

4 Elements



Intention

Four Elements is a combination of body awareness/grounding along with positive visualization. While it is divided into 4 steps (the elements), it also can be separated into 2 parts which serve different functions.

Part 1 consists of **EARTH**, **AIR**, and **WATER**. These 3 elements are focused on connecting, soothing, and grounding the body through activation of the parasympathetic (Rest&Digest) nervous system. This by itself can help with movement away from negative experiences, but Part 2 takes it a step further in actually working to improve what is being experienced. Each does this by focusing on a different aspect of engaging this Rest&Digest system.

- **EARTH:** Grounding, body awareness in the present, mindful awareness of the now
- **AIR:** Breath, deep belly breathing in order to stimulate vagus nerve, slow, heart rate, sooth physiological activation, #Rest
- **WATER:** Awareness of saliva glands or activation of early aspect of digestive system (ie. drinking, swallowing, chewing, sucking, ect.), signals further parasympathetic activation in order to prepare for recharging, #Digest

Part 2 is the **FIRE** element. This element is designed to help connect to positive experiences, sensations, emotions, or attributes. This can be done simply to assist in visualizing a Safe (Peaceful, Calming, Relaxing) Place, or it can be used to connect to other positive Resources/Attributes that might be helpful later in REprocessing negative experiences.

Used together, **EARTH**, **AIR**, and **WATER** prepared the system to most effectively activate positive neural networks and form adaptive connections through engaging the Rest&Digest system while **FIRE** focuses on targeting a specific positive neural network to engage and stimulate.

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Intuition



Earth

- **Begin by connecting with the earth and grounding in the now. Feel the solid ground beneath you, supporting your weight. Imagine roots extending from the soles of your feet, anchoring you firmly to the earth below. Look around and notice aspects of the space around you.**
 - [Attention is focused on reality of safety in the immediate present]
- **TAP/WALK-IN those positive feelings associated with focusing on that element.**

Air

- **Now, shift your focus to air and become aware of your breath. Notice the natural rhythm of inhalation and exhalation. Notice the sensation of air entering and exiting your body. Take a moment to do a favorite, simple breathing exercise, or simply inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold for 4 seconds.**
 - [Attention is focused on inner reality and your center]
- **TAP/WALK-IN those positive feelings associated with focusing on that element.**

Water

- **Next, turn your attention to water and focus on the internal sensations within your body, particularly those related to the rest and digest response. Notice any feelings of warmth, relaxation, or ease in your digestive system. Imagine a gentle stream flowing through your body as your system settles and prepared to recharge and rejuvenate itself.**
 - [Attention is focused on the body settling and preparing to recharge itself]
- **TAP/WALK-IN those positive feelings associated with focusing on that element.**

Fire

- **Finally, connect with the element of fire. Visualize a flickering flame glowing within the core of your being, illuminating your inner landscape with warmth and light. This inner spark may represent any specific positive resource of experience; like passion, vitality, or resiliency. With each inhale, feel the energy or openness growing stronger/lighter, igniting your sense of purpose and motivation. As you exhale, feel it start to spread throughout your body and even into the world around you.**
 - [Attention is focused on positive resources in order to the deeper connection]
- **TAP/WALK-IN those positive feelings associated with focusing on that element.**