

Elemental Awareness by Elaine Konopka

We're pleased to share these two slides which formed part of Elaine's presentation at the Lapidus Scotland AGM in April 2024, when she joined us online from France to speak on 'Elemental Awareness in Writing for Wellbeing'.

We hope they will be of use for personal writing, and for working with groups.

AIR Head, face, brain, neck, throat, senses, skin, nerves

FIRE Chest, upper back, ribs, arms, hands, muscles, tendons, breathing

WATER Solar plexus, abdomen, mid-back, abdominal organs, digestive system, bodily fluids, fascia

EARTH Pelvis, hips, lower back, legs, feet, genitals, reproductive organs, bones

Thinking
light
quick
abstract
changeable

Doing
expansive
active
strong
courageous

Feeling
soft
borderless
reactive
flowing

BEING
physical
solid
stable
enduring

silent
clear
fine
curious

resistant
shining
playful
communicative

vulnerable
unpredictable
adaptive
constantly in motion

persistent
pragmatic
passive
simple

Concentration, understanding, interpretation, explaining, categorizing, memory, imagination, logic, planning, dreaming, inventing, verbalizing, seeing, hearing, tasting, smelling

Movement, action, appearance, relating to others, giving, confidence, leadership, performing, fitness, love, desire, dealing with challenges, pushing through limitations, setting boundaries

Emotions, intimacy, sensitivity, compassion, appetite, digestion, absorption, trust, deep perception, awareness of the invisible

Basic needs, sensation, survival instinct, health, immunity, structure, order, relaxation, tranquility, sexuality, reproduction, family, practicality, the material world, deep confidence, silence

Somatic Applications of the Elements
based on The Grinberg Method®

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Lapidus Scotland Networking Event, April 11th, 2024
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- Which element is dominant in you? Which is the least expressed? Same for a person you love. Are they more Air? Or Fire? Or....?
- Write about the elements within you: cloudy or windy places, fiery volcanoes, lakes, mountains, caves.
- Elemental decision-making: what drives your decisions? Needs and material considerations? Pure instinct? Desire and passion? Logic and reason?
- Writing in grief: writing about the elemental qualities of the deceased, as a way of naming those elements, recognizing and honoring them, and releasing them.

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