

## **Fire Element – Our Intuitive Spirit**

- ◆ Fire provides inspiration in our lives and leads by example
- ◆ Fire people are our pioneers, explorers and visionaries
- ◆ Fire is here to learn how to express power in the one to divine arena
- ◆ Fire warms, expands and melts resistance and boundaries allowing new possibilities
- ◆ Fire benefits from the strategic pause that allows an invitation to be offered for its insight
- ◆ Fire is the only element that requires fuel – praise, applause, recognition and respect are the fuel for Fire to maintain joyous service

Worksheet:

1. Fire processes information
  - a. Logically
  - b. Intuitively

Our intuition is here to separate fact from fiction

- a. True
- b. False

Fire works with which other element to give us the ‘biggest picture’

- a. Earth
- b. Water
- c. Air

Which one of the other elements is also an Intuitive Processors

- a. Earth
- b. Water
- c. Air

In order to prove their visionary intuition Fire has to research data to explain their hunches

- a. True
- b. False

## **Brain Retraining Homework: Toothbrush Love**

To fuel Fire on a daily basis, practice Toothbrush Love.

1. Write out a list of the 30 best compliments you didn’t receive (things you wanted the people in your life to notice and they didn’t or barely mentioned – important aspects of you that feel like they could use some attention)
2. Put that list by your Toothbrush and use one compliment a day when brushing your teeth.
3. Think about the one compliment while you brush, then rinse, spit and get ready to...
4. Look yourself in the mirror, say it out loud making eye contact so you see it, say it and hear the compliment!

This helps fuel the Fire within you and trains your brain to receive compliments from others instead of deflecting them.