

What are
elements



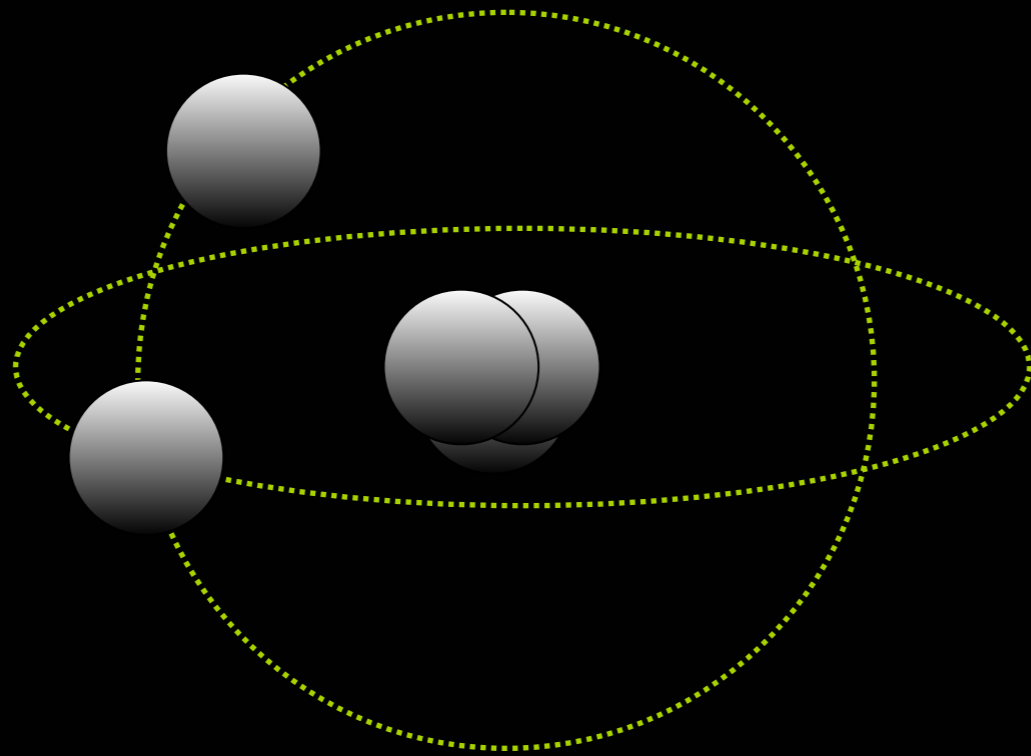
Ether

Air

Fire

Water

Earth



Ether	Air	Fire	Water	Earth
Height		Weight		
Tall	Short	Driven	Curves	Rectangle
Slim		Muscular	Chunky	
Creative	Adaptable	Active	Flexible	Firm

CONSTITUTION CHARACTERS

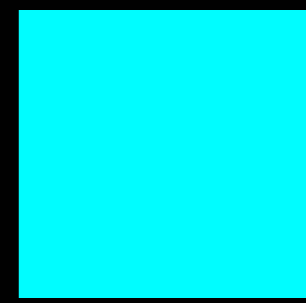
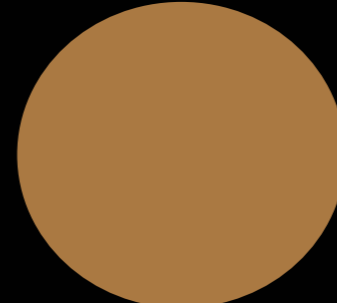
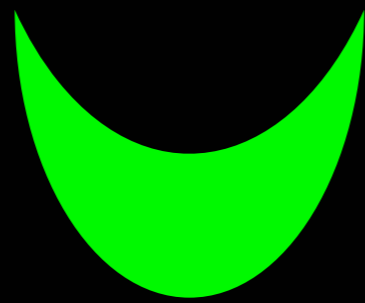
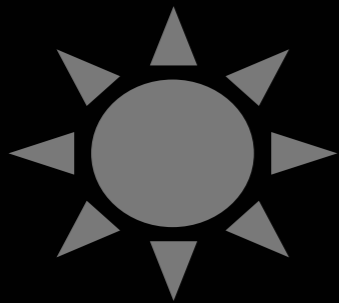
Wisdom
Creativity
Openness
Emptiness
Knowledge
Ether
Intuition
Meditation

Rhythm
Movement
Circulation
Lightness
Adaptability
Air
Sequence
Communicate

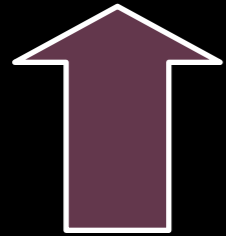
Heat
Interaction
Drive
Passion
Analysis
Fire
Solving
Challenge

Bond
Coordination
Connection
Attachment
Love
Water
Safety
Caring

Gravity
Integrity
Stability
Firmness
Density
Earth
Methodology
Practical



The 5 Elements



Er	A	F	W	Ea
Newspapering	Communication	Transformation	Collaborating	Stratification



