



Awakening

to the elements

Workbook



Week 1: Preparation

This workbook is meant as a support for your journey. Each week I offer questions for you to think about as you write in your journal. These are just suggestions, and are meant as a help. Feel free to answer them all, or none of the, perhaps journalling comes easily to you, and you feel you do not need to look here at all.

You choose.

Blessings on your journey!



Why have you decided to do this course? What made you take the step to dive into the elements and a closer connection to Goddess?

What feelings and thoughts are in your body, mind and heart as you begin?

What do you aim to achieve during these five weeks? What expectations do you have? Are you excited? Do you have any fears?



What was it like creating your altar? Describe your emotions about the process and what it feel like when it is finished.

Are you used to writing in a journal? Does it come easy for you? Do you find it difficult? Do you find it easy to describe your thoughts and emotions?

How did you experience the guided meditation to the Sacred cave? Are you used to meditations? Did you “see” anything? Did you hear, smell or sense anything?
How do you feel afterwards?

What is the daily meditation like for you?



What was it like doing the first ceremony of this course? Did you feel centred and grounded? What emotions and thoughts came up for you?

How has this first week been for you?





Week 2: Air

Write about your experiences with the element of Air.
What experiences have you had? What thoughts have come up for you?

Have you physically experienced air? In which ways?

What emotions and thoughts have come up for you this week?

Do you find it easy to connect to the stillness within? Do you have places where you feel it is easier to connect to that stillness?

Have you paid extra attention to your breath? What has that been like?



What was it like doing the guided visualisation and the daily meditation?

What have you discovered this week? What do you take with you?





Week 3: Fire

What experiences have you had with fire this week? Think about both the physical experiences and the emotional ones, and also about your thoughts about the element.

Have you felt the fire in your creativity? Do you consider yourself creative? Why? Why not? What do you love to create? What do you long to create?

Do you feel you can get into a creative flow, or do you feel blocked? If, or when, you feel blocked, what can help you get un-stuck?



What about your passion? What are you passionate about? What do you love doing? Do you follow your passion?

How can you learn to let your passion out even more?

Do you love yourself? Do you know that you are truly lovable? Every inch of you?

What can you do to love yourself even more?

Do you get angry a lot? Or do you keep it in? Do you know that if you get angry it only takes 90 seconds for the anger to pass, unless you feed it with thoughts. So next time you feel that spark of anger, try to sit back, breathe and feel it ebb away. It takes practice, but it works.

How can you let the fire in to your heart?



How did you enjoy the meditations and ceremony? What feelings came up? Was it easier or different compared to last week?

What are your main learning points this week? What do you take with you?





Week 4: Water

What have your experiences been like with water this week?

Have you paid extra attention to any of the many contacts with water that you have had? Like when you drink, wash your hands or take a shower?

What emotions have come up for you? Water is closely connected to the emotions, have you experienced feeling more emotional than usual?

What are your thoughts about crying? Do you cry often? Do the tears come easily?



In your life, do you feel that you follow a flow, or do you often feel blocked?

How can you invite more flow into your life?

How have you experienced the meditations this week? What thoughts and feelings came up?

How do you feel about decorating your altar now?

How was the ceremony?

Do you find that your experience of ceremony and the guided visualisations have changed in any way since week 1?

What are the main things you take away with you from your journey with water?



Week 5: Earth

Describe your experiences with earth. What discoveries have you made? In which ways have you focused on earth?

What thoughts and feelings have come up?

What connections have you made between the earth beneath your feet and your own body? How do you look after yourself? Can you be kinder to yourself?

Do you celebrate the beautiful body you have?

Is there anything you would like to manifest in your life? How can you go about doing that? Perhaps write down the goal, and then divide it up into tiny steps.



Do you consider yourself a grounded person? Do you feel that you are connected with Mother Earth? In what ways? How does that feel in your body?

How do you ground when you are stressed?

What did you experience during the meditations this week? How did you feel before and after?

What thoughts and feelings did the ceremony bring up?

What do you take with you from this week journeying with Earth?



After the course

How have you experienced this course? What have you learned and discovered?

Was it like what you imagined or hoped?

What were your favourite, and least favourite parts?

Is there any one of the elements you connected easier with than the others? Was that expected?

How has your experience of your connection to Goddess been? Has it changed since before the course?



Do you plan to continue your journey with the elements and with Goddess? How do you intend to go about it?

What thoughts and feelings do you sit with now, after having taken this amazing journey for five weeks?

How has it been writing your thoughts down every week?

What final thoughts do you have?



Thank you so much for taking this journey! I love it when people from all over the world can connect in this way, walking the same path, separately or together.

If you like I would be very happy if you would send me your final thoughts, and perhaps also what you thought of the course, how it was set up, what the meditations were like and what you liked and did not like. Perhaps what you would like more, or less of. It would help me a lot with my continued work.

E-mail me at info@elinhejll.com

Thank you so much!

With blessings, Elin

