

## This is your Cheat Sheet for EARTH

This is for your quick reference so you can easily look up information about earth.

<p><b>Essence of Earth</b></p> <p>Essence of Earth is feminine energy. It is fertile, receptive, healing, safe and secure. It is the heartbeat of our planet and the energy of being present. Earth keeps us rooted and grounded within ourselves.</p>	
<p><b>Nature of the Element</b></p> <p><i>Nurturing, Grounding, Fertile, Receptive, Silence, Solidity</i></p>	<p><b>Places</b></p> <p><i>Forests, Caves, Fields, Valleys, Farms, Gardens, Parks, Kitchens, Basements, Farmers Markets, Hearth &amp; Home</i></p>
<p><b>Senses</b></p> <p><i>Touch</i></p>	<p><b>Colour</b></p> <p><i>Green, Black, Brown</i></p>
<p><b>Rituals Topics</b></p> <p><i>Money, Prosperity, Stability, Grounding, Fertility, Employment, Protection, Growth, Hearth, Home</i></p>	<p><b>Ritual Forms &amp; Manifestations</b></p> <p><i>Burying, Planting, Growing, Binding, Gardening, Knot, Images in Soil or Sand, Cooking, Barefoot Activities, Gravity</i></p>
<p><b>Natural Symbols</b></p> <p><i>Trees, Stones, Crystals, Plants, Garden, Crops, Caves, Salt, Soil, Mosses, Lichens, Nuts, Acorns, Flora</i></p>	<p><b>Animals &amp; Elemental Kingdom</b></p> <p><i>Dog, Bear, Wolf, Horse, Earthworm, Burrowing Animals, Ant, Cow, Gnomes, Dryads, Gaia, Green Man</i></p>
<p><b>Stones (crystals) &amp; Metals</b></p> <p><i>Heavy or Opaque, Coal, Petrified Wood, Iron, Lead</i></p>	<p><b>Herbs</b></p> <p><i>Earth-smelling plants, Mosses, Nuts, Low Growing Plants, Generally Roots</i></p>
<p><b>Season</b></p> <p><i>Winter</i></p>	<p><b>Time</b></p> <p><i>Night</i></p>
<p><b>Direction</b></p> <p><i>North</i></p>	<p><b>Natural Manifestation</b></p> <p><i>Salt, Clay, Dish of Soil, Rocks, Acorn, Wheat, Potted Plant, Earthenware, Pottery</i></p>
<p><b>Zodiac Signs</b></p> <p><i>Taurus, Virgo, Capricorn</i></p>	<p><b>Tarot</b></p> <p><i>Pentacle or Coins</i></p>

