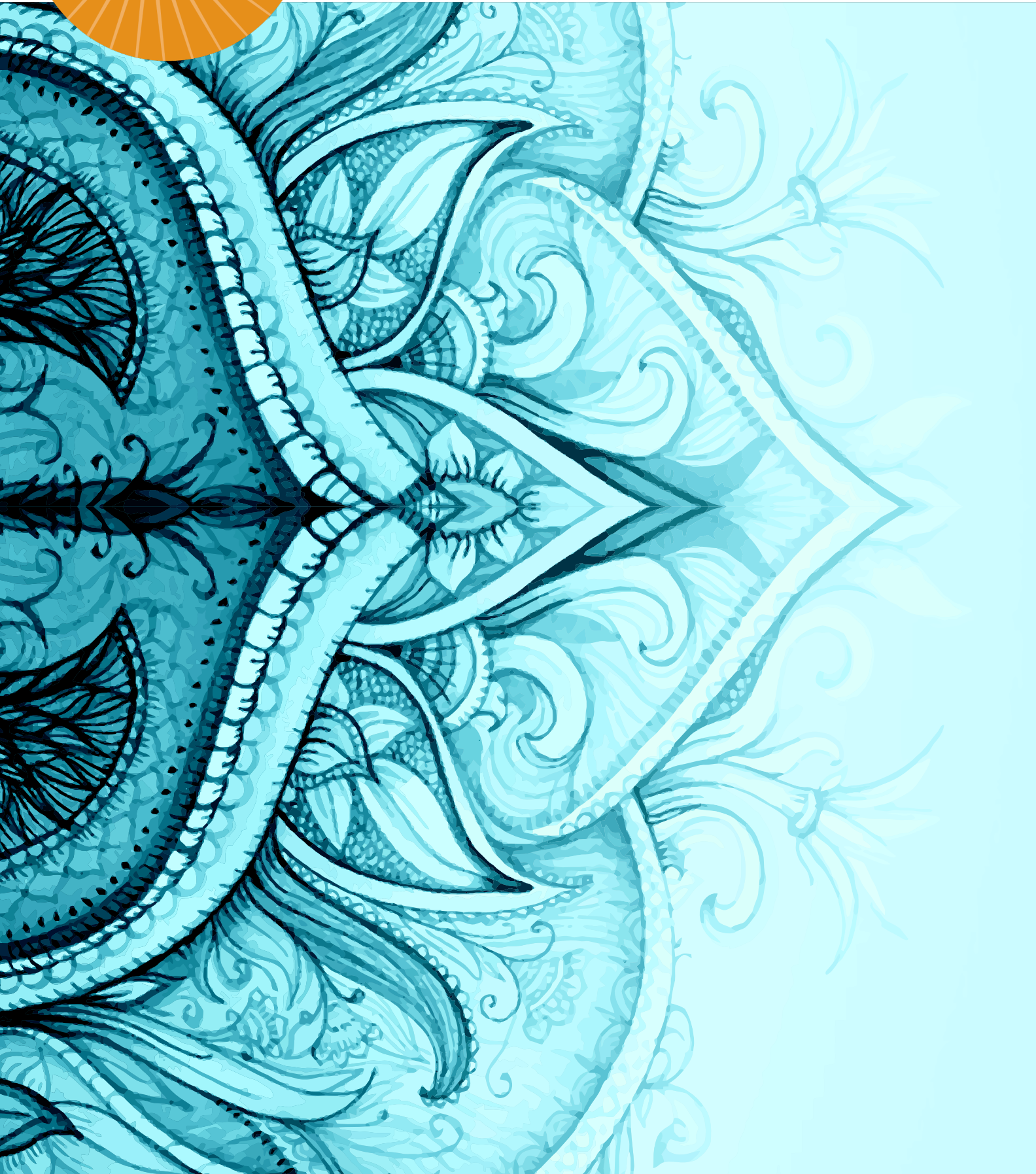




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# Nature's Elements and Healing Ritual, Part 2: Modern Energy Practices

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This two-part series explores nature's elements of air, fire, water and earth as foundations of healing rituals designed to invoke, release, cleanse, embody and integrate energy. The first article explored ancient energy practices, while the second article applies nature's elements and healing rituals to modern energy practices.

