

## NOVEMBER 2008 NEWSLETTER

### THEME: 'The Four Elements of the Psyche'

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SELF TRANSFORMATION  
THERAPY

#### IN THIS ISSUE

Workshop Dec 6<sup>th</sup> 2008: 'A Recipe for Modern Spirituality'

Workshop content in detail

Thought of the week & article: 'The Four Elements of the Psyche'

**Please forward this email to anyone you feel may be interested in this newsletter.**



#### WORKSHOP

### A Recipe For Modern Spirituality Journey Into Your Spiritual Dimensions

**When:** Sat Dec 6<sup>th</sup> **Time:** 9:30am – 4:30pm

**Where:** 200 High St., Lower Templestowe (5 mins. off the Eastern freeway)

**Cost:** \$200 (including lunch and workshop manual)  
(or \$300 for a two-person registration)

Many people seek further meaning in their life, but are unsure where to turn for answers. The predominant spiritual paradigm in the Western world is Christianity, however for some they sense there is another dimension to spirituality which can guide their life.

This workshop will provide a framework for modern spirituality in the Western world. It will draw on well established spiritual laws, as well as esoteric principles, such as those found in Kabbalah. It will also show how psychology and science define the same higher dimensions to life, which brings meaning to the everyday challenges of stress and relationships. It is through greater balance, attained from self-knowledge, that we raise our consciousness.

Registration & payment link: [Workshop Registration webpage](#)

A Flyer can be viewed from the [workshop registration page](#)

#### WEBSITE LINKS

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'Thoughts of the Month'](#)

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Self-transformation  
therapy?](#)

#### WORKSHOP CONTENT

##### Session One:

- Discuss the differences between religion (exoteric) and esoteric spiritual traditions

- Explore the seven hermetic or metaphysical laws that govern all life. (Morning tea)

### Session Two:

- Examine Kabbalah's Tree of Life and the psychological and spiritual truths within it.
- Meditation: Experience The Tree of Life and masculine-feminine balance
- Explore the four worlds and their correspondences through 'Jacob's ladder' - physical, astral, causal and Divine planes. (lunch)

### Session Three:

- Discover the continuity of spiritual evolution through the different levels of consciousness, ie mineral, vegetable, animal, human, spiritual and Divine.
- Meditation - experiencing your evolving levels of consciousness
- Learn how to define higher dimensions of consciousness in terms of self/other:

Self VERSUS other (3rd dim.) survival

Self AND other (4th dim.) intimate love

Self AS other (5th dim.) collective love

Self AS Divine (6th dim.) Divine love. (afternoon tea)

### Session Four:

- Define spiritual dimensions in term of psychology and a little bit of science
- Meditation - experience your 4th (astral-magical) and 5th (causal-spiritual) dimensions of consciousness
- Where to from here? Living with higher dimensional awareness.

NB - Content may change prior to the workshop without notice.  
However, the meditations are vital to the experience and will be given priority

## 'Thought of the Month': **The Four Elements of the Psyche.**



Our psyche requires all four elements to be in harmony for inner peace and joy. We need the element of **FIRE** for passion and energy. We need the element of **AIR** for mental clarity and focus. We need the element of **WATER** to allow our feelings to flow and to flow with the rhythms of our day. We need the element of the **EARTH** to keep our feet on the ground. Then we will have health, peace and vitality.

### **Thought of the Month Article:**

The four elements appear frequently in esoteric traditions or bodies of knowledge, such as in Kabbalah, Tarot and Astrology amongst others. The Earth we live on is made of earth, with the fire of volcanic activity below and the fire of the sun above. It has life giving water and air from which to breathe. Our bodies are also made up of the four elements.

Our physical body is constructed of the Earth. Plants grow in the earth, which is transformed by our life force from food into the substance of our body. We hold fire in the form of our body temperature, maintained by chemical reactions of the earth elements. We need life giving water and are made up of 80% water, suggesting our feelings are very important to our experience. We need air to breathe and can only last 3 minutes without sustaining damage. Similarly, our psyche contains the four elements, all of which need to be present for health and vitality, just as with the physical body.

We need the element of fire, such as a burning desire or passion, to provide the animating force of our psyche. Fire represents the fire of our spirit. Fire purifies, and we need to ensure our passions are not being contaminated by fear or the seeking of quick fixes. Without fire we would have no drive, plodding along, cruising through life. If our fire is dangerously low, we might be a couch potato or depressed, struggling to take actions in our everyday life. Fire in the belly creates movement in our life. It is a driving force to embrace life.

The next element is air, which represents our mental processes. In the physical plane, fire needs air to exist - it cannot survive without it. Similarly, we need clarity of thought and focus to create our plans and direct our intention, to give the fire life. Applying our thoughts provides a framework for our intention to be developed into a reality. For instance, if we desire something, we need to take the time to reflect and plan, while being objective and realistic. Without some time to reflect and plan, we risk going off under the influence of passionate fire, without adequate direction to create anything at all – except a flurry of unfocused activity.

The next element is water – our feelings. Feelings have to flow. We feel feelings in our body, such as the heaviness of sadness, the pressure of anger or the butterflies of excitement. If we do not allow our feelings to flow, then the flow of our passion and mental planning becomes blocked. All of the elements are required. Water can put out fire. If we dam our feelings, the fire extinguishes. Our feelings flow which creates movement, which in turn attract what we need to carry out our plans. The degree of feeling that we can connect to, will drive the synchronicity of attracting all the elements we need.

The next element is earth. While it represents our body, it also represents being psychologically grounded. This means not being carried away by fantasy. Our imagination is a powerful tool to believe and create more in our lives. But it has to be realistic. Ensuring you are down-to-earth provides balance and a checking mechanisms against flights of fancy from the desire to escape reality or seek the quick fix. We all have our learning and challenges. Avoiding them tends to keep us either overwhelmed and stuck rooted in the earth, or trying to avoid reality with flights of fancy.

Therefore, you can assess for yourself how the four elements are present in your psyche by reflecting on the following questions:

**Fire:** How much fire in the belly do you have to embrace life and make it what you want it to be?

**Air:** How much self-belief do you have to believe your desires are possible to achieve and plan with confidence the steps required to make more of your life – your job, your relationships and your happiness?

**Water:** How well do you allow your feelings to flow? Do they dam up and struggle to be felt. Or do they flow so readily that you feel that they control you?

**Earth:** Are you grounded and realistic in what you want. Are you prepared to take action for what you want? If not, what stops you?

With all things in life, utilise the four elements: know what you desire, reflect and plan your steps with self-belief, allow your feelings of confidence and joy to flow, while being realistic and grounded, continuing to attend to your daily requirements. This is an important way to achieve what you want.

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**Disclaimer:** The content of this newsletter is for information purposes only. It does not represent advice for individuals. For individual advice, please see a suitably qualified mental health practitioner.

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