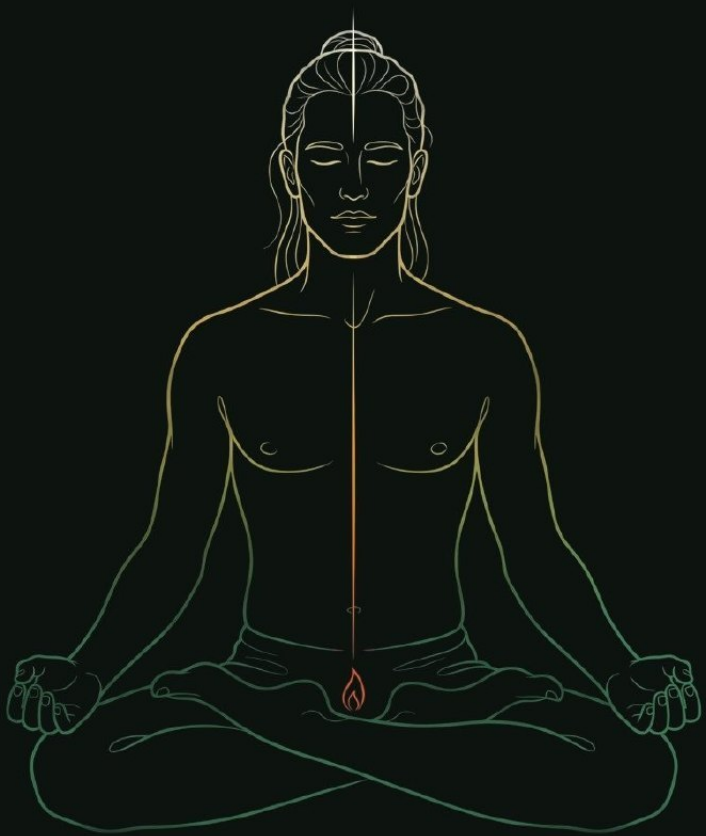
Elemental Foundations

Earth, water, fire, air and space. A beginner's guide to finding the element you're missing, and bringing it back.



Zephyr · rootedflame.app

Ground first.

Before any of this, the body needs a floor to stand on. Waking energy in a nervous system that's already running hot only adds more heat.

The ground is built from five plain things:

Yoga	A few basic postures, most days.
Breath	Slow and steady, before anything strong.
Strength	Training, so the body can hold what you wake up.
Food	Simple and clean.
Ayurveda	Living with the rhythm of the day and the seasons.

If you're not sure what you're doing, practice with a teacher. And if you're 100% sure you're doing it right, you need a teacher even more.

Zephyr

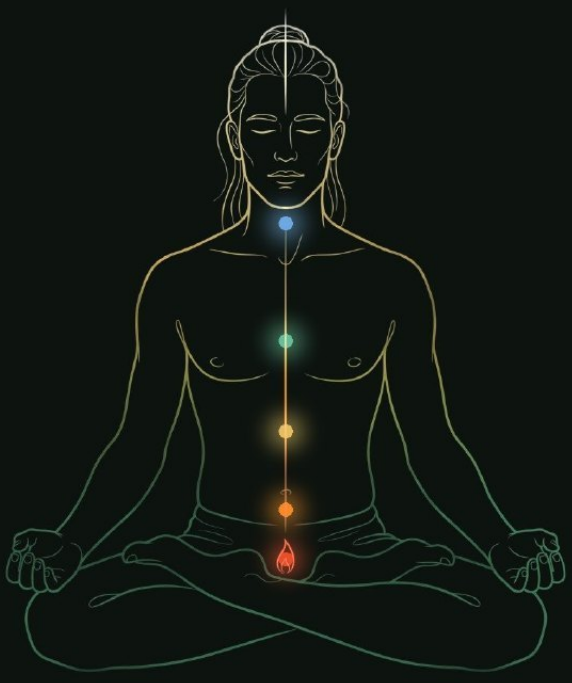
Go gently

- Never force the breath. It should always feel steady.
- Pregnant, high blood pressure, a heart condition, epilepsy or panic attacks? Skip right nostril breathing and any breath holds, and keep everything soft.
- Dizzy or anxious? Stop, breathe normally and put your feet on the floor.

This guide is for learning, not medical advice. If you have a health condition, ask your doctor first.

Five elements, one spine.

Yoga and tantra see everything as made of five elements, and that includes you. They sit along the spine: the heaviest at the base, the lightest at the throat.



