

With the *Element Balancing Spread* of the **Transformation Oracle Deck**, one can gain insight into the composition of the *four elements* (Air, Earth, Water, Fire) in the Seeker and/or situation at that time. It is a metaphysical “x-ray” of the elements at work in the Seeker. This spread is great for Seekers with no specific questions or those who just want to know: “*What does Spirit want to tell me?*”

Four cards are placed intentionally, and their elements read. One card for each element will indicate a harmonious balance of body, mind, spirit, and emotions.

As earthly AND divine creatures, we are asked to experience all that we can while “here.” In the past, we have put emphasis on thinking and logic—more masculine qualities—while simultaneously denigrating emotion and feeling. Both are a type of gnosis, both important, both valuable.

I created the **Embody and Balance Elements Chart** to help a Seeker integrate and experience each element in their bodies. *Intellect* is only part of the way these cards can help us. *Embodiment* is another way to access the wisdom of these four elements at play in us. Bringing a somatic experience of each element into our body can help connect us to these forces, harmonize their action and restore balance.



If *only one element* is present, for example, 4 Fire cards are revealed, it can indicate a concentration and growth in spirit, with lots of will, passion and masculine energy. There are different ways to interpret this. The Seeker might be burning up with passion, but without Earth to stay focused, Air to develop a plan, and Emotion to give a sense of purpose, it may be hard for the Seeker to move forward. You can use the following embodiment chart to see how to bring the missing elements into the Seeker’s experience or use the chart to identify how to feel the Fire inside, allow it to transform and move on to restore balance.



If a reading reveals a concentration of *3 cards of the same element*, emphasis is in that element: for example, 3 Earth cards with one Water. This may indicate the Seeker is focused on health, relationships, money, home, or other earthly pursuits. They may feel stuck or stagnant with so much Earth energy. They may need to bring some Fire and passion to get things moving. Use this chart to bring a visceral experience to the element you wish to balance.

A reading with *2 cards in 2 elements*, for example 2 Water cards and 2 Air cards, can indicate a double emphasis in emotions and mentation. Fire may be called on to bring transformative energy and/or Earth may be needed to solidify details. Another approach may be to get in touch with the Water and Air inside and help move it along to better open for Earth and Fire to come in.

I hope that this chart will provide some tangible, experiential ways to bring the four elements into our earthy existence, restore balance and serve our Seekers highest good.

With Love, Amber Rose

Element	Balanced	Excess or Deficiency	Body Systems and Chakra	Embodiment Modalities to Restore Balance
<p style="text-align: center;">FIRE</p> 	<ul style="list-style-type: none"> • Purifying • Creative • Energetic • Warming • Passion • Spirit • Transformative • Masculine 	<ul style="list-style-type: none"> • Anger • Negative thoughts • Aggression • Burning the candle at both ends —OR— • Sluggish • Lack of purpose • slow • apathetic • depressed • withdrawn 	<ul style="list-style-type: none"> • Digestion, circulation, metabolism • 3rd Chakra (<i>Manipura/Solar Plexus</i>) 	<ul style="list-style-type: none"> • Yoga- Breath of Fire, Hold poses longer (such as Plank Pose) or increase flow sequences (Sun Salutations) • Meditation/Visualization- Sit in stillness with a soft gaze at candlelight. Allow yourself to feel the light, heat and power of transformation already inside your body. • Stones/Crystals- Fire opal, garnet, ruby • Herbs/Food- increase warmth, circulation, and <i>agni</i> (digestive fire). Ginger, cinnamon, cayenne. Chew well. Slow down. • Other- UV light therapy, sun gazing (with eyes closed!), burn ceremony • Affirmation- <i>I feel my own power and follow my passion. My internal flame is bright and benevolent.</i>
<p style="text-align: center;">EARTH</p> 	<ul style="list-style-type: none"> • Steady • Supported • Stability • Strength • Nourishment • Confident • Reliability • Courage 	<ul style="list-style-type: none"> • Stagnation • Slowness • Lateness —OR— • Untethered • Frantic energy • Pulled in many directions • Flighty • Flakey • Fragile 	<ul style="list-style-type: none"> • Bones, muscles, tendons, joints • 1st Chakra (<i>Muladhara/Root</i>) 	<ul style="list-style-type: none"> • Yoga- Hatha yoga (no flow). Practice stillness and increasing awareness of connection between ground and body in the feet in poses such as Warrior 1 and 2; Balancing poses such as Dancer and Tree Pose. • Meditation/Visualization- Visualize golden threads descending from feet to center of earth, wrapping around the core 3 times. From the earth core, silver threads come up and wrap around feet. • Stones/Crystals- Black Tourmaline, Onyx • Herbs/Food- Mineral rich herbs like stinging nettle and oat straw. Root vegetables. Well-cooked food. • Colors- Brown and green • Other- Forrest bathing, time in nature, bare feet on the ground, listing heavy things • Affirmation- <i>I am centered and grounded. Earth supports my journey in harmony.</i>

