

## PREPARING A DEVOTIONAL SONG TO THE ELEMENTS

**Step 1:** Describe the many actions of the living being. “Oh You who ...”

**Step 2:** State the descriptive phrases in terms of praise offered: “We praise you who XXX” “We praise your...”

**Step 3:** Acknowledge the scientific qualities, the geological descriptions, or anything like this, “We honor your many crystalline forms”

**Step 4:** Recognize the artistic expression of the living being such as the colour, feeling, or the way the beauty expresses itself in your view. “You through whose fissures give room for flora and fauna to emerge.” “We recognize your XXX”

**Step 5:** Adore the core essence of the living being. “We love your...”

**Step 6:** Speak to the warrior qualities of this element. “You, who...”

**Step 7:** Communicate the healing qualities of this element. Acknowledge anything you have forgotten or what you wish to acknowledge in relation to the qualities of forgiveness. “We appreciate...”

**Step 8:** Speak to the Great Mystery.

**Step 9:** Write what commitment you are making in relation to this expression, what you are strengthening in your awareness. “I strive to ...”

**Step 10:** Lament the harm that has been done to this element by humans or in relation to the element due to ignorance. “I grieve, I lament...”

**Step 11:** Share what inspires you in relation to the stars and this element, or how this element relates to the larger cosmos. “You...”

**Step 12:** Summarize and distill your final word offerings into your final adoration sentence. “Greetings! Praise to you...! Hail!”

## **Song for Imagining and Being Present with Water Element**

O You Flowing, Raining, Ebbing, Meandering, Crashing Waters of the Earth

You who are transparent, fluid, visible, invisible, penetrable, graceful

We praise your softness, your transformations, your circulation, your wonderful sounds

We acknowledge your Origin with celestial salt, your bond with hydrogen, your ancient role in forming clouds and ocean, your magnetic relation to the moon

We recognize the reflectivity of your great surfaces, your form as dew in the morning, so still and serene, your originality in snowflakes

How we love your ability to clean all the earth, your Spirit of Purity, your might and gentleness, your visibility and invisibility

As warrior element, you dance with thunder and bolts of lightning, move floods, change landscapes, and irrigate

You bring friendship spirit, bring energies of love and gestation to place,

You bring moistness to what is dry and brittle, soften, and fill with life the dried fruit, legume, make it plump and full of goodness. You heal what is rigid and fixed on Earth bringing smoothness and dynamism, change what is unchanging, a key to the Tao. Your rain gardens bring blossoms and healing to the land.

You carry history and are a universal presence, bringer of life and link to worlds and life forms

I rejoice each time I see you

Through my love for you, I cultivate gratitude for renewal, the bounty and gifts of life itself.

You are the cosmic song, story of evolution, a matrix and Primordial Ocean in the Cosmic Sea ionized and able to carry electric current.

Hail to You Water Elemental Beings! Flowing, transforming waters. We exalt in your friendship and life giving powers and praise you with this song.