

ETHER

PURPOSE VISION  
SPACE  
UNITY CONSCIOUSNESS  
NOTHINGNESS  
JOINTS  
BLISS GRIEF  
ELECTROMAGNETIC FIELD

AIR

THOUGHTS  
BELIEF SYSTEMS  
DREAMS ILLUSIONS  
BROAD STROKES  
CONSCIOUSNESS  
LIGHTEARTED DISCONNECTED  
MENTAL BODY

FIRE

ASSIMILATION  
MOTIVATION  
GOALS DECISIONS  
LIST OF ACTIONS  
ANGER EXHILARATION  
DIGESTION  
SIGHT

WATER

ADAPTABILITY FLEXIBILITY  
FLOW  
ATTACHMENT  
CREATIVITY SEXUALITY  
NURTURING NOURISHMENT  
COMMUNITY  
BELLY  
BELONGING LONGING  
EMOTIONAL BODY

EARTH

MANIFESTATION  
DETAILS  
KNEED LOWER BACK  
SECURITY  
FEAR  
GROUNDED  
PHYSICAL BODY

— CHART OF FIVE ELEMENTS —