

# Elemental Energy



Engaging foundational energies  
for support in daily life.

## The Four Foundational Energies

As a human being, you are able to access each of the elemental energies of nature: Earth, Air, Fire, and Water. These different states exist in and around the body and must be accessed through felt sense, not the logical mind. Ideally, we are balanced and healthy in all four states.

When we speak about these states in the realm of felt energetics, we shift the language from Earth, Air, Fire, Water to **Tree, Space, Ember, and Flow**.

## The 4 Energetic Elements



**Tree**

The Earthy energy of support, stability, and protection.

Element: Earth

Location: Root

Feel: Stable, Rooted

Distortion: Cold



**Space**

The open, airy energy offering "bigness" and spaciousness.

Element: Air

Location: Outside body

Feel: Open, Free

Distortion: Disassociated



**Ember**

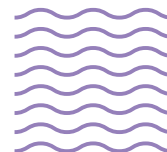
The fiery energy that moves us forward, the power of creation.

Element: Fire

Location: Solar Plexus

Feel: Hot, Power

Distortion: Rage



**Flow**

The deeply loving, caring and relational energy.

Element: Water

Location: Heart & Belly

Feel: Loving, Connected

Distortion: Merging



# Distortion happens.

Everyone experiences energetic distortions. (You may even notice that it's your own foundational energy where you spend the most time in distortion!) Fortunately, with a little practice, it can become easy to balance yourself back out by practicing a simple process.

When you notice you may be in a distorted energetic state, the process is simple: Notice which distortion you may be experiencing, clear your Central Channel using your breath (or reiki, or any other energetic modality that serves you), and then physically and intentionally shift your energy.

## **Energetic Balancing Process:**

1. Notice it
2. Clear it
3. Shift it

## **How to balance each of the elemental energies:**

**Tree:** Clear central channel + tap into spaciousness (or ember)

**Space:** Clear central channel + tap into tree

**Ember:** Clear central channel + tap into flow

**Flow:** Clear central channel + connect to spaciousness