



Elemental SUCCESS

USING THE FOUR FORCES OF NATURE
TO GET ANYTHING YOU WANT IN LIFE

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>> INTRODUCTION

The vast universe consists of four main elements – air, water, earth and fire. These four essentials are *the* elements of creation which is why they should be utilized so that you can attain the things you want by turning your dreams and goals into reality.

People usually fail to manifest their dreams into reality when there is any form of misalignment present in any one of the four universal elements.

These elements, which are the driving forces of nature, exhibit creative principles that exude immense power when applied in the creation and development of your life. They possess the capability of enhancing your ability to bring into your life the things you need and desire.

The reason you are able to enrich your life by attaining your desires is because of one thing – *the feminine power of creation*. This feminine power consumes a portion of your inner nature and its functionality imitates that of nature itself, as a force that rings with creativity and dynamism.

Just as these elements are responsible for holding the Earth in shape, in the same manner, each of them function in line with your life and consciousness. They also take on the responsibility of providing you with information and guidance along the path of life.

These universal elements tie in the fabric that shape the world and once you learn to understand and follow them, you will gradually learn the art of applying their values to create a better life for yourself, one that you are more happy and satisfied with.

Each one of these four elements of nature are capable of meeting you in your present spiritual development, and once you learn to master these elements, you will experience yourself moving ahead in life, growing and developing as a human being.

The aim of this book is to impart you with in-depth knowledge of the four elemental forces, namely air, water, earth and fire, and to explain to you the fact that they are a representation of a particular realm which plays the role of a crucial success factor for you to obtain success in your life. When you are more aware of the universe and its elements, you will be better able to create into your life the things you seek and desire the most.



Air (or wind) is the very first element and is a representation of intention.

It can be said that this particular element is the mental plane of reality. It is more commonly referred to as the Force of Thought and informs the mental realm. It is associated with data or information, and when we use this element, we deal with thoughts and intentions.

In the realm of air, we can make use of three things to manifest intention:

- Our ability of seeing our goals with our mind's eye.
- Self empowerment and positive thinking tactics.
- Goal setting intentions.

The three activities mentioned above are created on the mental plane and can either be used individually or collectively. All you need to do is set a goal or intention you would like to achieve, create a vivid mental image of it and use positive thinking to ensure its materialization.

Air comprises the power of the mind and is associated with the forces of inspiration, imagination and intellect. Since it relates to our thoughts, it includes our dreams, ideas, wishes and knowledge and brings with itself new possibilities and opportunities.

Using The Element Of Air

Maintaining a positive mental attitude is the key to living a life of fulfillment that leads to the creation of growth, development and success.

Take a deep breath and let precious air fill into your lungs. With each breath you take, you will start noticing that deep breathing starts to clear the mental realm so as to enhance your vision as well as your thinking ability.

Following are six ways of using the element of air to achieve success. These steps will aid you in creating a positive outlook on life using your thoughts and will help you develop a more empowered mental attitude:

1. Choose Your Response Mechanism

You need to create a mindset for yourself knowing that choices always exist and you are in control of what you choose to do at all times:

- 🌈 You have the power to choose the things you believe in.
- 🌈 You choose the things you want to place your focus on.
- 🌈 And it is you who is responsible for deciding your choices.

Controlling every single thing happening around you may not be within your power. But you do hold the reins of control to when it comes to reacting to situations and the manner in which you influence others.

2. Have Faith That Your Actions Will Result In The Right Outcome

You can empower your mental attitude by positive thinking.

When you think positive, the results you obtain will be positive too. All you need to do is have faith in all you do. Worry and stress create the perfect brew for disaster, and keeping away from them are extremely beneficial for you.

We generally tend to attract the things we constantly think about, and focusing on our fears and worries will bring us nothing but more fear and worries. This is why we need to have faith in the fact that our actions will develop into good outcomes because of our positive thoughts and intentions.

3. Believe And Have Confidence In Yourself

You need to first believe in yourself if you want others to believe in what you say and do.

If you want to be seen as a confident person, you need to first believe that you can achieve anything if you put your mind to it.

If you feel worthy and capable of achieving your dreams, only then will you truly be able to achieve success in all that you do.

If you believe you can achieve your dreams, this belief and confidence you have in yourself will provide you with the drive you require to help you get to the finish line.

