



The 5 Elemental Spirits

HOW TO WORK WITH YOUR OWN
INNER ELEMENTS GUIDE



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• EARTH •

The Earth spirit calls you to get grounded, find roots, plant, and work with the earth. This can mean to make a garden, work with your hands, plant trees, and admire the abundance, security, stability that our home provides every day.

COLORS: Brown & green, earthy nude tones.

CHAKRA: Root.

CANDLES TO CALL UPON THE EARTH: Green or brown.

HOW TO WORK WITH EARTH: Plant flowers, do pottery, ceramics, work with the earth, get grounded, walk in the grass, take mud baths.

EARTH ELEMENTS: Flowers, trees, dirt.

PLANTS: Primrose, sage, nuts, patchouli, oak, cypress.

VIRTUES: Being center, patience, truth, dependable, solid, reliable.

VICES: Being rigid.







· AIR ·

The Air spirit shows up for you to believe in your ideas, dreams and accept the change of winds. This ethereal element represents strategy, communication, and perception, so it's calling you to take a deep breath of life.

COLORS: White, light blue, light colors, grey.

CHAKRA: Third Eye.

ELEMENTS TO CALL UPON THE AIR: Smoke from herbs, or incense, feathers, smudge.

HOW TO WORK WITH AIR: Clear your mind, let your ideas come through, journal, write, meditate, take a deep breath.

AIR ELEMENTS: Butterfly, birds, fairies, or dragonflies.

PLANTS: Lavender, lemongrass, myrrh, pine, yarrow, cedar.

VIRTUES: Intelligence, practical, optimistic, curious, creative.

VICES: Impulsive, tendency to be on the clouds.







• FIRE •

The Fire spirit is here to acknowledge your passions, ignite a spark and allow transformation, transmutation, and alchemy to happen in your life. Fire is ancient, and spirit, use it wisely.

COLORS: Red, orange, yellow.

CHAKRA: Solar Plexus.

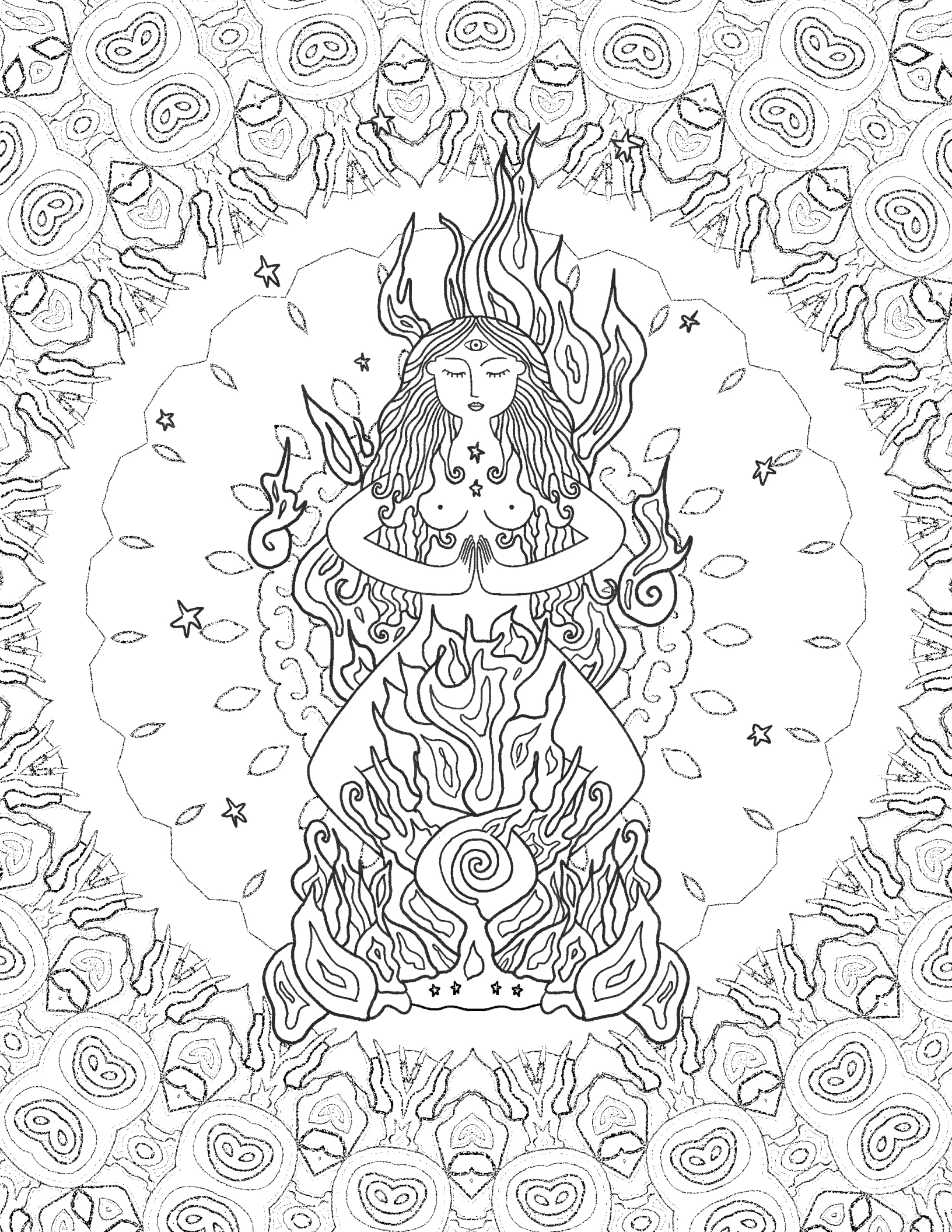
HOW TO WORK WITH FIRE: Ignite your passions. Work with your creative energy, or sexual energy, do exercise, fall in love.

