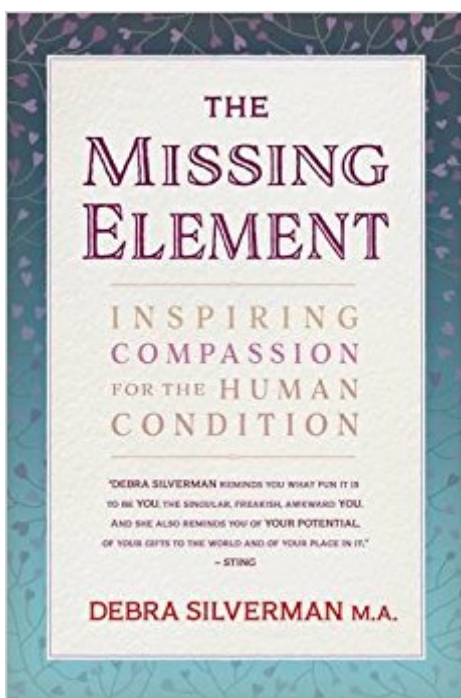


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# The Missing Element: Inspiring Compassion For The Human Condition



## Synopsis

In *The Missing Element*, author Debra Silverman describes human nature in a compassionate and succinct way. Everyone longs to be understood and the author offers ways for us to get to know ourselves in depth with the wisdom of archetypes. The information in this book stands on the shoulders of our elders, who understood the four directions, the four elements, the four noble truths. Whatever pain you experience is specific to your personality type, based on the four elements. Your issues will repeat themselves again and again until you can see yourself and others from the compassionate vantage point that unites all of us. You will understand that your life and all its stories were designed by your soul to get your attention right now. It is inviting you to seek the wisdom of the ages to help you grow... that's why you found this book.

## Book Information

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## Customer Reviews

"My good friend Debra has a remarkable talent, an ability to see the world the way you yourself see it, as if with your own eyes. This comes as a great relief to someone like myself, who had come to believe that having a singular vision was both a blessing and a curse. Suddenly you don't feel so isolated, so freakish, so awkward. The important thing is this, she reminds you what fun it is to be you, the singular, freakish, awkward you, but she also reminds you of your potential, of your gifts to the world and your place in it, and that is friendship indeed." -Sting I am honored to have shared my tale of fire in Debra's book. She used my story to be an example that spirit can heal, that addiction can be overcome. Elemental wisdom is a powerful means to changing your life. Read on and find out which element you are and watch the wisdom unfold." ~Colette Baron-Reid, author of *The*

Enchanted Map Oracle Cards The wisdom of the four directions/elements dates back to ancient times. It shows up in society after society in slightly different form but always with the same underlying message. Every living thing in the material world contains a combination of four primary elements which must work together in balance in order for existence to thrive. This is the foundation on which Debra Silverman has built her clinical practice which combines psychology and astrology. Now, in this clear and upbeat book, she is teaching readers to take a step back and learn to observe themselves objectively instead of reacting in the moment. She asks them to put what they see into a framework based on the four elements in order to determine which element is less evident in their behavior than the others and which is the most prominent. She then goes on to provide definitive descriptions of how each element manifests, both when it is in a position of strength and when it is operating on the shadow side. Let customers know that the book includes self-surveys, boxed summary charts for easy reference, and suggested meditations and exercises for putting the information into action. This is a golden opportunity for them to learn a very successful system for making positive changes in their lives. -- Anna Jedrzewski Retailing Insight

Prologue WE ARE MISSING THE WISDOM OF THE ELDERS I've got good news and bad news, so let's get the bad news out of the way. We do not have enough oil, clean air, water and gas to support the number of people on our planet. We do not know how to distribute wealth or food to those in need. We do not know how to banish genocide, child slavery, drug cartels, sex trade, war, or evil. Those are big, big problems and they're overwhelming to think about. People ask me all the time, "What can I do to make a difference?" That's what this book is about. You! Wonderfully flawed, perfectly nutty, beautiful, broken-hearted, powerful you. Would you like to impact the planet and be a part of a positive change? Would you like to feel more at peace with yourself and be a happier human being? Here's the good news: global change begins at home. Yes, recycling and saving water is very important, but your big job is to open your eyes to who you truly are - warts and all - and to make peace with that clunky, wonderful person inside of you. If you can do this, then all the negativity, fear and shame that block your authentic expression will begin to lift and you can become a more powerful, effective human being on this planet. That's how we begin to change the world. We heal one person at a time, and we start with ourselves. Wisdom of the Elders A body of wisdom exists that is based on many ancient cultures. American Indians prayed to the Four Directions. Kabbalistic Jews spoke of the Four Worlds. The Hawaiian Hula culture immersed itself in the Four Elements. Buddhists wrote the Four Noble Truths. And the Egyptians passed onto us their version of the Four Elements, which is steeped in astrology

