

A sunburst effect in a forest. The sun is shining through the trees, creating a bright, starburst pattern in the upper right quadrant. The forest floor is covered in green ferns and other plants, and a dirt path leads into the distance. The overall scene is lush and vibrant, with a mix of green and brown tones.

# *Elemental Wisdom*

*An introduction to working with the  
elements for healing.*

*By Kayla White*



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## *Introduction*



*“At the heart of the coming environmental revolution is a change in values, one that derives from a growing appreciation of our dependence on nature. Without it there is no hope. In simple terms, we cannot restore our own health, our sense of well-being, unless we restore the health of the planet.”*

Theodore Roszak

There was a time when humans lived in harmony with the natural world. All of our ancestors, of every race, tradition, and geographic location celebrated their relationship to the more-than-human world in diverse and engaging ways, from music, dance, and poetry, to ritual, ceremony, prayer, offerings and careful tending of the Earth and all life forms. Though different, all indigenous cultures shared a common belief: nature was sacred and alive.

The world of our ancestors looks vastly different to the world we see today. We see the destruction of the natural world at an alarming rate. Most of us spend the majority of our time indoors, separated and disconnected from the wonders of the nature. Often our relationship is one sided, with the use of the natural world for entertainment or convenience, with little thought to how the land came to be and who lived on it before us. The shared message modern society upholds is that the Earth is dead, which is a stark contrast to the principle that our ancestors once held true. It is because of this belief that we're in the situation we're currently facing—the uncertain fate of this planet and all who inhabit it.

It might seem hopeless at times; I certainly struggle with doubt myself as to whether or not things will ever change. Even still, I know that we've come to a poignant crossroads where we can make a change for the better, and we have the power to do so. The endless examples of our immense creativity, ability to problem solve, and unite together is evidence we can change course.

## *Introduction (Continued)*



It is my wish that whatever I do in the world tips the scales in favor of all beings, even if only a little, so that all life has the chance to live freely, safely, and with respect. Perhaps this is your desire, too. If so, one avenue into making a change for the Earth is to begin to build a relationship with the more-than-human world or to take your existing relationship deeper. This relationship will help you remember that any separation between you and the natural world is an illusion. There is no ‘out there’. The world is within us, and we are connected, in more ways than we can truly know. And this connection is crucial in living a life in harmony with the natural world. Because when we care for something or someone, we are more likely to protect, serve, and nourish our loved one (human, animal, plant, or even object).

One avenue into building a relationship is through the four elements. We all know the four elements: earth, air, fire, and water, and their presence can be recognized through our senses. Each of us benefits from these elements each and every day, in vital ways. Because of this, using the elements in our healing and reclamation of the natural world is an accessible place to start. I’ve compiled this resource to provide an overview of the four elements, their properties, and exercises you can do to take this work further. It is only a beginning, so if this sparks the flame of curiosity within you, I hope you take this wisdom further, in ways that serve you, bring you joy, and to the benefit all beings.

Please take what resonates and leave the rest. Let your heart guide you.

And may the magic of the natural world reveal itself to you.

In gratitude,  
Kayla White



## *Earth*

Earth is the element of stability, growth, and home. It is related to fertility, prosperity, grounding, and centering, planting and harvesting and animals. Earth is our home, the one place in our known universe that has just the right conditions for a myriad of life forms to evolve and flourish.

Earth provides everything we need—from the healing medicine of plants and herbs to the water for us to drink, all of our core needs are provided for from this abundant planet. From the tiny microorganisms in the soil that help our food grow to the trees that provide us shelter and oxygen, our dependence and connections to the element of earth are endless. We simply wouldn't be alive without the Earth.

We say someone is 'down to earth' when they are grounded and stable, when they exhibit the same qualities of the element of Earth.

**Associations:** the color green, the ground, trees, rocks, fields, forests, mountains, four-legged animals, stones, crystals, herbs, plants, flowers, the astrological signs of Taurus, Virgo, Capricorn; gemstones: emeralds, peridot, azurite, tourmaline; the season of Winter and the direction of North; New moon and midnight





## *Air*

Air is the element of the mind. It is related to creativity, the intellect, study, communication, music, inspiration and sound. Ideas come from somewhere unseen, and drift in and out our minds like the wind. Air is also the breath of life. Each day we wake with new breath within us, we have the ability to experience the wonders of life.

When someone is a 'breath of fresh air' they bring new perspectives and a renewed sense of life to our reality, not unlike the qualities of air.

**Associations:** the color yellow, wind, clouds, birds, butterflies, moths, bees, feathers, smoke, breathwork, meditation, the astrological signs of Gemini, Libra, and Aquarius; gemstones: aventurine, topaz, fluorite, amethyst; the season of Spring and the direction of East; Waxing moon and sunrise



## *Fire*

Fire is the element of transformation and passion. It is the element of desire, strength, sexuality, action and courage. We use it cook our food and heat our homes, serving as a source of warmth and comfort. Fire is also associated with the light, as it often serves as a beacon in the darkness.

