

- Patinkas -

# Elemental Spirits & the Five Elements



## About Elementals

An Elemental is a spirit of nature, embodying four of the five elements of Earth, Water, Air, and Fire. Ether does not have a specific elemental spirit associated with it. All of the five elements are combined in different proportions to make up the whole of creation and all are, therefore, present in us. The energetic essence of elementals is quite unique and unlike anything else in the intangible realms. It is said that they are responsible for creating, sustaining, and renewing all life on Earth.

When we work with the five elements and Elemental spirits, we connect with their realms and associated energies, benefiting from these vibrations and balancing those elements within ourselves.



### Water

Undines are the elemental of water; the spirits of the water world. They hail from the West and their Archangel is Gabriel.

One of the earliest references goes back to ancient Greece and a clan of nymphs called *Oceanides* who dwelled in the waters of the world. Mythology says that they were the daughters of Titan and his wife Tethys. They were well known to sailors and sea farers as generally benign spirits who could be called on for safe passage in troubled waters or to aid in navigation. To cross one, however, was to be avoided at all costs, as their wrath could whip up a destructive tempest. In European folklore, Undines were said to be the itinerant spirits of bereft women; wounded through unrequited or lost love.

Undines are, however, beautiful, ethereal creatures; encapsulating the energies of the sacred feminine with the essence of water. The look after all aspects of water on our planet and are linked to humans via our emotions. In nature, they are the embodiment of water and dwell within all its forms. When you interact with water, you are interacting with the Undine elemental and all their energies. They can help create emotional harmony, balance and freedom, can help heal love hurts and wounds and can also assist in times of transition where we feel uncertain of an outcome by helping us 'go with the flow'; accepting change instead of resisting it.



### Air

Sylphs are the elementals of the region of Air. They hail from the East and their Archangel is Raphael.

The name Sylph comes from the Greek word *silphe* meaning 'butterfly'. As with the other elementals, Sylphs are the fabric of their domain; comprising the very content of air itself.

Working with Sylph energy; the energy of air, promotes a deeper connection to life. A respiratory problem may represent difficulty taking in the breath of life; repressing our enjoyment of or full interaction with life. The Sylph energy can help us with physical issues connected to air or breathing, they can enhance our inspiration (reach for the 'skies') and can help communication by assisting with a free-flow between subjects and can also aid mental clarity by clearing mind 'fog'. Sylphs are the medium for all such things. They are also said to have the highest vibration of all elementals.



### Fire

Salamanders are the elementals who rule the element of Fire; hailing from the South, their Archangel is Michael.

Although it's typically accepted that Salamanders take on a lizard-like form, they are no relation to the amphibious salamander. Legend tells of Salamander elementals dwelling in volcanoes and when quiet or dormant, all was well in their realm; the opposite being true at times of volcanic eruption, where this spirit's lava tongue burnt and cleansed all within its reach.

When we connect with the Salamander energy, we ignite our own creation and thus our personal power. Working with this elemental helps create a balanced connection between the physical and spiritual and fosters an acceptance of all that 'is'. Power and balance are the Salamander's keywords, so when you need an extra boost, this is the elemental to call upon. Perhaps to start a new project, or to help energise an existing one, to assert your own personal power in a balanced way and to energise your Solar Plexus.



### Earth

The Earth realm is governed by the Elemental spirit the Gnome. They hail from the North and their Archangel is Ariel.

The word Gnome has two possible derivatives. First, from the Latin word *gnoma* meaning Knowledge. The second, *genomus*, also from Latin, which means Earth-dweller. Both are true of this elemental spirit as they are the earth-dwelling, knowledgeable guardians of Mother Nature.

Legend tells us that there are armies of Gnomes who ensure the stability of the Earth. They are bright, brave, diminutive spirits that dwell underground and are intrinsically linked to all natural treasures that lie beneath, like metals, minerals and gemstones. They are said to be able to move through earth as easily as we move through air.

Gnomes correspond with all aspects of the Earth; from the physical ground beneath our feet to metaphysical grounding. As symbols of the Earth, working with the Gnome elemental promotes stability, grounding, physical strength and rooting in the present. We thank them for allowing us access to some of the gifts they guard for Mother Nature (such as crystals), call on them to help our gardens and growing endeavours to flourish and can invoke their strength, protection and stability when needed.



### Ether

Ether, or Quintessence as it is also called, does not have a specific elemental spirit. Ether is what's present between the spaces not filled by the other four elements. The space between spaces. Conversely it is also the space which the other four elements fill – ether creates the space for them to fill.

The fifth element, Ether, takes its name from the Greek, *aether*, meaning 'pure essence' or 'clear sky'.

It is the Universe or Heaven and is an expression of life and consciousness. Working with its energy, either through its symbol (as on the *Elemental Stones*©) or Platonic Solid (dodecahedron) can help raise your vibration up, to facilitate connection to your Higher Self and the Source. Ether is omnipresent with no form, boundaries or limit. It is the bedrock from which the other elements are formed. It is stillness and oneness. The quiet and undisturbed mind is the expression of Ether in us. It is this state that we try to attain through meditation.



This final symbol represents a combination of the Five Elements, 'All'.

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#### The Elementals

The balance of nature is maintained by the four elements, Earth, Water, Fire, Air. A gnome (earth) is offering Undine (water) a precious stone of which he has many, having delved deep beneath the earth to collect. The Salamander (fire) watches over them both as the Sylph (air) drifts timelessly above them surrounded by whirling leaves, blossom, birds and butterflies. Together they unite to ensure that all the forces of nature combine to bring stability to a world that will survive despite Mans' meddling.

*Josephine*

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