

the elements

the elements of earth, air, fire and water are the foundation for all matter. Therefore, we, whose bodies are made of matter, naturally contain these four elements within our physical selves. But as living beings that are part of the wider universe, we also embody these elements in a more energetic and spiritual sense. While each of us is a unique and beautiful mixture of all four elements, we tend to be characterised by one or two dominant elements, whose inherent qualities are expressed in our personality traits, attitudes and preferences in life.

When in the correct alchemic balance, the elements support us in being what we are born to be. But when they are out of balance, they may create obstacles that block our path. Since we are each unique, the balance of elements that is ideal for one of us will not be the same as the balance that is best for another. However, by considering the interplay of the elements in our own lives, we may be able to spot areas in which we are not achieving our best individual balance and we have an opportunity to change.

For example, if we find that we are having trouble taking action when we see that it's called for, it may be that we have an overdeveloped earth element or an underdeveloped fire element. By tapping into the energy of each element and working with it consciously, we can address such personal imbalances. We might discover ways to bolster our strongest element(s) and strengthen those that are less prominent in our personal make-up. In this way, finding our best elemental balance may help reach our full potential, while also bringing a general sense of equilibrium and happiness to our lives.

You may have heard of a fifth element, "ether." However, the qualities that

are sometimes assigned to ether – that of a spiritual animating force – can be expressed in a four-element system, like the one I’m using here, by combining the actions of the elements of fire and air. Therefore, the four elements of earth, air, fire and water do completely cover all the aspects of our spiritual experience. It’s useful to remember, also, that in this four-element system the more active elements of life – air and fire – are seen to act upon the more passive elements of water and earth. For example, the Stoic philosophers believed that the Creator (God, Logos) was made of a primordial fire that generated the four elements as we know them. (Think of the scientific concept of the Big Bang, and you’ll get their drift).

The Greek Stoic philosopher Zeno considered all things to be “solid”, and saw fire as the initial solid – followed by air, water and eventually earth. His branch of Stoicism believed that the soul itself is made of fire – an idea that we still see today in the connected notions that our soul is situated around or within our heart, which, in turn, is the seat of those “warm” fiery emotions, passion and love.

Another Greek thinker, Empedocles (490-430 BC), also promoted the idea that everything in the universe, including man, is composed of four elements. But he added the quite beautiful idea that these elements are either brought together or pulled apart by two forces that he called “Love”, which he saw as attracting the elements, and “Chaos”, which he saw as separating them. Imagine, everything in our universe being affected by these two energies – even at a physical level!

In the East, we find Buddhism mentioning four elements extensively, as well. And the Indian system of Ayurveda describes body types on the basis of hot/cold (fire), wet/dry (water) and earthy/airy (earth and air).

Yet, whilst the idea of the four elements is certainly nothing new as we

have seen, we may have forgotten that they are important to us, now. As modern people with modern issues and problems, we might ask, “Why bother investigating how our ‘energetic’ selves are composed elementally?”

Let’s turn back to the Ancient Greeks for another moment. From them we receive the idea that it is a wise move to be curious about ourselves. “Know thyself” is the most famous of the ancient Greek Delphic maxims and is considered to be the foundation of much of philosophic thought. This concept, which has stood the test of time, is as relevant now as it was thousands of years ago. Considering our elemental tendencies offers us an avenue to learn more about ourselves and thus grow and positively change if we need to.

Knowing more about how the elements of earth, air, fire and water blend in our personal energetic make-up can give us an insight into what makes us strong and unique – and help us determine our shadows or blind spots. This knowledge, which helps us identify our natural positives and negatives, can also help us reduce the things we do that create difficulties for us and increase those that create positive experiences. Additionally, we can further boost our own energy levels by plugging into places that resonate with the elemental energies we need. This can deliver a surge of this element’s energy at its most powerful, which is not only convenient but usually pleasurable.

