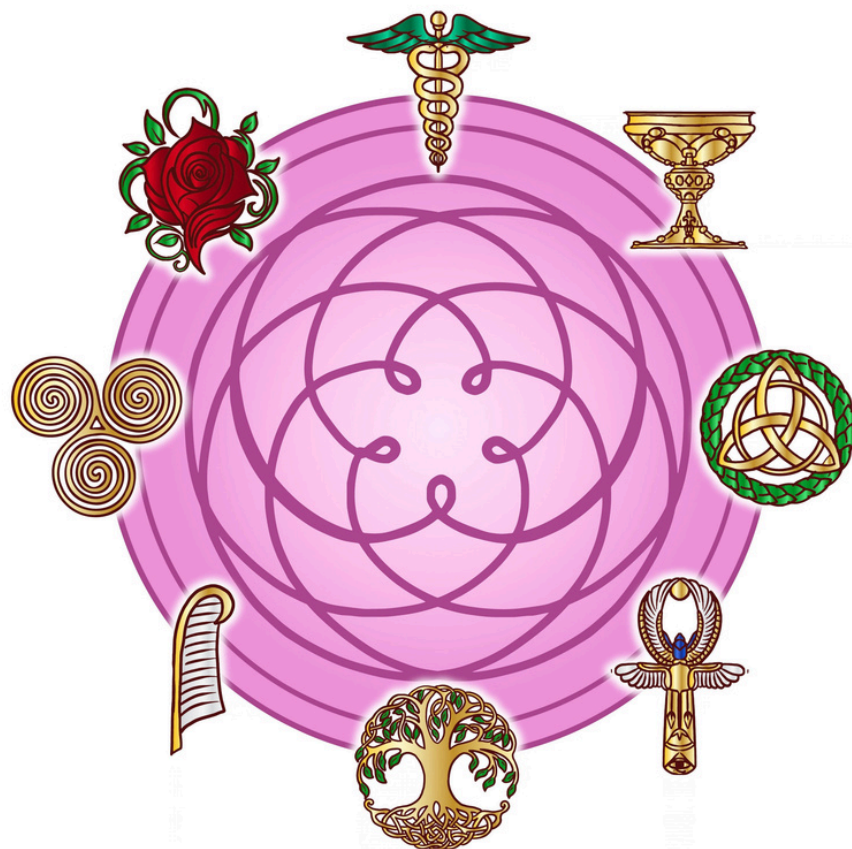


ELEMENTAL GUIDE

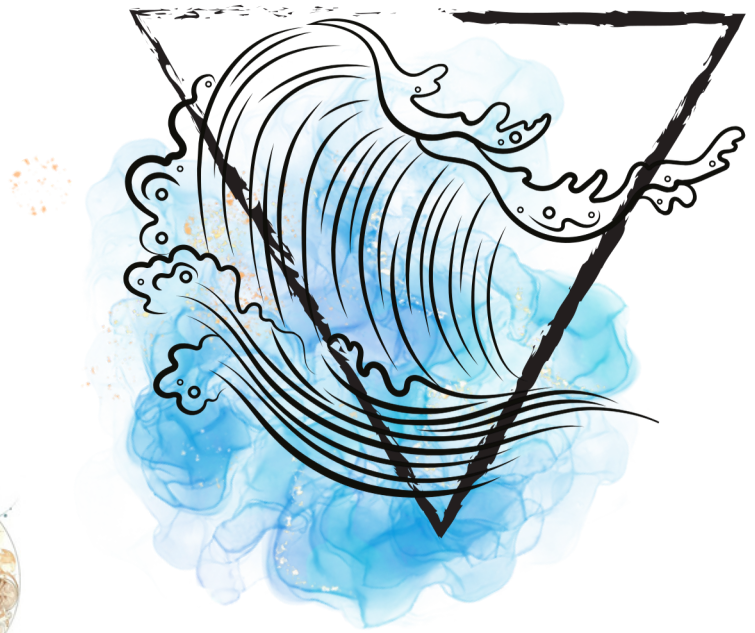


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WATER ELEMENTS

INTUITION, EMOTION, SENSITIVE,

PERCEPTIVE, FEELINGS



Water is associated with the emotional sphere – feeling and intuition. people assigned to it tend to be highly sensitive and have a strong need for calm environments. High emotionality makes them easily adapt to the environment. The element of water defines observers who value seclusion and silence, while sensing the needs of others and trying to protect them, sometimes even being overprotective. Water is the sign of artists, healers, creators and counselors.

