



Video Transcript

Movement For Elemental Balance

Hello and welcome. My name is Alisa and I'm honored to guide you today in a dance meditation practice for elemental balance. What I mean by elemental is that we're going to connect and tune in and listen and balance the elements within our body. So the elements of earth, water, be moving our bodies and dancing around the space. So if you need to clear some space in your home, take a moment to do that now as well. You can pause this video and meet me when you're ready in a seated meditation posture. So taking your seats, balancing the weight between the right and left half of your pelvis, and centering the crown of your head over your pelvic floor. Allow your palms to simply rest on your thighs and closed your eyes. Before we adjust anything, just begin to observe What element you feel the strongest in your experience right now? Is it the fire? Is it the water? Is it the earth? Is it the air? Or is it the element of space. Trust your body, trust your experience, and listen, which element is the loudest, the most present, the one that needs balancing. And through our guided dance journey today, we're going to explore cultivating and creating this inner balance. So to go a little deeper, we're first going to start by connecting with the element of Earth. And I want you to imagine roots growing from the base of your seat down through

the soil beneath you, down, down, down, all the way down into the center of the earth
feeling the support the steadiness of Mother Earth of Gaia beneath you
as we connect to the element of earth relax your bones let your elbows be heavy
let your jaw relax and
let your connection to the earth align your spine
Rising a little bit higher with your roots deep in the earth, I want you to bring
your hands to your womb. And let your womb just relax into your hands.
Your watery womb, the space of the waters
and the wisdom of the ancestors.
And listen in, tune in to the water in your body. Literally 80 % you are made 80 %
of water. Feeling your own waters.
And what would bring balance to your waters?
Good, moving your hands up to your solar plexus, the space in many traditions that
is associated with the fire element, which we'll connect to a little bit later.
And in this place, in this moment, I just want you to meditate on the element of
fire. How is your fire today?
Is your fire too hot or too quiet. Where is the balance for you?
Bringing your hands up to the lungs, to the heart, to this place of the air,
taking a few deeper breaths. Again, connecting with the air element and listening.
What is the balance of air? Are you feeling airy, spacey today? Do you need more
Earth? Or do you need a little bit more lift and lightness and joy and play and
imagination in your life?
From air, we expand up into the realm of space, opening the arms, making space from
the inside out, reaching up, and connecting to the sky, to the place of infinite
possibility and wonder. What is your relationship to space?
Where can you make more space inside and out in your daily life?
And with an exhale, join your palms above your head and allow the hands to move
down and rest at the center of your heart,
inviting this prayer for our day.
really more of our earth, grounding, connecting practice. And now we're going to
start to get to move our waters,
to get our creative juices flowing. So I want you to just circle your right ankle
four more times.
Good. Circle the left.
Start two.
Move like water,
starting to circle your hips.
Good, four more times, let's lift the arms
and press the arms down.
Good, fluid movement to the left. Fluid movement is one of the most healing ways we
can move, lifting your arms.
Let your dance itself be a prayer for the balancing of the water element in your

body.

Start to swim through the space, through the water all around you.

How fluidly can you move your arms, your breath?

We live in a very linear world,

a world that asks us to be more like metal than water. So awaken your water.

Water can be soft and flowing,

or water can be strong and powerful. Where is the balance for you in your water,
your expression of the water?

Head and neck, bring in your head, your neck into the flow,

Finding circles, spirals,

how does water move?

Just another minute or so. Where else can you bring more flow?

More water intelligence.

Where have things dried up in your life? How can you nourish it with the movement
of water? Water is life.

Following the tides, just like the ocean, the tides of the breath.

Good, letting the water settle, noticing what you learned about your water today. As
we move into the element of fire,

so as that ancestral drum comes in, start to move your hips,
start to awaken The fire.

Fire is our power, our strength, sometimes our anger.

If there's any frustration in your life, in your body, move it through. You can
punch the air, punch a pillow, stomp your feet,
make some primal sounds. Ra!

Let your anger, let your fire through.

We're often afraid of our anger, but anger is a very life -affirming emotion,
and we need our fire.

If there's too much fire in your life. Practice maybe a softer flame.

What is it like to have a softer, more contained fire? How can you use your fire,
channel your fire in a balanced way?

How does your fire need to express today?

move like fire giving

thanks to the fire for its warmth for its heat for its light for its wisdom

Beautiful, one more song to dance with the fire.

On our journey of elemental balance, what would you like to offer to the fire
through

your dance. Release it, offer it up, connect with the fire.

That's it, keep going, just keep moving. Don't think, just step your feet.

And if you're working on turning up your fire, let it really come to a peak, let
it through if you're working on containing your fire or balancing your fire.

Practicing rooted even as the music intensifies.

What's left for the fire.

And once again, starting to listen to where the balance is for you with your fire.

What does it feel like? How does it move finding
a shape? a shape of reverence for the fire,
for the heat,
fire of inspiration, purification, transformation.
We know that there can be no fire without air.
So beginning to connect with the air element,
with your arms, extending from the heart to your hands, your wings.
I don't
know.
air
needs to be balance.
Letting your body fold and fly,
finding your authentic expression through the element of air.
listening for any other messages the air has for you.
thanking the air for all that was shown and revealed as
we shift into our final element of today's practice, the element of space.
I invite you to soften your knees, join your palms together in front of your heart
and as you inhale lower your hands reach your arms all the way up open the heart
as you exhale round the spine join your palms again in front of you bring your
thumbs to your forehead inhale four more breaths rising up linking the air element
with the space element exhale
three more breaths inhale take up space expand beyond your edges fly exhale round in
get really really small
inhale rise expand reach into space and exhale explore how small and contained you
can be
one more breath inhale stretch expand reach into the space around you and exhale
round your spine
good coming up to stand in neutral stand tall turn your palms to face forward and
bring your feet underneath you a little bit
and now simply attune to the space within you feel your inner space the quiet of
the body and all that has just shifted inside of you and your elemental balance as
you become aware of the space within also feel the space around you and remember
that these two are not separate as within so without feeling
yourself as part of the whole the universe is within you
element showed you the earth the water the fire the air and the space where is the
balance for you at this time in your life where is the balance for you today and
with gratitude for each element and the wisdom of gaia gently bow your head to your
heart giving thanks for this practice giving thanks for your body and giving thanks
for the wisdom of the elements