

Elemental Connection and Balance

Perform Exercise 1 to get into a meditative altered state.

On the screen of your mind, imagine a five pointed star, a pentagram, and know that each point is symbolic of the five elements.

Through this meditation, you will experience and balance all these energies within you.

1) As you continue to focus on the inner pentagram, bring your awareness to the bottom right hand point, and feel the pentagram turn red, like a blazing fire.

Feel yourself become engulfed in the flames of the pentagram, engulfed in soul fire and burning away all that hinders your true will. Feel yourself energized and focused.

The flames return to the screen of your mind, forming a pentagram again, but you still contain the new vitality and energy they granted.

2) Your awareness moves up to the upper left hand point, for the element of air. The pentagram turns yellow and from it issues forth a strong wind, blowing your hair back, but also passing through your body, down to the bone, clearing your mind and body of all unwanted thoughts and unhealthy patterns.

You have a fresh new outlook and a greater sense of creative expression. The wind dies down and you bring your focus back to the pentagram.

3) Bring your awareness to the upper right point, the point of water. Feel the pentagram turn blue, and crashing through the pentagram comes a wave of salt water. The water is cold but refreshing. It cleanses your heart and soothes away any harmful emotions or past pains from family, friends or lovers.

You feel filled with pure unconditional love and a fresh sense of self, like being reborn. The water receded into the pentagram.

4) Your eyes flow down to the bottom left corner, the point of earth. The pentagram turns green with your gaze, and as you focus on it, you feel your body begin to crystallize, becoming like a rock.

You feel solid, stable, even like soil, fertile – fertile for the will, mind and emotions to grow in and with you.

The sense of crystallization and soil recede down into the ground below you, but you still retain the feeling of strength and preparation within you.

5) Finally you bring your eyes to the top point of spirit, and feel yourself immersed in a multicolored white light, like gazing at a shiny opal, or through a prism.

All colors are present in the energy of spirit, also called “Akasha”. Feel yourself protected and balanced by this fifth element.

When done, erase the image of the pentagram from the screen of your mind and return yourself to normal consciousness.

The Crossroads at the Tree

In the shamanic paradigm, the universe is a great tree known as the world tree.

The branches reach into the heavens and hold up the stars. The roots dig deep into the underworld. The trunk lies in the middle world, the realm of space and time. This is the vertical reality of expanded consciousness.

From a psychological perspective, the three worlds represent levels of consciousness. The middle world is the ego, the personal self. The lower world is the unconscious hidden self. The upper world is the realm of super-consciousness, beyond ego and the unconscious.

To the mystic, these are not only symbolic of the levels of consciousness within us, but of the divine mind of the universe.