

# Nature Elements Report



Thomas Mathew

[www.maximas.com.sg](http://www.maximas.com.sg)



## Who Are You?

Know how to deal with yourself

Designed Report For:



**Name:** Prashant Patel

**Email:** Prashant@infologi.net

**Contact No.:** 9272 9897





## Your Born Constitution

### FireWater

**Dominion and Transformation – Know yourself**

#### The Power of Potential

God desires for each of person to realise his greatest potential. In the bible Philippians 1:6 Paul writes, I am confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” Understanding others and us is a prerequisite for reaching our God-Given potential. Yet many of us spend more time avoiding our fears than focusing on our future. Fear comes in many forms and with different levels of intensity. We all have had moments when anxiety and depression attacked us.

Being dominated by negative emotions can lead us into a pathological pattern of thinking and acting. Pathology is a clinical word used in the medical profession and among mental health professionals to describe disease or dysfunction. When dysfunction goes unchecked, it leads to unhealthy levels of unusual, or “abnormal,” behavior. In today’s negative climate, we need encouragement in order to achieve our greatest potential.

#### Needs versus Values

Because differences in perception, motivation, and needs sometimes get mixed up in our thinking with differences in values, it is useful to distinguish between needs and values Personal needs are basic to our existence. They can be divided into three levels; physical, relational and spiritual. Physical needs relate to our survival in terms of food, water, sleep, shelter and security. Relational needs involve deep desire to belong and to experience affection and purpose. Spiritual needs consist of a drive for fulfillment and purpose. These needs are ones every person must address if he is to be healthy.

Personal values are the standard that guides one’s life. They have to do with the beliefs that influence the choices person makes. These values are clustered together into an organised way of thinking. The clothes persona wears, the place he lives, the leaders they vote for , the work he chooses, the spiritual position they take, all these are influenced by clustering of values.

I am totally believer of – if you know yourself and know how God has created you in His own image, you will have great fun living here on **EARTH**. Have fun reading your evaluation!!



## Characteristics of FireWater Element, in its normal and aggravated states

**FireWater** is a force created by the dynamic interplay of Fire and Water. These forces represent transformation. They cannot change into each other, but they modulate or control each other and are vitally required for the life processes to occur. For example, too much fire and too little water will result in the boiling away of the water. Too much water will result in the fire being put out. FireWater is responsible for the chemical and metabolic transformations in the body. The qualities of FireWater are the combined attributes of Fire and Water: oily, sharp, hot, light, odorous, mobile and liquid.

**FireWater** governs digestion, absorption, assimilation, nutrition, metabolism, body temperature, skin coloration and the lustre of the eyes. **FireWater** also mediates visual perception, intelligence and understanding. Psychologically, **FireWater** can arouse anger, hate and jealousy. The small intestine (primary site), stomach, sweat glands, blood, fat, eyes and skin are the seats of **FireWater**.

Please note that all characteristics are tendencies only. A **FireWater** person may/may not show these as there is no rule stating that a **FireWater** person must demonstrate a particular characteristic or that another Elements type may not also demonstrate this.

**Note:** All characteristics are tendencies only. A Air person may/may not show these as there is no rule stating that a Air person must demonstrate a particular characteristic listed or that another Element type may not also demonstrate this.

### Physical/ Psychological Characteristics

**FireWater** people tend to be of medium height, are slender and their body frame may be delicate. They show a medium prominence of veins and muscle tendons. Muscle development is also moderate. The **FireWater** complexion may be coppery, yellowish, reddish or fair. The skin is soft and warm, and the hair is thin, silky, red or brownish. There is a tendency toward premature graying of hair and hair loss. The eyes may be gray, green or copper-brown and sharp, and tend to be of medium prominence. The nails are often soft and pink. The shape of the nose can be sharp and the tip tends to be reddish.

Physiologically, **FireWater** types have a strong metabolism and good digestion resulting in a strong appetite. The person of **FireWater** constitution usually takes large quantities of food and liquid. **FireWater** types have a natural craving for sweet, bitter and astringent tastes and enjoy cold drinks. Their sleep is of medium duration but uninterrupted. They produce a large volume of urine and the feces are usually yellowish, liquid, soft and plentiful. There is a tendency toward excessive perspiring. The body temperature may run slightly high, and the hands and feet will tend to be warm. **FireWater** people do not tolerate sunlight or heat very well.

Psychologically, **FireWater** people have a good power of comprehension; they are very intelligent and sharp and tend to be good orators. They can have emotional tendencies toward aversions, anger and jealousy. They are ambitious people who generally like to be leaders and are very hard-working.



# Nature Elements Report

**FireWater** people appreciate material prosperity and they tend to be moderately well off financially. They can often enjoy exhibiting their wealth and luxurious possessions. **FireWater** types are usually perfectionists and very goal-oriented. They usually are very adept at taking control of their life and their healing processes.

