Elements

States and directions

Above-Future-Descendants

Light
(information/ potential)

Lemniscate/Mobius Strip
is Unity expressed in time

Earth/Solid
(bone, muscle, tendons)

Wind/ Energy
(breath/ flatulence)

EARTH

Sound
(transformation/ entrainment)

Color
(describes)

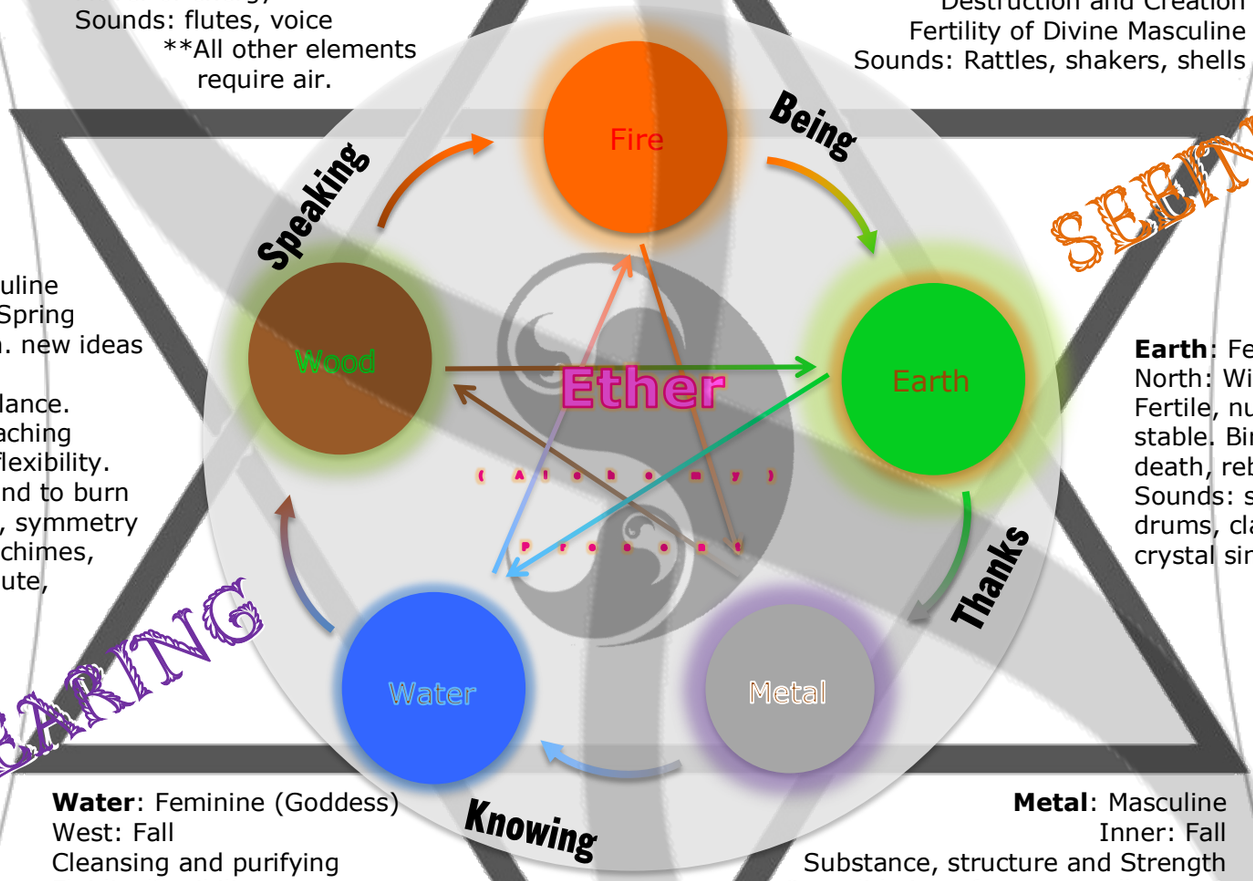
Air: Masculine
Breath of life-Soul
East: all seasons
Communication Wisdom and mind.
Mover of energy
Sounds: flutes, voice
**All other elements require air.

Fire: Masculine
South: Summer
Cleansing, purification
Will power
Destruction and Creation
Fertility of Divine Masculine
Sounds: Rattles, shakers, shells

SPIRIT

MIND

SEEING



Wood:
Feminine/Masculine
Below/Above: Spring
Transformation. new ideas and thoughts.
Growth and balance.
Rooted, yet reaching
Strength with flexibility.
Used to build and to burn
Order, balance, symmetry
Sounds: wood chimes, rattles, wood flute,

Earth: Feminine
North: Winter
Fertile, nurturing and stable. Birth, growth, death, rebirth
Sounds: stones, drums, clay chimes, crystal singing bowls

HEARING

Left (Input) Feminine

Right (output) Masculine

Water: Feminine (Goddess)
West: Fall
Cleansing and purifying
Fluidity/flexibility
Flow
Fertility of Divine Feminine
Sounds: rattles, rain sticks, water, gurgling, shells, pan drums

Metal: Masculine
Inner: Fall
Substance, structure and Strength
Consolidation of resources (harvest)
Sounds: bells, chimes, metal bowls, tingshas,
**All elements combine to make metal

BODY

Water/ Liquid
(blood, saliva, tears)

Fire/ Gas
(digestion)

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(manifestation/ experience)
Matter

Below-Past-Ancestors