

Meet Your 5D Spirit Guide and Work with Nature's Elementals

“ANOTHER SHODDY PODCAST,” WITH HOST CHRIS CROSS

Introduction

Welcome to "Another Shoddy Podcast," Hey, I am your host, Chris Cross, and today you and I are going to delve deep into the meaning of working with the Elements and look at how they cross over into the mystical Elementals.

Get ready for some deep inner work as we go through the practice of meditating with, calling upon, and working with the Elements.

We will be diving into the universe's building blocks, the elements: Earth, Water, Fire, Air, Space, and Consciousness. Together, we will observe how each element constantly shifts and merges within us, bringing us closer to nature. This powerful subject helps us see life's bigger picture and how we're all interconnected in this wild and wonderful universe.

So, let's get to it and embark on a celestial journey as we discover the forces of Mother Nature herself. We will be looking at a blend of scientific concepts and metaphysical or philosophical interpretations around the Earth elements. Let's break it down into its two main components to understand it better:

Scientifically, matter is classified based on its state, such as solid, liquid, gas, or plasma; solid object; solid is defined by its shape and volume, and not by being classified as an "Earth element" in the scientific world.

The Metaphysical or Philosophical Perspective of the Earth's elements dates back to ancient principles and spiritual traditions. In these traditions, the Earth elements symbolize the material world and often represent groundedness, fertility, and endurance. Basically, they define our world. This classification is more philosophical than scientific.

co Let's take a moment to appreciate the magnificence of the elements, Earth, water, fire, air, and ether or consciousness. I marvel at the fluid transformation and instant adaptability of our

beautiful planet. Mother Nature is unique in that her empathetic aura is reflected in and by its inhabitants. Hey, this is a double-edged sword.

Our beautiful planet Earth is a dynamic, living, conscious entity that interacts with us in many ways. It can absorb and process our actions, much like a sponge, and elements constantly change, creating new experiences for us. From the majestic mountains to the vast oceans, every corner of the Earth is a unique and diverse landscape that continues to evolve over time. It is truly a wonder to behold and cherish, and we must consider environmental issues as nature reflects our actions.

Part One

There is an intriguing perspective that intertwines human consciousness with the elemental forces of nature and the Earth itself. The Connection between Human Consciousness and Earth The idea is that human consciousness connects with "Big Mama Earth" and can be understood through holistic and ecological principles. These perspectives suggest that all life forms and the elements that compose our planet are interconnected. This interconnectedness implies that the human mind and the Earth share fundamental qualities, reflecting a deep symbiosis between our internal states and the external world.

Let's examine each element separately and determine its impact on the planet.

The significance of water to the Earth is huge. The Earth is mostly water, something like 71% of the Earth's surface is covered by water, and the human body is composed of up to 60% water. This connection highlights water's essential role in the planet and human life. Water's fluidity and capacity to cleanse and adapt symbolize the mind's flexibility, emotions, and the flow of consciousness.

The elemental forces of fire represent transformation, capable of both destruction and renewal. Just as fire can clear forests to make way for new growth, it symbolizes the mind's potential for creativity, passion, and the purging of old patterns to embrace new insights. The elemental force of air's constant movement embodies the refreshing and invigorating aspects of the mind and the environment. Air symbolizes breath, communication, and the free flow of ideas, essential for life and consciousness.

Let's look at ether about the "unlimited emptiness of space," which evokes the concept of potentiality and the vastness of the universe and the human mind. Space represents the boundless capacity for imagination, innovation, and the existential freedom to explore our internal landscape and the outer cosmos.

By drawing parallels between the elemental forces and the qualities of the mind, a poetic and metaphysical exploration begins of how human consciousness is mirrored and influenced by the natural world. This perspective encourages a deeper appreciation for our connection to the Earth and the elements, fostering a sense of unity and stewardship towards our environment and ourselves.

Honoring the Earth can be simple, such as taking a moment to step outside and engage in slow, deep breathing while observing the surrounding plant life. Meditating on exchanging oxygen and carbon dioxide between ourselves and the plants during this time is beneficial. As we inhale the oxygen that the plants exhale, they, in turn, inhale the carbon dioxide that we exhale. This exchange between nature and our breath can help cultivate a sense of interconnectedness and appreciation for the natural world.

PART TWO

Before we go any further, I want to touch on the idea of aether, which interchanges with the terms spirit, Akasha, space, and or consciousness, to name but a few, this element is more challenging to define because it is harder to witness. Still, the concept of a spirit elemental embodies the idea that space is the quintessential life force that permeates all realities. Even without seeing this element, it is often considered the unifying force or building block that connects the other four elements. For us, it represents consciousness, life, and the source of magic that makes us human. For the remainder of this podcast, I will refer to this element as the spirit element.

