



AIR



FIRE



WATER



ETHER



EARTH

The Vedic Five Elements (Pancha Mahabhuta)

- **Earth (Prithvi)** – stability, groundedness, structure
- **Water (Apas)** – emotion, flow, connection
- **Fire (Agni)** – transformation, will, intensity
- **Air (Vayu)** – movement, thought, creativity
- **Ether (Akasha)** – space, awareness, meaning

Journaling Prompts

- **Earth – Stability & Support**
- Where do I feel supported in my life right now?
- Where am I carrying too much on my own?
- What kind of rest or structure is my system asking for?
- **Water – Emotion & Flow**
- What feelings have been present but unexpressed?
- Where am I allowing flow—and where am I holding it back?
- What kind of connection would feel nourishing right now?
- **Fire – Energy & Will**
- Where is my energy strongest? Where is it depleted?
- How do I relate to anger, drive, or intensity?
- What would balanced power look like for me right now?
- **Air – Movement & Thought**
- What patterns of thought keep repeating?
- Where do I feel restless or scattered?
- What helps me slow down without shutting down?
- **Ether – Space & Meaning**
- Where do I feel connected to something larger?
- Where do I feel untethered or distant?
- What gives my experience meaning right now?

Earth dominance → grounding, safety, routine

Fire dominance → softening intensity, compassion

Air dominance → anxiety regulation, focus

Water dominance → emotional containment

Ether dominance → embodiment, anchoring meaning





Under stress, I tend to:

- A. Shut down, feel heavy, seek comfort → **Earth**
- B. Feel overwhelmed by emotion, tearful or sensitive → **Water**
- C. Get irritated, driven, or controlling → **Fire**
- D. Get anxious, restless, overthinking → **Air**
- E. Feel spaced out, disconnected, or existential → **Ether**



My natural strengths include:

- A. Reliability, patience, endurance → **Earth**
- B. Empathy, attunement, bonding → **Water**
- C. Leadership, clarity, decisiveness → **Fire**
- D. Ideas, adaptability, curiosity → **Air**
- E. Insight, intuition, big-picture awareness → **Ether**



I feel most resourced when I:

- A. Have routine, rest, and physical support → **Earth**
- B. Feel emotionally met and connected → **Water**
- C. Am purposeful, challenged, or activated → **Fire**
- D. Have freedom, novelty, or movement → **Air**
- E. Have silence, meaning, or spiritual space → **Ether**