So learn to believe in yourself and your capability of being able to turn your goals into reality, and you one day will.

4. Don't Let The Fear Of Failure Override Your Thoughts

The fear of failure is an extreme source of negativity that deters us from our confident stance and hinders us from achieving our objectives, goals and desires.

If you want to obtain an empowered mindset, you need to let go of any fear of failure that is holding you down. Fear stops you from witnessing your true potential which is why you need to break free from it.

One way of overcoming failure is by turning your view of it into something more constructive: Take every failure as a learning experience. This will help you perform better the next time you face a similar situation.

If you sit with your fears, they will start multiplying and you will not be able to obtain what you want out of life. If you try to achieve something that seems impossible, your strong will may actually help you achieve it.

5. View Every Situation As A Light Of Opportunity

If you want ensured success to enter your life, you need to make sure not to let distractions and discouragements occupy a permanent residence in your thoughts.

Issues and obstacles will always exist because they are a part and parcel of life, but learning to deal with them in a constructive manner by viewing them as opportunities is what helps us move forward in life.

When you are faced with a difficult situation, learn to see the bright side of it instead of sulking that you cannot come out of it. Every situation brings with itself an opportunity, in spite of being ridden with problems, and it is up to us to either grab on to the opportunities or let the problems weigh us down.

We are definitely better able to see the silver lining of every difficulty when we adopt an attitude that is more positive and confident.

6. Be Dedicated

To empower your thoughts with positivity, you need to be committed and dedicated to seeing your dreams and goals reaching fulfillment because this is not something that will happen overnight.

You will become closer at obtaining an empowered mindset when you are totally committed and dedicated to performing in a consistent manner the actions that will bring you closer and closer to the things you want in your life.

When you transform your thoughts to become more optimistic, you will see your life take a positive turn as well.

With a clear and committed mindset and a strong focus on the things we want in life, we start moving towards achieving the success we envision and dream about.



The second element to be covered is water, it represents emotion.

It informs the emotional and feeling realm, and this element is the astral or emotional plane of reality. It also happens to be the plane of desire. The element of water is more commonly referred to as the Force of Emotion. Whatever your feelings may be, they first turn into reality on the water plane.

In the realm of water, you can make use of the act of creating emotions for the purpose of transforming your thoughts into reality.

In this particular realm, you tend to attain the feelings of already having achieved your dreams, goals and desires. The feelings you experience are a form of energy and this energy is required for the purpose of creation.

Feelings such as gratitude, joy and peace complete the task of providing you with the energy you need for developing conditions that form the basis of turning your dreams into reality.

Using The Element Of Water

Water is the element of purification, emotion and your subconscious thought processes.

When you improve your emotional intelligence, you don't only engage with the water element, you also improve your communication tactics and are better able to manage stress. When you are stress free, you can truly experience all that life has to offer and be more in alignment with your goals and objectives.

Whether you perform the task of drinking a nice tall glass of cool and clear water, or if you wade into a creek bed, you can invite the element of water to work with you by connecting in a grateful manner with this emotional realm.

In order to achieve success with the element of water, you can enhance your emotional intelligence.

Following are a few ways through which you can raise and enhance your emotional intelligence:

1. Reduce Stress Quickly

Stress creates a state of unbalance in your life which is why you need to adopt tactics through which you will quickly be able to lower your stress levels. For you to develop skills to lower your stress levels, you need to:

Realize Moments When You Are Stressed Out

Recognize the feelings of stress when they occur:

- 🌈 Do your bodily muscles feel tight or sore?
- 🌈 Do you clench your hands?
- 🌈 Does your breath become shallow?

When you are aware of how your body reacts to stress, you become better able to regulate the tension within your body when it occurs.

Identify Your Response To Stress

If you become angry or agitated, you can start performing activities that will help you calm down.

If you feel depressed or withdrawn, you can adopt methods that will stimulate you.

Discover Stress Reduction Techniques That Help You

Every person responds to different things in a different manner. There are many stress-busting tactics and you can use the one that works best for you.

If you respond well to sound, you can get a wind chime, listen to your favorite music track or even the sounds of a water fountain, water fall or waves lapping at the sea shore to help calm your stress levels.

If on the other hand you're a person who is more responsive to visuals, you can use mindful imagery or surround yourself with images that please and uplift your mood.

