

WEEK 3

# Magic of the 5 Elements: Working with the forces of nature.





# Magic of the 5 elements

## Working with the forces of nature

What are the 5 elements?

Forces of nature, elemental spirits. Each of these elements live in me and we can call upon their magic at any time.

Earth = My physical body

Water = My emotions, my blood

Air = My breath, my thoughts

Fire = My spirit


Ether = My light body, my subtle energy


### • TOOLS •

 Energy work

### • EXERCISE •

 Earth Element: Rooting, Grounding

 Water Element: Flow without resistance, energetic cleansing

 Fire Element: Transmutation with the blue flame

 Air Element: Transmitting intention

 Ether Element: Traveling to the astral field

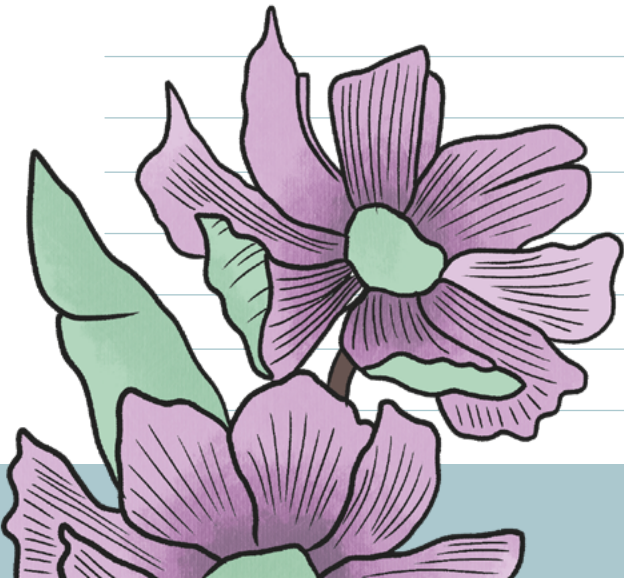




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# EARTH



Earth Medicine:	Grounding / Returning to the earth
When to use:	I can't get my ideas rooted, I'm always in the clouds, I'm always distracted
Earth =	My physical body

## Exercise

### Earth Magic:

Step 1: Call upon your earth spirit.

Step 2: Connect with an idea that you wish to accomplish.

Step 3: Place your hands on top of your head (the crown).

Step 4: Feel that idea in your hands and slowly bring it down to the earth.



## CALL UPON THE ELEMENT BY COLORING IT





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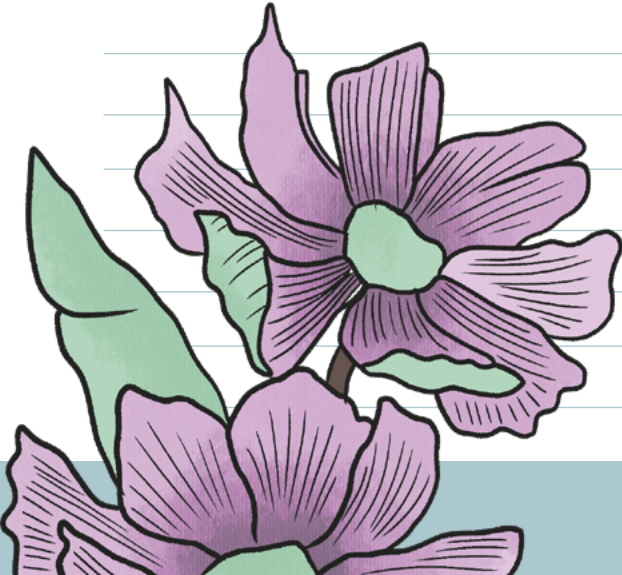
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# WATER



Water Medicine:	The river of purification, love medicine
When to use:	I am unable to flow, I feel stuck in a situation, I am stuck in a thought. I am not moving anywhere
Water =	My emotions, my blood

