

A woman with long brown hair, wearing a purple cape and a black top, stands in profile in a forest. The background is filled with trees and foliage, creating a bokeh effect. The ground is covered with fallen leaves.

Awakening to *the elements*

Week 2: Air

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Air is all around us. With our breath it flows in and out of our lungs, providing oxygen. A breath can be gentle, and it can be almost painful. It is the same with the air around us. We can be touched by a gentle breeze, cooling us on a summer's day. But there are also hurricanes that rip through entire towns wreaking havoc.

Air has immense power, but is also complete stillness. I was once in the United Arab Emirates. We stayed in a hotel right on the edge of the desert for one night. In the evening we drove a bit further up the road, parked the car and walked out onto the sand. The desert stretched for miles and miles, and it was completely still. I just sat there, in perfect stillness and presence.

The next morning we found that the wind had picked up and sand was blowing everywhere. We had to jump in the car and drive back to the city while the sand started blowing in over the road.

What a contrast!

What memories of wind, or of air come to mind as you read this and tune into this element? Perhaps you wish to write some of those memories and emotions down in your journal.



Let us move from memories to the here and now. Sit for a moment right where you are now.

Can you feel the wind on your body? As I am writing this a cool draft comes in through the door and caresses my leg. Can you feel the air going in and out through your nose or mouth? Slow your breathing down, just a bit. Perhaps you wish to close your eyes and just sense what is happening within and without.

Air is also connected to communication, both to others and to oneself. When we meditate or practice yoga we use our breath to go deeper into peace to a place where we find stillness.

Air is also connected to dreaming. As you focus on this element this week, see if it speaks to you in your sleep as well.

To do this week

1. To start this week off I would like you to *decorate your altar*. There is no right or wrong. Decorate it with items and colours that remind you of air. I normally use feathers, incense and fabric in light purple and silver.



You may want to place a photo on your altar. Birds, faeries, dragonflies, butterflies.

After you have decorated it you should cleanse it again, just to start off welcoming in the new and releasing anything that is stagnant.



2. *Listen to the guided meditation (Air meditation) as an introduction to this week. (Included as an mp3)*

3. *Journey with Air*

I would like you to pay attention to the presence of air. As you walk to work. As you watch the news or talk to people. How is the element of air affecting you?

Notice how it feels when the wind plays with your hair, or touches your face. Notice the temperature. Notice the strength. Pay attention to what feelings arise within.

Also think about how and when you find stillness within. Can you sit for 10 minutes just breathing?

3. *Daily meditation*

Every day I would like you to start with a short focusing meditation. It does not have to take more than a minute, but you can also spend longer. It depends how much time you have.

Close your eyes and take a few deep breaths. Just sit and ground in your body for a minute or two.

Feel the air going in and out of your nose.

In your own words state your intention of journeying with Air this day. Invite it in.

Welcome it and ask for help in seeing and truly experiencing it wherever you go.



Ask for help in connecting deeply with this element.

Sit for a few moments and see how it feels, and what sensations or emotions come up for you.

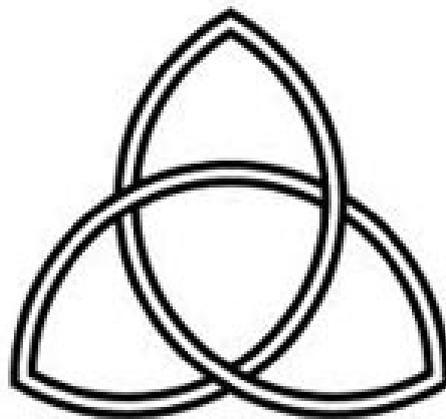
4. Journalling

Remember to keep writing in your journal every day about what you experience. Some days you may think you have felt or seen nothing, but write about that. Write about the meditation. Write about your fears, blocks and your moments of beauty and connection.

You can also use the workbook provided and answer the questions in there.

5. Ceremony

Sit down at your altar. Make sure you have about 10-15 minutes to yourself. Turn off the sound on your phone. Read through the ceremony first, so that you know what to do.





Light your candle and make the intention of creating a sacred ceremony.

You will start by breathing calmly, so that you find your focus and ground in your body. You can also try to breathe in deeply, hold your breath and count to seven, then releasing. Then wait and count to five before breathing in again. Do this for around a minute or so. But only if it feels comfortable.

Feel the floor or ground beneath you and the air around you. Listen to the sounds and just allow everything to be as it is.

When you feel grounded, light your incense in honour of Air and the Goddess. You may wish to say a few words.

Watch the smoke rise and send your love and gratitude up to the heavens, to the sky and to the Universe. Sit for as long as you want, watching the smoke rise.

When you feel ready, take the incense stick, or the incense holder and smudge yourself, letting the smoke cleanse you. (Smudging is when you waft the smoke around you, letting it cleanse you.

You can start at your head and continue down to your feet. It is wonderful to have someone else do it for you, but in this ceremony you have to do it to yourself.

Ask for the blessing of Air and ask Goddess to cleanse you of what you no longer need. You may want to use a feather fan or a single feather to help "brush" your aura, always with the intention of clearing anything that is stuck and letting new energy in



When you feel ready, close your eyes for a while and sit for a few minutes invoking the sensations of Air that you have had this week. If you can, talk out loud, whisper...describe what you discovered...really see if you can recall the sensations of the wind, the feeling in your lungs when running/dancing and all the other things you experienced this week.

When you feel ready give thanks to the element of Air and to Goddess for being with you, for Her presence, for Her love and for your journey. Blow out your candle.

You are now ready to journey with the next element: Fire.

Well done and blessings on your journey!

