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Closing Enjoy Your Own Four Element Journey!

An Introduction

... To the Four Element Story

What if there was an important piece of knowledge missing from our collective understanding of how the world worked? And while this piece of knowledge was previously studied by the smartest of most cultures up until relatively recent times, we are largely ignorant of it today.

As a doctor working for more than 35 years helping people heal and renew themselves, I've come to realize the importance of understanding this ancient knowledge. We'll be seeing how this ancient knowledge revolves around the power of a foursome set of cosmic forces, human ideals, and health-building natural energies.

You'll discover that there is a practicality to learning about the Ancients' Fire, Air, Water and Earth way of seeing the world.

Not only will you learn how to draw upon this foursome of life-positive principles to stay healthy, I believe you may come to the conclusion that they together give us the antidote to much of the stress and imbalance of our time.

With that said, it's hard to understand the reason why "Nature's four elements" are ignored today when they were of great importance in ages past. This earnest author can only hope that he can rise to the occasion, and help them be understood and appreciated once again.

That's part of the four element story right now: can someone – or hopefully a variety of individuals working in their own ways – be able to adapt this story to our time and make it relevant for us today?

We'll begin this journey as we learn about the forgotten part Nature's foursome played in the history of humanity. Afterward, we'll find out how they came to be – how they "were born." You may be surprised to find that they even show up in the creation story of Genesis, and truly are the foundational stones of western philosophy, science, literature and medicine.

With that said, I believe that whether you see yourself as religious or non-religiously spiritual, agnostic or as an atheist, the Ancients' four element model offers something valuable and useful. We all benefit

from seeing and learning how to apply to our own lives, a cosmos-wide pattern that is present in this foursome of Nature's elemental parts.

We will learn how these cardinal parts of Nature express four principles that play out on every level of the cosmos – including our human condition. The whole universe is built as this foursome of “principles-forces-elements” come together in almost infinite ways on each of its many levels. Nature is as productive as it is only because these cardinal principles of the cosmos are so well balanced in it.

As important as the sun, air, water and solid ground are in expressing these universe-spanning principles, there is so much more that gets driven into existence as the power of this foursome unfolds. We'll discover that our nerves, muscles, blood and bones manifest them within us; your ability to have ideas, thoughts, emotions and physicality also comes because of their power. Our humankind is as developed as it is only because these four have come together so elegantly, so productively, so intricately.

We'll see how the members of this foursome of principles show up in a variety of yin-yang (opposing) ways. This expresses itself as your level of idealism as opposed to practicality (Fire:Earth); the ratio of being conservative vs. liberal (Water:Air); how emotional you are as opposed to being intellectual in the way you do things.

Your personality and uniqueness is forged by how you consciously and unconsciously balance this foursome in all the varied expressions they take in you and our human condition. You'll be able to understand yourself better as you begin to see things in this four element kind of way. We'll even use “Four Element Psychology” to give us hints on how to raise our children better. In these and other ways, the four elements make life more interesting and fun.

As I give my talks on this topic I often like to set the scene by bringing up a pair of two ancient poles, or ideals, of our humankind. Think of one of them as “the natural (or primitive) ideal” and the other as “the modern ideal.” Though we often don't realize it, we are continuously balancing these two in our lives.

The primitive ideal is that the natural world gives much of what we need to live a good life. It is through this ideal that we gain a natural sensibility, a quieter mind, and a deeper spirit. It pushes us in the

direction of having more wholesome foods, outdoor moments of fun, a robust physicality, and even healing experiences involving Nature.

The modern ideal is that new and exciting things will fulfill our needs. The ever-expanding array of consumer goods like our smart phones and fun apps, those entertaining Netflix shows, as well as the medicine of today are the fruits of the modern ideal, or pole, of our human lives. It is clear that we have become ever more reliant on the gifts of the modern pole in our lives today.

Of great significance is that these two poles are exclusive to us humans. In other words, while each generation of humankind is typically more modern than the ones that came before it, all other creatures live entirely in the primitive pole. Nature is all that calls out to them.

