



SACRED GROVE

Elemental Guide

Part of the SACRED PATH, a year-long
mentorship in direction, accountability,
embodiment and meaningful
transformation.

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SACRED GROVE



This is the work of **remembering**.

Of returning to the roots that sustain us – breath, water, soil, fire, spirit. And in remembering we become whole again.

To light any fire, there must be an ember – a flicker of light, alive, and secret with potential. That ember already glows inside you. We are here to show you how to tend it.

This guide will walk you through the five gateways along the elemental path– Air, Water, Earth, Fire, and Spirit – each revealing part of your nature and showing you ways to harness your innate clarity, wisdom, courage, power and ultimately,
your purpose.

To be Sacred is to walk awake – between Earth and Sky, between the old world and the one still forming.

The Sacred Path is of warrior and bard, of the creative sovereign, the masterful student. They carry the flame of presence, humility, and purpose – tending to the sacred within and around them.



SACRED ELEMENTS



The Sacred Elements form the foundation of this path.

Each Element is both mirror and teacher – revealing what has been forgotten, and awakening what still glows within.

Use these reflections slowly. Allow them to breathe.

This is not a race; it's a return.

Each element awakens a different aspect of the person within:

AIR clears the mind, sharpens focus and expands your breath.

WATER cleanses the heart, dissolves anxiety and invites humility.

EARTH roots the body in purpose, giving us courage and endurance.

FIRE ignites will, awakens dormant power and illuminates our patterns.

SPIRIT integrates us into stillness – our quiet grace behind each act.

Together they form a way of embodiment. It is a path back into yourself to become more whole, more aware, more alive- more Sacred.

You will not walk this path alone.

AIR

BREATHE

CLARITY

Essence: Clarity and focus of mind.

Shadow: Distraction, noise, scattered thought.

Archetype: The Magician.

Practice: 1 minute of BOX breathing- in for a count of 4, hold for 4, release for 8, and repeat. Breath focus brings presence of mind.

"The mind is a weapon. If you don't control it, it will control you."
Mitsuyo Maeda Sensei (Judo).

Daily Ritual:

Begin each day in sacred silence. Avoid distraction; focus on your breath. Become aware of the birdlife around you, reminding you of lightness and perspective. You are on the right path.

Reflection: Live with a clear mission.

Rise each morning with intent. Define what you stand for.
Write a one-line purpose statement and read it aloud, daily.

Read:

The Four Winds by Alberto Villoldo.

WATER

FLOW

WISDOM

Essence: Wisdom of the heart.

Shadow: Suppression and emotional overwhelm.

Archetype: The Lover.

Practice: Feel fully, express cleanly. Emotion felt is strength, not weakness.. Allow it to flow through you without holding on.

"Who looks outside, dreams; who looks inside, awakens."

Carl Jung

Daily Ritual:

Become aware of your dreams. They speak from the depths of your subconscious. Practice ten minutes of silent meditation each day- no distractions, just flow. Be gentle with yourself.

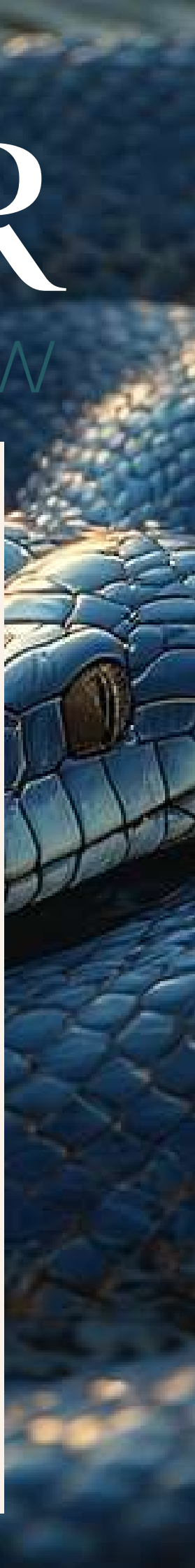
Water teaches you to move with life, not against it.

Reflection: Release unspoken guilt and shame.

Free yourself from hidden burdens. Confess it – to a trusted brother, mentor, a circle, or even a private journal. Let it wash away.

Read:

Of Water and the Spirit by Malidoma Somé.



EARTH

GROUND

STRENGTH

Essence: Stability, structure and embodiment.

Shadow: Rigidity, disconnection from body.

Archetype: The King.

Practice: Stand tall, move slowly, act from your centre.

Find your special place in Nature where you can be still and listen.

"Luck is what happens when preparation meets opportunity."

Seneca.

Daily Ritual:

Walk barefoot in the dew for a few moments each morning.

Feel your weight through the heels of your feet, spread your toes.

Stretch slowly, deliberately – inhabit your body as your temple.

Reflection: Care for your body as a sacred vessel.

Train your strength, nourish your energy and rest as deeply as you act. Move with purpose. Eat with gratitude. Rest with awareness.

Read:

The Teachings of Don Juan by Carlos Castaneda.

FIRE

SHINE

POWER

Essence: Purpose, courage, forward motion.

Shadow: Anxiety or burnout.

Archetype: The Warrior.

Practice: Act with intent, not urgency. Watch your temper.

A man's fire is a sacred guide – it will shine or destroy depending on how he stokes it- so tend your inner flame wisely.

"What is to give light must endure burning."

Viktor Frankl.

Daily Ritual:

Move your body with purpose. Let your heartbeat remind you that you're alive. Close the day by giving gratitude for your life.

Notice where your power waxed and waned during the day.

Reflection: Channel your fire with inner awareness.

Courage is not the absence of fear; it is the ability to act regardless.

Read:

The Alchemist by Paulo Coelho.

SPIRIT

INTEGRATE

WHOLENESS

Essence: Connection to a greater purpose.