Ether
predominant
person

Ether

Air

Fire

Water

Earth

Slim

Creative

Tall

Wisdom

Creativity

Ideas

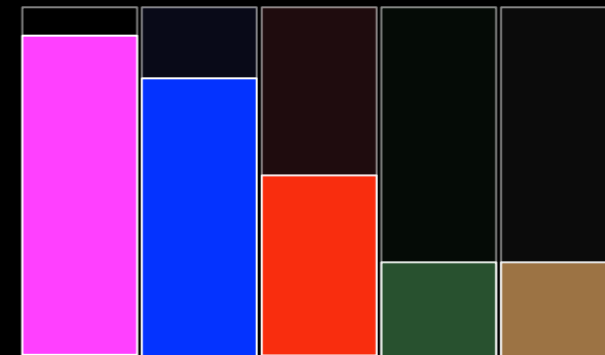


Entrepreneur

Concepts

Philosopher



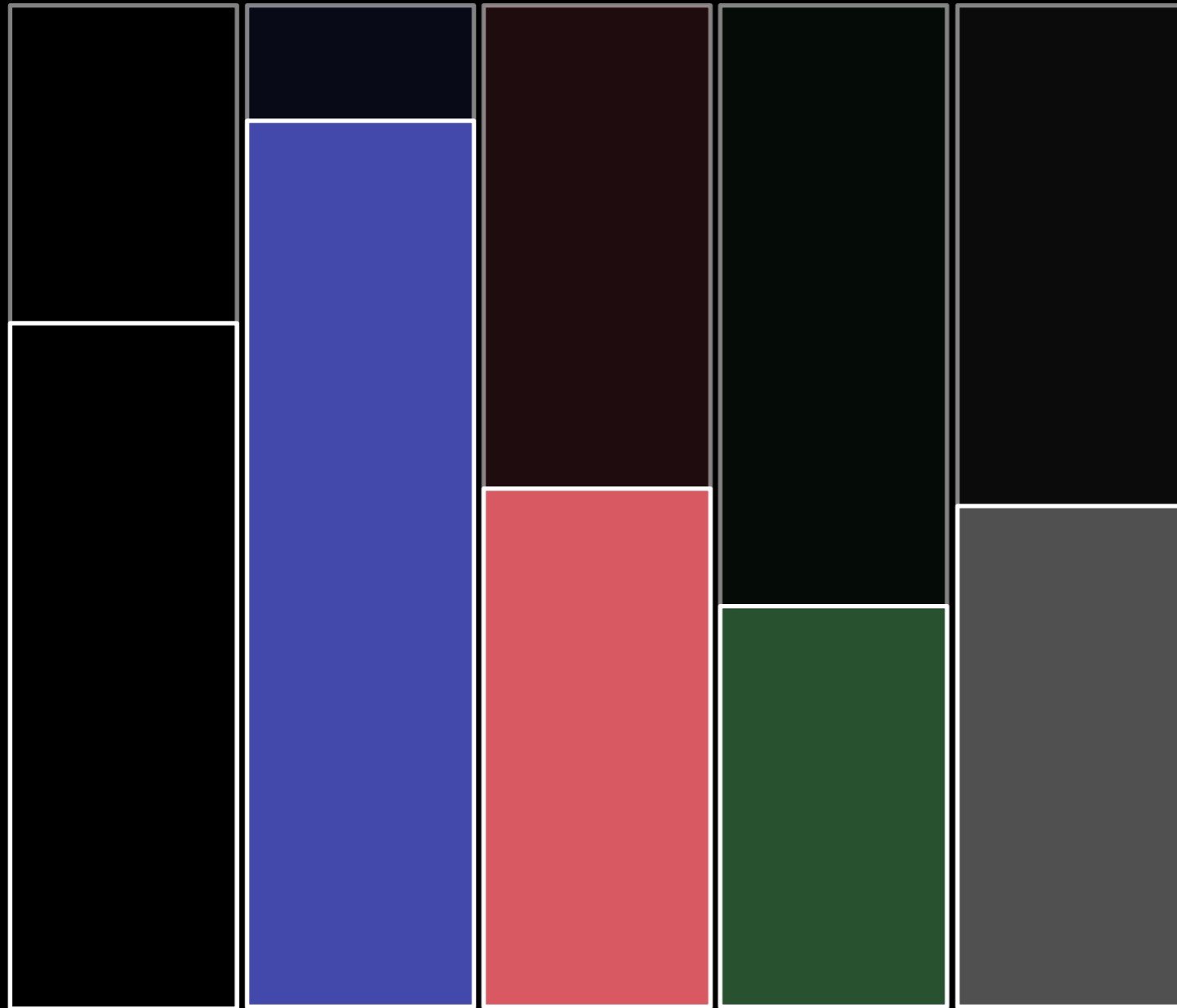


Tall, slim.

Fairly firm muscles and soft skin.

Philosophical, methodical, articulating.

Philosophy teacher.