PLANTS: Cinnamon, cardamom, peppers.

VIRTUES: Courage, enthusiasm, willpower, action, strength.

VICES: Anger, Jealousy, hatred, irrationality.







· WATER ·

The Water spirit has to do with your emotions. Work on your fluidity and flexibility to allow clarity and purification to come into your life.

COLORS: Blue, silver, white, turquoise.

CHAKRA: Sacral.

HOW TO WORK WITH WATER: Take a bath, drink water, visit the ocean, ponds, lakes, rivers, enjoy the rain, connect to your own feelings.

WATER ELEMENTS: Shell, Corals, rain, oceans, rivers.

PLANTS: Chamomile, jasmine, lotus.

VIRTUES: Compassion, love, flow, flexibility, fluidity.

VICES: Overly emotional, instability, overwhelming emotions.







• ETHER •

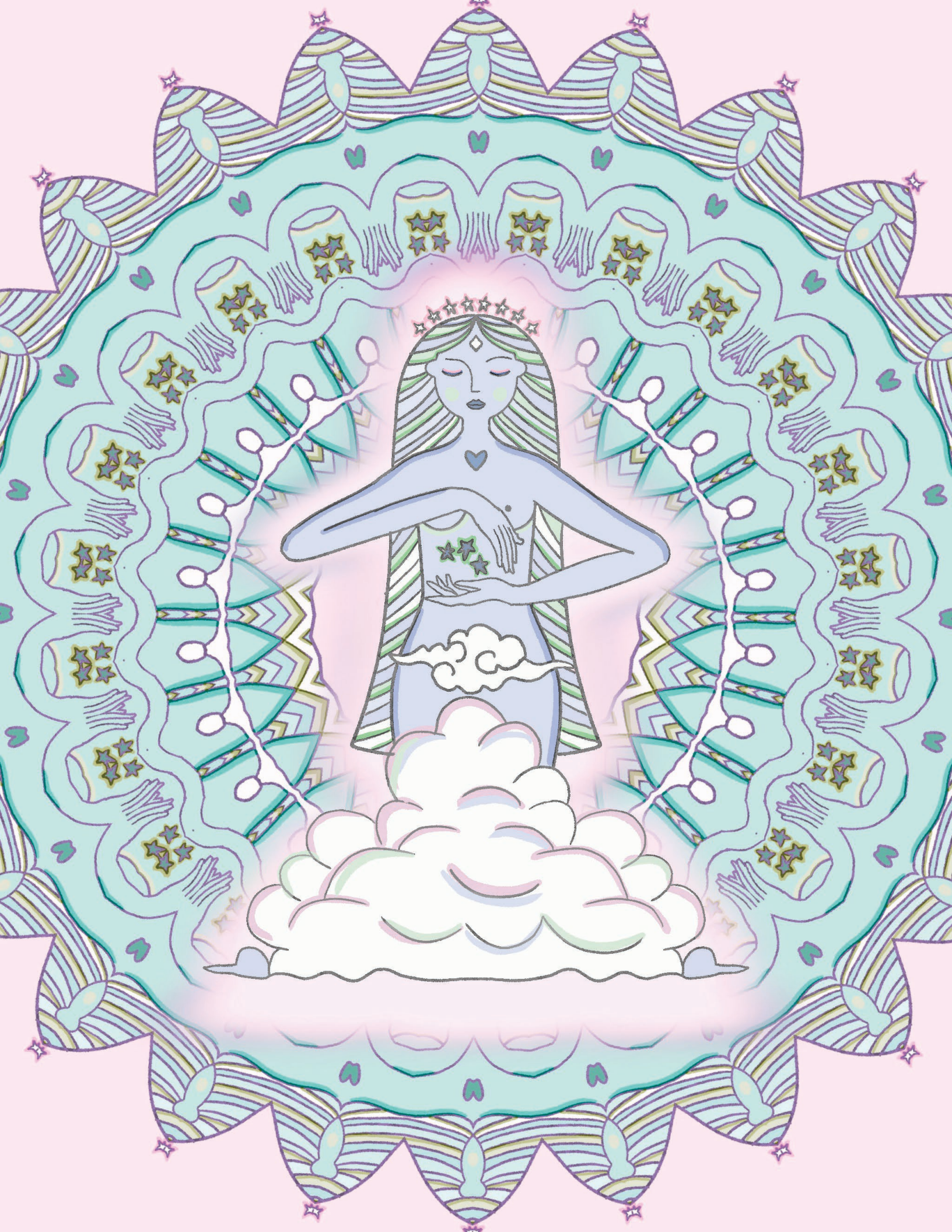
The Ether spirit is calling upon your spirit and your imagination. It's time to let it shine and let it guide you towards your most radiant self.

