

A Blessing of the Four Elements

On an altar or prayer space place a symbol of the elements (wind, fire, water and earth).
Pause to consider the reflection questions for each element.

BROTHER WIND:

Turn to face the east. The place of the rising sun, a place of new beginnings.

Imagine the breath of God breathing into you at the very moment of your creation.

Welcome God's life-giving breath into your life.

Ponder where in your life you feel the gift of air. Where are you being invited to greater gifts of possibility? What song are you being called to sing?

BROTHER FIRE:

Turn toward the south, the place of the midday sun, the warmth and fullness of the day.

Feel the heat in your own body, the energising and expanding fire that sustains your life.

Ponder where in your life you feel the gift of fire. Where are you being called to a more passionate response? What sets you aflame with love?

SISTER WATER:

Turn toward the west, the place of the setting sun, of endings and transitions. Become conscious of the element of water. Notice in your body where you feel the gift and flow of water. Feel the gifts of tears, of your emotions, of the time of twilight, of letting go and turning within.

Ponder where in your life you feel the gift of water. Where are you being invited into a deeper surrender?

SISTER EARTH:

Turn toward the north, the place of the midnight moon, a time of reflection.

Imagine God as the potter and you as the clay being formed and shaped.

Feel the gifts of earth: of seeds holding wisdom underground, of roots sinking deep.

Ponder where in your life you feel the gift of earth. Where do you need a deeper sense of grounding?

(Valders-Paintner, 2020, p.141).

