

# Are You a Wizard?

## Summer is Your Time to Shine!

**A**s the seasons change, so does the type of energy that influences the earth. Chinese medicine explains the cycle of the different aspects of the universal energy, or Qi (pronounced “chee”), in terms of 5 elements. These 5 elements are Fire, Earth, Metal, Water and Wood. Each element is associated with a season and a personality-type that embodies the energy of that element.

### The Elements and their associated season and archetype are:

**Fire:** Summer / The Wizard

**Earth:** Late Summer or the Transitional Time Between Seasons/ The Peacemaker

**Metal:** Fall / The Alchemist

**Water:** Winter / The Philosopher

**Wood:** Spring / The Pioneer

As we approach summer, the season of the fire element, notice how the energy on earth gets brighter, more expressive. It naturally gets hotter, thanks to the proximity of the great fire in the sky, and it draws people outside and together. There is a sense of vibrancy that is awakened in us during this time.

The Wizard is the embodiment of this energy: colorful, enchanting, expressive, full of enthusiasm and an appetite for life. She is a magnetic speaker. He is an enchanting leader who leads from the heart. They are teachers, visionaries, and they possess magic.

### Are you a wizard? Here are some questions to help answer that...

- Do you believe in Magic?
- Do you consider yourself intuitive?
- Are you a natural leader?
- Do you love to engage an audience (or a few friends)?
- Do you wear your heart on your sleeve?
- Do you crave intimacy and passion?
- Are you energetic/playful?
- Do others sometimes have difficulty keeping up with you?



If you answered yes to any of these, you have at least a little wizard in you. We all have some features of each elemental energy, some more than others. If you answered yes to all of these, you're a bright fiery wizard!

As it is the central philosophical foundation of Chinese Medicine, the importance of balance can never be understated. A fire can provide comfort and warmth or it can be disastrous and destructive. Signs of a fire burning too strong are excess perspiration, inability to rest, excessive talking, fast heartbeat, high blood pressure, red face, rashes, cramps, issues with blood circulation and even the actual enlargement of the heart organ itself from overexertion. If this excess fire is not kept in check, it will inevitably lead to burn-out and a complete reversal of what we know to be associated with fire. Signs of a burnt-out wizard are someone that is nervous and withdrawn, or easily startled.

The unregulated desire to share oneself can lead to a loss of boundaries, which can lead to a loss of self. The beautiful fire of creativity and expression can thus turn into ashes of desolation and voicelessness. We can think of someone like Robin Williams as an example of a wizard who experienced both extremes of the fire-type personality. He shared his powerful magic with the world but also suffered from depression and isolation.

### Some general but important reminders to help keep your fire in balance:

- Celebrate your inner wizard! Allow yourself time for the pursuit of pleasure.
- Stay hydrated, avoid overindulging in spicy foods and stimulants.
- Avoid over-excitement and over-exertion, Make time for rest and solitude.
- Maintain appropriate physical, emotional and spiritual boundaries.
- Cultivate a peaceful spirit, tranquil mind, and harmonious heart. (Meditation is a great cultivation tool.)

If you are a fire element person that feels like you are burning out or at risk of burning out, acupuncture could be just the answer for you. A few summer acupuncture treatments could be all you need to harness that fiery passion to pursue your dreams and ambitions.

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