

MINI COURSE

# ELEMENTAL FORCES OF CREATION

Part Four: Air



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*Natural Rhythms*<sup>™</sup>  
Supplement

The Elemental Forces of Creation Mini Course: Part Four

# AIR

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**A**ir...you are constantly breathing it, yet how often do you notice? It surrounds you all the time, yet unless the wind blows you probably aren't even aware of it. That is how it is with air, the mental realm. Your vibration is set through your belief system and unless you are choosing to increase your consciousness, or something in your life is causing you to notice that belief system, you are probably rarely aware of the clues that air is sharing with you.

Your initial vibrational tone is set from your parents. Your mother's egg forms a vibrational covering much like an eggshell, within which you protectively develop. The seed or sperm of your father forms the vibrational seed or core at the center of your cellular structure. The level of personal development your parents had at your conception sets the vibrational frequency you began this journey with. It is up to you to consciously choose the tone and vibration of your life.

From this vibrational tone, you developed as a fetus and your earthen body formed. You floated in the watery womb of your mother, feeling the waves of emotion pass through her body and yours, then emerging from the protective womb environment into this world. It was your first breath of air as a newborn that fully determined your very entry into this realm. Your breath allowed you to exist in a body separate from your mother, sustaining your individuation. It is what will leave your body as you shift into another dimension, through death. Air gives you life and, without it, your body decomposes, changes form, and you exist no more in this realm. Your spirit rides on the wings of air. Your breath, and the air of your breath, forms the words and tone that create your life.

You know the saying..."In the beginning was the word and the word was God." That saying speaks to the underlying essence of our universe and that spirit creates through tone and vibration. You are a spark of that spirit and also create through tone and vibration. From your first breath to your last, your breath, your words and vibration set a tone that creates your life and moves the matter of your life. When the tone shifts, the matter of your life adjusts accordingly. Communication, the words you speak, write, and think, carry a vibrational frequency that set up a resonance and vibration. When you speak and the words move past your vocal cords, the vibrational force that air adds increases the strength of the manifestation and creation tone.

Words carry tremendous power. Speaking or writing activates the vibration of a word and imbues it with life force. The energy with which a word is spoken or written carries over to the person receiving the communication. You've felt the shift in vibration when someone has spoken to you in various tones, expressing from anger, sadness, sarcasm, caring, or love. You instinctively know the energy they are sending out. The same is true when you read someone's writing, you know the feeling tone the writer had when writing it. The tone or vibrational quality comes across the page. The same holds true for your thoughts. They hold a frequency that others pick up, regardless of your choice to voice them or keep them to yourself.

Your choice of words can make a tremendous difference in the vibration you set up. The difference is often quite subtle, yet powerful in the impact it makes. Notice the difference in the power of these two sentences. "I will try to find a new job that pays more." Or..."I will find a new job that pays more." The difference between "I will try" and "I will" is tremendous. The word "try" takes away the power of the statement, leaving it weak and ineffective. "I will" is strong, clear to the point, and committed to action. Learning to speak, write, and think in ways that enhance maximum effectiveness of your communication takes increasing your awareness of the impact of the words you use.

You need to be sure you speak from a place of congruency and integrity in your communications, doing and meaning what you say. Keeping your word or consciously renegotiating commitments creates trust in relationships with others and in your relationship with yourself.

Communicating with integrity by speaking from truth, speaking clearly, and honoring your word are fundamental skills that air teaches. If you speak or think something that you realize immediately afterward you do not want to energize, say "cancel or clear" to erase the energy of the undesired words. The power of words is vitally important to respect and to know how to use consciously. Your thoughts and your belief system play a critical role in increasing the awareness of the tone and vibration of words.

Stories are told of Yogis and sages throughout time who have had the ability to create instantly with the power of their speech, thoughts, and vibration. As you increase your ability to work consciously with the elemental forces, your capacity to bring forth your desires into manifest form will quicken. It becomes increasingly imperative to understand how your underlying belief system sets up a vibration.

You need to know how to bring your unconscious belief system into alignment with your conscious dreams and desires. This is the developmental task of air, to consciously set the vibrational tone for your life. It is only when you make the unconscious conscious that you learn to tune your life to your desired frequency and create your life consciously.