## Exercise

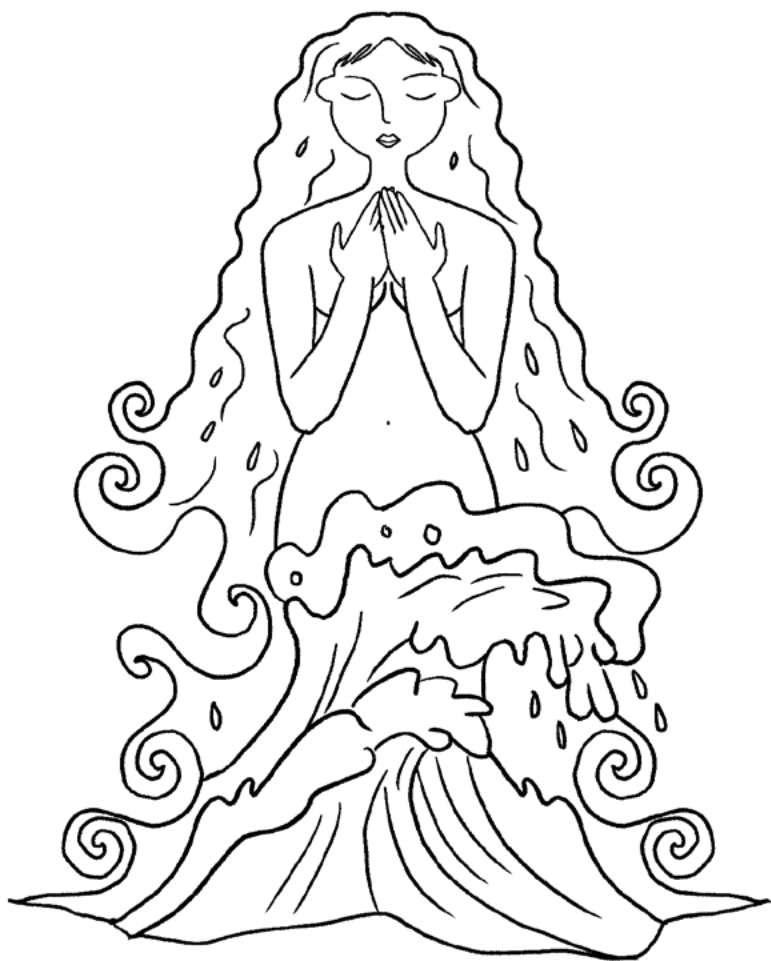
### Water Magic:

Step 1: Call upon the spirit of water.

Step 2: Visualize a river of water coming down from the sky like a waterfall and flowing through each of your chakras. Start from the crown chakra, feel the water flowing down going back to the earth through the root chakra.



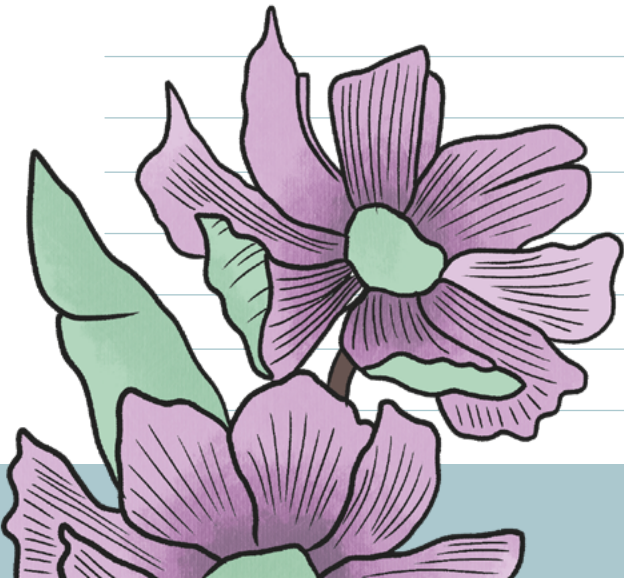
## CALL UPON THE ELEMENT BY COLORING IT







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# FIRE



<b>Fire Medicine:</b>	<b>Purification &amp; Energetic cleansing</b>
<b>When to use:</b>	I feel that I am unable to transmute some heavy energy, I feel that the flame of my passion is extinguished, I am unable to connect with my inner fire or my creativity
<b>Fire =</b>	<b>My spirit, my ancestor</b>

## Exercise

### Fire Magic:

Step 1: Call upon the spirit of fire.

