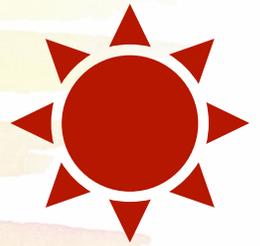
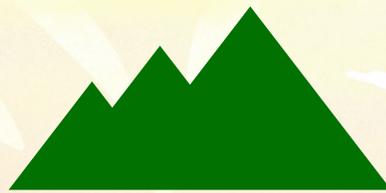


Shift Yourself

Find Your Missing Element and
Rebalance Your Nervous System



See the Imbalance

DO YOU...

- Go blank when someone asks you what you want to do (for dinner, for entertainment, for vacation...)?
- Make decisions based on what you think the other person wants or what you think is best for them?
- Focus on your frustration when people don't do what you want them to?
- Feel unheard, misunderstood, or disrespected?
- Keep running on the treadmill because you feel helpless to jump off?
- Feel like you've lost your zest for life?
- Feel drained, exhausted, fatigued, or burned out?

YOU ARE NOT ALONE.

So many of us are living trying to please others, focusing on how we can act to get a response we desire instead of doing what feels best for us. And we've been doing it since we were children. It's no wonder any number of those questions resonated with you; because of what you've experienced and what you've needed to do to get by, you may have lost touch with who you are, and you are likely having trouble maintaining healthy boundaries (or even knowing where yours are) and connecting with your self and your needs.

In my experience, any one of these things can happen when you're not living true to your unique beliefs, behaviors, desires, and personality traits and, at best, you can feel disconnected, lost, and fatigued when you're not living from your truth. At worst, you can experience health issues that interrupt, or greatly impair, your ability to live your life. Also based on my experience, there are things you can do to get you more consistently back to your nature.

We are each born with an energy blueprint that is a mix of water, air, earth, and fire. Even if you were born with a balanced blueprint, life happens, and you draw on your energies in different amounts at different times, and your elemental balance changes to support you in coping with what you're experiencing.

The result of this is that you may have lost sight of your own needs and wants and use all of your power and energy to morph into the you who you think will be accepted by others.

AN IMBALANCE CAN MAKE YOU FEEL DISCONNECTED, LOST, OR FATIGUED.

When your nervous system is out of balance, it's really hard to figure out what your next step is, what decision is true to your wants and needs, and how to even make a decision.

When any of these things are happening, it's nearly impossible to actually feel what you're feeling (so that you can start to figure out what is right for you), to have boundaries (which are healthy and freeing), and then, to follow your heart. You might feel like you are lost in other people's feelings or business, like you're scattered and can't focus, like you're out of control and directionless, like an explosion is your only response, or like you've got no energy.

Staying in a disconnected state can make you rely on ineffective coping mechanisms (have you caught yourself saying something like, "I just need to make it through this day"?) and feel like you're just going through the motions, like you're not at all yourself. This disconnect causes you to stay in a state of fight, flight, or freeze, constantly looking for threats to the (false) order you've created.

Balancing your energies and living in your body allows you to stay present, connect with the messages your inner wisdom is trying to share, and make decisions that are right and true for you. It allows you to say "No" to everything that doesn't support you and your well-being or "Yes" to everything that does support you and your well-being.

If you want to learn more about the elements, all of the questions come from Debra Silverman's book, "The Missing Element". The exercises and guided meditations come from my astrology and reiki training, and mind-body training with Abigail Morgan and her Anamsong™ method. Nothing herein is intended to be health advice nor does it take the place of medical attention, diagnosis, or treatment.

Reconnect

DO YOU WANT TO...

- Know what you want to do when someone asks or even when you have some free time?
- Get your stuff done regardless of how other people respond?
- Make decisions based on what you want, what you think is right, and what is best for you?
- Feel heard and understood?
- Communicate your views, wants, and needs, clearly and concisely?
- Direct your life?
- Have the energy for, and feel inspired to engage in activities and hobbies you enjoy?

GETTING RECONNECTED.

If any of those things are things you want to do or feel, rebalancing your system and getting reconnected to your self may be just what you need. Shifting yourself into balance may mean focusing on boosting an element that is lacking or doing less of something for an element that you're relying on more than the others.

