

ELEMENTAL  
FORCES OF  
CREATION  
ORACLE™



Guide Book

By Lisa Michaels

## Elemental Forces of Creation Oracle

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This institute is dedicated to bringing you products that enrich your life experience and help you to discover more about yourself and the world.

Second edition

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*Deep gratitude to*

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# ELEMENTAL FORCES OF CREATION ORACLE™



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# Welcome to the Elemental Forces of Creation Oracle.

This oracle is a powerful tool for aligning with and receiving guidance from the elements of Earth, Water, Air, Fire, and Spirit. The elements are deeply appreciative to those who respectfully connect with them and learn to listen to their deep wisdom.

Earth, Water, Air, Fire, and Spirit are the foundation of nature, expressed through archetypal energies. They form the core of Creation and carry their archetypal energies in primary patterns, although their state may vary. For example, the element of fire brings warmth and heat whether it shows up as the sun, a candle flame, a roaring fire, a chili pepper, or warm food heated on the stove. As archetypal energies, they function in the outer world much in the same way they do in your inner world.

The elements are active teachers of consciousness. As primary forces of nature, they are guiding you constantly. Earth is teaching and guiding you in the physical world, Water in the emotional realm, Air in the mental realm, Fire in the action realm, and Spirit in your connection to the spirit or essence of all that is.

They can show you how to work in harmony with nature and your inner nature. They can help you to align your unique desires into a unified field of awareness, where each of the elements (Earth, Water, Air, Fire and Spirit) line up in harmony with one another and bring those desires into being. It is in this alignment that the co-creative energy of Spirit moves through you into form; an infusion of spirit into matter. Your deepest heartfelt desires are the voice of Spirit calling

for you to grow. Your desires bring with them your current learning edge from each element. You may need to learn how to more consciously hold an intention (Air), how to learn to take action (Fire), how to ground your desires (Earth), or perhaps clear up old emotional baggage (Water) to fully bring a desire into being (Spirit). Each element will be teaching you as you learn to bring them into alignment within a unified field and fulfill your desires.

*The Elemental Forces of Creation Oracle* is one way to powerfully align with the guidance the elements are bringing to you. Please honor and respect these amazing forces and guides. Remember to thank them for all they do to hold the world in form and for all they do for you personally. Gratitude is the song your soul sings to harmonize with all Creation. May you find each of the elements to be as potent a guide as they have been for me.

Great blessings,

*Lisa Michaels*

# Ways to work with the Elemental Forces of Creation Oracle

The most important way of working with this oracle is to allow the elements to speak to you directly. Before reading the card interpretation written here, tune in and simply listen for what the card is saying to you. Your inner wisdom and intuition in relationship to the card are vital. They may actually give you a different interpretation than what is in the booklet. If you do get a unique interpretation, follow your guidance. There are many possible meanings to every card. Allow your own awareness to surface.

When you read the card interpretation in the booklet, allow it to catalyze your consciousness into further exploration. Open to the ways the selected element wants to guide you at this time. The questions posed at the end of each card reading will give you possible ways to begin your inner investigation.

## Card Spreads:

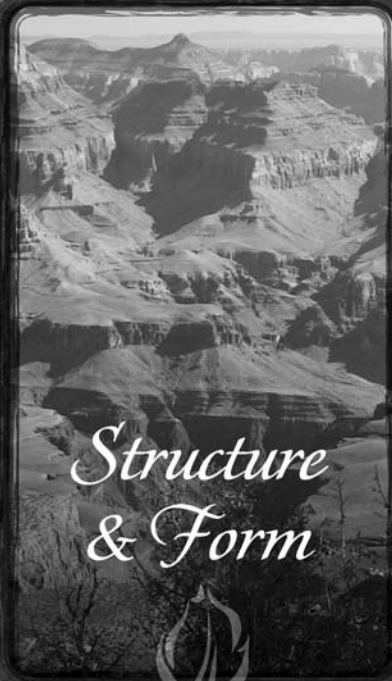
**Intuitive spread:** Ask yourself how many cards you need to answer your question or provide guidance. Simply draw the number of cards you hear to draw and tune into each card. Listen deeply to your inner wisdom around the meaning of the cards in relation to your subject. If needed, read the booklet for further ideas to explore.

**Elemental spread:** Divide the deck into the individual elements: earth, water, air, fire and spirit. Draw a card from each elemental card pile while asking for guidance around your subject. Tune into each element's message for you on the subject. After you have a sense of what each element wants to share, ask for a message from all of them together. If needed, read the booklet for further ideas to explore.

**Card of the Day:** Each day pull one card for guidance for that day. Take a moment to feel the card's resonance. Deeply feel into the words printed on the card and allow the element to speak to you about the message for the day, perhaps journaling with the message for further information. If needed, read the booklet for further ways to explore that card's meaning.

**Personal Spread:** Use your intuition to develop your own card spreads. Have fun!

EARTH



*Structure  
& Form*





# EARTH

## THE PHYSICAL REALM

The element of earth teaches you to honor the physical realm, how to live in a state of gratitude and grace, how to honor cycles and transitions, how to form an internal container of sacredness for your life, how to embody wholeness, and heal any internal separation. You also learn to work with discipline, structure, and form and appreciate the gifts that beauty brings to your life. Earth is your loving teacher and guide as you live and journey upon her and she connects with your personal earth, your body. Remember to give thanks to the element of earth and honor the gifts of the physical realm.

