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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

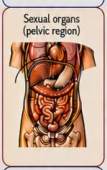
MANTRA: RA
SALAMANDERS

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

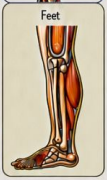
MANTRA: LA
GNOMES AND PYGMIES

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