In just the last 20 years of humankind's history, it is not hard to notice that the gulf between these two ideals has grown immensely wide. The dilemma of our time is that the balance between the modern and the primitive is exceedingly precarious and in need of repair. This imbalance plays an unacknowledged role in the production of stress in our lives today.

Children, too, are feeling the effects of the over-dominance of the modern pole and the diminishing power given to the primitive ideal. Their parents, their schools, and their daily activities have become more and more "de-natured." This is considerably more pertinent to our children's well-being than most of us suspect. Their growing rates of anxiety and depression speak to this problem.

Young people's own recognition of this imbalance is why some of them are looking for holistic, organic, even "old-school" answers. Though youth are innately attracted to the dazzle of technology and to the excitement of our ever-changing world, many are sensing something is amiss. That's where the four elements are meant to come in – for them and for us.

Fire, Air, Water and Earth are never changing. As it turns out, they are the four interlocking parts at the very core of Nature – the primitive pole of our lives. The reason this foursome is the antidote to the problems of our time is because they give us an easy way to tap into and engage the power of this important but underappreciated primitive pole.

This leads to one last introductory point: the most natural and primitive part of each of us is our body, isn't it? As a holistic chiropractor I've spent much of my life finding practical ways to apply this knowledge to help my patients. I'll share techniques I've developed to help you improve your posture, your ways of breathing and walking.

Further, I'll show you easy to learn ways to charge-up and energize your body's weak links through 4 Element Yogatm maneuvers. They will help you get rid of your pain or stiffness, improve your health and stay youthful as you get older by moving in ways that keep this foursome set of natural principles and forces strong in you.

4 Element Yoga will help you become more somatically-alive, bodily aware, and invigorated with life. If you are already doing a martial art, yoga or Qi Gong, you will gain the opportunity to improve your practice as you become more aware of these four natural forces.

Along the same lines you'll see nutrition in this new four element way. In the process, you'll gain additional knowledge and inspiration to eat healthier foods. I'll make it easier for you to know what healthy foods look like. I have a lot of tips to help you pick foods for yourself and your family that contain higher levels of "life-positive, health-building principles".

Yes, before long you'll be seeing the world in a whole new way. There's a lot that is possible when you tap into this storehouse of ancient wisdom and apply it to your life, to your health, and to what interests you in this vast, multifaceted world of ours. May many great things unfold in your life as you do.

Chapter 1

The Four Elements in Human History: A Brief Overview

Our ancient ancestors developed a model that gave meaning to the world surrounding them. That world was a simple one, not full of the complexity that fashions our perspective today. They had their insights before there was much civilization and before the material, intellectual and cultural sophistications of much later generations developed.

More to the point, they gained these insights before a city-centered, more technological world shielded its people from the awesome and mysterious power of Nature. In your journey toward health, balance and wisdom, you will benefit as you round out the city-centered view that prevails today by seeing things through the eyes of those living in a more primitive reality.



Nature to our earliest predecessors was there in the raw, needing to be seen and dealt with on a here-and-now level. As our ancestors succeeded in finding ways to meet their requirements for simple existence, they slowly discovered important cosmic secrets, which were held by Nature. One of the richest of these secrets was that there is a single set of four cosmic principles that built and upheld the world. They built a science as best they could out of this four element awareness.

It is well accepted that the history of science, which has led us to know the atomic elements of chemistry, and even the almost infinitesimally small particles of modern physics, began with our ancestors recognizing a set of four elemental parts to the world that they called Fire, Air, Water, and Earth.

There is the *fiery* sun that gives its light and warmth. There is *air* that expands outward into space as far as one can see, full of a lightness that allows us to move freely through the world. There is *water* that all creatures thirst after endlessly. And there is the *earth*, with its molded mountains, valleys, and other terrains, which created solid ground for our ancestors' feet. Even today, we cannot help but notice these four significant parts of reality.

Myth and the Four Elements

Many of the world's myths and earliest types of religious worship had to do with relating to the power these elements had in their lives.



For example, a tribe might worship a sun god if they lived in a desert; they would at the same time pay homage and try to placate the water spirit to bring vital rains. The gods they created for fertile fields, for ship-sailing breezes, for abating earthquakes, volcanoes and tempest storms, were their ways of coming to intimate terms with the four elements.

