

MINICOURSE

ELEMENTAL FORCES OF CREATION

Part One: Introduction



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Natural Rhythms[™]
Supplement

The Elemental Forces of Creation Mini Course: Part One

INTR°DUCTI°N

Consciously Create Your Life Using the Power of
Earth, Water, Air, Fire and Spirit

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The elements of earth, water, air, and fire weave together the fabric of the world along with spirit, the essence energy dynamically flowing through all things. The ancient and indigenous people of the planet worked with these powerful forces consciously and respectfully. They understood the value of harmony and alignment with the forces that form the very core of creation.

The mini course ***The Elemental Forces of Creation: Consciously Create Your Life Using the Power of Earth, Water, Air, Fire and Spirit*** is intended to serve as a powerful tool for you as you travel on the sacred journey of deepening your connection to the elemental forces of Creation. The elements are vast and powerful teachers of consciousness. When they are honored and respected, they will open to share their mysteries and their appreciation with you.

The Elemental Forces are your guides in understanding the magic that happens when you bring forth your essence desires, then prepare the fertile soil of your life, mix it with clear flowing emotional water, the alignment of your belief system and the power of your actions. When you are able to bring the elements into alignment, you literally vibrate your desires into being.

Earth, Water, Air, Fire, and Spirit are the foundational forces of nature, expressed through archetypal energies. They form the core of Creation and carry their archetypal energies in primary patterns, although their state may vary. For example, the element of fire brings warmth and heat whether it shows up as the sun, a candle flame, a roaring fire, a chili pepper, or warm food heated on the stove. As archetypal energies, they function in the outer world in much the same way as in your inner world. Fire in your inner world shows up as passion, life force, energy, and stamina. (There is a short presentation on this entitled Boost Your Creative Capacity & Inner Wisdom on the home page of our website <http://naturalrhythms.org>).

The elements are also active teachers of consciousness. As primary forces of nature, they are guiding you constantly. Earth is teaching and guiding you in the physical world,

Water in the emotional realm, Air in the mental realm, Fire in the action realm, and Spirit in your connection to the spirit or essence of all that is.

As you increase your awareness of the elements and begin working consciously with them, they will assist you in understanding creation and manifestation, making a powerful difference in the your quality of life. You see, they function in your consciousness and in your life in much the same way they function to hold the outer world in form. So as you awaken to their underlying principles and teachings, you learn to become a more effective conscious co-creator of your own life.

In the process of learning to work with the elemental forces, it is important that you develop your skill with each element individually and then practice aligning all of them together. Each element works with a particular realm and has its own unique gifts and teachings. After your initial work with the audio book, you will want to focus additional developmental energy on the element you feel least comfortable with, in order to strengthen that aspect. Continuing to listen to the gifts of their messages will assist you in holding all of them in a unified field of consciousness.

The elements are powerful internal teachers. Remember to approach them with respect and reverence. Working with the elements and the energy of creation is a process...one in which you discover facets of who you are and how you function... one layer at a time. Just as a child develops new skills and grows to adulthood overtime, allow time to develop your awareness. The rewards will be worth it.

The elemental forces of creation are communicating with you constantly, if you have your feeling ears tuned to hear their messages. Have you ever seen a place so beautiful that the sheer majesty of it took your breath away? Have you had the sun on your face and noticed how the power of the rays felt as they touched your body? Have you ever stood near a body of water and noticed a feeling of calmness or serenity wash over you? Have you ever felt as though the wind was gently caressing you?

The elements are willing to share their lessons and mysteries, and to teach you to access deep inner knowing that may have previously been out of your awareness. The ancients were deeply aware of the Elemental Forces of Earth, Water, Air, Fire and Spirit, honoring them for the conscious and very alive forces that they are.

As you begin increasing your consciousness in working with the Elements it may be helpful to know the full definition of conscious. According to Webster's Dictionary...it is

having a feeling or knowledge of one's own sensations, feelings, or of external things; knowing or feeling that something is or was happening or existing; aware of oneself as a thinking being; knowing what one is doing and why...an awareness of what one is thinking, feeling, and doing; intentional. As you explore how they function within you, the Elements show you how to increase awareness of your inner world and to become more conscious of what you are creating.

