

Fire

The fire element is observable in our ability to give and receive love with appropriate degrees of emotional closeness. People with a fire constitution that is out of balance often struggle with issues related to relationships. It can manifest as being too needy or being too distant. Since the fire element controls temperature regulation - hot and cold - someone could either be driven by the desire to feel passion or be completely cut off from the warmth of intimacy. A central theme to fire people is becoming entrenched in a vicious cycle of feeling rejected. They will often times come into a new relationship, with full vigour and when they experience what they interpret as rejection, they will cool off immediately and begin closing themselves off to other people in order to keep themselves safe.

When fire is chronically out of balance the doors to the heart can either be permanently opened or closed. Left permanently open, they can be affected by even the slightest situation, like being unintentionally left out or momentarily ignored. If they are stuck permanently closed fire people will often find it hard to get close to others and experience intimacy. Alternatively the doors can swing open and closed to extremes in which case the person may feel very moody.

Main Issues for Fire Constitutions

- Love and warmth
- Emotionally volatile
- Closeness and intimacy
- Happiness
- Clarity and confusion

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

The Behavioural Spectrum

Compulsively Cheerful	Miserable
Open and Overly Social	Closed and Isolated
Clowning	Earnest
Vulnerable	Over-Protected
Volatile	Flat

The Virtue of Fire

The virtue of fire is propriety; it is doing the right thing at the right time. For fire people who are generally over habituated to their emotions stepping out of the chaos of their moods is the key to transformation. It is about moving away from a life conditioned of desire or excess control and into the ability to express what is truly in their heart with the right amount of openness. Also important is the ability to feel all emotions free of the minds relentless avoidance of pain. Only then will the gates of the heart ebb and flow congruous to life