Air
predominant
person

Ether

Air

Fire

Water

Earth

Fast

Thin

Short

Motion

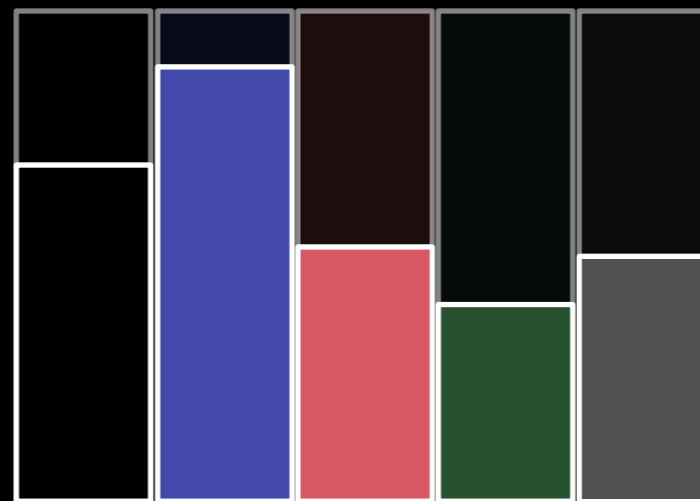
Rhythm

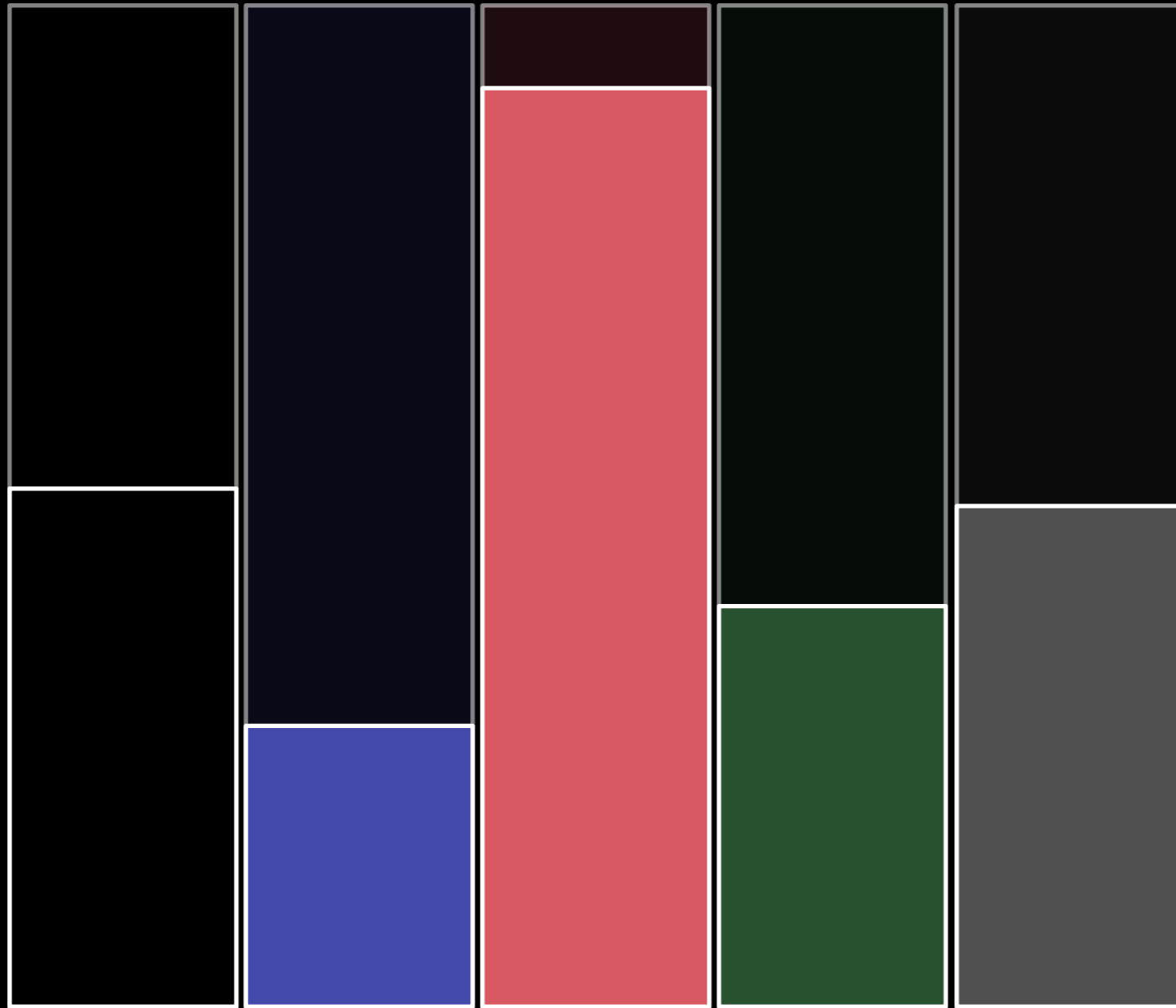
Mobility

Communicate

Music - Dance

Teaching





Fire
predominant
person

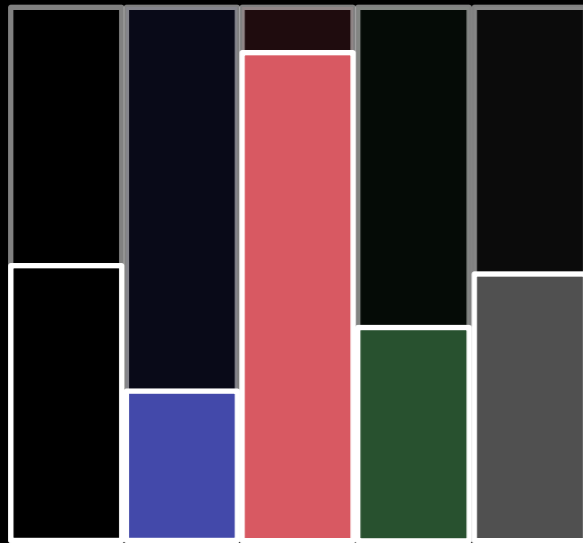
Ether

Air

Fire

Water

Earth



Hot

Fast

Sharp

Drive

Passion

Transform

Marketing

Analysis

Solving

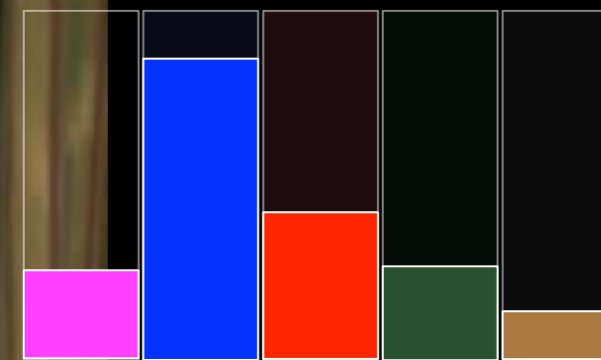
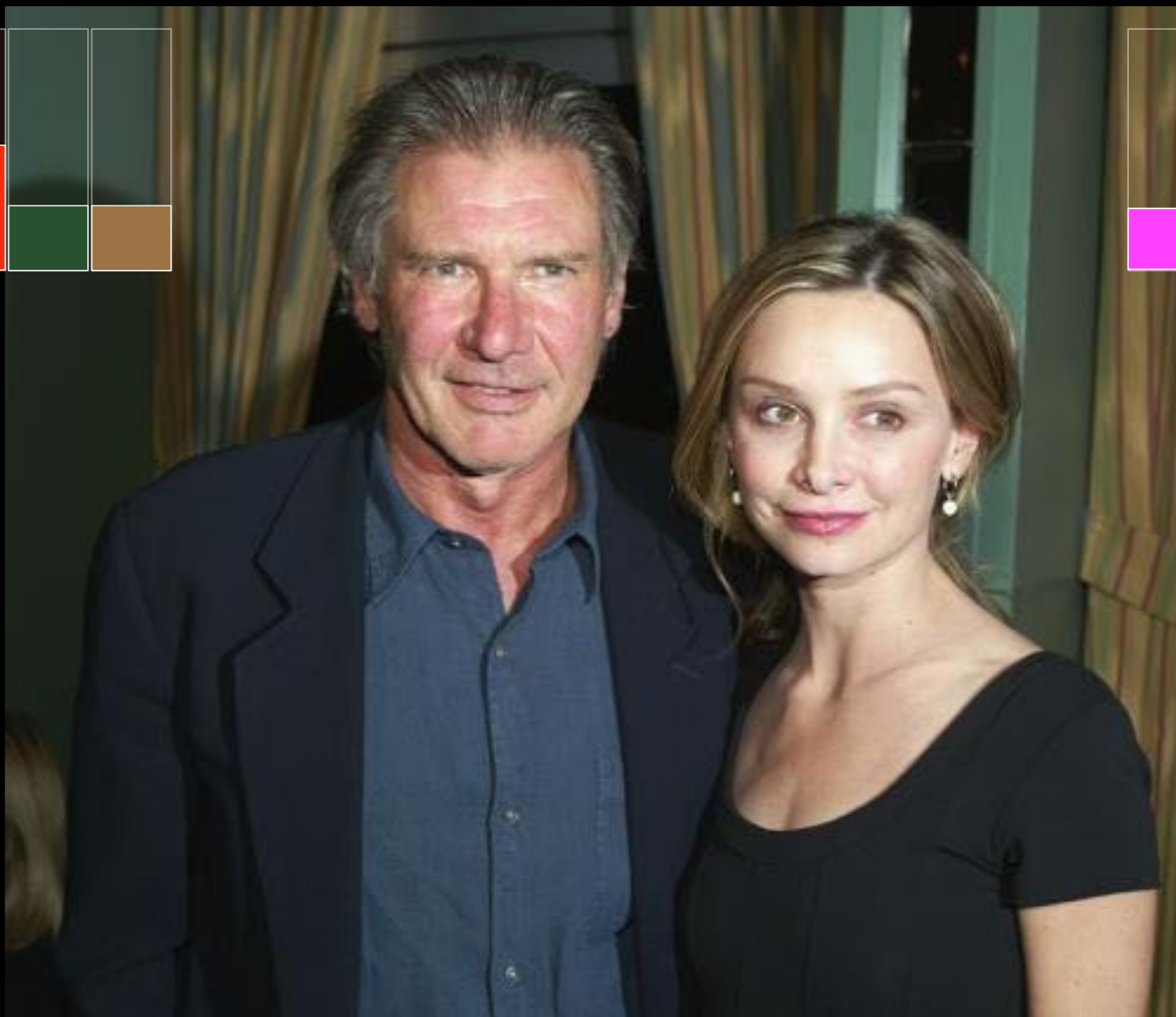
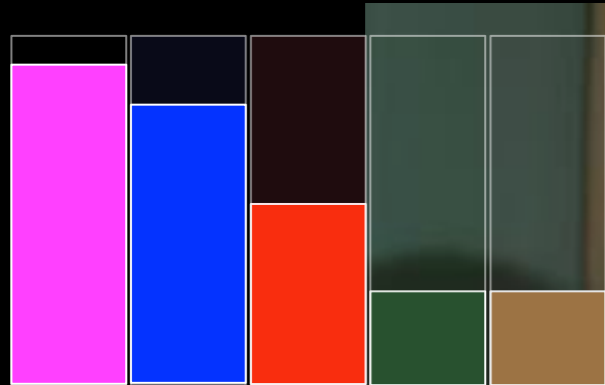
Driven, muscular.

