

The Elements: Earth, Water, Fire, Air

Earth: Base or Root Chakra

- Stand barefoot on the ground. Imagine there are roots coming emanating from the soles of your feet going deep down into the earth. Ask the earth to take any negative energies from your being deep down into the earth.
- Plant life has roots into the earth. Hug a tree, or sit against a tree and allow the tree to be your conduit to take the negative energies from your being into the earth.

Water: Sacral Chakra

- Immerse yourself in water, preferably flowing water as the flow takes away the unwanted energies from your energetic field.
- Swim in a stream or an ocean.
- While having a shower, feel the water washing your energy field clean.
- Stand in the rain (preferably barefoot on the ground).

Fire: Solar Plexus or Naval Chakra

- Allow your body to be exposed to an appropriate amount of sunlight.
- Light a fire and allow the warmth to radiate to your body.
- Use the light and the flame from a candle (at an appropriate distance) for meditation – allow yourself to ‘enter’ the flame and be purified, as alchemists have done for generations.

Note: all elements should be respected, but always be careful with fire, and never leave a fire unattended.

Air: Heart Chakra

- On a windy day, allow the air element to blow away any negative energies from your energetic field.
- Focused breathing, such as alternate nostril breathing using a guided meditation) bring your full focus to the self and the element of air.
- Work with feathers to utilize the air element and use the direction of the feather to move the air over yourself or an object. One of the most effective methods that I like to use is smudging the ancient practice of burning herbs and plant resins for medicinal or spiritual purposes. A powerful energetic cleanse, the smudging ceremony itself includes all of the four elements: the plant material (earth element) in an abalone shell (water element) is being burned (fire element), creating smoke (air). Be sure to return the ashes to the earth after the smudging.

Pasted here only because links often move. Source: <https://wakeup-world.com/2016/10/09/energy-cleansing-and-meditation-using-the-elements-earth-water-fire-air/>

Note, for Ether, which relates to the 5th Chakra, try a meditation focused on noticing the space around us. Many teachers do not associate an element with the 6th or 7th chakras.

For an Ether meditation, there is one called Energy Centers that is provided with the Hips, Shoulders, Core module (<https://whitecrowyoga.com/wp-content/uploads/2020/04/energy-centers-meditation-script.pdf>)