

The Elemental Year

Aligning the Elements of SELF

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Introduction

Within the my coven, Oak and Willow of The Assembly of the Sacred Wheel Tradition we require of our new Dedicants a year and a day's course of study and integration of the components that make our coven and Tradition unique. As part of the Dedicant work, our new members spend several months aligning with each of the 5 Elements of Magick. The fifth month, Spirit, they are asked to write an essay describing their understanding and application of the elements they have worked with during their year and a day. We have found this to be an invaluable tool in deepening whatever baseline of information and understanding the individual has as well as accumulating new experience and newly acquired knowledge of a staple component of all magickal practice. The format of this book is one that will support you as you move through your own year of study of the Elements.

We begin in Chapter One with an overview of the Elements as they are most frequently used in magickal practice. Spirit, of course is the fifth and universal element that is contained within and without the other four.

Chapter Two: *Using the Elements in Ritual*, gives an introduction to incorporating the elemental pentagrams, the quarter elements and some basic correspondences to support and enhance ritual and magickal working.

Each of the subsequent Chapters focuses on one of the Four Elements. The pure essence of that element is discussed; correspondences that may be used and a suggested practice exercise for the specific element is offered. The practice is intended to connect you to the physical nature of the element and how it is expressed at its basic level within and around you.

Within each Chapter the sub-elements contained within the primary one of focus are presented for additional exploration. Every month you will spend some time learning more about the deeper changes within the basic element when you consider it as having another contained within it.

I have used poetry and meditations as adjuncts to this work. Just as the subconscious mind responds productively to the outer stimuli of music, which has been used as a vehicle for healing, transformative work and altered state of consciousness; the use of writing in a specific style entrains the mind in a similar fashion. There is a certain rhythm contained within poetry that is withstanding whether overt rhyme is used or not. The structure and placement of the words upon the page engage the visual stimuli of the mind's eye and expanding the writing into the form of a meditation or pathworking engages less often used centers of the brain in conjunction with the kinesthetic qualities of eye movement, thus imprinting it in memory as well.

I have used the sub-title for the book of: **Aligning the Elements of SELF**. I think of the **SELF** as being the **Self Enlivened Life Force**. It is that part of ourselves that is wholly integrated and in communication with all parts of itself; mind - body - emotion and Spirit. Working with the energies of the Elements of magick and applying them directly to personal growth and experience reveals the mysteries of our inner and outer worlds.

My hope is that you will find this information intriguing as well as useful in practical application. Taking the time to fully engage with each of the elements and their sub-elements will be well worth the effort as you see your personal practice expand and fine tune with the underlying currents that exist in all manner of life.

Blessed Be.

CHAPTER ONE

Overview of the Elements

The Four basic Elements of Magick are Air, Fire, Water, and Earth. Spirit serves as the ever present and fundamental element in the work of spiritual pursuit. The energies and components both at a scientific and esoteric level of the five elements are the fundamental ingredients contained within every structure of our Cosmos. Planets, stars, and all life forms are combinations of all these basic elements. They may have one or more of the elements in dominance, but there is always a thread of connection with those elements that are not as overt that enables the more dominant to exist.

In esoteric and spiritual practice there are five (5) elements of consideration, with Spirit being the fifth. In the study of astrology, Spirit is not attributed to any of the astrological signs; for it is the entire Cosmos itself. I see Spirit as holding the place of Humanity, or those who we are creating the astrological blue print for. In this way, Spirit is contained in all attributes of a person's astrological make-up as our bodies hold each of the five elements within our very being.

Soul's Connection to Spirit

When we speak of the Soul we are talking about the aspect of our consciousness that is brought into the current lifetime and the work of that consciousness. The Spirit is our transcendent and eternal Self. When we call to Spirit in ritual we are calling to that part of ourselves which is eternal and unfettered by time or space.

The Nature of the Elements

At a physical level the elements are all around us in the forms of the air we breathe, the water we drink, the food we eat and the energy that we exert to accomplish a task. When we are at our best as humans, the element of Spirit is at work. They are the components