

Earth

People with an Earth constitution in balance are capable of easily giving and receiving emotional support, like that of a nurturing mother. In early years if we are receiving the proper support of a loving mother we gain the trust and security, externally, that our needs will be met. This allows us to develop an internal trust and security in the future. A healthy earth person is capable of nourishing him or herself. The earth element rules digestion, therefore a persons dietary habits can often been a sign as to the relative balance of their earth element.

Out of balance, an earth person may have lost touch with their own needs or they may think only of the needs of others. The ability to care for themselves may have been lost and they may not be able to receive the support of others. They can often be found worrying and always '*chewing something over*'. Nursing is the archetypal earth career. In contrast if they let someone take care of them they may become dependent on that person and as a result may not be able to let the relationship flourish or end if it is not serving both people equally. In this case, Co-Dependency is created and the earth element stays stuck.

An Earth type in-balance will know when to ask for help from others and take it when others offer it. They are also able to care for the needs of others when it is called for.

Main Issues for Earth Constitution

- Feeling supported
- Getting nourishment
- Feeling centered and stable
- Having mental clarity
- Being understood.

The degree to which an earth person will experience these issues varies according to their physical, mental, emotional and spiritual health.

The Behavioural Pattern

Smothering/Mothering	Not Supporting
Feeling Needy	Repressing Needs
Excessive Dependency	Over-Independence
Un-centered and Dispersed	Stuck and Heavy
Over-dependant on the security of home	Inability to put roots down

The Virtue of Earth

The virtues of earth are integrity and reciprocity. These virtues empower a person to meet their own needs and the needs of others without judgment. The earth gives unconditionally to humans and this is what people of an earth constitution must also strive for. Integrity in this case refers to two things, first, living up to our destiny and giving back – reciprocity - to humanity accordingly. And secondly, taking care of their own feelings according to their own nature so as to not ingratiate themselves with others.

