

Day 8 – Remembering Through the Elements

Theme: Elemental Ritual Connection

The elements are more than nature — they're energy teachers. Today you'll call one in and let it support your healing.

Today's Practice

1. Feel into the elements: Earth, Air, Fire, Water

Which one calls to you right now?

2. Choose One Ritual:

Earth – Sit barefoot on the ground

Water – Soak feet in salt water

Fire – Light a candle and release something

Air – Open a window, breathe, and speak an intention aloud

Reflection Prompts

- What element supported me most today?
- What message did I receive from it?
- Where do I need more of this energy in my life?

Optional Extras

- Create a small altar with a token of that element.