Space

Akasha · throat · HAM

Air

Vayu · heart · YAM

Fire

Agni · solar plexus · RAM

Water

Apas · sacral · VAM

Earth

Prithvi · root · LAM

Above the throat, the third eye and the crown are beyond the elements. They belong to the mind and to pure awareness. Each element rests on the one below it, which is why we always start with earth.

Which one are you missing?

Read these and go with your gut.

Earth	You feel scattered and restless, and you start more than you finish.
Water	You feel dry, rigid or numb, and nothing creative wants to come out.
Fire	Your drive is low, your body feels slow, and you let others decide for you.
Air	You feel heavy and closed off, and your breath stays high and shallow.
Space	Your head is crowded and the words get stuck in your throat.

Not sure? Start with earth. You can't get that one wrong.

These are the traditional signs of each element, not a diagnosis.

Mudras

Each finger holds an element, and the thumb is fire. When the thumb meets a fingertip, that element grows.



How: sit tall with the backs of your hands on your knees. Let the fingers touch lightly, breathe normally and stay for five minutes.

Some kundalini lineages map the fingers to planets instead. This guide uses the elements.



Earth

Prithvi mudra

Earth seal

Ring fingertip to thumb tip.

For when you feel scattered. It brings you back down into the body.



Water

Varuna mudra

Water seal

Little fingertip to thumb tip.

For when you feel stiff or dried out. It softens and lets things move again.



Fire

Agni mudra

Fire seal

Fold the ring finger down to the base of the thumb and rest the thumb over it.

For when you feel sluggish. The thumb is fire, so this one makes room for it by quieting earth.

Skip it if you already run hot or feel agitated.



Air

Gyan mudra

Air seal

Index fingertip to thumb tip.

For heaviness and a foggy head. It lightens and clears.

Looking up “Vayu mudra”? That’s the folded version, and it calms air instead.



Space

Akasha mudra

Space seal

Middle fingertip to thumb tip.

For a crowded mind. It opens up room inside.

Pranayama

Breath is the quickest way to change how you feel. Three to five minutes is enough.

How: sit tall and breathe through the nose. Never force it.

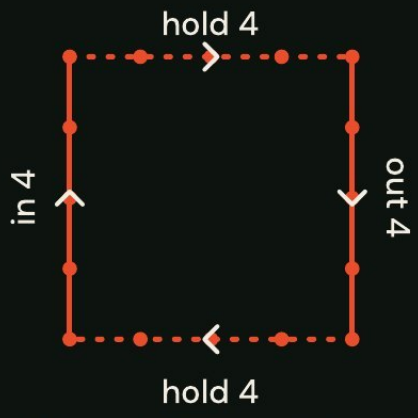
For the nostril breaths, use your right hand. Fold the index and middle fingers in. The thumb closes the right nostril, the ring finger closes the left.



Earth

Equal Breath

Sama Vritti



In for 4, hold for 4, out for 4, hold for 4. Every side of the square is the same length.

Steadies the nervous system and settles you into the body.

Pregnant, or high blood pressure or a heart condition? Leave out the holds: in for 4, out for 4.



Water

Left Nostril Breath

Chandra Bhedana

Close the right nostril and breathe in through the left. Close the left and breathe out through the right. Always in left, out right.

The moon breath. Cooling and calming, good in the evening.



