

A fishing boat with a white hull and blue stripes is moving across a calm lake, leaving a small wake. The boat has several orange buoys on its deck and a crane-like structure on top. In the background, there are large, misty mountains with some snow patches, and a dense forest of evergreen trees covers the lower slopes. The sky is overcast with soft, diffused light.

# 4 Elements Summary:

Initial Session Intake

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Traditional Astrology & Mentoring for Insight & Resilience

## A Summation Guide of the 4 Elements /Temperaments for Observing Basic Characteristics.

**Each of the 4 can show up in an infinite variety of ways – this generalized summation focuses on the behavioral aspects for each planet that I see most in my clients. Please use this as a guide as you think about your own particular ways of being.** You'll use this page to help characterize your experience for the intake.

### Element: Air

**Traditional Name:** Sanguine

**Mode:** To think & communicate

**Qualities:** Hot (Outward/ Expressive) + Moist (Connective/ Merging)

**Concepts:** Social, freedom, flexibility, information, thinking

**Watch for:** Aloof, shallow, flaky, inconsistent, idealistic

### Element: Fire

**Traditional Name:** Choleric

**Mode:** To act & do

**Qualities:** Hot (Outward/ Expressive) + Dry (Separating/ Defining)

**Concepts:** Courage, direct, initiates, action, hard-working, vision

**Watch for:** Arrogant, aggressive, impatient, dogmatic

### Element: Water

**Traditional Name:** Phlegmatic

**Mode:** To feel & desire

**Qualities:** Cold (Inward/ Receptive) + Moist (Connective/ Merging)

**Concepts:** Empathic, nurturing, responsive, cohesion, desire

**Watch for:** Sloth, drama, depression, reactive, conflict-avoidant

### Element: Earth

**Traditional Name:** Melancholic

**Mode:** To contemplate & be

**Qualities:** Cold (Inward/ Receptive) + Dry (Separating/ Defining)

**Concepts:** Observant, thoughtful, strategic, steady, pragmatic

**Watch for:** Stubborn, anxious, worry, boring, procrastination