

levels of the mind.

**Connecting Actions that Balance the Air Element:** (Stimulating to all Elemental Energies)

Breath is one of the most important ways to connect with Air. The act of deep breathing can bring instant relief to stress & fatigue, by granting you increased mental clarity & energy as your blood becomes super-oxygenated.

Also giving you the ability to reach powerful states that can open doorways to communication with higher energetic realms.

The Spiritual Connection Zen Zone has a list of Crystals & Essential Oils that support the Element of Air.

If you are interesting in learning additional tools and ways to help you with this and other elements, book an appointment with me for a FREE Mini Q& A or a Full Elemental Balance Reading.

**To Know Thyself  
is the  
Beginning of  
Wisdom  
- Socrates**

**Want to Explore  
The Zen Zones &  
Your Elemental  
Balance in More  
Detail?**



**Book a Full Elemental  
Balance Reading  
with Deborah**

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**Spiritual  
Connection**



**ZEN ZONE...**

**The Element of Air**

**Supports Our Mind,  
Inspiration &  
Spiritual  
Connection**

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# About the Elements & Zen Zones

Learning to work with the Elements can be very empowering and healing.

Being able to identify where we are out of balance and what needs to shift for us to come into alignment with the Universal Energy Shifts that are occurring, can truly benefit everyone.

**When we are in our natural state of interacting with nature, we absorb all elemental energies constantly and are able to maintain a state of dynamic balance.**

When we are disconnected from our natural elements, it becomes more difficult for us and we become physically, mentally, emotionally and spiritually depleted.

My work and practices with the Elements, Crystals and Essential Oils has been very rewarding and help me move into more balanced states in so many areas of my life.

I created the Zen Zones to help elevate your experience & knowledge, and to help you learn how they can be beneficial for you too!

I Hope You will join me on this Journey!

Deborah

## The Element of Air & Spiritual Connection Zen Zone

***There are Five Primary Elements...***

Earth, Fire, Water, Air and Storm. These bands of energy are carried within you as well as by the Earth itself.

Each Element is identifiable by a set of characteristics and energy frequencies that are distinct to that element.

You were born with a specific combination of energies that give you strengths in certain areas and opportunities to grow in others. The breakdown of your specific combination can be found in your Birth Chart.

**Learning Your Elemental Balance is the first step! Have a discussion with Deborah about your Balance and How to Work with the Elements.**

Each Element brochure was created to give you a little guidance around the Element or Zen Zone, you may need support with.

This one is about the Element of Air & Spiritual Connection Zen Zone.

### **AIR**

**Supports Our Mind, Inspiration & Spiritual Connection!**

are the Forces of Air. Its energy is about movement, spiritual power, receiving messages from a distance & communion with guides & angels.

It also governs our imagination, inner vision, psychic ability, foresight & our mental aspects.

In order for our Air Element understanding to be useful here on the Earth plane, we need to bring our experiences back to this plane by grounding them through feeling and expressing our ideas, messages, intuition & experiences and act upon them, through manifestation & creation.

### **Not in Balance:**

Common imbalances occur when we focus on “Enlightenment” without grounding our experience in the here and now. This could include difficulty manifesting, making decisions, thinking clearly, meditating, receiving spiritual guidance, lack of imagination or intellectual creativity, negativity, and the inability to perceive the effects of our actions.

### **Balance:**

It is the integration of Air into the Earth Plane that represents the true Spiritual Path. The balance between Earth and Air is one of our great lessons as we strive to manifest spiritual energies upon the planet. Inspiration means “taking in breathe”. When we are inspired, we are in Balance...meditate with ease, receive guidance & think clearly.