2. Use The Art Of Non-Verbal Communication

The non-verbal signals you send out via your body language, hand gestures and the manner in which you sit and maintain eye contact with others is as important as verbal communication.

Your non-verbal messages can either produce signals of confusion, fear and distrust or create a sense of excitement, connection and trust.

Enhancing your non-verbal communication helps you communicate better and tap into the element of water. Here are a few ways through which you can improve the manner in which you communicate non-verbally with others:

- 🌈 Make eye contact with the person you are verbally communicating with and better understand their response by maintaining a flow within the conversation you are having with them.
- 🌈 Concentrate on the other person instead of daydreaming or thinking of other things if you want to stay updated on all of the non-verbal cues being sent out to you in the midst of the conversation you are engaged in.

- 🌈 Be aware of the non-verbal cues you are receiving and sending out to others. You will be able to spot these cues in the form of the tone of voice, facial expressions, touch, gestures, posture and the pace and timing of the conversation you are engaged in.

3. Use Emotional Awareness To Beat Down Stress

When you are aware of your emotions and the manner in which they influence your actions and thoughts, you will gain a better understanding of yourself and will be better equipped at calming yourself down and remaining focused when you are in the face of tense situations with others.

Being emotionally aware is helpful in gaining a better understanding of your needs and motivations and also aids you in communicating with others more effectively. The following questions will help you access the type of relationship you have with your emotions:

- 🌈 Do you give your emotions any importance? Do they play a role in your decision making process?
- 🌈 Are you able to experience feelings that are intense enough to grab the attention of others as well as yourself?
- 🌈 Do you experience emotions and feeling that are discrete such as joy, fear, sadness, and anger?
- 🌈 Do physical sensations accompany your emotions? Do you experience physical sensations in your chest or stomach when you are emotional?
- 🌈 Do you experience feelings and emotions that change from one moment to another?

If any of the above mentioned experiences are unfamiliar to you, it's possible your emotions may be turned off.

If you want to remain emotionally intelligent and healthy, you need to learn to accept, re-connect and be comfortable with the core emotions you experience.

4. Embrace Challenges With Humor And Play

Life is full of challenges, so humor, play and laughter are natural antidotes in difficult times.

They help lighten the burdens of stress that weigh you down, restore balance to your body and mind and elevate your mood. You can develop playful communication and embrace your humorous side to widen your emotional intelligence by doing the following:

- 🌈 Practice the act of playing with babies, young children or animals and pets and start hanging out with people who have a fun and playful nature.
- 🌈 Start performing activities you enjoy to unlock your playful nature and loosen you up.
- 🌈 Set out some time on a daily basis for some fun and playful activity, for jokes and laughter.

5. Use Positivity To Resolve Conflicts

When conflicts arise, you should have the capability of managing them in a trust-building and positive manner.