CORRESPONDENCES

Strengths: Healing, Peaceful, Trusting

Weaknesses: Indifferent, Emotional, erratic

Chakra: Sacral Chakra

Color: Blue

Planet: Moon, Neptune, Pluto

Direction: West

Zodiac: Cancer, Scorpio, Pisces

Phase of the Moon: Waning Moon

Tarot: Suit of Cups

Stone: Amethyst, Aquamarine, Beryl, Sodalite,

Lapis Lazuli, Fluorite

Herbs: Aloe, Belladonna, Gardenia, Hellebore, Lotus,

Trees: Apple, Apricot, Birch, Cherry, Elder

Metals: Mercury, Silver, Copper

Altar Tools: Cup, Cauldron, Goblet, Mirror

Deities: Aphrodite, Dylan, Ea, Isis, Neptune, Poseidon,

Symbols: Lakes and Rivers, Ocean, Sea Shells, Rain

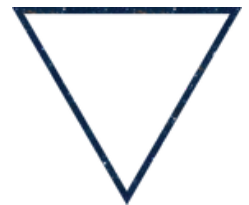
Animals: Dolphin, Dragon, fish, Frog, Turtle, Swan,

WATER (CLEANSING):

- Wear blue accessories and clothes
- Take a bath or shower
- Swim or surf in the sea
- Drink more water and herbal teas -
- Hold the Moonstone in your left hand



Stimulate water energy: Take a bath, drink more water, eat more fruits and vegetables, place a vessel of water on your altar or nightstand, or do a Sacral Chakra meditation,

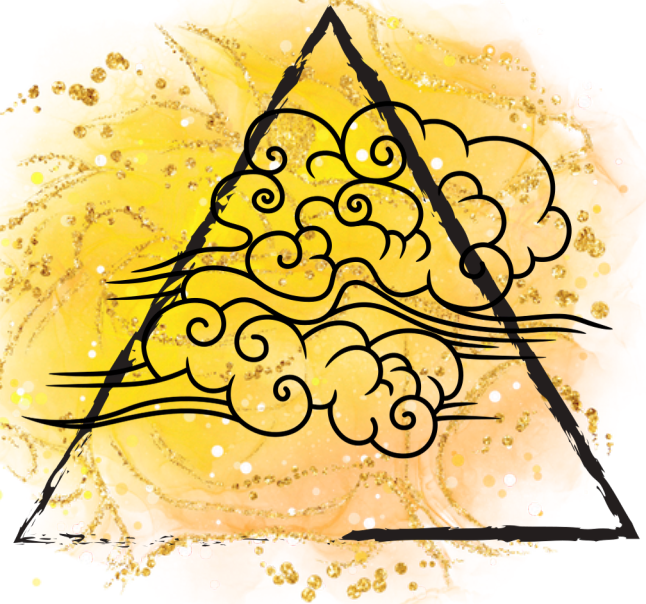


Use Water Rituals for cleansing and purification. Good for love, divination, clearing and protection

AIR

ELEMENTS

INTELLECTUAL, CURIOUS, INITIATIVE



Air defines thoughts and values, it is the element of intellect. It symbolizes fleetingness and the need to follow one's own path, while at the same time indicating the willingness to build relationships with other people. People from the Air element value the exchange of experiences and often change the direction of action. The flexibility of the element makes it able to adapt to any circumstances. Air is a symbol of mediators, traders, and eternal students.



CORRESPONDENCES

Strengths: Communicative, joyful, imaginative

Weaknesses: Self-centered, dishonest, flaky

Chakra: Heart Chakra and Throat Chakra

Color: Yellow

Planet: Jupiter, Mercury, Moon

Direction: East

Zodiac: Gemini, Libra, Aquarius

Phase of the moon; Crescent Last Quarter

Tarot: Suit of Swords

Stone: Sapphire, Citrine, Smoky Quartz, Tourmaline, Amethyst, Rhodonite

Herbs: Clove, Dill, Lavender, Pansy, Primrose, Vervain

Trees: Acacia, Almond, Aspen, Hazel, Linden, Maple,

Metals: Tin, Copper

Altar Tools: Wand, Sword, Incense

Deities: Ariadne, Cardea, Enlil, Khehera, Merawnim,

Symbols: the sky, Wind, Clouds, Smoke, Feathers

Animals: Eagle, Raven, Spider

AIR (BREATH):

