ELEMENTS IN MOTION

SECTION SUMMARY

At one point, maybe for only 2,000 years or so, just about every modern culture across the world regarded the four elements as the cornerstone of philosophy, science, and medicine with all matter. This consisted of – you guessed it - Fire, Air, Water and Earth

Now while modern science – primarily physics – has proven these previous theories to be false. Aside from mythology and their association with powerful symbolism, the 4 elements do retain a certain relevance, including to the mind-body connection in relation to our health and overall well-being.

An example of Fire is its association with the Sun - both in terms of making life possible and its individual effects in terms of our energy, mood, vitamin D and its power to charge us. In contrast is how seasonal changes negatively impact our mood and energy. This is why UV light and heat therapy cause Fire to be considered medicinal.

And while Fire may be the most primal element, the one most important to our survival is Air. Air quality is a large part of our basic need to breathe. Unfortunately, this is diminished by toxins and pollution which has a negative impact on our health. Conversely, direct exposure to fresh, clean air leads to conscious and more effective breathing. Breathing exercises are also beneficial.

Our survival is also rather dependent on Water. It's the element most of our bodies are made of and it's literally the lifeblood that flows through us. We've already covered the importance of hydration. So, enough said there. Water is also known for its cleansing properties. Easy examples here are the benefits of hydrotherapy, water-based activities, a sauna and - one of the featured experiences in Esalen - the treatment of disease via bathing in natural mineral springs. The mineral bathhouse is built into the cliffs.

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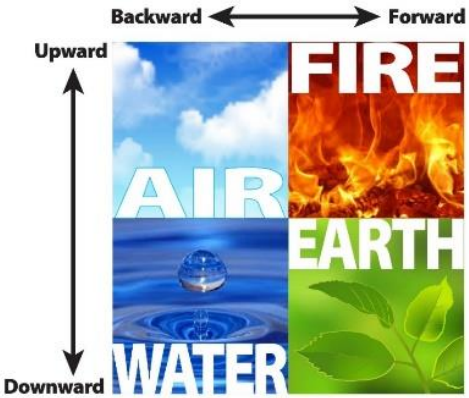
With that being said, the hardest element to overlook is Earth. One might argue it has something to do with the origin of all life as well as remains what we rely on, including growing vegetation to provide sustenance. Some of the proactive healing properties are therapies tied to nature, horticulturally speaking. Interacting with animals and interventions like clay art therapy also qualifies as healthful.

As you're about to discover, we'll delve into how the Elements personify each of us.

While there's no one way to totally align every character trait with each element, there are certain ones that are strongly related. And, if you're still aren't certain about anyone's personality after exploring the Elements Personality Assessor, see if the attributes associated with each element help you recognize the answer. Here we go:

The element **Fire** symbolizes incredible energy, activity, passion, freedom, power, love, vision, anger, strength, will, assertiveness, courage, and dynamism.



The characteristics that relate to **Air** are communication, intelligence, perception, knowledge, learning, thinking, imagination, creativity, harmony, and a love of dreaming and freedom, such as with travel.

Those associated with **Water** are healing, stability, strength, adaptability, devotion, generosity and unconditional love.

Finally, aligned with **Earth** is stability, groundedness, physical abundance, nourishment, dependability, security, orderliness, intuition, introspection, balance, prosperity and wisdom.

So, again, as you seek clarity about the natural elements you and others personify, the associated attributes above may serve you well. Enjoy!

DAY 17 Activities

- Elements in Motion Video
- Elements in Motion Section Summary (you are here)
- Elements Personality Assessor

DAY 18 Activities

- Conflict Resolver
- Active Listening Exercise

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