It was through their rituals that they sought intimate connections with gods that built and sustained the world through the power of the four elements. Interacting with this natural foursome was the Ancients' way to develop a relationship with the world, to gain an understanding of how the universe worked.

Along these lines, creation stories of most cultures involve these same four elements. Few people realize that they even show up in the creation story of the Judaic-Christian tradition. Here, it's worth appreciating Air as the firmament that separates the higher heavens from a lower place for us to live. The other elements, Fire (light), Water and Earth are impossible to miss in Genesis.



The ancient culture that perhaps embellished the four elements most fully and richly was that of the Greeks. It is important to recognize that the poet-philosophers who created Greek myths were not ignorant, simple-minded storytellers; they were wise and full of insight about the mysteries of their world. Research has shown that the Greeks did not so much create the myths but took portions of various myths that had been circulating among the numerous peoples of the Mediterranean region: Egyptians, Libyans, Phoenicians and many others. They then wove them in such a rich fashion that even the later Romans adopted much of it into their own mythology.

Similar as it was for those other primitive peoples, most of the Greek gods and goddesses were deified elements. Zeus is the sky god who talks with his thunderbolts, much like the sky gods of other prehistoric

people. Apollo and other more minor Greek gods and goddesses were sun deities; Demeter was the earth; the sea was Poseidon, while the rivers and springs that nourished the various enclaves of country people were seen as more minor local gods.



To all our ancestors, the gods were deeply involved in this world, imminent within it by way of Nature’s powerful forces. To understand these natural forces and to appease those related gods was important to all our ancient ancestors. The play of these four elements in the Ancients’ myths, and through the demands put upon the hero in their tales, speaks to the initiated about a set of four cosmic ideals, values, forces, and principles moving through our human condition.

Scholars believe there is a reason these myths of the Greeks have had a hold upon people who like to think in deeper ways, and have remained with us to this day. It is because there is powerful truth caught within their woven tales. Why western civilization has not let go of these Greek myths, has not removed them from the high esteem relegated to "the classics," is because many a developed mind recognizes Greek myth as the elaboration of cosmic truths.

The myths of the Greeks and others are involved with applying reality’s highest truths into the here and now of this world. Their point could be this: Mount Olympus, Nature – and, too, the body, mind and spirit of our human condition – mirror a cosmic reality.



The Ancients believed that Creation and their lives were sustained only because this one set of four-element-generating principles interacted in balanced ways. The elementally-framed gods expressed these cosmic forces and spoke of a Nature-framed spiritual truth.

While monotheism focused on a single “Oneness” God, the myth-built world of polytheism worked more with the ideal that all the various spiritual principles-forces-“gods” came as a prior spiritual oneness was fractured into the diversity of this natural world surrounding them.

Philosophy and the Four Elements



Besides shared myth, the four elements are at the core of philosophy and science. Philosophy represents humankind’s time-honored search for truth and wisdom. Science is our collective search for the knowledge of how the universe works. It is well accepted that philosophy began when one of the four elements was argued to be the substance from which all other parts of the world would come.

This would start with Thales, a Greek from 600 BC, who proclaimed water as the primal substance. Apologists for Thales point to the fact that most of Earth's surface is water, that most of our bodies are of this substance, that conception depends upon it (to say nothing of all life requiring it), and that it alone of the elements exists as solid, liquid and gas.



Another well-known early philosopher claimed that the primal element was fire. Heraclitus (ca. 500 BC) said the whole cosmos is an ever-living fire, and the human soul is most alive when in fire’s presence. For him, it was not necessarily a visible flame but the essence of “the hot and dry.”



Anaximenes believed that the origin of existence was air. Out of its spacious airiness, all things come to be, and into it they are resolved again. He said that just as our soul, which he related to air, holds us together, so does breath and air fill the whole cosmos. The Greek and Latin words for soul – *psyche* and *anima* respectively – also mean breath.



