

Embodying the **Four Elements** of Nature



Mariela Maya

Earth is my BODY
Water my BLOOD
Air is my BREATH
Fire my SPIRIT

We are made of the four elements. When we connect with them intentionally, they become great teachers that help us to restore balance and wellbeing, to heal and transform, and to live a joyful and meaningful life.

There are different practices to embody the four elements daily to benefit from their teachings in very practical and experiential ways.

To cultivate and nurture a relationship with each element, explore, play, follow your intuition and be open to receiving guidance.



Earth helps me to be rooted
Water helps me to flow
Air helps me to be clear
Fire helps me to take action

We are in constant *ayni* or sacred reciprocity with Nature. As we engage with the natural elemental forces, they also engage with us.

There are many ways to create, nurture and develop this relationship. Some are very practical and tangible, others are more symbolic and metaphorical. Either way, they are all powerful and transformational when we do it intentionally.

Rather than understanding each element conceptually, we want to experience them within ourselves. I will share with you a few ideas as seeds of inspiration for you to come with your own.



EARTH





Physical Body
Matter
Grounding Energy
Structure

Earth represents our physical body and the natural world. It provides stability and nourishment.

How to Embody the Element Earth?

Connecting with Nature is the best way to embody the element Earth. Feel the ground beneath you, be present and engaged in the moment, appreciate the beauty of Pachamama, Gaia, tell her how much you love her. Take care of your precious body. Walk mindfully, be barefoot on the grass, hug a tree, create a vegetable garden.

Creating an Earth Altar

- Rocks and crystals
- Soil
- Flowers
- Seeds



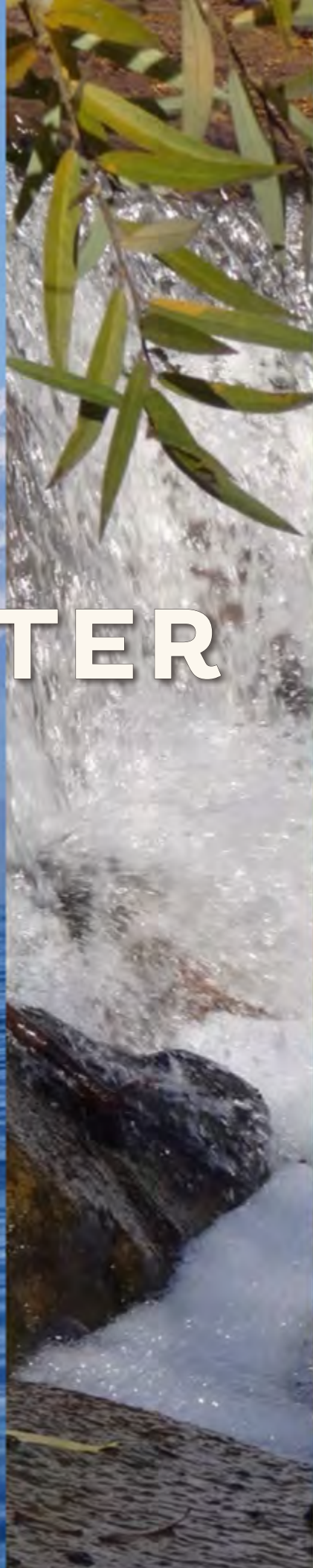
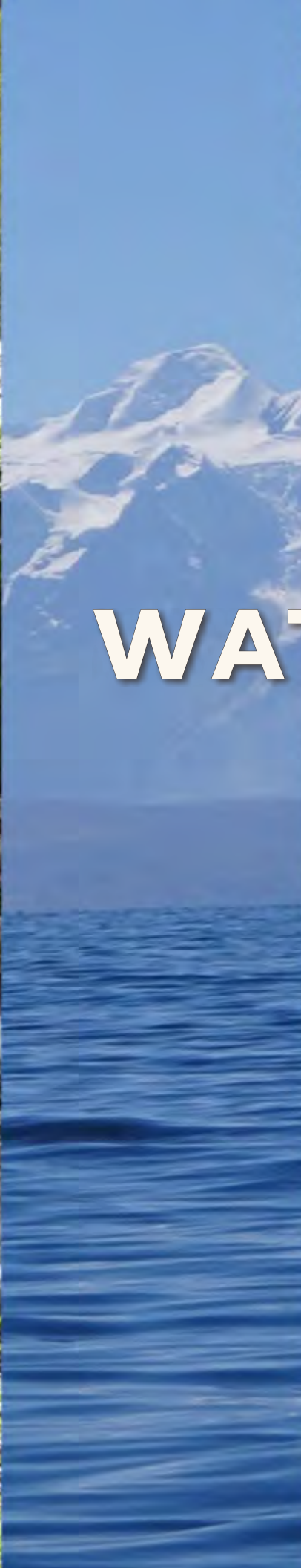
1. What does the Earth element mean to you?

