

Polarity Energy Self-Assessment by Elements

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Check all that apply to you right now!

	ETHER	AIR	FIRE	WATER	EARTH
Birth Date/Sign		Gemini - 5/22-6/21 Libra - 9/21-10/23 Aquarius - 1/21-2/19	Aries - 3/21-4/20 Leo - 7/24-8/23 Sagittarius 11/23-12/21	Cancer - 6/22-7/21 Scorpio - 10/24-11/22 Pisces - 2/20-3/20	Taurus - 4/21-5/21 Virgo - 8/14-9/23 Capricorn 12/22-1/20
CHECK ALL THAT APPLY RIGHT NOW	sinus congestion breathing difficulties abdominal problems joint problems throat problems inability to express oneself hearing problems, ringing in the ears (tinnitus) & hearing loss feelings of grief or regret	shallow breathing <input type="checkbox"/> Chronic tension in shoulders, low back or calves heart problems shoulder &/or arm problems all nervous system problems gas in abdominal area - flatulence & bloating pain, esp. headaches neck pain, & muscle spasm exhaustion feelings of intense desire Radiating pain (neuralgias)	sleep disturbances <input type="checkbox"/> chronic tension in head, stomach, or thighs stomach ulcers feelings of anger digestive problems or liver problems skin problems, including rashes, spots, & acne smoking or drinking alcohol migraine headaches eye problems & disturbed vision Over-anxious or constantly worried	breast lumps or tenderness feelings of over-attachment to objects – life events menstrual problems prostate problems foot problems pelvic & lower back problems skin problems over- sensitive to touch allergies <input type="checkbox"/> chronic tension in breasts, buttocks or feet	Osteoporosis diarrhea constipation colitis spastic colon hemorrhoids <input type="checkbox"/> chronic tension in neck, abdomen, or knees feelings of fear
Total # of checks	_____	_____	_____	_____	_____

Polarity Energy Self-Balancing

	ETHER	AIR	FIRE	WATER	EARTH
Foods		Highest above the ground, fruits & nuts citrus fruits nuts	Foods grown higher above the ground, seeds & grains sesame, sunflower seeds papaya Corn, wheat, rice Peas, beans, millet	Foods grown above ground & nearest to it. green vegetables cucumbers Melons, pumpkins tomatoes, strawberries sea foods	Foods grown underground & nearest to the surface potatoes Carrots, beets Onions, garlic taro herb roots
Visualizations	Imagine an openness in your throat and the ability to express yourself freely. Imagine sitting in your perfect place of peace - ocean, forest,... Sit in the stillness	Imagine feeling the wind moving and swirling in different directions Feel the breath as it flows in and out of your nose Imagine moving very quickly, back and forth	Imagine watching a blazing campfire and feel its warmth Imagine a volcano erupting and see the lava flowing Remember an exciting time - feel it now Repeat the Vowel Sound "I" Look at the color Yellow	Imagine Sitting by a stream, listening to the flowing water Imagine floating on the ocean, feeling the waves rise and fall Remember a time when you had a creative idea Repeat the Vowel Sound "O" Look at the color Orange	Imagine feeling warm earth in your hands and squeezing it between your fingers Imagine sitting in a deep, earthy forest Think slowly and take your time Repeat the Vowel Sound "U" Look at the color Red
Sound					
Sight	Repeat the Vowel sound "A" Look at the color Blue	Repeat the Vowel Sound "E" Look at the color Green			
Emotions	+ return to spirit - grief	+ compassion, charity, love - desire, judgment	+ forgiveness, enthusiasm - anger, resentment	+ letting go - attachment	+ courage - fear
Gemstone	Moonstone, blue agate, amazonite, turquoise	emerald, peridot, jade, malachite, calcite, aventurine	coral, citrine, amber, yellow jade	pearl, carnelian, agate	ruby, garnet, tiger's eye, jasper, smoky quartz