

Aikido of San Diego 4-Elements Reference Chart

EARTH	WATER	FIRE	AIR
Speaks To: stability, integrity, control, form, practicality, correctness, balance, reliability, support, steadiness, organization, confidence, pattern, alignment	Speaks To: fluidity, relations, receptivity, flow, taking in, relaxation, acceptance, empathy, feeling, connection, compassion, seamlessness, inclusion, adaptability	Speaks To: drive, doing, action, passion, results, achievement, courage, purpose, power, inspiration, intention, effort, directness, perseverance, goals	Speaks To: vision, creativity, lightness, play, patience, possibility, spontaneity, spaciousness, non-attachment, intuition, insight, joy, levity, effortlessness
Directional Tendency: Down	Directional Tendency: Down / Inward	Directional Tendency: Forward / Out	Directional Tendency: Up / Out
Energetic Body: Bones	Energetic Body: Soft Tissue / Heart (receptive)	Energetic Body: Blood / Heart (active)	Energetic Body: Breath
Primary Virtue: Knowledge	Primary Virtue: Grace	Primary Virtue: Purpose	Primary Virtue: Appreciation
Primary Contemplation: What do I know?	Primary Contemplation: What do I feel?	Primary Contemplation: Why am I here?	Primary Contemplation: What am I grateful for?
Related Inquiries: What are the facts? What can I count on? What are my patterns? What is essential/fundamental?	Related Inquiries: What do I need to accept? How am I caring for myself? How am I caring for others? How do I feel about...?	Related Inquiries: What "lights" me up? What needs to be done? How do I/we move forward? What's the point?	Related Inquiries: How/where can I lighten up? What do I need to let go? What's possible? Where's the joy?
Sample Attitudes			
<i>"The secret to Aikido is regular training, and focus on basics."</i>	<i>"Sure, but Aikido is relational. Feeling is the secret sauce."</i>	<i>"Aikido is what the world needs! The spirit of Irimi is the secret."</i>	<i>"The real secret to Aikido is in your willingness to let go and BE it."</i>
<i>"You know, Ikkyo is considered Aikido's root technique."</i>	<i>"I did know. And I love the feeling of its waves and spirals."</i>	<i>"And the way it just connects right into center. Bam! Oh ya."</i>	<i>"The only good Ikkyo is the one that appears. Pass the wine."</i>
<i>"This room has everything we need for the week."</i>	<i>"It feels so open and welcoming! Just take it in. Oh, and a jacuzzi!"</i>	<i>"Hey, we do only have it for the week, so I'm getting to work."</i>	<i>"Wow, this room would make a beautiful dojo. Maybe one day."</i>