Whether you are new to working with the elemental forces or have had years of experience, you have the potential to awaken many new layers of your consciousness as you work with this mini course. It all depends on you...the elements need your presence and your willingness to learn in order for them to actually share their knowledge with you...and they *will* share with you. All you need to do is respectfully approach them from a place of honoring and integrity, and ask.

In the first section, you will actively connect with the elements through journaling and meditation activities. Print out the workbook and begin journaling with the elements anytime you have a chance to get out into nature. The exercises are designed to take you into your own awareness and process of discovery with the elements. The more you do the exercises, the more alive the material becomes for you.

There are six sections of the mini course. This section, the general guide to working with the Elements, provides some background information on the work itself, an introduction to organic transformation, how to use the elements as tools to clear your energetic field, and how to create altars and work with the elements in ceremony. Each of the sections that follows takes one elemental teaching and goes deeper into its training, providing you with more information, tools, and a meditation for working with that particular element. You complete the series by increasing your awareness with Spirit and the creative process.

Again, how much of yourself you invest in the process of working with the elements will determine if you are simply carrying new mental knowledge or if you have actually allowed the elements to awaken new aspects of your conscious awareness.

I urge you to both keep an open mind and heart as you develop your own personal relationship with The Elemental Forces. You may have a different language to speak of your experience than the one presented here, or a contrasting mental model to fit the entire idea into, or perhaps a belief system that seems to come from a separate background. There is no right way to work with the forces. The elements function in all

of us and can and will work with you from your perspective if you invite them in. The elements are amazing and powerful forces and they sincerely appreciate you working with them.

Let me tell you a bit about my story, and how I came to receive my first teachings from the elements. In 1999 while staying with a dear mentor of mine, I explained to her that I had been studying a wide range of topics for over 20 years that at the time seemed vast and unrelated in many ways. I knew from observation how my own process works. I tend to gather a wide variety of information and experiences and only later see how it all connects and works together. I asked that night to be shown in sleep how all the seemingly unrelated paths I had intensely studied fit together and were related.

The next morning I drew 4 circles on a napkin, the only thing handy at the time...one circle for earth, one for water, one for air, and one for fire, and I understood in an instant how it all fit together. All the areas I had been studying fit into one of the elemental forces and their teachings. I also knew in that moment how they each functioned in my consciousness.

And for those of you who have studied sacred geometry, I later realized that the circles were in fact the first 4 circles of the flower of life, earth, water, air, and fire, with spirit as the rich substance that flows between them, holding them in form. The flower of life is the symbol of creation, and there is drawing of it in your workbook.

While my discovery of how the teachings fit together was only really interesting initially as part of my personal journey, I was thrilled to have a deeper understanding of the path I had been on for so long. A few months later, I realized I needed to put a course together for others to experience the life development and consciousness work that the elements bring.

This mini course is from taken from the foundational course material of the Elemental Workshops and Processes I have been facilitating since 1999. I have witnessed the powerful increase in awareness and the deep transformation that working with the elements brings, time and time again. I am honored to share their rich teachings with you.

As you increase your consciousness with the tools the elements offer, you tremendously increase your potential and effectiveness in life. Work with anyone one of them and your life improves. Work consciously with all of them and it becomes amazing! If you

sincerely work with the principles and life development tasks of each element, you will have the tools to create all that you desire in life and to live in harmony with the twists and turns of life.

To help you get the most out of this process, I recommend keeping a journal of your internal journey with the elements. Choose a journal that reminds you of the elements when you look at it. Also, it is very helpful to create an altar in your home or office to the elements. It will help you honor them and focus your awareness. Later in this section I will give you some ideas of how to create your personal elemental altar.

In the first part of working with the elements they like to introduce themselves and have you begin to become familiar with the feeling of each of their essences, their key word, and the soul quality their training develops within you. They will then start sharing each of their mystery school teachings; a mystery school is body of knowledge the ancients say is beyond full human understanding.

Each element has multiple training paths or mystery schools designed to teach you about that element. People are drawn to a training that works with their own energy. The important thing is that you begin to understand and embody the fundamental teaching, do the developmental task of each element, and eventually have a conscious awareness and some degree of fluency in working with all of them.

