

## 5 Element Magic for Balance and Wellbeing

by Radhika & James

*“Learn 5 Simple Strategies to bring balance to your day based upon the 5 elements of Nature”*

Within the tradition of India – especially Tantra (weave ie warp and weft of life), & Ayurveda (Science of Health) is a simple, but profound model of the universe based upon 5 elements.

The nature of the universe can be represented by 5 elemental principles:

- Space (called Akasha) representing the nature of space and potential to form/create
- Air (called Vayu) representing movement and the gaseous state
- Fire (called Agni) representing transformation ie chemical reactions and light
- Water (called Jala) representing the nature of fluidity and cohesion
- Earth (called Prithvi) representing the nature of structure and form

Both Tantra & Ayurveda also convey that what is in the universe is also contained within our bodies and minds. The principle of the “5 elements” is also found within our bodies and minds, and we can use this principle to provide balance and wellbeing.

According to Tantra:

- **The Earth Element** *is located between our feet and knees.*

So if you are feeling a little stressed, feeling spaced out or light headed, thinking or worrying – or basically too much in your head then:

“Ground” your self by bringing awareness to your feet, the feeling of the feet, STABLE and in contact with the ground – breathing right down to your feet..... Reconnect with the earth element.....

- **The Water Element** *is found between our knees and navel.*

Lack of exercise and sitting too long can lead to stiffness in our hips and tightness to our hip muscles, especially the hip flexor muscle at the front of our hips. So standing up, place your hands on your pelvic bones and begin to make small circling movements with your pelvis, loosening your hips and lower back – do that a few times in each direction.

Then stretch your right leg backward, resting on your toes. Keep your front knee aligned and slightly bent, spine upright and pelvis square to the front. Gentle tuck your tail underneath and feel the muscles in the front of the hip stretch and release.... Hold for a few breaths, then do the other side. Bring FLUIDITY back to your hips and lower back.....

- **The Fire Element** *is positioned between the navel and heart.*

Good DIGESTION is considered one of the keys to good health in many traditions. We need to keep the fire alive in our digestive centre. You can do this with regular aerobic exercise or yoga.

- **The Air Element** is found between the heart and eyebrow centre.

The breath is essential to life and is connected to our energy, and vitality. Any time you feel sluggish, mentally fatigued, or note that your breathing has become shallow or held.... then take a few long slow breaths.

Inhale slowly and smoothly through your nose, listening to the soft sound at the back of your throat, and feeling the openness and EXPANSION of your abdomen and ribs. Exhaling slowly, fully and completely, lightly draw in your lower abdominal muscles..... Remember to breathe and connect with your air element regularly throughout your day.

- **The Space Element** is located above the eyebrow centre – mind space.

Have you ever noticed that creativity, good ideas, a lost memory and solutions to problems often “appear” when the mind is more relaxed, or you are doing something else or doing a more mindless activity, as can occur when you are exercising? The Yogis say that when the mind is more clear, then we can open ourselves to more possibilities. So remember to include some mental SPACE to your day – a time to reflect, MEDITATE, just be.....