## ❖ *Abundance and Fertility*

Mother Earth provides you with a wonderful example of the capacity to produce an abundant supply. She constantly teaches you with her rich harvests and lush landscapes that abundance is available, and fertility abounds in every realm. Fertility can come in ideas and awarenesses for you to grow from, and in abundant gifts for you to appreciate. Abundance is often a state of heart/mind, in which you see the fullness available in each moment of life. Mother Earth teaches you to create sustainable systems in all areas of life. You learn to replenish what was consumed so there will be abundance available for other times and people. ***What does the Earth Mother want to share with you today about abundance and fertility?***

## ❖ *Beauty and Aesthetics*

Beauty and aesthetics are primary teachings of the earth element. Look around when you go out in nature and see the beauty of how the earth is formed. She is magnificent, especially in her natural state, unaltered and untouched. Mother Earth's natural beauty uplifts your spirit and inspires you. Your own creation of beauty uplifts and inspires you and others as well. Remember how you feel when you go into a beautiful home, building, garden, or see a beautiful person. This kind of beauty is not based on the current cultural definition. It is found in all phases of development from youth to old age, in people of all races, and in all lands. You need a certain type of perception to see the natural beauty of life. Tune into beauty. ***How is it calling to you for greater expression?***

## ❖ *Body Wisdom*

You want to find ways to listen to and honor the messages that your personal earth, your body, sends you. Your body sends you messages all the time. If you learn to listen to the messages at the subtlest level possible, you increase your health and well-being tremendously. Many people are just learning to acknowledge body wisdom as an important tool—not only for health, but also for life guidance. Your body will clearly tell you its wisdom if you listen. ***What awareness is your body calling for you to hear?***

## ❖ *Ceremony & Celebration*

Ceremony bridges the outer and inner world and is a powerful, safe, and sacred container in which to practice honoring transitions. You can have ceremony to honor the changing of the seasons, to celebrate the birth of a child, a marriage, the passage into adulthood or into elderhood, to mark the passage of a death or divorce, a move to a new home, or a transition to a new job. If it is appropriate for the ceremony, you can add celebration to raise the energy of your event and life to a joyful level. ***What do you need a ceremony and/or celebration around?***

## ❖ *Containment*

Earth is your home, your base and foundation, the physical planet you live upon. The element of earth also forms the individual homes of each of us, our bodies. The earth of your body holds and contains your feelings, your life force, your ability to think, and the essence of your spirit. Without the density of earth and the ability to move earth substance into form, you would be unable to have an experience of the physical world. The element of earth contains your experience as a human. ***What is earth teaching you about containment?***

## ❖ *Embody Wholeness*

There is a saying that "all life matters." Well, all life is matter. Matter is taken from the Latin root word *mater*, or mother. Any belief system that encourages the separation of spirit and matter can leave you feeling shameful about your body and disconnected from the Earth Mother. In many areas, humanity's energetic disconnection from earth has been causal to our beautiful planet being stripped, left barren, and environmentally imbalanced. When you instead honor matter, you perform the developmental task of earth, embodying wholeness. From this place of wholeness you can bring spirit more fully into your body and your life. ***Ask earth what messages it has for you to more fully embody wholeness?***

## ❖ *Foundations*

Earth teaches you to build, starting with the foundation, and to learn to take one step at a time until the project is completed. When all aspects of the foundation are complete, you are able to move to the next phase, and not before. The only way to expand in the earthly realm is to make sure all aspects of your life foundation are handled effectively, and then you are able to expand to the next level or levels. Ask Earth to reveal where you need to strengthen your foundation. ***Do you need more foundational work in any area of life before moving on to the next level of expansion?***

## ❖ *Gratitude*

Gratitude is the soul quality that is developed with a deep trust and respect for earth. When you are grateful for all that you have been given and treat it with respect, your life opens to reflect that energy. Gratitude creates an internal quality of grace, which allows you to bring your creative gifts into form and anchor them fully on earth. When you come from a space of gratitude, the energy around you lines up to help you fulfill your desires. Write a list of twenty-five things you have to be grateful for right now, notice how you feel. ***Are you approaching life from a place of gratitude?***

## ❖ *Grounded*

Earth teaches you to be grounded in your life and actions. You learn from earth to solidly take care of your life and your body. When people have lots of ideas and yet rarely accomplish bringing them fully into form, we say they need to be more grounded or down-to-earth. And it is true that they need to learn to work with the element of earth. If you need more grounding go outside and stand on the earth. Draw up earth energy through your legs and ask earth to ground you and your actions. ***Where do you need to be more grounded in life?***

## ❖ *Honoring Cycles*

Earth and her changing seasons teach you to honor the cycles of your life. She teaches you about allowing the old to fall away and the new to be seeded and grow in darkness until new shoot develops, and then to tend what is growing and developing, so that you may reap the rewards of a bountiful harvest. This is her teaching of transitions and change. When you learn to connect with the earth cycle, you learn to handle your life transitions much more effectively. You are in harmony with life. If you are comfortable with one phase or stage and not another, you will try to cling to what you know, afraid to let go and trust. As you increase your comfort with all phases, you can gracefully accept the gifts that the new cycle brings. ***What are the cycles of life teaching you?***

## ❖ *Nature*

Spending time in nature uplifts you and brings you back into soul alignment. Being in nature brings you into your own nature. You re-connect with what is meaningful to you. The life-force that flows in nature restores your energy and personal life-force.

*Is it time for you to spend a day soaking up the beauty of nature?*

*In what ways do you need to get back to your own nature?*

## ❖ *Organic Timing*

Nature has its own kind of timing. It responds to an inner sense of timing when things are ripe and ready to pick or deliver. You can't keep nature to a time clock or calendar for precise predictability.

Often you need to regain your own sense of organic timing, allowing things to ripen in your life so that there is ripe fruit to pick. *What does earth want to teach you about organic timing? Do situations in your life need to ripen or go at their own pace?*

## ❖ *Power to Stand on Your Own*

The earthen container of your body is needed for you to be a separate, individuated being. With the gift of a body, you must develop the power to stand on your own—complete and whole unto yourself. Only after developing this inner power can you fully function in inter-dependent ways with others.