The elemental mystery school of air includes the mental realm and all its many functions. The tools for attunement within the mystery school of air are many: conscious thought, conscious language, right and left brain integration to work within a unified field, balance, prayer, meditation, intention, vibration and vibrational healing techniques, sound, smell, light, vision, sacred geometry, clairvoyance, intuition, the power of communication, astrology, angelic helpers, and more.

Perspective provides a key to understanding how your life is functioning, and air can teach you how to both look at the larger view and how to focus in on the details of the vibrational quality. From the air realm, you can see the larger perspective of your life, simply by soaring above it and looking down, much as a hawk or eagle would do. Or, by moving your consciousness to the far reaches of the cosmos, to gain a cosmic perspective, you can gain insights: like how does your individual life and life expression affect your family, your community, your state, the nation you live in, the world, the universe? No one lives in a vacuum. Air gives you the ability to look at yourself from the widest possible view and from multiple perspectives, providing the ability to be visionary both in your personal life and in the world.

When you work with your visionary abilities, you begin creating from your ideas and pictures of what your world can be like. The pictures you hold also start to draw energy to them, so once again it is critical that they be of the highest possible outcome if you are choosing to bring your highest good into manifest or created form. Looking at the big picture and gaining perspective helps you to create your best possible inner vision.

Astrology and the study of the stars, and the archetypal realm they represent, is a powerful way to gain a cosmic perspective on your personal life. Working with Shamanic Astrology I've repeatedly seen the way it helps people to access knowledge of their life path by understanding the archetypal forces they are working with. Through this tool you can understand ways of being in the world that you came in knowing, and the ways of being that you are learning in this lifetime. You can understand your inner feminine and masculine self and how they function and relate to one another. You can discover

the ways you grow the fastest, how you communicate, and gain tremendous life perspective. Air will profoundly assist you in gaining life perspective if you only ask.

Pause a moment to take a slow deep breath and connect with the element of air...

You are constantly taking air into your body and the fresher the better. Stale air or air with an unappealing odor can repel. Too much smog or air pollution is dangerous to your health. You need a supply of fresh clean air to fully feel alive and vital.

Deprivation of air for even a minute can cause damage to your brain and body for the rest of your life. None one can go very long without the next breath. Breath fills your lungs, your brain, and every cell in your body with its enlivening essence.

The more conscious you are of your breathing and of fully filling your body with rich clean air, the more relaxed, energized, healthy, and alive you feel and are. Increasing your air intake can make a dramatic impact on your ability to think clearly and on the quality of your life. Wisdom keepers, sages, yogis and athletes through the ages have explored the importance of conscious breathing to increase life force and to access altered states of awareness.

In relation to the other elements, air is fast moving and not easily contained. It is easy for mental chatter to clutter up your mind. Just as you need clean air to breathe, you need a mental realm free from chatter, worry, and negative thought, which the air realm can teach us through meditation and prayer.

In meditation and prayer, you learn how to quiet your mind and receive your inner wisdom and guidance. Prayer helps is how you ask for assistance on the inner realm. Meditation is a powerful way to listen and receive your guidance. When you pray, it is important to KNOW that your prayer is answered. Praying from the feeling place that your prayer is **answered** sets the vibrational tone. If you pray from an unsure position, you will energize your insecurity. You must know that when you hold the frequency of your request it is **DONE**.

A call internally for angelic guidance and assistance is all that is needed to bring this unseen help immediately to your side. However, you must **ask** for assistance...this is a free will planet and you must ask for assistance, or guidance. Just know that the moment an energy is called or invoked, it must respond, so know your request will be honored. The result of your request may look different to you than your original picture

of how you think it should be. So stay open to the possibility that when you look at your circumstances in a larger life perspective they often have different meaning. Something you perceive as devastating may turn out to be your most powerful teacher and you may grow in tremendous ways.

Air can also help you experience life from a variety of perspectives. As air moves from person to person, and place to place, it circulates. You may be breathing the air that someone across the continent was breathing a short time ago. If you tune into your inner knowing, you can access the thought waves through air that travel from person to person, helping you to access your telepathic, intuitive, psychic, and clairvoyant abilities.

