

Elemental Nature



EARTH

Sense - Earth is linked to sense of SMELL.

Season - Earth is linked to late winter (cold, damp, heavy).

Physiology - Earth is responsible for the structure of the body. This includes the skeletal system and the muscular system.

Mind: Earth has a stable mind and they are very consistent with their beliefs. They hold onto their beliefs very strongly and they have an excellent long term memory.

Skin condition - Normal to Oily Skin. Earth natures have smooth, hydrated, and soft skin when balanced. When out of balance, they are prone to occasional breakouts and oily shine.

Hair type: They have very thick hair.

Body type: They are usually larger and broad shouldered.

Balanced state: Earth is caring, dependable and calm. They function best when they have a solid routine. They are always there for their friends to listen.

Imbalanced state: Tendency to be slow and sluggish and are tired most of the time. They become attached to their situations and have a hard time adapting to change.