Indications of balanced **FireWater**: strong powers of digestion, vitality, goal-setting inclinations, good problem-solving skills, keen powers of intelligence, decisiveness, boldness, courage, leadership, vision, athletic abilities, and a bright complexion.

Indications of **FireWater** imbalance: excessive body heat, digestive problems, a tendency to be hostile or angry and controlling, impatience, aggression, a tendency to exert excessive effort to achieve goals, vision difficulties, and being prone to make errors in judgment because of mental confusion or because passion or emotion blurs powers of intellectual discernment.



<b>GENERAL CHARACTERISTICS OF <i>FireWater</i> TYPE</b>	<b>SIGNS OF <i>FireWater</i> Elements IMBALANCE</b>
<ul style="list-style-type: none"><li>• Medium physique, strong, well built</li><li>• Sharp mind, good concentration powers, orderly and focused</li><li>• Assertive, self-confident, and entrepreneurial at their best; aggressive, demanding, pushy when out of balance</li><li>• Competitive, enjoy challenges</li><li>• Passionate and romantic; sexually have more vigor and endurance than Air, but less than WaterEarth</li><li>• Strong digestion, strong appetite; get irritated if they have to miss or wait for a meal</li><li>• Like to be in command</li><li>• When under stress, FireWater become irritated and angry</li><li>• Skin fair or reddish, often with freckles; sunburns easily</li><li>• Hair usually fine and straight, tending toward blond or red, typically turns gray early; tendency toward baldness or thinning hair</li><li>• Uncomfortable in sun or hot weather; heat makes them very tired</li><li>• Perspire a lot</li><li>• Others may find them stubborn, pushy, and opinionated</li><li>• Good public speakers; also capable of sharp, sarcastic, cutting speech</li><li>• Generally good management and leadership ability, but can become authoritarian</li><li>• Like to spend money, surround themselves with beautiful objects</li><li>• Subject to temper tantrums, impatience, and anger</li><li>• Typical physical problems include rashes or inflammations of the skin, acne, boils, skin cancer, ulcers, heartburn, acid stomach, hot sensations in the stomach or intestines, insomnia, bloodshot or burning eyes and other vision problems, anemia, jaundice.</li></ul>	<ul style="list-style-type: none"><li>• Angry, irritable, hostile, enraged, destructive</li><li>• Impatient, critical of self and others</li><li>• Argumentative, aggressive</li><li>• Bossy, controlling</li><li>• Frustrated, willful, reckless</li><li>• Acidity, heartburn, stomach ulcer</li><li>• Fitful sleep, disturbing dreams</li><li>• Diarrhea, food allergies</li><li>• Bad breath, sour body odor</li><li>• Very sensitive to heat, hot flashes</li><li>• Skin rashes, boils, acne, bloodshot eyes</li><li>• Weakness due to low blood sugar</li><li>• Fevers, night sweats</li></ul>



# Nature Elements Report

This report presents elements of your behavioral profile. Before we get into the specifics concerning your own profile, here is an overview of the Personal Profile (PP).

There are four elements that determine profiles, and they are represented by four symbols. This report will demonstrate how each of us contain all the elements, yet most particularly, one or two elements which dominate and drive our behaviors, attitudes and actions.

**Fire** – is main driving force is to undertake challenging tasks in order to get results. Seeks power and control in order to achieve its goals. Tends to move quickly and enjoy initiating projects. Fire's behavioral style reminds us of the traits of fire; hot, passionate, all consuming, uncompromising, give itself 110% to the task at hand.

**Water** – is sensitive to the needs of people and enjoys building lasting relationships in which it can play an encouraging and supportive role. Main driving force is stability and harmony. Tends to move slowly like earth and typically good at maintaining. Water's behavioral style reminds us of traits of water; reflective, transparent, life giving, easygoing, capable of "going with the flow"

## How others see you?

- Destructive
- Uncontrollable
- Hot
- Dominating
- Frightening
- Self-Centered
- Combative
- Judgmental
- Insensitive
- Intense
- All Consuming



## What is YOUR Current Imbalance?

### Air Aggravation

Your Current Imbalance results indicate a Air imbalance. If you would like to learn more about the general characteristics associated with each Element, please click on the appropriate links at the top of the page.

### Lifestyle Recommendations for Reducing Excess Air

Your test results indicate a *Air* imbalance, or excess movement/dryness. Depending on the degree of your imbalance (slight, moderate or severe), you can modify and adapt the recommendations below to help you pacify *Air*.

