

Homework for Lecture 3 Fire Element Heart, Small Intestine, Pericardium and Triple Heater

Continuing on from the Lecture 1 homework, write down the answers to these questions:

This week, ask yourself about the Fire element, Heart, Small Intestine, Pericardium and Triple Heater:

1. Do I avoid expressing being present because I am afraid of being hurt?
2. Do I hang on to past joys out of fear of not having joy again?
3. When I do experience joy or sadness am I able to share it with others? Or do I hide myself behind neutrality?
4. Does this stop me from aligning fully with the virtues of propriety, right action, intimacy and self-acceptance and the ability to see God in myself and in others?
5. Do the answers I have given from 1- 4 impact on my life? What am I missing in life because of this?
6. Do the distortions of the Fire element: control, tyranny, apathy, and submission show up in my life because I am avoiding accepting myself.
7. How can I learn to express and allow these emotions to be present in a healthy way?
8. Can I identify any beliefs that keep this pattern going and add to the affirmation of keeping the emotion in place? Look at the beliefs below or see if you have some that relate to this cycle. The list below is not exhaustive.

Beliefs:

- a) I'm not lovable
- b) I'm not acceptable
- c) I don't deserve joy
- d) I have to be responsible
- e) I don't get to joyful
- f) I don't get to be happy
- g) It's not safe to be intimate
- h) Better safe than sorry
- i) I have to protect myself
- j) I'm not safe or I have to protect myself
- k) I can't be myself
- l) I'll never be happy again
- m) Once bitten twice shy
- n) I'll never be good enough

9. If you identify with any of the beliefs, by bringing them into your awareness they will start to shift. Be present to times this week that you feel avoiding being engaged out of fear of pain or sadness. When you do feel joy, do you express it or hide it? Know that allowing ourselves to present to the moment is our greatest chance of connection to ourselves and to know God. You can honor the energy of Fire by remembering that

both joy and sadness are important. Remember that the discomfort is just an opportunity to work on a belief that prevent you from seeing the opportunity for connection to self, others and God in each moment. The imagery of Fire is that it is true propriety comes from accepting our true nature, and accepting what God gives us with open arms.

Emotions, virtues and distortions flow chart for the Fire element

