

The Contemplation of Nature

5 elements meditation

A Posthuman Auntie zine
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foundnature.org & timeartspaceart.com

Welcome!

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This is an outline to support you practicing your own **5 elements Contemplation of Nature** meditation and to share this meditation with others. It is based on the online session held as part of 24 hours of Mindfulness, on 19th April 2026 with ecologist Ajay Rastogi in Majkhali India and Double Bass player, Paul Erhard in Colorado, USA. You can find the video on foundnature.org on our blog.

The Contemplation of Nature is an accessible open-eyed meditation that is great for everyone, for practitioners of all kinds; of all ages and all faiths. It is also trauma and neurodivergent informed. Simply choose a piece of nature to view. Plant, tree, sky, water, grass, rock. Become aware that you are a living embodiment of nature, with no separation.

A 5 elements meditation is particularly good for reminding ourselves on a deep level that we are part of the nature that sustains us; in every molecule.

With gratitude for your practice!

The five elements

SANSKRIT - ENGLISH - PALI

Akasha - Space - Ākāsa

Open and all-inclusive. It contains and enables all elements.

Sense: hearing.

Vayu - Air - Vāyo

Invisible, life-giving breath.

Sense: touch.

Agni - Fire - Tejo

The energy of transformation, enabling metabolism and illumination.

Sense: sight.

Jal - Water - Āpo

Blood and bodily fluids, flowing and adapting.

Sense: smell.

Prithvi - Earth - Paṭhavi

Solidity and firmness. Grounding. Oneness, Firmness, and Structure.

Sense: taste.

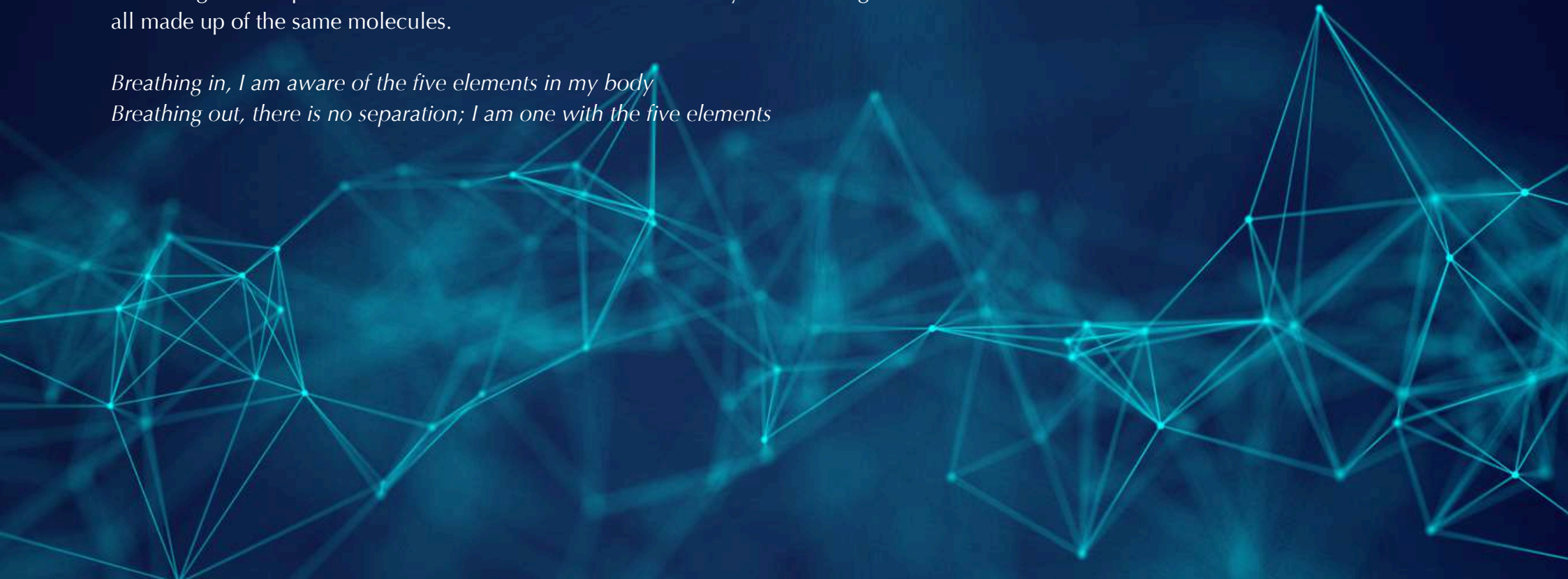
Interbeing

INTERBEING

INTERBEING is a term created by Buddhist teacher Thich Nhat Hanh. It means that we all inter-are; interconnected and interdependent. No separation. We are all one with the five elements.

Be aware that there is no separation between you and nature. That is the nature of interbeing. All our practice is there to remind us of the true reality of interbeing. We are all made up of the same molecules.

*Breathing in, I am aware of the five elements in my body
Breathing out, there is no separation; I am one with the five elements*



SPACE - Akasha

Begin to focus on the first element, space, the Akasha; the space within and around you. Akasha is the element that allows all other elements to exist. Without space, there would be no room for air to move, for fire to burn, for water to flow and earth to be solid.

Space allows the rhythmic movement of contracting and expanding, joining and separating. The rhythm of inhalation and exhalation happens because of space in the lungs.

*Breathing in, I am aware of the space element in my body.
Breathing out, there is no separation; I am one with space.*

Bring awareness to the Akasha within **your body**, the space between your cells, the space in your organs, the space that allows your body to function. Without this inner Akasha, you would be solid and unable to live.