One of the first fundamental teachings is that each element functions on a particular realm: Earth on the physical realm, Air on the mental realm, Water the emotional realm, Fire the action realm, and Spirit on the spiritual realm. While you can take the elements apart to learn about them, they overlap and work with each other in so many interwoven and connected ways that they ultimately they can't be separated. That indeed is part of the mystery. As you increase your ability to work with the interconnectedness of the elements and their corresponding realms, you open your perception to a multi-dimensional way of thinking and perceiving.

You begin your work with the individual elements with Earth, the foundation. This is the physical realm and all the things that make up your physical life: your body, your connection to matter, and the matter of your life such as your home, car, clothes, finances, along with your relationship and connection to the Earth itself.

Traditional earth teachings train you to honor the earth, to honor the cycles and rhythms of nature, and to tune to your own rhythms and cycles. Too often people follow

only man-made cycles and mechanical time, becoming slaves to the calendar and the clock. You need to remember to listen to the wisdom of your body, nature, and your deep sense of organic time, natural unfoldment.

Continuously following rhythms out of harmony with your nature and yourself can lead to stress or ill health. If, however, you learn to spend time in nature and moving deeply into your own nature, your body and the earth will be tremendous teachers and nourish you in profound ways. Earth teaches you to honor the physical as sacred, and that all aspects of life need to be held in sacredness.

It is from earth that you learn the soul quality of gratitude. Gratitude is the highest vibrational energy. Just write or say a list of the things you are grateful for in life and see how much more uplifted you feel. Notice how you feel when you see the beauty of the earth and when you acknowledge its grandeur. Earth also teaches aesthetics and the love of beauty in a very real and natural way, for its ability to lift and elevate.

So allow yourself to feel tremendous gratitude for all the abundance of living on such a beautiful planet, earth, and feel immense gratitude for your physical body. Your body does so much for you. Allow your gratitude to wash over you and uplift you.

To begin your personal work with earth, take a look at the workbook. There are journal exercises with each of the elements. When you take the time to go be in nature, take your workbook and your elemental journal (or some blank paper if needed), and a pen, go outside and sit on the earth. Feel the earth beneath you and allow your consciousness to sink deeply into the deep rich soil beneath you (just allow your awareness to move into the earth). Doing the earth journaling, ask the earth to reveal its essence to you, and just wait and listen. When you receive a message, without filtering it, write the message from earth. You want to get a sense of how earth feels and how its messages come through.

The next section is connecting with your personal earth, your body. Place your awareness in your body and ask your body the reflection questions. Listen for your body's response to each question and write the response. These are reflection questions about the way earth functions in your personal life, such as... How can you honor your body and the earth in a fuller way? Do you need to adjust or balance the matter in your life, body, foundations, or finances? Are you grounded? Do you need to be more aware of the flow of the seasons, internally taking time for quiet and reflection to balance all the doing in your life? And how in tune with the element of earth do you feel in your life

right now? There are no right answers to the questions. They are there to stimulate your connection and reflection.

Now let's move to your connection with water...

Water is the fluid that flows within your life to keep things supple, alive, and growing. Without water and the emotional realm, your nature can become dry, brittle, and hard like the ground without rain. You need the rich substance of your feelings to keep your life lush and growing.

The element of water is where the soul essence of love exists. The clearer your emotions are, the more space there is for love to move in your life. It is in the emotional realm where you learn to love yourself fully, to nurture and heal your inner child, and to create a space for clarity, flow, and love to move freely in your relationships with others. It is here you learn emotional maturity, caring for your self emotionally and responding instead of reacting to life and others.

Water helps to calm you and can lighten you up, making you more buoyant emotionally. When you are beside a river, stream, lake, ocean, or in the tub, you can center or soothe yourself with the essence of water. Water quenches your thirst and nourishes your essence.

Connect with water as you did with earth for the water journaling. Take your workbook and go some place where there is a body of water of any sort. Allow your consciousness to move into the water. Notice how different it feels from earth, then ask the water to reveal its essence to you, and just wait and listen. When you receive a message, without filtering it, write your response.

Once that is complete, connect with your personal water realm, your emotions, and do your journaling exercises. These are reflection questions about the way water functions in your personal life. Are there places in your life that you need to feel what is going on more deeply? Is there a way that you need to adjust or balance the water in your life, going more with the flow and honoring your intuition? Do you need to let go of emotional baggage by clearing up past relationships? Are your emotions balanced? Do you create space for your feelings? How in tune do you feel with water and the emotional realm in your life? Once again, remember there are no right answers. The questions are there to stimulate your connection and reflection process.

