



Elemental Meditations

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Air (East)

- Sitting comfortably in your Circle, ground and center. Imagine yourself on a windswept hillside; feel the wind in your face. Smell the mountain chill in the air, the scent of snow or grass or wildflowers. Imagine yourself in other environments and feel the difference in the wind, in the currents of the air.
- Visualize your mind as an attic with some neat stuff and some junk stored in it, everything covered in thick, thick cobwebs. See a window at one end of the attic, and open it. Feel a seasonal wind blow in and see it begin to ripple the cobwebs. Let the wind blow until the cobwebs have been cleared out. (Don't forget to close the window when you're done.)
- Imagine yourself becoming a bird. Fly in the sky, dipping and soaring on the warm air currents. What does it feel like to fly? What can you see?

Fire (South)

- ♥ Visualize a campfire in a safe circle of stones. See it burning strongly. See the delicate turns and leaps of the flames. See what shapes emerge for you. Feel the heat. Light this campfire sometimes in the mountains, sometimes on a beach, on a prairie or in a forest clearing.
- ♥ Watch for the rainbow play of light through prisms. Follow the patch of light reflected off your watch face or shiny pendant. Imagine distant stars as blazing balls like our own Sun, not the delicate twinkle-lights they seem to be from this distance.
- ♥ Think of your own energy as a hearth fire. Think about ways to control your energies, so that the hearth fire is never too big (so as to destroy the house) or too small (to let the house get cold, and the food go uncooked).

Water (West)

- ≈ Visualize the water you love best, whether that's an ocean, a lake, a stream, or a stock pond. Think about how something moving in the depths swells and ripples the surface, just as something moving into the pond ripples the surface too.
- ≈ Think of cleansing rains; think of your frustrations as dusty, dirty sidewalks, and let a downpour of rain, which stands for the waters of birth and rebirth, wash them clean.
- ≈ In the shower (or washing hands or even flushing the toilet) visualize your built-up annoyances and bad moods washing off you and down the drain. When you feel lowest and like weeping, have compassion for yourself.

Earth (North)

- See yourself in a vast, dark and cool forest. Hear and smell everything around you – the fertile soil beneath your feet, the scent of pines, the rustle of deer and other forest creatures. Sit down with your back against a tree and let the patience of its long years flow into you.
- If you can, spend some time with a real tree. Speak to it (at least in your thoughts). Water it, notice its cycles and health, learn more about its species, etc. (If you can grow indoor plants, you can get to know them, too.)
- Visualize lying on the ground, your arms and legs outstretched, and letting the soft earth cradle you. Let your angers and fears drain out of your body into the ground, to be recycled. Know and trust that the Earth will support you.