

*Between
Earth
& Sky*

WELCOME TO WEEK ONE!

This is your WEEK 1 Workbook. Feel free to download and print so you can take notes right in it. Set your printer to “grey scale” to save ink, unless you will find the color-coding useful.

The white background pages are “essential” and the grey background pages are added info to help round-out your understanding of the material.
Exercises for the week are at the end of the workbook.

As I say in the introduction video on your dashboard, focus on understanding and learning a new way to think and see versus worrying about memorization.

Remember, there are no right or wrong answers, only exploration and practice! As you engage this learning, you will eventually begin to form your own ways of working with the system presented here. This will be unique for each of us based on our preferences, needs, life experiences, and prior understandings.

BEGINNING

We begin our journey by intentionally shifting our minds from scientific, reductionist thinking to the Mythical. We do this because the concepts we discuss throughout this course require our imagination, curiosity, and space for the Deeper Intelligence to enter and begin to inform us. We are exploring Life from a spiritual perspective. As such, we must release our focus on the laws of the material universe. We are going to be talking about, sensing, and navigating the metaphysical universe.

We will start with the Foundational Qualities of existence. These concepts are ancient, starting in ancient Greece as early as the 9th Century BCE. Influenced by both astrology and alchemy, the concepts here underlie healing and philosophical views not only in the Western world but in China and India as well. If you have studied Ayurveda or Traditional Chinese Medicine, you will find the material here most edifying.

What you do with what you learn is up to you. Please do not make the mistake of thinking that after the three weeks of learning this material that you will have any kind of mastery. You will certainly gain enough to work with in your own life, possibly indefinitely. If your intent is sorcery or healing work, let this be a jumping off point for you and make a commitment to pursuing this work for the months and years it takes to actually gain genuine proficiency.

The more you bring curiosity and play to this process, the more will be revealed and learned. The Deeper Intelligence will meet you where you are at, with your own unique experiences, perspectives, and Wyrld. This reveals the relational nature of wisdom - that true wisdom arises when we listen to, and allow, Life's guidance, whispers, and urges.

Let your desire - your impulses, urges, cravings, and attraction - pull you into the places that are meant for you. Deeper Intelligence acts in the world through us, as we are an integral part of the fabric of reality. Our desire is what sets us up for that "acting through".

Nothing you learn here is "better" or preferred. No element is better, no quality, no temperament, no planet - all are necessary and fundamental to existence. As you find these things in yourself, as you discover the qualities, elements, temperament(s) and planets that give rise to who and what you are, may judgment and stress give way to grace and awe.