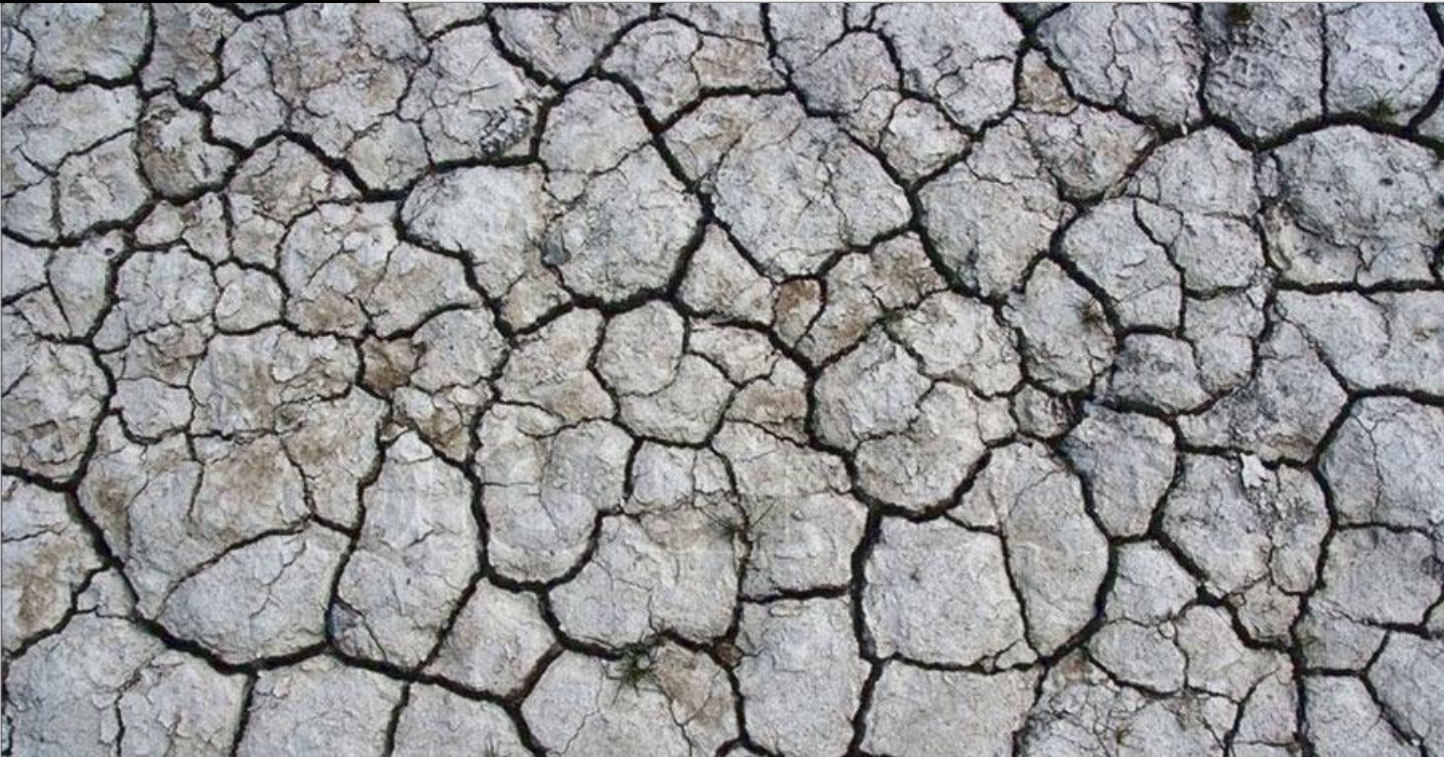
Positivity and optimism will help you overcome them and make you more effective at handling situations that are emotionally charged. Here are some tips on how you can use trust-developing methods to resolve conflicts:

- 🌈 Disengage and end conflicts that have the capability of getting resolved.
- 🌈 Learn to forgive others for past conflicts and issues, and resist the urge to be vengeful and avoid being consumed with the desire to punish others for their wrong doings.
- 🌈 Concentrate on the present and avoid holding onto things that have hurt you in the past.

The tactics mentioned above will help you become more emotionally intelligent so that you can use the water element to tap into your emotional side.

The water element is the emotional and feeling realm and represents all the emotions you can use to achieve success.

When you learn to express and manage your emotions in a clear and effective manner, you become better equipped at using the universal element of water. This helps you influence the people around you and allows you to attain success much faster.



Earth, the third universal element, represents action and informs the physical realm.

This earth element is the physical and ethereal plane of reality. It is also known as the plane of materialization and is commonly referred to as the Force of Body or Form and provides us with sustenance.

There are times when our desires exist in the emotional and mental plane of reality, but if we want to achieve the fulfillment of our goals and dreams, certain actions are required to be taken by us. Inspired action is the path through which our ideas and thoughts are formed and shaped on the material plane.

If you want to be a part of seeing your dreams materialize and be fulfilled, the things that will help you achieve this is action.

You will be the recipient of happiness and joy when you experience creation occurring through you.

Using The Element Of Earth

In order to attain success, you need to take certain actions. If you want to discover the key to the achievement of success, it is, in fact, action.

Build a connection with the Earth by placing your hands on the ground, sensing the connection it has with your physical body.

According to Pablo Picasso: “Action is the foundational key to all success”.

If you simply dream or think about your goals and don't take any form of action in trying to have it fulfilled, it will never actually reach attainment.

Below are three tips that will help you get started with your action taking process so that you can start following the route to achieving success in your life. They will also help you in using the element of the earth so that you can move closer to success:

1. Life Is All About Choices

Your life is shaped by the choices you make.

