

*Introduction to Elementalism:
A Self-Guided Home Study Program*



By
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Tampa Bay Emotional Wellness Seminars and Services, LLC

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Wednesday 2 – 4 pm EST
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Module #1 - The Element of Air



Our decisions and actions elicit consequences from others and the world around us. The more well thought out our actions are in response to our life situations the greater the potential for positive outcomes, for us, as well as for others. In this module you will be working on exploring higher level behavioral responses to the events in your life that present you with challenges.

In this program, the element of air is associated with our thinking, our ability to interpret and organize information, and our use of logical and rational thought processes. Below please find examples of higher level and lower level behavioral expressions associated with the element of air.

Examples of Higher Level Behavioral Expressions of the Element of Air

Open minded – mentally flexible – open to listening and learning from others
Complimenting self and others
Dispassionate observation and acceptance of self, others, and world events
Excellent mental organization – able to assimilate and organize large amounts of information effectively - able to summarize it for themselves or others.

Ability to think positively about oneself, others, and the world
Ability to see positive outcomes in negatively appearing challenges
Able to learn from mistakes, failures, and challenges
Able to make decisions easily
Expression of ideas based upon broad truths with outcomes that benefit the greater good
Mental clarity

Examples of Lower Level Behavioral Expressions of the Element of Air

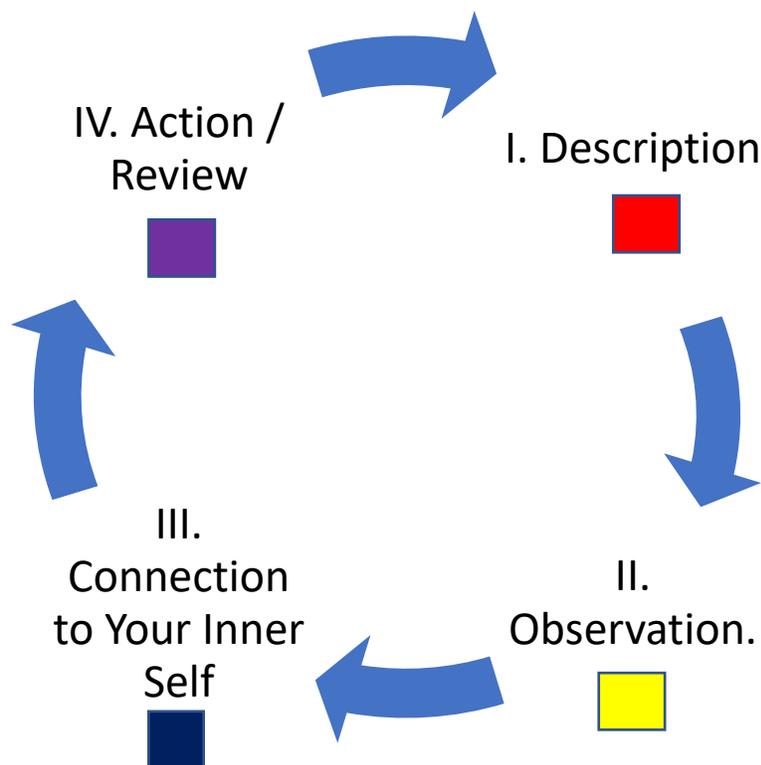
Closed minded- mentally inflexible – opinionated – unwilling to listen and learn from others
Judgmental – critical of oneself, others, and world events - tendency to gossip about others
Poor mental organization – gets lost in the details of information - unable to assimilate large amounts of information effectively – unable to summarize it for themselves or others
Absence of ability to think positively about oneself, others, and the world
Inability or unwillingness to see positive outcomes in negatively appearing challenges
Inability or unwillingness to learn from mistakes, failures, and challenges
Difficulty or inability to make decisions
Expression of ideas based on personal vantage point and personal bias with outcomes that benefit the self
Absence of mental clarity

Examples of higher expressions of the air element. Examples of the higher expressions of the element of air include scientists who conduct research studies who are dispassionate about what their findings and outcomes of their research, they collect data in an organized fashion, they process and analyze data conducting statistical analyses and report the findings again in a dispassionate and non-biased manner in order to add to the available information in the world about a given topic. People who are able to observe themselves and others without criticism, learn from their mistakes, and make different decisions that

create better outcomes in the future are people who exhibit the higher levels of the element of air.

Examples of lower expressions of the air element. Examples of the lower expressions of the element of air include the person who always has their head in the clouds, is perpetually distracted and unaware of information that helps them move through their day to day life, and is unable to make life decisions. An example would be a person who receives an eviction notice, and is unable to organize themselves and respond to the letter. They find themselves unable to argue with the landlord or move out of their apartment. Another example of the lower expressions of the element of air is the parent who has difficulty with or is uninterested in talking to or communicating with their child when their child is clearly distressed.

Overview of Air Element Module Activities



- The first step involves self-awareness and description of a particular event that create emotional unbalance or upset for you.
- The second step involves observing the situation from multiple points of view.
- The third step involves connecting with your inner self through the use of contemplation and meditation to generate ideas for new approaches to confronting your life event or interaction.
- The fourth and final step involves taking actions based upon the results of your contemplation and meditation and practicing new responses to your life events and challenges that takes you to higher levels of behavioral expressions.