- Wear yellow accessories and clothes
- Feel the breeze or windmill
- Inhale smoke from incense or herbs
- Have fun with birds and butterflies
- Hold the Lemon in your left hand



Stimulate Air energy: Spend time outside, put up wind chimes as a reminder of the air around you allow time for a creative project, or do a Heart or Throat Chakra meditation

Use Air for Divination,
wind energy, prophecy,
and working with
karma



FIRE ELEMENTS

INSPIRATION, CREATIVITY, PASSIONATE



Fire is called the "divine spark of life" responsible for emotions and vitality. The element is characterized by activity manifested in the love of action. Fire does not like silence and laziness – it is loud, decisive, and impulsive. Fire people are self-confident and energetic. Thanks to the ease of establishing contacts, being intellectual and energetic these are lawyers, work in finance, managerial positions or athletes.

CORRESPONDENCES

Strengths: Courageous, strong, passionate

Weaknesses: Angry, obsessive, jealous

Chakra: Solar Plexus Chakra

Direction: South

Color: Orange

Planet: Sun, Mars

Zodiac: Aries, Leo, Sagittarius

Phase of the moon: Full Moon

Tarot: Suit of Wands

Stones: Carnelian, Amber, Garnet, Sunstone, Fire Opal

Herbs: Garlic, Hibiscus, Red Peppers, Cinnamon, Coffee beans, Chili Peppers

Trees: Alder, Cashew, Cedar, Chestnut, Oak,

Metals: Gold, Brass

Altar Tools: Dagger, Athame, Incense, Candles,

Oil burner

Deities: Agni, Brigit, Hestia, Horus, Pele, Prometheus, Vesta, Vulcan

Symbols: Flame, lightning, Hot stone, Stars, Sun

Volcano, Lava

Animals: Dragon, lion, Snake, Horse, Cricket, Scorpion,

Phoenix, Bee, Fox

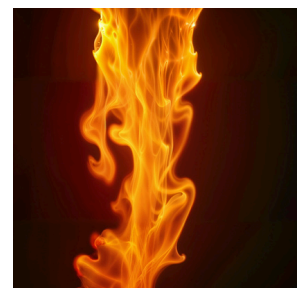
FIRE (TRANSFORMATION):

- Wear red accessories and clothes
- Dance, move, work and act
- Light a candle or light a fire
- Light incense or herbs
- Hold Opal in your left hand



Stimulate fire energy: Exercise, light candles, plan and adventurous activity, or do a Solar Plexus Chakra meditation

Use Fire for healing, releasing, or anything that requires physical action



EARTH ELEMENTS

PRACTICALITY, STABILITY, SENSUAL



Earth connects to the physical body, strength, and stability. The element is responsible for slow, thoughtful action and striving to get your way. People belonging to the Earth element are practical and scrupulously care about their own and their loved ones' safety. They appreciate resting in the open air, walking, and exploring, which calms and brings relief. The advantage of the Earth is stubbornness, conscientiousness, and self-control, the disadvantage – is a lack of enthusiasm, which can lead to stagnation and boredom.

CORRESPONDENCES

Strengths: Grounded, logical, hard-working

Weaknesses: Lazy, stubborn, materialistic

Chakra: Root Chakra

Direction: North

Color: Green

Planet: Moon, Venus, Saturn

Zodiac: Taurus, Virgo, Capricorn

Phase of the moon: New Moon

Tarot: Suit of Pentacles

Stones: Amethyst, Aquamarine, Beryl, Sodalite

Lapis Lazuli, Fluorite

Herbs: In essence all herbs are associated with the Earth,
Grains, Patchouli, Oak-moss, Clover, Ivy,

Trees: Cypress, Honeysuckle, Jasmine

Metals: Iron, Lead

Altar Tools: Wood, herbs, salt, gems, cords

Deities: Adonis, Athos, Arawn, Ceres, Dionysus, Gaia,

Nephtys, Pan, Persephone,

Symbols: Clay, Fields, Salt, Stones, Trees and

Plants



GROUND (EARTH):

- Wear green accessories and clothes
- Come barefoot, feel Mother Earth
- Touch trees, plants and flowers
- Meditate in Nature
- Hold Agate in your left hand



Stimulate earth energy: Spend time in nature, garden, add-plants to your living space, eat warm and hearty foods, or do a Root Chakra Meditation



Use Earth rituals for
grounding,
binding and
manifestation