

# Resilience

## Healing Energy by Sue Aumer

### Balance

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As we move from winter into spring, we are vividly reminded that a balance of quality earth, water, air and fire (sun) is essential for healthy growth of plant life. Too much or too little of any of these is detrimental.

In shamanic traditions, these elements also represent different aspects of the life force energy that flows through all of us. For our optimal health, these elemental energies need to be in balance.

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### Exploring Energies of the Four Elements

NOTE: Traditions may interpret energies differently. The following version resonates with me.

#### Earth



Earth is the realm of the physical, of stability and dependability. Earth energy grounds us and gives us a sense of security.

- If we have too little earth energy, worries and anxiety may be holding us back. Or we may feel anywhere from a bit disengaged to totally disconnected from life.
- If we have too much, we may find that we have become rigid and set in our ways.

*tips for balancing*

- If you have too little earth energy, seek more by spending time in nature: taking a walk, gardening or simply sitting down and enjoying the view.
- If you have too much, tap into the energy of another element to get to balance. Consider water or fire.



## Water



Water is the realm of emotions. It represents flowing, the subconscious and all things internal. Water energy cleanses and regenerates.

- If we have too little water energy, we may find ourselves stuck, acting on automatic, or unable to fully experience our emotions.
- If we have too much, we may feel bound by heightened emotions or have a tendency to jump to conclusions.

### *tips for balancing*

- If you have too little water energy, seek more by spending time by or in a body of water such as a lake. Water that is moving like in a river or stream is even better. Another option is taking a long bath.
- If you have too much, tap into the energy of another element to get to balance. Consider earth or air.



## Air



Air is the realm of thought, learning, wisdom and communication. Air energy is breath and all things intellectual.

- If we have too little air energy, we may find that we have become closed minded and resistant to change.
- If we have too much, we may have difficulty thinking clearly, concentrating, making decisions or expressing ourselves.

### *tips for balancing*

- If you have too little air energy, connect with your breath through breathwork or mindfulness practices such as meditation. Or simply focus on your breath: breathe in, hold it a few seconds, breathe out, repeat.
- If you have too much, tap into the energy of another element to get to balance. Consider water or fire.



## Fire



Fire energy is the creative spark. It represents our passions, the fire within. Fire energy is vision and transformation.

- If we have too little fire energy, we may find that we are becoming cold and distant, superficial or dull.
- If we have too much, we may find we are overly reactive, short-tempered, easily pulled in many different directions, or overly enamored with ourselves or others.

### *tips for balancing*

- If you have too little fire energy, connect with more by lighting a candle or enjoying fire in a fire pit, bonfire or fireplace. Or simply soak up some sunlight.
- If you have too much, tap into the energy of another element to get to balance. Consider earth or water.



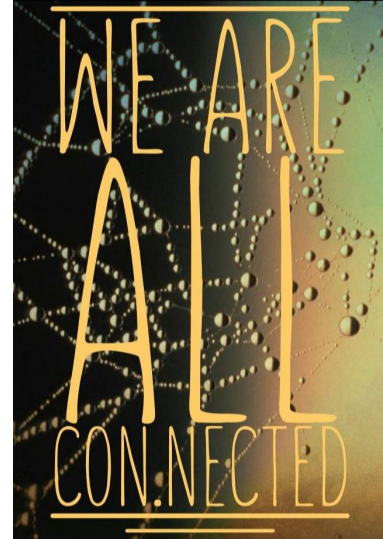
Regardless of how we frame the physical, emotional, intellectual or spiritual energy imbalances we may be experiencing in our lives, the tips for balancing elemental energies may help us address them.

Remember that when we are in energetic balance, we are better positioned to live our lives more fully, joyfully and authentically.



to address any energy imbalances we may have. Reiki / healing energy supports our health on all levels and enhances our well-being.

As long as the in-person healing space at Resilience remains closed due to the pandemic, I will continue to offer **FREE individual half-hour distance Reiki / healing energy sessions** to anyone who would like one. This is my way of giving back during these challenging times.



If you would like to learn more about distance Reiki / healing energy and what sessions offered by Resilience are like, check out the [distance healing](#) page on the Resilience website.

#### HOW DO I SCHEDULE A SESSION?

Easy! Just click the button below. You're welcome to schedule multiple sessions if you would like.

Whether you are already a Resilience client or not, and no matter where you are located, I welcome the opportunity to support you on your healing journey.

Go ahead and schedule a session, then get ready to relax and receive some balancing healing energy!

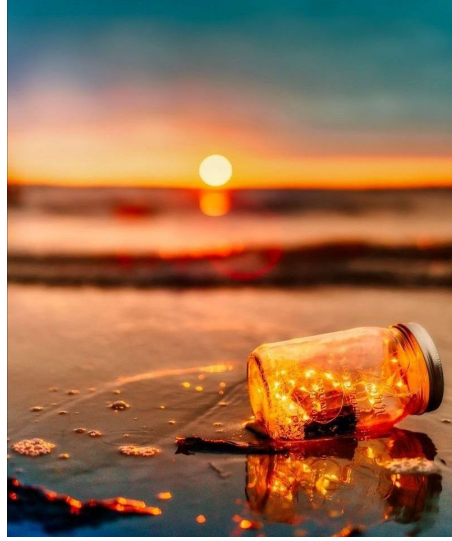
[Schedule a Distance Session](#)

**Thank you  
for your business!**

*Sue Aumer*  
Usui Holy Fire® III Reiki Master  
/ energy worker

"The wound is the place  
where light enters you." -  
Rumi

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