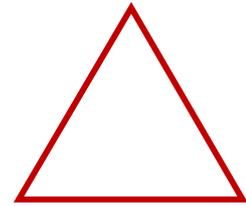




## THE FIRE ELEMENT



The Fire Element is closely related to the Sun because without the sun's energy there is no life. The Fire Element provides heat and light and is commonly depicted by a flame and the sun. Fire is considered an active and masculine element that represents the Sun's energy on earth. Fire is associated with the life force, courage, passion, desire, and willpower.

Our internal fire is our "passion for life" and as such represents the strength of our emotions, energy, and passions. However just like fire that can quickly become an uncontrollable destructive force without mercy or shame, the internal fire of our emotions, passions and energy need to be tamed and bridled to ensure they don't become a self-destructive force.

When fire is used wisely, it becomes a conqueror because it has no fear, doubt, borders, nor does it not succumb to any obstacle, and consumes all in its path. Our internal Fire provides us with the same energy and tenacity to realize our dreams, passions, and beliefs.

### GUIDED MEDITATION TO ACCOMPANY THE FIRE ELEMENT

*As you focus on the Fire Element image its warmth and energy penetrate your body. Feel the energy of each flame or sun's ray saturate and invigorate every cell in your body. Allow the flicker of every flame ignite your passion and direct your intention to your chosen goal. Feel fire's energy strengthen your resolve to overcome all obstacles encountered along your path. Allow the gifts of fearlessness and courage bestowed by this element strengthen your internal energy sustain the burning passion in your soul. You are the controller of your internal FIRE.*

