

# BALANCING THE 5 ELEMENTS OF YOU



*An Introduction*

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## THANK YOU!

- How to work with Heather



# Hello!

I'm Heather Taylor, the proud founder and CEO of Get Taylored!, a wellness sanctuary nestled in the heart of Mt. Shasta, California. My journey is one of resilience and triumph; once confined to a wheelchair for a decade due to a drunk driver's recklessness, I not only learned to walk again but also created a unique path of healing and self-development that forms the core of Get Taylored!.



With over 20 years of experience, I'm fueled by a mission that resonates with many: To See People Thrive. This mission breathes life into every corner of our wellness company, from our retail store that offers a carefully curated selection of holistic products to our own line of herbal remedies designed to nurture your body, mind, and spirit.

My specialty lies in guiding individuals towards their direct path to success, regardless of the circumstances or people involved. I've developed a unique method called the "5 Elements of You," designed to create sustainable success and legacy in a grounded, direct way. This approach has empowered me to juggle multiple roles — mother, business owner, consultant — all while leading and nurturing the growth of families, companies, and groups of up to 400 people.

Often referred to as the '5D Producer,' I see the vision of each aspect during creation. My innovative approach allows me to see the necessary dimensions to execute and deliver what is required for the new earth Paradigm. I bring the perfect balance of collaboration, clarity, and integrity to orchestrate all moving parts from micro to macro.

When I'm not helping others unlock their potential or tending to the needs of Get Taylored!, you'll find me immersing myself in my personal development, always learning, always growing. Remember, life isn't about waiting for the storm to pass; it's about learning to dance in the rain. So, join me on this journey, step into our sanctuary at Get Taylored!, and let's thrive together in perfect balance.

*Heather Taylor*

GetTaylored.Love  
Hello@GetTaylored.Love

# Client Testimonial

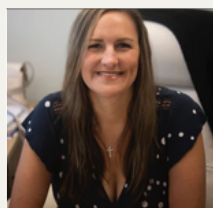
I have known and worked with Heather Taylor for over 13 years now. She has helped me heal from years of illness, helped me uncover my soul's purpose, and has become my mentor. She has been training and teaching me for years now. She is thoughtful, genuine, compassionate, and honest. Heather is a beautiful example of flow-fully allowing, supporting, and guiding you through the process of healing, awakening, and learning to love the most pure, whole soul self. I have recommended her to more people than I can count, and will continue to do so. She is a massive wealth of information, knowledge, and wisdom, that is beautifully made available to those willing to invest in themselves, face their hard, and honest truths. She is now more than just my healer, more than my mentor, Heather Taylor is also now community to me. I have recently opened my own location, manufacture and distribute my own healing products. This I learned from her School of You. I am so grateful as knowing her, and working with her changed the course of my life in all of the absolute best ways possible."

Julie Gruenhagen  
Wellness Products  
Formulator



Cliftonite Acoustics  
Professional Performing  
Musician

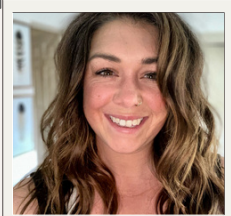
"Heather's abilities know no limits. From the day I met her, my life has changed exponentially for the better. Her way of guiding is so loving and gentle that I didn't even realize she was guiding me. But the results are never far from profound and I believe in her with my whole being. Heather has helped me so so much in advancing my dream and purpose in the years that I've known her, and I've seen her work nothing short of miracles on countless individuals. She truly is light in a dark place and I believe with her help, humanity has a chance."





# Testimonial Continued..

“Working with Heather Taylor transformed my life from feeling depressed, anxious, and lost to achieving my dream house, a successful business, and a growing family. Her gentle, loving approach and ability to navigate through fears with Spirit have been truly life-changing”



Adrianna Farina-Metrick  
Healing Hairstylist

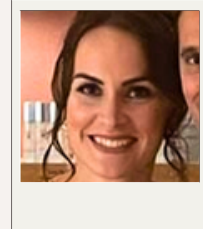


Tina Borgert  
Small Batch Manufacturing  
Automation Expert


“Heather Taylor is an amazingly insightful individual! She encourages you to reach down to the depths of your soul to confront your deepest fears so you can overcome them. She always has kind words and phrases them in ways to make you feel good about yourself. If you haven’t met her yet, you should. It will be the most amazing transformative experience of your life! I give her a 10 on a scale of 1-5!”

“From our first session, Heather transformed my life, guiding me to become the person, partner, and parent I aspired to be, with her gentleness, love, and profound understanding.

