance

Insufficient or excessive exercise of any of our elements will unbalance our mind and body. The following is the causes of depletion and excess.

Causes of depletion

	Ether	Air	Fire	Water	Earth
Intellectual	Lack of listening to self	Lack of movement	Lack of changes in life	Lack of nurturing	Lack of systematic approach
Psychological	Lack of openness, equanimity, meditation, acceptance,	Lack of communication, leisure	Lack of challenges, interaction	Lack of love, nurturing others	Lack of stable and structured lifestyle or work
Nature	Lack of silence	Lack of ventilation	Lack of sunlight	Lack of moisture	Lack of support
Nutritional	Lack of periodical fasting, mindful eating	Lack of leafy vegetables	Lack of digestive stimulants	Lack of fluids, carbohydrates	Lack of minerals and proteins
Your score					

Causes of excess

	Ether	Air	Fire	Water	Earth
Intellectual	Too much thinking	Excess travel & 'to do's in the list.	Impractical expectations	Obsessive, clingy nature	Focus on the self, and possessions
Nature / environment	Loneliness, isolation, depletion, high pressure or hard physical labor, noise	Changeable, fluctuating, ungrounded, unsettling	Aggressive, judgmental, violent, angry, frustrating	Attached, greedy, obsessive, clingy, procrastination	Control, compulsion, rigid, stiff, stubborn
Long term exposure to	Anxiety, hard physical work	Distraction, hard physical / mental work	Frustration, too much challenging/ unchallenging work	Holding on to things, too much negotiation	Unhealthy repetitive lifestyle, Too much intellectual work
Nutritional	Insufficient nutrients, fasting, predominantly old and depleted food	Irregular timing, excessively fried, dehydrated food, too much raw food	Highly processed, too much pickles, fried, ferments and spices	Excess sugars and fats, excessively boiled, oily food	Condensed food, too much grilled, baked, roasted, fried food
Your score					

Some Examples of Change through Rebalancing your Element

Some case studies are presented to show the full power of this revolutionary approach to life management health and wellbeing.

There was a couple – he was Ether she was Earth. For years they fought trying to change each other until they realized that, they were living in their elements, they laughed till they cried when they realized that it was all perfect, this contradiction of styles, they relaxed and fell in love again.

There was one woman who come to us she was Water element. She had a job as an office manager for the past 3 requiring huge amounts of Earth. She had been to every training program around. She realized the company wanted an Earth person, she would never be that without huge imbalance in her life. She quit her job and her life went to it's happy state again.

There was one man who, in a program declared bravely. Oh my, he said, I have been treating my wife life a Water person but she's actually Ether. I have asked her to be something she isn't and she's struggled with that for 20 years. My wife is Ether, it's my mother who was Water and I just transferred that expectation on to my wife. I am going home right now to say sorry.

There was another guy, a big Fire Earth man. He had sold his business some years before and had become "spiritual" resorting to living in the country and building barns in his spare time. When he uncovered his Fire element he said. Oh hell, that's who I used to be, I thought it was wrong, un spiritual to be so Fired up about life. I changed it and became all spiritual. But I've been deeply missing my work life ever

since. He restarted his business and his life accelerated once again.

One lady was 75 years old and was in a program and she burst into laughter when she realized she'd been a nurse for 30 years and hated it. She was an air person who loved meeting people, but the looking after sick people was never her joy. It was cheering them up she loved. She danced around – like a five year old child – she said it was like a tonne of guilt lifted off her shoulders in one second.

There was one woman – a really really little boned very air type person. When she self analyzed herself she grouped herself with the Water people known for their huge nurturing capacity and loving mothering. When we identified that she was Air she said but I wanna be Water. She was measuring her constitution on her beliefs about what she should and shouldn't do. She was a Yogini and Water was what she thought she should be in life. It was a struggle for her to see that she could still nurture but that much of it would need to come from an air person action.

There was a couple. And they were both Ether. And that was fine while they played around traveling the world. But when it came time to settle down he wanted children and a wife and she wanted him to want her so she started to act like a Water person. And then she became miserable because she wasn't expressing her "element" and was putting on weight so much while she tried to become the Water woman. It was hard for her to see this because she didn't want to lose his love. But she realized that it's wiser to love herself first.

An Air lady, managing (Earth work) a school for

12 years, ended up with frequent stress fractures and undiagnosed neurological problems (depleted Earth). She resigned, started teaching. Slowly she is recovering from the illness.

A 45 year old Water lady, behaving extremely stressed and borderline rude, revealed that she was forced into accountancy (Fire work) and part time administration (Earth) when she was 17. She lost her gentleness, softness and nurturing tendencies. She wanted to be a nurse. But her father's firm wanted an accountant. She is always in relationship with someone due to her Water constitution. But it ends soon, due to the overused Fire making her miserable and acidic.