Now you move to the mental realm and the element of air. It is through air and sound that the vibrational tone of your life is set...the thoughts you have, how conscious your language is, how integrated you are in using both the right and left sides of your brain, and how you work with prayer, intention, and meditation. All are part of the training of air. Air and the mental realm is vast. When you work in the air realm you begin to see your life from a larger perspective and to work with your visionary ability. Air is where you learn to soar. When your thoughts and vibration are in harmony with your life desires, it enables you catch the wind beneath your wings and fly.

Air and the mental realm is where you hold the belief system about your life. Did you consciously choose your belief system or is it based on outdated mental models passed down to you from your parents and grandparents? There are many societal beliefs that as a group we are still invested in, but that no longer serve us. It takes dedication to change your mental models and to choose to set a conscious tone for your life.

When it is time for you to connect with air, you can of course do this from any place, as air is all around you...but the closer you can get to nature and a beautiful outdoor environment, the better the air will be...

So, taking your workbook and journal, find a place to connect with air, and allow your consciousness to move into the air and connect with it. Ask the air to reveal its essence to you, and just wait and listen. When you receive a message, without filtering it, write your response. While doing your journalling, notice how air feels in relation to earth and water.

Then do your personal reflection with Air. Connecting with your breath, ask how you can more deeply honor the element of air in your life? Are you working with the mental realm and air effectively, holding a positive vision for your life? Are you using prayer, meditation, and intention to set the tone of your life? Do you feel a sense of freedom in your life? Do you have room to breathe?

Did you feel the sense of freedom air offers? Take a deep breath to feel the expansion that comes with air and let's move on to fire...

Fire is the action realm. Fire is a volatile realm and often people express their fear of it getting out of control. Learning to work with fire is a skill and one that often requires a focused and conscious training. During life we are often taught to put out our fire, to sit still, be quiet, keep yourself under tight control...and yet it is in reaction to the controls

that many people go out of control. They rebel against the constraints and move unconsciously toward extremes that burn out their energy system, or they play too close to the edge with drugs, alcohol, sex, violence. And yet with the right types of training you can learn to fully run your life force with out burning yourself out. Any mystery school that teaches you to run your life force fully is a fire training...things such as Shamanism, Dance, Tantra, Martial Arts, and even playing certain types of music.

You learn in this realm to be dynamic, to claim your personal power, to let your light shine brightly, and to feel passionately about life. Balance is key in working with fire: too little fire in life and literally nothing is happening...too much and you burn out. Fire also teaches us about the mysteries of transformation...literally changing forms...dying to an old part of the self and being born anew.

To connect with fire, go out in the sun or build a fire, or light a few candles and sit near them...

With your workbook and journal near you, connect with fire. Allow your consciousness to move into the fire and connect with it, asking the fire to reveal its essence to you. Wait and listen, and do journalling exercise.

When you receive a message, without filtering it, write your response. Notice how fire feels in relation to the other elements.

Now connect with your personal fire, your life force, and answer the reflection questions about the way fire functions in your personal life. Is there a way that you need to adjust or balance the fire in your life? Are you passionate about your life or are you burning your self out? How are your vitality, sexuality, & sensuality? How easily do you handle the process of transformation? Are you in tune with the fire in your life?

From fire we move to our final introduction...Spirit...Spirit is your connection to the Divine. It is the spark of spirit that is you. Each of us is unique. No two beings, even twins, are exactly alike, and your essence needs expression. The developmental task of the spiritual realm is to bring your own essence from deep within yourself and fully express it in the world. Every person's full expression is valuable and without your expression there is a void somewhere in the world waiting to be filled with your uniqueness.

The spiritual realm or your connection to Spirit is also where your creative energy lives. How well are you creating in life and how into your creative energy are you? Your essence, your spark, the part of Spirit you are, that is what makes your creations unique.