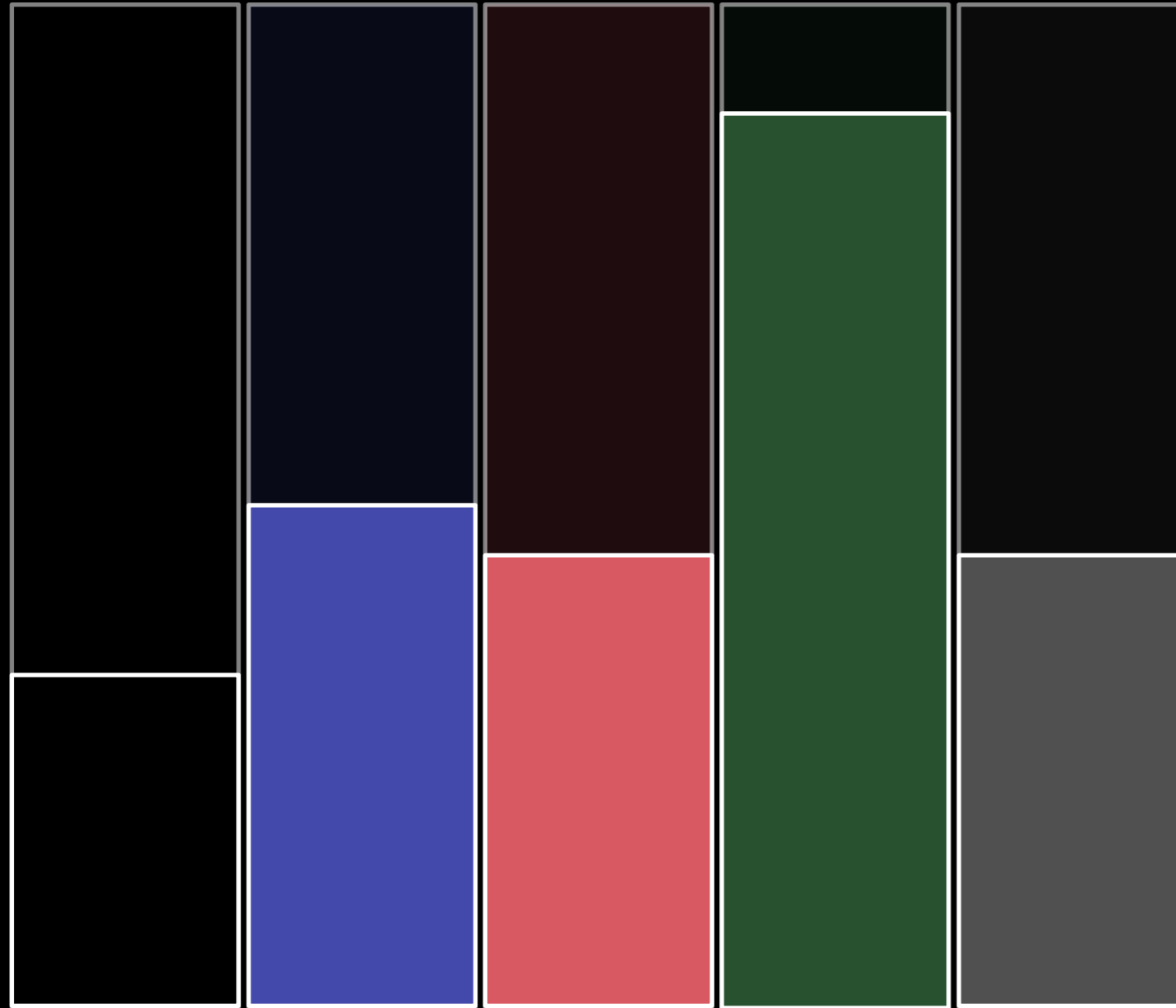
Slim, small.

Generally methodical.

Marketing manager.







