



# Elemental Exercises

## 4 Element Theory Exercises

### **Exercise #1: Understanding Characteristics:**

Using the Elemental Characteristics guide, as objectively as possible, circle those characteristics that you see in yourself.

*Remember: These characteristics are neither good nor bad but simply allow you to assess the characteristics that are most probably guiding your choices.*

Now outline your day to day activities and see which element show up during a certain activity

Having identified the element that shows up during a certain activity, see if certain characteristics are triggered, both the positive one's and the negative, journal upon these characteristics.

And, how can you shift your energy having learned this about yourself for your highest good.



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### **Exercise #2 Using the Element of Air:**

Take time throughout the see, sense and FEEL Air. How does it make you feel?

Catch a thought. Then, connect to the element of air, and see how this clears the thoughts.

Now, go back to that initial thought, and see how to shape-shift it for more empowerment.

### **Exercise #3 Using the Element of Water:**

Take time throughout the see, sense and FEEL water. Feel it as you take a drink, wash your face and even sense the moisture in the air. How does it make you feel?

Stop and sense an emotion. Then, connect to the element of water, and see how it soothes or elevates it.

Now, go back to that emotion and see how to shape-shift it using the element of water for more empowerment.



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### **Exercise #4 Using the Element of Fire:**

Take time throughout the see, sense and FEEL Fire. You can catch it in the sun, in bright, vibrant colors or in a candle. How does it make you feel?

Sense your connection to Spirit. Is it strong? Is it less than you'd like? Then, connect to the element of fire, and see how this elevates your connection.

### **Exercise #5 Using the Element of Earth:**

Take time throughout the see, sense and FEEL earth. How does it make you feel?

Stop and feel your body; create awareness around the depth of your breath and your posture. Then, connect to the element of earth, and see how it expands and strengthens this.