When you are ready to work with Spirit, connect with the essence that flows through all things, asking it to reveal itself to you and just wait and listen. When you receive a message, without filtering it, write your response, doing your journaling exercise. Once that is complete, answer the reflection questions about the way Spirit functions in your personal life. Ask your essence to reveal ways to you that you can deeply honor the spirit of your uniqueness in your life. How well do you create in life? Are there places you choose to create your life more powerfully? How in tune do you feel with Spirit, your life essence?

The elements love introducing themselves to you, so as soon as you get a chance, spend time in nature; go work with them. It will make a big difference in your understanding as you proceed with this mini course.

Your body is the container for your personal connection to the elements so take a deep breath and thank them all for what they do for you. It is glorious that you are able to move in your body, to feel all the range of your feelings, to be able to think and perceive your world, to be able to take action in your life, and to be the unique spark of Spirit you are.

Even with gratitude toward the elements and all they do for us, it is important that we remember what powerful forces they are. Let me offer you an example from my personal experience. In 1990 my sister's house was hit by a tornado. In a few short minutes her newly remodeled house was ripped apart...blown all over the yard...both of the family dogs were traumatized and she, her husband, & my nephew were hiding in the safest place they could find from the blowing glass and a house that was falling apart around them.

They were all in shock for sometime to come and eventually recovered well, but the tornado left a knowing in their psyches...a knowing of the power and force that the elements can and do have. Perhaps you've seen photos or maybe even lived through what we often refer to as a natural disaster ...a hurricane, an earthquake, a flood, a volcanic eruption, an out of control fire...perhaps the destruction has touched someone you know.

Well my sister had an amazing thing to say to me later about that tornado...she said she asked herself “Why me”? and then later decided “Why not me?”...She said she had the resources to rebuild and someone else may not have, and actually now her house is stronger than ever before. She had discovered in the process of rebuilding that the original remodeler did things in the construction that weren’t exactly safe and now after rebuilding, the house is much stronger.

In 1996 I experienced a similar transformational process, only it was across my entire life... the internal elemental forces...almost everything I had known was leaving my life in one way or another...my husband, my carefully grown business, my longtime friends, my home. How or why each one left is unimportant. The important part is the teaching that came with it, which was that when it was over, I felt as though I was barren soil... there was little left.

I moved slowly during the time to follow, trying to regain some sense of self and stability. A couple of years later, I was doing a shamanic mask making session at a training I was taking. We were working with the medicine wheel and were to choose an element to work with based on where we felt least comfortable that day. Earth was my element, and after we created the masks we did an exercise to have the mask give us a message. The person I was partnered with for the exercise sat with the mask balanced on her lap and took notes as I spoke as the mask. I was amazed with the result. I was communicated with in a way that I had never experienced before. I received the message in words...in deep feelings and knowings...and in pictures...my first multi-dimensional communication.

I received the teaching of organic transformation. What the mask communicated was that when it is time for us to transform into something so different or vaster than anything we have previously known, we need tremendous organic matter in our lives to create fertile enough soil for the new life to grow. That was why all that I had known, who thought I was, and all the ways I interacted in the world had to fall away...just as the leaves let go and fall from the trees each autumn...

It then it took a period of quiet and stillness, a time when it looks like nothing is happening from the outside...because during that time, all that has fallen away makes compost, the organic matter mixing with earth, with water, with fire heating it up to make rich soil internally for the seed of the new to spring forth. If you have had the great joy of watching something grow from seed you know that sometimes the germination and growth to a strong plant takes a while. You must be patient and wait, gently

nurturing the seedling. You don't always know what kind of fully developed plant the seedling is going to turn out to be,. Just as you must wait for a baby to grow into an adult before you know the full gifts that person brings, so to you must wait to find the gift given when organic transformation takes place.

I have worked with many people undergoing a process of transformation who wanted to know clearly what they were transforming into before they were willing to let go of the stage they were in. It simply doesn't work that way; you have to trust the process and allow it to happen. Often people think they have done something wrong for so much to be leaving their lives or changing, but it is natural that things fall away. Transformation takes place at certain points in our lives for us to fully awaken to our expanded self. Given that we grow up expecting to stay basically the same, it is understandable that we may have fear, disbelief, or little trust in the transformational process and need practice and support to allow our changes to occur gracefully.