Water
predominant
person

Ether

Air

Fire

Water

Earth

Calm

Gentle

Curves

Slow

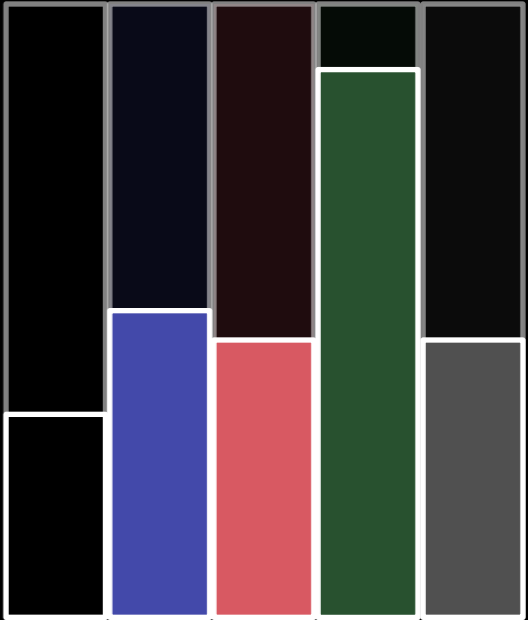
Loving

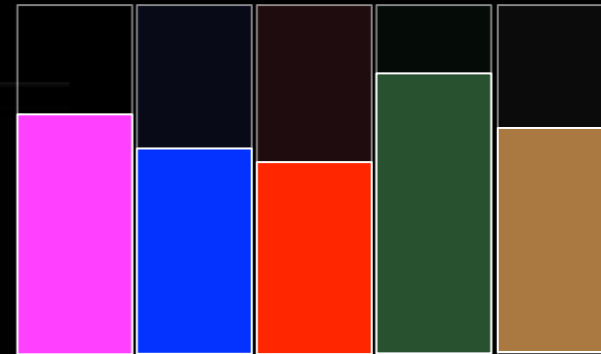
Sharing

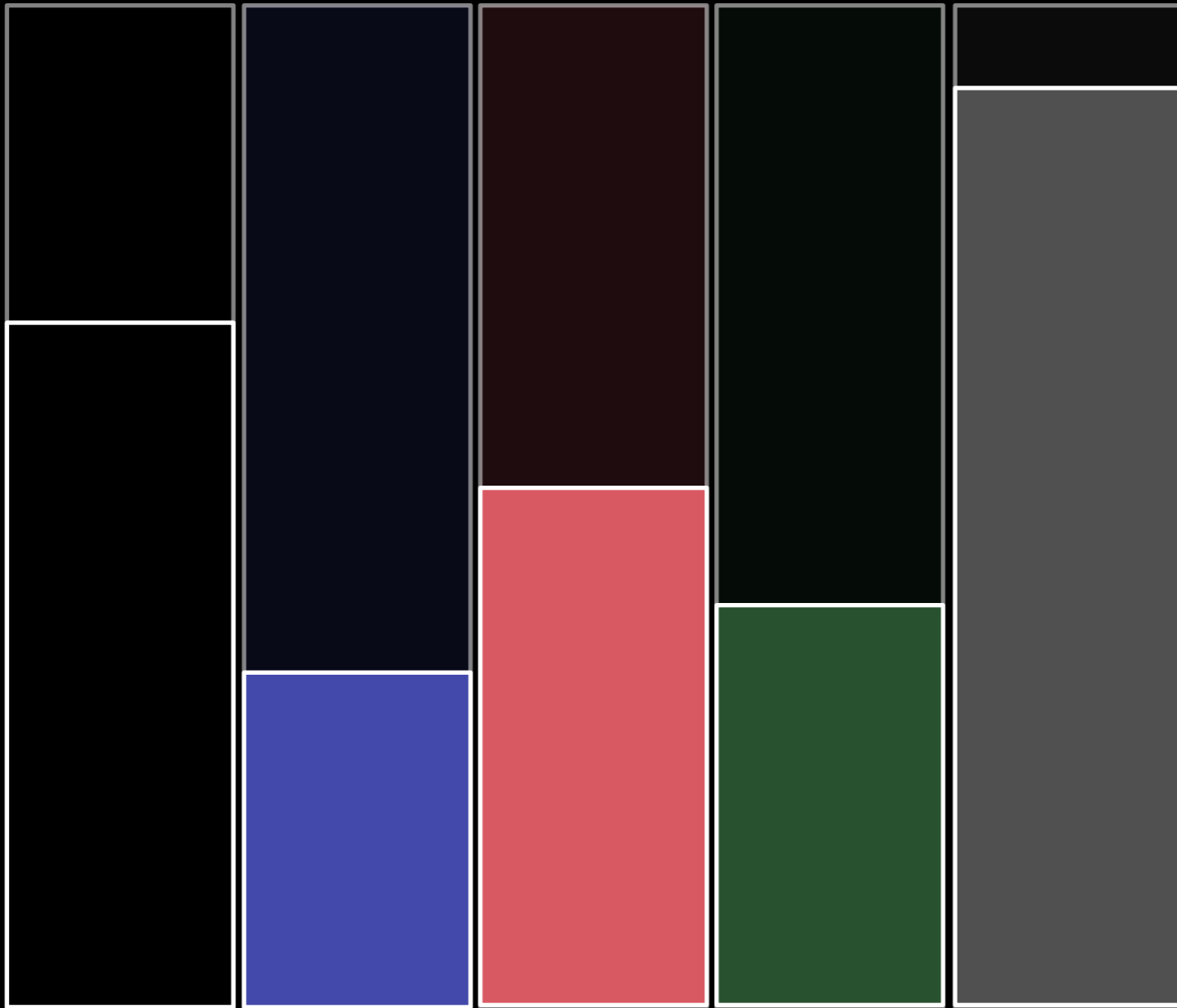
Nursing

Caring

Cooking







Earth
predominant
person