*In what ways do you need to strengthen your ability to stand on your own?*

## ❖ *Priestess/Priest Within*

The Priestess and Priest within hold the container for the expression of the sacred on Earth. The archetypes of Priest and Priestess perform a vital function in your consciousness. This aspect of self holds that all life is sacred—everything from worship, to preparing a meal, to bill-paying. Simply being in physical form is sacred. Forming and working with earth with a sacred attitude brings spirit into your everyday life. It brings the divine into matter and form. *How can you more fully honor all life as sacred?*

## ❖ *Structure and Form*

It takes discipline to work with earth, to create form, to take an idea you have whether it is organizing a home, writing a book, having a child, running a business, or maintaining your body. You need a certain amount of personal discipline and internal structure to take the idea from the mental and spiritual realms and bring it through all the layers of Creation into full form on the earth realm.

*How does earth want to share with you about structure and form?*

## ❖ *Stewardship*

You are the steward of all the physical matter in your life—be it your body, home, finances, land, or business. You have the responsibility for mindfully and respectfully care-taking and managing the matter in your life. *Are you in right relationship with your physical world? Do you respectfully release to a new steward what you no longer need? Are there things in your life you need to steward more responsibly?*

## ❖ *Tending*

You move in right relationship to the material world as you learn to honor the physical realm of matter. Earthly things need tending. Your body, your home, your car, your garden, your clothes, your finances, all things of earth need to be taken care of or tended. They require upkeep, cleaning, refreshment, and maintenance. It is important to fully honor matter and the physical realm and tend to your earthly realm.

***What earthly things in your life need tending at this time?***

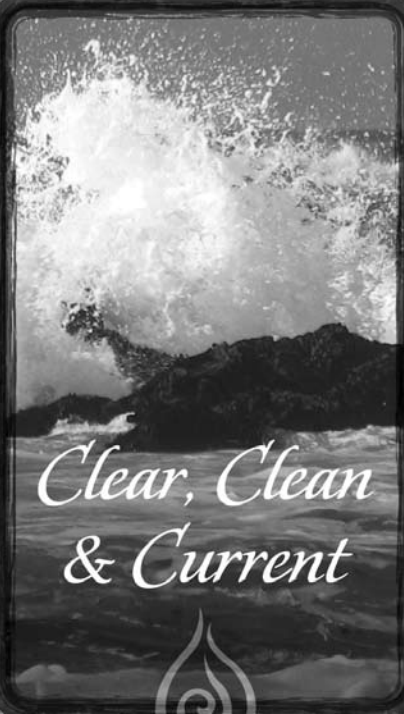
***How can you honor the matter in your life more fully?***

## ❖ *Touch*

Touch is the great gift of the physical realm. In your body, you are able to feel the ecstasy of a deep embrace, to hold the hand of a child, to touch precious food to your lips and experience taste, and to feel the ground under your feet as you walk, skip and dance. Earth is an amazingly rich planet and, with your body's ability to touch, you have the vehicle to experience it.

***Are you honoring the gift of touch? Are you allowing life to touch you?***

WATER



*Clear, Clean  
& Current*





# WATER

## THE EMOTIONAL REALM

Water is the fluid that flows within your life to keep things supple, alive, and growing. Without water and the emotional realm, your nature can become dry, brittle, and hard, like the ground without rain. You need the rich substance of your feelings to keep your life lush and growing.

The element of water is where the soul essence of love exists. The clearer your emotions are, the more space there is for love to move in your life. It is in the emotional realm where you learn to love yourself fully, nurture and heal your inner child, and create a space for clarity, flow and love to move freely in your relationships with others. It is here you learn emotional maturity, to care for your self emotionally, and how to “respond” to instead of “react” to life and others.

## ❖ *Clear, Clean, & Current*

Your drinking water is best when it is clear, clean, and flowing freely. The same is true for your emotional state. If your emotions are backed up, old, and stagnant, you lose the sense of aliveness and freshness that clear, clean and current emotional water brings. ***Are you holding on to old feelings? Have you cleared up emotional baggage to be clear and clean? Are you current with communicating your feelings in your relationships?***

## ❖ *Dive Deep*

Water teaches you to dive to the depths of your feeling realm to get to the bottom of your emotions. Your feelings may be so deep that they were part of your cellular make-up when you were born. Perhaps these feelings were developed in childhood and you need to remember them to heal them. Even if the emotions are old, you can clear them if you allow yourself to fully feel them. Diving deep takes courage, the courage to look beyond the surface of your feelings to explore the depth of the emotion. ***What feeling is calling for you to dive deeper into it? What old issues have you been unable to move and now need to dive deeply into them in order to clear your emotional water?***

## ❖ *Ebb and Flow*

Water is often a rhythmic element moving in and out of the shore—teaching us that there are times to embrace others and time to move more deeply into self, a time to give and a time to receive. When you polarize with only one aspect of self, like embracing others and giving, you sometimes give so much there is nothing left to draw upon internally. You must make time for your inner awareness, and your own growth and movement.

***How is water calling you to listen to the ebb and flow rhythm of your life? Do you need to balance your expression in some way?***

## ❖ *Emotional Awareness*

Tune into your feelings; listen to what they are telling you about your life. The more aware you are of your emotions, the more conscious you become in that realm. Learn to recognize when your emotions have become imbalanced, excessive, or you have blocked your feelings in some way. Emotional awareness is an important step in developing emotional maturity and feeling guidance.

***Do you need to increase your emotional awareness? Where do your emotions want you to pay more attention to what is going on for you?***

## ❖ *Emotional Maturity*

The development of emotional maturity is the developmental path of water. With water, you learn the difference between a reaction and a response. An emotional reaction is when you allow your emotions to be released before you give yourself time to choose your response. A reaction can take the form of speaking harshly or an act of physical violence. It takes emotional work to learn to listen to and deal constructively with your emotions, to learn to relate to yourself and others non-judgmentally, and to respond to situations instead of reacting to them.

***How are you being called to develop a greater sense of emotional maturity?***

## ❖ *Emotional Support & Safety*

To grow and flourish as a being, you need to experience emotional support and safety. Some people have an experience of this from their families, which gives them a springboard for the inner development of support and safety. Others have to find a way to develop and give it to themselves. This kind of emotional stability helps you feel comfortable enough to open up and share your vulnerability with others.

