

A woman with long, light brown hair is standing in a forest. She is wearing a crown made of bare, light-colored branches with several small, round, red berries attached. She is holding a long, thin, light-colored branch in her hands. The background is filled with dense green foliage and trees. A semi-transparent purple rectangle is overlaid on the image, containing text.

Awakening
to the elements

Week 5: Earth

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Earth, the very ground beneath our feet. The connection to earth is how I first started my journey with the Goddess, although I did not know then She was Goddess. Earth, where we grow our food, where the trees grow, where we live. Bring to mind the feeling of walking barefoot on the grass, on the mud, the sand. Can you feel the connection? Can you remember the grounding sensation?

Earth is beautiful, but just like the other elements it can cause destruction and death. Just think of the devastation of landslides, volcanoes with its molten lava. But then again, volcanoes can also create new islands, new lives. It is a balance.

We get our food from the earth, but also the coal, gas and petrol which help us in our every day lives. The rocks, the bricks, the wood that gives us a home, they also come from the earth.



The beautiful crystals, the magnificent mountains, the powerful and magical caves. And do not forget all the animals that make their homes underground.

Earth is also the element which symbolises stability, our home, and our ability to ground and centre. It symbolises our body. So when we focus on this element it is also good to look at how we treat our body.

Do we look after ourselves? Do we provide nourishing foods for ourselves? Is your body feeling good? If not, what can you do to change that? It might be the tiniest thing, or it might be a huge commitment.

Earth is also connected to manifestation. Look at what you want to manifest in your life. See what steps would be necessary to get there. Write them down. Make it small steps. Perhaps this week is the time to take the first step in that direction!

How about stability and balance? Do you feel like you have got both feet on the ground? Are you always running to catch up? Is it time to slow down and truly ground and connect with Mother Earth? Think about these things and write about them in the workbook or in your journal.





To do this week

1. Explore earth

I think you know what is coming..! Yes, that's right. This week you will focus on earth, and your connection to this element. Look at how she affects you in your every day life. Pay attention to what is happening in the world. Listen out for signs. Listen for Her voice as She calls to you. If possible, lie down on Her.

Walk barefoot.

Feel Her with your hands.

Stop and smell the scent of the moist soil. If you have plants at home, give them some extra love this week.

Give thanks for the food She provides. Bring some mindfulness to your eating by savouring each bite and really appreciating all the flavours and textures.

All of Earth is sacred, but some places can feel extra powerful. If you have any sacred sites in your area, go visit one this week. It can be standing stones, burial sites, forests or mountains. It might be that you are the only one who find it sacred, it does not have to be like Stonehenge! As long as you connect with the earth, and the energies of the place that is all that matters.



2. Decorating your altar

As you are focusing on Earth, your altar will reflect that. Decorating your altar is a form of prayer. Centre and ground by taking a few deep breaths before you start. Make the intention that you are preparing and creating something sacred. As always it is good to remove the previous week's items and cleanse the space with some incense before you decorate it anew. This week I would like you to bring some soil in and place it in a bowl on your altar. Soil from a pot plant is fine as well. Decorate your altar with symbols of earth. It can be stones, crystals, pictures of animals like the badger or fox. You can use twigs or sticks, pine cones and berries. If you want you can change the colours to shades of brown, or dark red.

3. Listen to the guided visualisation: Earth meditation (mp3)

4. Daily meditation

Sit down at your altar and take a few deep breaths to center yourself and become present here in this moment. Make the intention to journey with the element of earth this day. Take your bowl of earth and inhale the scent. Hold your hands over it and sense its energies. Close your eyes for a moment or two and see if you feel anything in your hands, any tingling...heat...or anything, or nothing! Everything is as it should be.

Now touch the soil with your finger, and bless yourself by gently touching the soil to your forehead. If you are going out afterwards you can just wipe it off if you like!

Feel the power of earth, and know that it will be with you for the rest of the day.



5. *Journalling*

Reflect on your discoveries of the element of Earth and your thoughts. You might want to note down experiences you have during your meditations. Use your journal or the questions provided in the workbook.





5. Ceremony to be done at the end of the week

Light you candle, or candles on your altar. Make you sure you have your bowl or soil and your stones or crystals with you. Sit down and take a minute or so to centre and ground using your breath. By focusing on the sensation of your breath going in and out you will soon feel present in your body.

When you are ready, call Earth in. Call the energies in. You will know what they feel like after your exploration this week, so open up and allow them to flow to you. Allow the Goddess of Earth in. Call Her. Welcome Her into your life and into this space.

Feel Her. Feel the energies of Earth. Breathe them in.

Take a stone or crystal in each hand and just allow whatever sensations arise enter you. Perhaps you will feel heat, tingling, a pulsating feeling, or perhaps nothing. Just be with it. Breathe. Open up to the energies of the stones, of earth. When you feel you are connected, then in your own words, ask for the blessings of earth to be with you as you continue walking your path. Ask for the blessings of stability, grounding and strength.

When you feel ready, take some soil with which you will anoint your forehead or third eye, your heart chakra and your lower belly. Ask the Goddess and the energies of Earth to bless you and cleanse you as you anoint yourself in this sacred way.

Sit for a few moments and sense the change in energy in your body.

Breathe.

When you are ready give thanks for the journey. Say whatever is in your heart. And when you are ready, blow out the candles and end the ceremony.

Congratulations!

Are you celebrating yet? You have gotten to the end of this five week journey into the elements. You are amazing! You are transformed from the inside out. Some changes may be subtle and some may be more noticeable.

In one way this is the end of a journey, but it is also the start of a journey. From now on you can choose to continue this path towards a greater awareness of the elements around us. You will recognise thoughts, feelings, sensations and energies in a different way now.

It is your choice whether you feel content for now with what you have accomplished during these past five weeks, or if you choose to continue.

Perhaps you stop for now, letting the work sink in, or perhaps you choose to continue with the cycle of discovery, starting again with Air. You may also wish to walk with an awareness of all the elements, noticing daily what you encounter. Breathing it in. Connecting. Aligning. Opening up.

There are so many paths to take from where you are. Choose the one that suits you.

You may wish to use the following week to let it all sink in. To reflect on the journey you have taken, to notice what thoughts come up for you. You can use the workbook, or your own journal.

My thanks

I am so grateful that you have taken this journey with me. I hope you enjoyed it and you were able to connect deeply with the elements around you.

I send you all my blessings and wish you joy, strength and many adventures on your path.

If you have any questions please contact me via info@elinhejll.com or on social media

Facebook: LadySparkle

Instagram: LadySparkleArt

If you sign up to my newsletter you will find out when I have new courses or events coming up.

Love and blessings, Elin



Further reading

If you are interested in reading more about Goddess spirituality, energy work, earth magic or connecting to Source I have listed just a few links and books below that I hope can help you on your path.

Websites

Kathy Jones, the founder of the Glastonbury Goddess Temple and the teacher on my Priestess training. She has also written several books.

www.kathyjones.co.uk

www.goddesstemple.co.uk

Books

A new Earth - Eckhart Tolle (truly life changing!)

Witch - Lisa Lister

Fire of the Goddess - Katalin Koda

Priestess of Avalon, Priestess of the Goddess - Kathy Jones

Sacred Earth celebrations - Glennie Kindred

YouTube

True Divine Nature (Matt Kahn and Julie Dittmar)

Charis Melina Brown