The air waves are where the universal thought sphere is held. This thought sphere is what some people term “the collective consciousness” and the more each of us increases our own personal awareness, the more the collective grows in consciousness.

You increase your personal awareness as you understand that how you view, interpret, and think about your life affects what you create in your life. That is why books about positive thinking and shifting your belief system have done so well in years past and why it is such an important skill to have.

I must confess it took me a while to believe that my thoughts made any difference in my life whatsoever. I first starting hearing about positive thinking in a class I was taking in the mid 80's. I eventually actually gave it a try and found it made quite a profound difference in my quality of life and the kinds of experience I drew to me.

It took quite a few more years before I learned to distinguish between a negative thought and a feeling I had been taught to label as negative. I found that if I wash over my actual feelings by trying to think only positively, I miss important keys that my feelings are giving me about my life and the people around me.

This subtle difference has taught me to be more discerning in my relationships and what I am allowing into my life. If my feelings are telling me they do not feel comfortable, I do my best to listen and to honor the message coming to me. I have learned to both think positively about life and include the gift feelings and emotions bring to me.

Your thoughts are vibration. They have power, the power to create. Each thought is a seed which carries the energy of beingness and which has substance in the realm of

creation. We often grow up to carry on the belief our parents had about the world. Sometimes we don't realize how limiting those beliefs are...things like "you have to work hard and sacrifice for what you get in life." Try changing that belief and replace it with something like "all my needs and desires come to me effortlessly and easily," or "I create my life dreams with ease and grace." Just feel the difference in those two-belief systems...notice which one feels better to you and has more energy.

Noticing is one way you can begin to work with air, consciously setting the tone for your life. Simply start noticing when you feel enlivened and full of life...what were you thinking and doing? Next, notice when your energy drops in some way...what were you participating in that lowered your vibration? You might even want to experiment with it. Try talking unkindly to yourself for a few minutes and see how you feel. Now feel the difference when you communicate with yourself in a way that is optimistic and loving toward who you are. Notice what that does to your energy system.

Deeply held beliefs get stored in the cells of your body; that is how your vibrational pattern gets set. Even if you change a belief on the mental level, you need to go into your cellular vibration and change it there as well. I recently had another teaching from air on this very concept. I have shifted my mental belief system over the past few years around the balance of giving and receiving. As I was growing up I was taught that giving was better than receiving. It was ok to receive some. I just believed at the core of my cells that I needed to give more.

My cellular belief was that I had to make sure everyone else's needs were met first and then it was ok for me to receive. I have given away so much to take care of others over the years. Somehow in this belief system, others were always my responsibility. This was an enormous challenge for me to shift. I began the process as I started working with my belief about divinity and began to include a divine feminine model to balance the divine masculine.

In my new paradigm of balance, receiving is balanced with giving, being with doing, feminine with masculine. Just as water teaches us about balance through flow, air teaches us about balance in the very act of breathing. We must inhale and exhale to stay alive. One will not work without the other. So air will teach us, if we pay attention, how to hold a balanced belief system that is inclusive of multiple ways of being. If we choose, air can also teach us about multidimensionality, the ability to simultaneously access information and input from more than one dimension.

I allowed my consciousness to evolve over time to embrace this new way of perceiving the balance of life. It has been almost 10 years since I began this process, and only last week did I realize that while my mental model had changed, my cellular structure was still vibrating to my old belief that I needed to give more. You see, your life will continue to reflect your belief system back to you in the subtlest ways. I was playing a board game and was offering to sell a deal that I had drawn. I offered a moderate price for the deal, which actually took the buyer to the next level of the game, into the fast track. He told me later he would have paid me everything he had to purchase that card to get him to the next level, and yet I was willing to ask for so little for myself. My thought was that I wanted to be fair to him and to make sure he had enough.

Yet we both could have come out real winners had I asked for more or allowed him to make me an offer. As I pondered the situation for the next night and day, I realized that in all the negotiations that I had been through over the last few years, I had come out feeling like I hadn't asked for enough for myself. I felt I had cheated myself and I didn't understand where that came from internally. I began to see that I was taking responsibility for everyone else's needs first and giving myself what was leftover.

It took many times of the same lesson before I understood and finally uncovered my deeply held cellular belief. A belief actually remaining from the days of my childhood and from my childhood belief system models. It was such a deep imprint that it took some time for me to see it clearly.