It is of interest to note that there is sometimes a fifth substance, referred to by early philosopher-scientists as *aether*. Sometimes it is given the characteristics of Fire and sometimes that of Air. Its root meaning is something on the order of the highest pure and shining air. Some have thought of aether as spiritualized air or space, where spiritual forces seeped through into this world. Before the light wave was discovered, scientists believed this aether was responsible for carrying light.

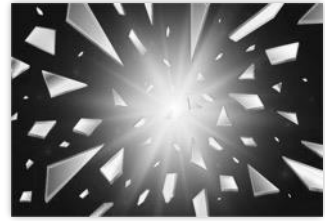
I suggest that aether is not a needed term, and confuses more than clarifies. It seeks to envision a spaciousness to the spiritual domain by separating Air into two parts: the higher heavens and our planet's atmosphere. The way we distinguish an air-filled region around our planet from another beyond our atmosphere that we call *space* speaks to the tendency Air itself has – to divide itself into a high and low.

It is worth noting that before Thales spoke of Water's primacy, it was Earth that was seen in most myths as one of the oldest of the gods. Out of her womb was born the cosmos and this planet. The Thebans and the Athenians even believed their earliest ancestors did not just settle or invade these areas but were actually born from its soils and rocks.



While western philosophy was launched by the four elements, it took a more academic turn with Socrates and his student, Plato. They are seen as the founders of classical philosophy. Plato moved the philosophical tradition of the Greeks from a focus on the four elements into a new realm where their foursome of transcendent principles were reductively transformed by witty logic and rhetoric – losing all their spiritual glow in the process.

It was not too soon after Platonic philosophy caught on that the older, more primitive pantheistic, element-born gods and goddesses were left behind. Western philosophy would begin its long ascent up the reductionist trail, where the whole is dissected into so many parts that the spiritual wholeness and truth at the core of it all is so very hard to notice.



Four element holistic philosophy brings a *natural* frame of reference back into philosophy. It is worth noting that the Chinese also used Nature’s elemental parts to develop their science and philosophy. As we come to fully understand the four elements, we’ll build upon their insights, too.

If you want to learn more about the four elements within a historical and humanistic context, I strongly recommend David Macauley’s book *Elemental Philosophy: Earth, Air, Fire and Water as Environmental Ideas*. Macauley is a professor of philosophy, and presents the four elements in a wide variety of interesting cultural contexts.

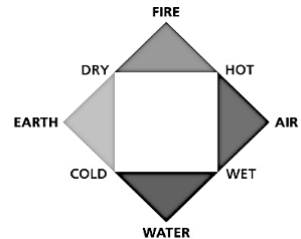
Science and the Four Elements

While much of western philosophy took a reductionist turn away from the four elements with Plato, western science was, for over 2000 years to come, fully immersed in it. This is mostly due to a student of Plato’s, Aristotle. It was from Aristotle that “natural science” began its ascent. This came as he looked at the four elements in the observing way of a scientist.



Today few people (including scientists) know that until relatively recent times most scientists saw themselves as “natural scientists-natural philosophers.” For them, the natural world is where God wrought his magnificent Creation. As scientists, they sought to understand his handiwork, which included his foundational principles that played out in Nature’s elements and as natural laws such as gravity.

It is also worth noting that Hippocrates (400 BCE), the father of medical science, was very much a four element physician. Like Aristotle, he spoke of four humours, which were named yellow bile, blood, phlegm and black bile. Each was defined in terms of balances between hot and cold, and between wet and dry. Fire, for example, was hot and dry.



Individually, they were said to rise and fall in everyone’s body, depending on such things as diet, weather, environment and life’s activities. The imbalances of these four humours were said to affect the temperament and physical health of each person. The word *humour* is a translation of the Greek word for juice or sap.

As a side note: while it sounds strange to our modern sensibilities, one of the treatments for these perceived imbalances was bloodletting. The medical tradition’s original surgeons were the ones who generally did the bleeding; they were called barbers. The medical doctor generally did the diagnostic work while the surgeon or barber did the bloodletting.