***Are you providing emotional support and safety for yourself? For others?***

## ❖ *Feeling Guidance*

Feelings carry a tremendous ability to guide your actions. It is important to learn to listen to how you really feel about something instead of just following your head or the crowd or simply repeating old habits. You also want to learn when you are responding to your inner feelings and when you are reacting to them. A reaction is frequently based on fear and can send you off in a different direction than if you listen to your feelings as guidance and respond accordingly. ***What are your feelings telling you?***

## ❖ *Float*

Water teaches you the grace of floating. It gives you the feeling of letting go and allowing the support of your emotional realm to simply hold you up. Through floating, water teaches you to simply allow life to support you. ***Are you allowing yourself to float and to feel the support around you?***

## ❖ *Holding Space*

Holding space for someone means that you listen and receive him or her by deeply listening without judgment. You leave space for what is moving in them and you help it to move freely by not adding your opinion and only receiving what they are saying. You can reflect back to them what you heard them say without adding your spin to it. This allows someone to release what needs to be released without engagement by the listener. It is a very powerful relationship tool to use with others as well as yourself. ***How well do you hold space?***

## ❖ *Inner Child*

Within you lives the child you were at all ages and stages of development. In adulthood it is your job to parent your inner child aspect, to listen to it, to love it and nurture it. Occasionally you may bump up against a childhood emotion that needs clearing. You may have had a trauma as a child that your adult self thinks you need to be beyond, and yet your inner child is unable to move past it until you do some deep emotional clearing. Learning to honor and listen to the inner child helps you to develop emotional clarity and maturity.

***What message is your inner child trying to communicate to you?***

## ❖ *Nourishment*

Water is an essential nutrient for sustaining life. The land, plants, and people wither and die when they go too long without water. One of the best ways to nourish yourself and others with water and the emotional realm is by feeling appreciation. The rich energy of true appreciation is an uplifting gift to the soul. Drinking lots of good water is an especially nourishing to the physical body.

***In what ways does water want you to nourish yourself or others?***

## ❖ *Pace*

Water teaches you about pace in its winding lazy rivers, calm still lakes, rushing waterfalls, calm oceans, and tidal waves. If you like the intensity of a rushing waterfall, you may be questioning why things are so slow when your life is calm and still or gently traveling down stream.

At other times, when experiencing a tidal wave or intensity, you want things to be calmer. The understanding water reveals to you is to allow the emotional energy that is moving through you at any given time to simply be what it is. You need to learn to work within the pace of emotions. ***What does water want to share with you about the pace of your emotions?***

## ❖ *Play*

Ever notice how most children love to play in a bathtub with bubbles? Or how they love the seashore or a pool? Most adults could use a good dose of water's ecstatic realm of play. It helps you to bubble up with laughter and joy—both of which raise your energy. ***Do you need to play?***

## ❖ *Power of Love*

Love is a force and a tremendous power. Water teaches us the power of nourishment. Love applied to your relationships, children, business, and to yourself, deeply nourishes and provides the element needed for growth. ***Where can you send the power of love in your life today?***

## ❖ *Regeneration*

Regeneration re-fills you with juice for life. When you regenerate, you don't just simply rest—you allow yourself to be fully renewed. Water is the element of regeneration, of complete recharging. ***What things regenerate you and fill you to overflowing? Is it time for regeneration?***

## ❖ *Relationship to Others*

Relationships tend to mirror your beliefs and emotional patterns. Thus, your relationships with others are primary ways water teaches you about yourself. When you learn to see your relationships as teachers, you take a giant step in the development of emotional maturity and your relationships often improve tremendously.

***How are your relationships with others teaching you?***

## ❖ *Relationship to Self*

Your relationship with yourself is the most important relationship you have in life. The primary relationship to self determines your level of self-esteem. With low self-esteem, life can seem hard and difficult. As your regard and respect for your self increases, your perception of your life is likely to improve. With increased self-esteem, you are better able to uplift and enjoy your life. ***When you tune into your relationship with yourself, what messages is your relationship bringing you?***

## ❖ *Surrender*

“Go with the flow” is the great water saying. Water teaches you this by having to let go of the shore to learn to swim, to float and to travel down the stream of life. Water teaches you that sometimes in life you have to give up trying to control circumstances, events, or people and simply surrender to what is.

***How is water helping you to learn to surrender? Are you fighting to control something that is not within your control?***

AIR



*Whole Brain  
Integration*



# AIR THE MENTAL REALM

Air and sound set the vibrational tone of your life. The thoughts you have, how conscious your language is, how integrated you are in using both your right and left brain, and how you work with prayer, intention, and meditation are all part of the training of air. In the air realm, you begin to see your life from a larger perspective and work with your visionary ability. Air is where you learn to soar. You can fly when your thoughts and vibration are in harmony with your life desires.

Air and the mental realm is where you hold the belief system about your life. Did you consciously choose your belief system, or is it based on outdated mental models passed down to you? It takes dedication and focus to change your mental models and to choose to set a conscious tone for your life.

## ❖ *Belief System*

The mental realm of air holds your belief system about the world around you. How did that belief system develop? Did you consciously choose your beliefs or did you automatically take on those passed down to you by others? Learning to consciously examine your beliefs and determine if they are true for you is one way of intentionally setting the vibrational tone for your life. Take a deep breath and ask air what its message is for you about your belief system.

***Where does your belief system need some refining?***

## ❖ *Breath*

The more conscious you are of your breathing and of fully filling your body with rich clean air, the more relaxed, energized, healthy and alive you feel and are. Increasing your air intake can make a dramatic impact on your ability to think clearly and on the quality of your life. Wisdom keepers, sages, yogis, and athletes through the ages have explored the importance of conscious breathing to increase life force and to access altered states of awareness.

***Do you need more connection to the breath of life?***

## ❖ *Communication*

Different people have different ways of thinking and communicating depending on the element that their thinking function is in. Some people are earth communicators, some water, some air, and some fire. Each person perceives, thinks, and communicates through the lens of their particular elemental style. Understanding the differences in styles, and being able to connect with elements different from your own, can dramatically increase your ability to work, live, and communicate well with others.

