



Video Transcript

Exploring The Elements Through Yoga

So one of my favorite ways to play with magic in my body is to invoke and feel the elements in my body. And this is what I consider body-based magic. I'm going to talk about four elements. In some systems, there are often more, but we're going to cover basics today. So we're going to talk about Earth, water, fire, and air. And there's going to be some movement. I want you to take this practice and make it your own. Remember that a principle of magic is that if it's real to you, then it's real to the universe. You're the one who's in charge of that. So make it relatable to your body. So you see me on the floor because I want to start with Earth first. I also want to tell you before we start the moving part, you don't have to do anything that I'm doing. I am demonstrating for you how these elements come into my body and how my body wants to express them. I highly encourage you to make this practice, not only about what feels real for you, but what honors your body's needs. There are some things that I'm going to be able to do that some people can't, and there are going to be some people who can do way more than I can in my body. So there is no judgment and there is no standard. Also, make this fun. If you want to use music, music is one of my favorite ways to play with the elements. So bring in that for yourself. But because this is foundational work, I wanted to show it to you in the simplest and cleanest form. So I'm starting on the ground. We are going to talk about earth here.

There is no limitation for how you can invoke, feel, and use the elements in movement work. But I like to have it be a clear representation in my level shifting of how the elements come up for me. So when I'm on the ground, this is the easiest way to relate to the earth and I can very much feel stable and steady. Why? My feet are on the floor, my bum is on the floor, my hands are touching the floor. So I'm giving myself a

lot of physical feedback about where I am in space. And that feedback right now is telling me, I'm not really moving much. I am steady. So if I'm ever feeling stressed and chaotic or like I just can't get myself centered, boom, hit the floor. Another way that I really like to feel the earth, Often people will lie on their backs. Think about shavasana and yoga. But I love the idea of breathing into the earth and feeling my belly supported by the earth. Now I'm indoors, right? But this is magic, so I can use my imagination.

So you can go full face on the floor.

Or This is great too. Anything where you're facing the ground is going to feel really steadying and nice, at least for me.

I sometimes need to feel stillness in order to get my thoughts in order and to feel like my emotions aren't taking over and throwing me off center.

You can add movement to the...

solid, they are so strong. And once you start identifying those elements in your physical being, again, in a way that feels real to you, it doesn't have to be your bones. It could be something else. What feels good to you here?

Once you have the earth element and you're stable, now you can start to play. And you're going to see me get really playful here, because I'm going to start to move into the water element. So I'm now also doing a level change.

I was sitting on the floor, and now I'm going to kneel. I will be both here and kneeling in this position. This is going to give me movement options. When you think of water as an element, what comes to you. What do you start to visualize?

Do you see oceans?

The rain? You know what I see? My blood.

My cerebral spinal fluid. The lymph that helps my body to cleanse itself.

Those are just some of the ways that water can be represented in your body. Get really creative. But I want you to see how water starts to move. And I've worked on this element a long time. So if you start this practice and you're like, wow, I'm really great with fire, but I can't feel earth.

That's fine. Some of us come to this practice already deeply connected to certain elements and some of us have to work on them like I do with my relationship with water. So I want you to see here that I'm making my movements really fluid and very sensual. Water often represents the divine feminine.

And you see how slow I'm going. That's so that I can tap into that sensuality while I still have that earth element present. I'm slow so I can feel the earth underneath my hands.

And I can feel it underneath my legs and I'm stable and I'm working through my spine.

And then once I want to get really much more intense with it. The more athletic it gets and the more I warm up my physical body, that's when I start to invoke fire. So I'm going to slow it down a moment just so I can stay in more of the earth and water place.

Child's pose is one of my favorite positions to feel that in.

And then from here I can start moving a little bit, like the water's flowing through me.

And then as I start to make it more expressive and larger than a low plant, I can start going into fire. And this is where the level change becomes quite evident in how we start to move into the other two elements. Once I'm in fire, I'm starting to use more of my physical body. So I'm literally warming up.

You might feel yourself get hot. You might feel yourself get sweaty. If you need to slow it down and pull in other elements, come back to the ground. But now I'm going to show you how fire can be invoked. I love fire.

Fire is easy for me. So I really enjoy feeling my strength in my legs.

Anything that uses my legs, I'm going to get really warm, and then I can feel my core activating. I love to kickbox. That's a fiery practice.

So think of movement practices that Give you movement options.

This is where your breath is really important.

Check out Warrior 2. A classic yoga pose. I like to think of yoga poses as a form of technology and exploration for body magic. And of course, for breath.

When you work with fire, it's very focused and direct. I'm taking that element of heat that I'm starting to bring up into my legs and I'm pushing out through my hands. So now this brings me into a big energy element, right? I can use the energy in this practice.

And where does the fire exist in your body? We already talked metabolic fire, core and breath, and anything where you start to get warm and one of my other favorite fiery poses, it also uses Earth is goddess pose like Kali.

Very directed, very fiery, very grounded. But now I'm up here. Ah,

What element do you think we have left to experience? Air. And air is about being playful and reaching up to the sky. And this is also why I use elements in my practices so much. Sometimes I'm stuck indoors. And I want to feel like I'm in nature. And this is where I can really bring in that playfulness, and invite in imagination.

Lifting myself up almost like I'm floating, and then it starts to spark creativity.

When you're in your air element, you start to bring up spontaneity and fun. It's not as intensely directed as fire, right? You can use your air element.

And where does that show up in your body?

Breath, right? But also your voice. And they can combine these elements, like breath can be air and fire. Moving like this helps me to reach up into the sky, see how my foot is coming off the floor? Like I really want to connect to the heavens, but then I can drop down and always remind myself that I have the earth to support me and I can spring up from that. Pliometric exercises are very airy. Thinking of when you're jump roping, which is very fiery too.

So when you do a yoga practice, one of your regular known namaskars, we actually cover quite a bit of the elements.

So start identifying for yourself.

Next time you start moving. In any way, what elements you're invoking and which you

would like to relate to in your physical being. The better you get at this, the more magic you'll get to create. Thank you for playing along with me.