

Connecting with the Power of Earth

ASSIGNMENT ONE – Meditate Earth

Your activity today is to listen and participate in the Earth Meditation that we've recorded for you, found on the Earth Lesson Page.

Feel free to do the meditation multiple times if needed to really feel the connection with the element of earth.

Take some time to reflect and write down what Earth has to teach you.

- 1) Did you notice any physiological changes while you were doing the meditation? (i.e. goosebumps, warmth, aches, pains, digestion, changes in your breathing). This element can make you feel more present in your body, so you may notice more in your body than you normally would.
- 2) You may have found that you were more stimulated in a tactile way by this meditation as Earth is associated with touch. What feelings were most striking to you? Did you receive any messages from the tree?
- 3) How do you feel the element of earth can be used in your day to day life, as well as your magick?



4) Notice throughout the day, the different ways earth “shows up” for you. This could be receiving unexpected comfort from someone in the way of a hug, comfort food or gifts. Instead of ringing in your ear, you may hear drumming sounds. You might notice the trees and plants more than usual, or have encounters with earthy animals.

Have fun today connecting with the element of Earth.

Earth is associated with grounding and stability so you may see or experience those themes in your environment! Go outside if possible and feel the earth underneath your feet (barefoot is best, but if not possible, choose a soft shoe that does not have rubber, as it insulates from the energy of the Earth.) You can refer to the Earth “cheat sheet” to help you recognize the nature of Earth.