***What does air want to share with you about your communication? Can you communicate clearly with elemental styles other than your own?***

## ❖ *Ethereal Allies*

Many people believe in unseen guides, teachers, angels, and allies. Working consciously with them can assist you tremendously in life. A call internally for angelic guidance and assistance is all that is needed to bring this unseen help immediately to your side. Because this is a free will planet, you must ask for assistance or guidance before it can be given. Just know that the moment energy is called or invoked it must respond and honor your request. The result of your request may look different than your original picture of how you think it should be. So stay open to the possibility that when you look at your circumstances in a larger life perspective they often have different meaning.

***Would you like more assistance in the inner realm? If you would like to receive assistance, call for it and remember to give thanks.***

## ❖ *Energetic Cords*

Without realizing it, we can be corded energetically to people in our lives by running their energy along with our own. We can also be connected to a previous time in life, and living in the past with energetic cords reaching to that past point in time. Releasing those cords will allow you to run your own energy and have more energy available for yourself. ***Are you corded into others?***

***Are you corded into a past situation or person? Is all your energy available in the present moment for you to use?***

## ❖ *Focus*

You are gifted with the ability to think and be discriminating in the focus of your thoughts. Focusing your attention on anything amplifies its energy, so be sure to keep your focus on what you do desire in life and not on what you don't want. It is extremely important to keep your mental realm focused on what you choose to bring into being and simultaneously release any attachment to the outcome.

***In what ways do you need to refine your focus in life? Are you focused on what you desire? What do you need to focus on right now?***

## ❖ *Freedom*

Air gives you the sense of freedom that comes from flying and upliftment. Freedom comes from feeling unrestricted. Deep breathing allows the expansion of freedom in the body. Get out in the fresh air. Give yourself time to explore what makes you feel free.

*How is air guiding you to feel a greater sense of freedom? Do you need to breathe more fresh air into your life? Are you allowing air to lift you up?*

## ❖ *Mass Consciousness*

Air is the one element we are constantly sharing. As you breathe out and another person breathes in, air moves from person to person, and place to place. It circulates. Thus, it is the element that holds group consciousness or the consciousness of the masses. Notice what is being sent out on the airwaves to the masses.

*Is it love or fear? You are allowed to choose your response. Remember you want to align with what the masses hold as true or choose to focus your own thoughts and energy? You can choose to hold thoughts of peace and love. How is mass consciousness affecting you at this time?*

## ❖ *Meditation and prayer*

In meditation and prayer you learn how to quiet your mind and receive your inner wisdom and guidance. Prayer is how you ask for assistance on the inner realm. Meditation is a powerful way to listen and receive your guidance. When you pray, it is important to KNOW that your prayer IS answered. Praying from the feeling place that your prayer is answered sets the vibrational tone. If you pray from an unsure position, you will energize your insecurity. You must know that when you hold the frequency of your request IT IS DONE.

***Do you need to take time to actively meditate and/or pray?***

## ❖ *Peace*

Often we struggle with an internal battle of right-brain versus left-brain, head/heart, being/doing, masculine/feminine, or giving/receiving. Air teaches us that inhaling is just as vital as exhaling and that we need both sides of our brain to think completely. Peace prevails when the dualistic struggle is resolved within and both sides are brought into the whole.

***How can you more fully activate the energy of peace in your inner world?***

## ❖ *Perspective*

A key to understanding how your life is functioning is perspective. Air can teach you how to both look at the larger view and to focus in on the details. From the air realm, you can see the larger perspective of your life by simply soaring above it and looking down—much as a hawk or eagle would by moving your consciousness to the far reaches of the cosmos to gain a cosmic perspective. Air gives you the ability to look at yourself from the widest possible view and multiple perspectives. Imagine looking down on the issue at hand from the perspective of the hawk.

***What do you see from that perspective as guidance from air about your life?***

## ❖ *Power of Intention*

Intention is the powerful tool of air. A strong, clear intention creates an effective mental container in which a desire can come to life. Actively setting an intention before starting something new helps you fully define your desires. Notice where in life you are not getting your desired result and look at what your intention really is. ***Do you need to be clearer? Do you have an unconscious intent for something else? How can you more effectively use the air power of intention?***

## ❖ *Soaring*

Air brings the ability to take flight and activates the feeling of soaring. Imagine the lift of air under the wings of your life. Feel the ecstasy of catching an air current and soaring. Ask air how it can assist you to soar in life. ***How does it feel? What sense of ease does soaring bring?***

## ❖ *Thoughts*

Thoughts have vibration and power—the power to create. Each thought is a seed and that seed carries the energy of beingness. It has substance in the realm of creation. ***How are your thoughts affecting your life? Do you need to focus your thoughts on your desires? What does air say to you about your thoughts?***

## ❖ *Vibration*

Consciously setting your vibration and tone helps you create the quality of life you choose. Most people only want the highest and best thought patterns to actually come to fruition. Thus, they learn to enhance their ability to think those kinds of thoughts, and to discern what their life is showing them about their belief system and old emotional baggage. It is remarkable how simple changes in the way you think about, view, and speak about your life can alter the vibrational tone of your life and assist you in manifesting your heart's desires.

***How can you more consciously set your vibrational tone?***

***What messages does air have for you about your vibration?***

## ❖ *Vibrational Attunement Modalities*

There are a tremendous variety of air-related tools to uplift your energy. Energy tools such as aromatherapy, essential oils, flower essences, crystals, color, sound, polarity therapy, magnetic therapy, feng shui, and sage, copal, and incense for smudging assist you in raising energetic frequencies. These modalities help you to vibrationally attune your home, office, or physical body. ***Which modality is air guiding you to use at this time? How often? When? Where?***

## ❖ *Visionary*

Air is the element that governs your ability to envision your life. It is here that you activate your visionary ability for yourself, the larger community, and the world. ***Are you actively holding a clear, uplifting vision of your life? Are you using your visionary capability to actively bring a new level of being in for yourself and those around you?***

## ❖ *Whole Brain Integration*

Different sides of your brain help you to perceive things differently. Whole brain thinking is crucial for increasing your mental capacity and your ability to access multidimensional consciousness. The right side of the brain allows you to access creative ideas, intuition and your psychic gifts while your left-brain assists you to focus, compute, analyze and discern. You need both sides for maximum brain functioning and you need to cultivate the ability to move between the different sides of the brain. When you can access the skills they both offer, you can bring your creative ideas fully into form.

