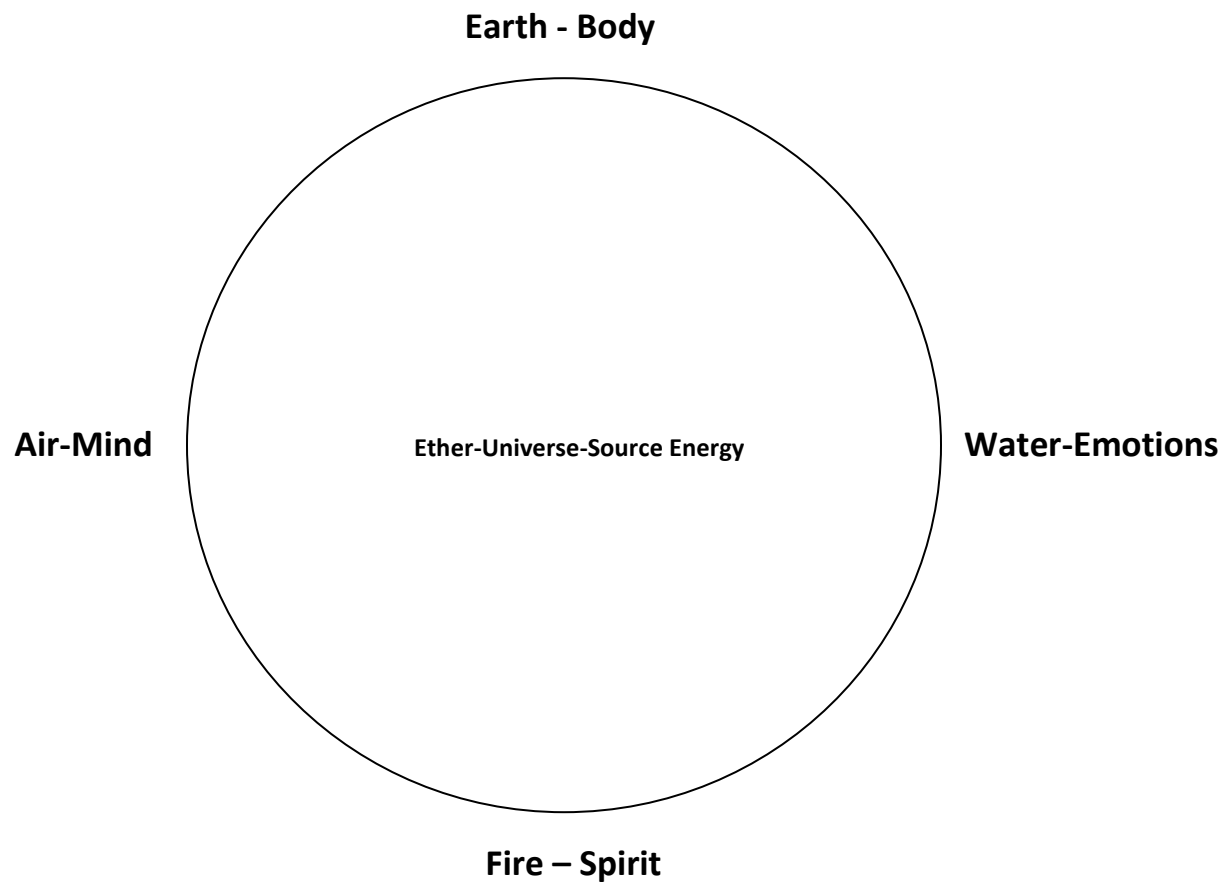


The Four Parts of Ourselves & the Five Elements



- The Wheel or Circle is an ancient symbol used by many traditions
- The Four Elements relates to the four parts of ourselves
- The 5th Element is also an essential part of our connection
- The Circle shows us a continuous connection between the elements
- The Circle shows us the importance of harmony and continuity
- All four elements are essential for health and well-being