Ether

Air

Fire

Water

Earth

Firm

Supporting

Steady

Maintaining

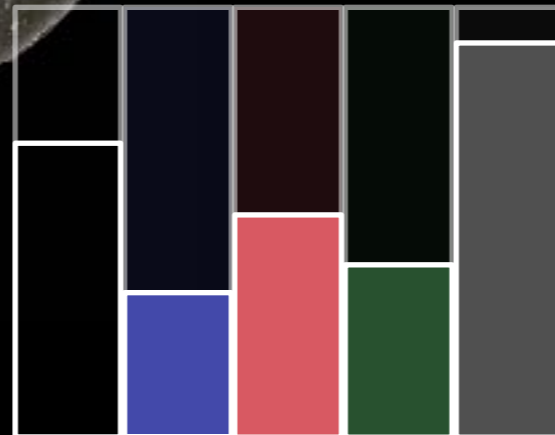
Stable

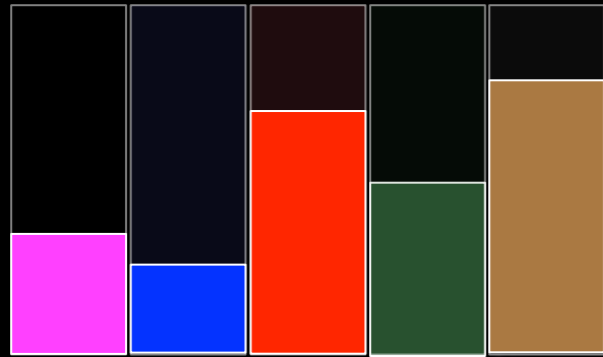
Responsible

Organizing

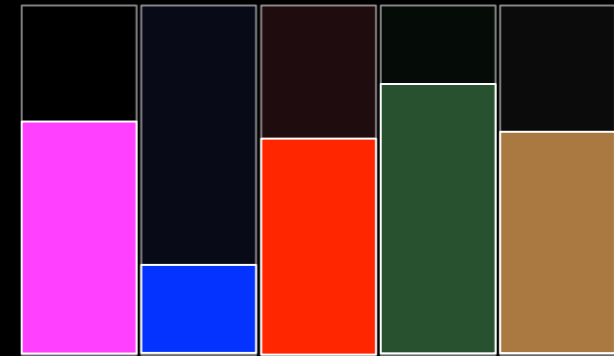
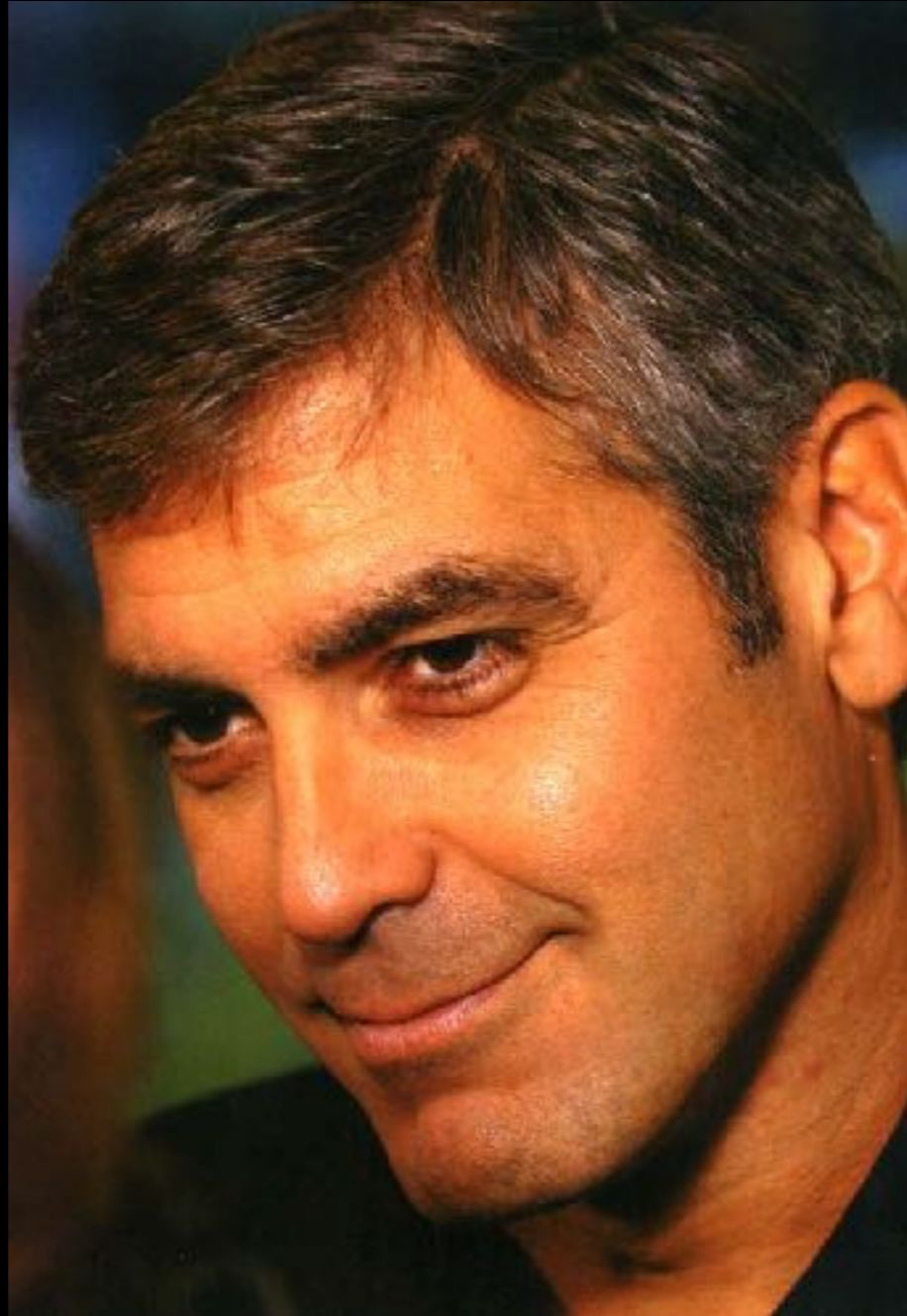
Managing

