

## How to get in touch with your Inner Element

Written by Nadine Bubeck

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[Television personality](#) and AZfoothills.com columnist [Nadine Toren](#) is scouring the area, finding savvy Valley features, bringing readers “on the scene.” Every day she’ll introduce you to [celebrities](#), [athletes](#), and give you an inside look into local events and hot spots. She’ll touch on topical issues, and keep AZ fans posted on all the big talkers [around town](#).



Are you an air, fire, water, or earth element—or does this question simply confuse you? See how your element can get your creative juices flowing!

Most Libras like balance, Aries tend to be controlling, and Scorpios are thought of as intense. However, putting your specific sign aside, you might want to consider getting in touch with your element. According to astrologers, it's a simplified way to better understand yourself.

The Zodiac is broken into four parts: air, fire, water, and earth. And thanks to some Yahoo! tips, we're sharing ways you can discover your inner-artist based on your element.

Starting off with Air (Gemini, Libra, & Aquarius)... These people are the communicators of the Zodiac—social, fearless speakers, often journalists. Since they're natural conversationalists, air signs tend to express themselves through writing. However, if you're an air person who doesn't prefer a pencil and paper, you can still express yourself creatively. Find your inner-artist by creating collages, or pick up photography.

And on a side-note, your ideal match is a fire sign; fire needs air to generate heat. The two form a power couple.

Speaking of the fire element (Aries, Leo, & Sagittarius), you're the kind of person who likes to be on the move. You're strong, bold, bright, and craves to be in charge. It's probably the most confident of the signs—most likely if you're on fire, you're in a leadership position. And since you boast a bunch of energy and enthusiasm, you can easily express yourself through dynamic activities. Unleash your inner-self on the dance-floor, or challenge yourself to an acting or improv class. This creative opportunity to express yourself will be fulfilling.

And like stated above, you'll find love in an Air sign; fire stimulates air, and vice-versa.

Next, water (Cancer, Scorpio, & Pisces).

Water people tend to conform to the elements surrounding them—they're often more concerned with your feelings than their own. These emotional, touching individuals are private and sensitive, often blowing things out of proportion.

That's why these guys can express themselves behind the scenes. It's a good idea to get into music, photography, and painting—things that can be done solo.

And for the record, water people flock to earth signs. They provide one another with stability.

Finally, the earth element (Taurus, Virgo, & Capricorn).

This is said to be the most consistent and rigid of signs. They are practical, patient, and reasonable—not the spontaneous or flexible type. With that being said, they don't like the limelight. Earth signs tend to fear new things.

That's why it's important they get in touch with their creative side, especially when it comes to producing something of function. Earth people can easily express themselves through sewing or cooking—all done in the comfort of home.

And when it comes to relationships, water and earth signs jive—water people soothe earth's nerves.

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