One thing you should always keep in mind is that bringing success into your life is a choice, not a necessity. Most of our irritation, disappointment and frustration stems from self infliction when we set goals and standards for ourselves and are unable to achieve them.

So instead of saying things like ‘I need to complete this assignment’, say things like ‘I want to complete this assignment so that later I can to spend some quality time with my family.’

Constantly remind yourself of all that you want to attain in life and the reasons why you need to do so. This will help you make the right choices in life so that you can open the door and allow success to make an entrance into your life.

2. Set Yourself In Motion

If you want to make things happen, you need to get into motion.

The first step you take towards the achievement of your dreams is always the most important. It can at times be the most difficult step, but once you have a clear idea about what you want to do and where you want to go in life, you will have a better understanding of the steps you need to take in order to fulfill your goals.

So focus on your goals and dreams, learn from the mistakes you may have made in the past and start walking along the path that will lead you in the direction of the attainment of your dreams.

After all, only after taking a step forward will you know whether you have actually taken the right path. So get out of the thinking phase and start acting by making a start.

3. Be Accountable

Studies have shown that people are more likely to achieve a particular goal they've set if they tell others about it. We generally tend to value the opinion of others more than our own. We also usually tend to set goals and then let ourselves down by not taking any action towards its attainment.

But one thing we are reluctant to do is let others down, especially the people we respect, admire and look up to.

So if you've decided to take action on a certain path and made up your mind about achieving your goals, tell someone about it, preferably someone you trust and respect. Tell them all you'll be doing to see your dreams reach their fulfillment and ask them to keep a check on you. This will surely help you stick to your goals.

But that's not all you should do.

You should respect yourself more and trust in your own abilities. Once you start believing in yourself and adopt a 'can-do' attitude, you will be better able to deliver on your personal commitments. So do something for yourself, and start valuing your own opinion as much as you do others.

The element of earth is a representation of the physical realm and includes actions that are taken in order to bring goals to attainment. We need to instill within us a confidence that will make us believe more in ourselves and our ability of bringing our goals to fulfillment. Our emotions and thoughts will only take the shape of reality when we take some action to try and fulfill it.



Fire is the fourth universal element and represents righteousness.

It is the causal or soul plane of reality and is also the plane of divine will. Fire is the element that informs the action realm and is commonly referred to as the Force of Spirit and is also a representation of energy. If your intentions are aligned with the intent of your higher self, you will possess the ability to give shape to your dreams by having them transformed into reality.

It is possible that you may have seen your goals in your mind's eye by creating a vivid mental image of it. You may have also felt your dreams and desires as though they were a reality and taken some form of inspired action. In spite of all these things, it is still possible that you may have not actually been able to turn them into reality.

The reason why you may not have achieved your dreams or desires is probably because of the fact that the righteousness aspect of the element of fire indicates it isn't the right setting or the right time. It is your higher self that handles this whole process.

Using The Element Of Fire

The element of fire is about having a profound feeling of worthiness. It is all about locating and using the energy and life force within you.

Build a connection with fire by raising your face to the rays of the sun so that you can locate the life force energy that resides within you.

You will be able to unlock the life force energy within you when you start providing some enrichment to your soul.

Following are some life lessons you can adopt and some actions you can take so that you can unlock your true potential by using the element of fire to assist you in achieving your dreams, desires and goals:

1. Be Compassionate

If you want to harness the power of the element of fire, you need to start being more compassionate.

Show others some compassion by accepting them as they are without judging them. Compassion in truth is a gift you give not only to others but also to yourself. When you are able and open to loving and understanding others just as they are, you show them that you truly respect them.

Also, be compassionate to the people who are close to you and the ones you see and meet on a daily basis. The simple task of sharing a smile with someone can brighten their day.

2. Live Life With An Optimistic Outlook

If you want to enrich your soul, you need to be positive and live your life with an optimistic outlook. Optimism is not ONLY about smiling and laughing.

An optimist is someone who enjoys viewing every situation of life with a positive spin without giving too much thought to negativity.

People who are optimistic tend to recover faster from illnesses and are generally more resilient because of their positive nature. They think positive, which is why they recover faster from the hardships that come their way. Since optimism can heal your body, it can do wonders for your mind and soul.

3. Maintain A Confident Attitude

You are confident about yourself when you know who you are and the direction in which you are heading.