FOCUS ON UNDERSTANDING
OVER FACTS
FOCUS ON WISDOM OVER
KNOWLEDGE



FOUNDATIONAL QUALITIES

ENERGY

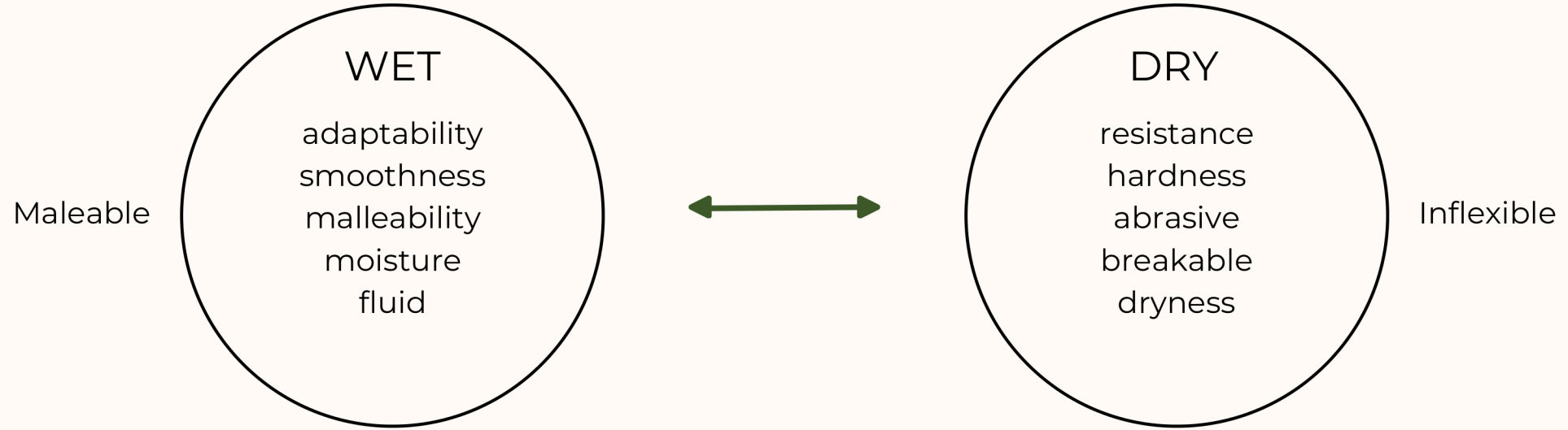
Active



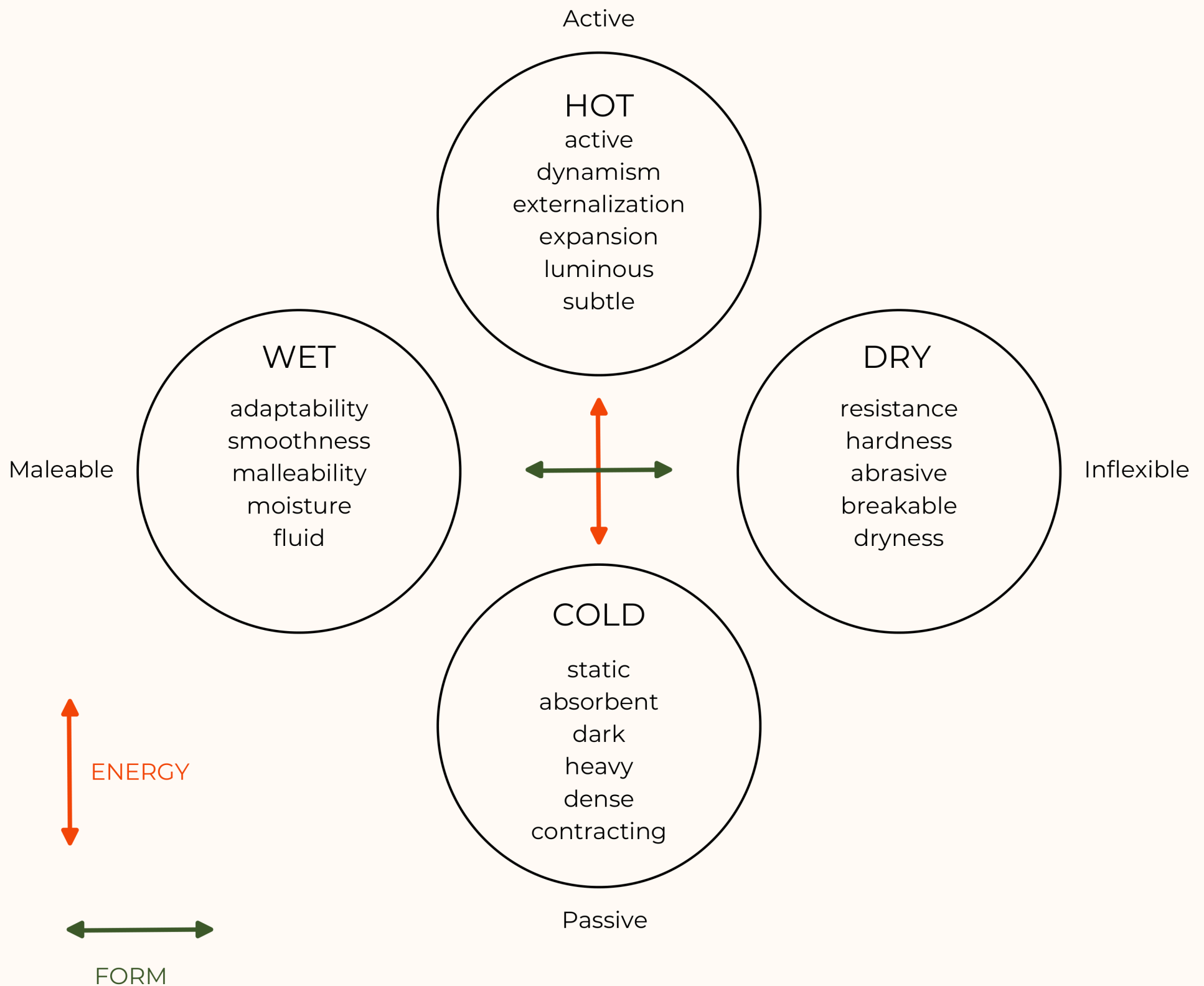
Passive

FOUNDATIONAL QUALITIES

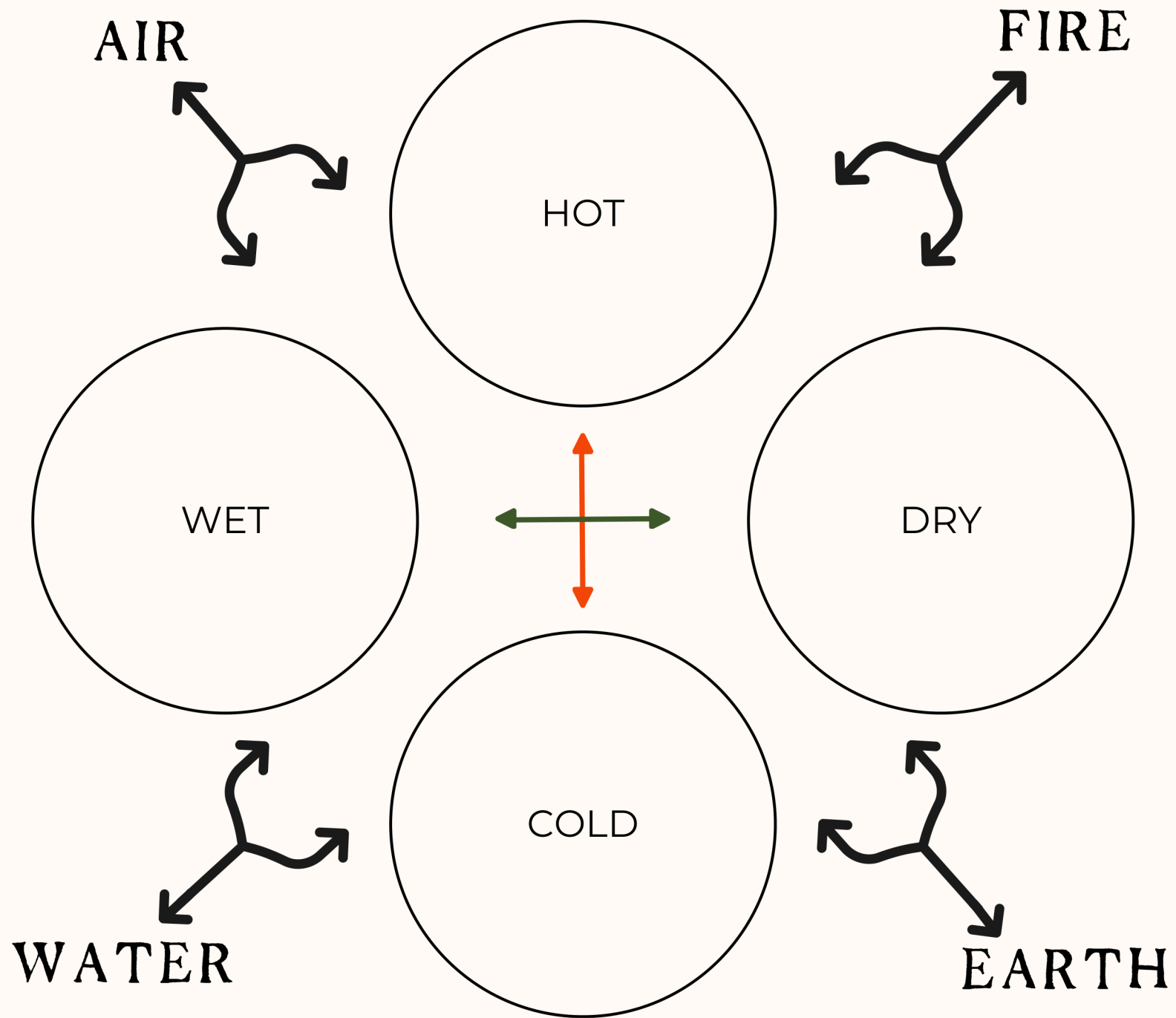
FORM



FOUNDATIONAL QUALITIES



QUALITIES BECOME ELEMENTS



THE FOUR ELEMENTS

FIRE 

- hot and dry
 - choleric
 - insistent
 - powerful
 - radiant
- imposes itself
- does not mold itself to external environment
 - tense
 - dynamic
- extroverted
 - resistant
- consumes
 - burns
- illuminates
 - energizes
- transmits heat
 - electric
 - vitality
 - growth
- radiant colors
 - very alive
 - harsh
 - expansive

AIR 

- hot and wet
 - sanguine
 - obstinate
 - sexy
 - dynamic
- extroverted
- maleable