I have now done the release work necessary to take it out of my body at the cellular level. Shifting the vibration that I radiate out to the world, I have begun to see vibrant results already.

The way you do that type of cellular clearing with air is to determine the belief system that needs to be cleared. Most of the time there is more than one, and you may need to clear one and then clear a couple more. After you have identified the belief, use your intention to state out loud or state mentally what you intend to clear from your cells. Now take a deep breath and blow the old belief out of your cellular structure as you blow the air out of your lungs. Notice how your body feels and continue clearing until your body feels light and your energy feels open.

You can replace your old beliefs with beliefs of your choice. Simply state your new beliefs and breathe deeply to anchor them in. If you want to work with the energy of air

to create, then tell a story, sing, or communicate through writing, and then read your writing to someone. Play with the element of air and your creative energy.

Air is in and around all things and is the great connector of all the elemental forces. That is why what you believe about something is so important. Consciously setting your vibrational tone works to help you create the quality of life you choose. Those who get really skilled at working with the elemental forces notice that they must increase the mindfulness of their desires, as the time it takes for a powerfully held belief to come into form can become quite short, even instantaneous. Most people only want the highest and best thought patterns to actually come to fruition, so they increase their ability to think those kinds of thoughts and learn to discern what their life is showing them about their belief system.

It is remarkable how simple changes in the way you think about, view, and speak about your life can alter the vibrational tone of your life and assist you in bringing into form the desires of your heart. When you can unwaveringly hold a desire clearly in your consciousness, regardless of what things look like externally, the more you are able to consciously create. When you set an intention to create a certain thing in your life...a relationship, a certain job...anything, as you strongly set the intention what actually may show up first is all that is not that. You may need to flush out of your life anything less than the desired intent, the old patterns you had been holding. As you continue to hold the knowing of the desire coming into form, it will take shape and appear in your life.

Intention is the power of air and where the tone and vibration in your life gets set. The clearer your intention for what you are choosing to create, the stronger and perhaps quicker the desire will come forth. Try practicing setting strong, clear intentions for your creations and see what happens. Also notice where in life you are not getting your desired result and look at what your intention really is...do you need to be clearer? Do you have an unconscious intent for something else? When the unconscious becomes conscious, it brings a feeling of freedom and upliftment.

Air also brings the ability to take flight, the feeling of soaring and the awareness of freedom within your life. Air gives you the wings of freedom. When you have consciously set the tone for your life and you are thinking and holding a positive perspective, you feel vibrant, radiant, uplifted, and free. Without enough air and the upliftment that air brings, you can feel stuck and that things in your life are stale and stagnant. Breathe life into your world by connecting with air and some of the vibrational modalities for healing and upliftment.

There are a tremendous variety of air related tools to uplift your energy. Aromatherapy and essential oils lift the energy of your home, office, and yourself by increasing your awareness of what scents can offer. Smell travels through the air and is a powerful tool for shifting the tone of a person or place and for accessing memory. Your memories can help you uncover deeply stored information to do valuable personal healing.

Working with color and color therapy is another way of using your vision to shift your vibration. You can also actively increase your vibration by spending time in nature, visually connecting with the beauty of the natural world. Flowers have a very high vibration, so you may want to visit a botanical garden and see how it increases the vibration in your body, or you may want to work with flower essences. They have a profound effect on your energetic system.

While you are in nature, listen deeply to the sounds of the natural world, tuning your hearing to access more of the natural rhythms of life. By using your hearing and the vibration of sound and music, you can deeply influence your energy and vibration, and even do sound healing. Listen to different types of music and experiment with crystal and Tibetan bowls, or toning, and see how your energy system feels.

Crystals are an effective way to work with healing the physical body, increasing your vibration, holding an energetic grid, and accessing other levels of awareness. There are all sorts of other energy tools, such as polarity therapy, magnetic therapy, feng shui and more, to assist you in energetic upliftment and vibrational attunement of your home, office, or physical body.

