



The four elements like the four directions, are a foundational component of ceremony work. The four elements are Earth, Water, Air, and Fire. Each of them exists in their natural states and each represents and feeds layers of our energetic body.

The Earth is the planet, the ground, the soil, the mountains and trees, and the physical substance that makes up every living thing on the planet. Earth is matter. It represents our physical energetic body and everything that nutritionally sustains us.

Water is oceans, seas, rivers, lakes, rain, and snow. Water is liquid. It represents our emotional energetic body, what we feel and how we experience those feelings.

Air is wind, breath, oxygen, the atmosphere, and the container of the universe. Air is gas. It represents our mental energetic body, our thoughts, ideas, intellect, intention, and imagination.

Fire is flames, molten lava, the light and heat of the sun, and combustion. Fire is plasma. It represents our spiritual energy body, the soul, our creator self, our transformational divinity, and pure creation energy.

When we create ceremony, it facilitates our effectiveness to choose the element or elements that best supports our intentions. To bring about changes in our physical body or material world, choosing Earth ceremony is a good fit. Likewise, Water ceremony for our emotional body, Air ceremony for our mental body, and Fire ceremony for our spiritual body. Within each group of elemental ceremonies there are a variety of ways to work sacredly with each element.

Many traditions like to incorporate sacred tools and materials that represent the elements symbolically or literally. Incense is an example that is intended to represent all four; made from plant resins representing Earth, cooked and stabilized in water and oil representing Water, burned with a flame to represent Fire, and turned into sweet smoke to represent Air. The most important aspect of working with the elements is making sure your process is effectively enhanced and you are personally connected to that element through that process.