



School of Astrology and Mindfulness

Lesson 2 The four elements: fire, earth, air and water

The theory of the four elements – **Fire, Earth, Air, Water** – is a universal symbolic foundation shared by astrology and many philosophical and spiritual traditions. It offers an energetic view of life, a basic language for approaching the nuances of our psychological functioning.

Each sign of the zodiac belongs to one of these four elements, which allows us, through the study of the planets in the signs, to observe the dominant energetic qualities that colour our expression.

Fire – The life force

Fire is the energy of enthusiasm, initiative and self-confidence. It drives the desire to act, to assert oneself, to shine. It seeks to live life to the fullest, to be passionate about an ideal, to embody a vision.

- Signs concerned: Aries, Leo, Sagittarius
- Feelings: inner warmth, creative impulse
- Risks: excessive impatience, self-will, domination

Earth – Practicality and stability

Earth is the energy of tangible reality, patience and construction. It seeks to anchor things, provide security

and organisation, and give shape to the inner world through concrete actions.

- Signs concerned: Taurus, Virgo, Capricorn
- Feelings: solidity, need for order, caution
- Risks: attachment to the known, rigidity, fear of the unknown

Air – Thought and relationships

Air is the energy of the intellect, exchange and openness. It connects ideas, beings and experiences. It needs to breathe diversity, to understand, to name and to observe with detachment.

- Signs concerned: Gemini, Libra, Aquarius
- Feelings: mental lightness, flexibility of mind
- Risks: distraction, over-intellectualisation, avoidance of experience

Water – Emotion and intuition

Water is the energy of feelings, emotional connections and inner depth. It explores memories, the subtleties of the soul and the invisible movements of the heart. It calls for fusion, compassion and acceptance.

- Signs concerned: Cancer, Scorpio, Pisces
- Feelings: sensitivity, intimacy, fluidity
- Risks: withdrawal, confusion, defensive hypersensitivity

A presence, not a quantity

In the mindfulness approach to astrology, the elements are neither fixed dominants nor criteria of quantity. Their presence in the chart does not mean that they are 'too much' or 'too little'. It all depends on how the subject's consciousness integrates these energies.

The distribution of the elements provides points of reference for exploration, but it is the planets, in connection with their sign, house and aspects, that provide the true inner dynamic. The balance or imbalance of a chart cannot therefore be measured by automatic counting, but by subtle listening to tensions, resistances and potentialities for harmonisation.

A reading beyond the ego

What creates tension or conflict is neither the element itself nor its frequency, but the way in which the ego emphasises some and represses others.

Let's take an example: a person with several planets in Fire signs may seem dynamic and strong-willed, but if the ego overvalues this energy at the expense of emotion (Water) or stability (Earth), a psychological imbalance is created. Conversely, a strong presence of Water, if welcomed with awareness, can be an immense source of inner clarity and accurate intuition.

That is why, rather than talking about ‘dominants’ or ‘deficiencies,’ it is more accurate to think of an inner dialogue between the elements. Each has its own virtues, and none is superior or inferior to the others.

In practice: how can these elements be integrated into the study?

✦ *In this school, there is nothing to learn by heart.*

The content offered is intended to aid practice and provide food for thought, not to present fixed truths.

Here is a concrete method for assimilating the symbolism of the elements through the observation of real astrological themes:

1. Choose a theme (your own, that of a loved one or a celebrity – databases are available online).
2. Note which signs the planets are in.
3. Identify the dominant elements by the signs they occupy, keeping in mind that this is not a measure of quantity but of energetic atmosphere.
4. Observe: *Does this person act a lot? Do they dream more than they act? Do they speak with ease or caution? Do they feel very sensitive, very grounded, very cerebral, very instinctive?*
5. Connect these observations with what you have just read about the elements. Make meaningful connections.

This process of observation and reflection will train you to recognise the elements not as boxes, but as living forces that express themselves through the human psyche.

In summary

- The four elements are energetic languages.
- They describe universal forces that are present in each of us.
- They express themselves through the astrological signs that colour the energy of the planets.
- The balance or tensions between these elements depend on consciousness and not on an automatic count.
- Studying them is a tool for integration, not a system of judgement.

? Any questions?

If this lesson raises any questions, comments or requires clarification, please feel free to contact me at: **jerome(at)zenastral.fr**