

## **Class 10 – Four Element Summary**

### **Covered in This Class**

1. Preparation for This Class
2. Four Element Interactions
3. Healing Principles
4. Adjusting Overall Energy Balances
5. Exit Ritual

### **1. Preparation for This Class**

- Review the correspondences and characteristics from each of the four elements and their interactions with each other.

### **2. Four Element Interactions**

Use the information below to refresh your knowledge of the four elements and the ways in which they interact. This information will give you an overall look at our four element Universe. You will want to use it as a reference for the exercises given in this class.

- Air carries fire.
- Air carries fire into water.
- Fire moves air.
- Fire cannot burn without air.
- Too much air can smother fire.
- The right amount of air can increase fire.
- Air mutates into water (liquid oxygen).
- Air mutates into earth (dry ice).
- Without air, fire scorches earth (atmosphere, sun and earth).
- No mutation occurs without fire.
- Fire is non-mutable (although at the Universe level, fire mutates into the four elements to form our Universe).
- Non-moving water cannot carry or absorb much fire – you get a steam explosion.

- The faster water is moving, the more fire it can carry.
- Fire moves water, though not as much as it moves air.
- Water cannot accept air alone or fire alone easily.
- Water easily accepts air that is carrying fire.
- Water mutates into air (either through evaporation or compression because water is non-compressible).
- Water mutates into earth (as ice).
- Water moves and penetrates earth.
- Water must be carrying air and fire to move earth (i.e. all three elements are needed to move earth).
- Without water, air and fire cannot get into earth – they bounce off.
- Earth is a mixture of air, fire and water slowed down.
- Earth is not solid, just denser and slower than the other elements.
- Air and water are mediators or bridges between the other two elements.
- Fire and earth are prime masculine and feminine elements.
- Without earth to slow it down, fire would expend itself uselessly in the Universe.
- Insulator is the resistance that slows down the elements to produce earth, and manifestation.
- Without fire, nothing in the Universe would move – it would be a dead Universe.

### **3. Healing Principles**

Use the information below to review the healing principles we have learned through the last nine classes. You will want to use this information as a reference for any healing work you do on yourself or others.

- Pain or discomfort is often related to stuck, non-moving energy. All life is moving energy.
- When dealing with energy blockage, determine what element is stuck. Consider the area on the physical, mental, emotional and spiritual levels to determine the elements involved.

- Use element interactions to help you determine which element will give you the greatest effect (for instance, working with scar tissue, water moves earth, so flow water). Use it first then other elements as needed.
- Energy flows easiest along body flow lines.
- Use any of the three general healing techniques you have learned: boxes, direct flow (energy exchange is a form of direct flow) or Dragon's Breath.
- Use characteristics in boxes if you want to create a more specific effect.
- Going to ground and starting to flow into ground before you start pulling can create a stronger pull.
- When working on another person, asking them to close their eyes and "let go" helps.
- When working with one element, if one color band doesn't seem to work, switch to another. Pain and injuries often have multiple layers.
- If you take away energies, you might have to add in some beneficial energies to replace what you removed (sun yellow, sky blue and grass green are usually helpful).
- Repetition of certain healing techniques may be necessary because a person's body, mind or spirit may keep re-manifesting the pain for a while.
- Always check in with the person you are working with every 30 seconds or minute since he or she can be a useful guide for the effectiveness of your healing.
- If you run into blue-black or any sort of past-life traumatic experience (the pain gets worse, not better) tell the person to "Come to present time!" in a commanding voice. Give them lots of sun yellow and sky blue boxes until they feel better. If doing the water exchange, add sun yellow and sky blue into the water, at the bridge across your shoulders, until it goes back to water blue – *you cannot stop until then*.
- Always have your color chips handy to ensure you are working with the right colors – altered procedures produce altered results.
- **Take your time, think it through and do it right!** By Rules of the Road you are responsible.

#### **4. How To Adjust Overall Energy Balances**

We have worked with each of the four elements over the last nine classes to do healing work and adjust energy balances. We will now use all four elements together to adjust a person's overall energy balance. The procedure below gives you a step-by-step guide. Refer to the information in the preceding two sections for help. Forms are provided in this section, and in the homework section to assist you.

1. Discuss what the person would like adjusted energetically and write down the condition in Form 1. Find out if the conditions are chronic or acute, as these will tell you how "stuck" the energy is.
2. Translate the information in element shortages and excesses, include characteristics and colors using Form 2. Use up and down arrows on the left hand side of each box you are marking. For instance, to indicate that the person has excess Yellow Orange Motivator, put an up arrow in the left side of the Yellow Orange Motivator box.
3. Locate the most causative elemental agent and decide on an action to change its balance. Use the element interactions given above to assist you in this. For instance, if a person has stagnant earth as the predominant complaint and stagnant water as a secondary complaint, you might increase their Water Blue Smooth Flow to move both earth and water (since water is an earth mover). Indicate the boxes you want to give or take away and their order by writing up or down arrows in the right hand side of the appropriate boxes (in a different color if you wish) and numbering the boxes in Form 2. Strive to use as few boxes as possible to achieve the maximum change.
4. Review your prescription. It will change the most causative or noticeable condition. Check if it affects the other conditions as well. If so, you may not need to address those directly. Move on to the next condition not yet addressed and mark the appropriate changes on your chart. Keep doing this until all the conditions have been addressed.
5. Review your prescription for any duplications that can be simplified. For instance, if you have Water Blue Earth Mover and Earth Penetrator, you need only one of these. If you are going down in Brown Massive and going up in Water Blue Earth Mover, you don't need both. Decide which is more causative of the conditions and use that one.

6. Give the adjustment when the person will be most receptive and relaxed (at night, for instance).
7. Check in with the person after the first adjustment and see how they feel. Record the results in Form 3. Adjust your prescription as needed.
8. You may need to give the adjustment for several days in a row for the person to become accustomed to the new elemental balances.

Overall Energy Balances - Form 1

<p>Conditions to Be Adjusted (note whether conditions are chronic or acute):</p>
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Overall Energy Balances - Form 2

**AIR**

	Clarity	Carrier	Reflective	Compressible	Expandable	Easy Flow	Reactive
Clear							
White							
Sky Blue							
	Shape Malleable	Mutable	Insulator	Stable	Mediator	Lightweight	Masculine
Clear							
White							

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Sky Blue							
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### **FIRE**

	Non- Mutable	Power	Radiative	Motivator	Weightless	Masculine
Sun Yellow						
Yellow Orange						
Red Orange						
Bright Red						
Deep Red						

### **WATER (Water Blue Only)**

Clarity	Carrier	Reflective	Non- Compress.	Expandable	Reactive	Smooth Flow	Malleable	Mutable
Stable	Insulator	Heavy	Absorptive	Earth Mover	Earth Penetrator	Mediator	Feminine	

### **EARTH**

	Non- Mutable	Strength	Stabilizer	Receptive	Solid	Massive	Insulator	Feminine
Grass Green								
Earth Brown								

Overall Energy Balances - Form 3

Condition After Adjustment (record results over several days):

**Exit Ritual**

The Exit Ritual for this week is:

Sky Father and  
Earth Mother  
Walking in Balance  
I Greet You.