Have you ever heard of the concept of Akasha or the Spirit element? In Western esoteric traditions, it is considered the basis and essence of all things in the material world and is believed to fill the universe beyond the terrestrial sphere. Around the 4th century BCE, Aristotle added this element, which he called "aether," to the four classical elements of Earth, fire, air, and water. Akasha is the basis for the now popular topic of the Akashic Records.

The Akashic Records are described in theosophy and anthroposophy as a summary of all human events, thoughts, words, emotions, and intent ever to have occurred in the past, present, or future. The belief is that the records are encoded in a non-physical plane known as the astral plane. The concept suggests that information about every soul and its journey is stored in the Akashic Records, accessible through psychic intuition or certain altered states of consciousness. Yeah, crazy, right? But when you talk to a genuine reader of these records, it doesn't seem so far-fetched.

This brings me to the mysterious realm of the Elementals; let's leap into the realm of spirit beings thought to play a massive role in keeping the elements active and the Earth healthy. I say "leap" because the scientific Western mindset does not believe in the existence of Elemental beings. However, most regions, esoteric and spiritual traditions, and Eastern cultures believe these beings are real and play an essential role in their philosophical, spiritual, and magical practices.

PART THREE

Elemental Beings are conscious entities or spirits composed of energies of the elemental. We will see how the fifth spirit element fits into this concept later. For now, let's focus on the Elemental Beings that manifest themselves as air, fire, Earth, or water. They have been known to play a crucial role in maintaining a healthy balance between Earth and humans.

Paracelsus, a Swiss physician, alchemist, and astrologer who rejected the traditional medical practices of his time in favor of a more holistic approach introduced the concept that dosage determines poison and made significant contributions to the fields of medicine, challenging the norms of the Renaissance period. According to Paracelsus and his subsequent followers, there are four main categories of elemental beings: gnomes, undines, sylphs, and salamanders. These correspond to the four elements: Earth, water, air, and fire, respectively.

There are various other forms of earth elementals, such as elves, fairies, faeries, stone beings, crystal beings, devas, dryads, and wood nymphs, to name just a few that fall under the four main Elementals. However, all Elemental Beings are extensions of nature's source of energy. For this podcast, we will stick to the four main categories. If you want to learn more, let me know, and I can create future podcasts that delve deeper into each Elemental.

Working with the Elemental as a lifestyle can improve your health and wellbeing by connecting with Earth, air, water, and fire's elemental essence, a no-nonsense healthy lifestyle:

- Water: Drink plenty of water and use it in cleansing rituals.
- Air: Breathe deeply and spend time outdoors.
- Earth: Ground yourself and eat a balanced diet.
- Fire: Engage in physical activity and spend time in sunlight.
- Spirit: Practice meditation and visualization and create a sacred space.
- Integrative practices: Try yoga and Tai Chi and create rituals to honor each element.

Mindfulness and clear intentions are essential when living an elemental lifestyle. Listen to your body and choose good practices that resonate with your needs. An Elemental Lifestyle focuses on balancing physical, emotional, mental, and spiritual wellbeing by incorporating all five elements into a healing practice, acknowledging the interconnectedness of our being. Remember to listen to your body and choose practices that resonate with your needs.

Drum roll, please, because with all the facts out of the way, we've reached the part in this podcast where reality meets magic. We've reached a fascinating section where the wonders of the natural world intersect with the mystical and supernatural.

We still need to learn more about our world and the universe. Therefore, we should remain open to all possibilities. Myths and stories that have endured time and become part of our cultural beliefs must have originated from somewhere. As for elemental beings, you bet I believe in them! How about you? Make a mental note of your answer now and then revisit the question at the end of this podcast.

Part Four

The Elemental Beings are believed to embody and govern the qualities of their respective elements, good and bad. Here are the primary four Elemental Beings and a brief description of their personalities.

Earth Elementals or Gnomes.

Gnomes are believed to be the guardians of the Earth. They are often depicted as small, dwarf-like creatures that symbolize strength, stability, and growth. They are said to be seven times stronger than the average man, protect underground treasures, ensure the fertility of the land, and have strong connections to the soil, minerals, trees, and plants. It is also believed that they anchor the Earth's energy and activate the Earth's energy lines, keeping them clear for the Earth's energy to flow around the globe.