This 2000 year old concept of the four humours is said to have been soundly destroyed and put to rest by the middle of the 1800s when the physiological processes of cells and organs were more clearly understood. It became evident that health was based upon something other than these humours. Still, there is a tradition in places like India and Pakistan, and even South Africa where the four humours still speak to medically-aligned practitioners in relevant ways.

Though it is difficult today to imagine how bloodletting and leeches could be a method of healing, they should not detract us from taking notice of the positive gain when we see the cosmos, nature, our bodies as a foursome of principles-forces-elements in balance. So while there may have been wrong turns insofar as leeches and the like, it is reckless for us to have thrown the four elements out altogether; the baby out with the bathwater.

It should be noted that this four humour sensibility brought an emphasis on the use of herbs, food, natural springs, fresh air, sunshine, exercise and athletics to make the four elements strong in ourselves. It

is fair to say that this humoral sensibility also brought more self-awareness, the valuing of a physical discipline, *and* a desire for knowledge and balance in one's life.

Connected to this, it is well worth realizing that our modern medicine has often gotten it wrong as well. Consider its foolhardy 20th century notion that by refining foods and then “fortifying” them with a few synthetic vitamins and cheap mineral formulations would make those foods good for us and our children. Even as modern medicine has done amazing things along the way, it definitely has made its share of mistakes as well.

At the same time, while both science and medicine have given us great understanding for how the body works, they continue to lack a unifying way of putting all that knowledge together.

Many would like to see science's discoveries put together in a way that helped them to see the whole picture, to sense the body in a way that was holistic and potentially spiritual in its context. Much of this book is geared to help us do so. With that said, permit me to quickly elaborate upon what has probably become apparent to you – my capitalizing of each of the four element's names, as well as Nature and Creation.

Like the natural scientist-philosophers of olden days, I too feel the need to show them to be higher order terms, expressing highest order realities, principles, and concepts. Because we are not used to seeing them capitalized, I apologize if they might seem over-wrought in their capitalized form. With that said, back to the main story.

Astronomy, Physics and the Four Elements

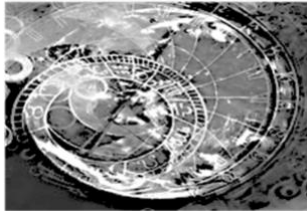
There was yet another trunk of our human lineage that used the four elements over these same 2500 years or so. It too began with philosophical principles and spread into a science. Instead of biology and healing, it took our human mind to the stars. Astronomy and even the physics of Newton, Kepler and Galileo are based upon four element notions, and upon concepts that showed the workings of divine, spiritual ideals and principles in this physical world. It's difficult for today's scientists and lay public to appreciate the spiritual



underpinnings that biologists and physicists had up until relatively recent times.

Connected to this, it's worth noting that early astronomers and physicists like Copernicus, Kepler, and Galileo were astrologers. They believed that God created the universe according to an intelligent plan. The stars, the planets and the motions of all the celestial bodies marked out the logic of God – creating a celestial physics. It was for this reason that astrology was considered for thousands of years to be a noble science, a scholarly discipline. It was all based on a zodiac of twelve signs, which gave each of the four elements three different ways of being expressed.

Astrology is cross-cultural. As you might be sensing, there seems to be something within humankind that intuits a connection of this world to a larger, cosmic one. In the West, astrology probably began with the Babylonians almost four thousand years ago. There was a lot of cross-pollination, often through war as Persians conquered the Egyptians, then the Greeks built their empire, and then the Romans.



During Europe's dark ages, Islamic scholars continued working in these four element related scientific and philosophical fields. They, too, were fueled by the need to understand cosmic truths, and a way to recognize the elemental principles, forces and ideals that arose as a Creator fashioned its creation. They translated the Greek astrological manuscripts into Arabic, which were later translated back to Greek and Latin when Europe's scientific quest renewed itself during Europe's Renaissance.

As the Renaissance began in the 15th century, it would be in this spiritually and philosophically oriented way that its mathematics, physics, and technology were applied. For example, there was a need for building the optics to see and analyze those planets and stars of the heavenly realm so that God's logical, and well-organized system might be better understood.

