

All the elements are represented by a season. Summer is represented by Fire, and so as we enter this season it helps to know what that energetically means to us.

An excerpt from my book, "Utmost Source"

The Fire Element

Fire energy is about warmth, intuition, motion, playing, relationships and love. All the aspects of the Fire element are inter-related. Fire is the most yang of the elements and is represented by the summer season which is the most active of all the seasons. All the flowers are in full bloom; fresh fruit and vegetables are plentiful. The energy of this season not only helps us feel energetic but also freer, this freedom expresses itself in the lighter clothes we wear and lighter meals we eat. We also relax more by taking vacations, picnicking, and being more social.

There is so much to love about summer's energy. I love the smell of barbecues, watermelon, strawberries, and Georgia peaches. And, I love to hear the sounds of summer – the kids playing outdoors, birds singing, and neighbors talking on their porches. Here in the South we love to "porch". Sitting on my porch and watching nature while sipping a cool drink is a lot of fun for me.

The Fire of summer gives us vitality, enthusiasm, and energy. If we have warmth within ourselves, it is easy to share this warmth with others. If our fires are low, then not only do we not have enough for ourselves, but we can't share this warmth with the people closest to us. We can feel cut off and abandoned and so do those who interact with us. There is aloofness about fire imbalance that feels as though the person has built a shell around himself or herself to keep from being vulnerable and thus hurt by others.

The healthier your fire is, the more you are open to loving others unconditionally and to accept their love in return. Loving unconditionally means loving others not for what they can do for us or give us, but for what we can do for and give them without expecting anything in return. It is not an easy task to love someone unconditionally because we sometimes want to change him or her to suit our desires.

Loving someone is giving him or her freedom to be who he or she is, even if it does not agree with our idea of what they should be. However, I am not speaking of allowing another to harm you in any way, that's another issue. I'm speaking about allowing others to be who they are without imposing our expectations or even illusions of whom or what they should be. The same value applies to yourself in a relationship with another: Is that other person allowing you the space to be who you are? Ultimately, we always first need to love ourselves unconditionally in order to understand how to give and receive unconditional love. Yes, you need to love those extra pounds, your wrinkles, or the gray showing up in your hair.

I read somewhere that to love pleasure takes little, but to love fully takes a hero who can manage his/her own fear. To allow love into your life you have to emerge from a fantasy world into a world where sustainable love is possible, the kind of love we call devoted. Sometimes to love someone means staying when every cell in our body says, "RUN"! Indeed, fear can often help you focus on something you need to do or someone you need to love in order to grow and live most fully. If you can stay put when fear strikes, you may learn that the only way out of this fear is to go through it to see the warts the other person has (and even your own) and deal with them. In reward, this time of fear can transform itself into a time of magic.

Full and complete love brings us to the deepest, most vulnerable parts of ourselves. What some of us find deep inside scares the heck out of us, but without this part, we will always be partial, never whole. We

will have one superficial relationship after another until we stop running and handle our fears. It takes abundant self-power and soulfulness to make a commitment to love another. It takes a healthy Fire element.

Although my examples so far are of adult lovers, this journey and transformation of love is just as true between a mother and a child, between parents and their teenagers or between friends. With love comes joyfulness and playfulness. If love is food for the soul, then joy and laughter are the spices that you sprinkle on top to bring out the flavor. You really will miss the full energy of summer if you miss the fun.

I personally love summer with its longer daylight hours. I especially enjoy the sun on my face. It makes me smile. I imagine that I am like a flower drinking in its warmth and nourishment so that I can spread my petals fully and stand taller, stretching towards the sun.

I'm sure that you can tell my energetic imbalance is in the Fire element. I am one type of Fire that can stay out in the sun too long and burn up. However, there is also another Fire type that hates summer; the heat and humidity drive this person indoors, away from the sun. Burning out of control or withdrawing is different imbalances of these contrasting Fire types. Other examples of Fire imbalances include feeling depressed, having no sense of humor, not enjoying people and not having them enjoy you so that you experience loneliness even in the presence of others. Laughing inappropriately (such as telling a story about your favorite pet dying while laughing) or not laughing at all and taking life far too seriously are Fire imbalances as are not being able to create healthy boundaries for yourself. Physical symptoms can include, high blood pressure, any heart condition, high cholesterol, and blood disorders to name a few.

The Fire element has two organs and two functions associated with its energy. There is the heart, which is called the "Supreme Controller" who is in charge of keeping all the organs operating in a balanced and harmonious way. You can think of him as the Emperor or Chief

Executive Officer. The other organ is the Small Intestines known as the “Official that Separates the Pure from the Impure”. This Official is in charge of discrimination. He decides what to keep (pure) and what to let go (impure) on the body, mind, and spirit level. The two functions are: “Heart Protector” which is the “Protector of the Supreme Controller”. This function is self explanatory he protects the Heart from physical, emotional and spiritual injuries. The next function is the “Triple Heater” which is the Official in charge of the “Three Burning Spaces”. This function sees to it that all the organs operate in their own unique temperature controlled climate.

Anne Marie came to see me because she had chronic fatigue for a year. It was difficult for her to dress herself and she was severely depressed and had no appetite. She was married with three teen-age children and worked as a Real Estate agent. She had been married for ten years and this was her third marriage. She had been to many doctors and wasn't feeling any better. She was on a myriad of medications but nothing seemed to help.

She was raised an only child and her parents divorced when she was four. It was traumatic for her and she still remembers the day her parents decided to end their marriage. She has lived her life feeling abandoned by her father, who she adored and only saw a few times as she grew up.

She had spent her life up until the time I saw her “looking for love in all the wrong places” as she put it. She has never felt loved by a man and has lived each day feeling as though each one she became involved with would abandon her. She went through many years of therapy and knew what her emotional problems were but “knowing something on an intellectual level is one thing”, she said, “but putting it altogether on the inside was a whole other issue”. Her current marriage was failing and she was just too exhausted to do anything about it. Between the marriage, the job, and her children's needs she was sinking into a hole

too big to climb out of because she was just too fatigued. She couldn't remember the last time she laughed or enjoyed herself. She was a very serious and ill woman.

Anne Marie's imbalance was in her Fire element, the Heart Protector. She has spent a lifetime looking for love and not finding it. She was incapable of putting up strong boundaries for herself and so she was always letting in the wrong men for her. She chose men who were unreliable and emotionally unavailable for her. She never learned to enjoy life because she was always searching outside herself for others to make her happy. She was now at a place where she had to stop and take charge of her life in a drastic way. Her body was giving out, and she couldn't push through life anymore, she had to stop and begin to do her internal work of healing her spirit if her physical body was to ever heal.

The work we did together was truly a miracle. She slowly began to regain her energy and as she did she was able to do the really important work of healing her childhood wounds. As each emotional layer peeled away she got stronger and more independent. She was able to deal with her teen-age children more effectively and she eventually let go of her marriage that was so wrong for her.

We live in different states now but I'm still in contact with her. She has a new career that she loves, her children are grown now and she has grandchildren. She has been single for a number of years and would like to one day be in a new relationship, only this time she wants one that is nurturing and supportive of her and not demanding and draining of her energy. Anne Marie says she is, "living life to the fullest". "Life will always have its challenges, but now I have the energy and the spirit to handle whatever comes my way". She says she laughs a lot and has lots of new friends and hobbies that she enjoys. She is still going to Five Element Acupuncture and says that without it she wouldn't be the happy, healthy person she is today.