***Have you integrated both sides of your brain or do you rely on one side more than the other? What does air want to tell you about balancing them?***

FIRE

*Power of  
Action*





# FIRE

## THE ACTION REALM

Fire is the action realm. Here you learn to be dynamic, claim your personal power, to let your light shine brightly and to feel passionately about life. Fire also teaches you about the mysteries of transformation; literally changing forms, dying to an old part of the self and being born anew.

Fire is a volatile realm and often people express their fear of it getting out of control. Learning to work with fire is a skill and one that often requires focused, conscious training. Balance is key in working with fire.

Fire teaches you to live a dynamic, powerful and passionate life from your radiant core. Working effectively with the fire path requires that you honor the sacred in the teachings and tools and find ways to merge the gifts and messages from other realms with your everyday awareness.

## ❖ *Altered States*

Fire shows you how to transform your ordinary awareness into a non-ordinary state of consciousness. Simply stare long enough into a fire and you travel deeper into your consciousness. There are many powerful ways to enter an altered state: through ceremony, drumming, trance dance, breath work, mask making, mandala making, journeywork, chanting, sexuality, plant teachers, and more. This non-ordinary awareness brings deep gifts of inner knowing. ***How does fire want to work with you in an altered state? What messages does it have for you?***

## ❖ *Dynamic*

Dynamic is fire's gift of energy in motion. Watch even a small flame and it is constantly moving in a dynamic state. With constant motion, however, we burn out. Fire teaches you to balance your active self with rest as day turns into night. To maintain a dynamic state of being you need to allow the balanced expression of fire to work within you. ***How can fire work with you to fully activate your dynamic state of being?***

## ❖ *Energized*

Juiced with your inner firepower you are vibrantly alive and run an abundance of life force energy. When you follow your passion and find ways to enliven yourself you energetically engage life. ***How can fire assist you to become energized and enlivened?***

## ❖ *Growth*

All sparks of spirit have, at their core, the innate desire to grow and expand and the impulse to move toward full expression of their pure essence. Fire fuels growth. Individuals, plants, animals, projects, books, businesses, cities, countries, all concepts and beings begin life with the potential for growth, change and the development of full expression.

*In what ways is fire urging you toward growth and greater life expression?*

## ❖ *Illumination*

Fire is the element of light—the light of the sun, the soft glow of candles, firelight from a roaring fire, and the light of illumination of your consciousness. Under the influence of fire, you shine light on your inner awareness to discover what has previously remained hidden. You awaken to deeper inner knowing, wisdom, and guidance as you shine the light within your consciousness.

*In what ways does fire want to illuminate your awareness?*

## ❖ *Letting Go*

Like the snake shedding its skin, you need to release and let go of what is, in order to move forward or to the next level of being. Letting go is often scary. You may want to know for certain what is next and how it is going to fully play out before you let go of what is known. The transformational process of change rarely works that way. Often after letting go, there is a period of not knowing before the new is born from the ash of the old. Learning to trust the transformational phases is part of the process. Letting go is the first stage. ***What do you need to let go of or shed right now to move to your next level of being?***

## ❖ *Life Force*

Part of inner fire development is learning how to fully run your life force energy. As children we are full of vibrant life force energy. As we are acculturated that energy gets controlled and increasingly muted. When you find ways to fully run your life force energy, you may find it changes your life in potent ways. You find the power to take action on your own behalf, and you have the energy and power to energize your dreams. Your body becomes enlivened and your radiant self begins to emerge. ***What do you need to do to fully activate your life force?***

## ❖ *Move*

Fire is the action realm and movement is its activity. Fire teaches you to move your energy, move your body, move your life forward, and move out of a situation that is not serving you. ***In what ways is fire telling you to move? Does your body need more movement?***

## ❖ *Passion*

Passion is the fuel to take action in life. To live in connection with your passions gives you energy for life and makes the quality of your life richer. Tune into your inner realm to discover what you are passionate about. Journal, ask questions of fire, connect to a time in your life when you felt very energetic and alive. ***From the vantage point of that time in your life, can you see your passions? Are you living fully from your passion? Ask fire to show you more ways to connect to your passion.***

## ❖ *Power of Action*

Fire is the action realm—the place where your life is propelled forward. Learning to take action on your own behalf, in alignment with the greater good, is an important fire teaching. Often people give other people's desires priority over their own which leaves little energy for acting on their own inner guidance. Action is where you align with spirit in your own creations. Spirit needs you as the vehicle for taking action in the world. ***What do you need to take action on?***

## ❖ *Radiant Self*

Your radiant self is the shining, bright, full, whole, knowing, expanded essence self that is at your core and at the core of each individual. It is the energy that an illumined or Christed being has fully activated in themselves. When you express your expanded, fully radiant self, you are enlivening and inspiring to be around. You radiate a deep sense of personal power and authority. This reflects your inner development and ability to work with your inner fire. ***Are you ready to connect with your radiant self and ask for ways to express your radiance more fully?***

## ❖ *Sensuality*

Being fully present in your body and being connected to your life force connects you with your sensuality. It is the deep feeling of alignment with the essence of life that moves through all things. It brings the pleasure of the physical body in harmony with the energy of spirit. Sensuality brings richness to anything it touches from dressing, to cooking, loving, or simply living life. ***In what ways is fire urging you to connect with your sensuality?***

## ❖ *Sexual Energy*

Your sexuality is the power of your creative energy. It is your ability to create new life, and you can use that same power to create a new life for yourself. Imagine what you could create if you realized the depth and true power of your creative capabilities. Culturally we most often express our sexual energy with another person. However, sexual energy can be contained and directed to circulate in the whole body, increasing your creativity.

