

COMMON STATEMENTS FOR EACH ELEMENT

1. No power of the Universe forces me to live as per any rules or models of any kind of suffering. Today with the support of the elements, I claim and reclaim back my power, my aura and my energy with ease and grace.
2. Through the natural blessings of the elements, I now release the need to please and satisfy any mortal or immortal being by sacrificing any aspect of my life or taking a vow of any item of food, clothing, shelter and entertainment.
3. Keeping the changing nature of elements in mind, today I release the need & urgency to please and satisfy the ego of any mortal or immortal being by co-creating any situation of suffering or grief through my thoughts, words or actions.
4. I am willing to enjoy any and every part or aspect of my life on this planet with regard to food, clothing, shelter, pleasure and entertainment without any guilt or shame with the support of the elements.
5. I willingly choose to release any anger and resentment at myself for being unaware about life and its easiness and simplicity by offering my gratitude to the elements.