



Gaia and Pi
Planetary Energies
2012

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What are the Elements and why do they affect us.

Everything that exists is made out of energy. We live on a planet that is alive and conscious and composed of four Elemental energy building blocks: Air, Fire, Water and Earth. The Elements we are talking about are 'consciousnesses'. They are not chemical or physical, but are the pre-matter state of energy that all physical forms are built out of. They can be considered as 'Beings without a localized form,' and are often referred to as, the Elementals.

For any form to exist, whether that form is a tree, a building, an emotion, a pair of shoes or a thought, these four Elements are always required. In the human body,

Air represents inspiration and expansion

Fire represents passion and identity.

Water represents peacefulness and merging.

Earth represents stability and security.

When we know which of the four Elements we are most comfortable with or favor, we can learn to identify our reactions to them and thus gain more conscious cooperation and support from the Universe.

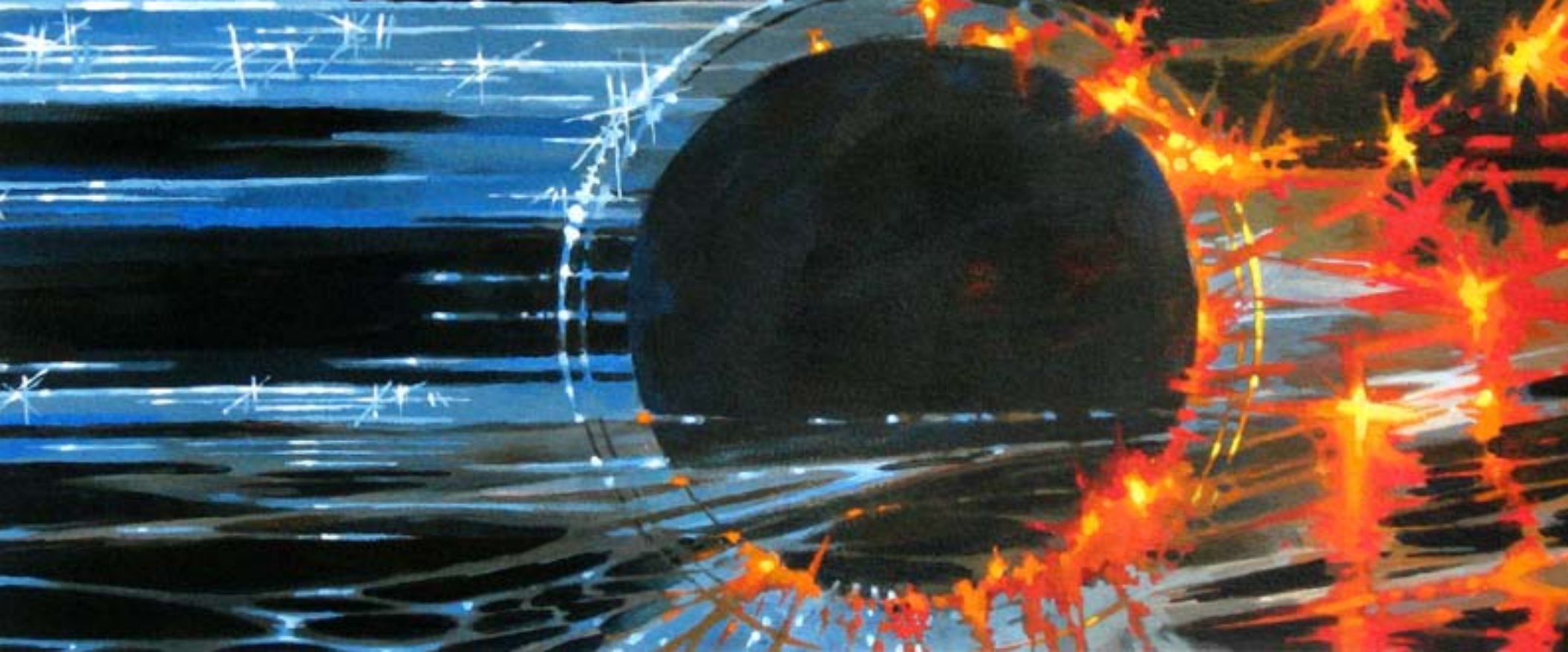
When the four Elements are balanced in our bodies and our energy fields, we feel our best and can live more creatively. We are healthy, grounded, strong, emotionally satisfied, mentally focused, inspired, passionate and stable. This balance does not mean that all of the Elements exist in an even twenty five percent ratio, or that they exist statically, always in the same amounts in our systems.