She is a true Guardian Angel.”



Stephanie Abudarham  
Founder of Soul Seed Cafe



“Life isn't about waiting for the  
storm to pass; it's about learning  
to dance in the rain.”

*- Heather Taylor*



# About the Process...

## How to Use this Workbook

The 5 Elements Concept is a comprehensive framework for personal growth and self-improvement. By using this holistic model, you can achieve profound transformations and unlock untapped potential in various areas of life.

Turn your focus inward as you read through each element. Take notes, how does it feel to read these words? Where in your body do these concepts land? Let these words be a guide to get you started

LET US BEGIN...

# The Elements

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Your dream life  
is calling.



# How can working with the elements help you?

- Each element represents a distinct aspect of our life and our interactions with the world.
  - Working with them provides a deep understanding of self, ensuring navigation through life with improved awareness and purpose.
  - This system provides individuals with tools that aid in illuminating blindspots, healing physical/mental conditions, restoring relationships, achieving financial prosperity, and more.
  - They support individuals in their journey of self-awareness, encouraging a more meaningful connection with their thoughts, emotions, desires, and behaviors.
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## Meet the 5 Elements



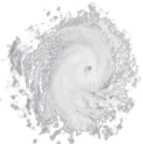
Fire- Activation Awareness (Mental Body)



Water- Discernment (Emotional Body)



Earth- Self Worth (Physical Body)



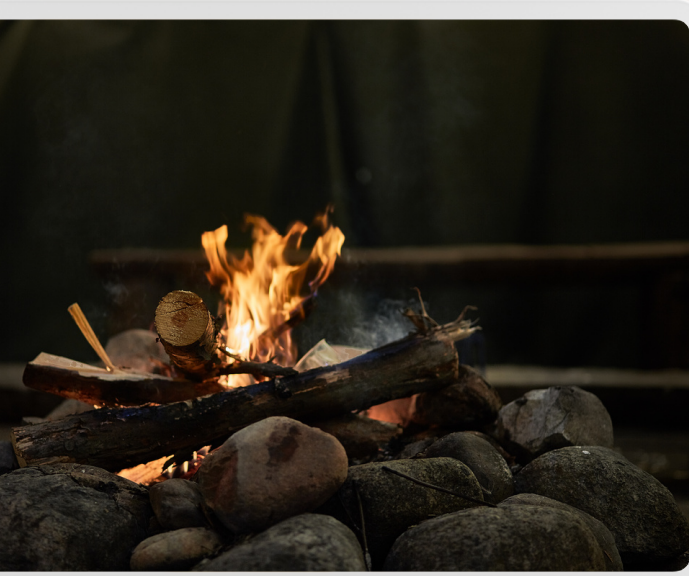
Air- Containment (Spiritual Body)



Ether- Selection (Ethereic Body)

As you continue reading you will see how each element is interconnected, making you perfectly you.

# Element 1: Fire



Element 1, represented by Fire and the Mental Body, is the ignition of our journey towards self-discovery. It prompts us to illuminate the hidden corners of our mind, to bravely confront our fears and biases, and to question long-held beliefs.

By channeling the transformative energy of fire, we learn to identify and address our unhealthy ego and blind spots, thereby fostering a mindset of humility and accountability.

It's like clearing cobwebs from a long unattended attic, only the attic is our mind and the cobwebs are our unexamined thoughts and beliefs.



In embracing Element 1, we take that vital first step towards understanding ourselves in a clearer, deeper, and more honest light.

“The time has come to turn your heart into a temple of fire. Your essence is gold hidden in dust. To reveal its splendor you need to burn in the fire of love.”

- Rumi





# Activating Awareness with Fire

In embracing Element 1, we take that vital first step towards understanding ourselves in a clearer, deeper, and more honest light.

## 1

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Take a candle and light it. Sit with it seeing how the fire burns look at the color layers maybe blow on it and see which direction it moves in the energy that it's taking for it to come back center and ground.

## 2

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As the candles burning what is it igniting in you? What are you feeling? Ponder on all of the layers of your life, joys, pains and stagnant areas. Feel into where your drivers are. Ask yourself, what am I activating in my life? How am I responding to it? What drives you? What am I activating in my life? How am I responding to it? Is this my energy or is it an outside influence driving my choices?

## 3

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Take a personal inventory. Write down your thoughts on the following:

- Where are you being ignited in your life?
- Does it serve your highest good?
- Do you feel that the way you're working with the energy of fire (the energy of your mind) is benefiting, sustaining and supporting your life?

