



# The Intuitive Connection

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## Nature Elementals



Nature Elementals (not those found in comic books) are mythical beings, mainly described in occult or alchemical publications starting around the European Renaissance. In 16th century, Paracelsus wrote about them elaborately, and linked them into four categories: gnomes (earth), undines (water), sylphs (air), and salamanders (fire). They are believed to be creations of God, and are the fundamental building blocks of nature according to Paracelsus.

Each type of elemental wields the power that their names suggest. They mainly work in harmony with each other, protecting the earth and its inhabitants. They share our world, but we generally don't see them because they exist on a different vibrational plane than our 5 basic senses are accustomed to.

Let's take a quick look at each type and what they do. According to an article by Lisa Stardust in Sabat Magazine:

*"Salamanders (Fire): Salamanders! While these critters are undeniably "real", they are believed to be mystical creatures that purify the Earth through the heat of their fire (excretions from their skin can cause burns) and cleanse mankind of sin. The slithery salamander also acts as the spoke-spirit of assertion, sexuality, activation, cleansing, creation and consumption (think in terms of digestive fire). Salamanders are the inspiration, the spark that comes from initiating and manifesting creative desires, as well as the ability to carry out such endeavors. By offering transformation to those who feel lethargic, Salamanders provide divine wisdom and a moral compass to those who call upon its fiery energy – giving others the opportunity to embrace change, moving toward a more truthful place, and personal evolution.*

*Gnomes (Earth): Gnomes or Pygmy are small human beings that live underground. They are hard workers and full of personality, translated in time as the Seven Dwarfs from the fairy tale Snow White. Gnomes are the tireless workers who carry out the inspiring spark of Salamanders. Found amongst the green trees in forests, preserving the purity of Mother Nature. They act as a grounding force of nature, allowing mortals to feel stable and secure in the routine of day-to-day life. Playing tricks on those who do not respect Mother Nature, their love affair with the beauty of Earth allots mortals protection of crops, harvests, gardening, homes, material possessions, money and pleasures.*

*Sylphs (Air): Sylphs are mythological air spirits, flower fairies, spirit guides, Valkyries and Griffins. However, they are more connected to the world of Fae – shape shifting flying beings of the sky. Soaring through the sky, hiding in clouds, while being invisible to the eye of mortals, the Sylphs are able to spread news, inspire art, give breath to all living creatures and even cause mischief amongst us earthlings. When they are not causing miscommunications, being busy bodies or playing tricks, Sylphs act as protectors of women, occult secrets and the environment – safeguarding us all from destruction. While Sylphs are amazingly intelligent, they also have a childlike sense of wonder, allowing them to gain insight and act with*

diplomacy. Their only downfall is that they cannot exist in any element other than air and have mortal souls, only gaining immortality by marrying a human.

*Undines (Water): Undines/Nymphs are water maidens who love to sing. Lacking a soul, they need to marry a human to receive a soul and immortality – a tale popularized by The Little Mermaid. Undines are female creatures (nereides, limnades, naiades and mermaids) mostly found under waterfalls. Protectors of all sea dwelling creatures, Undines like to soothe and heal human pains and woes when they enter bodies of water. Marrying a man is the only way they can live and be immortal – through love (Hello, Ariel!). They exist as the personification of love, drawing men to them through their beautiful voices, causing sailors to abandon their ships in pursuit of these bathing beauties. Ruled by Neptune, God of the Sea, Undines live in sea caves and under lily pads, their echoing song entrancing humans and other creatures. Their element, water, is essential to all life – from plants, to animals, and humans. Each crashing wave against the ocean shore represents the undines song of pure, raw love and emotion.”*

While most elementals are helpful and doing an important job to preserve our beautiful planet and protect the inhabitants, there are times when they can cause chaos and harm to humans. These instances are more commonly reported in paranormal cases. Some examples of how an earth elemental haunting may affect humans include: making metal objects appear/disappear, causing animals to behave strangely or frightening them, causing people to suddenly fear being buried alive, and possibly causing agoraphobia (the fear of leaving home). Fire elemental hauntings may: create unexplained eruptions of fire (excluding human combustion), cause people to become obsessed with fire, and seeing fireballs, self-reflecting orbs or light and tongues of flame. Air elemental hauntings appear to make up a good portion of paranormal claims, including: objects being thrown or broken, agitation and fighting, possible abduction and/or missing time, hearing music or bell sounds, and seeing animals such as black dogs, horses, badgers, hares and pigs. Finally, a water elemental haunting could include: obsession with water, suicide by drowning, repeated plumbing problems, and unexplained pools of water appearing.

I've personally experienced a few interactions with elementals. My first recollection was with an air elemental. He got my attention by constantly messing with my head and hair, moving energy across my forehead (which was so strong that I couldn't ignore it). Turns out he needed some help with some energy and healing and I guess I was the closest person who could channel the healing energy that he needed. Since that first encounter, I've received a few visits from him from time to time to say hello. The other interactions I've had have mainly been with earth elementals. Being part of a paranormal group, you tend to go to places that give you a higher chance of encountering these beings. The experiences with the earth elementals have not been negative (at least not for me). Mostly they needed healing energy, or offerings (such as crystals, tobacco or other natural plants) which they use for healing. In those instances, the earth was out of balance because of something man had done.

While I'm not the most eco-friendly or conservationist person, encountering these and other nature beings has made me realize that I need to pay attention or do a little more to help mother earth. When called upon, I'm happy to send energy healing to the earth, as well as always transmuting any negative energy that I'm releasing into the earth into healing energy for the earth. I'm also now obsessed with picking up trash that I see around and disposing of it properly. And I'm happy to report that I've switched to all green cleaning products and live a more natural lifestyle using essential oils and natural medicine. Was that an effect because I encountered elementals, or by being influenced by them? I'm not sure. All I know is that I feel better doing it.

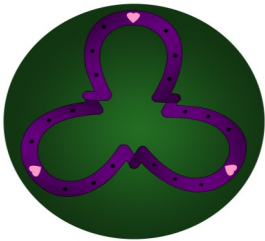
Where does one go to find an elemental or to have your own encounter? You don't have to go very far. Go out into nature, especially those places whose beauty is preserved and untouched by man. They are all around us, we are usually just too busy to take notice and appreciate the work that they do. However, make sure to be respectful. After all, you wouldn't want someone coming into your house and leaving their garbage all over the place (would you?).



Check out our alpaca inspired lip balm flavor of the month featuring Angel Face!

“An earth angel who watches from afar and shines her light upon you”

## Vanilla Cinnamon Clove



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### Referrals

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**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

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**Cindy Holt, Holt Holistic Healing**

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