Your energy system is constantly adapting, of course you will need different techniques at different times to support that rebalancing. The benefit of getting reconnected is that you can draw on the type of energy you need when you need it and you have a greater chance of making decisions and taking action in line with your beliefs, values, and purpose.

The following quiz will help you identify where you're using one element more or less than the others, at this point in time.

WHEN DO I DO THIS?

Use this quiz whenever your nervous system feels out of balance or you feel "off", overwhelmed, foggy, or stuck - not yourself. Give each statement a value of 0, 0.5, or 1 based on how you have felt the last two or three months. Then add up your values for each element to get the elemental total. At the end, write down each element's total to see which element (or elements) is much lower (or much higher) than the others. Refer back to the page for the element you want to work on for the exercises.

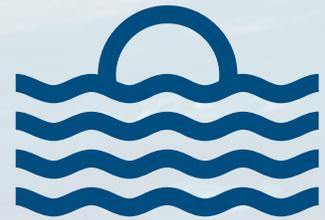
The activities and guided meditations will help you build that elemental muscle or, in the event that element is running the show or carrying a lot of the weight, bring that element back into balance.

So, what is your missing element and what can you do about it?

Take this quiz and find out!

IMPORTANT: There are NO right answers, where you are is perfect. These are Yes/No questions. Think about the last two or three months, if the statement is true 50% or more of the time, give it 1 point; if less than 50% of the time, give it zero points; and if you are truly undecided or it is true 50% of the time, give it a half-point. Scores only have meaning in comparison to each other, there is no perfect score. Compare your totals for each section to decide where you want to focus.

If you want to learn more about the elements, all of the questions come from Debra Silverman's book, "The Missing Element". The exercises and guided meditations come from my astrology and reiki training, and mind-body training with Abigail Morgan and her Anamsong™ method. Nothing herein is intended to be health advice nor does it take the place of medical attention, diagnosis, or treatment.



Water

> 50% of the time = 1

50/50 = 0.5

< 50 % of the time = 0

I cry easily	
I am sentimental (I like to save sentimental objects)	
I become non-verbal when I'm upset	
My body gets immediate gut reactions to people	
I second-guess myself	
My self-talk tends to be negative	
I am a private person and I cherish private time	
I can be hypersensitive (emotionally or physically)	
I am fascinated by the supernatural (mystics attract me)	
Music is a necessity in my life	
TOTAL	

ACTIVITIES TO TRY TO BUILD WATER

- Take time to yourself/spend time alone.
- Read, meditate, nap, dance, play music.
- Laugh (at yourself and the situations that get your ire up).
- Take a bath or shower, feel the water wash away physical and emotional toxins.
- Keep an intuition log where you note your intuitive hits and watch for when they show up in real life.
- Check in with your emotions multiple times a day (identify physical sensations, don't worry about naming the emotions).
- Journal or meditate on something you want to forgive yourself or another for.

GUIDED MEDITATION

- [Connect With Your Emotions](#) (to feel your emotions)
- [Your Energetic Safe Space](#) (to help you feel your space)

IF YOU FEEL LIKE WATER IS RUNNING THE SHOW

- Get clear on where your boundaries end and where the outer world and other people's boundaries begin.
- Avoid over-indulging in any behaviors that don't serve you – this can be mindlessly surfing the internet, drinking too much, over-eating, gambling, binge-watching anything.
- Stop and think before acting – slow down and observe versus reacting impulsively.
- Organize something, create a checklist and get things done, sit on the ground, do something physical.

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Air

> 50% of the time = 1

50/50 = 0.5

< 50 % of the time = 0

I find words easily and others consider me talkative	
I enjoy watching people and asking questions	
I fill in or finish other people's sentences	
I observe and analyze people	
I get bored with people easily and want to move on	
It is easy for me to remember numbers and details	
I am easily distracted by external stimulus	
I change plans/directions easily	
I frequently forget where I put things	
Harmony is essential, even if the cost is high	
TOTAL	

ACTIVITIES TO TRY TO BUILD AIR

- Follow your curiosity. Notice where your attention is drawn and take a deep dive into that topic.
- Move your body, sing, play a tune, color, meditate/breathe.
- Journal or free write.
- Read what you write aloud so you can hear your own thoughts and feelings.
- Listen to others, ask questions, and stay engaged with what others are saying.
- Practice speaking from your heart ("I feel" sentences are good here, start by talking to yourself).
- Practice allowing disharmony with others, agree to disagree.
- Speak your truth and own your "negative" and "positive" feelings – do not gloss over your emotions that may be perceived as negative.