You should be mindful not to mistake confidence for arrogance because arrogance stems from people who have low self-esteem, are confused about who they really are and are unsure of where they are heading in life.

Start having confidence in yourself so that you can create your own set of perfect situations in your life, in love and also within the day to day interactions you have with others.

Share your ideas and goals with the people who listen to you, and when you are confident, you will also learn to be proud of yourself and enrich and strengthen your soul.

4. Discover Your True Purpose

We are all brought up with the idea that we are here on earth because of our individual purposes.

So be alive, engage with others and you might just think that this is all the purpose needed for you to live a life full of happiness and good health.

When you start doing everything with a clear purpose in mind, you will soon start to excel in all that you do because of the motivation and drive that is a part and parcel of living a life driven by a purpose.

Once you discover your true purpose, you will also discover who you really are and all the things you are capable of achieving.

5. Learn To Be More Curious

Being curious and inquisitive does not simply relate to asking a bunch of questions. It extends to being curious about the universe you live in.

When your curiosity is aroused, you start asking more questions and discovering more things as you go along. Your inquisitive nature will help you gain more knowledge and you will find that you are becoming a more happy and successful person.

Our planet is filled with many learning opportunities and there is a great deal we need to learn about in regard with the universe, the oceans, the wide blue sky and everything that surrounds us.

Being curious will help you get answers and will allow you to move forward in life learning and growing through explorations.

6. Practice Mindfulness

The practice of mindfulness is a practice of staying in the present moment and avoiding the act of dwelling on the events that have occurred in the past.

The world today is full of people who are over working themselves and it also rings with hardships and difficulties at every nook and cranny. All of this can make it difficult for one to stay focused on the present.

It becomes extremely hard to maintain your focus on the present moment when the outside world is awash with chaos that begins to intrude your present.

A helpful tactic to concentrate on the positive and live in the present is by being kind and loving towards others. This will help break your concentration from dwelling on chaos and will help you live your life with a larger than life perspective.

7. Love Life

Learn to live life to the absolute fullest.

Learn to love every single aspect of it.

Be thankful for all that you have.

Enthusiasm, love and happiness can be infectious so make good use of this vibrant nature of yours and go into the world spreading your vibes of positivity and love to all those around you.

When you have a profound love for your life, you approach life and all it has to offer with enthusiasm and passion. This in turn helps spread positivity and the warmth of love within you which does a great deal to enriching your mind and soul.

8. Create Energy By Maintaining Good Health

Fire is an element that is a representation of energy, and in order to progress forward in life, we need to have the energy needed for doing so. For you to be able to harness the power of the energy that lies within you, you need to be healthy and strong in body and mind.

This is why you need to take care of the things that go into your body. If you aren't already doing so, start eating healthy, incorporate some exercise into your daily routine and make sure you get enough of sleep so that you can rejuvenate and energize your body, mind and soul.

The points mentioned above are not only important lessons of life you need to adopt in your everyday routine, they are also the key to unlocking the power of the fire element and enriching your mind and soul.

The element of fire is a representation of the soul realm and the senses that share an association with our soul. Each time we feed our soul with positivity, compassion, gratefulness and love, we enhance our ability of understanding and connecting with others. We can then open our eyes to becoming more grateful for all we have, brightening our lives, our mind and our soul.

>> CONCLUSION

The four universal elements of air, water, earth and fire are a representation of the building blocks of success and prosperity. They aid in success because they are made up of vibration and energy. The chapters of this book have taught us certain tactics we can adopt to use the four universal elements.

Moving forward with this knowledge, we can use the power of all four of the elements to have our dreams and goals aligned with the universe. When this happens, we will be able to materialize our thoughts and attain our goals and dreams. You can achieve anything you want whether it is related to happiness, good health or wealth.

When all four of the universal elements work in harmony with each other, they become the perfect recipe to achieving success. You should remember to use the power of your mind to create images in your mind's eye and adopt a positive attitude in life instead of giving in to fear or doubt.

Have a clear understanding about your intentions and interests in life and allow your actions to be in line with them. Once you start bringing the power of the universal elements of air, water, earth and fire, you will see that your life is full of happiness and abundance, and radiating success and positivity. With the knowledge of how to use the four elements, you can achieve anything you want in life.

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