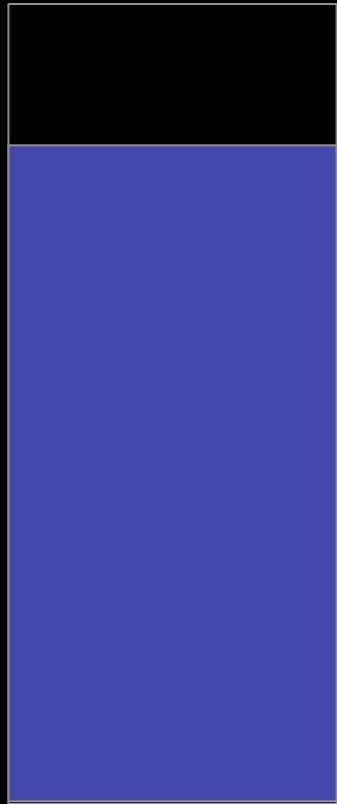
Building





Stocky. Firm. Heavy.
Rounded rectangular.
Systematic. Caring.
Energy. Dominating.
Never gets colds / flus.
Senior manager.





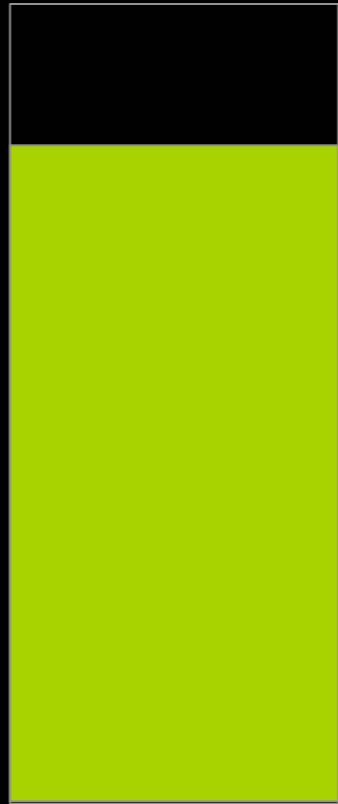
Ether



Air



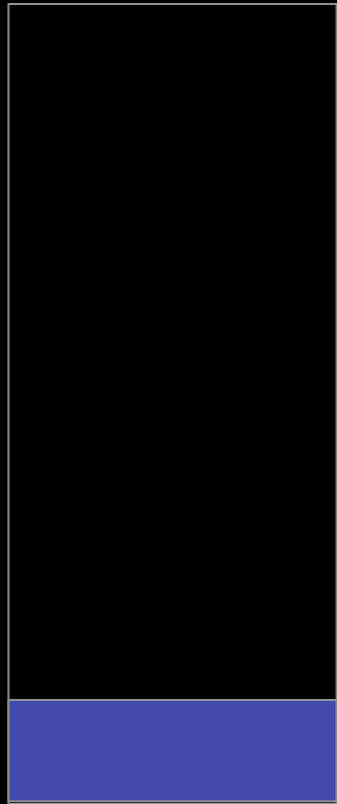
Fire



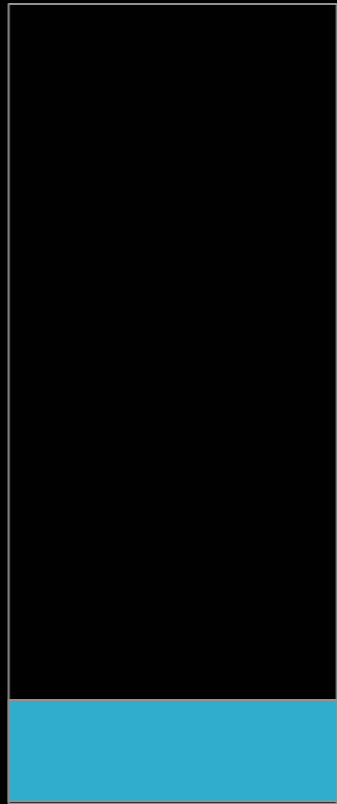
Water



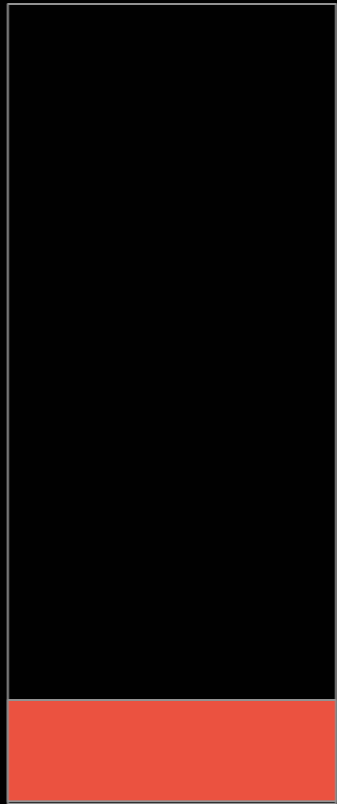
Earth



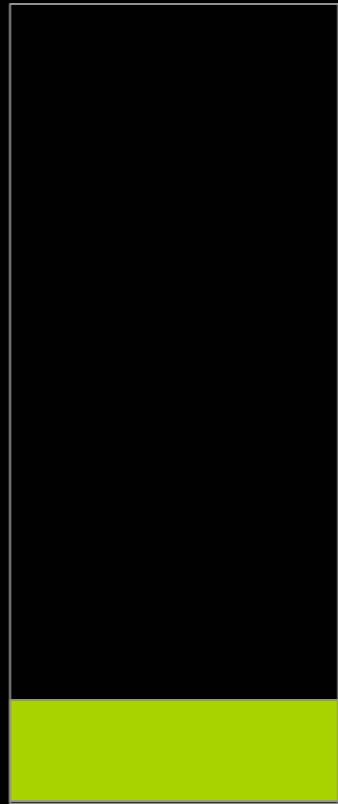
Ether



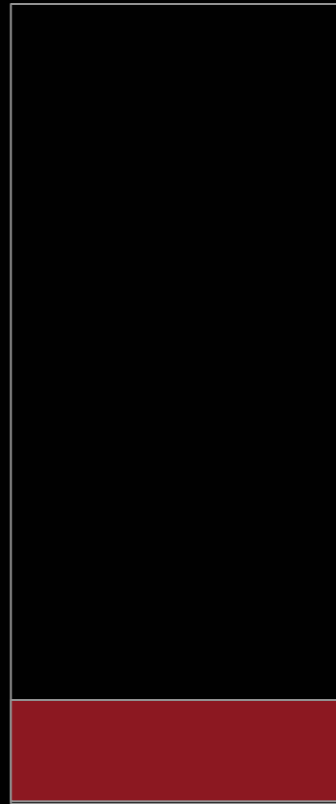
Air



Fire

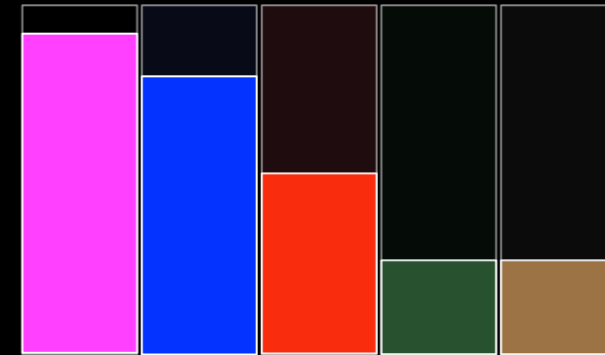


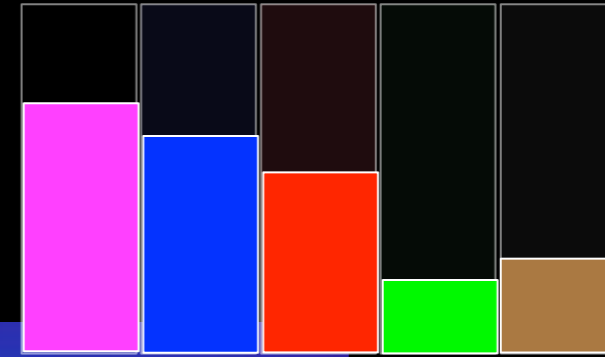
Water



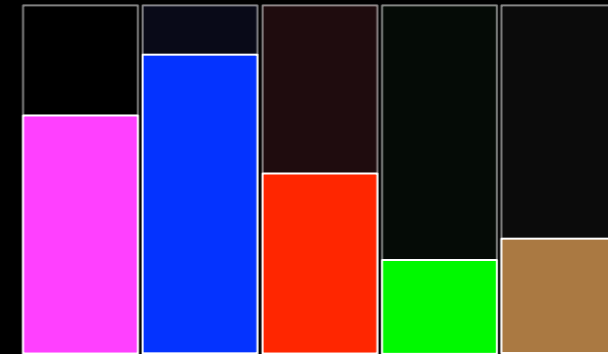
Earth

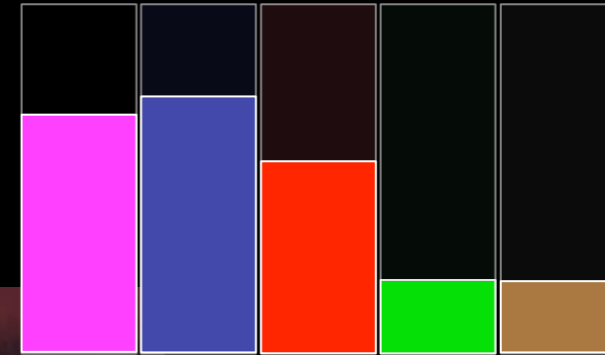
High Jump



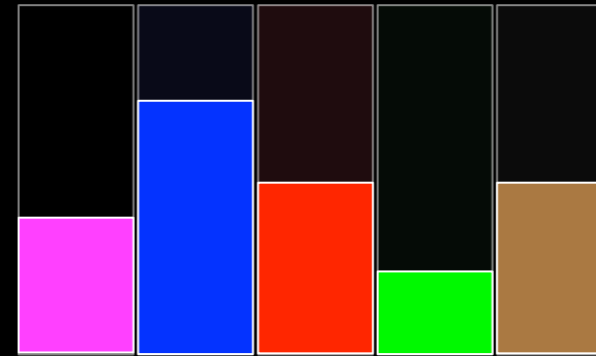


Marathon



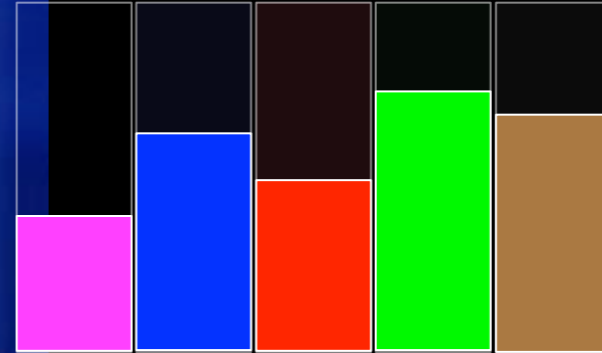


1000 meters

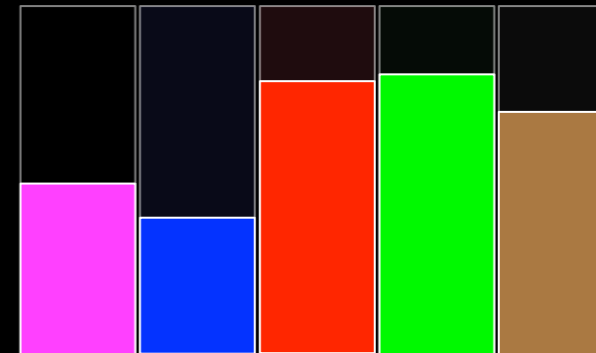




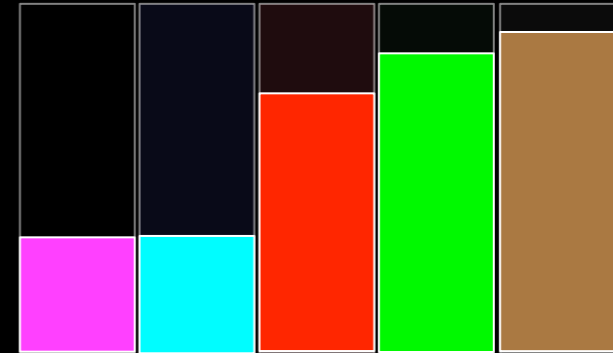
100 meters



Archery



200 m Butterfly



Shot Put



ROWING



Air



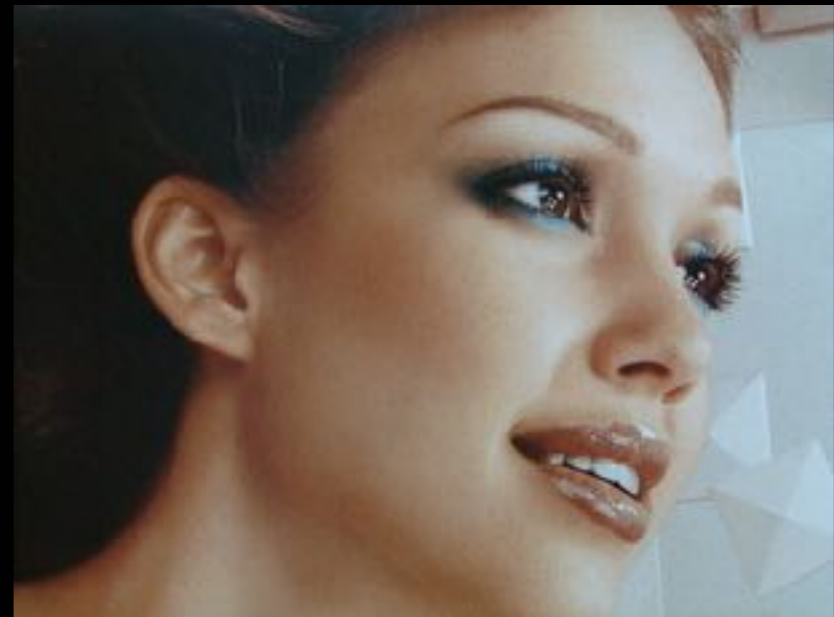
Earth



Ether

Fire

Water





Earth



Air



Ether

Fire



Water



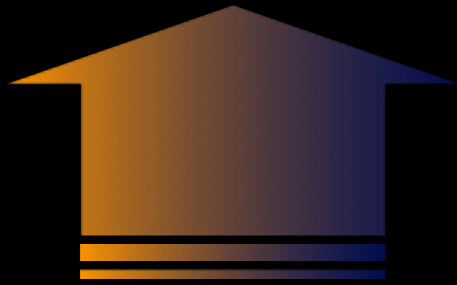
What is your Element?

- Ether
- Air
- Fire
- Water
- Earth

Imbalances Excess or Deficiency



Imbalances



Ether

Anxiety

Worry

Confusion

Depletion

Inactivity

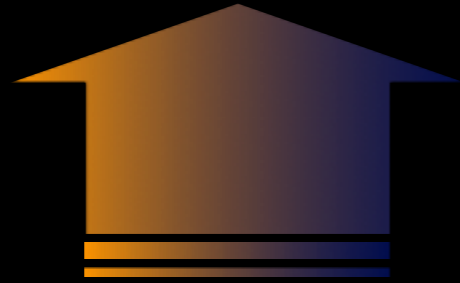
Insufficiency

Weight loss

Unsupported

Underdeveloped

Imbalances



Air

Pain

Insecure

Dry, cold

Irregular

Scattered

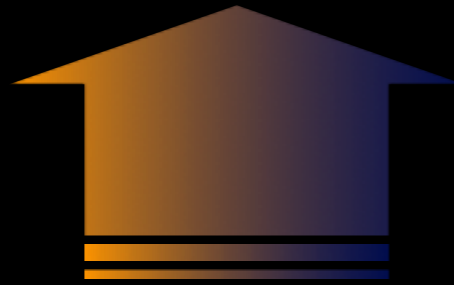
Distracted

