

5 elements practice

To help ground, center, orient in/to the present moment

(Bare bones)

Earth

- Feel the earth beneath you, & the sky above you, the space around you and within you
 - Feel the gravitational pull of the earth on the chair/bed/floor
 - Feel the earth grounding you, supporting you
 - Feel your feet contact the floor: wiggle your toes, press your feet into the floor.
 - Option: Stand on one leg for 20 secs with knee slightly bent; watch your balance; feel the gravitational pull of the earth on your body; then switch legs
 - Feel your seat
 - Feel your back, supported or upright
 - Feel your hands resting where they rest
 - Notice 1 thing you see, hear, touch, smell, taste. For all 5 senses, with a childlike curiosity/beginner's mind, notice what you notice as though you are experiencing it for the first time, like you are from a different planet.. Notice one or more things you:
 - See; stay with one thing and notice what draws your attention the most about it; the same for what you
 - Hear
 - Touch
 - Smell (if/as it applies)
 - Taste (if/as it applies)
 - **Notice what you feel in your body as you invoke earth.**
 - **How present are you now, 0-100%**
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Wind/Air

- Intentionally/consciously breathe
 - Do your favorite breathing exercise here!
- Options:
 - Just consciously, intentionally notice your breath. Feel your body breathing. Feel your breathing body.
 - Diaphragmatic breathing: Breathe deep into your belly, inflating your belly like a balloon
 - Option: In through nose, out mouth

- Breathe deep into your belly for a count of 4
- Hold in for a count of 2
- Breathe out for a count of 4 (or more).
 - Option: Breathe out, like you're breathing out steam or smoke. Breathe all the way out until all the air has left your lungs; you may feel a little abdominal crunch at the end
- Hold out for a count of 2, then breathe into your belly again; this breath will likely be deeper.
- Rest; just notice/feel your body breathing
- Repeat sequence above if/as helpful
- [Thich Nhat Hanh breathing meditations:](#)
 - Breathing in, I know I am breathing in
 - Breathing out, I know I am breathing out

In, out

In, out

Breathing in, I follow my in-breath all the way through.

Breathing out, I follow my out-breath all the way through.

- **Notice what you feel in your body as you invoke wind/air.**
- **How present are you now, 0-100%**

Water

- Option: Like a scuba diver, roll your tongue around in your mouth to produce saliva. When we are stressed or otherwise experience anxiety or fear, our digestive system may go offline, causing our mouths to dry up. If we are safe in the present moment, moving the tongue around to produce saliva can implicitly remind us/our nervous system that we are safe and resourced, that it is okay to relax into this moment.
 - Option: Prepare/sip a cup of water or tea if/as available.
- **Notice what you feel in your body as you invoke water.**
- **How present are you now, 0-100%**

Space

- Notice the all-accommodating space around you, and within you. Imagine this space has the capacity to contain and hold any & all thoughts, emotions, sensations, urges, impulses, parts.
 - “You are the sky. Everything else is just the weather.”
—Pema Chödrön

- Notice what you feel in your body as you invoke space.
 - How present are you now, 0-100%
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Fire

- Inspiration, imagination, curiosity, inner-resourcing
 - Invoke/recall/practice inner resources (if not installed yet, we can/will soon)
 - 5 elements (reminder of capacity to be here, now)
 - Container
 - Calm place
 - RDI (resource development installation): 3-in-1 mastery, relational, symbolic inner resource
 - Lightstream
 - Inner Advisor
 - Loving eyes
 - Inner circle of support; AIP (adaptive information processing/pluses per any bad memory, especially people, and anything else)
 - Notice what you feel in your body as you invoke fire.
 - How present are you now, 0-100%
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Space

- Remember:

You are the sky. Everything else is just the weather.
—Pema Chödrön

You yourself, as much as anybody in the entire universe, deserve your love and affection.
—Buddha

There is nothing wrong with you.
—Cheri Huber

Trust in your goodness.
—Chögyam Trungpa