We are living and evolving beings, so the Elemental energies always change according to the situation. Sometimes we need more Fire Element to amplify personal directiveness and assist in clearing space for self-identity to grow. Or we may need to increase the Water Element for the experience of enhanced compassion. If we are shaky or scared, we create stability by focusing on the Earth Element. By connecting more to the Air Element, we will be able to think clearly and release indecision.

Each human being has a preset pattern containing the correct Elemental proportions for balance in the body. And it is this preset pattern that will help us live fully into our Soul Contracts. We are like walking switchboards, set to respond to our inner and outer environments, and as we become more aware of how each Element, or its absence, affects us, we gain mastery as Souls living within the realm of matter.

Our planet Earth changes her Elemental balance all of the time. One week the Fire Element might be strong, and another week the Water Element will be dominant, and so on. Sometimes Elements pair up and share the stage. How our planet processes these Elemental arrangements affects us directly. If we have difficulty with one particular Element, and the planet happens to be very active in that Element, we might feel fear or frustration during that week. Knowing what is happening Elementally on the planet can teach us so much about our reactions to life. We can then begin to comprehend why we are having unusually strong emotional reactions, or why we are freaking out and not thinking clearly!

The Elements link us to Planet Earth and synchronize our combined and mutually beneficial evolutionary progress. As we learn to balance these Elements in daily life, the etheric blueprint grid of the human body becomes more strongly connected to the etheric grid of the Planet. This body grid/earth grid alignment is the basis for physical, emotional, mental and spiritual well being. We have a responsibility as co-creators of life on Planet Earth, to become more aware of the alchemical power inherent in the balanced mixing of Elemental Energies. This will allow us to express our unique creativity, live from the heart, and heal the pain that has been so much a part of our collective history.



January

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 new year	2	3	4	5	6	7
8	9 full moon	10	11	12	13	14
15	16 MLK day	17	18	19	20	21
22	23 new moon	24	25	26	27	28
29	30	31				

ELEMENTS:	ENERGIES:	WHAT TO DO:
<p>1 - 14: Transparent Blue Air Element frozen in Black Water Element, like crystalline, horizontal layered sheets of ice in a river.</p>	<p>1 -14: The Blue Air Element in frozen transparency creates a vertical “stance” of inner authority, and a sense of being supported by Truth, that allows us to enter the “unformed” area of consciousness which is the Void. The Blackness encourages us to empty out our old restrictive patterns of separation, and merge with the stillness of the frozen Air Element, so that we can learn about, and become, the next level of Truth/Blue that is emerging. It takes Responsibility (centered focus) and calm (smooth energy in the nervous system) to enter into the Black Void, which sustains all forms of Life. The Void is like a Universal Bank. We can only take out its’ “currency” by dissolving the limiting structures of form, merge with ‘nothingness’ and then come back into form, abundantly supplied.</p>	<p>1 -14: Swim at night or float in a sensory deprivation tank (just kidding!). Imagine sitting in a deep, dark, vertical well, and being very still. Focus on your throat chakra and envision it in the color of sky Blue. It can feel scary, letting go of the relative, known safety of form, but it is worth the effort.</p>
<p>15 - 31: More of the Black Water Element is present, but the Air Element is now gone, preplaced by Red-Orange Fire Element moving in spiky, pointed bursts.</p>	<p>15 -31: The Red-Orange Fire Element is the raw material for passion and power or, conversely for frustration and anger. In order to learn how to deconstruct the destructive urges of frustration and anger, (which always means that the ego feels itself to be threatened,) we need to know how to Pause. We need to be very vigilant and alert, as the tendency arises to “agree” with the negativity of frustration and anger. We need to Pause so that our fierceness (focusing of Fire) can shift the negativity into passion and harmonic aliveness. As the spiky bursts of Fire Element become more potent, the stillness of the Black Water Element helps control the strong surges of passion so that they do not become like an out-of-control forest fire. Which will we allow to thrive: frustration and anger, or passion and the focused fierceness to become conscious??</p>	<p>15 - 31: The energy of true passion is always supportive of being in service to Life. When you feel the passion, use it for things that matter to you, maybe exercising, telling the truth, eating more healthily, cleaning out clutter and junk from your home (and mind !) Put the passion to use, otherwise it can turn in on itself and revert back to anger. When we use it well, new neural pathways are created and this biologically-supported “pattern of passion” grows, until we have enough neurons that can carry intense Light.</p>