#### **ELEMENTAL CELL**

This is my experiment in creating a resource for you to explore and engage with your cellular and elemental universe.

In that first guided meditation to your cells, what did you promise you would do for them?

Take a few minutes each day to connect with your cells, even if it is as simple as being grateful to them for all they do for and as you.

**CELLS R US** 

PLAY WITH METAPHORS.

Be poetic.

Dive deep inside

with LOVE.

## Your Exploration Journal

Writing prompts	
Life is	
My cells	
Cells tell me	
I breathe	
Drawing prompts	
My cells	
Connections	
Elementally	
	DAILY PRACTICES
	Honor the Elements
	BE Grateful
	Connect with your cells

## WHAT DOES AIR HAVE TO TEACH US

Think before acting
Breathe deeply
Each breath is a prayer

Air is in abundance as is our potential.

AIR IS THE CONNECTOR

Innovate ideas that make a positive difference COMMUNICATE
Socialize, share your thoughts

No separation, NO BOUNDARIES
Let go of resistance

### **ELEMENTAL CELL**

### **LESSONS FROM AIR**

Lighten up Be free

EXPLORE DIFFERENT QUALITIES OF AIR TUNE IN TO YOUR INTUITION WHAT DOES AIR WANT YOU TO KNOW?

# AIR

# Physical Matter: GAS, WIND Invisible

We only know it by its effects on other things.

Nature- gentle breeze, turbulence, sky, flight

## The GREAT CONNECTOR

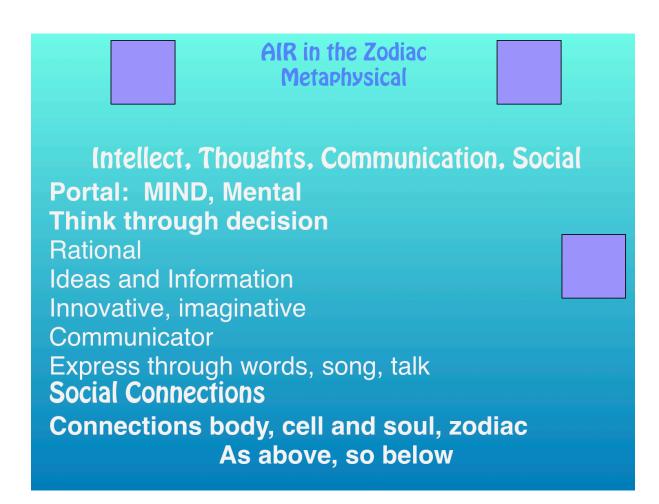
Inside- Outside

Self and Nature

Present and Past

Present and Future

Me and You



# This week HONOR the Element of AIR

WELCOME THE NEW DAY, sun rising in the East Go out in the wind Feel a gentle breeze on your skin

Breathe in your favorite scents or incense SING, Listen to wind instruments, bells Express, SPEAK your thoughts
Connect with others
Exercise your imagination

Sondra BREATHE and feel the sacred gift of breath

## ELEMENTAL CELL