Please keep in mind that lifestyle recommendations are not meant to suppress our inherent nature or to suppress natural urges (such as eating when hungry, sleeping when tired, sex, elimination, urination, sneezing, weeping, coughing and yawning). Rather, lifestyle modifications are to help us bring out the positive attributes of our inherent constitution and to minimise any imbalances. Below are recommendations for lifestyle adjustments which can be implemented to help manage excess movement, dryness and other *Air* attributes.

As like increases like, so opposites can also correct imbalances. Thus, as the main attributes of *Air* are *dryness, mobility, light, cold, rough, subtle, clear, dispersing and dynamic*, recommendations to soothe disturbed *Air* include calm, slow, steady, grounding, strengthening, warming and consistent activities and factors. Just as one would not step on the gas pedal to slow down a moving car, one should not continue with movement and dry-inducing activities if they want to reduce their *Air* imbalance. In today's fast-paced society that emphasises fast food, left-overs, frequent travelling, mass media and superficial information, it is very easy to increase the *Air* element in our system. However, by changing these choices, or at least by knowing remedial measures to compensate for their side effects, we can do a lot to manage the *Air*.

### Focus to reduce excess Air

Incorporate warming, nurturing, calming, strengthening, slow, grounding and consistent activities into your daily routine, which are implemented with an attitude of peace, centeredness and confidence.

### Time of day

Each day has time intervals which are closely associated with *Air* is most active during the transitions of the daily cycle at dawn and dusk. Thus, *Air* governs from 2 am to 6 am and from 2 pm to 6 am. During these times, it is important to be especially mindful of potentially *Air*-aggravating situations.

### Diet

Emphasize a diet that is nutritious, warming and strengthening. Sweet, sour and salty tastes should be prominent in nutritious foods such as dairy, nuts, grains like rice, wheat or oats, root vegetables, sweet fruits, spices like cardamom, cinnamon and fennel, and proper intake of protein. Soups, stews with a variety of ingredients and warm drinks are especially beneficial for reducing *Air*. While taking in an adequate amount of food is essential to pacify *Air*, over-eating is equally detrimental.



## **Some general dietetic guidelines for reducing Air are:**

1. Eat with calm and gratitude
2. Avoid eating when anxious, nervous or fearful
3. Eat only when hungry
4. Eat at least 3 – 4 hours before going to sleep
5. Choose warming foods and spices
6. Avoid extreme cold or frozen foods and drinks
7. Minimise your intake of raw foods
8. Reduce intake of beans, Air-producing foods
9. Dairy is calming, especially when warm
10. Warm, cooked whole grains are good
11. Sugar is over-stimulating
12. Use sesame oil or ghee
13. Avoid stimulating beverages such as coffee

## **Herbs**

To calm aggravated *Air*, use herbs like ashwagandha and bala.

## **Exercise**

To reduce *Air* aggravations, mild exercises should be implemented that provide calm, steady, grounding and strengthening effect. These can include activities like walking, ballet, ballroom dancing, tai chi and yoga. Exercise should be done regularly at a consistent time to help develop routine and maintain steady discipline necessary to ground *Air*. Yoga *asanas* (postures) can include sitting, lying and gentle inverted postures, as well as simple backbends, forward bends, twists and long, resting poses. Mild, warming *pranayama* (breath control) is beneficial such as *ujayi* breathing, along with calm, deep breathing practices like alternate nostril breathing. It is important to not engage in strenuous and exhausting exercises with lots of movement and irregularity.

## **Oils and Massage**

Regular and consistent massage with warming oils and soothing strokes is best to pacify *Air*. The best sites for massage are the top of the head, the feet, lower abdomen and back. The touch should be calming, nurturing, warm and gentle. The most soothing oils for *Air* are sesame, almond and apricot oils. The best essential oils for aromatherapy are sandalwood, camphor, wintergreen, musk and cinnamon because of their calming and warming effects. These oils can also be used as fragrances and incense.

## **Colours**

The colour of clothing can also pacify *Air*, colours that counteract feelings of sadness, anxiety or depression should be warming and nurturing such as yellow, orange, white and subtle shades of red. Lighter or pastel shades are better than metallic or bright colours. Dark browns and blacks should be avoided and greens and blues used in moderation or used in conjunction with warm colours.

## **Meditation**

Meditation techniques utilising gentle movements (walking or dance meditation) and sounds (prayers, mantras, song, instruments) are very calming for *Air* aggravation. Likewise, simple observance of silence can be extremely beneficial for quieting an anxious *Air* mind. It is important when approaching meditation in order to pacify *Air*, to do so with the intention of emptying the mind and surrendering feelings of worry, fear and anxiety. Tight discipline and long hours can actually aggravate *Air* even more.



