## **Emotional Realm Feeling** Water

- Transmute through Self-Love
- Seat of The

Oceanic

**Inner Wave** 

**Above** 

BELONGING

**Below** 

## **Energy Realm Transformation** Fire

- Transmute through Movement
- Seat of Alchemy

Physical realm Manifestation erth

- Transmute through ritual & community
- Seat of Mourning

**Mental realm** Vision Air

- **Transmute through Mind Discipline**
- Seat of Vision