

# ELEMENTALS



AN INTRODUCTION TO THE SPIRITS OF NATURE

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# AN INTRODUCTION TO THE SPIRITS OF NATURE...

## \*Earth Elementals:

Gnomes, Faeries, Pixies, Brownies, Tree Manikins, Leprechauns, Dwarfs

## \*Water Elementals:

Undines, Water Sprites, Mermaid and Mermen, Selkies, Banshee, Kelpies

## \*Air Elementals:

Sylphs, Windsingers, Faeries

## \*Fire Elementals:

Salamanders, Fire Dragons, Fire Drakes

## \*Sensing the Nature Spirits

Simple exercises to sense the Nature Spirits





# GNOMES, THE EARTH ELEMENTALS

## Gnomes are Earth Elementals:

Gnomes can be found in forests, mountains, caves, gardens, soil, trees, plants, and around flowers and rocks. Their work includes cleansing the Earth of waste products, enriching the soil, and maintaining plant life.

## Faeries and Pixies

Faeries and pixies help to transfer light into usable substance for flowers and plants to use as food, warmth and vitality. Pixies are pranksters but are willing to help humans who are in need.

## Brownies

Brownies are the domestic fae. They till the soil and can be found working around the roots of plants. They will also help with the process of grinding meal and churning butter.





# GNOMES, THE EARTH ELEMENTALS

## Tree Manikins

Tree Manikins are often found in and around trees. As can be guessed by their name, they look after the care of trees.

## Leprechauns and Dwarfs

Dwarfs and Leprechauns love their gold. Dwarfs are the miners and extractors of valuable minerals. Leprechauns are cobblers whose craftsmanship is beyond compare. Gnome is a generic term for Earth Elements but the term Gnome is also often used to depict a Fae similar in appearance to the Dwarfs.

## Others

There are many more known Earth Fae but we don't have the room to mention all of them in this introduction.





# UNDINES, THE WATER ELEMENTALS

## Undines are Water Elementals:

Undines can be found in lakes, ponds, rivers, Streams, rain, Oceans & seas. Their work includes precipitation and oxygenation of water, controlling tides, fish life, plants and minerals in water. They also help to cleanse human emotions.

## Water Sprites Mermaids and Mermen

Water sprites are very joyful. They tend the fresh water areas. Mermaids and mermen are half fish and half human who live in the salt water areas. The beautiful mermaids have been known to lure sailors to their deaths while the mermen raise storms that sink ships.

## Selkies, Silkies, or Roane

Selkies are shape shifters who take the form of a human or fairy but will often take the form of a seal. They live in the oceans and seas.

## Banshee

Banshee are said to take the appearance of a washerwoman at the banks of streams. Their eyes are red due to continuous crying and their wails foretell a death nearby.

## Kelpies

Kelpies are shape shifters. They can take the form of a human or horse or seahorse.





# SYLPHS, THE AIR ELEMENTALS

## **Sylphs are Air Elementals:**

Sylphs can be found in clouds, breezes, winds, storms, hurricanes, tornados and wind funnels. Their work includes modeling snowflakes, gathering clouds, directing air flows, aerating cells with Prana, purifying the atmosphere, and purifying mind.

## **Windsingers**

Windsingers are shape shifters and often seen in mountainous areas. They are helpful with anything that involves air. They are also associated with mental development and creativity.

## **Sylphs**

There are not a lot of known fae associated with the element of air. Most are just referred to as Sylphs. There are some Sylphs that look similar to Faeries, who help with the oxygen/carbon conversion for the human and plant kingdoms.







# SALAMANDERS, THE FIRE ELEMENTALS

## **Salamanders are Fire Elementals:**

Salamanders can be found in camp fires, fireplaces, candles, lava, sunlight and where there is flame, heat or warmth. Their work includes infusing matter with energy of the Spirit to sustain life, transferring fires of the subtle realms for daily use like electricity, warmth, and light. They also transmute old or rotting matter into suitable neutral matter ready for new growth or creation. They help awaken spiritual insight.

## **Fire Dragons**

Fire Dragons are found in volcanoes or in caves near volcanoes. Their bodies exude a great amount of heat and are able to breath or shoot out extreme flames from their mouths.

## **Fire Drakes**

Fire Drakes are similar to Dragons except they are smaller. They help keep the hearth lit and the firewood dry.



