



## Video Transcript

### Work With Elemental Energies Fire, Water, Earth & Air

Hi, my name is Colleen McCann, and today I wanted to share with you about working with the four elements, earth, air, fire, and water. And the best way that we can get started with this information is to talk about the shamanic medicine wheel. And we see the use of the shamanic medicine wheel all over the world. Anywhere that there's a shamanic practice or culture, we see the use of this wheel. You can see that with Native American and Peruvian shamans, Celtic shamans, Korean shamans, Hawaiian shamans, everybody has their own take on the medicine wheel. Now, what we do know is that we honor the four directions when we talk about the medicine wheel, north, south, east, and west. And within every single one of these traditions, there are animal archetypes, certain gods and goddesses, trees, herbs that all represent each single direction. The other thing that's important is that the four elements come into play as well, which is where I'm going with this. So the tradition that I'd like to speak to today is the Peruvian shamanic medicine wheel. And the reason I'm choosing to do that is because I've been fortunate enough to study with the high mountain shaman's and the great Inca nation of Peru. And I want to share with you what they've taught me about working with the elements and the shamanic medicine wheel. And as you can see, we're sitting by fire. And we're going to start with the element of fire and the direction of the south. And I want to talk about the archetype and give a little storytelling and what kind of happens when we talk about the direction of the south and working with fire. In the direction of the south, we see the archetype of the snake or known as such a mama. And in this direction. We are working with the energy of snake.

And what do we think about? We think of snakes. They are shedding their skin. They're helping us transform to let go of what no longer serves us on our path. And when you, as they say, walk the shamanic medicine wheel, you start in the direction of the south, which is why we're starting this educational video in the South next to the fire. And I wanted to show you something you could do in your home in each direction with each element as we walk along the wheel together. So in the direction of the South, we are working with fire as it resonates with South energy and snake energy. And so I have a tarot card here that I took from my altar that was ready to get burned. It's the full moon, so it's also time to release that. This is going to be a quick little ceremony for me. It's just paper, biodegradable, totally okay to go into the fire. And oddly enough, we see another animal on here that's also associated with transformation, which is the butterfly. So I think this has a lot of excellent energy as we talk about fire. We talk about the direction in the south and what we are going to release. So I'm simply just going to take a minute, connect with the energy of releasing and transformation and coming out of that cocoon and walking farther along on my path and I'm going to release this into the fire. And we're keeping the grade up because we want to be very aware of fire safety in the home.

Oh, it's chatty. Did you hear it popping?

That's when you know the magic is working.

Okay, so stay tuned. We're going to head into our next direction, which is the west, and work with the element of water. Well, here we are in one of the innermost sanctums of the house, the bathroom. And as we walk along the shamanic medicine wheel and continue to work with our elements, we are now in the direction of the west, And the West relates to the element of water.

And when we sit in the West or work with the energy of the water, some things that may come up are working with our ancestors, any ancestral trauma we may carry. And of course, our emotions. And it's pretty wild.

We know scientifically that water can hold thoughts and emotions as well.

I wanted to give you a very simple ritual you can do when working with the energy the West and the energy of water. You can absolutely get in your shower, no problem. Run your hands under water. That's another way to work with water. but I decided to go bigger, go home today, and filled up the tub. And I mean, I don't know about you, but like, I've definitely had an ugly cry in the tub when I've had my period or broken up with a boyfriend. And when I get in the tub in that way and my emotions are flying high, I always like to add Epsom salts to the tub because we know that salt is an incredibly purifying energy and helps to suck things. pulled out by the salt and let it go down the drain and be released through the water. Epsom salts, you can get those in two -pound bags at your local drug store, and all you need to do before you hop in the bath is sprinkle it in, saying an intention if you like.

And we'll let that dissolve for a minute, and then hop in the tub. So we left the warm, womb-like feeling of the West in the bathtub, and we're out here on Gaia goddess land at a very special tree called the Four Directions. Exactly what we've been teaching today. And you can see each one of these trunks stems out into the north, south, east, and west. So we found it very auspicious to come out here and shoot with this magical tree. And I'm sure you're probably wondering What the heck is on the tree? Well, we have Tibetan prayer flags. We also have herb bundles. You see a dream catcher. And then also chimes. And all of these things in different traditions are helping to bring offerings, bring gratitude, cultivate prayers. And then the beautiful wind you're hearing from the chimes is helping to take that all up into the universe and go where it needs to go. So we are here with the direction of the north, which is Siwar Kente or Great Hummingbird. And Hummingbird helps us hone our intuition to make choices from a place of our own inherent intuition and helps us just like the hummingbird, not just stop at any flower, but the right flowers that we need on our journeys in life. And what I wanted to do is also talk about the element of Earth while we're in the north. And it's really interesting. Like, why are we talking about a bird when it comes to Earth because birds are up in the sky? Well, it's believed the more grounded you are, the stronger your tether is to Earth, the higher you can soar, the higher you can fly, the farther out you can go to reach information for yourself out into the cosmos in the greater universe. So we thought it would be great to come out here and leave offerings, right? So we're offering to the earth, the actual literal earth here at the base of the four directions tree. And we have a couple offerings. I've got one in my pocket and this is This is just me being a good earthkeeper. We did a really great video on smudging earlier today. So if you haven't checked that out, give it a look. I have some wooden matches here, Palisanto and cinnamon that got used in the video. And instead of throwing this in the garbage, this is absolutely biodegradable, compostable. We're going to bring this out to the land And just said it here, and Mother Earth will take it when she sees fit. And the other thing I have here, which you're probably wondering, all those beautiful colors and this bowl are, we have lemon grass, we have rose, and we have camomile in here. All of these things have their own meaning. And we're going to take this and leave an offering and just say Thank you to Mother Earth for having us. Thank you to Gaia goddess for having me on this special land. Thank you for this tree, for its shade, for its deep roots. Thank you for the stability it brings. And thank you for this beautiful day we got to share together. It's very common in many, many spiritual and energetic traditions to leave offerings to the earth. When we think about Gaia or Mother Earth, there's also, when we're out in the trees here for those that follow lineages that believe in fairies, that those offerings are also going to them, the spirits of the trees, the spirits of the animals that live in the forest, the spirits of the

leaves, the spirits of the grass. All of that is enlivened, and that's why we leave these offerings to them for the relationship that we have with them. Okay, I'm getting a little bit chilly -willy. Let's go back inside and head for our last direction, the east.

Okay, well, I am glad to be back inside. It is a little frigid out there. And we came back in to talk about the last direction, which is the east, which has to do with air. And the animal archetype in the medicine wheel that is associated with this direction is Eagle. And what we know about Eagle, the medicine that Eagle offers is to look at things from an Eagle's eye perspective with very big pictures in mind. We want to look at our whole life, our whole existence.

Imagine you are in an airplane at 15,000 feet. And that's how you're looking down at your life. It's very different than where we started today when we think about the energy of snake in the south, where we're looking at all the minute details in life. This direction, we want to look at the great big picture. That's why the direction of the east is also associated with the ideas of the cosmos, universe, oneness, God consciousness.

open your windows or doors. This is done every day in Germany no matter what time of year and we know it can get pretty icy there in the winter. And what we're doing is allowing that fresh energy to come in, especially if you live somewhere where it's cold in the winter, it can definitely feel a little stuffy in the house.

So this is just bringing in beautiful, fresh energy. You don't have to do it very long. Just, I don't know, maybe if you can make it five minutes, and I guarantee it's going to shift the vibe of the house and shift your vibe as well. I hope all of this information about the medicine wheel and the four elements have been helpful for you, and I look forward to seeing you on another guy I got his video.