



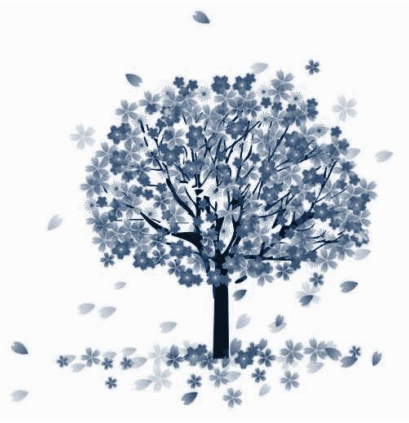
# Intro to 4 Element Theory

## Introduction to the 4 Element Theory

**Earlier this morning, I was standing outside.** It was a cool crisp fall morning. The wind was allowing the water of the pond to ripple. The water of the pond had been quietly lapping the mossy and tree lined shore. All the while the sun shone brightly allowing me to see, sense and feel nature. All the while, nature allowed me to balance and I could hear my inner whispers calling me forward into the day on purpose and with crystal clear clarity. A knowing smile rose from my essence.

**The 4 element theory has been used throughout history to allow integration of natural balance & wholeness into our lives.**

The elements, Air, Water, Fire, & Earth, provide a profound understanding of life. From the Egyptian sages, to Hippocrates, from Mesopotamia to Rumi, they all use these elements for development of the human spirit.



# Intro to 4 Element Theory

## Introduction to the 4 Element Theory (ct.)

**The 4 Elements provide an opportunity allows a powerful integration of the self into whole for clarity, understanding and self-balance.** Each element has unique characteristics that align with an inherent part of the human condition. By studying the elements and how they apply to your being, one can release concepts that no longer serve them and empower beliefs that allow their greatest gifts to shine!

Notes:



# Intro to 4 Element Theory

## The Element of Air

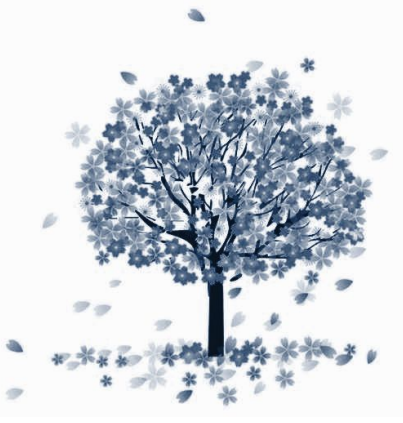
**Air is the element most closely associated with our mental self.**

It is connected to how we think, organize, analyze, and assess. It has strong roots for the way we see life, it's rules and our beliefs.

It is our mindset. Most importantly, it is how we think about ourselves, how we associate with our own personal essence. Our minds have the ability to destroy our own sense of BEing by playing games with the truth.

Our minds can also support and empower us by thinking in a way that supports our highest self.

It's important for us to quickly see if our thoughts are positive and supportive or if they need to be realigned. Using the element of air and it's imagery allows us to shift these as needed to be aligned with our purpose and our passions and navigate the pathways ahead.



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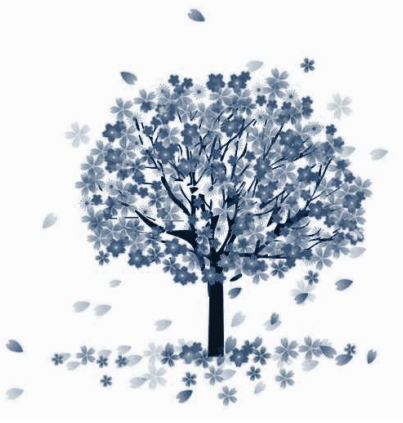
## The Element of Water

**Water is the element that aligns with our emotions.**

It is important to remain balanced and not allow our emotions to make the choices and decisions for our path forward. Our emotions do not define who we are and, therefore, should not govern how we live our lives.

Understanding our emotions and the triggers that create emotional chaos is vital to balance and harmony in our lives. By being able to ascertain that the emotion we are having, we can be an objective observer and make shifts that are for our highest good.

Using water as an element allows us to do this. We can go jump in a lake to cool off. We can soften tears by washing our faces. We can rinse off the days' energy with a bath. We can relish in the joy of a rainstorm that cleanses and purifies our being and renews our soul's truth.



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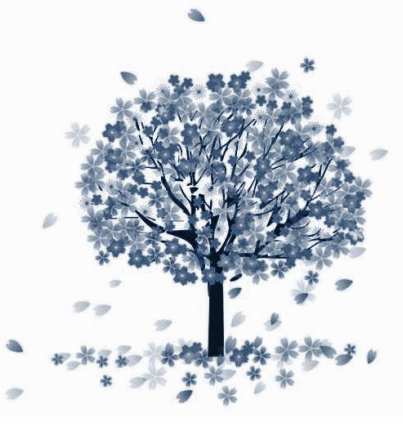
## The Element of Fire

**The Fire Element allows us to see the connection to Spirit that dwells within each of us.**

We are spiritual beings having a unique and vibrant physical experience ~ most of the time. It's important to be able to clear out the physical space to align with our spiritual self so that we can make choices based on our soul's truth.

Being able to tap into the truth that dwells within allows you to understand self more clearly, hear soul more consistently, and discover the courage to follow your heart's desire.

The element of fire allows you to do this. Fire is related to our life force, that spark that is inside us as well as the light that IS you. By connecting with Fire, you can recharge and you can re-engage with your vitality, create transformation and shift to soul wise living.



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## The Element of Earth

**Earth ~ it's the element that grounds us to our physicality.**

Earth allows us to focus on our own physical environment, our physical self. It allows us to nurture our self from a health aspect. Earth allows us to take care of our nutritional self, our physical self ~ whether that's from a space of getting support to heal or to maintain wellness that we have.

By touching and seeing every stone, each tree, each leaf, every grain, we can allow Mother Earth to support us. We can ground in the best information that she is giving to us.

By using this element, we are able to step up into both our outer and inner strength. By using this element, we are able to step out into our purpose with courage and strength.