- changeable
 - adaptable
 - expanding
 - mobility
 - plasticity
- ability to penetrate
 - scintillating
 - clear
 - smooth
 - light
 - agility
 - flexibility
 - obstinate
 - joy
 - transports (smells, sounds)
 - trusting
 - quick

WATER 

- cold and wet
 - phelgmatic
 - receptivity
 - cute
 - density
- maleable
- reflexive
- introverted
 - resistant
- changeable
 - adaptable
 - oceans
- all watery bodies
 - plasticity
- makes things pliable
 - adhesive
 - moistens
 - reflective
 - dark
- limited flexibilty
 - winter
 - emotional
 - slow
 - merges

EARTH 

- cold and dry
 - melancholic
 - contracted
 - beautiful
 - hard
- non-molding
 - reflexive
- introverted
 - resistant
- permanence
- immoveability
- obstacles & blocks
 - crystalizes
 - weighty
 - durability
 - stability
 - dark
 - dull
 - rough
 - heavy
 - very solid
 - firmness
 - security
 - inert

ELEMENTS SELF-TEST

FIRE 

- ☐ hot
- ☐ dry
- ☐ strong will power
- ☐ visionary
- ☐ authority
- ☐ inspire
- ☐ encouragement
- ☐ warmth
- ☐ irritation
- ☐ anger
- ☐ impulsive
- ☐ competitive
- ☐ conquest
- ☐ exploration
- ☐ pushes self/others
- ☐ driven by purpose
- ☐ craves individuality
- ☐ leadership
- ☐ hates restriciton
- ☐ active

TOTAL _____

EARTH 

- ☐ cold
- ☐ dry
- ☐ practical/pragmatic
- ☐ calculated
- ☐ harmonizing
- ☐ structured
- ☐ dislikes changes
- ☐ pursues \$
- ☐ caring
- ☐ compassionate
- ☐ nurturing
- ☐ supportive
- ☐ melancholy
- ☐ depressive
- ☐ food issues
- ☐ sensual pleasure
- ☐ craves security
- ☐ slow moving
- ☐ dutiful
- ☐ stamina

