



# 5 Elements

## The Basics

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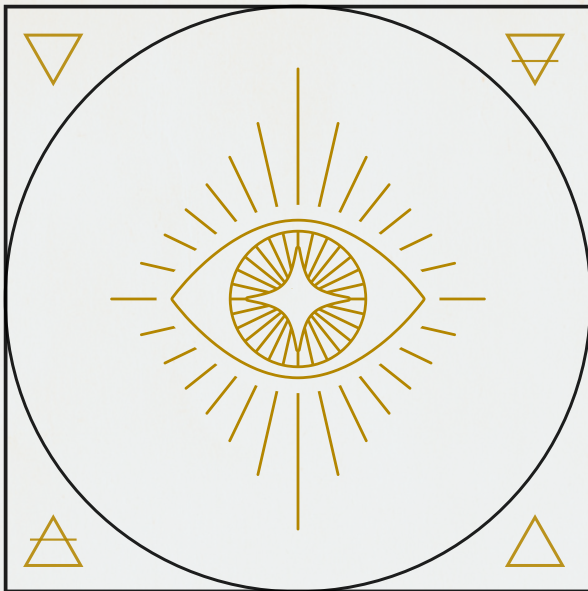
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## Creator

Also known as:

- Eternal, Source, Divine, Life itself, God, Being... nothing yet everything at the same time, life giving force... You. Me. Us.
- It created 4 elements and lives within them
- Question: Who & Why?

## ▽ Water

- Question: Where?
- Winter
- Circulation, all fluids in the body, flow, emotions, feelings, creativity, sensations
- Energy
- Menstrual phase

## ▽ Earth

- Question: How?
- Autumn
- Body, densest layer of reality, everything material
- Matter
- Luteal phase

## △ Air

- Question: What?
- Spring
- Mind, Breath
- Space
- Follicular phase

## △ Fire

- Question: When?
- Summer
- Action, willpower
- Time
- Ovulatory phase