When you work with air for energetic attunement it is of profound importance to look at the ways you are energetically connected to others. Are you running your own energy? Or do you need to clear energy between your self and others? When you have unresolved issues with others, pockets of unforgiveness or are living in the past, you stay tied to others and they to you, through energetic cords. It is important to do energetic release work on your old relationships to full release your ties to the past and be fully present in the now, in complete integrity with all of your energy. You can again work with your intention and, one by one, go through your past relationships and release each person that needs to be released.

When I do this level of releasing others, I like to imagine myself at a campfire with a circle of protective fire around me. I call in any guides or teachers I would like to have

as support. I then call the person in that I want to work with and tell them that I am releasing their energy from my body. I tell them anything I need to, about the relationship, or anything unsaid from the past, or anything needing to be cleared. I ask them if there is anything they would like to say to me. If it is needed, I offer any forgiveness here and thank them for being a teacher to me. I then find by scanning my body where the energetic cords are to them and, pulling the energetic cord out of my body, release it...I put it into the center fire in my mind's eye for transformation. Sometimes the cord is deep and has roots like a tree. I then state that I am calling my power back from them and breathe deeply to bring it back into my body.

I then ask to release any vows, agreements, contracts, or karma that I have with them, and I breathe until I feel that move. I then thank them and release them, then thank my guides and teachers on the inner realm for supporting me, and I bring my attention back into the room. This is a potent way to assist in clearing old energies with someone to make more room for the present. Here is another way to do energy work with those around you:

Holding old views of the people in your life doesn't give them room to show up around you and be different than your picture. Have you ever been with your family and they talk about you like you were 20 years ago? That makes it difficult to show up as who you are now to them. Well, you maybe doing the same with others...thinking you know who they are. If you will allow yourself to release the old pictures of who they are, you might find a big shift in the way they are. A shift in perception allows room for others and yourself to show up in new ways.

Not long ago I had someone say to me "I am different now and the people around me keep treating me from the old perspective. How can I change them?" My response was "Are you still holding the picture that they will treat you the same?" Doing release work about how she thought others were going to respond helped make room for the new to be brought in.

A great way to do this release work is through movement. Choose some wild dance music and, before you begin the music, set your intention to break the old pictures of each person in your life so that they can show up as who they are now. When you begin the music, see in your minds eye a framed picture of that person and then imagine throwing it to the ground to while saying to yourself, "I release the old picture of them."

Do this until no more images of people show up. Then imagine you are sweeping up the pile of broken pictures, to clear the energy in the room you danced in. In the air realm, things function on the energy level and you can't see the immediate effect of the energy like you can like you can with earth, water, or fire but you will definitely notice the effects of doing this kind of work in your life. The people around you will surprise you with the new ways they show up in your life.

The lens you use to view your life and others with is a critical air teaching. Change the lens and your perception of the world also changes. Where and how you put your focus is a dramatic determiner of what actually shows up in your life. Watch the difference when you subtly shift from holding something one-way and begin viewing it in another. Also, the different sides of your brain help you to perceive things differently. The right side of the brain allows you to access creative ideas, intuition, and your psychic gifts, while your left-brain assists you to focus, compute, analyze, and discern. You need both for maximum brain functioning, and you need the ability to move between the sides of the brain. When you can access the skills they both offer, you can bring your creative ideas fully into form. Whole brain thinking is crucial for increasing your mental capacity and your ability to access multidimensionality.

As you move into deeper states of whole brain thinking, your ability to think holographically and multidimensionaly opens up, and the mysteries and relevance of Sacred Geometry open to your understanding, again increasing your level of perception and perspective on the universe.

May the gifts that air brings be yours as you remember to listen to the whispers of the wind for ways to finely tune your frequency and your life. It is through the teachings of air, the ability to hold a place of balance, finding a space of receptivity and inner listening, that you will come to the Soul Quality of Peace and access the power of air and vibration.

### **Addition Air Meditation**

For your air meditation, find a comfortable place to sit. Have your journal and a pen near and, when you are ready, put on the music, close your eyes, and go inside to talk to air. Ask your mental realm and air what is important for you to know about the way it is functioning in your life right now? What guidance does it choose to share with you?

Continue your journey of elemental discovery  
with part five of this mini course **Fire**.

*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 Creatational Dance of Your Life to the Pulse of the Universe**. See <http://naturalrhythms.org> to order your copy today.*