## General

To further pacify excess *Air*, below are general guidelines that can be useful:

1. Keep to a regular, flexible routine
2. Create a calm and safe environment
3. Take periods of rest and relaxation
4. Spend time in nature and quiet places
5. Dress for warmth and comfort
6. Go to bed early
7. Avoid unnecessary travel
8. Delegate and try not to take work home
9. Avoid Air and cold
10. Avoid overwork or physical hardship
11. Avoid excess talking, thinking or travelling
12. Practice moderation in sex
13. Reduce excess stimulation of mass media
14. Take care of body with diligence
15. Listen to soothing music
16. Limit exposure to cold and cold foods/drinks
17. Choose warm and moist foods



## Strength and Challenges

Air Strength	Air Challenges
<ul style="list-style-type: none"> <li>• Optimistic</li> <li>• Charming</li> <li>• Amusing</li> <li>• Spontaneous</li> <li>• Passionate</li> <li>• Talkative</li> <li>• Lively</li> <li>• Persuasive</li> <li>• Trusting</li> <li>• Friendly</li> <li>• Enthusiastic</li> <li>• Enthusiastic</li> <li>• Flexible</li> </ul>	<ul style="list-style-type: none"> <li>• Unrealistic</li> <li>• Manipulative</li> <li>• Silly</li> <li>• Impulsive</li> <li>• Emotional</li> <li>• Self-Promoting</li> <li>• Hyper</li> <li>• Fast-Talking</li> <li>• Gullible</li> <li>• Shallow</li> <li>• Loud/Gushy</li> <li>• Unfocussed</li> </ul>

## Distinctive Tendencies of this Pattern – Air

<b>Primary Drive:</b>	Tenacity, determination, never gives up
<b>Personal Giftedness:</b>	Investigates, explores, and determines options on complex program
<b>Group Giftedness:</b>	Demonstrates unwavering loyalty to close friends
<b>Potential Spiritual Gifts:</b>	Service, Helps, Wisdom
<b>Internal Fear:</b>	Having too much wits with strong personalities in selling ideas
<b>Strength out of Control:</b>	Unbending, stubborn determination
<b>Under Stress:</b>	Quiet, worrisome and introspective
<b>Blind Spots:</b>	Being unaware of people issues when preoccupied in solving a complex task
<b>Need to Work on:</b>	Confronting difficult people issues, expressing feelings
<b>Best Team to Work With:</b>	Water-Fire/Water-Air/Air-Earth



## Popular Occupations for Air allow them to:

- Business and Entrepreneurial
- Political Activities
- Strategic Planning and Development Activities
- Creative Endeavors
- Marketing Activities
- Connect with other people and promote the development of others
- Exercise conflicts-management skills
- Produce creative and practical solutions to problems

## How you expect others to:

Respond	Relate	Reinforce
<ul style="list-style-type: none"> <li>• Be non threatening and patient</li> <li>• Allow time to process and adjust to change</li> <li>• Make allowances for family</li> </ul>	<ul style="list-style-type: none"> <li>• Use friendly tones when instructing</li> <li>• Give personal, nonverbal acceptance and assurances</li> <li>• Allow time to process information</li> </ul>	<ul style="list-style-type: none"> <li>• Repeat any instructions</li> <li>• Provide hands-on reinforcement</li> <li>• Be patient in allowing time to take ownership</li> </ul>

## Encountering Stress

- Routine action without apparent results
- Aggressive “take control” strategy by partner
- Confrontation by Partner – “More is better” strategy
- Passive-Aggressive retreat i.e. non-involvement, silence, or turtle syndrome



# Nature Elements Report

Specific Strengths		Specific Weakness	
<b>Emotions</b>	<ul style="list-style-type: none"> <li>• Appealing personality</li> <li>• Talkative, story teller</li> <li>• Wide eye &amp; Innocent</li> <li>• Memory for color</li> <li>• Lives in the Present</li> <li>• Good on stage</li> <li>• Cheerful and Bubbly over Curious</li> <li>• Good Sense of Humor</li> </ul>	<b>Emotions</b>	<ul style="list-style-type: none"> <li>• Compulsive Talker</li> <li>• Too happy for some</li> <li>• Has loud voice and laugh</li> <li>• Gets angry easily</li> <li>• Egoistical</li> <li>• Never grows up</li> <li>• Scares others off</li> </ul>
<b>Work</b>	<ul style="list-style-type: none"> <li>• Volunteer for Jobs</li> <li>• Charms others to work</li> <li>• Starts in Flashy way</li> <li>• Creative and Colorful</li> <li>• Looks great at the Surface</li> </ul>	<b>Work</b>	<ul style="list-style-type: none"> <li>• Would rather talk</li> <li>• Easily distracted</li> <li>• Confidence fades fast</li> <li>• Forgets obligation</li> <li>• Undisciplined</li> <li>• Blusters and Complains</li> <li>• Priorities out of order</li> </ul>
<b>Friends</b>	<ul style="list-style-type: none"> <li>• Makes friends easily</li> <li>• Apologises quickly</li> <li>• Envied by others</li> <li>• Doesn't hold grudges</li> <li>• Seems exciting</li> <li>• Loves People</li> </ul>	<b>Friends</b>	<ul style="list-style-type: none"> <li>• Hates to be alone</li> <li>• Answers for others</li> <li>• Repeats stories</li> <li>• Makes excuses</li> <li>• Interrupts and doesn't listen</li> <li>• Dominates conversation</li> </ul>
<p>Take advantage of your Strength, leveraging on your Strength is the Key to a successful life. You have a nice nature and a sacrificial one. People love you because of who you are.</p>		<p>Work on your Weakness, as they may put you in a position that will not be an advantage to you, work on issues like Resist Change and etc....</p>	