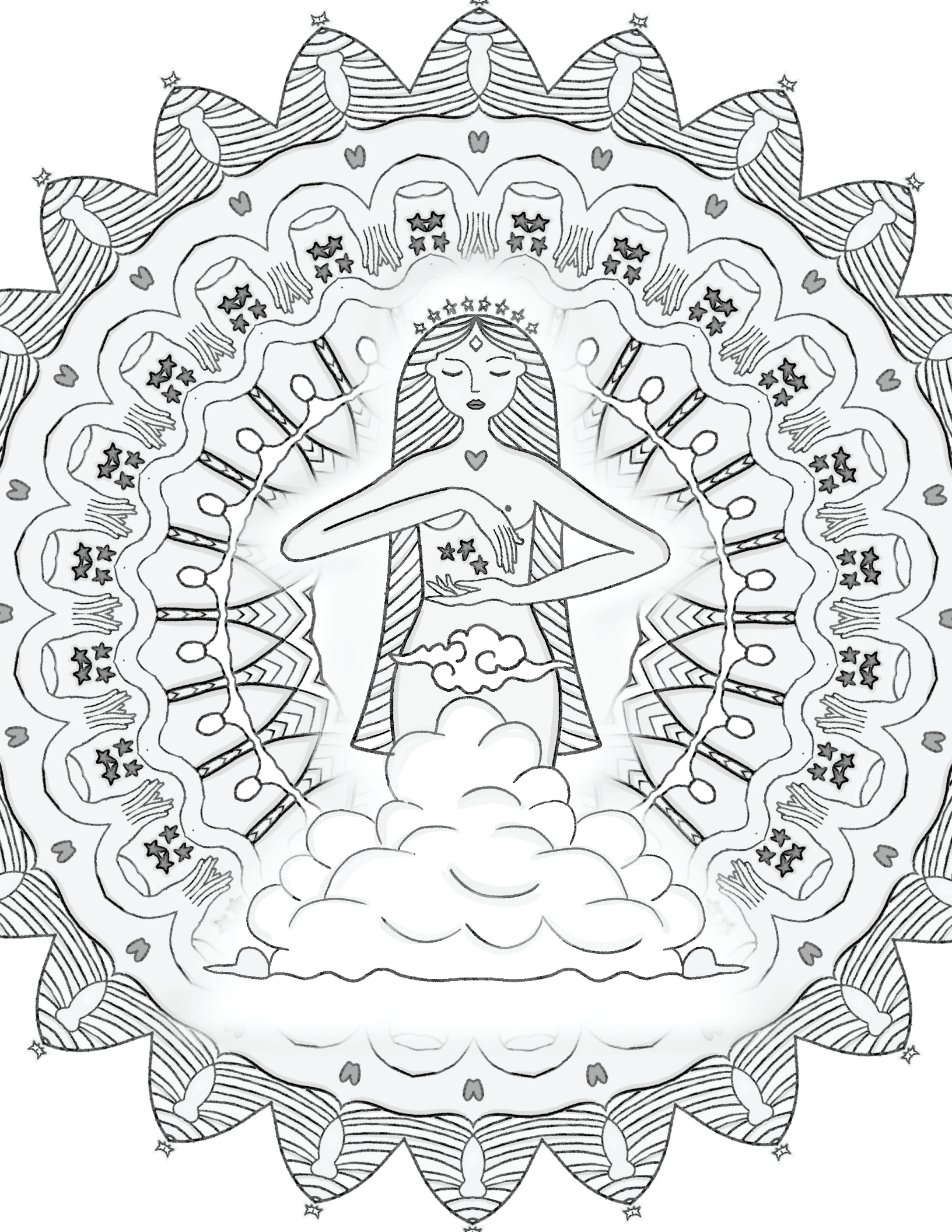
COLORS: Rainbow, purple.

CHAKRA: Heart.

HOW TO WORK WITH ETHER: Pure Energy, infinite potential, there are no limits to your imagination.

ETHER ELEMENT: Infinity symbol.







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