

Fire Element Quiz
(Autumn is the 'Season' of Metal Element Energy)
September 22 depending on the year



Resonate with the seasonal qualities of METAL ELEMENT – quality, value, clear intellect, inspiration, respect, fathering, reflection, purity, inner connection, letting go, breath, divine purpose, money, appreciation and acknowledgment, and truth.

Our coherent metal element energy helps us deal positively with challenging relationships, think well of others and give appreciation and forgiveness as needed. Metal element helps us to be respected, valued, and inspired in our work and life. When our metal is strong we bring truth, values of integrity respect an healing to relationships. Our inner light inspires others and we ourselves feel abundant, fulfilled and connect to the divine. We understand that everything has a higher purpose. We are able to let go of what no longer serves us and open the space for something new especially things that align with our inner truth and divine connection.

How is your Metal Element energy? And how is it helping you create your life vision intention?

Take the quiz:

1. What is your life vision Intention? What do you intend to create for yourself in the next chapter of your life? What new intentions do you have for your career, abundance, spiritual life? What do you need to let go of?

2. Choose or muscle check a positive aspect of the Metal Element qualities from the list below that you would like to resonate with in your life to support your intentions:

Quality

Fathering

Breath

Value

Reflection

Divine Purpose

Clear Intellect

Purity

Money

Inspiration

Inner Connection

Appreciation and
Acknowledgment

Respect

Letting Go

Truth

Press Save when you are done and then the orange DONE button – you will be able to save a copy for yourself.

Return to the SEASONS program page to listen to the previously recorded Metal ELEMENT Repatterning and obtain the session notes. Listen in and follow along with the notes to repatterning yourself and your intentions! The Hologram has anticipated you!

<https://lighttravels.com/FallEquinoxRepatterning>