## Points to Consider – Moving Forwards

<b>Action</b>	Enjoys being on the move and loves activity of almost any kind. Can sometimes be quick and impulsive when taking actions-and tends to “kick up dust.”
<b>Adventure</b>	Tends to expect positive outcomes and usually feels unthreatened by unpredictable results. Places great faith in natural charm and verbal persuasion skills; expect to “talk their way out” of any changing circumstance – and often do!
<b>Anger</b>	Quick to speak in anger and may use words regretted later. Tends to “explode” and then forgive and restore relationships quickly. Wants to talk through causes of anger.
<b>Authority</b>	Strong desire for freedom may cause them to be casual about authority and rules. When words or actions provoke an unintended response, may react with humor, trying to ease tension.
<b>Change</b>	Always looking for change
<b>Communication</b>	Verbalizes feelings and arrives at decision by taking issues out. Listening skills are generally not highly developed. Communicates and influence through persuasive appeals, stories, and humor.
<b>Conflict</b>	Diffuses tension through humor. May joke about or trivialize a serious situation to avoid responsibility and consequences. Can be seen as self-promoting or manipulative.
<b>Fears</b>	Greatest fears are social rejection and isolation. Tends to perform for admiration and approval. Needs reassurance of acceptance.
<b>Fun</b>	Prefers variety and spontaneity. Enjoys time with people, centered on activities; tends to do well in large groups. Bored by repetition; seeks sensory experiences: eating, playing, joking, laughing, touching. Enjoys unique experiences that can be talked about later.
<b>Ideal Work Environment</b>	Wants to be around people who are friendly and responsive. Prefers a leader is sociable and offers short-term incentives with frequent feedback opportunities. Enjoys working on challenging, people-centered issues requiring interaction. Needs freedom from lengthy, detailed reports, whether writing or reading them. Also needs physical activity instead of sitting most of the time.
<b>Leadership</b>	Prefers not to be detailed-oriented leader and does not respond well to a leader who is authoritarian or unsociable. Inspires and socializes as a means of motivation. Seeks out willing participants. Tends to have an open-door policy. Makes promises willingly; is distracted easily.
<b>Learning</b>	Learns by doing, in a relaxed atmosphere. Learns best where there is personal contact allowing for approval and affirmation. Likes stories that reach. Tends to connect abstract concepts unrelated to real-life situations.
<b>Pace</b>	Likes fast movements
<b>Relationship</b>	Does not discriminate in making friends-may value the quantity of relationships as much or more than quality. Tends to trust easily and forgive quickly. Wants to be judged by intentions when neglectful in relationships.