While the Renaissance is properly seen as a refuting of religious dogma, it did not deny the spiritual sensibility that most people had, including its burgeoning scientists. For many of these early researchers, there was an “as above, so below” sense to reality. This meant that what was happening in the spiritual realm *above* was seen to be also working in this world (of Nature) *below*.



The four elements were seen as special by scientists and everyday people by helping them understand the spiritual order in the firmament *above*, through the understanding of the four elements of Nature *below*. Astrology was to all, part of this search for divine truths by those with inquisitive minds.

Over time, astrology was used more and more to help everyday people understand the psychological processes of themselves. This was, again, because they sensed a higher cosmic reality resonating in the forces at work within the lower cosmic reality of our human lives. What should not be lost in this short discussion is that the pattern mediating this relationship was, once again, those same four elements.

Psychology and the Four Elements

One of the reasons astrology worked for people over these thousands of years is because the four elements that astrology used resonated with human psychology – our minds’ ways of thinking and feeling. My own foray into the four elements began with a non-credit astrology course I took in college. I still believe what I thought at the time: that this course on astrology was the best psychology course I could have taken.

Even if you do not believe in astrology, once you understand it you see life in a more interesting way. That’s mostly because it gives you access to the integrating and unifying power of Creation’s four elements. In this context, the way astrology uses the four elements makes it a great tool that we can all use for psychological and spiritual growth. Later in the book, we’ll be returning to the zodiac of astrology

as we apply the four elements to our human psychology.



From another angle, did you know that the four suits to our card decks are based on the four elements of the tarot card deck? It's likely the first psychologists were divining astrologers and tarot card readers who would use their cards' four element suits and numerical Kabbalistic inferences to give people psychological guidance.



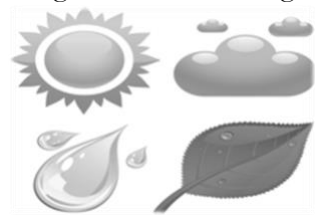
Could It Happen Again?

The importance of the four elements in our human history may not be over yet. As we close this chapter, I enjoy imagining that historians a hundred years from now will say that coming out of nowhere, there was a rebirth of the four elements in the 21st century. It began with an angst that many people had, that something was not quite right with the direction the world was going: excessive materialism, climate change, obesity, a lack of physically-oriented jobs, high medical costs, sedentary lifestyles. Also there were the economic and political polarizations ripping apart our collective soul.

The resulting cultural shift did not include a complete renunciation of all our modern accouterments, but a recalibration of new balance that no one saw coming. Somehow, the four elements came back onto the collective radar screen. It connected people to an ancient wisdom geared around something we can all sense as undeniably real and powerful: Nature. They were surprised at what they could understand and experience through their awareness of this foursome.

Positive changes started happening as more and more individuals were drawn together by this ancient four element wisdom. Many people had a great part to play – perhaps you as well! For some, it began as they learned a way to understand the origin of this amazing foursome of Nature.

That's what comes next. It's time to take a look at the Four Element Holistic Hypothesis – an intriguing new way of seeing how these four elements, principles and forces of the cosmos came to be.



Chapter 2

How They Came to Be

It is unfortunate that in today's world that few science-oriented books bring spiritual concepts forward when discussing the cosmos. One reason is that unlike the natural scientist-philosophers of olden days, scientists today generally need to have very tight blinders on. They have to do this to stay so focused on their own small part of it all. This often keeps them from sensing any potential poetic and spiritual dimensions that the cosmos might have.



This issue presents itself because of the way science divides the whole into ever more and more parts. When they divide the whole into so many parts it becomes hard to see the larger, more spiritually whole picture of what really is happening.

A holistic perspective is needed to counter that tendency of science; one that brings a whole different frame of reference as we try to use the knowledge given to us by science to find meaning, self-empowerment and health for ourselves.

Holism even brings forward a new strategy for physics, which is arguably the leading-edge of our sciences. One of the core goals of physics is to unify the four fundamental forces discovered working in the cosmos into what they call a “unified field theory”. Unfortunately as of now, they have not been able to fit gravity, one of the four forces of the cosmos, into their model.



