

The Elements describe how energy manifests as Form

Earth Feminine Physical Realm	Earth is a solid and tangible element, the substance and basis for all life in this dimension. Earth perceives the world directly through the senses. According to Carl Jung it is the sensation function. Earth administrates structure and form. Earth operates in practical, stable industrious ways and can accomplish long-range goals because it is patient, enduring, persistent, industrious and productive. It is also practical, realistic, and dependable.
Excess Earth	May show up as someone who is too cautious and fear based, afraid to make changes and take risks. Can get trapped into structures that are limiting and restrictive.
Deficient Earth	May create difficulties in coping with day-to-day tasks, being organized and productive, handling money responsibly, impatient and quitting too soon. Feeling unstructured and unproductive.
Balanced	Realistic, practical, structured, persistent, industrious, productive, patient, enduring.
Imbalanced	Stubborn, materialistic, narrow-minded, obstinate, inflexible, unbending, opportunistic.
Fire Masculine Spiritual Realm	The realm of active life force that inspires and energizes while animating spirit in matter. Fire cannot exist without something to burn, like wood or coal or gasoline. The light cannot exist without an element of Earth or the feminine energy to support it. Fire is also dependent on Air to help it burn. Jung refers to this as the intuitive function. Fire acts spontaneously and intuitively, not from the feelings, but from an inner impulse to expand and explore new territory, coming up with something entirely new and inspiring that wasn't there before.
Excess Fire	May show up as impulsive, reckless, fanatical, out of control, aggressive, obnoxious, insensitive, unrealistic, and destructive to self and others.
Def. Fire	May lack life force or the energy to actively engage life. May feel burned-out, lazy, uninspired.
Balanced	Enthusiastic, outgoing, optimistic, spontaneous, spirited, radiant.
Imbalanced	Uncontrollable, egocentric, excitable, obnoxious, domineering, violent, pushy.
Water Feminine Emotional Realm	The ability to feel deeply allows this element to perceive the subtlest possibilities and to be sensitive to their surroundings. Water expresses as streams, creeks, rivers, lakes, waterfalls, floods, downpours, gentle rain, etc. Water can eventually dissolve entire mountains, carve out grand canyons and gorges, change entire landscapes. Water is the element that allows us to work directly with the unconscious forces that motivate and direct our lives. Deep emotional bonding and soul connectedness is possible in this realm when the feelings are accessed in a healthy way.
Excess Water	May be at the effect of feelings that leave them believing they are unable to function effectively in the world. Wishy washy, unable to make decisions and act on them.
Deficient Water	May lack sensitivity and compassion for others, may keep their feelings bottled up. May lack imagination and the ability to appreciate the hidden and mysterious.
Balanced	Receptive, adaptive, healing, dissolving, unifying, changing, sustaining, feeling, empathic.
Imbalanced	Needy, insecure, shy, helpless, victim, deceptive, fearful, clinging, overemotional.
Air Masculine Mental Realm	The mental realm operates through the intellect where our thoughts and ideas begin to come into form. Breath, wind, airwaves, the internet, radio waves, etcetera are all expressions of the air element. Air may show up as a gentle breeze that is refreshing and invigorating, or a strong gale that scatters the seeds of change into all directions, or a tornado or hurricane that destroys everything in its path. The air element is quick thinking, communicating and sharing ideas with others, interested in making social and intellectual contacts often through writing and speaking.
Excess Air	May be the proverbial "space case" unable to ground any of their brilliant ideas into reality. Can appear ineffective, scattered, inconsistent and indecisive.
Deficient Air	May feel challenged in communicating their ideas. May have challenges in learning skills. May lack objectivity and an ability to think rationally.
Balanced	Intelligent, gregarious, curious, objective, logical, clever, social, versatile, observant, alert.
Imbalanced	Distant, flighty, nervous, superficial, vacillating, verbose, unrealistic, unfeeling, uncaring.