

## **Directional Elements and Spirits**

### **North:** Elements and spirits of Earth

Represents teaching, sacred wisdom and knowledge. It has an energy that brings balance and abundance. It awakens issues of thankfulness and trust, and its energies help us to draw upon our inner treasures and develop empathic intuition)

### **East:** Elements and spirits of the air

The direction of healing and creativity. The sun rises in the East, so it brings illumination. It awakens intuition and new birth, opening opportunities for new learning. The East reflects issues of strength of will, communication and expression.

### **South:** Elements and spirits of fire

The direction for cleansing and purification. It stirs the energies of faith and strength. It awakens the inner child and provides guidance in overcoming obstacles. It stimulates playfulness and change around us. It brings energies of protection and resurrection.

### **West:** Elements and spirits of water

The direction of visions and dreams. It is the direction for sacred quests and journeys stimulating the imagination and creativity. It awakens the feminine, higher compassion. It helps with spiritual renewal and the achievement of goals.