



## Earth grounding, stable, supportive

The element of earth is represented yellows and earth tones. It is soil, sand and anything made using earth materials like ceramics, tile, brick and stucco. Earth is depicted as deserts, sand, and soil in pictures, art, etc. The shape of the earth element is squares and rectangles. Earth is related to center and foundation.

**Chi qualities:** nurturing, dependable, reliable, loyal, accommodating, cooperative, harmonious

**Too much:** stubbornness, overprotective, weighted down, stifled, smothering, co-dependency

**Too little:** indecisive, self-absorbed, disengaged, lack of belonging, inconsistent, impractical

*We are all searching for some form of family or foundation, for a place we can feel safe and secure. --Jena Malone*