There was a man who had been beating himself up for many years because he was too slow in his life and work. He went to a personal coach and the personal coach was a Fire person. The Fire person tried to change this man who was a Water element. They did all sorts of systems and the Water guy got worse and worse. Then one day the Water guy realized in a seminar that his way was not actually slow. It looked slow because he is Water he is careful. Then he felt like going and getting his money back.

There was a tall thin man married to a shorter strong-boned woman. She was always complaining that he couldn't do the right thing and was disorganized and never got anything done. He was always blaming her for being so real, so unimaginative. They grew to dislike each other and parted. In a program – he discovered his true nature was Ether and she Earth. They began to see that all their woes were over something that was unchangeable and they made up and went back to live together again.

Balancing Program

Balancing include removal of all the inappropriate Ether factors from life would be the first step. Filling in the depleted elements and removing the excess come next. If there is toxic accumulations due to the imbalance in the system they have to be safely removed and the depleted elements should be reintroduced. Excess is treated with increasing other elements intelligently. This sounds easy. But there is a lot of complexities with it. This is applicable to each following program.

Go through the following questions:
What are the main signs and symptoms?
Which are the depleted elements?
Which are the aggravated elements?
What could be the causes?
List any unhealthy food you eat regularly
List all unhealthy activities you are observing.
How are your signs linked to the causes?
What are you willing to avoid?
What are you willing to reduce?
What are you willing to include?

Yet to compile

Balancing
Ether excess

to be completed:

Lifestyle:
Mind
Body
Food
Work

Relationship
Exercise
Colors
Herbs
Therapies

Balancing Air excess

to be completed:

Lifestyle:
Mind
Body
Food
Work
Relationship
Exercise
Colors
Herbs
Therapies

Balancing Fire excess

to be completed:

Lifestyle:
Mind
Body
Food
Work
Relationship
Exercise
Colors

Herbs
Therapies

Cooling herbs such as aloe vera, baccopa, gotukola and neem are helpful here to reduce the fire. Formulas such as Swedish bitters and Sudarshan churanam (from Indian grocery) are safe. Diet should be low in acid, yeast, refined food, sour flavors, hot spices and fats and oils. Sleep is vital to cool your body down. A cold shower can help you hear to get refreshing sleep.

Balancing Water excess

to be completed:

Lifestyle:
Mind
Body
Food
Work
Relationship
Exercise
Colors
Herbs
Therapies

Figure out a colorful plan for future, get a personal trainer, have a pet and talk to a loving friend. Work out a long term plan. Small steps. Practice it consistently. Spices such as ginger, black pepper, lemon grass and condiments like honey are excellent. Starches, nuts, tubers, sugars and refined foods, fer-

mented items are all going to slow down the recovery.

Balancing Earth excess

to be completed:

Lifestyle:
Mind
Body
Food
Work
Relationship
Exercise
Colors
Herbs
Therapies

Regular counseling to understand and weed out deep-seated negative patterns along with physical rehabilitation are vital. A new healthy daily routine has to be established. One should be educated to be flexible about the strong routines by the experts. Warming flexibility exercises will slowly bring the desired results.

Nature	Silence	Ventilation	Sunlight
Moisture	Support		
Nutritional	Fasting	Leafy vegetables	En-
zymes, vitamins	Carbohydrates	Proteins	

Activating your elements

You are an Earth type. Managing (Earth profession) a finance firm for the past 3 years. You studied marketing. You have done some years of marketing. But, you didn't think that it is your cup of tea. Now, your marketing manager is going on leave for 2 months. The only option you have is to take over your marketing manager's work during the afternoons to save the company.

How can you do a Fire job, if you an Earth type?

Most of us come across predictable and unpredictable situations like this. The following is how to activate a particular element for these situations.

We can activate an element for a short term if we have to perform a non-constitutional activity. That should only last for some 'time'.

Activities

Ether	Meditation	Dark room, choosing things thoughtfully, reading from enlightening books.
Air	Communication	Enquiring, relaxation, requesting, asking, searching, walks.
Fire	Exercise	Action, active interaction, analysis, competitive exercises.
Water	Massage	Improving flexibility, sharing, caring
Earth	Weights	Firming, affirmations, building, investment, deposits, stability.

Design

Ether	White color	Simplicity	Plain, white or pastel colors, silk,
Air	Blue color	Pattern	Rhythm, waves
Fire	Red color	Sharp edges	Warmth, digestives
Water	Green color	Circles, ovals	Fluid, flexible things, smooth/soft fabric
Earth	Dark, brown	Rectangle	Rough/heavy fabric/shoes/timber, metal, cotton

Nutrition

Choose only healthy food.