Fire only exists in the destruction of other materials; therefore it is known as both a creator and destroyer.

We often use phrases such as the 'spark of an idea' or the 'flame of desire', because fire is connected to the vitality of our life force. And when that flame is ignited within us, it gives us fuel to move forward.

**Associations:** the color red, flame, phosphorescence, lightning, lava, the salamander, lion, candles, the astrological signs of Aries, Leo, Sagittarius; gemstones: red jasper, bloodstone, garnet, lava, quartz crystals, ruby, carnelian, tigers eye; the season of Summer and the direction of South, Full moon and noon





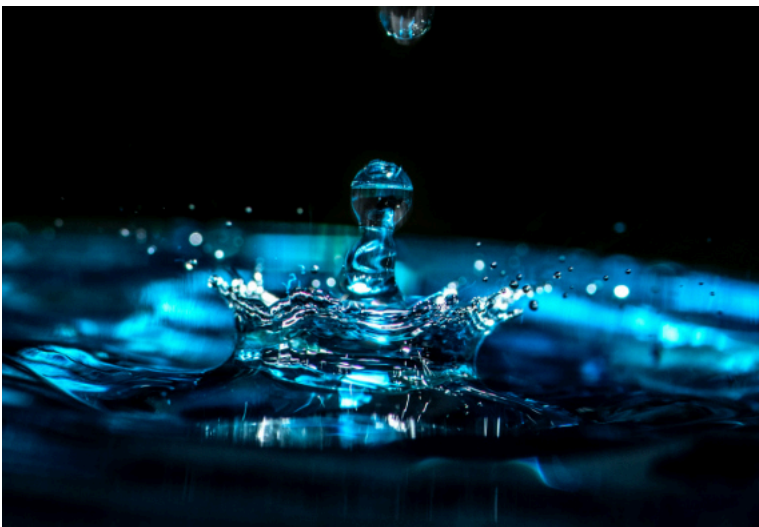
## *Water*

Water is the element of emotions and the mysterious realm of the psyche. It is the element of the dream world, adaptability and transformation. We can see water's unique ability to transform as it ranges from liquid to ice to gas. Water flows and adapts to the space it's in.

Water is also the element of cleansing and purification, and is often used for spiritual purposes to cleanse the soul and other spaces—physical or otherwise.

The 'wave of emotions' reminds us of the watery realms of our emotions that can transform and change like the element of water.

**Associations:** the color blue, the ocean, river, rain, spring, pond, brook, fish, dolphins, whales, crabs, lobsters, tea, springs, wells, the astrological signs of Cancer, Scorpio, Pisces; gemstones: aquamarine, amethyst, blue tourmaline, pearl, coral; the season of Autumn and the direction of West, Waning moon and sunset





## *Ways to Connect with the Elements*

There are so many ways to connect with the elements for healing and wisdom and to deepen our relationship with the elements that sustain life. Use these ideas as a starting point or to perhaps try something new. Feel free to experiment with this list and modify them to your interests and needs, and perhaps come up with your own. And remember to have fun!

**Color** – Carry a green crystal on you when you want to feel grounded. Wear red to an interview when you want courage. In a difficult job? Add green plants to your office to help you stay grounded. See how you can use the color associated with the element to invoke its properties.

**Meditation** – You can meditate on an element individually or collectively when you want to remember your connection to the natural world. When you want to ground, you can meditate on Earth, when you need inspiration and creative ideas, mediate on air, etc. I've included a recorded guided meditation as a part of this ebook. The written words to the meditation are on the next page.

**Visualization** – Visualizing the elements can be a powerful way to send and receive healing. If you're feeling afraid & need stability, you can visualize a safe space in the natural world for you, such as a tree, a cave, a mountain. And when our world needs healing, you can send the power of the elements outward, such as water in a drought or fire.

**Ritual/Ceremony/Spellwork** – These are ways of working with the elements that often use tools in the physical world. The tools help connect the physical world with the immaterial world. For example, you can use a cup of water for emotional healing, and recite a poem, prayer, or intention over the water to then drink and absorb its healing properties. I encourage you to see what you can come up with, what tools you have already on hand, and how you can add a touch of magic and the sacred to your work.

**Altar** – If you want to bring the elements in your living space, an altar is a great way to do so. You can set up one altar that incorporates all of the elements or create an individual altar. Fill the space with items that are associated with the element(s)' properties. Show your gratitude there. Do your healing work there. Clean it from time to time. Let it serve as a physical reminder of your relationship with the natural world.

**The Arts** – Write a poem about fire. Dance for water. Paint a picture of the earth. Celebrate and honor the elements through your unique creativity and imagination.