Step 2: Visualize a blue flame awakening from your root chakra and slowly spreading throughout your body. The sacred fire invites you to dance and awaken your body heat to transmute any dense energy.



**CALL UPON THE ELEMENT BY COLORING IT**





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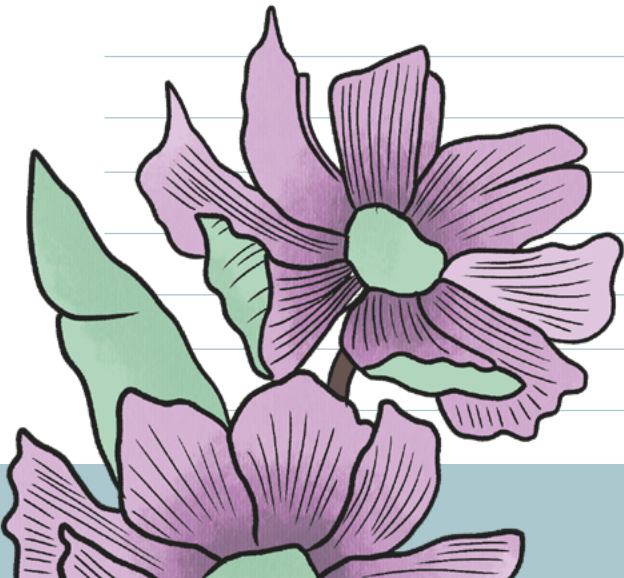
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# AIR



<b>Air Medicine:</b>	Blowing, transmitting our intention through wind
<b>When to use:</b>	I feel that I am not able to communicate my objectives, I feel that I am not able to express myself
<b>Air =</b>	My breath, my thoughts

## Exercise

### **Air Magic:**

Step 1: Channel your intention through the wind.

Step 2: Transmit your intention.

Through blowing, we can transmit our intention to the energy system.

This exercise serves to install archetypes or power animals. (We will discuss them later).

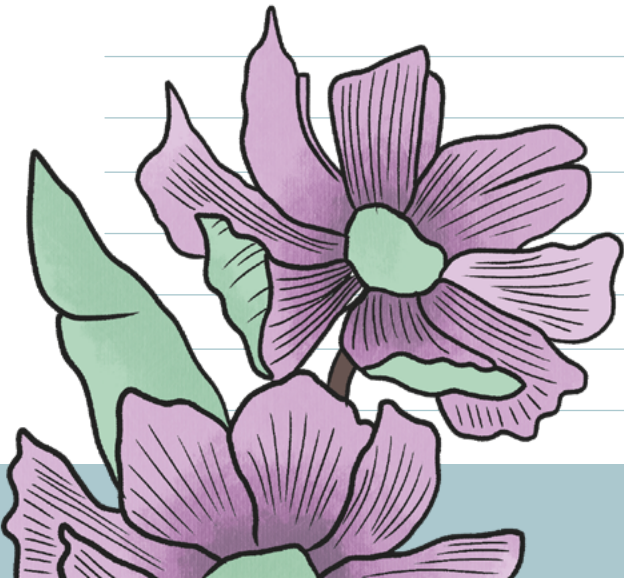
**CALL UPON THE ELEMENT BY COLORING IT**







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# ETHER



Ether Medicine:	Travel to other dimensions in the astral field
When to use:	I want to explore consciousness without a physical body, I want to travel between space and time into the quantum field. Where imagination lives
Ether =	My light body, my subtle energy

## Exercise

### Ether Magic:

Step 1: Call forth the spirit of the ether.

Step 2: Allow the body to relax deeply as if it were entering a cloud, once it is floating, imagine that your astral body leaves your physical body and gets to travel wherever you want to go.

In the astral field everything we imagine exists in multiple parallel realities.



**CALL UPON THE ELEMENT BY COLORING IT**





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