TOTAL _____

AIR 

- ☐ expressive
- ☐ connecting
- ☐ communicative
- ☐ cerebral
- ☐ logical
- ☐ objective
- ☐ sociable
- ☐ friendly
- ☐ debates
- ☐ dissection
- ☐ convincing
- ☐ indecisive
- ☐ wishy-washy
- ☐ autodidact
- ☐ craves connection
- ☐ eager to learn
- ☐ impartial
- ☐ analyzes
- ☐ emotionally oblivious
- ☐ dismissive

TOTAL _____

WATER 

- ☐ natural healer
- ☐ moody
- ☐ internalized
- ☐ introverted
- ☐ changeale
- ☐ creative
- ☐ intuitive
- ☐ sensitive
- ☐ perceptive
- ☐ escapist
- ☐ slow to trust
- ☐ deeply devoted
- ☐ all-life-is-sacred
- ☐ expresses through art
- ☐ service -oriented
- ☐ craves merging
- ☐ shelter-seeking
- ☐ peace-seeking
- ☐ psychic sensitivy
- ☐ care for all beings

TOTAL _____

FOUR ELEMENTS AS FOUR LIFE PROCESSES

life leads to death and death leads to life

Fire is the life spark. Every living thing starts here. This is the will within the being to become a unique expression of Deeper Intelligence in physical form. As this life spark develops, individual identity emerges.

FIRE

GENERATION

Water is the universal solvent. Everything in physical form eventually dissolves back into the morphic field. This is how the Great Mother calls us back to the womb. With water, we give up our little spark of individuality and return to the undifferentiated ocean of Intelligence.

WATER

DESTRUCTION

Earth provides the vessel for the spark in the form of a physical body. The body protects this life power and is the vehicle for it. It gives the illusion of being fixed and permanent.

EARTH

PRESERVATION

AIR

CORRUPTION

Corruption is anything that alters the original form. This is a state of constant flux. Air dries up the vitality of youth and makes a body more susceptible to change. Air eventually weakens the body. Air reveals the truth that everything changes.

TEMPERAMENTS

The Temperaments are where the qualities, elements, and planets meet in the human person.

We are going to invest just a short time in our call about the Temperaments, just enough with this to get a general orientation to the concepts, but understanding the Temperaments could be an entire course in and of itself! We do need to have some kind of grasp of them because it humanizes the world's impact on us and also destroys our sense of isolation by helping us see just how much we are made of this world and influenced and ruled by the same things as literally everything else in existence!

I encourage you to visit the Resources section and find something on the Temperaments you feel drawn to so you can deepen your grasp of them. In this workbook I will be providing a table of the Temperaments for you to use so you can gain access to this concept and begin to play with it. The table will be loaded but it is by no means all there is!

The idea of the four temperaments traces back to an Ancient Greek medical theory that there were four fundamental bodily humors (blood, yellow bile, black bile, and phlegm) which could cause illness if they were out of balance. The terms sanguine, choleric, melancholic and phlegmatic were coined by the Greek physician Aelius Galenus to describe the effect of these humors on human behavior.

As we explore the Temperaments, keep in mind that we all have characteristics of all the Temperaments, just as all the qualities and elements are present in us all. If you encounter a Temperament that resonates with you but some things just don't, it is likely that another Temperament is present in you that diminishes, changes, or amplifies some of the Temperament qualities.

As you consider the Temperaments, think most especially to how you were in childhood, before the world overly influenced you. What do you remember about yourself? What were you criticized for? What stories have you heard about yourself? What did you love? What interests did you display? How did you feel most comfortable?

