

Elemental



Water • Earth • Fire • Air

Where there is energy, there is life.

The Elements are pure substances but cannot be found as pure on Earth. No, the Elements make up everything on Earth. They are present all around and essential to life. They are the building blocks to all things, inside and out. In high school, students are up against the Elements wherever they go, be it the people they meet or the experiences they face. But the Elements go beyond the physical and the manifest, they are personalities and energy forces. The universe and all its living things were formed by the four Elemental forces or Aether: **Water, Earth, Fire, and Air.**

Water is healing and regeneration. Immerse yourself in it and become cleansed by nature's tears. Thrashed and abashed at sea then find yourself in the eye of the storm. **Water** is transcending into a state of tranquility, allowing you to heal the scars that mar your heart and skin, enveloping you in a warm embrace until you rise again. It is forever swimming against a tide of ever-changing emotions. It is staring into pools of reminiscence that mirror the continuing echo. It is fertility, devotion, and unconditional love.

Earth is stability in times of uncertainty. When the forces of life and mind undermine your strength, find your core center of energy and ground yourself to your morals and values. **Earth** is a nurturing soul: it is the abundance and prosperity of life. Eyes wide open but you dream of the vast possibilities that Earth offers. Earth will ground you and give you control.

Fire is warmth but it is also destruction. It is hunger and passion, anger and impulsivity. Play with fire and you get burned. But set your heart ablaze and accomplish a longing ambition. **Fire** can provide light in a time of darkness, but it could also cause you to burst into flames of lividity and fury.

Air is the vital breath. It is the movers from the East. Listen to the whispers of the winds, they will guide you on your path of spiritual faith. **Air** connects you to the mind, wisdom, spirits, and the soul. It is the transient and intangible, the uncontrollable and raw. It reminds you that there is more to the world than what meets the eye, and likewise, you must grow and change as the world does.

The Elements here to bring balance to the world. Too much or too little of one element can bring great imbalance and devastation to the order of the spirit. Like how Water quenches the thirst of a raging Fire, Air moves the branches of Earth. Much like the art in this book, you see an array of emotions reflecting the experiences of the students: pain and healing, free-spirited and grounded. But at the core of these whirlwinds of Elements, there is poise and equilibrium.

So close your eyes, get a feel for your surroundings, and become one with the Elements.