If a caterpillar asked you to explain what life was going to be like after its transformation, before it went through process, would it help? If you told the caterpillar it would eat voraciously, attach to a twig, that its body would harden into a chrysalis, its internal organs would completely change for it to re-emerge in the world, that it would have to push its way out of a cocoon and then that it would have wings and fly...at best the caterpillar wouldn't believe you. It might think you were crazy believing that there is no such thing as that level of transformation. It couldn't possibly fly...and to a caterpillar what is flying anyway?

Organic transformation is a natural process of change. *Organic* means the inherent or inborn makeup of a thing. *Trans* means to go to the other side, over, across, or through. *Formation* is the shape, outline, or configuration of anything. Quite often our organic transformation looks like a natural disaster to us initially and later we see the magic that has occurred. The transformation works its way through you in a way that is so all encompassing, there is no way to know or understand what the end result will be beforehand. To transform gracefully, we need learn to let go of what was, allow change to happen, and do our best not fight the process. It is here we learn greater levels of trust. Finding ways to trust the process your body, mind, feelings, energy, spirit and life moves through...until you one day you take off and fly.

One of the ways the elements can support your life and your process of transformation is by working with them consciously, by placing them on your altar and including them in ceremony. An altar in your home or office helps you to focus your energy on working

with the elements with intent. Calling on the elements in ceremony gives your ceremony strength and includes all the realms. Having an altar in your ceremonies acts as a focal point for your awareness. Ceremony connects the outer world with your inner world and gives you a safe place to honor your transitions and passages from one cycle or phase of your life to the next.

You can use ceremony to honor the changes of the seasons, to consciously honor the transition to puberty, to parenting, or to elderhood, to honor a marriage or divorce, a new home, a loss or death of some kind...any place in life that the internal or external transitions need to be honored. You could do a ceremony to consciously invoke the elements to work with you in your life and in your dream state. Ceremony is a powerful tool for the development of consciousness. Ceremony can be done in a private or group setting; in a group, the more you involve all the participants within the ceremony, the more alive it will be.

To create your ceremonial or personal altar, you will want to start building your altar by choosing a piece of fabric for the altar cloth. You will want it to be something that you love because it represents the fabric of your life and the interweaving of all the threads that make up who you are.

You then want to choose something that represents each of the elements...earth, water, air, fire, and Spirit. You might want to choose objects such as a rock for earth, a shell for water, a feather for air, a candle for fire, and picture of your favorite spiritual master. Or you might prefer to place a representation of an animal totem that works with that realm...some type of 4 legged creature that walks close to the earth for the element of earth...a lion, buffalo, bear, any animal you personally feel a connection to. For water, perhaps you could choose a fish, dolphin, or whale. For air, you could choose any type of bird, like owl or eagle, or perhaps a bat or butterfly. Fire totems are snakes, lizards, salamanders.

If you prefer a more mystical altar, try gnomes for earth, water sprites or mermaids for water, fairies or angels for air, and a dragon for fire.

Or you can put everyday objects on your altar...salt, grains, bread, or a plant for earth, a beautiful vessel containing water for water, sage or incense for air, and chili peppers for fire.

Once you have the elements in place, you need to choose something for Spirit or the essence of Spirit that you are. You may want to choose a religious or spiritual representation of a divine being, beautiful flowers, a photograph of yourself, or create something to represent your inner essence.

Take your time and enjoy the process of creating an altar that is a reflection of you. Keep the energy of the altar alive by changing or cleaning it when you need uplifting.

If you decide to create a ceremony, you may want to design it around the elements. Decide your intention for the ceremony. Then start with the element of earth and have some activity that involves the body, something physical to do within the ceremony, a movement prayer, or dancing to embody the principle you may be working with. Then for water, include something within the ceremony to create a safe space for being with or communicating feelings or emotions. To activate air within your ceremony, do something to work with changing a belief system or elevating the vibration of the participants through meditation. For fire, you want to get the life force of the group up with energy-invoking music, dancing, drumming, or singing something your group loves. Honor Spirit by using it as the foundational energy for setting the ceremonial intention. Bring Spirit into all aspects of ceremony and offer that the energy of your ceremony go for the good of the planet, or to the healing of someone or something in need of additional uplifting energy.

You may choose to do dances to work with the energy of the elements within your ceremony...a spinning or tribal dance for earth, a flowing dance for water, a freedom dance for air, an intense dance for fire, and an inspiring dance to your favorite spiritual music for Spirit.