- the oldest science on earth. These people honored the land they lived on - not because it was a good idea, but because they were dependent on it for their survival and they had to pay attention. They operated with rocks in their pockets and wisdom in their hearts. These cultures cultivated a long view of seeing the world, and used a distant "Observer" position to avoid becoming mired in the myopic vantage point we call ego. The elders of the American Indian and Chinese cultures looked seven generations ahead as they made their decisions. We have neglected such wisdom, living more from what will make us happy today, rather than what will bring peace to our great-great-grandchildren and their grand-children. As an astrologer, I can tell you that we are living in a time period that the prophets foresaw. The Mayans, the Eastern Indians who wrote about the Kali Yuga, the Hopis, and the Incas - all of these ancient seers knew what was coming and wanted to be here for this transition. It's no wonder that when this book was published, our population had reached a climax of seven billion. Everyone you ever knew is here. This is a time in history like no other. Never before could we read the news with the touch of a button. In the past, a ship sailed across the ocean with a message that was no longer news. The elders carried rocks in their pockets; we carry lightweight electronic devices. Yet we are walking toward failure - and this too was predicted. Egypt, Greece, Rome, Great Britain: the rise and fall of these cultures is well documented; each was left in dust and ruins. We in the United States are experiencing a huge shift, and if we do not respond to the changes at hand, our status as a super-power will be threatened... not that that's a bad thing - I'm just saying change is upon us and we need to pay attention. One of the biggest problems is that as a modern species we've become accustomed to a much easier life. We are addicted to comfort and convenience. We do not like change. We do not want change and yet we must. Hard Truths and the Voice of Hope While we are a highly evolved, technological species, let me speak to the unspeakable: we are primitive and stupid. We are destroying our planet and at the same time inventing countless ways to heal her. We have great difficulty getting out of emotional depression, exercising regularly, or eating nutritiously. Yet we have mountains of research that inform us how to be healthy. We know what we ought to do. We are overwhelmed by the screaming demand for change - and we are terrified of it. Organizations everywhere are inspiring a different future and doing great work, and just as many governmental agencies are dinosaurs resisting these new ideas. The world economy is changing. We're depleting our resources. The value of our currency is shifting. Environmental concerns are growing. Yet we want to maintain business as usual. We pretend all is well. Another Hard Truth: It is scientifically questionable whether we will survive. The glaciers are shrinking at alarming rates. The planet is getting hotter. It doesn't matter what is making this happen, but scientifically it is a

fact. We are melting, and there may not be much we can do about it. Scientists say we are about to pass the possibility for reversing the effects of the warming. Hard question: What are we leaving for our kids? Here we are, waiting, at the edge of our seats, popcorn in hand, curious: Can we shift the old paradigm? Will the human condition reach a threshold of real change? Time is our best teacher. Sometimes it requires hardship to learn, to change, and grow. However, when mixed with enough insight, even the hard can become soft. Crises such as earthquakes, heartbreaks, health issues, and financial problems present opportunities for us to open up, reach out, and receive help. Pain is a doorway to humility and wisdom, and there is plenty of personal pain and global pain to keep us busy. The doorway is wide open. "There are two types of people in this world, those who are humble and those who are about to be." --ANONYMOUS In a time when so many new age principles tell us to stay positive at all costs - not to speak about the negative, I am asking you to do just the opposite. Let's face the truth about the way each one of us lives, acknowledge where we aren't living in integrity, and then step away from any negative judgment so we can change - not through shame, but from love and compassion for ourselves and the human condition. We are who we are. We need to honor our human nature without judgment so that we can live from a more authentic place.