A new client sees you for a first session. You read about her history on an intake form and listen to her story. You observe how she interacts with you and the environment of your healing space. You explore with her the areas she wants to change. Your mind sifts through the various approaches you may select to help her, being aware of her unique characteristics, desires and past history with healing modalities. After implementing the techniques that best suit her, you check in with her to see how she is responding compared to when the session began and propose the next steps in her healing journey.

This description of a generic healing session could apply to various modern healing approaches, such as Healing Touch, Reiki, energy psychology, Energy Medicine, psychotherapy, acupuncture, physical therapy, homeopathy or other allopathic treatments. Despite their distinct interventions on the path to wellness, they all share a common story comprised of a beginning phase marked with greeting customs, a middle phase of uniting in a pursuit of a goal or goals

and a closing phase of integrating information. The story arc repeats itself as healing sessions continue and work is done between sessions.

On a deeper level, this story arc can be seen through the lens of how nature's elements and healing rituals are present in modern energy practices, much the same as healing practices used by the ancients. For instance, when clients tell their story and healers listen, the natural element of air is used to issue forth ideas (lungs and vocal chords creating sound waves through the air). The healing ritual of invocation, or making a request, is also present when stating an intention for change.

This article describes a six-step process of change, based on a model from the Comprehensive Energy Psychology (CEP) treatment modality from the Association for Comprehensive Energy Psychology (ACEP). The model follows the story arc described above and is broad and flexible enough to be adapted to modern healing approaches from a variety of traditions. Each step in the model can be associated with one of nature's elements and healing rituals (for a more complete description of nature's elements and healing rituals, see Part 1 of this series). When we apply lessons from nature's elements and healing rituals to our modern practices, we are invited to deepen our work, innovate and connect to the unconscious roots of healing traditions across cultures and time.



### Step 1: Invocation/Air — Getting Started

The first step in a healing setting typically involves gathering relevant information, gaining permission to work together and setting the intention for healing to occur. This call for help, or invocation, is often spoken aloud through the medium of air. What is often missing from modern practice in the secular world, compared to healers from the past, is the intentionality of this invocation. Similar to a call to worship, or a summoning of sacred energy, the initial contact for a healing session can be seen as a divine action. When intention is coupled with invocation, consciousness elevates and we are more likely to bring out the best

### Step 3: Renewing/Water — Identifying Goals

The next two steps evoke the element of water, with its properties of renewal and cleansing. Rinsing an object, such as a muddy sea shell, reveals its true nature underneath, allowing it to reveal its true colors while removing layers that obscure its inner reality. Like clear running water, the healing stage of renewal serves to restore freshness. Renewal occurs when selecting a goal or target for change, as the mind and body of the practitioner and client collaborate upon an agreed contract and perceive reality with fresh eyes. Practitioners vary in how explicit they are in setting goals for change — but on some level this step is

*When clients tell their story and healers listen, the natural element of air is used to issue forth ideas.*

in ourselves and our clients. You may want to consider the amount of focused intention you and your clients are establishing in the opening stage of work, from the first time you meet, to the beginning of each session thereafter, bolstering the invocation for wellness.

### Step 2: Releasing/Fire — Preparation

Next comes a process of releasing that which no longer serves the client. Before one can move forward and gather newness — the old must be shed so there is room for growth. The element of fire is ideal for releasing, as it purifies and burns away debris. Not all systems of healing focus on the step of releasing, yet if used, it can lead to a readiness for new ideas and perspectives. In the CEP model, releasing is accomplished by preparing the energy field for treatment interventions. The body emits energy patterns, such as polarity (energy flowing like the positive and negative ends of a battery) which can be measured. The CEP model tests for the coherence of these energy patterns. Imbalances are corrected, leading to a better regulated, calm and open state to receive subsequent treatment interventions. This step is akin to having the proper tools and ingredients primed and correctly assembled before preparing a meal.

required in order to establish a stable field for change to occur.