Holism brings a whole different tact to this important striving. Instead of the four forces of physics being unified in the way they are trying to do it, holism suggests that the universe is unified by the fact that there is a *single unifying pattern* playing out in every part of the universe.

Imagine if there were to be discovered that there is a single pattern filling the entirety of the cosmos. Clearly it would be a boon to science as this pattern could be used as a template to better understand parts of the world that it previously could not. The diverse multitude of layers, levels and dimensions of the universe would be unified by having that singular pattern embedded within them.

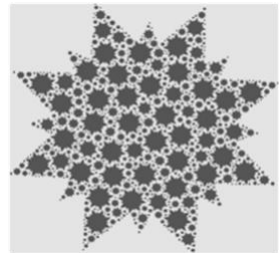


The world would shine with more of a spiritual glow as the holistic arm of science showed us this unifying, interweaving pattern. We would sense a oneness to the universe, if we see *one* pattern – a single set of principles – propping it all up.

Is the Universe Holistic?

To gain a sense that there could actually be a broad, unifying pattern to the cosmos, let's look at what has been proposed by some leading-edge cosmologists: the idea that we live in a *holographic* universe. Notice how the term *holographic* is built with the same root as *holistic*. To create a hologram, one portion of a laser beam that has been split into two parts is shined on a subject, say, a person. That laser portion is scattered by the person's three-dimensional surface. The scattered beam of light is then captured on the film along with the second portion of the laser beam that more directly hit the film. Together, the two beams create interference patterns, which appear as squiggly lines on that holographic film.

When a laser is shined back through the film, it re-creates a three-dimensional image of the person. More significantly, if you were to cut that film into 50 pieces and illuminated any one of those fragments, you would still see the whole person! It would have only less detail. You could potentially cut a smaller piece from this one fragment, and the same image would still be illuminated by the laser's light shined upon it.



The holistic take-away point is this: in the same way as there is a single pattern constantly repeating in every part of the whole to that holographic film image, there could very well be a single pattern constantly repeating in all the diverse parts of the universe. *Every level of existence – atoms, Nature, our*

human condition – has its particular set of players expressing the elemental parts of that singular, unifying pattern.

As we will shortly see, Nature’s four elements show us this pattern. The four cosmic principles these elements embody holistically “warp and woof” together the fabric of each layer, level and dimension of the universe. Because they repeat everywhere, we’ll find that we can use our foursome of Nature as a code, a *Rosetta Stone*, to help us understand parts of our world we previously did not.



What is significant about Nature’s four elements is their familiarity to us helps us to crack this cosmic code. In a real way, the four elements are Nature’s way of showing us the building blocks of all Creation. Before long, you’ll be able to tap into this four element code to more easily live an inspired, interesting, healthy and productive life.

The Power of Numbers

If we are to believe that this set of four is responsible for weaving together the entirety of Creation, there should be a satisfying way to sense their ultimate reality – how this foursome came to be, and why they exist. The Four Element Holistic Hypothesis uses numbers to uncover the origin of these four elements, and the cosmic principles they embody. There are *four* of them, after all!



Numbers are particularly useful for this purpose because they represent the most objective reality we can all agree upon. Can you think of anything more objective and real, yet so abstractly immaterial as a number? No matter what country you are in, or what planet you are on, even what galaxy you are part of, two plus four always equals six, doesn’t it? The four element way of thinking takes advantage of numbers’ ability to help us see the objective common reality we share.

As we progress here, imagine this as a thought experiment: What would mean if numbers were the most abstract expression of essential cosmic truths. Physicists, metaphysicists, mystics and fools have all tried their hand on teasing out the mysteries of numbers, singularly or as part of an equation. In this thought experiment, imagine that the geometry of that number gives us clues to what that number is all

about. And so let us begin this thought experiment, with the first number.

How It All Began...

In that proverbial pre-Big Bang moment before creation, let us allow for the possibility that there was a oneness to the universe, which was not yet fractured into two, three, or four parts, let alone the seemingly infinite number of parts we see it as today. In a religious context, this would be before God started the fashioning of the cosmos. In this pre-creation oneness, all was most clearly unified; nothing yet followed the number one and its de-facto oneness.

