

# Earth



**Earth is hard, but not unyielding.**

**If it is too soft it won't support you properly.**

**if it is too hard, your roots will not penetrate or find nourishment.**

## Healthy & Vital Earth supports you to:

- Survive & thrive in the physical world
- Be present and comfortable in your body
- Meet your physical needs in a healthy fashion
- Have a balanced & healthy relationship with food
- Take responsibility for your own well-being
- Trust you can get your core needs met
- Engage in healthy boundaries
- Nurture Self & Others in Generative ways
- Tend to the health of the planet
- Have a sense of belonging in the natural world

## Imbalances show up in body as:

- Chronic health issues, being sick all the time
- Spinal and bone disorders, sciatica, leg and knee problems
- Anus, rectum, colon, prostate problems
- Constipation (excessive), diarrhea (deficiency), hemorrhoids
- Over/under sleeping, over/under eating

## Excessive Earth manifests as:

- Heaviness, sluggishness, chronic lack of energy
- Overeating, obesity, stiff/painful movement
- Material fixation, greediness, possessive, workaholism
- Feel the need to dominate the earth, controlling

## Deficient Earth manifests as:

- Not grounded, disassociated from body, overly mental
- Completing projects and goals is difficult
- Often feel lethargic and disorganized
- Challenging to manifest your ideas and passions into the physical world
- Feelings of fear and lack of support, safety in your life
- Limited contact with wild nature in your daily life

**Roots**

**Grounding**

**Survival**

**Safety**

**Body**

**Food**

**Matter**

**Manifest**