

**Actions that Help to Balance the Earth Element:** (Calming to all Elemental Energies)

Connecting with nature, going for a walk in the woods & bare foot contact with the earth to absorb its electromagnetic energy.

Caring for our bodies through proper nutrition, physical activities, massage, essential oils and crystals etc.

Aligning ourselves with Earth Energy with crystals & essential oils & meditation can increase our ability to take action to care for our health & wellbeing

The Immunity, Grounding & Protection Zen Zone has a list of Crystals & Essential Oils that support the Element of Earth.

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.

**“Flying starts from the ground. The more grounded you are, the higher you fly.”**

**— J.R. Rim**

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



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

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**Immunity,  
Grounding &  
Protection**



**ZEN ZONE...**

**The Element of Earth**

**The Element of Earth  
Grounding, Stabilizing,  
Physical & Protection**

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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

## ***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.

This 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 Earth & Immunity, Grounding & Protection Zen Zone.

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

## **The Element of Earth & Immunity, Grounding & Protection Zen Zone**

**Earth Supports Physical, Grounding, Stabilizing & Protection**

These are the daily needs of the body. Earth is physicality for us

and provides the means to maintain our physical form, and also governs our home, family, foundation and finances – the material world.

**The Element of Earth** allows us to manifest our ideas and act effectively in our lives.

Balancing the Earth Element energy within our body is extremely important to our overall health.

It has a calming influence on the other elemental energies that can be very useful to assist in bringing other elements into balance.

### **Out of Balance:**

Improper nourishment, being over or under weight, under or over exercising, lack of stamina, feeling spacey and ungrounded. Issues relating to survival, isolation tendencies, money, not connecting to your life's work, fear of death or injury, obsession with possessions and manifestation blockages.

### **In Balance:**

Feeling secure, physical health, strength and stamina, feeling connected to nature and supported by the Universe.

When in balance and connected to the Earth Element, we are able to manifest our needs with grace and ease. We have a sense of connection to place, family and our tribe.