

FIRE (Section 4)

COLOR:	Red
SEASON:	Summer
ORGANS:	Heart / Small intestine
DIRECTION:	south
TASTE:	bitter
FLUID SECRETION:	perspiration
SENSE ORGAN:	tongue
EMOTION:	joy, happiness, love, honor, sincerity, enthusiasm Impatience, arrogance, cruelty, over-excitability
HEALING SOUND:	ha
PHYSICAL TISSUE:	blood vessels
SMELL:	scorched
EXTERNAL FACTOR:	heat
ANIMAL:	Dolphin (happy, fun loving, social)
QI MANIFESTATION:	Slows down and relaxes the qi

PERSONALITY DESCRIPTION:

Fires are carefree and simply present. They live in the now and the excitement of the moment. They have a zest for life and contagious positive spirit. They are playful and are always finding new interests and desires. They gravitate to where they feel the most pleasure and passion. Fires are the life of the party and like to make everyone laugh. They lead with love and passion. They are fun, easygoing and exciting. They are rarely embarrassed. Fires want everyone to be happy and feel good. They don't want to sit and listen to your sorrows, but instead will think of distractions to avoid the darkness of your mind. Fires are impulsive and often lose themselves in others or the now. It's not in their nature to analyze. They are quick to respond to people and follow what feels good, completely losing themselves in it. They can have a hard time staying focused. Imbalanced fires may suffer from insomnia, anxiety and chaos. They need to be mindful of too much stress and be sure not to get bombarded. They have huge hearts and love feeling loved. Imbalanced fires may suffer from a feeling of internal chaos and panic. They need to slow down, clear their schedule and de-clutter their life. Fires can get overwhelmed. They bounce when they walk and are born with a lot of energy. If fires can't find moments of calm and relaxation their attention may jump all over the place and they will have trouble staying focused. They are not great at remembering things in the first place. Fires need people to join in their adventures and need social interaction. They are magnets and people are very attracted to them. Fires laugh a lot and often continue laughing when everyone else has stopped. The feeling of being with a fire is that of fun and love. They have a natural ability to pull other elements out of stubbornness, darkness, depression, boredom and worry. Their laughter, energy and high spirits are highly contagious.

RELATIONSHIPS

Being in a relationship with a fire can be both exciting and frustrating. They yearn for intimacy but get bored and need variety. They are prone to overcommitting to people because they go with the flow and they go where their energy feels good. They are drawn to pleasure and fun and will often abandon people or commitments that lack excitement and pleasure. They are loyal until something doesn't feel good, then they will move on to the next pleasurable experience. They are perpetually in motion. In relationships they want sparks to fly. One of the worst things for a fire is to feel they need to subdue themselves for the sake of others. They need to go with their inspiration, passion and joy. They may seem shallow but don't mistake their high energy and happiness because this is the foundation of their being. If you are in a relationship with a fire be clear about your boundaries, what you want and need and keep them on task so they are not constantly swept up in the moment. Also be sure there is enough fun and variety in the relationship. Fires cannot bear to see people suffer or struggle. They don't expect you to be perfect but do expect you to keep showing the love and excitement they try to evoke in you. Always keep an open communication channel with a fire. If your partner is a fire they want to feel adored and will need lots of flattery and attention.

TYPICAL PROBLEMS

Their attention jumps all over the place and they have a hard time staying focused. They get easily overwhelmed, scattered and disorganized. Words can become chaotic under stress. They get bored with slow events and people. They can be in love with more than one person. They live for fun and parties, can be addicted to love, sex and spirituality. They panic with too much demand. They can be too accommodating to what others want in a relationship and have a hard time saying no.