

Earth Element – Our Bodies

- Earth is here to learn to move through struggle and panic to power and peace.
- Earth is the densest of the four elements therefore the slowest to change.
- Change requires patience, repetition, collaboration and stillness before action.
- Earth is the most likely to underestimate itself and overestimate what's external.
- Earth is the arena where we learn self knowledge as empowerment – check in with *you*, where are you still letting outside authority decide for you?
- Earth is more non-verbal, preferring actions to words
- Earth, our body, is where our thoughts, feelings and intuition express itself – it's the one element everyone shares whether it is emphasized in your chart or not.

Fun Quiz - did you realize you know...

1. How much of the day is our *brain stem* making decisions for us:
a. 25% b. 50% c. 75% d. 100%
2. True or false, Earth people have to discuss feelings with others in order to know what you want or need?
3. What arena is Earth people here to learn about when it comes to power?
4. True or False, Earth people require repetition to learn?

Brain retraining: Breath of Love

Youtube: https://www.youtube.com/watch?v=gq_zo8oew2U

First step:

Exhale – forcibly empty your lungs completely (picture a washcloth wrung dry)
This is the switch that moves you out of the brain stem and into the frontal lobe

or Executive portion of our brains.

Second Step:

Then take a slow deep breath while repeating the thought “I am safe, I am safe.”

Third Step:

Finally take a gentle exhale while repeating the thought “I am loved, I am loved.”

Lather, rinse, repeat as needed when stressed, overwhelmed, or choosing to pause before acting. It oxygenates the brain, makes decisions from the smart part of your brain and gives you your own focused attention for at least one and a half breaths worth of time.

TIP – For those who have the Earth element emphasized reading the questions and referring back to the audio or the recap to answer it is simple yet effective to anchor the information in your brain stem.