

The Four Elements Meditation

Welcome to the Four Elements Meditation, an ancient practice designed to connect you deeply with your body and the world around you. This meditation explores the elements of earth, water, fire, and wind within you, promoting a profound sense of presence and gratitude.

Exploring the Elements:

Earth Element (Solidity):

Focus on the solid aspects of your body—your bones, muscles, organs. Feel your weight, your groundedness. Imagine yourself as solid as a mountain.

Water Element (Cohesion and Flow):

Tune into the liquid aspects of your body—your saliva, sweat, blood flow. Feel the stickiness, flow, and shifting within. Sense the movement and rhythm, the liquidity of life.

Fire Element (Temperature and Energy):

Become aware of the warmth within you—your body temperature, energy flow. Feel the heat gradients and the motion of energy between forms. Sense the vitality of your cells, propelling you forward.

Wind Element (Movement and Breath):

Focus on the movement of air within your body—your breath. Feel the air entering and leaving through your nostrils, mouth, and lungs. Experience the spaciousness and flow within these empty spaces.

Closing the Meditation:

1. Bring Awareness Back: Gradually bring your attention back to your body sitting, breathing, and the sensation of gravity acting upon you.
2. Open Your Eyes: When you're ready, open your eyes gently. Observe the sights, sounds, and objects in the space around you.
3. Express Gratitude: Acknowledge yourself for taking this time to connect with your body and the four elements residing within you.

Find the complete guide online at:

accelerate.uofuhealth.utah.edu/resilience/the-four-elements-meditation