

YOUR PERSONALITY

Based on what you said during your personality test your primary elements are Fire and Earth. These 2 elements define your actions and define how you think and what you do. There is never a wrong or right, remember that. Just differences in personality. Your third element is Air. This is the element that pops up in crisis situations. Your fourth element is Water. The main goal of our life is to get all the elements in balance. Let's strive for that.

When we look at your mandala, both Fire and Earth are very much present. You chose an open mandala with pointed endings. This shows your Fire element. On the other hand you colored according to a certain rhythm, like the structure of the rainbow. Also you chose a flowery structure that is not too complex, nor too simple. These 2 things are typically Earth.

You knew exactly what kind of mandala you wanted (Fire). But it was hard to find the one you had in your mind. But eventually, after a good persistence, you found one (Earth). During an acupuncture session you had this vision on how to color it (Fire) and you started to make a plan (Earth). That's what you do. You are not impulsive but you always start with making a plan. Even when you were a kid and played restaurant with your dolls, you first had to design the restaurant. Hello, Earth.

When you started coloring you also followed this structure from starting in the middle and work towards the outer part. This mandala you colored digitally but if you would color it manually you would have chosen pencils and you would push hard. Why? You needed to avoid that there were different tints in 1 color. That would mess with your plan. All these aspects also points towards your Earth element.

Your taste preference, bitter, confirms your Fire element. Your food preference for sweet confirms a bit more your sweet tooth because you have a great part of sweet food in your menu.

During this journey we will bring all these 4 elements more in balance. This means we will boost your Water en Air element by literally adding water, air, oxygen and fats. But we will on the other hand also temper your Earth and Fire. Let's find a balance between the load on your brain and body on the one hand, and reconnect your mind and body again on the other hand.