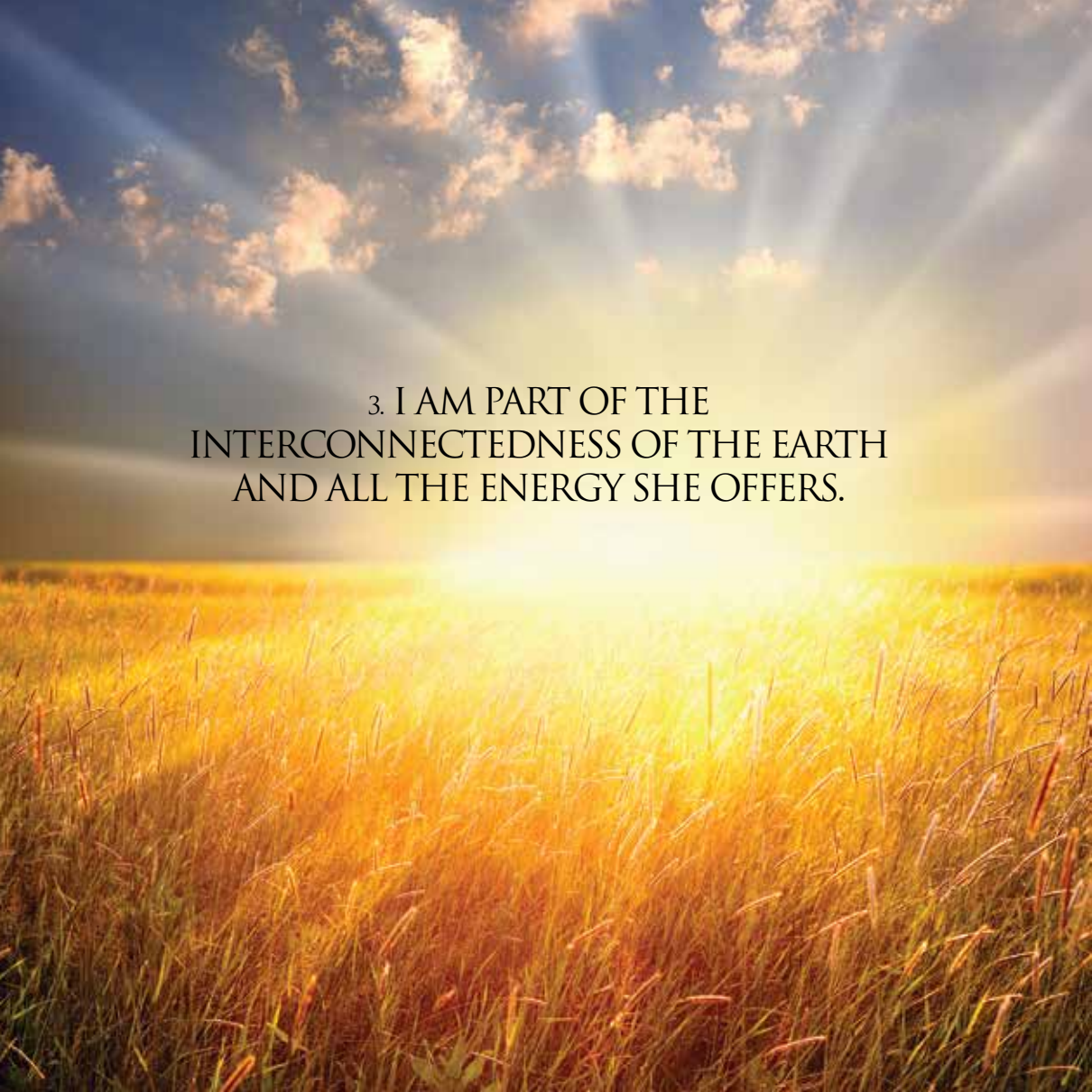
And, finally, we can connect to whatever we see as our Higher Power more deeply and peacefully if we discover the easiest gate to pass through – that of our primary element. The CDs that come with this book contain meditations specific to each of the elements that will assist you to do just that.

1. MOTHER EARTH CRADLES ME FROM
THE MOMENT I AM BORN.





2. I AM CONNECTED TO ALL.

A vibrant landscape photograph featuring a field of tall, golden-brown grass in the foreground. The sun is positioned low on the horizon, creating a bright, glowing effect and casting long, soft rays of light across the sky. The sky is filled with scattered, fluffy white clouds, and the overall atmosphere is warm and serene.

3. I AM PART OF THE
INTERCONNECTEDNESS OF THE EARTH
AND ALL THE ENERGY SHE OFFERS.

4. LISTEN TO THE HEARTBEAT OF THE PLANET.

