

Information on the Four Elements

The Four Elements



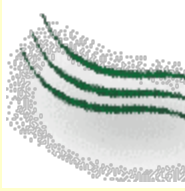

The Elements are Air, Fire, Water and Earth.

These Elements are thought of as the four types of energy in the universe, and four fundamental forces that operate upon us.

We can learn to call upon the Elements to cause specific types of growth in ourselves.

The Elements work primarily upon the heart, and cause the heart to develop in four dimensions.

The Physical Form of the Elements

Air	Zig-Zag		Gas
Fire	Rising Upward		Plasma
Water	Flowing Downward		Liquid
Earth	Spreading Out		Solid

The Purification of the Elements

Air	Cooling	In, Mouth -- Out, Mouth
Fire	Melting, Vaporizing	In, Mouth -- Out, Nose
Water	Washing, Polishing	In, Nose -- Out, Mouth
Earth	Sorting, Filtering	In, Nose -- Out, Nose

The Human Form of the Elements

	Body	Emotions
Air	Respiration and nervous systems	Bliss / Longing
Fire	Metabolism, digestion, muscles, blood	Joy
Water	Circulation and endocrine systems, perspiration, saliva	Forgiveness / Acceptance
Earth	Skeleton, tendons, skin	Radiance, Peace

More information in

<http://www.amazon.com/Living-From-Heart-Puran-Bair/dp/0979526965>

Living From The Heart Perfect Paperback

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