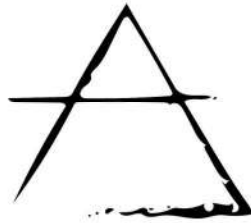


Raising Energy

There are many ways to raise energy for workings. You can use your own energy through focus and visualization, or invite elemental energies, as follows:



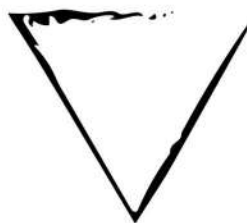
Air

- Take deep breaths from the belly
- Listen to music
- Sing or hum
- Listen to the wind
- Burn incense or oils
- Enjoy light exercise

- Sunbathe or sungaze (with eyes closed)
 - Stare at a candleflame or bonfire
 - Practice intense exercises
 - Dancing, drumming
 - Draw or paint
 - Orgasm



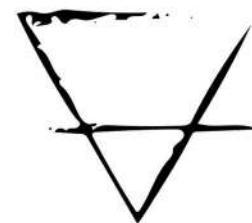
Fire



Water

- Drink tea
- Swim or boat
- Take a warm bath
- Listen to the rain or thunderstorm
- Work with Moon water or sea salt
- Make perfumes or potions

- Do a grounding meditation
- Walk on grass barefoot ("Earthing")
 - Gardening or planting seeds
- Work with crystals and gemstones
 - Practice bioenergy exercises
- Watch the wildlife or pet an animal



Earth