

## CONTEMPLATION

Did anything stand out for you in this segment? Did you learn anything you didn't already know, or would consider applying in your life and work?

Did one of the Great Elements feel more engaging to you, as if it was *your* element? Were you able to identify where one element is lacking and another in over-abundance in your life? Can you see the same in others you know? Can you see it at work in relationships you see around you? How about in your family of origin?

What clues about the *Secret Language* did you find hidden in plain sight throughout this segment?

## ACTIVITIES

1. We are familiar with everyday things like trees. Maybe we notice them, maybe not. But what if instead of seeing a tree, you could only see elements coming together to construct a world for us? Can you see the Water in the tree? What is holding the tree in its present shape? Who or what said it should be that shape? If you could only see elements, what color is the tree? Where is the air? What part does space play? Where is the element Fire in the tree? Contemplate a tree or anything outside of you until you can answer these questions. Do the same with an inanimate object, or perhaps an animal.
2. We are somewhat familiar with the four elements, but less familiar with Space. We sometimes think of air and space as the same unless we specifically consider prana. What can you do with Space? Where is it? How much of it? Where does it start and stop? Can you feel it around you? Inside of you? Space is invisible and unseen. Its quality is transparency and openness. Can you embody these qualities? Where and when?
3. Have you ever tried to make yourself invisible? So transparent that people have stumbled on you without knowing you were there? Hidden in plain sight? Did you do it on purpose? Can you do it now? Spend a little time in a public place (COVID safe) and intend to become transparent and unseen by the physical world. Was effort required? From where did *effort* arise? Is there a difference between being invisible or transparent, or unseen? Would you find it useful to practice this again? How could you use this skill to assist others? Would it also help Nature?

This is play work. Be guided by the lighter elements and grounded by the heavier ones. See you next week!