Long sleep

Weight loss

Lack of direction

Imbalances



Fire

Anger

Irritability

Frustration

Acidity

Heartburn

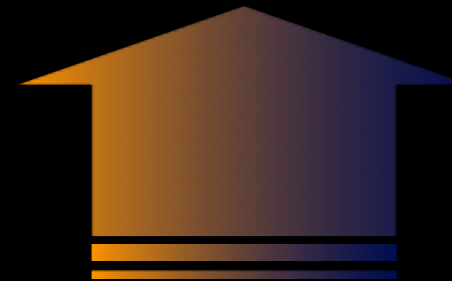
Itis's

Hot sweats

Excess hunger

Low self esteem

Imbalances



Water

Slow

Heavy

Sluggish

Long sleep

Possessive

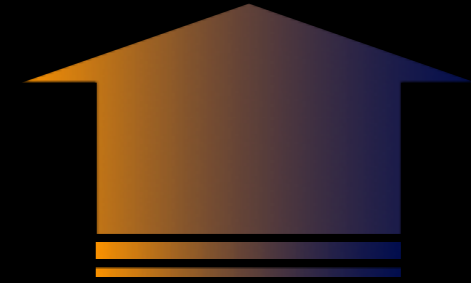
 appetite

Sedentary

Sad dreams

Fluid retention

Imbalances



Earth

Stiff

Tense

Heavy

Stubborn

Overgrowth

All or nothing

Calcification

Clots

Rigid

Causes

Ether

Air

Fire

Water

Earth

Lack of

Using awareness, inner wisdom

Meditative activities

Respecting the self

Too much

Mental exertion, fasting

Causes

Ether

Air

Fire

Water

Earth

Lack of

Moving breath, bowels, body ...

Relating with the universe

Proper communication

Too much

Travels, dryness & coldness

Irregular lifestyle

Causes

Ether

Air

Fire

Water

Earth

Lack of

Exercises (body, breath etc..)

Chewing well

Too much

Competition

Hot, spicy food, hot climate

Frustration

Causes

Ether

Air

Fire

Water

Earth

Lack of

Heating and mobilizing activities

Opening and sharing

Too much

Sedentary lifestyle

Eating or drinking

Accumulation of material

Causes

Ether

Air

Fire

Water

Earth

Lack of

Letting go

Circulation, mobility

Moving with life

Too much

Heavy and cold food

Condensed food

Hot buttons

Ether

Air

Fire

Water

Earth

Why? What? When? Who? How?

Cold buttons

Ether

Air

Fire

Water

Earth

How? When? Who? What? Why?

WHAT WOULD HAPPEN HERE?