-List the ways your mental fire is being supported and flowful.  
-List the ways your mental fire feels stuck and stagnant.

# Element 2: Water

Element 2, water, is about **discerning** our emotional body.

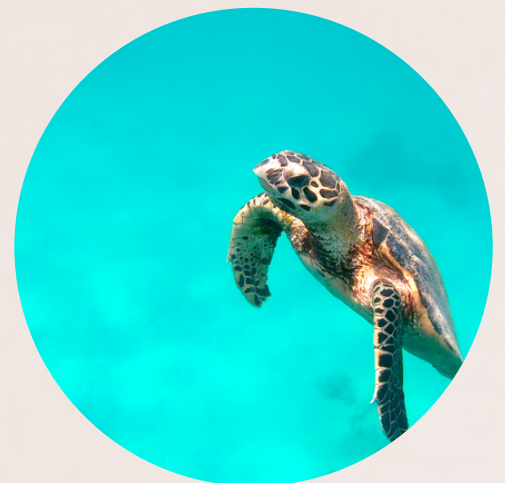
Like the flow of water that adapts and adjusts according to the landscape, Discernment encourages us to understand and manage our emotions fluidly.



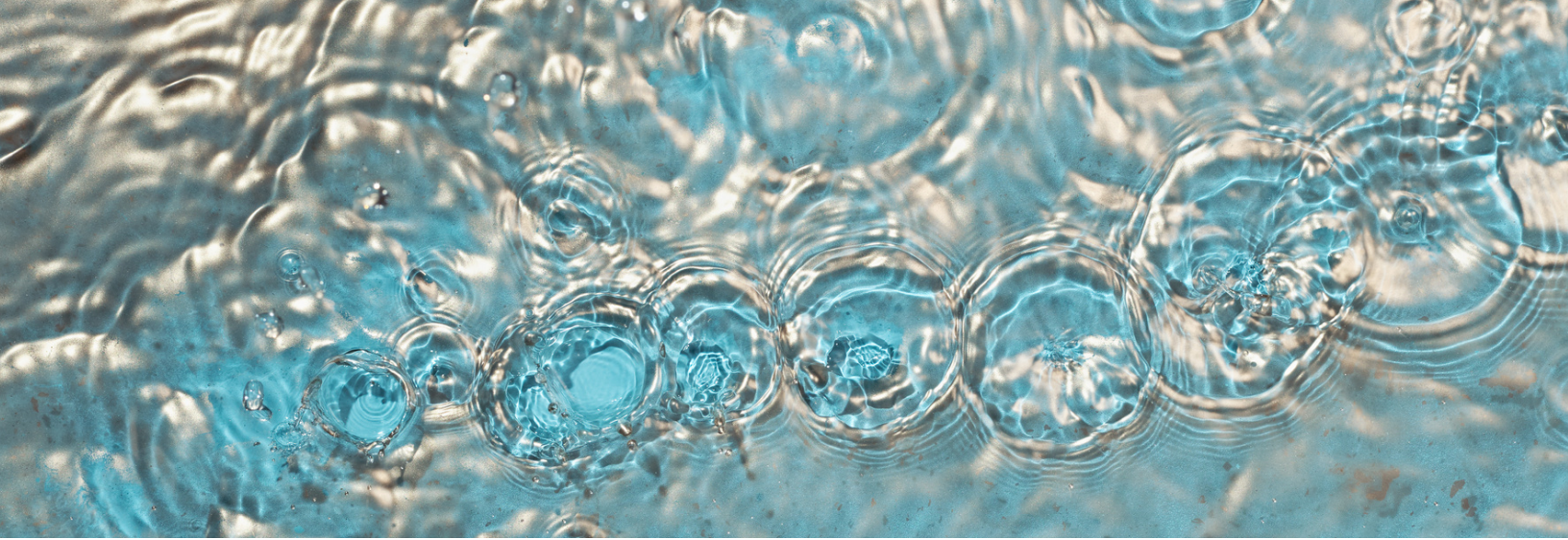
It's about recognizing our feelings, examining them without judgment, and learning to respond rather than react.

Water, with its depths and currents, mirrors our emotional complexity. It teaches us that our emotions can be a source of wisdom, guiding us towards our authentic selves.

By fostering emotional intelligence, Discernment empowers us to navigate life's ebbs and flows with resilience and grace. It's about diving into the depths of our emotional ocean, not to drown, but to learn to swim, to float, to ride the waves.







