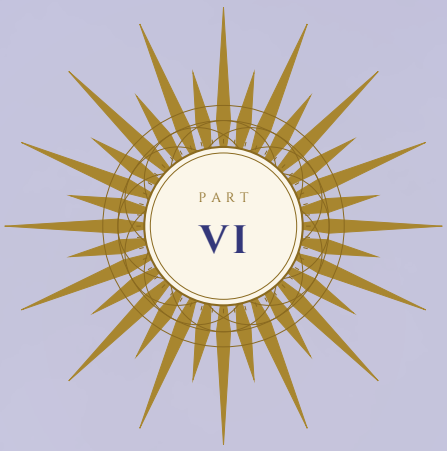


NATURE, HEALTH AND THE ELEMENTS

The elements as they live in nature and in the body — plants, food, and the esoteric view of illness.

IN THIS PART

38 The Elementals
39 The Journey of the Five Elements
40 Plants and the Four Elements
41 Sacred Plants and Planetary Correspondences
42 Foods According to Their Qualities
43 The Five Causes of Disease
44 Diseases and Karma

38

The Elementals

The five elements in nature and in the human being, with mantras, inner devas and bodily correspondences.

THE ELEMENTALS:

The five elements in Nature and in the human being



INTRODUCTIÓN

Nature is populated by conscious and intelligent creatures that animate it. Every lake, river, and forest is guarded by an Elemental Guardian. In every stone, plant, or animal, an elemental creature evolves. Fairies, goblins, and mermaids are some of the names they have received.



These five elements compose Nature and the human being.
Only one who is master of oneself can govern the outer elements.

INTRODUCTION



ÉTHER

MANTRA: HA
PUNCTAS

Correspondence: atomic elements of our ether.

WORK: Transcend and sublimate sexual energy.

QUALITY: Sharpen Light and Consciousness through transmutation.

INNER DEVA: Sudashiva





AIR

MANTRA: YA
SYLPHS AND SYLPHIDES

Correspondence: atomic elements of our vital air.

WORK: Live with lightness and balance; control thoughts.

QUALITY: Detachment

INNER DEVA: Ishwara





FIRE

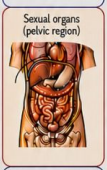
MANTRA: RA
SALAMANDERS

Correspondence: atomic elements of our blood.

WORK: Overcome anger and laziness.

QUALITIES: Patience, gentleness, and serenity.

INNER DEVA: Rudra





WATER

MANTRA: VA
ONDINES AND NEREIDS

Correspondence: atomic elements of our waters.

WORK: Flow through life; live with depth and fidelity, transforming sensual impulses and negative emotions to create holiness within us.

QUALITY: Purity.

INNER DEVA: Narayana





EARTH

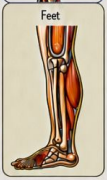
MANTRA: LA
GNOMES AND PYGMIES

Correspondence: atomic elements of our solid matter.

WORK: Relinquish greed.

QUALITIES: Temperance, strength, and willpower.

INNER DEVA: Brahma

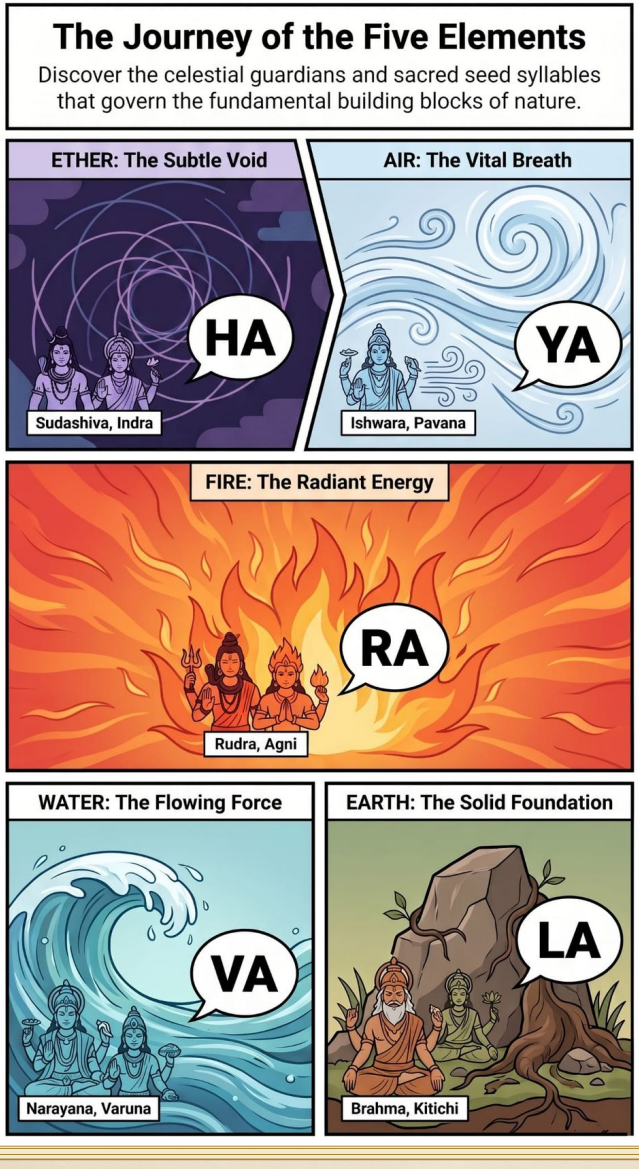


Source: The Feminine Enigma, by Beatriz Marta D'Andreis, disciple of V.M. Gargha Kuichines

39

The Journey of the Five Elements

The celestial guardians and the sacred seed syllables HA, YA, RA, VA and LA.



