

Elemental Therapy

Living & Healing with the Elements

Most healing is enhanced when nature is incorporated. Nature has abundance, and that focuses on the problem and resurrects the being completely.

We are all natural healers by nature knowing basic elements.

Just as Ayurveda dictates the principles of Vatta, Pitta, Kapha. For those in need of a natural healing, seek the element or seek a person who may be earth, water, air, wood or fire.

Materials easily available for healing are:

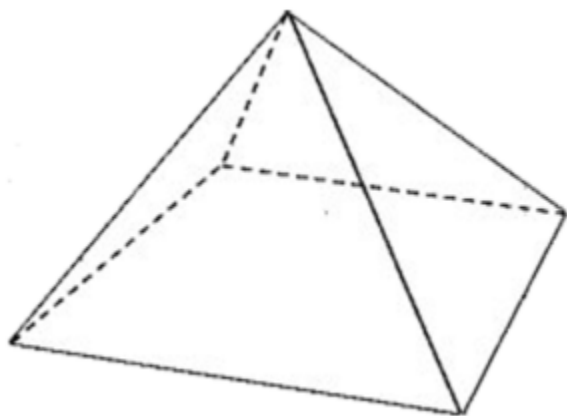
- **Earth:** Any shape and form of earth has healing capability. After death, this body becomes totally one with earth. Earth has so much power that it can form a new life with just one seed. Do a mud bath, drink and apply clay and become totally rejuvenated. Earth is readily available in abundance. Consider farming and how earth keeps rewarding us every season. Sand is one form of earth used by monks for art. It is a great therapy that reaches the climax when the monk erases the art and fulfills Buddha's calling to the present moment.
- **Water:** Water is our life. It is a medium that can heal infection and prevent illness. This medium is so flexible to work with. Emoto, a Japanese scientist, has shown that the vibration of love can change the characteristics of water. From swim aerobics for seniors or birthing in water, the healing capabilities abound with water therapy. The sound of water flowing makes a very peaceful getaway. Very important to use pure water absent of fluoride, chromium 6, lead, and other pollutants
- **Air:** Healing has been always associated with open air and an abundance of oxygen. Learning and practicing breathing techniques has to become our second nature as it will heal and rejuvenate our organs

- **Wood:** Wood is very sacred, and in the modern world, it is a resource we depend on for rejuvenation. Our ancestors set an example of caring and compassion by preserving the woods
- **Fire:** This therapy works both in the beginning and end. We use fire to purify food and water. In cremation, we burn the body. At times when all else fails, this therapy works miracles. Wounds can be cured with fire, a natural disinfectant, when other therapy have failed. Fire carries a symbolic meaning. The greatest spiritual explorer wanted to seek that perfect remedy to fight infection but could not find any until they found guided fasting. Fasting increases the metabolic fire and suppresses hunger and increases the body's infection-fighting power. That is why fasting is used by all cultures to bring natural healing properties to the body.

This brings us our final therapy called pyramid, which has a beginning with fire. Pyramid literally means fire in the middle. Pyramid healing has been around for eons, and the experience has been little understood and shrouded in mystery.

About Pyramid Energy

Pyramid is resonant to the earth's magnetic field and creates a life force energy. Pyra comes from the Greek word fire and mid from the Latin word Mede which means middle. So Pyramid is actually "Fire in the middle". Fire in the middle is an apt description for the natural life energy force that is found in the center of the Pyramid.



How does pyramids work?

A large volume of magnetic concentration exists within the pyramidal boundaries which helps protect the human body from adverse effects of negative energies and

radio frequencies. With regular use, the pyramid will help to create a beneficial environment for your body to function properly