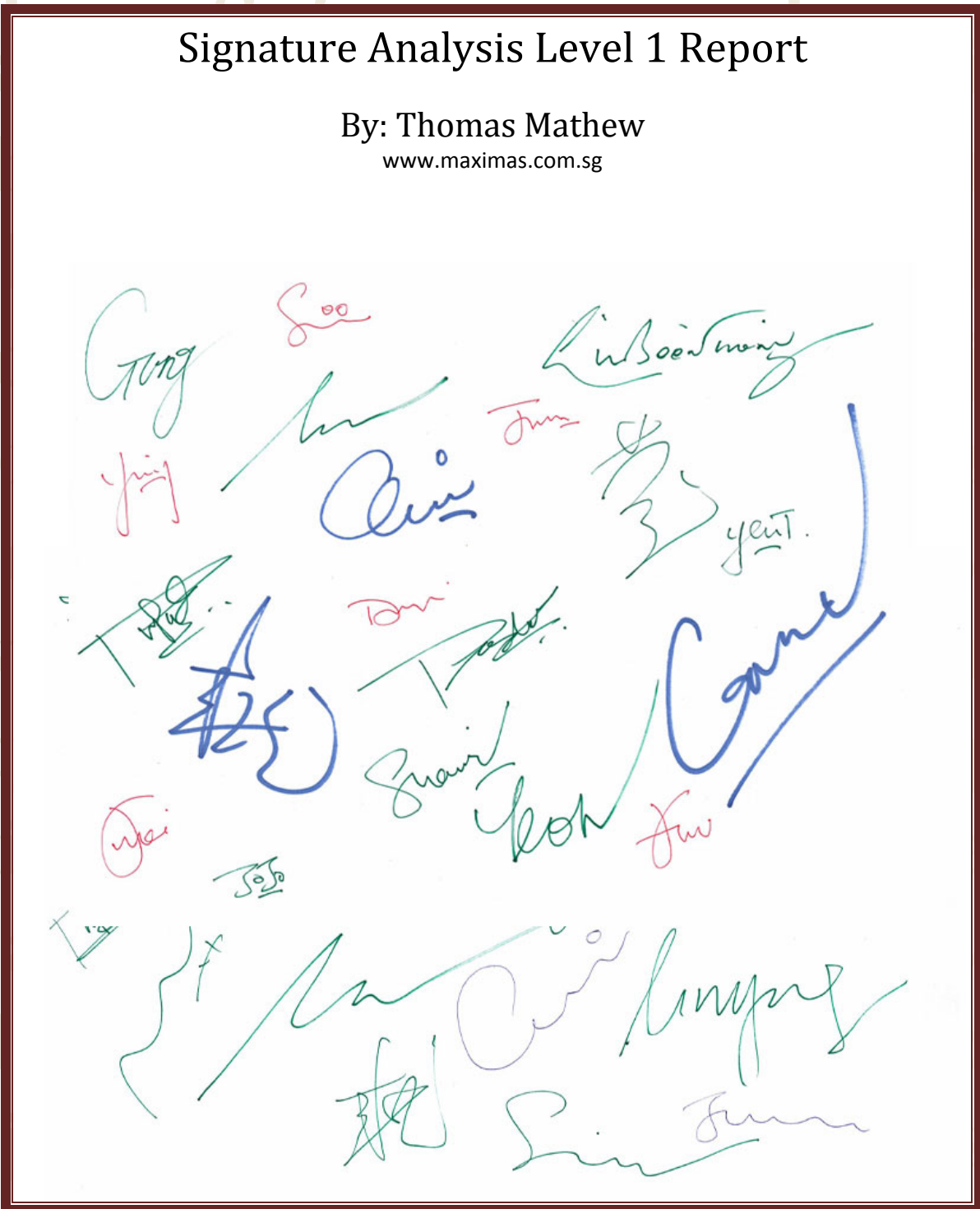
# Nature Elements Report

<b>Stress</b>	Becomes stressed by isolation, social rejection, loss influence, and repetitive activities. Feels a strong need to interact with others. Self-worth is determined by external circumstances.
<b>Success</b>	In terms of popularity, status and access to people. Tends to apply energies to achieving short-term success that lead to public recognition. Motivated by immediate rewards. May give up before succeeding if not encouraged and reinforced.
<b>Task</b>	Work best with people and prefers to have fun while working. Often devises a game that makes work more recreational. May not be objective in evaluating its own work. Views criticism of results as personal rejection. May start enthusiastically but lose interest or energy quickly unless others are alongside.

