

# An “Elemental” Journey

The symbols of the four elements will appear throughout this Field Guide as a reminder of where we are on the path which is not lineal (not a straight line) but sequential (each movement building on the previous).



**Earth**

The Journey begins by grounding ourselves in the “soil” of story. We will explore “relational technologies” that create containers for stories to be shared.



**Water**

Once the soil has been prepared and the seed of intention has been planted it will be watered by opening mind and heart, curiosity and compassion.



**Fire**

Now the alchemical process of transformation takes place as we brush up against the mystery that is our life. Here, the sacred fire cracks open the seed’s shell so the miracle of germination can take place.



**Wind**

The powerful energy that is experienced in the fire of transformation will propel us into the context of our lives with clear purpose to bring wise insight and healing into our world.