

Elemental Balance & Remedies

*How to read the five elements in you, and what to do
when one of them has too much or too little.*

Miguel Amaru
amaruarts.com



Creation itself is elemental

In the traditions I've trained in, everything you feel, every sensation and every emotion, is a vibration of awareness, and each one resonates with an element: earth, water, fire, air or space.

None of them is bad. Each one is either in balance or out of it, and each one has its own remedy. Too much of an element looks different from too little, so every remedy page has two sides: one to balance excess, and one to restore what's missing.

The elements also act on each other. Air feeds fire, the way wind makes a flame burn brighter. Earth steadies water. And there are three kinds of clarity here: fire lights things up so you can see what's true, air clears the clouds, and space is the open sky it all happens in.

How to use this guide

- 1 When a hard moment hits, pause. One long "Ahhh," then rest in the silence after it.
- 2 Ask yourself: which element is loudest in me right now? Don't think too hard. The first answer is usually right.
- 3 Watch how it lives in you. Is it in your head, your throat, your chest, your belly? Moving or still, hot or cool, tight or spread out? Name it quietly: "this is fire."
- 4 Is there too much of it, or too little? Use the inventory on the next page to check.
- 5 Turn to that element's remedies and pick one from the matching side. One is enough.

Not sure which element it is? Do one long "Ahhh" and let it all dissolve back into silence. Start again from clarity.

Balance and imbalance

	IN BALANCE	TOO MUCH	TOO LITTLE
 Earth	Grounding, structure, calm, resilience.	Stagnation, rigidity, heaviness.	Disconnection, instability, lack of containment.
 Water	Flow, intimacy, rest, empathy.	Emotional flooding, co-dependence, hypersensitivity.	Emotional numbness, dryness, inability to connect.
 Fire	Action, will, passion, vitality, transformation, and the kind of clarity that lights things up so you can see what's true.	Rage, impulsivity, burnout.	Apathy, coldness, lack of drive.
 Air	Movement, inspiration, curiosity, agility, and a clarity that clears the clouds. <i>Air scatters by nature, so the work is to channel it, not stop it.</i>	Anxiety, restlessness, overthinking.	Sluggishness, depression, mental fog.
 Space	Stillness, presence, access to higher guidance, and room for everything: a clear, open awareness, like a cloudless sky.	Dissociation, spaciness, numb and far away, avoiding life.	Clinging, feeling boxed in and overwhelmed, like there's never enough time. Mentally cramped or spiritually blind.

A note on air. In Vajrayana, air is *lung*, the wind the mind rides on. It belongs to the karma family, the wisdom of accomplishment. Scattered, it's fourteen open browser tabs. Channeled, it's what gets things done.

□ Earth remedies

GROUNDING & STRUCTURE

BALANCE EXCESS

Stagnation, rigidity

- Dynamic movement, like shaking or free-form dancing
- Fast or juice cleanse,* better teas, more greens, and stimulating spices in food (ginger, black pepper)
- Let go of rigid routines: try spontaneity or decluttering
- Add lightness: laughter, play, or breathwork with emphasis on the exhale

RESTORE DEFICIENCY

Instability, lack of grounding

- Slow, repetitive practices like yoga nidra, walking meditation, or kneading dough
- Warm, dense, root-based foods (squash, beets, oats, stews)
- Hands or bare feet on the earth; lie on the ground or against a tree
- Visualize or carry grounding, protective stones like black tourmaline or hematite
- Drumming, chanting deep tones, or weighted blankets for nervous system security

○ Water remedies

FLOW & EMOTIONAL BALANCE

BALANCE EXCESS

Emotional flooding, co-dependence

- Set energetic boundaries through ritual (candle and incense, aura or dry brushing, sealing meditations)
- Journal to release emotional buildup
- Upward-moving breath practices (breath of fire or kapalabhati) to redirect excess emotion
- Avoid overstimulation from screens or drama; choose calming places
- Ground emotions by working with earth (see above)
- Diuretic and tonifying teas, like dandelion or nettle*

RESTORE DEFICIENCY

Dryness, disconnection

- Long baths with herbs or essential oils (rose, jasmine, blue lotus)
- Gentle music and flowing movement (qigong, dance, gentle yoga)
- Hydrating herbal teas (marshmallow root, oatstraw)*
- Emotional intimacy: mirror gazing, sacred listening, or touch-based practices
- Use the moon as an anchor for emotional rhythm

* SEE THE NOTE ON THE LAST PAGE

Fire remedies

VITALITY & DISCERNMENT

BALANCE EXCESS

Anger, impulsivity, burnout

- Cooling breath: sitali, alternate nostril, or left-nostril breathing
- Take breaks from screens, intense tasks, or debates
- Water rituals: cold plunges, * swims, or cool showers
- Soften with gentle yin practices and calming herbs (chamomile, skullcap)*
- Redirect fire into creative outlets (art, poetry, movement)

RESTORE DEFICIENCY

Low energy, lack of passion

- Sunlight at dawn or noon (safely)
- Activating breathwork (bhastrika, kapalabhati), aerobic activity, or fire dancing
- Pungent, spicy foods (chilies, garlic, cayenne)
- Candle meditation (trataka) or rituals with red, gold and orange light
- Chant mantras or speak affirmations to spark will and personal power

Air remedies

CLARITY & LIGHTNESS

BALANCE EXCESS

Racing mind, anxiety

- Deep, slow breathing; count your breath or lengthen the exhale
- Ground into the body with your hands (gardening, clay work, massage)
- Cut down on caffeine and fast media or fast-paced places
- Steady rhythms: walking meditation, mantra, binaural beats
- Write your thoughts down to make order from chaos

RESTORE DEFICIENCY

Mental fog, low energy

- Stimulating aromatics (eucalyptus, rosemary, mint)
- Move briskly: jumping jacks, shaking, light cardio
- Inhale through the nose, exhale through the mouth, with audible breath
- Stretch the spine and open the chest to move stagnant air
- Lighthearted conversation or creative brainstorming



BALANCE EXCESS

Dissociation, over-detachment

- Anchor through sound: chant, hum, or play grounding music
- Embodiment: self-massage, weight lifting, or eating mindfully
- Focus anchors: candle flame, breath counting, mandala gazing
- Reduce information overload
- Watch for spiritual bypassing
- Connect to body and earth through intentional movement

RESTORE DEFICIENCY

Overwhelm, feeling boxed in, spiritual constriction

- Make unstructured time for silence, dreams, or creativity
- Open-awareness meditation or floatation therapy*
- Ritual with incense, bells, sacred images, or sky-gazing
- Stream-of-consciousness journaling, or "listening for the unseen"
- Invite wonder: look at the stars, read myths, wander without a destination

Want help reading your own elements?

This sheet gives you the map. On a call we look at your elements together: which ones run your days, what's out of balance, and which practice fits your life right now. It's free and takes 30 minutes.

amaruarts.com/threshold-call

* These are traditional practices, not medical advice. Check with your doctor before fasting or cleanses, cold exposure, floatation or new herbs and teas, especially if you're pregnant or nursing, take medication, or have a health condition.