# Signature Analysis Level 1 Report

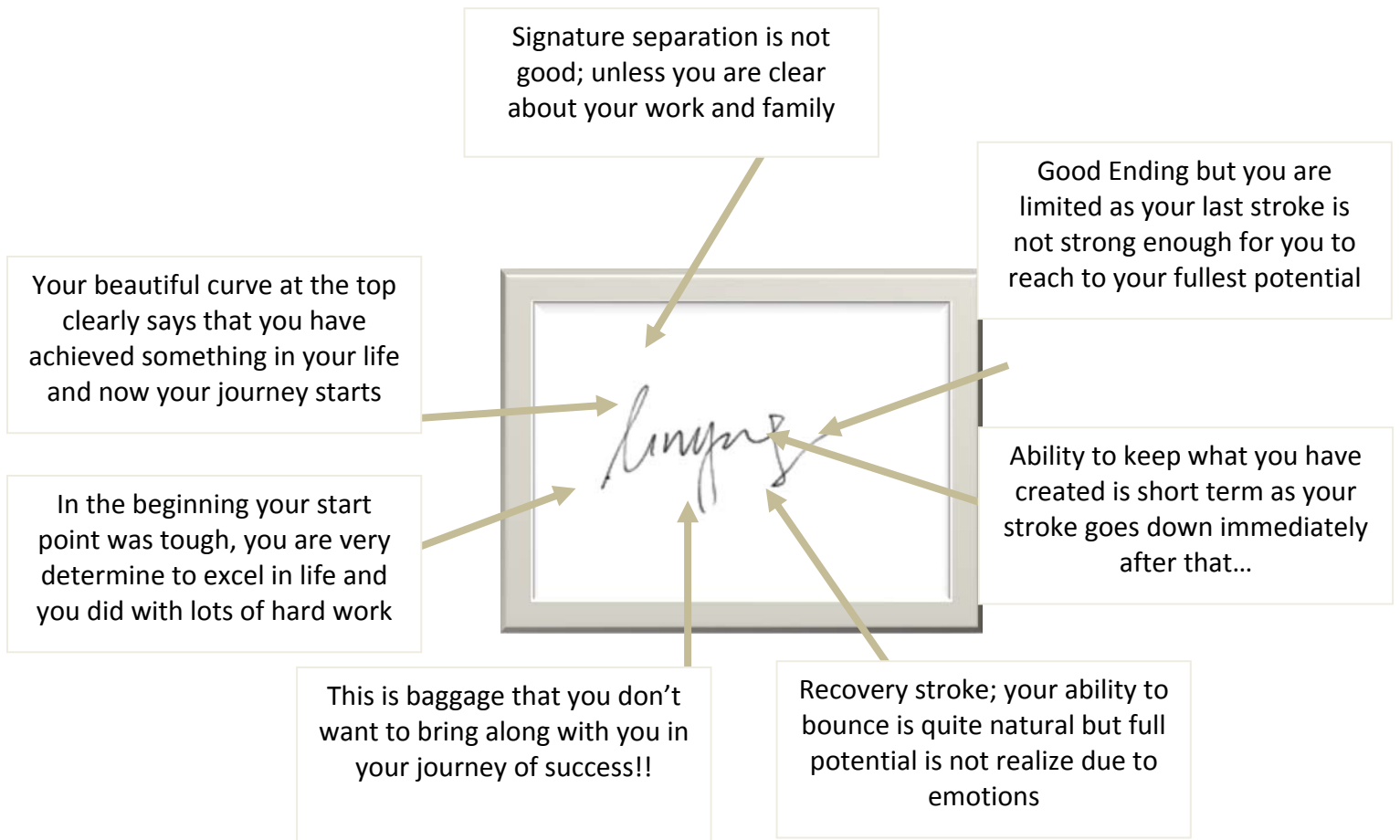
By: Thomas Mathew

[www.maximas.com.sg](http://www.maximas.com.sg)





## SIGNATURE ANALYSIS – Level 1





## What is it in a Signature? = SIGN & NATURE

1. Your signature is the image you consciously or unconsciously want to project to others.
2. In a sense, it is like a calling card you leave behind. It is a very personal statement about you.
3. Unlike the rest of your writing, you don't learn how to write your signature by having to follow rules.
4. Instruction in copybook school lessons doesn't include how to sign your name.
5. You are left to decide what style you want to use and how you want your name to look.
6. Some people practice a lot to develop a very unique one.

