

Four Element Series

*Earth, Water, Fire and Air*

**“Lightning Heart”**

by Roxanna L. Butler

represents the Fire Element. When we successfully access the fire within we are inspired & inspiring; our energies rise up and light the pathway forward. You become the torch in the Darkness.

**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.



**One HeArt Designs**

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&  
Celebrate!*