

Four Element Series

Earth, Water, Fire and Air

” Crystal Tree ”

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represents **Earth** Element. Connecting with **Earth** Element filters, purifies, renews, and gives us great stability. Practice of Earth Breath helps us embody spirit; when we stand firmly on earth crystal light illuminates our being. **Heart Rhythm Meditation** helps to build and direct the heart's energy & empower your heart's desire with the 4 Elements ~ Air, Fire, Water, and Earth. <http://appliedmeditation.org>



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“A diamond must be cut before its
light can shine out.”