<p style="text-align: center;">WATER</p> 	<ul style="list-style-type: none"> • Balanced emotions • Compassion • Imagination • Feminine • Intuition • Fluidity • Joy • Pleasure 	<ul style="list-style-type: none"> • Emotionally unstable • Overly sensitive • “Flooded” with emotion —OR— • Apathy • Indifference • Lack of trust in emotions • Hardened/armored, • Shut down 	<ul style="list-style-type: none"> • Emotions, Heart, Pelvic Organs • 2nd Chakra (Svadhithana/Sacral) 	<ul style="list-style-type: none"> • Yoga- Ujjayi (Ocean) breath, Yoga poses that open the sacral/pelvic area like Butterfly pose, low lunge, pigeon pose, practice stillness in these poses and flow. • Meditation/Visualization- In the shower, ask the water to wash away all that no longer serves you and to connect you to your true center and identity. Use Kundalini chant “I am” with left palm facing heart, 4” away, then move 12” away and chant “I am” again. Move hand back and forth chanting “I am” for 3 minutes. • Stones/Crystals- Aquamarine, coral, blue topaz • Herbs/Food- Herbs that support healthy emotions like motherwort, hawthorn, rose. Watery foods like cucumber, citrus, melons. • Colors-blue and green • Other-Hydrotherapy, clean water intake, balneotherapy, sauna, moon-coded water, solar-coded water, speaking intentions to water, crying • Affirmation- <i>I honor and trust my emotions. My water flows in perfect balance.</i>
<p style="text-align: center;">AIR</p> 	<ul style="list-style-type: none"> • Movement • Fresh ideas • thinking • Swift changes • Intellect • Communication • Imagination • Adaptability 	<ul style="list-style-type: none"> • Scattered, • Confusion • Non-committal • Unable to finish • Unproductive —OR— • Dullness, • Poor memory • Lack of inspiration • Poor communication • Resistant to change, • Unfocused 	<ul style="list-style-type: none"> • Mind, Lungs, Upper respiratory passages nasal and sinus • 4th Chakra (Anahata/Heart) 	<ul style="list-style-type: none"> • Yoga-Pranayama such as <i>Nadi Shodhana</i>. Poses that open the heart and lung space like Bridge pose, Wheel pose and Locust pose. • Meditation/Visualization- Sit in stillness, simply focusing on your breath without changing it. After a few minutes deepen and lengthen your breath as you pay attention to the subtle movements in your physical body that air brings. Notice expansion, fluidity, and flow. • Stones/Crystals- turquoise, mica, lapis, azurite, • Herbs and Food- Support lungs like thyme, coltsfoot, elecampane, eucalyptus, oregano, mullein as teas or as inhalation steams. Raw or lightly cooked foods. • Color-white, silver or rainbow • Other- clean air exposure, aerobic exercise • Affirmation- <i>My head and my heart are beautifully coherent. I embrace the element of air to bring my body and soul into balance.</i>

References

De la Foret, Rosalee. "Alchemy of Herbs." Hay House. 2017.

Fitzgerald, Rees. "Grimoire for the Green Witch." Three Hares Media. March 2020.

Plesch, Heather. "Pranava Yoga Center Teachers Manual." 2019 Edition.

Re, Amina. "Rainbow Body Chakra Portrait." 2004.