Ether	Fasting	Awareness, attention	Raw, salads
Air	Eating on time	Cabbage, spinaches, naturally low fat food	Dried food
Fire	Chewing well	Spices, herbs, vitamins, enzymes	Pickling, fermenting
Water	Eating more frequently	Oils, sugars, carbohydrates, fluids	Boiling, steaming
Earth	Protein rich diet	Proteins, saturated fats	Baking, grilling, roasting, frying, condensed

Increasing elements

Ether	Opening	Inspiration	Vow of silence
Air	mobilising	Motivation	Deep breathing
Fire	Warming	Encouragement	Sweating
Water	Moistening	Care	Lubrication
Earth	Stabilizing	Support	Toning

Decreasing elements

Ether	Mobilizing, moistening, stabilizing	Warming	Grounding
Air	Opening, moistening, stabilizing	Warming	Moistening
Fire	Opening, mobilizing, stabilizing	Cooling	Drying
Water	Opening, mobilizing, stabilizing	Warming	Drying
Earth	Opening, mobilizing, moistening	Warming	Softening

Yet to complete

Health maintenance

Questionnaire. How I interact with it and how I experience it.

	0 - 10	Total
Do you skip a days eating a few times a month.		
Do you meditate for Spiritual Guidance		
Do you read enlightening books		
Do you listen to calming or classical music.		
Do you go for long gentle walks regularly.		
Do you have good circulation. (don't usually get cold toes and nose.)		
Do you do a lot of good breathing exercise.		
Do you enjoy 2-3 cardio workout sessions weekly.		
Do you do 2-3 running/jogging/treadmill sessions weekly.		
Do you keep your body moving while at home or office		
Do you work out 3-4 times weekly. I sweat easily.		
Do you do 2-3 sessions of challenging activities such as boxing/climbing/rowing/ tennis each week		
Do you set practical but very high goals for yourself.		
Do you raise your standards constantly but make sure they are safe.		
Do you love to do and see changes and improvements in your health.		
Do you do regular swimming / low impact exercise.		
Do you eat only when you are hungry and drink when you are thirsty.		
Do you cook at least 1-2 times weekly for your friends/family.		
Do you have 2-3 sessions of self-nurturing time each week		
Do you listen to people, sympathize with them, but try to preserve your energy.		
Do you have regular weight training.		
Do you do things methodically		
Are your muscles firm and joints strong.		
Along with maintaining your muscle mass, do you focus on a bit of flexibility and cardio each week.		
I do my regular medical tests at the right times		

Vacation & Hobbies Questionnaire.

	0 - 10	Total
Do you do more than 4 hours personal Reading each week		
Are you Meditating more than 1 hour a day		
Do you visit Sacred places on your holidays		
Do you like chess, word puzzles		
Do you spend alot of time at silent riverside dwellings		
Do you love listening to or playing music daily		
Do you dance often and love it		
Do you enjoy picnics (somebody else organizes for them)		
Do you usually go on holidays with other people		
Do you get away from it all in quiet still isolated places		
Do you love action sports like white water rafting climbing,		
Do you compete in sport weekly		
Do you set physical challenges for yourself daily		
Do you love action holidays – trekking etc		
Do you attend lots of passionate parties		
Do you attend cooking classes,		
Is feeding friends a great recreation for you		
Is relaxation and nurturing really important on your holidays		
When you take a break – to you enjoy slowing down		
Do you love warm, romantic, rainforest retreats		
Do you enjoy weight training		
Are you pretty regular with your daily routine		
Do you collect things from the past		
Are you detailed when it comes to researching something		
Do you enjoy historical places, Museums,		

Master Analysis

Questionnaire

Copy your score from the previous pages onto this page.

Circle around the first 2 predominant elements in each column such as constitution, relationship etc.

If the same 2 elements are repeated in all seven columns, you are living a dream life.

If it is less than 4 columns, you seriously need to rethink about changing the way you live your life.

Elements	1 Social life	2 Lifestyle	3 Relationship	4 Office	5 Business	6 Health	7 Food	Total
Ether								
Air								
Fire								
Water								
Earth								
Total								

How do they compare

Are you living in your element?

Once you finish the scoring in all the previous questionnaires, compile your score here.

We will get back to you with readings.

Yet to compile

Diet to reduce Ether
Diet to increase Ether
Diet to reduce Air
Diet to increase Air
Diet to reduce Fire
Diet to increase Fire
Diet to reduce Water
Diet to increase Water
Diet to reduce Earth
Diet to increase Earth

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