## Sensing the Nature Spirits

Connecting with nature spirits can be as easy as opening your heart and mind to communication during meditation or just tuning in. Since most nature spirits live in the earth's etheric body you have to ground yourself to the earth in order to communicate with them. After grounding you start with a heart connection, from a place of love. Then you have to set an intention to see, feel, hear, and sense them.

Their bodies are made up of matter from the Etheric plane that is specific to their nature (earth, water, air, fire). They work in their specific subtle substance to step-down or transform energies into usable physical matter so it is easiest to locate them near an area specific to their nature (garden, lake, sky, fireplace). You may sense them close to you by the feel of their Etheric nature as grounding, warm, cool, or electric. You may sense them by seeing little lights or color flashes or spiral movements out of the corners of your eyes. You may even sense them by hearing harmonic sounds or tones or music. Once you sense one, you can start talking to them by thinking at them. They are telepathic. They will talk back to you by putting thoughts in your mind—it will feel like you heard them in your head. When you talk to them, you can use your mouth but feel the words as you say them in your heart and understand them with your mind. Start by asking simple questions.

To start, find a safe environment that you would most likely find the type of nature spirit you are looking to connect with and go into a meditative state. In your head, move away from your eyes and ears to the center of your head and get into a receptive state. Along a line of light, move your awareness to the center of your heart. From your heart, align with the pulse at the heart of the universe and realize you are one with all things. Use a grounding cord and connect your root chakra with the center of the Earth. Realize you are beacon of Cosmic and Earthly Light and Love. When you are ready, barely open your eyes and use an unfocused or soft, receptive gaze. It is difficult to see etheric beings using a laser-like focus so keep your gaze soft. Open your ears but stay in a receptive mode. Let the information come to you.

Gnomes can be found in a garden or in an environment where there are plants. Their appearance seems to be the densest of the nature spirits. Move your gaze to a spot that is 12-18" from your



direct view. Gaze with your eyes but do not focus. Let your gaze widen to take in a large area. Do not think of any one thing—just appreciate what you are gazing at. Do not move your eyes and try not to blink too much. If you are drawn to a specific spot then turn your gaze to that spot. Gaze and appreciate. See with your heart. You may sense blotches of color that may not be associated with the flowers or plants in the area you are appreciating. Don't move your eyes—just take it in. The more you do this the more features you will see. You might be able to see them at night if you have Christmas lights set up. When you talk to them, you can use your mouth but feel the words as you say them in your heart and understand them with your mind, just use your hearing in a receptive way. Start by asking simple questions. You may just sense them as a grounded feeling.

Sylphs travel in the force of the wind but they are also connected with the breath and breathing. Situate yourself under the canopy of a large tree or covered porch but near the edge, looking away from the sun. Take some deep breaths and gently open your eyes to gaze at the sky away from the sun. You might see little sparkly, swirling energies moving quickly around. Let your gaze widen to take in a large area. Do not think of any one thing—just appreciate what you are gazing at. If there are clouds in the sky, you might see them with white wings made of feathers and other times they appear dark when traveling in a thunder storm. See with your heart. They have a high vibration and are hard to see, however you might feel them or hear a harmonic sound so open your hearing in a receptive way to allow information to come to you. You may just sense them as a feeling of inspiration or creativity or mental clarity.

Undine's appearance is fluid and they travel in the force of water currents. You might see them in the ocean at the crest of a wave or center of a curl. They can also be seen playing in a waterfall. If you can safely meditate in the shallows of a body of water or on shore near the edge, use a soft gaze and appreciate the push and pull of the currents. You may see faces in the movement of the water or fish may come to greet you. You may even hear a distant song or tone; they are usually alluring. If you are using rain or a shower to connect to the Undines, you may feel emotions come to the surface. Let the Undines wash away lower-level emotions and cleanse your energetic fields.

Salamanders can appear in a flash and are just as quickly gone. They bring welcoming warmth but they also destroy so keep a safe distance away while working with them in the form of a fireplace or campfire or large flame. Using a campfire would probably be the most dramatic but the flame of a candle would be the safest and most practical. To see them, use a soft gaze and widen your gaze to take in a larger area. You may see sparks or a trail of rainbow iridescence. You may see faces or long drawn out lizard-like bodies. You may even hear words within the hissing noises. You may feel them in your heart as a passion or in your bloodstream or spine as awakened Kundalini.

A simple exercise that can be used with all of the elementals is to invite one of them (at a time) to come and touch a part of your body, like your hand or face. Notice its feel. Then invite it to touch another part of your body, like your knee or toe. Did it feel the same? Now try another elemental.