Shadow: Disconnection, life devoid of meaning.

Archetype: The Heirophant.

Practice: Meditation is a super power. Return to presence.

In stillness, all fear dissolves.

"You are the universe experiencing itself."

Alan Watts.

Daily Ritual:

Before sleep, trace your day backwards- each breath, each act, each interaction- you will live twice!

Reflection: Do meaningful acts of kindness without witness.

Let your purpose arise from within.

In solitude, your spirit remembers its glory.

Seek depth, not applause.

Read:

Meditations by Marcus Aurelius.

ABOUT YOUR MENTOR



Das Lyon

MA, BA(Hons), BTech, FREC3, CPO

Das Lyon's background is unconventional - a licensed hostile-environment close protection **bodyguard** and first response **medic**, wilderness **firefighter** and close-quarter **combat instructor**, holding black belt degrees in multiple martial arts.

A **scholar** of mythology, anthropology and psychology, he works directly with individuals through one-to-one mentorship, embodied, progressive development and nature-based initiation.

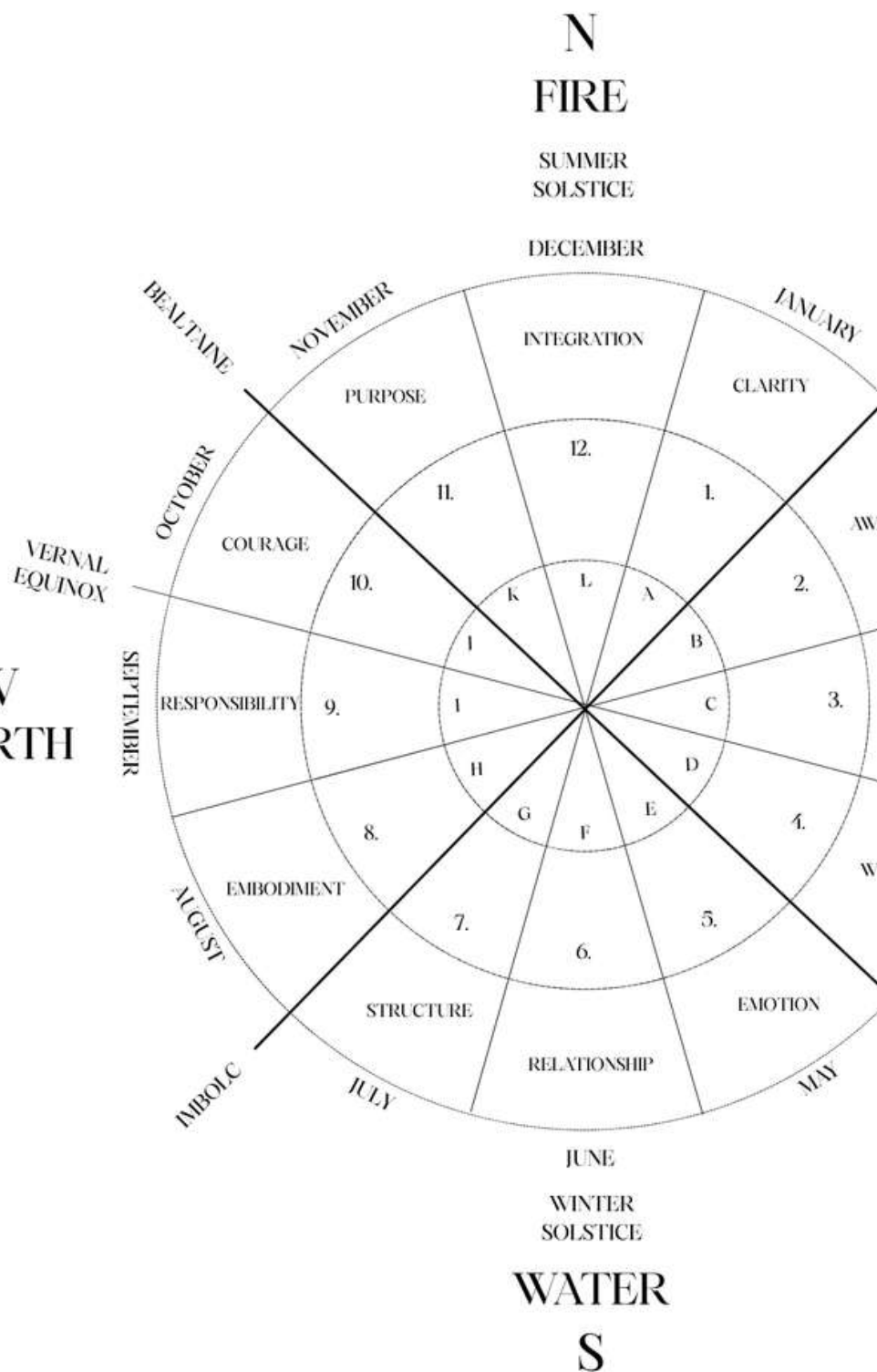
A bronze **sculptor** with a Master's degree in Strategic & Industrial Design, Das led award-winning international design projects across the UK, Middle East and Africa as a **design director** and **architect** specialising in passive technologies. This period saw him become a **consultant** to the Dubai Ministry of Arts and Culture, directly influencing top-level discussions around fostering those industries within the UAE.

With over a decade guiding men and women through rites-of-passage work, Lyon has walked the Sacred Path for many years, training globally under numerous renowned teachers. A qualified iQihar - a **herbalist** and **traditional healer** - Das has worked extensively with nature-based practices and traditional knowledge systems, including writing a popular book on '50 South African medicinal plants'.



CONTACT US

W
EARTH



Thank you for walking these first steps.

The Sacred Path begins here:

www.sacredgrove.co.za/mentorship



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