Without knowing it, I've been looking for a witness, an observer. I've been seeking a non-critical partner who sees what I see without judgment, who validates the facts, and therefore helps to validate me. "Yes, I see that too, and look at that over there" says my witness. This is the "observer" waiting to be discovered in Debra Silverman's new book "The Missing Element." Turning on your "observer" is Debra's cornerstone philosophy, her tried and true path to inspiring compassion for the human condition. "Get out of the voice of judgment, out of your ego, and into the role of the observer, into the seat of your soul, your wisdom." This is the role and function of the "observer" who lives in each and every one of us, to see each other, the world, and our selves exactly as we are, without judgment; to accept our selves and our nature as manifestations of the four basic elements that by which all of life is created and sustained: Water, air, earth, and fire. Through the eyes of the observer and the practice of mediation, each of us is able to see our selves and others as a balance (or imbalance) of the four Elements, and can use Debra's teachings to bring ourselves back into alignment. Each element serves a purpose to life, and each element is essential, and therefore it is imperative that we too embrace our own divine creation, and discover and accept the purpose of our elemental natures. "The Missing Element"

encourages us to accept permission to be ourselves and borrow qualities of the element(s) we may be lacking, to bring ourselves into balance. The observer promotes awareness and compassion and allows us to stop hiding and stop fighting who we really are. Don't be mad at the sun for shining or be mad, but what a waste of time. It's the sun! It's purpose is to shine (said the fire woman)!

I got my book yesterday and I have a handful of pages left. If you want to live a happier and more fulfilled life....get this book!! I love the detail and thought that went into each element and the idea that even though we are who we are...we can be even better. She is dead on. I love this book and it is one of those books you can open up and go over time and time again and you will find something that applies to your life at that moment. I love the way Debra just gets to the point and I love the wordage she uses. It's easy and great to read and it does what any great book does....it gets you thinking.

Finally finished reading this book and I enjoyed it. Its a book I can read again and again as I feel needed and it is a good catalyst for change. I like how she really goes in depth into each individual element, and shows us various ways we may feel "connected" to each element or go about having it in our lives. Although our astrological natal charts only show us being composed of certain ones, it IS possible to have them ALL in our day to day lives. The stories are interesting and make you think. It caught my attention how she also writes about the similarities between men and women of each element, yet show there is a slight difference between the two. And I also noticed how she talked of good and bad of each element and ways we may go about working on that element to use it for our benefit. Life is too short, change IS possible and i will be looking forward to re-writing MY story in this life thanks to this book. Ultimately, it is our lives and we hold the power when it comes to change for ourselves and all around us to take care of this planet we live on.

Debra Silverman's book "The Missing Element" is not only the most captivating and refreshing take on the most important elements of life, Water, Air, Earth, and Fire, but it a MUST read for anyone and everyone that wants to have a better understanding of themselves and others. This book helped me to stop and remember why I'm here, to improve the planet, help others, and follow the path of my soul! I love how Debra speaks of turning on "your Observer". With all the sadness, judgement, terror, and selfishness in the world today the simple idea of looking through the lense of the observer instead of through the eyes of the ego where judgement resides is so profound. She

reminds us that only we have the power to make change. This has impacted me greatly. Debra Silverman is a true master at her craft, and understanding the bigger picture, and she so kindly is sharing it with us in her book. I highly recommend this book to anyone, especially those who want to learn how to inspire compassion for the human condition. And frankly, everyone could use a little more compassion... READ THIS BOOK!!!!

I just got this book and was impressed with knowledge the author has on this subject. I am an Aries and knew I was a fire sign but never could understand nor accept some is my personality quirks. This book gave answers that were comprehensive, and simple. The fifth element for me was being equipped with information and using my 'quirks' productively and accepting them with a sense of gratitude instead of trying to change something that "just is". In reading this, I could make sense of a subject that always eluded me. When I read horoscopes or about Aries I always felt that this could apply to anyone but, this is very precise and almost scary how accurate it is. If you feel like you can use some direction and motivation in your life, such as myself, I strongly recommend this book, for me self discovery is fascinating, this book is a very useful tool.

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