GUIDED MEDITATION

- [Mind Whisperer](#) (to work with your thoughts)

IF YOU FEEL LIKE AIR IS RUNNING THE SHOW

- Stop. Stop what you're doing, stop multitasking, stop talking, sit in a quiet room (turn the lights out if it feels safe) for a few minutes.
- Work on a game plan for what you want to accomplish and take it one step at a time.
- Engage with your emotions – what are you feeling, what sensations are you feeling, what does that mean for you?

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Earth



> 50% of the time = 1

50/50 = 0.5

< 50 % of the time = 0

Saving money is important to me	
Others consider me to be practical and grounded	
I clean when I am upset	
I am thorough and deliberate when I work	
I love to eat and am sensitive to tastes and smells	
I prefer to be in control	
Being in nature is essential for me	
I am goal-oriented and I get results	
People can rely on me and consider me dependable	
I am slow to change	
TOTAL	

ACTIVITIES TO TRY TO BUILD EARTH

- Breathing exercises ([Box Breathing](#) is one way).
- Prepare and eat a delicious meal.
- Clean/declutter a room in your house.
- Play/have fun.
- Do something that engages your senses, especially something where you're interacting with nature (plants, pets, trees, rocks, earth).
- Any activity that keeps you in the moment with peace and trust.
- [Create a daily ritual](#).

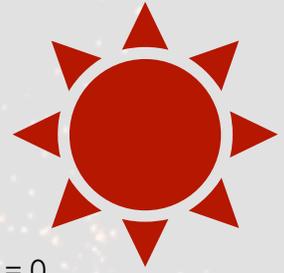
GUIDED MEDITATION

- [Guided Meditation for Letting Tension Go \(w/ Toning\)](#) (for when you need to relax and can hum aloud)
- [Guided Meditation for Letting Tension Go \(w/o Toning\)](#) (for when you need to relax and can't hum aloud)
- [Connect To Your Body](#) (for when you feel like you're off in space or not able to pay attention)

IF YOU FEEL LIKE EARTH IS RUNNING THE SHOW

- Celebrate an accomplishment (even if, especially if, you don't believe you deserve it).
- Play, do something spontaneous, share something about yourself with someone else, do something different from your routine.
- Do something physical.
- Take action on something.

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Fire

> 50% of the time = 1

50/50 = 0.5

< 50 % of the time = 0

I thrive on exercise, athletics, and expending physical energy	
I am outspoken and frequently say things that get me in trouble	
I have lots of energy and am enthusiastic and passionate	
People would like to turn my volume down or they think I'm too intense	
It is easy for me to laugh and find the humor in life	
I am deeply into philosophy and/or spirituality	
I inspire others to take action	
People get mad at me - anger (my own or other people's) can be an issue	
I can be the life of a party	
I fight for the underdog and/or love to argue and debate	
TOTAL	

ACTIVITIES TO TRY TO BUILD FIRE

- Do something that expends physical energy. It can be something creative, it doesn't have to be an MMA match. Go slow and try not to get discouraged.
- Sit in the sun.
- Do something that you are enthusiastic or passionate about. It does not have to be BIG.
- Laugh.
- Take action on one thing.
- Ask for what you need when you want attention.
- Revisit old friends with an open heart to hear their perspective.

GUIDED MEDITATION

- [Reiki for Habit Change](#) (to break out of old patterns)

IF YOU FEEL LIKE FIRE IS RUNNING THE SHOW

- Meditate – just be (walking meditation is GREAT!)
- Kundalini Yoga
- Learn how to apologize.
- Learn to separate your intention from your impact. If you find yourself saying, “That wasn't my intent,” your Fire may be running the show. Get curious about what the other person needs from you.
- Finish one project.
- Let someone else take the lead or the spotlight.