For the most part, gnomes are good-hearted and even playful. They can protect and reward you with happiness and treasures if you have their favor. However, if you make them angry, they can become mischievous and foul-tempered little fiends, bringing sadness and destruction to a home with a sharp bite.

Gnomes and Elves have the same temperament. However, elves have a beautiful glow, whereas gnomes are less attractive. Do not confuse gnomes with trolls. Although trolls are still of earth energy, trolls are always mean, bad-tempered, and destructive. Fairies fall under the Earth and Air Element, depending on flight abilities.

Water Elementals or Undines

Water Elementals, also known as Undines and Water Nymphs, are mythical beings that are closely associated with bodies of water, such as rivers, streams, ponds, lakes, seas, and oceans. They are believed to embody water's fluidity, intuition, and emotional aspects. Undines are often depicted as beautiful, ethereal maidens who inhabit waterways to protect and heal our Earth's waters. They are said to possess water's cleansing and healing properties and are renowned for their ability to help those in need. Provide comfort and solace to those lost at sea or in unfortunate water situations.

Mermaids and selkies are also considered to be water elementals and are often associated with the same qualities as undines.

The Water Elementals mentioned above also have the inherent insufferable disposition of brooding, being extremely moody, and they can become bored rather quickly. When this happens, the Water Elementals can be self-indulgent, impulsive, and emotionally manipulative, wreaking havoc on anyone unfortunate enough to be in their watery presence.

Air Elementals or Sylphs

Air Elementals or Sylphs are associated with the air, wind, and the sky. She is thought to influence the weather, helping to purify the atmosphere and spread the seeds of plants. She is often imagined as a wispy, ethereal being that is hard to see, embodying the qualities of fast and swift movement, creativity, and intellect. She is connected to birds and any other creatures of the sky.

The Sylph is often considered a single entity that appears playful, energetic, lively and free-spirited like the wind. However, her independent nature and tendency towards chaotic alignments make her more inclined towards aggressiveness than any other elemental being.

Fire Elementals or Salamander

Fire Elementals or Salamander are the elemental spirits of fire, representing transformation, energy, and passion. They are believed to inhabit and control any aspect of fire and flames. Salamanders play a crucial role in the processes of creation and destruction. Salamanders are often depicted as immune to fire in alchemy, embodying its essence without being consumed.

Salamanders are slower in action than the other Elemental Beings but can do damage just the same. Salamanders are creatures of fire and have hot, fiery, and passionate energy. They lack a solid body, but salamanders are the most potent elementals because their destructive forces can become the impetus for rebirth and renewal.

A Word of Cautions

It's essential to exercise caution when engaging with elemental beings. These spirits are born from the primordial elements and embody the unpredictability of Mother Nature herself. They are sensitive to the thoughts and energies projected by humans. While some suggest seeking personal and spiritual development through alternative paths, others see collaboration with these entities as an opportunity for growth and exploration. Ultimately, the key is to approach the relationship with respect and a deep understanding of the power and beauty of nature's elementals.

Engaging with the Elemental Beings offers a unique pathway to understanding and connecting deeply with the natural world. These spirits, emanating from the Earth, water, air, and fire, play a crucial role in sustaining life on Earth by creating balance and abundance in nature. They exist in every aspect of the natural environment and are integral to our dynamic, living world.

For those determined to explore this vibrant yet volatile realm, it's essential to approach it with respect, reverence, and appreciation. Nature spirits, often seen as helpful guides, can teach us invaluable lessons about natural harmony and how to foster a deeper connection with the environment. By working within the physical and etheric planes, we can learn to clear negative energies from our energy fields, enhancing the wellbeing of both ourselves and the planet.

Opening our hearts and minds to the presence of these elemental beings allows us to recognize the countless levels of entities that surround us, each belonging to different elements yet united in their purpose. Through this connection, we can re-learn the importance of co-existing in a dynamic relationship with the natural world. Elemental Earth spirits, in particular, offer wisdom on nurturing and sustaining our environment, teaching us that our souls, thoughts, and feelings are inextricably linked with the elementals in co-creating the world around us.

This journey into the realm of the Elementals fosters personal and spiritual growth and instills a profound appreciation for the intricate balance of life on Earth. By acknowledging and working with these beings, we can contribute to the harmony and abundance of nature, enriching our lives and the planet for future generations.

Part Five

Meet Your 5D Guide

Hooray! We've now come to the fifth element, the Spirit Elemental, and why this podcast is called "Meeting Your Forever 5D Guide." At the time of a person's birth into the physical plane, a unique guide is assigned to them.