TEMPERAMENTS

CHOLERIC

- ☐ hot
- ☐ dry
- ☐ summer
- ☐ enthusiasm
- ☐ ambitious
- ☐ impatient
- ☐ not very emotional
- ☐ aggressive
- ☐ rigid
- ☐ insensitive
- ☐ slim
- ☐ muscular
- ☐ hairy
- ☐ willful
- ☐ never capitulates
- ☐ enterprising
- ☐ Fire element
- ☐ leadership
- ☐ average or short frame
- ☐ yellowish/reddish skin
- ☐ coarse/shiny skin
- ☐ courageous
- ☐ mind changes frequently
- ☐ action/conquest
- ☐ Sun
- ☐ Mars

SANGUINE


- ☐ hot
- ☐ moist
- ☐ spring
- ☐ dynamic
- ☐ active
- ☐ versatile
- ☐ adaptable
- ☐ vivacious
- ☐ spontaneous
- ☐ enthusiastic
- ☐ communicative
- ☐ social
- ☐ sensitive
- ☐ cries easily
- ☐ curious
- ☐ studious
- ☐ Air element
- ☐ happy and friendly
- ☐ meaty and full body
- ☐ medium or tall height
- ☐ smooth skin
- ☐ white/rosy hue
- ☐ lacks concentration
- ☐ lacks perseverance
- ☐ Jupiter
- ☐ Venus

MELANCHOLIC

- ☐ cold
- ☐ dry
- ☐ autumn
- ☐ reserved
- ☐ facts over ideas
- ☐ underestimated
- ☐ not very demonstrative
- ☐ rigid sensibilities
- ☐ melancholy
- ☐ pessimism
- ☐ difficult to cry
- ☐ difficult to forgive
- ☐ medium frame
- ☐ slim body
- ☐ resentment
- ☐ solitary
- ☐ Earth element
- ☐ reserved
- ☐ withdrawn
- ☐ coarse and cold skin
- ☐ yellowish or dull skin
- ☐ obstinate
- ☐ distrustful
- ☐ anti-social
- ☐ critical
- ☐ Saturn

PHLEGMATIC

- ☐ cold
- ☐ wet
- ☐ winter
- ☐ sensitive
- ☐ reserved
- ☐ strong emotional drive
- ☐ adaptability
- ☐ security
- ☐ emotional reasoning
- ☐ subjective
- ☐ inconstant
- ☐ incongruent
- ☐ medium to short frame
- ☐ flacid body
- ☐ easily gains weight
- ☐ avoids committment
- ☐ Water element
- ☐ lazy and passive
- ☐ malleable
- ☐ soft, cold skin
- ☐ pallid with little hair
- ☐ determination is ellusive
- ☐ courage is difficult
- ☐ excessively patient
- ☐ conciliatory
- ☐ Moon



NOTICE WHAT SOMETHING IS
THEN NOTICE THE EFFECT IT
HAS THEN LISTEN TO LIFE
AND ASK IT TO SHOW YOU
WHAT IT IS NEEDED

HOMEWORK

- Begin by exploring the Foundational Qualities. Play, every single day, with challenging yourself to identify just one of the four qualities in your day-to-day experiences and environment.
- Then move on to the Elements. Play with finding one element in the things you encounter throughout your day. Do this by first identifying two qualities in the things you encounter, including experiences, then refer to the element sheet on page __ to see what element those two qualities make. By playing this way, you will truly strengthen your perception and be well on your way to genuine understanding and the inevitable transformation this brings.
- Do pay attention to the ways some Temperaments are similar and share certain characteristics.
- Imagine how some of the more challenging Temperament characteristics might be counter-balanced, or supported, by certain elements and foundation qualities.
- Share your best guess at your dominant Element and Temperament in our Group Area! Feel free to include any surprises or resistances or thought/feelings.

RESOURCES FOR WEEK 1

HUMORS THAT CREATE THE TEMPERAMENTS

TEMPERAMENT TEST

THE FOUR TEMPERAMENTS BOOK

CLASSICAL ELEMENTS

NOTES



NOTES