40

Plants and the Four Elements

Fragrance, taste, colour, shape and volume as the signature of each element. Source: Sacred Plants.



41

Sacred Plants and Planetary Correspondences

Reading a plant's planet from its size, flowers, scent and fruit. Source: Sacred Plants, V.M. Paracelsus.



42

Foods According to Their Qualities

Sattvic, rajasic and tamasic foods, and what each does to our vital principles.

FOODS ACCORDING TO THEIR QUALITIES

According to the Gnostic teaching of
the Avatar of Aquarius, Samael Aun Weor



SATTVIC

100% OF VITAL PRINCIPLES

- Freshly harvested and unprocessed foods.
- Examples: raw fruits and vegetables.
- They help revitalize our energy and support our hormonal and metabolic systems.



RAJASIC

50% OF VITAL PRINCIPLES

- They retain part of their vitality, but contain harmful substances that can damage the body.
- Examples: foods that are very spicy, salty, sweet, acidic, hot, or cold.



TAMASIC

LACK VITALITY

- They encourage sluggishness, laziness, and lack of motivation.
- Examples: industrialized, refined, processed, frozen, cured, and canned foods.



**WHAT WE EAT NOURISHES
OUR PHYSICAL AND EMOTIONAL EXISTENCE.**

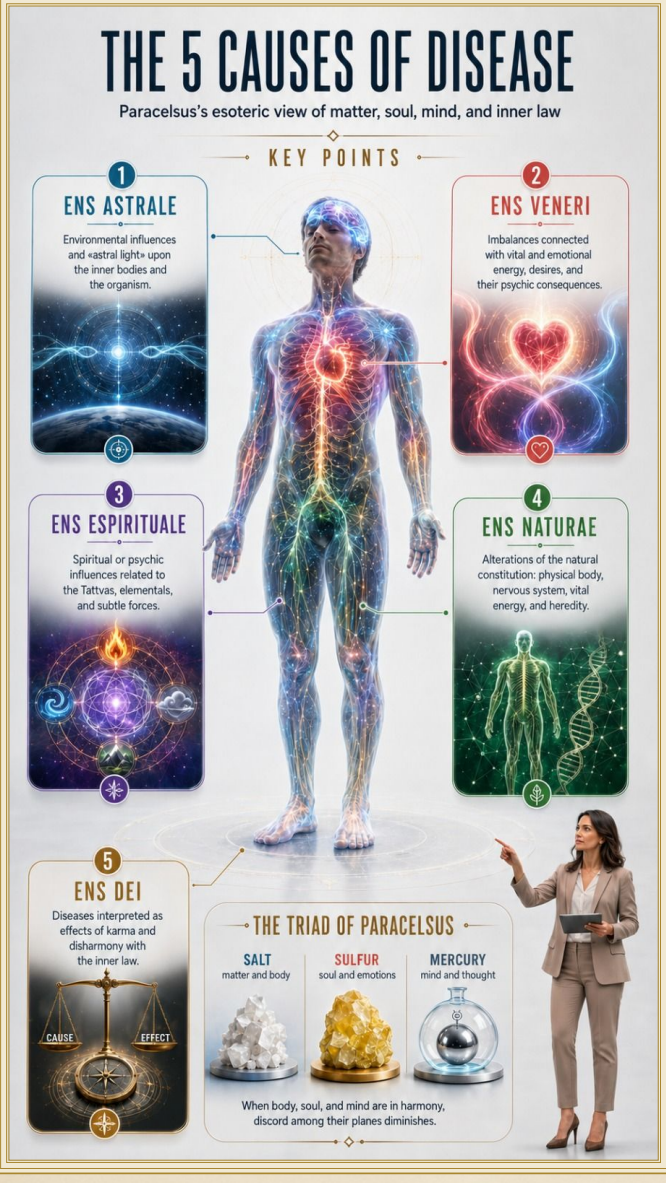
If we want to live a balanced life,
we must take good care of our diet.

SOURCE: THE FIFTH GOSPEL - SAW

43

The Five Causes of Disease

Paracelsus's five □ens□, and the triad of salt, sulphur and mercury.



44

Diseases and Karma

Negative values materialising as illness. Source: Treatise of Occult Medicine and Practical Magic.