Fire

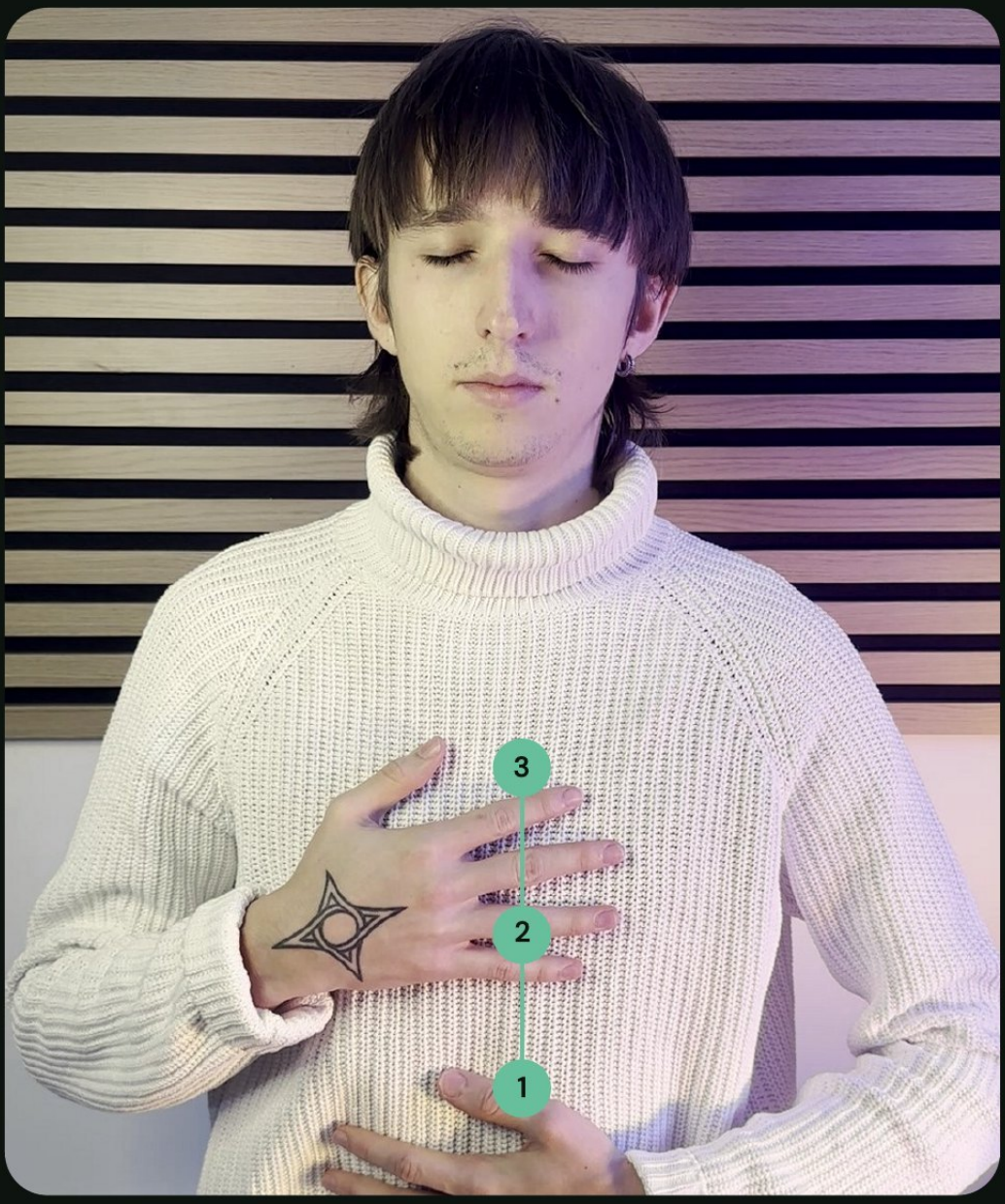
Right Nostril Breath

Surya Bhedana

The mirror of the moon breath: always in through the right, out through the left.

The sun breath. Warming and waking. Use it in the morning, never before sleep.

Skip it if you're pregnant, have high blood pressure or a heart condition, or feel anxious.



Air

Three-Part Breath

Dirga Pranayama

Breathe in through 1, 2, 3: belly, ribs, chest. Breathe out the other way: 3, 2, 1, chest, ribs, belly.

Fills the whole body with breath and opens the heart.



Space

Humming Bee Breath

Bhramari

Close your ears gently with your thumbs and rest the fingers over your eyes. Breathe in for 4, then hum for 8.

The hum quiets the mind from the inside.