# Activating Emotional Discernment

In cultivating Discernment, we become emotionally fluent, able to express and understand our feelings with self-compassion and clarity.

## 1

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Fill a bowl with water.

Water, similar to our emotions, is fluid, ever changing. Sometimes its moving rapidly and others its a slow trickle. Much like how our emotions in our body can feel hot and buzzy and other times you can feel warm and floaty.

## 2

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Tune into how your feeling emotionally in that moment. What has been bothering you? What emotions have you been avoiding? Are you angry? What is below the anger?

How are your feelings impacting others? How are others impacting your feelings? Spend a few minutes meditating on these concepts. Do you feel as though you have a voice? Or do others walk all over you?

## 3

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- Write down what you find. Are you responding to life in a grounded way or are you overly emotional. Are you possibly not in touch with your emotional self at all?
- Make a bullet point list of what you enjoy about how you show up in relationships. Another list about what you want to change. Now look at the list...are you blaming others? Are you being overly accountable or not accountable enough for your actions?



# Element 3: Earth

Element 3, represented by Earth and the Physical Body, symbolizes Self Worth.



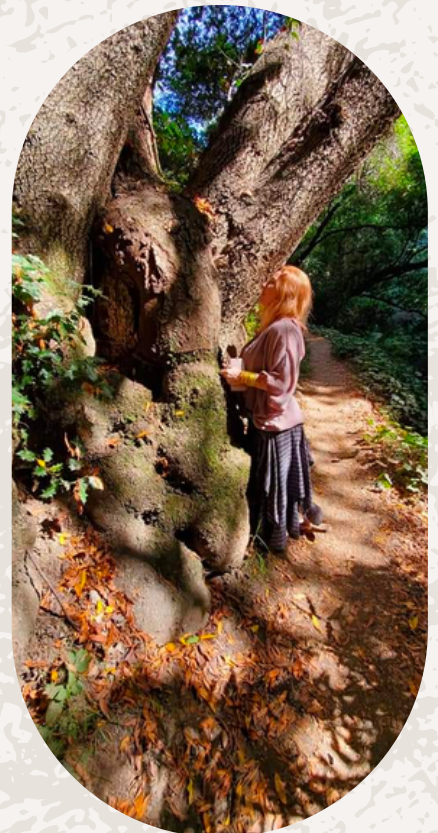
Just as Earth provides a firm foundation and nourishment for growth, Self Worth lays the groundwork for our personal and professional development.

It involves recognizing our inherent value and cultivating a healthy relationship with our physical body.

A strong sense of self-worth empowers us to set boundaries, pursue our goals fearlessly, and take care of our physical health.



Like the Earth that remains stable despite the changing seasons, a robust sense of self-worth provides us with an unshakeable confidence in ourselves, regardless of external circumstances.



“Grow in the garden of your heart, the roses of love, and the lilies of kindness, and the clusters of generosity. For as you sow in your soil, so shall you reap in your harvest.”

-Rumi



# Affirming Self-Worth

By developing Self Worth, we learn to honor our unique strengths, embrace our imperfections, and celebrate our individuality. This nourishes a positive self-image and promotes overall well-being.

1

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Either go outside barefoot or find a plant in your home. Feel the soil beneath your feet or in your hands. How does it feel? Take note of how you feel. Do you become more grounded? Do you feel more present?

2

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Stand in front of a mirror, completely naked. Visually scan your entire body. Write down how you feel about your body and what emotions come up. Do you feel appreciation or are you tense?

3

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Bringing the previous two steps together, take notice of what you wrote about each one. The body is the anchoring point of the mental (fire) and emotional (water) aspects. This is where the physicality of what we're resisting or accepting in our mental and emotional spaces shows up. Keep these findings top of mind as you continue through the next two elements.

# Element 4: Air

Element 4, represented by Air and the Spiritual Body, symbolizes Containment.

Just as air surrounds and permeates everything, yet cannot be seen, our spiritual body governs our innermost self, our spiritual essence. This element is about instilling balance and serenity into our lives by cultivating a strong spiritual foundation.



Engaging with the concept of containment involves developing a sense of inner peace, spiritual awareness, and connection to something greater than ourselves.

Whether we find solace in meditation, prayer, yoga, or solitary walks in nature, nurturing our spiritual body helps us to stay centered amidst life's storms. It provides us with a 'container' to hold our experiences, emotions, and thoughts in a balanced and grounded manner.





# Embodying Containment

By focusing on spiritual growth, we create the inner space to contain and process our experiences, creating a sense of wholeness and tranquility within ourselves.

