**The 5 Meditation Elements to Help You with Your Practice**

Staying centered during meditation can be a bit of a challenge considering the chaos that surrounds us in the world. Reacting to the external chaos and other events that are beyond our control can lead you to have feelings of fear and anxiety. Using the following five elements during your practice can help to relieve fatigue in both your mind and body and will assist you in connecting yourself to the universal flow of energy. This meditation technique acts as a building block to the universal flow of energy and all material existence.

## Space

An expansive and empty element, space represents no resistance. It is the source of matter and allows growth and change to happen. In meditation, space signifies the space of your cells, breath, and thought. Space is the container for all the other elements and the source of intuition and wisdom from the universe.

## Air

Air is a movable, dry, light, and dynamic element. It represents the potential of motion and empowers the ideas and goals with its flight. Air is viewed as the wind externally and as nervous impulses, circulation, and movement of breath internally. It represents a channel for clear communication and self-expression. It can influence your ability to act from a place of love and compassion, and when it is out of balance, jealousy can occur.

## Fire

A hot, intense, powerful, and transformative element. Fire is viewed as fire or the sun externally, while internally it is viewed as the element that drives cognitive processes and digestion. In meditation, it brings confidence and courage, drive and creativity. In excess, it can manifest as hatred or anger.

## Water

The element, water, is seen as flowing, movable, smooth, and cool. It can also be represented as a solid as it connects, nourishes, transports, and provides protection. It provides the ability to flow, adapt, avoid unhealthy attractions, and act selflessly. Water rules the blood, and other bodily fluids, as well as "cold" medical conditions like joint pain.

## Earth

A heavy element, earth is stable, rigid, solid, and constant. Earth represents all the solid matter and structure of the universe. It gives the human body its form including all the creation. It is grounding and calming and keeps the ego in check. It is the energy of bones, tissues, and muscles, and represents “hot” illnesses like an infection.

When it comes to using the elements in your meditation practice, take your time and begin to observe the area around you. The more your attention shifts to explore these elements the better you’ll start to understand and connect with the universe.