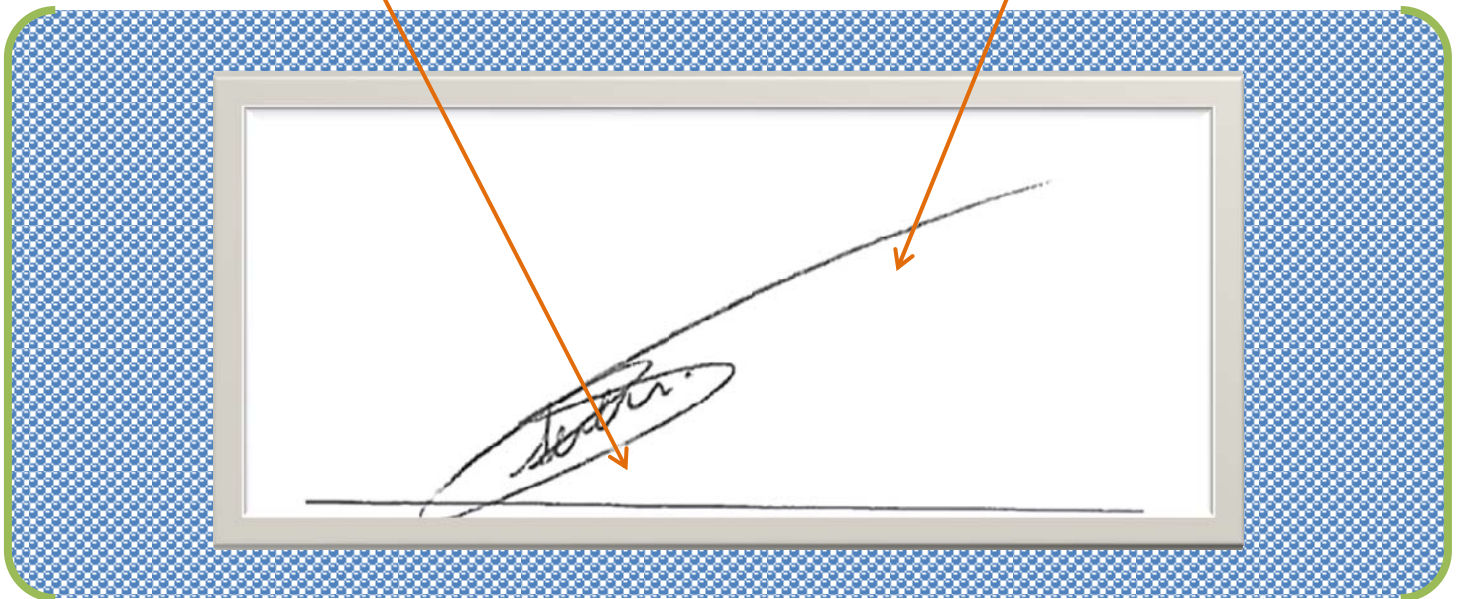




## Your Signature Analysis Report

*Great stroke; a very confident person with lots of ideas and views; but you are trap with your own ideas;*

*Quite protective over the things that you love*



*You only respect individual who has the same kind of style or thinking process*

Signature Analysis; you are person of character, but remember open the new learning's and explore, improve your ending!!

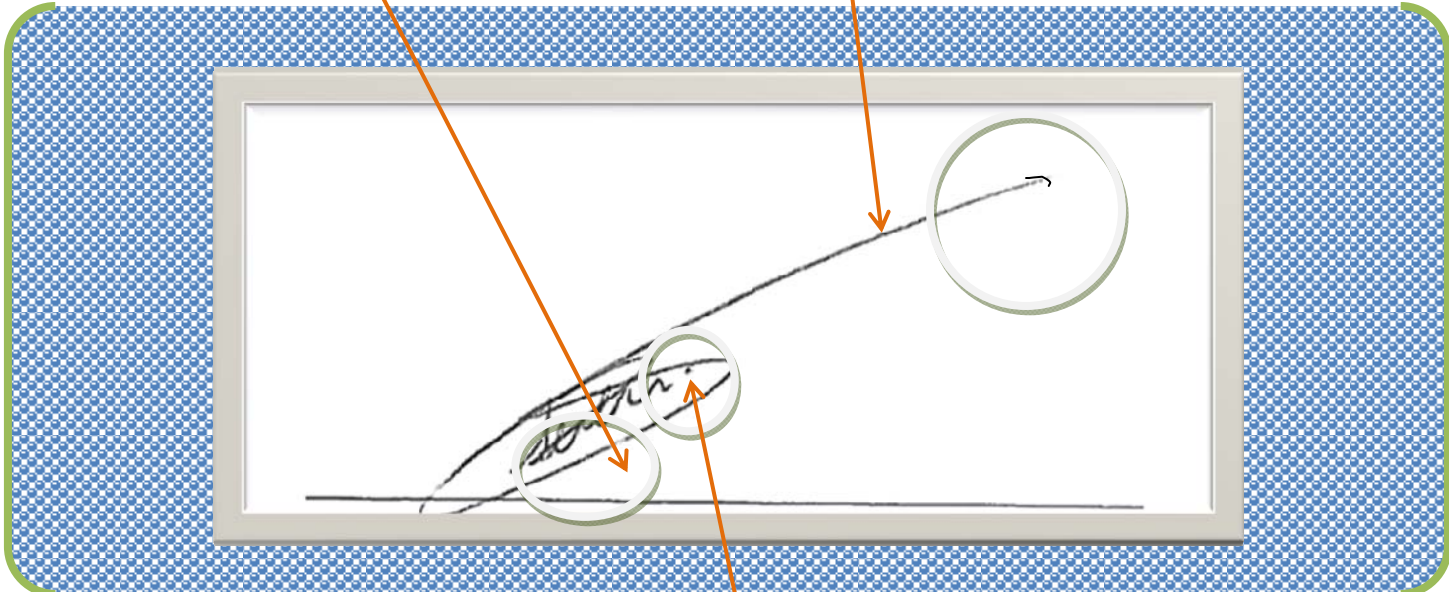


## Your Signature Analysis Calibration & Suggestions

*Keep this stroke as it has lots of positive reaction to your day to day and long term WEALTH*

*Try to loosen the strokes; suggestions to space it.*

*The sharp ending shows your strong character and not forgiving... suggest to curve back upwards*



*Maintain the dot outside rather than inside the circle*



Signature Analysis Suggestion above: Generally your signature is good but a little too steep and sharp which indicates your aggressiveness in handling issues. You have a clear set of goals and directions but not many can follow your style or your way of thinking, suggested strokes will just assist you in softening yourself.

1. The Sharp stroke – handle with care
2. The inner circle – loosen it so that there is more emotions
3. The dot outside rather than inside gives you more room to reach out