1

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Take a few deep breaths, feeling them flow all the way down into your belly. Feel how first your belly expands and then your lungs. Feel the air move through your whole body. Focus on the in breath as much as the out breath.

2

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Grab your journal. Write down where in your body you felt the wind (breath) move fluidly. Where did it seem to get stuck? What thoughts came up for you? Containment is all about reflection and taking the time to reflect on your experiences.

3

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Be the observer. Write down where you want to make changes in your life and in your mindset. What do you need to prepare for?



# Element 5: Ether

Element 5, symbolized by Ether and the Ethereal Body, represents Selection. As the most subtle of the five elements, Ether embodies the concept of infinite possibilities and is linked to our highest self. This is how we choose to connect with the world around us.



Just as Ether, or space, provides the 'room' for all other elements to exist and function, Selection is about creating space in our lives for what truly aligns with our highest truth and discarding what doesn't.

This process involves actively choosing our thoughts, words, actions, and relationships that support our growth and depart from those that limit us. It's about making conscious selections that reflect our true selves and resonate with our personal truth, nurturing our spiritual progress.

Through such mindful selections, we can elevate our existence, aligning ourselves with our highest potential and paving the way toward a life of purpose, fulfillment, and spiritual transcendence.

*Trust yourself.*



# Mastering Manifestation

The journey through Elements 1 to 4 — Thought, Emotion, Self-Worth, and Containment — equips us with the wisdom and strength to make these meaningful selections.

## 1

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Go out into the world. It could be the gas station, grocery store, dinner party, concert, etc. How does it feel to be out? How do your interactions feel? Write it all down. What interactions did you like? What interactions did you not like?

## 2

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Spend another day outside, in the world. This time don't interact with anyone. Just observe what's happening around you. What do you see? Are there kind interactions? What did you observe that triggered you? Write it all down.

## 3

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Look at your notes from both days. What are the themes of things you enjoyed. Is there a theme in what you didn't enjoy or areas that you were triggered? Did you find that there were things you did that you actually don't enjoy? Take into account what you witnessed in yourself and select your life accordingly. .

The beautiful part about being in the Ethereal phase is this: Even if you don't know where to start, you get to choose where you would like to begin. Bring any triggers back through the phases of the 5 Elements.



# Let's Tie It All Together..



**Activating Awareness**- You are activating your awareness to your life or a specific situation. Bringing your attention to it.



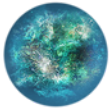
**Discernment**- You are then discerning your part and role in the situation, as well as others roles and how you feel about it.



**Self-Worth**- Where is your value in the situation? What do you “bring to the table”?



**Containment**- This is where you take the time and space for deep reflection on the situation.



**Selection**- How do you want to proceed in your life with the information you learned about yourself and others? .

Take action.  
You have the power to choose.

## Lastly,



JOURNAL  
DAILY/ WEEKLY



CREATE A  
SAFE/ SACRED  
SPACE



BEGIN A  
MEDITATION  
PRACTICE



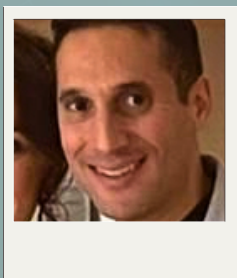
At Get Taylored! we believe in helping others find their direct path to success.

There comes a moment in life when you realize that the tools you've been using no longer serve your purpose, that you're ready for a transformation that's more profound and more aligned with the person you want to become.

Have you felt stuck, lost, frustrated or out of alignment with your souls true calling?

Book a complimentary 5 Elements Discovery Call where we will:

- Begin identifying your #1 blindspot between you and your goals.
- Create a custom roadmap for you to layout your next steps
- Bring you one step closer to who you were always meant to be.



**Lee Abudarham**  
Lawyer

"Heather's profound guidance has illuminated my life in ways I never thought possible. Her teachings have ignited a deep understanding within me, fostering a connection to something greater than myself. With her patient and insightful mentorship, I've embarked on a transformative journey of self-discovery and it's helped me deeply connect with my wife and my kids by creating an amazing family structure. Heather's wisdom continues to inspire and shape my spiritual growth and that of my family. I am truly grateful for her presence in my life. She is purely magical."

# Thank-you!

It has been an honor to share a taste of the work we do  
here at Get Taylored!

We look forward to working with you!

## Ready for The Next Step?

Visit

[www.GetTaylored.Love](http://www.GetTaylored.Love) to  
book your complimentary  
call.

[BOOK A CALL](#)



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