2. How do you experience Earth? Are you present in the *now*? Do you spend time in Nature? Do you feel part of it? Do you nurture your body?

3. Can you recall a moment of intimacy with its energy, beauty, and power? If so, where were you? What were you doing? Were you alone or with others?

4. Which activities or ideas for rituals come to you when connecting with the Earth element?

5. Close your eyes, feel your feet on the ground. Pay attention to your senses and physical presence. Open your eyes slowly and draw a symbol or image that represents Earth to you.



WATER



Emotional Body
Surrender
Feeling Energy
Flow

Water represents our emotional world and being in the flow. It provides relaxation and wellbeing.

How to Embody the Element Water?

Connecting with how you feel is one way to embody the element Water. Be mindful of what triggers or upsets you, what makes you happy and helps you to flow. Drink water slowly, feel its texture, temperature, flavor. Connect with the river, ocean or lake. Take a shower asking the waters to cleanse your emotions. Take a nice immersion bath.

Creating a Water Altar

- A little bowl of water
- Essential oils
- Seashell
- Sand



1. What does the Water element mean to you?

2. How do you experience Water? Do you allow yourself to feel all of your feelings? What helps you to feel good and be in the flow?

3. Can you recall a moment of intimacy with its energy, current, and power? If so, where were you? What were you doing? Were you alone or with others?

4. Which activities or ideas for rituals come to you when connecting with the Water element?

5. Close your eyes, drop into your heart, feel it pulsing in gratitude, joy and love. Open your eyes slowly and draw a symbol or image that represents Water to you.

AIR





Mental Body
Focus
Thought Energy
Clarity

Air represents our thoughts, ideas and insights. It provides clarity and focus.

How to Embody the Element Air?

Connecting with your breathing is one way to embody the element Air. Inhale deeply and exhale fully, feel your chest and belly expanding and contracting. Go outdoors and feel the wind on your skin, breathe fresh air. Listen to yourself and others, always speak your truth and be respectful of any differences with others. See what inspires you.

Creating an Air Altar

- Feather
- Incense
- Sage and Palo Santo
- Wind instrument



1. What does the Air element mean to you?

2. How do you experience Air? Are you conscious of your breathing? Do you pay attention to your thoughts? What inspires you?

3. Can you recall a moment of intimacy with its energy, expansiveness, and power? If so, where were you? What were you doing? Who were you with?

4. Which activities or ideas for rituals come to you when connecting with the Air element?

5. Close your eyes, take a few deep breaths in and out. Notice how your chest rises and falls. Open your eyes slowly and draw a symbol or image that represents Air to you.

FIRE





**Spiritual Body
Source
Transformational Energy
Oneness**

Fire represents our soul and passion. It energizes and uplifts us, and it helps us to transform.

How to Embody the Element Fire?

Connecting with what motivates you to take action is one way to embody the element Fire. Bring into awareness things you are passionate about and what fuels your energy. Create time and space for the sacred to connect with Spirit, however it resonates with you. Stare at a candle and experience your inner light. Enjoy the Sun.

Creating a Fire Altar

- Candle
- Sun symbol
- Spiritual guide image
- Sacred item



1. What does the Fire element mean to you?

2. How do you experience Fire? Are you an active person? Are your actions in alignment with you intentions? How do you connect spiritually?

3. Can you recall a moment of intimacy with its energy, strength, and power? If so, where were you? What were you doing? Were you alone or with others?

4. Which activities or ideas for rituals come to you when connecting with the Fire element?

5. Close your eyes, feel your radiance and inner flame. Experience your own aliveness. Open your eyes slowly and draw a symbol or image that represents Fire to you.

The Medicine Wheel

Indigenous people from all corners of the planet have used the four elements as guides for millennia. They developed various tools, practices and rituals as ways of connecting more deeply and integrating these teachings in one's life.



In North America, the Medicine Wheel represents the four directions, the four elements, the four Seasons, the four stages of life, the four spirit animals, and more. The center is the place of balance and harmony. While cultures place the colors and their representations in different ways, all refer to the same experiences and lessons.

Would you like to embody and work with the Four Elements in ways that help you to get inspired and empowered based on your personal needs and intentions? Let's meet!

Visit my [website](#) to learn more about how we can work together.

Mariela Maya 

Creative
Seed Planter
Inspirational Guide
Mentor
Nature Lover
Traveler
Author

mariela@marielamaya.com

My practice is based on bridging the worlds by combining different modalities and facilitating experiences for inspiration, healing, transformation and empowerment.

Using great tools as roadmaps for personal growth, the sessions are experiential and practical so you can integrate what is shared in your daily life right away.

Enjoy the Journey!  