Ceremony is a powerful container for energy, so you will want to create ceremonial environments that deeply enrich the lives of the participants. Remember to have fun and to create your ceremony with purposeful intent, joy, and reverence for the sacred in all life.

At the start of your ceremony, you can call on the elements to help you create sacred space for the ceremony to happen within. There is no right way to do ceremony; it only needs to be honoring and respectful of the elements and all who participate in the ceremony.

You can call on the Element of Earth to bring you such things as groundedness, good health, a happy home, fertility, strength, gratitude, abundance. You can ask earth to teach you to honor the sacredness of our beloved planet and our precious bodies, and to help you seek your knowledge from nature.

From water you can request emotional support, clear intuition, friendship, understanding, good relationships, to be bathed in love, to be sustained, for your life to flow, to learn to give as well as receive, for rejuvenation and regeneration.

To call on Air you may desire vibrational attunement, wisdom, good communication, intellectual growth, knowledge, to increase your ability to listen, to think swiftly and see clearly, and to know.

Calling on the power of fire, you may request transformation in some area of your life, to have a healthy expression of your sexuality, to be filled with passion, personal power, ambition, warmth, joy, and life force.

And for Spirit you can call on any aspect of the Divine that you resonate with: God, Goddess, Spirit, All that is, or the names of deities such as Gaia, Green Man, Isis, Osirus, Kwan Yin, Buddha, Tara, Christ, Mary, any divine being that you choose to work with their energy. You can also call on the energy of creativity, compassion, balance, and spiritual growth.

There are many ways to call in the elements, so do what feels good to you. The energy you approach the elements with is important. You need to be pure in heart and intention, as well as to hold them in deep respect and honor them for the powerful forces they are. Be sure to thank them for working with you when you are complete with your ceremony.

There is one other way we want to explore working with the elements in the introduction. The elements are powerful tools to clear energy and to balance and harmonize you when you are feeling out of sorts or drained by the environment you have been in. The important thing to remember is that your intention in working with the energy is what moves it. The clearer your intention, plan, or purpose, the better the process actually works.

I have been through a powerful initiation process with a Shaman in Peru and in that training learned that they have a slightly different way of looking at energy. Instead of

qualifying energy by saying it is light or dark, they talk about it in terms of density. What is dense to one person may actually be lighter to another; it all depends on the person's sensitivity level and development. They also have a beautiful name for the earth mother...they call her Pachamama. According to their tradition, she uses our dense energy as food, so to use the element of earth for clearing, go out in nature and stand on Pachamama. With intention, consciously ask your body to drain any dense energy into the earth. When you feel complete, you will have the feeling of being much lighter. Be sure to thank the earth for her assistance.

To use water for clearing, set your intention for water to clear you before you enter it by bathing, showering, or swimming. You may want to add apple cider vinegar or Epsom salts to bath water for additional clearing power. You can also clear with water by releasing emotion through crying.

To use the air realm for clearing, you can do a meditation, tone, play a crystal bowl, sing, or work with sound in a wide variety of ways. Just be sure to use it with the intention to clear your field. You can also use flower essences, crystals, or oils with the intention to clear your vibrational field.

To work with Fire: write what you want to clear or transform on a piece of paper and then burn the paper in the fire, with the intention to have the fire transmute the energy. You can also clear your energy with dance. Simply state your intention before moving and allow the energy to flow fully in your body. Dance and movement are very powerful tools for moving the energy in the body. The more you actually allow the body to move the way it wants to, the more you clear your energy.

Prayer is a beautiful tool to use to clear with Spirit. As you pray, hold the knowing that your request is already complete and remember to give thanks.

Practice using the elements for clearing and notice the difference in how you feel.

Continue your journey of elemental discovery
with part two of this mini course **Earth**.

*Deepen your connection to the Elemental Forces of Creation.
Learn to easily access their wisdom with the **Elemental Forces of Creation Oracle**.*

*You can also begin activating their powers and increasing your awareness of their rhythmic cycles by reading the book **Natural Rhythms ~ Connect the Creational Dance of Your Life to the Pulse of the Universe**. See <http://naturalrhythms.org> to order your copy today.*