This Spirit, or Akasha Elemental, represents the fifth element known as ether, spirit, or Akasha, embodying the connection between the physical and the etheric realms. This element is less commonly associated with specific elemental beings in Western traditions but is central to many Eastern philosophies.

The Spirit Elementals are spiritual forces and the cosmic energy that permeates all things—the etheric realm is the place of creation where all divine power is channeled. The power of this prime element from the universal divine realm is where entities such as angels, spirit guides, and ultimately the divine manifest. The Akasha, or spirit guide, bridges the material world with the spiritual, highlighting the profound difference between the physical and the etheric dimensions.

Get ready for a mystical adventure in the last part of this podcast! In this section, we will journey to a celestial realm and meet the entity destined solely for you. A guardian from the ethereal fifth realm is granted to you. The wise guide and mentor will aid, protect, and enlighten you in harmonizing with the Elemental beings and impart invaluable counsel while keeping you safe.

PART SIX

Suppose you wish to establish a connection with your Spirit Elemental Guide. In that case, I highly recommend you try a meditation gifted to me by my wise and knowledgeable Spirit guide. This meditation has helped me establish a deeper and more meaningful connection with the Earth's elements.

Once you've met your Fifth Dimensional Spirit, guide the Elemental Being you need to learn from with emerge. Again, it will be in one of the element forms we have previously discussed: Fire, water, Earth, or air.

Listen to it carefully at least once or twice to make the most out of this meditation. Then, find a peaceful and secluded place in nature or anywhere else where you can relax. Once you're comfortable, replay the meditation in your mind. However, focus on more than just the sequence of the meditation. Instead, imagine that you're guiding someone else through the meditation, step by step. Your mind will follow along, and your subconscious will meditate on you.

Feel free to listen to the podcast's version of the meditation, but please note that it is a condensed version created to fit within the time frame of the podcast. If you are interested in a more extended, supplemental version, please leave a comment. If enough people express interest, I will post a more extended version.

Meditation

As you settle into your chosen sanctuary, draw in a breath deep and true, centering your focus on the beating core within. Do this at least three times, but longer if needed. Once you are completely relaxed.

With each inhalation, a cascade of glistening golden pure light enters your body and fills your being with divine love; the golden energy enfolds you in serenity, stillness, and protection.

Once you feel completely relaxed and safe, picture yourself descending into the Earth's embrace, like slowly melting into the ground. This will feel like or imagine settling into a warm bath. As you settle deep into the cradle of Mother Earth, know you are protected, safe, and loved.

Once you are completely relaxed in the heart of the Earth, imagine ignine lighting the flame of a candle. The flame will only be bright enough to illuminate your Spirit Elemental Guide. Take note, can you see them? If somewhat, do they look like or it's a vibration, sound, smell, or simply know they are there?

Pose questions or share thoughts if you'd like, or allow your guide's presence to unfurl. Remember, they want to meet you and are joyfully bound to you as a courageous ally on this ethereal elemental odyssey.

Trust your instincts, embrace the connection, and surrender to the currents of wisdom. Refrain from second guessing what is happening. Relax and allow the experience.

When the time is right, ask your guide its name; once you have a name, be shown the elemental being that you are there to learn from and gain insight from that elemental primary wisdom.

Repeat the process of taking notes. Can you see the elemental? If somewhat, do they look like or it's a vibration, sound, smell, or know they are there? Again, pose questions or allow the Elemental Being to share their knowledge, heal, and direct you on your Earthly path.

Part Seven

The Elemental Being will stay as little or as long as they want, and you will know when your time with them is over; in most cases, they just are gone. However, you and your Spirit guide may need more time to reflect and clarify the encounter. Stay with your guide as long as you want. Once you feel you've gained all you need and your time with your Spirit guide is ending, take a moment to express gratitude.

Stay with Mother Earth as long as you'd like, even nap if that is what you feel is needed. But once you decide to re-merge, start by grounding your energy. Feel your feet firmly on the Earth and visualize any excess energy flowing down into the ground. Slowly return to the present moment. Shake your arm, roll your head and neck, and wiggle your legs. Take as much time as you need to reacclimatize to the physical realm. Keep a journal handy and take notes of any insights or experiences you may have had during your session.

You have received a mystical encounter and a companion from celestial realms. To fully benefit from this, delve deeper into wisdom and conduct additional research. Unlock its true potential and take your understanding to new heights. I hope you've enjoyed this meeting with the Elemental Being and Your 5D guide. It gave me a learning experience as much for me in production, so Thank you for listening to this podcast. It has given you a better understanding of the elements and the Elementals.

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