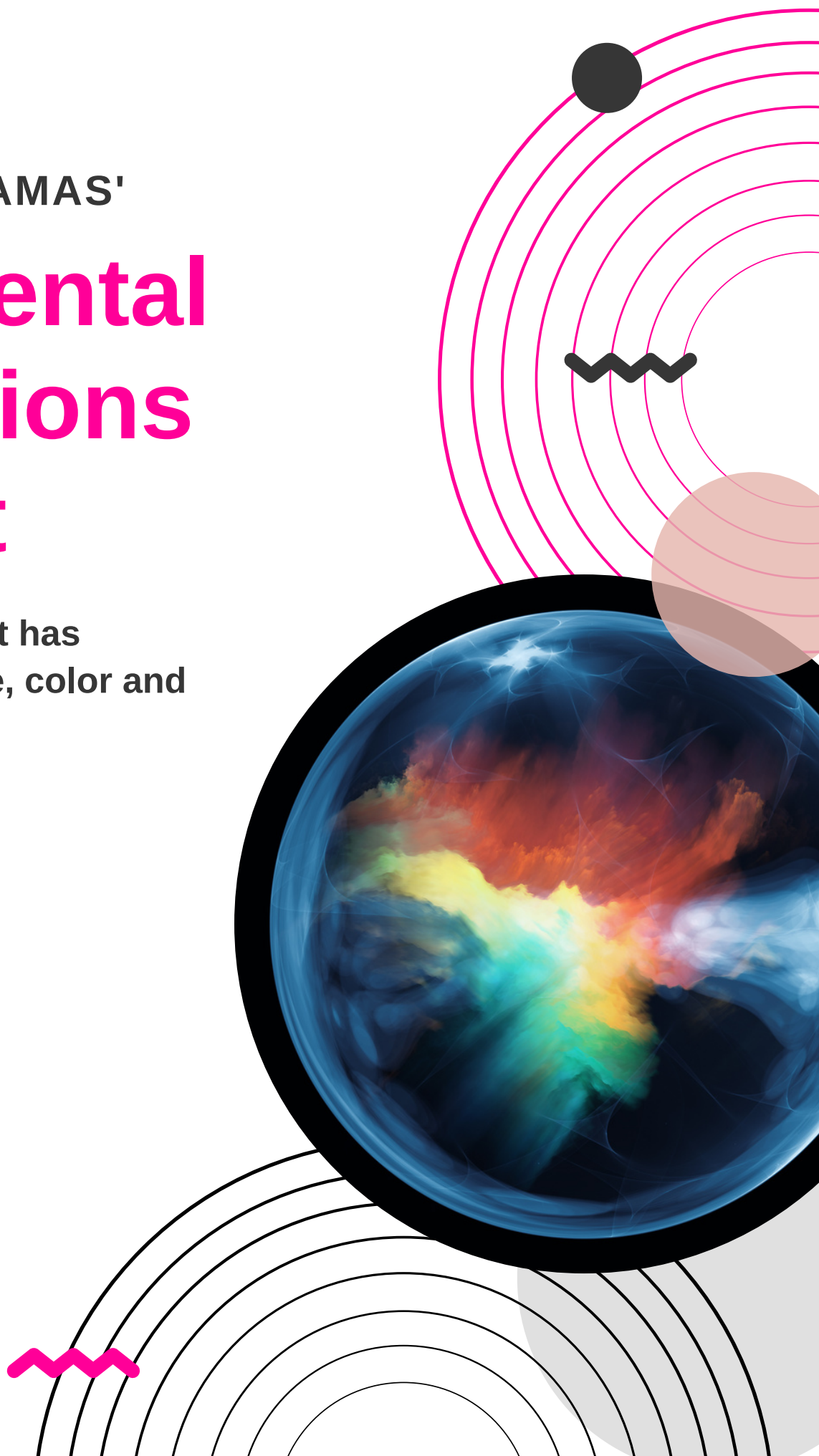


BROWN MAMAS'

Elemental Emotions Chart

**Every thought has
weight, shape, color and
form.**



THE ELEMENTS OF EMOTIONS

You are a microcosm of the universe. That means that everything that exist in the cosmos, also exist within you. Use the chart to become aware of how your emotions are signaling to you.

WATER

Water emotions relate to your connection to your inner-self. They are balanced when you are in admiration and have gratitude for all parts of yourself. They are in balanced when you have healthy relationships that respect your unique, internal needs.

Positive Water Emotions: Inner willpower, confidence, endurance, inner-strength

Negative Emotions: Internal sadness, depression, insecurity, fear, recklessness

Signs of imbalanced water emotions could be crying all the time, feeling overwhelmed by the emotions of others, a feeling that you are drifting with no purpose.

To balance your water energy you could try positive self-talk, taking a refreshing shower from head to toe, writing all your emotions out, drinking water, and eating fruits and vegetables or keeping a self-gratitude journal.

FIRE

Fire emotions are related to how we nurture, protect and feel for the people, places and things we love. Fire emotions are in balance when we are doing work that is fulfilling, are loving as our authentic selves and are nurturing people and experiences in our lives.

Positive Fire Emotions: Passion, love, service, compassion, expansion, responsibility and nurturing

Negative Fire Emotions: Internal and external sorrow, hopelessness, brokenheartedness, jealousy and envy, secretiveness and anger

Signs of imbalanced fire emotions are tyrannical behavior, repressed anger, constantly feeling annoyed or bothered, feeling of being burnt out, not able to go on, feeling internally numb

To balance your fire energy you can try talking to a friend about all your emotions, doing something kind for another person, sitting by a warm fire, getting a hug, sending a letter to ask for forgiveness, or to give an apology, being honest with yourself and others about your needs.

THE ELEMENTS OF EMOTIONS

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EARTH

Earth emotions are related to your ability to use the knowledge you have to make sound decisions and care for those you love. Earth emotions also deal with our ability to grow and sustain.

Earth emotions are imbalanced when you feel lost or as if you don't have a solid foundation. They can also feel imbalanced when nothing seems to make you happy.

Earth emotions are balanced when you are actively using wisdom as a guide, have solid routines and rituals in place and are a part of mutually reliable and authentic relationships.

Positive Earth Emotions: Reciprocity, wisdom, contentment, togetherness, practicality, reliability

Negative Emotions: Fickleness, alienation, doubt in self and others, cynicism, bitterness, lawlessness

Signs of imbalanced earth emotions are being estranged from friends and family, lacking solid routines, rituals and traditions, consistent feelings of discontentment.

To balance earth energy try exercise (especially yoga), journaling about rituals or traditions that would make you happy, create something, make love to someone who loves you, get an advice from a wise elder, write a personal mantra or mission statement

AIR

Air emotions are related to how your mind works and the clarity that allows you to turn thoughts into actions.

Air emotions are balanced when you can easily create and communicate the things you see in your mind and desire.

Air emotions are imbalanced when you experience mental fog or stagnation and when you can't clearly communicate with others.

Positive Air Emotions: Clarity, precision, creativity, adventure, insight and intuition

Negative Air Emotions: Fogginess, nervousness or anxiety, boredom, numbness, poor judgement

Signs of imbalanced air emotions are inability to make a decision, mental fog, stuttering or inability to say what you mean, feeling aimless, being judgemental toward others, social anxiety

To balance your air emotions you meditate, listen to motivational music or speeches, recite a daily mantra, drink lots of water, talk to a therapist to get it all out, write things down and keep a daily journal and calendar, reserve judgement