



## JOURNEY PREPARATION: AN ELEMENTAL MAP



GROW ROOTS TO FLY HIGHER:  
WHERE SPIRIT LANDS IN FLESH

### EARTH – BEFORE YOU DESCEND, FIND YOUR GROUND

Preparation is also clearing. You are invited to complete small things — conversations, rest, nourishment before you journey.

- Where does your body feel solid right now — and where does it feel uncertain or unrooted?
- What are you being asked to release before you can truly receive?
- What needs to be tended in your ordinary life before you step across the threshold?

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### WATER – WHAT IS ALREADY MOVING

A permission to feel before the ceremony begins. If you arrive defended, these questions soften the surface.

- What emotion has been circling without fully arriving?
- What grief, longing, or love have you been keeping at a distance?
- If your body were a body of water right now — what type of it would it be? Clear or murky, flowing or stale?

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## FIRE – WHAT YOU ARE BRINGING TO BURNING

Meet your courage and intention. Not wishful thinking — honest reckoning

- What is ready to burn?
- What have you been carrying that no longer belongs to you
- What vision or desire lives in you that you have been afraid to claim?
- What would it mean to act from your full power — not your managed, careful version?

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## AIR – WHAT THE MIND IS HOLDING

Notice your mental frame without being trapped by it. Particularly useful for overthinkers — to bypass the analytical mind.

- What story about yourself are you arriving with — and are you sure it is true?
- What do you most need to understand? And what might need to remain a mystery?
- What would you say if you spoke from the part of you that already knows?

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## IF YOUR BODY COULD SPEAK ONE SENTENCE TO YOU – WHAT MIGHT IT SAY?

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