



FIVE ELEMENTS MEDITATION & HEALING SYSTEM

Checklist

1. You will need:

- ⦿ download & print the Five Elements Meditation tracking sheets
- ⦿ download & print the Element Mantra sheets, starting with Earth
- ⦿ a dedicated meditation space
- ⦿ Meditation chair, cushion, or blanket
- ⦿ a meditation mala with 108 beads
- ⦿ candle & lighter
- ⦿ some extra tea lights
- ⦿ Incense (optional)
- ⦿ a small, sealable container with dirt for charging the Earth mantras
- ⦿ white drawing paper
- ⦿ 10 colored pencils or pens (ranging the colors of the rainbow, no black)
- ⦿ a diary to record spiritual experiences, insights, dreams, etc



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2. Preparing for the Five Elements Meditation:

- ⦿ whitelist our emails so you never miss our communication
- ⦿ study each module of the Five Elements online course as they become available
- ⦿ print the invocation mantra pdf sheet
- ⦿ download the Invocation audio files
- ⦿ print the Five Element Mantra sheets
- ⦿ download the Element Mantra audio files
- ⦿ familiarize yourself with the correct pronunciation of the mantras
- ⦿ schedule the Live Classes in your calendar and set reminder alerts
- ⦿ download a moon app so you are always aware the moon timings

3. Preparing your Meditation Space:

- ⦿ Find a quiet, dedicated space and/or a place outdoors for your meditation (especially for Earth, Sky and Air Element mantras)
- ⦿ inform others to not disturb you when you are meditating
- ⦿ when you meditate with the Sky Mantra, make sure you cannot be seen by others
- ⦿ if you have an altar, clean it regularly and place fresh offerings like flowers and incense
- ⦿ set up a candle, you will need one when you charge the Fire Element Mantra
- ⦿ you can spray rosewater to clear and lift the energy of the space prior to your meditation practice
- ⦿ set up your meditation spot (face east or north)
- ⦿ get blankets or cushions as needed for your comfort
- ⦿ frame images of the Divine Lineage that you feel connected to and place them in your meditation space, connect with them before you start your meditation.



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4. Before you start your daily Meditation Practice:

- ⦿ turn your phone on silent or off so nothing pulls you out of your space
- ⦿ use a clock, instead of your phone, to check the time (to prevent you from seeing notifications or calls that prematurely pull you out of your meditation headspace)
- ⦿ if your mind feels unsettled, it can help to take a shower before meditating
- ⦿ wear fresh, comfortable clothes (recommended white or light colors, no black please!)
- ⦿ wear all your sacred power objects and Shivaloka malas during meditation
- ⦿ always start your meditation with the 3-9 OM chants, the opening mantras and setting your intention and opening your heart in prayer to the Divine
- ⦿ give yourself the time to transition into the inner peace for your meditation
- ⦿ close your meditation with a prayer blessing your family, friends and the world with the divine energy you receive, then finish with the closing mantra and Shanti, Shanti, Shanti-hi

5. Charging the Earth Mantras

- ⦿ schedule your daily meditation time in your calendar so you never forget to do your process and commit to it
- ⦿ set some dirt and store it in a sealable container (a size you can comfortably carry around with you, if needed)
- ⦿ find a spot outdoors where you will not be disturbed (your backyard, if you have one or a lawn or park not far from you) where you can meditate touching the Earth
- ⦿ download & print the 3 Earth Mantras and a copy of the Lakshmi Earth Yantra
- ⦿ if you want to finish all 3 Earth Mantras in 41 days, start the 1st & 2nd Earth Mantra on the same day, and start the 3rd Mantra on the 21st charging day of the 1st & 2nd Earth Mantra. That way you will finish all 3 on the 41st day
- ⦿ you will need a blanket to sit on a lawn



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6. Charging the Fire Mantra

- ⦿ download & print the Fire Mantra sheet
- ⦿ make sure it's dark outside when you start your Fire mantra process
- ⦿ you will need a lighter and a candle for this process
- ⦿ check if all the windows are closed and the air conditioning or fan is shut off to settle the air flow
- ⦿ have a box of tissues within reach as you may have a lot of tears running down your face (in a good, purifying way, don't worry :)

7. Charging the Sky Mantra

- ⦿ download & print the Sky Mantra sheet
- ⦿ when you charge this mantra, nobody should be able to see or be able to walk in on you
- ⦿ It's ideal to charge this mantra in Nature under the Sky (i.e Nature place, rooftop, garden, park)
- ⦿ if you don't have access to the an outdoor place that shields you from other onlookers, then you can do it in your room at home
- ⦿ if you are outside, and it starts to rain, stop immediately and restart the process in a covered place



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8. Charging the Water Mantra

- ⦿ download & print the Water Mantra sheet
- ⦿ if you choose to charge the water mantra in a pool or lake outside (NEVER the ocean please!), make sure it's not raining on you. Get out of the water immediately if it does.
- ⦿ we recommend using a rudraksha mala to do this process as your mala may get wet. Lotus malas do not do well with water and the seeds can break, rudraksha on the other hand like water
- ⦿ make sure you don't fall in the sleep if you do this process submerged in a bathtub or pool
- ⦿ have someone check on you maybe after a certain time

9. Charging the Air Mantra

- ⦿ find a relaxing place outdoors or indoors to charge air mantras
- ⦿ Air Element Mantra 1 must be done only during daylight hours
- ⦿ check exact time of dusk for Air Elements Mantra 2
- ⦿ check Full Moon timing in your location for start of Air Mantra 3
- ⦿ pay attention to your dreams
- ⦿ keep a diary to record any special dreams during this time
- ⦿ don't forget to finalize the 5 Elements process with the Concluding Mantra



**Congratulations! You have completed
the Five Elements Meditation & Healing System!**