

Fire Element Quiz

(Summer is the 'Season' of Fire Element Energy)

June 20<sup>th</sup> 21<sup>st</sup> or 22<sup>nd</sup> depending on the year



Resonate with the seasonal qualities of FIRE ELEMENT – Being joyful often for no reason, exuding warmth, intimacy, compassion, being in touch with your sexuality, positive control, able to sort things out, social relationships, communication and connection, protection, balance, maturity and open-heartedness.

Our coherent fire element energy helps us to connect with people, form lasting relationships, and have meaningful experiences with them. I find it no coincidence that at least in the USA, family reunions are a staple of summer activity. Think of hot summer nights with gathered around a camp fire, singing all the old tunes that help us feel we belong.

Coherent fire element energy allow us to trust in relationship, easily bond with other and spend time with them. We are able to laugh with others and have fun. We have the courage to take risks and be vulnerable, perhaps sharing our burden with another. These qualities allow us to forge new friendships and relationships using a mature wisdom for what we are ready to share in relationship. We may also find this an ideal time to spend on our own to recharge our sense of self sufficiency and confidence.

How is your Fire Element energy? And how is it helping you create your life vision intention?

## Take the quiz:

1. What is your life vision Intention? What do you intend to create for yourself in the next chapter of your life? What new intentions do you have for your friendships and relationships?

2. Choose or muscle check a positive aspect of the Fire Element qualities from the list below that you would like to resonate with in your life to support your intentions:

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Joyful

Playful

Loving

Spontaneous

Affectionate

Direct, honest

communication

Supportive

At ease in social situations

Harmonious

Safe

Protected

Balanced

Embrace maturing/ aging

process

Expansion

Brightness

Laughter

Radiance

Maturing to your full

potential

Sorting things out

Press Save when you are done and then the orange DONE button – you will be able to save a copy for yourself.

Return to the SEASONS program page to listen to the previously recorded Fire ELEMENT Repatterning and obtain the session notes. Listen in and follow along with the notes to repatterning yourself and your intentions!

<https://lighttravels.com/SummerRepatterning>  
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