

Fire Shortages and Excesses

As with the comments on air shortages and excesses, use the information below to help you determine whether you or someone around you is experiencing an air shortage or excess, and the specific color of air that is in shortage or excess.

Fire Shortages

- **Sun Yellow:** Tiredness, craves sunlight, chronic fatigue syndrome, lassitude, dullness of spirit, lack of motivation, low life force, depression, low sexual energy, lack of enthusiasm, poor memory, absent minded, sleeping too much, not wanting to get up in the morning, nightmares (especially in no color), lack of self-esteem, dull personality, no humor
- **Yellow Orange:** Slow reflexes, stuttering, move in indecisive ways, erratic behavior, numbness, particularly in the joints, sluggish gait, slow responses to inquiry, poor coordination, nerve disorders of the deficient kind (including numbness, staring into space, vacant attention, no reaction where anger might be expected), devoid of feeling, apathy
- **Orange Red:** Low blood pressure, low temperature, stupor, high pain tolerance, easy going, thinks about or rationalizes anger, irritable, frustrated, smoldering, glowering, stubbornly unmotivated, avoids competition, does not like physical exertion, dislikes sports, OK with abuse
- **Bright Red:** Dislikes cold, hands and feet cold, poor circulation, gains weight easily, low metabolism, pale complexion, does not burn hard fats, tendency to not drink much water, poor appetite or little sense of hunger, weak digestive system, lack of muscle tone
- **Deep Red/Red Purple:** Easy to bruise, varicose veins, lack of oxygen in the blood, blood clots, phlebitis, scant menstrual flow, tiredness after exertion, tiredness during and after menstruation, dry skin or lack luster skin, dark circles around eyes, low blood pressure, mild headaches, PMS, poor vision, hepatitis C, chronic fatigue syndrome

Fire Excesses

- **Sun Yellow:** Overly enthusiastic, can't go to sleep even though body and mind are tired, boundless joy, manic, self-centered, self-absorbed, awe-inspiring, great leadership, megalomania, day dreaming, visionary, joyful insanity (Ophelia in Hamlet), dedication to higher principle, talks to God, hearing voices, not in body (spirit)
- **Yellow Orange:** Nervous, jittery, over reactive, can't handle criticism, lacking in judgment, jumps the gun, overly competitive, cutting in in traffic, answers for other people, cut in in conversation, finishes other people's thoughts and statements, highly intuitive, empathetic, lacking boundaries, muscle spasms
- **Orange Red:** Angry outbursts, rage, tirades, petty tyrant, abusing self or others, bullying, super controlling, pain, high fevers, red in face, loud voice, shouting,

always gives orders, compulsive over-achiever, using pain as a motivator, meets anger with anger, picking fights, loves to argue, has to be right, excess passion, sexual offender, stomach cramps, cramping of the intestines, pain or twisting of intestines, muscle cramps

- Bright Red: Overheating, sweats a lot or can't sweat, hot hearted, highly romantic, very dramatic, eats like a horse and never gains weight, high metabolism, fast burning life force, lives fast, dare devil, loves to show off, great athlete, doesn't know when to stop, loves humor, terrible tease, likes to be the center of attention
- Deep Red/Red Purple: Splotchy complexion, skin rashes, eruptions (hot) on skin, high blood pressure, eczema, hot eye problems (conjunctivitis), high sexual energy and performance ability (better than Viagra), bleeds easily and profusely, flushes or blushes easily, heart palpitations, fainting, dull achy headaches, purple red face and tongue, drunkard's nose, many kinds of liver disorders including hepatitis A and B, muscle cramps