### Step 4: Cleansing/Water — Removing Blocks to Treatment

Water also excels at cleansing, or freeing from contamination, by removing blocks or obstacles. Oftentimes clients will demonstrate their blocks to treatment by being evasive, confused, undermining their success or fighting the tide of change. The CEP model addresses these common aspects of human nature by working with them, rather than struggling against them. Blocks are framed as allies in the process of change, pointing out that which needs to be acknowledged, understood and released before a treatment intervention is applied. Objections to change, whether conscious or unconscious, are respected as holding information about the complexities of the situation. For instance, a client may be afraid of who he might become if he engages in a new way of being. These and other fears and warnings are noted, both verbally and in the body's energy systems, and removed prior to the next step, which is the treatment intervention phase.

### Step 5: Embodiment/Earth — Treatment Intervention

On the physical level, the earth is our home, offering





us all we need for healthy sustenance. On emotional and spiritual levels when we come home to ourselves — we embrace authenticity. When we combine body, mind and spirit seeking wholeness, we embody, or make concrete and perceptible, that which was previously in the realm of pure potential. Treatment interventions seek to deliver us back to ourselves, realigning us and creating greater balance, structure, coherence and flow. Each healing tradition uses its signature tools for embodiment. The CEP model synthesizes energy from the meridians, chakras and biofield to affect change and can be used alongside other interventions for a broader practice.

### Step 6: Integration/Wood — Lessons Learned and Next Steps

The healing journey can be thought of as taking the shape of a spiral or circle, folding back upon itself as it progresses through time and space. In this way, lessons learned are integrated with the past, present and future — informing movement toward wellness. Integration, or uniting into a whole, can be seen through the lessons of wood. Wood, derived from plants, is a product of all of nature's elements. The plant receives the fire of the sun providing photosynthesis; water feeds the roots and is then is transported to the rest of the plant; soil or earth grounds, feeds and protects the life force; and the air interacts with the leaves exchanging oxygen and carbon dioxide. When a session ends, the client has a chance to weave together all the riches of the prior steps. Reviewing what worked and what did not can lead to deeper questions about the journey of change, offering the client applications in the real world, so learning can continue beyond the treatment space.

### Putting It All Together

The elements from nature are available within and around us every moment, and can be applied to virtually any healing approach. Upon reflection, you may find you already incorporate air, fire, water and earth in your sessions. The CEP model uses primarily body-based and psychoenergetic modes of creating change, which can serve as an adjunct to other healing practices such as psychotherapy, body-based treatments, nursing, medical and coaching to name a few (ACEP

offers courses on CEP and a certification program for mental health and allied health professionals).

Moving beyond the client, a practitioner may choose to alter the environment in the treatment space on a physical level. Using the element of air, breathwork can fill the space with vibrations from the voice through chanting, humming or singing to enhance treatment modalities. Fire can be brought in by lighting a candle to soften the atmosphere or to dedicate sacred space. Wood and water can be combined when spraying essential oils derived from plants and applying it in the treatment area, or if welcomed, around clients to clear their energy body. Earth can be honored by introducing crystals or rocks into the healing space, or taking off one's shoes and standing barefoot on the floor for grounding and releasing energy.

Review your treatment sessions to see where and how you incorporate invocation, releasing, cleansing, embodiment and integration into your work. This awareness can bring new insights into how you practice, which areas you want to develop and which you may want to revise or eliminate. Your clients can be brought into this process, discovering how they integrate nature's elements and healing rituals in their lives beyond the treatment sessions. Incorporating rituals and nature's elements does not have to take up a lot of time. Often it is wiser to engage in one to five minutes of intentional practice throughout the day, rather than scheduling a block of time which may be postponed due to other commitments. As you and your clients expand awareness of nature's elements and healing rituals in treatment sessions and in daily life, you may notice changes inside connecting you to your deepest self, refreshing and renewing you in ways that radiate out into the world. €



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If you would like to know more about how energy psychology approaches clearing blocks, you can receive a free report by going to <https://energypsych.leadpages.co/removing-blocks> and submitting your email address.



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