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Start the Shift

First, take a second to shake it off. You just answered 40 questions about you! And you did math. Get up from your chair and move a little bit.

YOUR ELEMENTAL BALANCE

Record your scores here so you can see your current balance:

So, what did you find? Did your results surprise you or did you see what you already knew?

Water	
Air	
Earth	
Fire	

ACTIVITIES

Now look at your scores and go back to the sheet for the element you want to focus on (for a high number, you might want to pick activities under what to do when that element is running the show; if you want to raise a lower number, choose activities from how to build that element) to identify three activities you might like to try and write them down here (you can even make up your own):

PERMISSION SLIPS

Now take one of those activities (the one that feels the most doable) and write yourself a permission slip (feel free to write yourself a new permission slip every day, if that helps you remember and engage with the process):

I have permission to _____ at least once a day for the next 21 days. (Or whatever timing works for you).

FOLLOW UP

- Celebrate!
 - ★ In the moment: reward yourself for noticing the opportunity and for living your permission slip.
 - ★ At the end of each day: jot down reminders of every time you took the action from your permission slip so that you can see your wins.
- If you need some extra support, listen to [Reiki Ocean Experience](#) for some additional energetic support.

LEARN MORE

If you want more specific support there are several ways we can approach your elemental balance and what you want to work on. Find out more about my services at marnischmid.com.

ACCESS THE MEDITATIONS AND REIKI EXPERIENCES

All of the meditations and reiki experiences are available on multiple platforms:

- On my website Healing Tools page (<https://marnischmid.com/healing-tools/>)
- On SoundCloud (<https://soundcloud.com/user-155791569>)
- On the Insight Timer app (<https://insig.ht/bDN7HtLDjib>)

The Content in this workbook is not intended nor implied to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Shift Yourself

WORK WITH ME

If this was helpful and you'd like to do more, there are a couple of ways we can work together.

The Whole Shebang

If you're ready to commit to truly shifting yourself, and are willing to meet at least every two weeks for 17 sessions, I have a program designed to support you through the process.

We start with a natal chart reading to gain insight into your personality traits and life purpose as it's shown in your planet placements then follow that with a transit reading so that we can see what energies and energy shifts are available to you over the next three months. Your third session is a coaching session so that we can really understand your reasons for making this change and your fourth session is a reiki session - so that you can relax and start integrating all that you've learned over the previous three sessions.

Then we step on a path of coaching (to break through your family and social expectations to identify the beliefs and values that are yours) and reiki (to support you energetically through the process) to help you live your life in a way that is true to the unique combination of beliefs, values, and personality traits. We close this three month process with another transit reading so that you can see what energy shifts and energies are available to you for the next three months.

It's a really supportive way of transitioning to living your life true to you.

A la carte

If a focused program doesn't light your fire, we can do all of this a la carte. You can book life coach, reiki, and astrology sessions as they work for you. You likely won't feel or see the shifts as profoundly or as quickly as you will under the focused program and you won't get as much access to me, but, depending on the effort you put in, you will see shifts.

Get started

You can learn more about my services at marnischmid.com - you can also book a free 30-minute 1:1 session to see if working with me is right for you.

ABOUT ME

I am a life coach and healer who draws on traditional, mind-body, Soul's Calling®, and Equus coaching tools, astrology, and reiki to help my clients recognize and live by their own behaviors, personality traits, beliefs, and values so they can walk their own path.

I found these tools when I was struggling to find my voice and truth, and my body was sending clear signals that I couldn't keep ignoring. Establishing healthy boundaries was the key to making decisions that served me and allowed me to stop trying to take action that I assumed would be best for others (how in the world could I know that) and, instead, take action that is best for me. I am grateful for my therapist and my own life coach who helped me through some really dark times by teaching me skills and tools that helped me connect with and trust my inner wisdom. I have practiced everything I will use with you on myself so that I could find healing and freedom to live my own life, on my own path, and I want to share it all with you so that you can do the same.



The Content in this workbook is not intended nor implied to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

