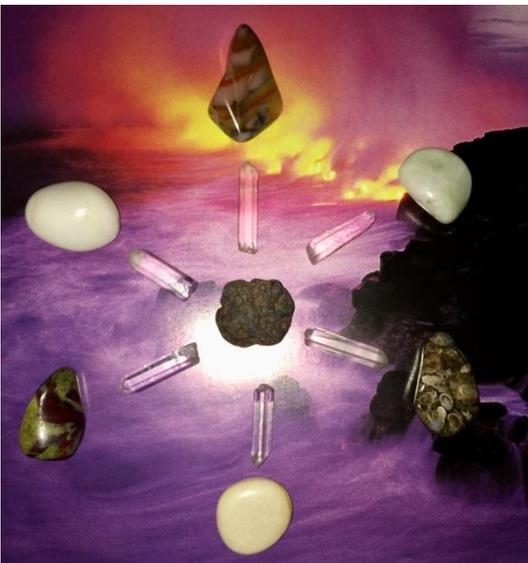




Examining my personal experience with Fire and Water

I don't like fire or even particularly like the summer! I see fire as destructive, out of control, something that physical has hurts me like bad sun strokes, burns, and energy draining. Fiery family and friends in my past have been prone to physical violence, been argumentative and so egotistical. Even though I have many fire signs in my astrological birth chart, I do not identify with that element.

Looking in the mirror, I find my own fire is so intense at times that it is hard for me to control and I become quick to anger when I'm trying to be healthily (is that a word?) assertive. I love water, the rain and autumn! I find comfort and freedom on, in, or near water. I respect the force of water and am awed by her power. I've had water kick my ass but even in a rip tide or flooded house, I felt that everything was going to be okay.



How I came to appreciate the Synergy of Water and Fire

I admit I was extremely resisted to this challenge but wanted to understand something about the dynamics of this dual wielding (a new term for me but my gamer son knew, lol). I see now the positive quality of the element of fire and the vitality and inspiration of those with a regulated fiery nature. These two elements are necessary for our planets life cycle and that when they come together more energy is created in that duality.

I realize now that both fire and water can be modulated and controlled to create a rich and beautiful balance world. I

learned more about the Torus, cycle of life, that electricity is part of the fire element. I was reminded that watching flames, hearing the crackle of fire lowers blood pressure. My eyes were opened to the many ways fire is a positive element in my life.

Water and Fire are an integral part of my daily life from; my warm shower, food growth, meal prep, mobility, and many creature comforts. People I chose to have in my life are passionate and strong as well as emotional in touch and supportive and I now recognize that I too embody all those traits and so many more. What a wild ride!