**Offerings** – Our ancestors showed their gratitude to the natural world habitually. Many of us have fallen out of this practice. How do you want to say thank you for the elements? How do you show your affection for a loved one? Maybe it's through words, your hands, flowers...Let your heart do the speaking here.

## *Healing with the Elements Guided Meditation*

*There is a video and .mp3 of this meditation to accompany this ebook.*

To begin, find yourself in a comfortable position. Feel yourself gently relax.

And when you're ready, close your eyes if that feels comfortable for you or keep them open, softly gazing at the floor or spot in front of you.

Take three deep breaths.

Feel the tension in your body slowly release.

Bring forth an image of Earth. Find an image that represents the element of Earth to you. Maybe it's your favorite plant. It could be a tall tree or even the world.

See this image of the element of Earth floating in front of you. When we see this image, we're reminded of the qualities of Earth. The qualities of home, strength, and stability.

We ask the element of Earth to provide strength and stability when we need it. If we're feeling ungrounded, uncertain, or anxious, the element of Earth can comfort us and provide us with hope.

See the image of Earth in front of you and begin to pull it closely towards you. Tuck it somewhere gently into your body. Maybe it's in your heart, or your stomach; maybe your mind or your hands. Gently pull the image closer and put it somewhere in your body.

Now that the element of Earth is somewhere within, we can call upon the element of Earth at any time for strength and support and a sense of home. We thank the element of Earth for its wisdom and guidance today and always.

Next, is the element of Air. See an image that represents Air in front of you. Maybe it's a feather or a swirl of smoke drifting in the wind. When we see this image of Air, we're reminded of the qualities of ideas, creativity, and imagination. We're reminded that our thoughts create our reality. We ask the image of Air to remove the thoughts that no longer serve us. That they gently drift away in the wind. We ask the element of Air to send us new thoughts that serve us. We can have new thoughts that help us visualize the reality we want to create.

See the image of Air floating in front of you. When you're ready, pull it closer to your body. Tuck it somewhere gently within.

Remember that element of Air lives within you always, and you can call upon it at any time when you need new thoughts, creativity and imagination. We thank the element of Air for its wisdom and guidance always.

## *Healing with the Elements Guided Meditation (Continued)*

Next we'll go to the element of Fire. Fire is the element of desire, passion, and action. See your image of Fire in front of you. Maybe it's a flame in a candle, a campfire, or a lantern.

We ask the element of Fire to keep our desire and passion burning brightly within. If we feel like the spark of desire begins to dim, we ask the element of Fire to reignite the passion within. And to give us the courage and strength to take action in the way that serves us most.

See the image of Fire floating gently in front of you. When you're ready, pull it forward, and tuck it somewhere within.

Remember whenever you need it, the element of Fire is within you always. So we thank the element of Fire for its wisdom and guidance today and always.

Lastly we'll go to the element of Water. Water is the element of emotion, fluidity, and nourishment. See the element of Water in front of you. Maybe it's a raindrop, lake or pond. We ask the element of Water to provide us with the ability to flow and adapt when we need to.

We ask the element of Water to remind us that our emotions are valid in all expressions. Whether we're calm like the pond or mighty and strong like the ocean. All expressions of our emotions are valid and welcome.

See the image of Water in front of you. When you're ready, pull the image of Water somewhere within. Remember whenever you need it, the element of Water is within you always. So we thank the element of Water for its wisdom and guidance today and always.

So we thank all of the elements for their presence and serving us today. And we remember that we are a part of nature, and nature is a part of us. Whenever need it, nature is there to help us, heal us, and provide us with wisdom.

When you're ready, slowly come back to the present, wiggle your toes, maybe your fingers.

Feel yourself coming back. When you're ready, gently open your eyes.

Thank you.

## *Questions for Further Exploration*

Please enjoy these prompts as a way to reflect on the elements in your life and how you can deepen your relationship with them.

1. How does the element of Earth impact your life?

2. How does the element of Air influence your life?

3. How does the element of Fire make a difference in your life?

## *Questions for Further Exploration*

4. How does the element of Water benefit your life?

5. What is one exercise your step you'd like to take to begin or continue working with the elements?

6. Share any thoughts you have, feelings of gratitude, or your reflection below.

A photograph of a sunburst shining through a dense forest of tall trees. The sun is positioned in the upper right quadrant, creating a starburst effect with rays of light filtering through the green foliage. The ground is covered in ferns and other forest plants.

*Thank you!*

**Sources & Additional Reading:**

Books: Ecopsychology by Theodore Roszak, Green Magic by Ann Moura,  
Celtic Mythology by Edain McCoy

Websites: [www.ancientpathway.com](http://www.ancientpathway.com), [www.learningreligions.com](http://www.learningreligions.com)