This whole process is designed to help you increase your self-awareness, and by connecting with your inner self – explore and discover ways to shift from lower level reactions to higher level behavioral responses to life events. Every decision leads to an action that is associated with a particular consequence. Using higher level behavioral responses can lead to more positive and productive outcomes to challenging life events and interactions and greater levels of emotional wellbeing.

You have ONE WEEK to complete all four activities for Module 1 (i.e., description; observation; connection to inner self; action / review). They are to be completed sequentially, in numerical order. Failure to submit homework in a timely manner will result in the instructor not including that module in your final report. If you have any questions about the material or directions, please feel free to send them along via electronic mail (email) to instructor's address:
Lesley.teitelbaum@gmail.com.

Office hours are on Wednesday afternoon 2 – 4 pm. If you do not receive an answer to a question by 10 pm Wednesday evening, please resend your question and please note you did not receive any answer. Please confine your questions to course related content only. Please remember that the instructor does not provide any advice regarding your personal situations and relationships and the instructor does not evaluate the status of your mental health or offer any recommendations regarding mental health treatment.

All homework activities (i.e., description, observation, connection to inner self, and action) is to be submitted to instructor electronically one week from being received. Please have a physical or electronic journal, notebook, or notepad available where you can keep the results of your work for each of the activities safe.

HOMEWORK ACTIVITIES FOR MODULE 1 – Air Element

Please do these activities I – IV in order. Please feel free to record your answers to the Homework Activities in the Homework Workbook provided, or you may respond using an electronic word document that you can email.

I. Description Activities.



Describe a time when you found yourself feeling closed minded to the views of others? critical or judgmental of others? When have you noticed yourself focusing your attention on negative thoughts about others, yourself, or events in your life? Or a time when you felt upset by an event or interaction with another? (Select only one to write about for the HW submission, however, feel free to explore as many as you wish over time.)

- A. Describe the situation from your point of view – it can be as long or as short of a description as you wish.
- B. Describe your thoughts about the situation – any sayings that you have that you use to describe the situation, yourself, or others.
- C. Describe any related feelings.
- D. Describe any related worries, concerns, fears, or beliefs you have about the situation.

II. Observation Activities.



- A. Describe the situation / event / memory from the point of view of another person who is close to that event.
- B. Describe the situation / event / memory from the point of view of another person who is distant to that event.

III. Connection to Your Inner Self Activities.



- A. Spend some quiet time alone. Create a space and time where you and others are safe. Make arrangements in advance so you will be uninterrupted and have time just to be, and relax for at least 10 minutes. Give yourself permission to day dream, to shift your mental focus away from your daily activities, and to use your imagination to contemplate ideas of how you can move beyond what is to what can be – take time to allow yourself to be inspired, to imagine other ways you can respond to the situation that would help you maintain your emotional balance and serve the greater good of all involved. Consider how you might use the higher level behavioral expressions of the element of air to approach the situation you described in the first activity.

Questions you may wish to ponder:

- What activities can you do that would increase your ability to think positively about yourself, others, or the situation and help you move toward some of the higher expressions of the element of air?
- What ways can you revise your thinking process to help you attain more mental clarity to help you achieve a positive and constructive thought process that helps you cope with resolve, or change the situation?
- What ways can you shift your focus of attention to create new attitudes and feelings about the situation and enjoy some of the higher expressions of the element of air?

Please record the results of your contemplation in a journal, or somewhere safe, where you will be able to view them again for your work in the next section.

- B. Spend some time reviewing the thoughts and ideas that occurred to you during the previous activity of contemplation. Use the guided meditation (less than 10 minutes) provided to connect to your inner self to relax, and explore ideas of behaviors that may help you move to the higher levels of the element of air.

You may use the recording once in the week, or up to once each day. There is no correct number of times to use the recording. Each time you use the meditation, you may have a different experience. Remember that each person's meditative experience varies, so please do not worry or think you are in any way getting it wrong if you do not perceive anything during the meditation. Trust that your experience is unique and that participating in the meditative experience is helpful for reducing the activation of your sympathetic nervous system and can help you feel more calm, more mentally clear, more inspired, and more emotionally balanced.

Please record the results of your meditation in a journal, or somewhere safe, where you will be able to view them again for your work in the next section.

Note: Complete part A and B on different days.



IV. Take Action / Review the Outcome of that Action.

- A. Based upon your work in contemplation / meditation activities, what are some actions you can take that will help you move into the higher expressions of the element of air?
- B. Experiment by trying out some of the higher behavioral expressions of the element of air.
- C. What were the outcomes of those actions for yourself and others? Please note the outcomes of your actions, did they assist you in any way? Did they help you move toward increasing your ability to express the higher levels of the element of air? help you cope with the situation? help you increase your wellbeing? accept the situation? help you to resolve or change the situation?

***** IMPORTANT NOTE:** Please remember if at any time in the course you feel that your emotions are stirred, or out of balance in a manner that concerns you, or those who are closest to you, or if at any time you feel in danger of harming yourself, or another, please seek out professional mental health treatment, emergency psychiatric services, or crisis oriented mental health services. Please remember to contact information for local mental health services available.