***What does fire want to share with you about your sexual energy?***

## ❖ *Shaman's Way*

Shamans have developed within themselves the ability to work with the energies of healing, nature, and the unseen realms. They access wisdom by non-ordinary means, such as taking an inward journey to retrieve the information needed in a particular situation.

***How is fire calling you to work in a shamanic way?***

## ❖ *Spark*

Fire is the vital spark that creates forward movement, the action toward progress. Fire compels the seed to spring to life—whether in the ground and heated up by the sun, or in the human body and fueled by the fire of passion. Fire is the initiator of growth, the activator of life force energy. Just as a seed placed in the soil takes the warmth of the sun to heat the soil for the spark of germination to occur, your inner fire activates the seeds of your desires. When you are fired up about accomplishing a goal or realizing a dream, tremendous feats occur with little effort on your part. ***What is fire sparking in your life?***

## ❖ *Transformation*

Fire is the deep transformer. It changes the properties of substances as its heat alters them. Fire reduces earthly property to ash.

The ash becomes the soil for new growth. Transformation means to literally change form. The heat of fire to alter the raw ingredients of cooking into something delicious is one of the transformative powers of fire. Applied to your life, it takes a great deal of trust to allow the transformative power of fire to take place.

*What is fire's teaching of transformation for you?*

## ❖ *Warmth*

The soft glow of the candle, the gently burning fire, warm cookies from the oven, and a cup of hot tea exemplify the serene ways fire supports our lives. Their muted fire provides nurturing warmth for the soul as well as the body. Fire's warmth helps you to find peaceful ways to balance your life and nurture your inner well-being.

*How is fire warming you? Do you need to find more balance by adding warmth and nurturing to your life?*

## ❖ *Will*

Fire teaches you the power of your will applied to your actions. Determination, energy and a fixed purpose help you to move forward in alignment with your desires, staying on a focused course. Balance is key with all uses of fire. Misaligned will or the overused will can be harmful or keep us stuck in something that it may be time to let go of. Learning the right use and right time to use your will, in alignment with the divine, is a core fire path teaching.

***Is it time to use more will and determination to achieve your desires? Do you need to align your will further with divine will?***

SPIRIT

*Unified  
Field*





# SPIRIT THE SPIRITUAL REALM

Spirit is your connection to the Divine.

It is the spark of spirit that is you. It is your connection to God/Goddess. The connection to spirit is also where the energy of creation lives.

Your inner connection to spirit is guiding you throughout life to bring your own essence into full expression in the world.

Spirit is the rich substance that flows through and connects earth, water, air, and fire. Spirit enables the elements to hold your world in form in both the outer realm and the inner realm. Spirit is the unseen ingredient when the elements work together in any creation. When you sit quietly in nature or reflect on your inner nature, you can feel the substance of spirit.

## ❖ *Active/Receptive*

Within the world, the active and receptive principles function in co-creative harmony. The way the sun and moon and night and day work in union with one another demonstrate these two principles in motion. You need both, the active principle of the sun providing light for outer activity, and the receptive principle of the moon allowing you time to turn inward and rest. These principles are also known as yin (moon) and yang (sun). Males and females carry both principles within and it is important to learn to inwardly work with the movement of the energies. ***How do you need to balance your active and receptive energies? Do you need more activity or more receptivity?***

## ❖ *As Above/So Below*

We can learn much about our lives by observing the dance of the cosmos. The movement of the sun and moon teaches us about the active and receptive principles at play in our world, and there is much to comprehend about the rich principles of the planets, constellations, and asteroids. If we attune to the great mystery from an archetypal perspective, we can discover much about ourselves. ***What message is spirit bringing you about the As Above/So Below mysteries?***

## ❖ *As Within/So Without*

Both the As Above/So Below and the As Within/So Without views were part of the ancient mystery school teachings. While the As Above/So Below axis represented the archetypal perspective, the As Within/So Without mysteries teach us of our inner world. We are the lens through which all our life is viewed. Our beliefs, thoughts, feelings, actions and our personal connection to spirit are all uniquely ours, and they are the way we see the world. Our outer world will continually reflect our inner state of being.

*How is spirit teaching you through the As Within/So Without mysteries?*

## ❖ *Co-Creation*

Spirit is the creation energy. When you align with spirit to manifest or create, you are working in co-creative union with all that is. Alignment with spirit moves energy into form in ways previously unimaginable. Accessing this energy aligns you with the power of all creation and with the forces of the universe.

*How are you and spirit moving together in co-creation? Do you need to have greater trust that spirit is at work in your life or do you need to take more personal responsibility for working with spirit?*

## ❖ *Compassion*

As you develop spiritually and sustain awareness that everything is a part of spirit you realize nothing is separate from spirit regardless of how it appears in the outer world. Everything is part of the whole, just as destruction of the old is part of the creation process of the new. You begin to see that each individual's expression and path is part of that whole as you gain a deeper understanding of the greater whole. From that perspective, you develop the ability to have compassion for the journey of both others and yourself.

***What is spirit calling for you to hold with greater compassion?***

## ❖ *Creativity*

The creative energy of spirit will express through you in a distinctive way. There are many levels of creativity ranging from the purely artistic forms of painting, music, and dance to the creative expression of your own life. Everyone is creative and creating all the time with each choice of expression made. Even dressing and choosing the food you eat is a creative choice. There are many opportunities each day for spirit's creative expression within us to have an outlet.