Mantra

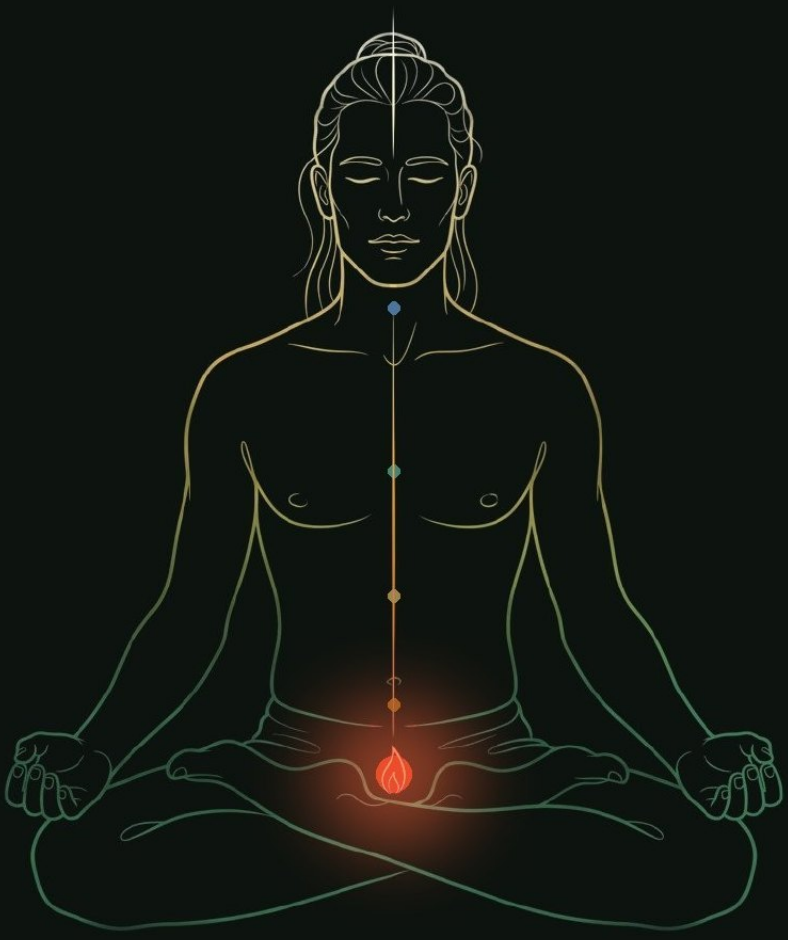
Each chakra has a bija, a one-syllable seed sound. Chanting it wakes the element that lives there.

How: sit tall with your attention on the chakra. Breathe in, then chant on one long breath out. Stretch the a and let the m hum until the breath runs out.

9 to 21 times, or 108 with a mala. Out loud first, then a whisper, then silently.

Once you know all five, chant them as one rising line, root to crown:

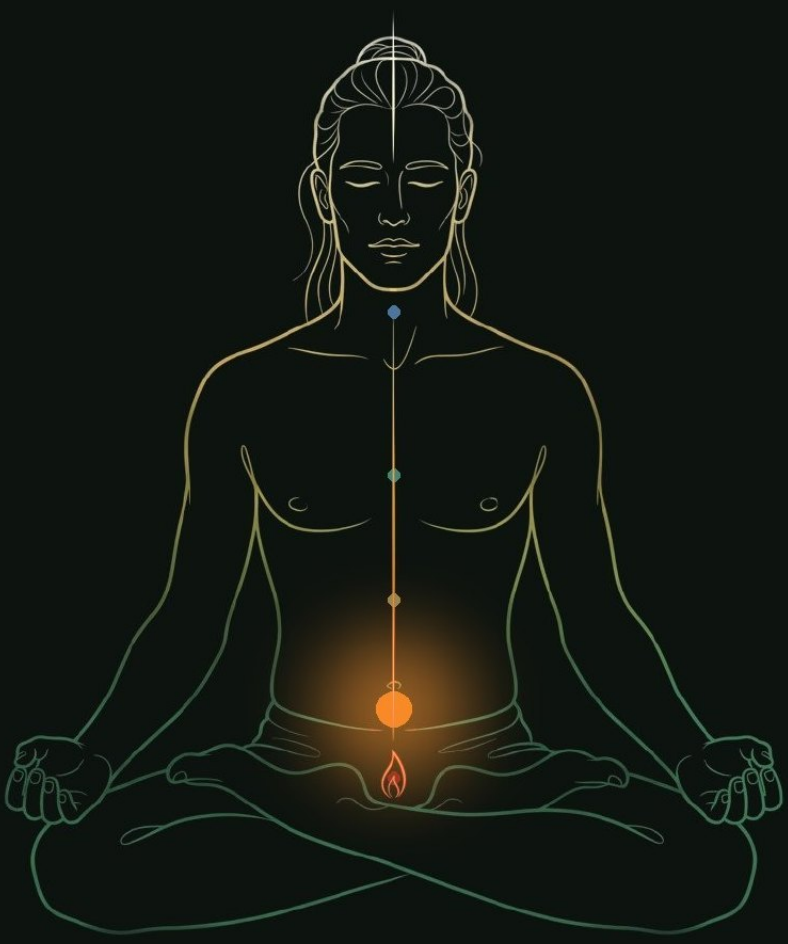
LAM VAM RAM YAM HAM OM AUM



LAM

laaa–mmm

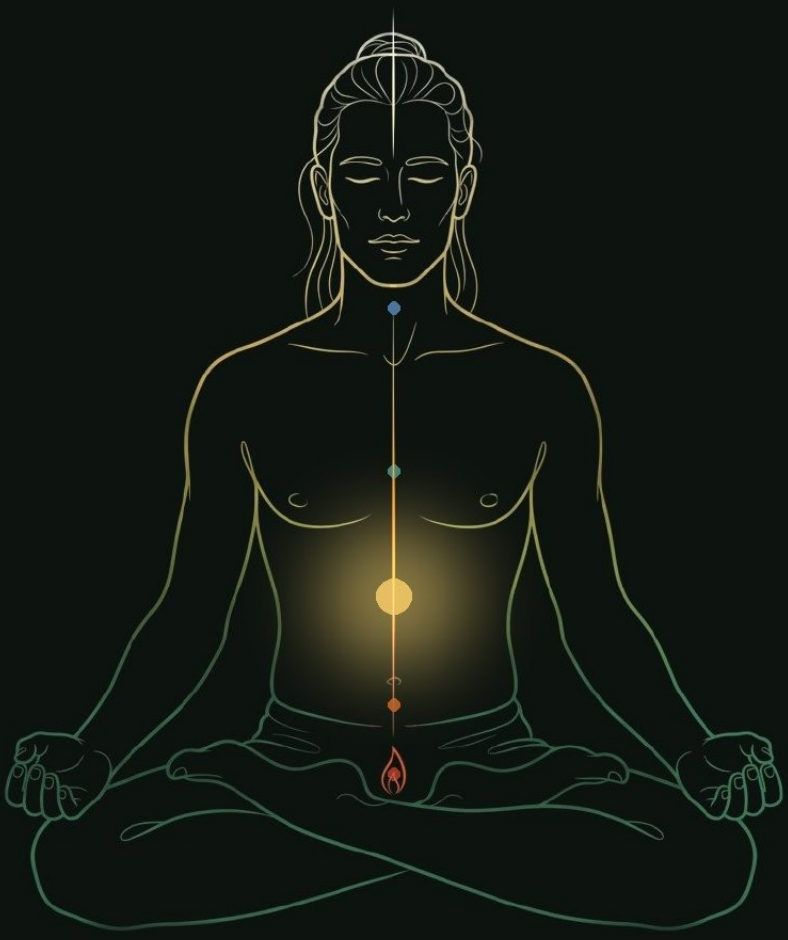
Earth · root chakra, base of the spine



VAM

vaaa–mmm

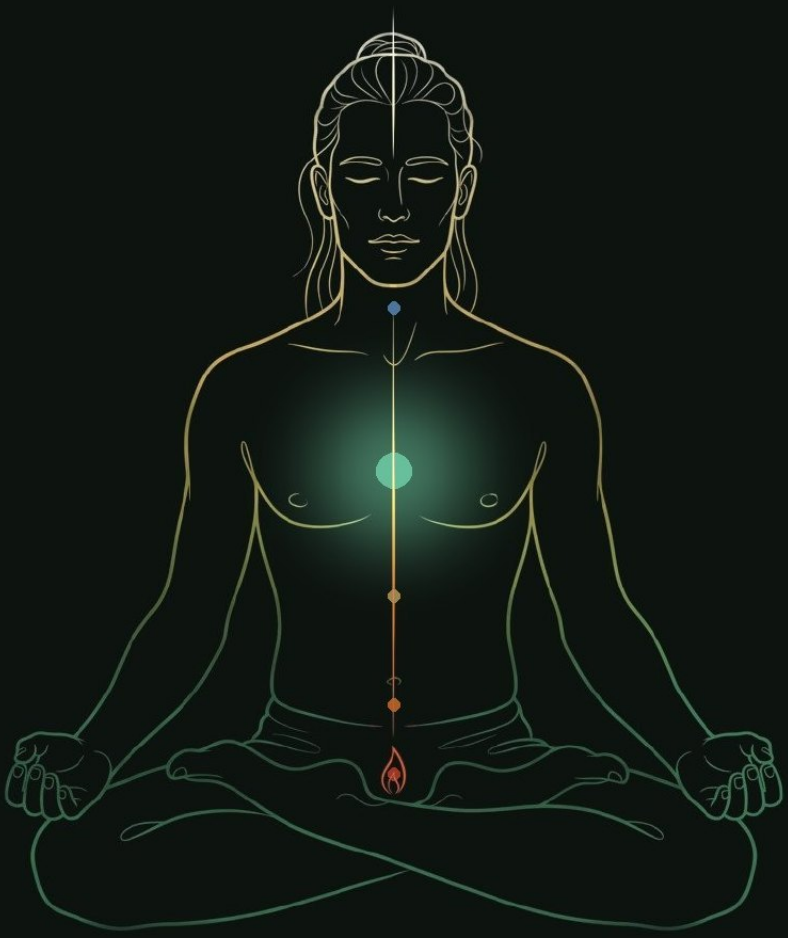
Water · sacral chakra, lower belly



RAM

raaa–mmm

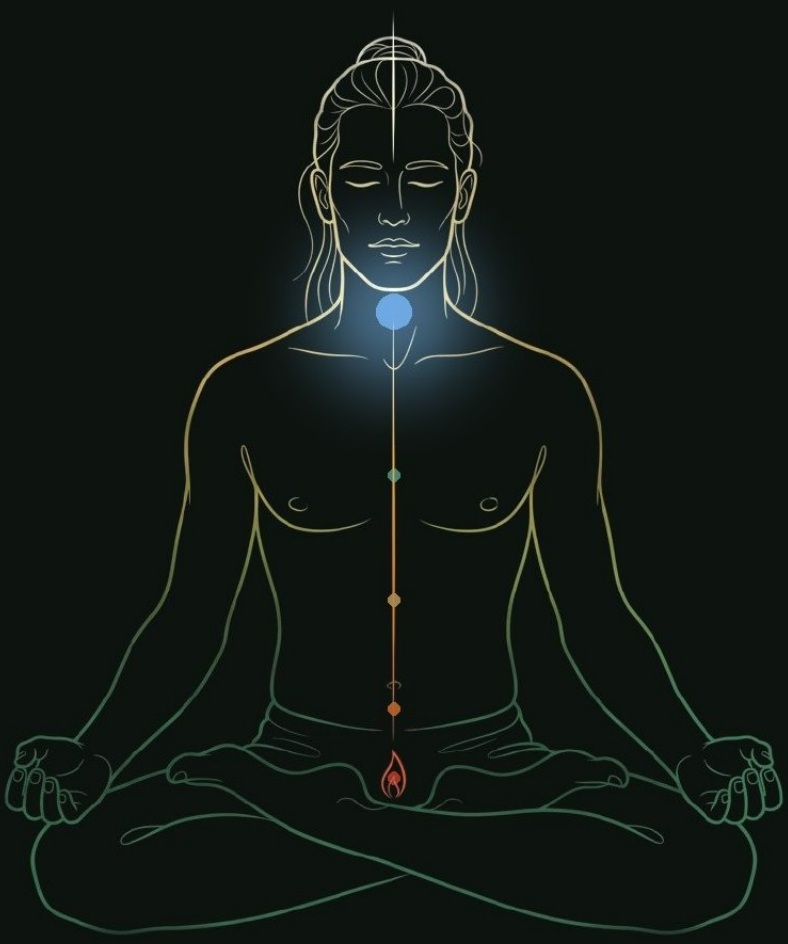
Fire · solar plexus chakra, navel



YAM

yaaa–mmm

Air · heart chakra, center of the chest



HAM

haaa–mmm

Space · throat chakra, throat

Two ways to work

The cycle

One element a day, root to throat, then start again. Each day, do that element's mudra, breath and sound. Ten to fifteen minutes.

Mon	Tue	Wed	Thu	Fri
Earth	Water	Fire	Air	Space

Good for getting to know all five.

Root first

Stay with earth until you're a superhuman: Prithvi mudra, Sama Vritti and LAM, together with the five foundations. When the ground really holds, learn to go beyond it and rise through the other elements one by one.

Good if you're anxious or live in your head.

Either way, grounding comes first. That's the Rooted Flame method: ground, feel the energy, direct it.

A map isn't a guide.

This gets you started. Kriyas, energy balancing and tantrik practice are best learned with a teacher who can see you.



I'm Zephyr. I'm a yoga teacher (RYT500) with a kriya yoga initiation and two tantrik initiations in India. I went deep into practice, lost myself in it, and came back to the body. That's what I teach now.

Free intro call

20 minutes. We find where your energy is stuck and one practice to start with.

Book the free call

Rooted Flame session · $108

A practice made for you and recorded, plus your own PDF guide.

Book a session

The app

Every practice with a timer and sound cues. Coming soon.

rootedflame.app



Practice out of love for yourself, to know the Truth, for the benefit of all beings.

@rooted.flame rootedflame.app