

## Some thoughts on Fire and Water and creating balance out of imbalance

As we celebrate the energy of Leo, it's natural to be interested in the element of fire, since Leo is a fixed fire sign. Fixed fire is fire that is held steady and contained, like in a slow combustion stove. To understand this a little more its useful to connect with a few alchemical ideas. The alchemists of old were endeavouring to produce gold out of lead by physical experiments and attempting to balance all the elements of earth fire air and water. In human spiritual terms, this is like working on all the elements of ourselves- our bodies emotions mind and intuition, until all the dross and the unrefined matter in us is transformed into the energy of our higher nature. So the alchemists were working in the outer world with external elements with processes that reflected inner psychological/spiritual ones.

As we have been travelling through the sign of Leo, the world has been continuing to go through many complexities and challenges such as COVID, the environment, political changes, upheavals and climate crises etc. As a way of illustrating how we can work with the energies within and without and be alchemists and more powerful in these times, I'd like to consider one of these imbalances, that of fire and water. Floods in Germany and Belgium, fires in Greece etc. This is not only current phenomenon, but one which has been active for several years.

Now alchemically, fire and water can merge (see fig 2) but is very challenging. In looking at fig 1, we see that bringing fire and water together is the bringing together of the feminine and masculine (yin and yang) the moist and cold and the active and dry. There are some powerful changes that can happen when these 2 elements come together e.g. lava flow into the sea produces new land masses... water heats up with fire and can become steam and air (hydrogen and oxygen) and evaporates or the fire can be extinguished.

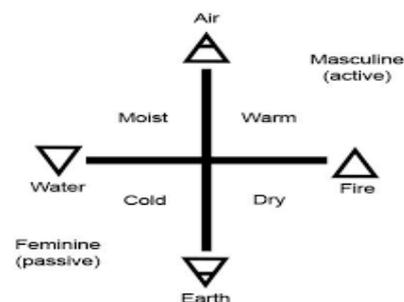


Figure 1 The alchemical cross of the elements



Figure 2 the coming together of fire and water

Fire represents action and activity and also in human terms our mind and later in development our spirit. Water represents our feelings and later on our intuitions. Unbridled fire and water create havoc in our environment and in us! When our minds and mental energy become unbalanced and meet our emotions ... the water of our emotion can create a lot of steam but also calm down the fire's intensity, or our fire can be put out e.g. "I can't think". My mind is burned out etc. There are practical applications of this e.g. if we want to calm down the fires of our mind, we can use our watery emotions to calm them a little and the water element (our emotions) can benefit from being heated with the fire of mind so it can evaporate into the air.

So, the increased frequency and intensity of the floods and fires on the earth, most likely relate to climate change but in us can be seen as a reflection of the unbalanced nature of our fiery mental energy and watery feelings. So we need to check that we don't keep the external imbalances going either by overusing our minds and overthinking (fire) or by getting stuck in our reactive feelings especially fear (water). The media hype and the climate created especially by COVID has dramatically increased the band of fear around the world. We all experience personal fear, however at this time this fear is being greatly heightened by the collective fear.

The higher correspondence of fire and water as spirit and intuition suggests that on the higher planes the imbalance of fire and water mind and emotions can be resolved. Using our higher soul and intuition

is I think, a wonderful way of integrating some the current imbalances and bringing in changes in ourselves and our world at this time

One of the things we can do at the spirit/intuition level in the current world situation, is to create new thought forms to feed into the earth grid instead of feeding back into it our fear. Such new thought forms can help break the power of the media and the fear it creates, as well the power of our entrenched emotional patterns. To do so requires the steadiness of the fixed fire to bring us into the spiritual/ intuitional plane so as to be able to create other thought forms to place into our inner “world wide web” beside fear.

When we balance up our feelings and heart with our thinking in this way, much can be achieved within and without. Like the new earth that is created by lava flows and the water of the sea, new earth forms can be created and become possible- and material changes effected. We just need to learn to handle the basic elements more carefully skilfully and steadily using all the awareness and consciousness we can.

There are many other ways to work constructively and with love and compassion during these times and this writing is a way of encouraging our focus and thoughts to be on creating practical ways to work with the energies and elements to build a new and transforming Earth rather than to be focussing on despair, gloom and overload. Despair gloom and overload will come, but we can challenge it when it arises and support each other to become the divine alchemists we are!

Please feel free to write a response to this on my website or by personal email to me or discuss it with me or in the group when we celebrate the fires of Leo.

Love to you from the Lion's fiery heart

Janet