***How is spirit calling you to express your creativity?***

## ❖ *Desire*

Spirit brings you to your next level of growth and development through your desires. Your desires are the pulsation of spirit through you. You need to learn to listen to your inner voice around your desires, and not the calling of the outer world. Sometimes your desires are different than what the outer world says you are supposed to desire. Each of us has unique expression, therefore unique desires. The simple act of listening to your individual desires takes courage, and often bringing the desire into being takes you to your next level of personal development. ***How is spirit calling you through your desires? Are you listening deeply to your unique calling?***

## ❖ *Divine Feminine*

There are thousands of names and expressions of the Divine Feminine throughout the world. Isis, Gaia, Kuan Yin, Mother Mary, Tara, Pele, Aphrodite, Shakti, Hestia, and Cerridwen are only a few of Her many expressions. She is often called Goddess—the feminine counter-part to God. In many periods of our story, the divine couple expressed balance as they worked together in sacred union. The Divine Feminine expressions give women and men a way to more deeply know themselves in connection to the divine. ***How is the Divine Feminine calling to you now? What does She want to share of Herself? How well do you know Her?***

## ❖ *Divine Masculine*

In different cultures there are different expressions of the Divine Masculine, God. He is called Osiris, YHWH, Allah, Shiva, Jehova, Vishnu, Odin, Christ, Green Man, and many other names. In many traditions, He is the masculine counter-part to Goddess. In periods of our story, the divine couple worked in balanced expression, in sacred union. The Divine Masculine has a unique expression and is an important connection for both men and women.

***In what ways does the Divine Masculine want to share His expression with you? Do you need any healing around the Divine Masculine?***

## ❖ *Essence Expression*

Your essence, the part of spirit you are, is what makes your life and your creations unique. Your essence is like no other's. Its expression in the world is vitally important. Every flower in a garden brings a unique quality, color, vibration, and essence to the garden that makes up that garden. The same is true in your life. Many people forget that the essence piece they bring to the world is of tremendous importance. It is actually your reason for being, your purpose in life, to bring your expression to the world.

***What is seeking expression through you? Can you feel your unique essence?***

## ❖ *Grace and Trust*

One of the keys in working with spirit is allowing trust and grace to fill your life. Learn to trust in your own inner knowing, the still small voice within, and the unfolding process of your own life.

Grace unfolds as your soul and spirit come into alignment.

It is the Divine fully expressing through you. You can ask for grace to fill you with the precious magic it brings to life as you deepen your trust in spirit moving through. ***In what ways do you need to trust spirit more fully in your life? How is grace calling to you?***

## ❖ *Life Purpose*

Your main life purpose is not a job in the world—it is an expression of your soul as a being. Simply expressing what seeks to move through you and allowing your life to develop is your main purpose. That movement may take you through different jobs, homes, locations and life expressions. The important thing is the underlying energy of your connection to spirit as a way of being.

***What does spirit want to say to you about your life purpose?***

## ❖ *Personal Divinity*

Spirit moves through all things. Spirit is the core essence of every living thing and being—each rock, waterfall, tree, flower, child, person, everything. Knowing that you are a spirit spark and that spirit is at your core connects you to the Divine.

That knowing is your connection to your personal divinity. If you are an expression of spirit, you are a divine being. Your awareness of your divinity raises your inner vibration and connection to life.

***What does spirit want to share with you about your personal divinity?***

## ❖ *Personal Responsibility*

Your personal responsibility in life is your ability to respond to the call of spirit through you and to take responsibility for its expression in the world. You are spirit in form, and in form you are responsible for your own connection to that energy. You work with spirit, not spirit alone, not you alone, but in co-creation together. You are an important part of that equation, and it is your responsibility to heed the call.

***What does spirit want you to know about personal responsibility?***

## ❖ *Power of Choice*

You are given the gift of choice from spirit. You have the power to choose your perceptions, to choose how you are going to interact with your feelings, how you are going to interact with others, how you are going to interact with the earthly realm, and what actions you are going to take at any point in life. Then you have the power to choose something different at any point in time. The more conscious you are of your choices and the intentions behind them, the more your life becomes a direct reflection of that awareness. ***What choices are you making that need more mindfulness? Are you actively using your power of choice?***

## ❖ *Sacred Union*

Sacred Union is the deep connection with the Divine, to all that is. It is the masculine and feminine aspects of the universe in divine harmony. It is the bliss of the full union of oneness and the expression of your individuality. Sacred union is the joining of principles that can be expressed separately and yet simultaneously.

***What aspects of self are being called into union within you?***

## ❖ *Upliftment*

Upliftment is an energetic function of lifting energy. There are many ways of raising the vibration of your life. You can uplift with appreciation by being in nature, by admiring nature, by gently placing your energy under another energy and asking it to be uplifted, by meditation, and so much more. Start noticing what raises your energy and what lowers it. Notice what is uplifting for you.

***Are there aspects of your life that you need to uplift?***

## ❖ *Unified field*

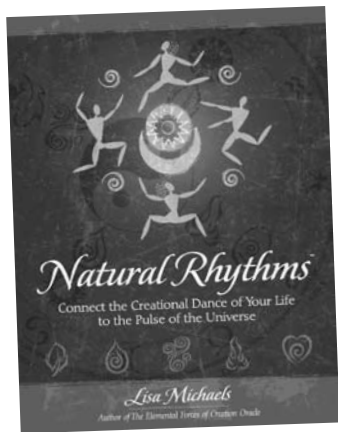
A unified field is where all the elements of earth, water, air, fire, and spirit are working in unity. It is where your body, feeling, thought, action, and spirit expression are energetically aligned. This is the field of awareness that the seeds of creation spring forth within. In is a field of consciousness where all aspects are unified.

***Are your inner elements unified to bring forth your desires?***

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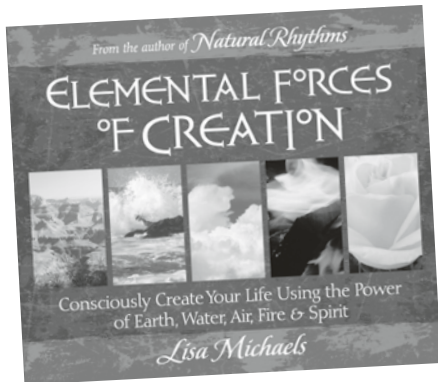
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