Bring awareness to the Akasha in **your mind**, the gaps between your thoughts, the moments of silence, the spaciousness that allows new insights to arise.

Imagine the vast expanse of the sky, the infinite Akasha that holds all clouds, all stars, all birds. You have the capacity to be vast and spacious, holding thoughts and emotions without being overwhelmed by them.

AIR - Vayu

Bring awareness to the air element within and around you. Air is largely invisible and mostly felt through sense of touch. We see the leaves rustle when the air touches them, we feel the air in our chest and in our nostrils. Air is the invisible support of life.

Breathing in, I am aware of the air element in my body. Breathing out, there is no separation; I am one with air.

Bring awareness to **your breath**. Not forcing it, not controlling it, simply noticing how the Air moves in and out of your body like the tide moving in and out of the shore. The inhalation is the gathering of life, the exhalation is returning to the earth. Notice the Air in your lungs, your sinuses, your digestive tract, all Air element within you. Feel the lightness, the movement, the expansion that comes with each breath.

Bring awareness to **your mind**; your thoughts, your perceptions, your awareness. The mind moves like air, sometimes clear and calm, sometimes turbulent and scattered. Can you watch your thoughts as clouds passing in the sky, without getting caught in them?

Notice how the air element connects you to all beings. The air you breathe was once inside another being—a tree, a flower, a cloud, another human. You are sharing the same breath with all of life.

FIRE - Agni

Bring awareness to Agni within and around you. Fire represents energy, transformation, passion, and the spark of life. Fire is illuminating and associated with sense of sight.

Bring awareness to your metabolism, your body heat, your digestion—all Agni elements within you. Feel the warmth radiating from your body into the space around you. Feel the presence of the nature that you are contemplating on today with a soft gaze.

Breathing in, I am aware of the fire element in my body. Breathing out, there is no separation; I am one with fire.

Notice the Fire energy Agni in your heart, not just the physical warmth, but your capacity for love, for passion, for enthusiasm, for transformation. This fire has the power to burn away what no longer serves you and illuminate the path forward.

Think of the fire Agni in your mind; your thoughts, your ideas, your creativity. How can you use this mental fire wisely, like a candle that illuminates rather than a wildfire that destroys?

Notice how the Agni element transforms; food into energy, ideas into action, challenges into growth. What transformations are happening right now? What about in your life? Imagine the Agni of the sun that provides energy to all life on Earth. You, too, carry this spark of divine fire within you.

WATER - Jal

Focus on the water element which is most abundant. In Sanskrit, the water element is called Jal. We can increase the natural flow and acceptance of emotion with this meditation.

*Breathing in, I am aware of the water element in my body.
Breathing out, there is no separation; I am one with water.*

Now, bring awareness to water around us in the world, the water or Jal within and around us. Water represents fluidity, flow, emotion, and the capacity to adapt. Water carries flavours in our favourite fruits and greens.

Bring awareness to your blood circulating through your veins, your lymphatic system, the tears in your eyes, the saliva in your mouth—all Jal elements within you. Feel the gentle rise and fall of your chest, the natural rhythm of your own internal tides.

Notice how your emotions flow like Jal. Sometimes calm, sometimes turbulent, but always in motion. Can you acknowledge whatever emotions are present in this moment without judgment, as the river acknowledges all that flows into it?

Imagine yourself as a drop of Jal in the great ocean of existence. You are both unique and connected to all other drops. Your tears have been part of oceans, rivers, glaciers, and clouds since the beginning of time. The Jal in your system has been shared among all beings on Earth.

EARTH - Prithvi

Contemplate Earth's qualities: nurturing, patience, endurance.

Breathing in, I am aware of earth in my body.

Breathing out, no separation; I am one with Earth.

Earth transforms waste into nourishment. What qualities can we learn from earth; from mother earth and from soil? How can we support and celebrate our harvests. How can we change our daily habits to protect her? Can you touch the soil we are surrounded by and feel that element completely? Can you nurture it? Seeds of thoughts inside you also have been planted.

The quality that we want, we can leave the seed to be nurtured by the earth. Be aware to witness through the future how the qualities of the Earth element are within you already and can grow within you. Water seeds of stability.

Feel the weight of your body in this moment. The pressure of your feet or seat against the surface below. This is your connection to the Prithvi element. Notice how the ground holds you with unwavering support, just as your bones provide structure for your body. Bring awareness to your bones, your teeth, your fingernails, these are all Prithvi elements within you. Feel their strength, their solidity, their endurance.

Imagine roots growing from your base, down through the floor, into the earth, connecting you to the mountains, the rocks, the soil, the deep wisdom that has been here for millions of years, without discrimination. May you hold yourself with the same gentle stability.



Breathing with the 5 elements

AKASHA - SPACE

Breathing in, I see myself as space.

Breathing out, I feel how space connects us all.

VAYU - AIR

Breathing in, I see myself as air.

Breathing out, I feel how air activates and energises.

AGNI - FIRE

Breathing in, I see myself as fire.

Breathing out, I feel how fire transforms and unfolds.

JAL - WATER

Breathing in, I see myself as water.

Breathing out, I feel how water flows and adapts.

PRITHVI - EARTH

Breathing in, I see myself as earth. (soil)

Breathing out, I feel how earth grounds and supports.

We can begin to bring this awareness back into our everyday life, knowing that we carry all five elements within us always. We can do this meditation wherever we are, no matter what we are doing, because we always have our breath. Our breath can be a mindfulness bell!

As Thich Nhat Hanh said:

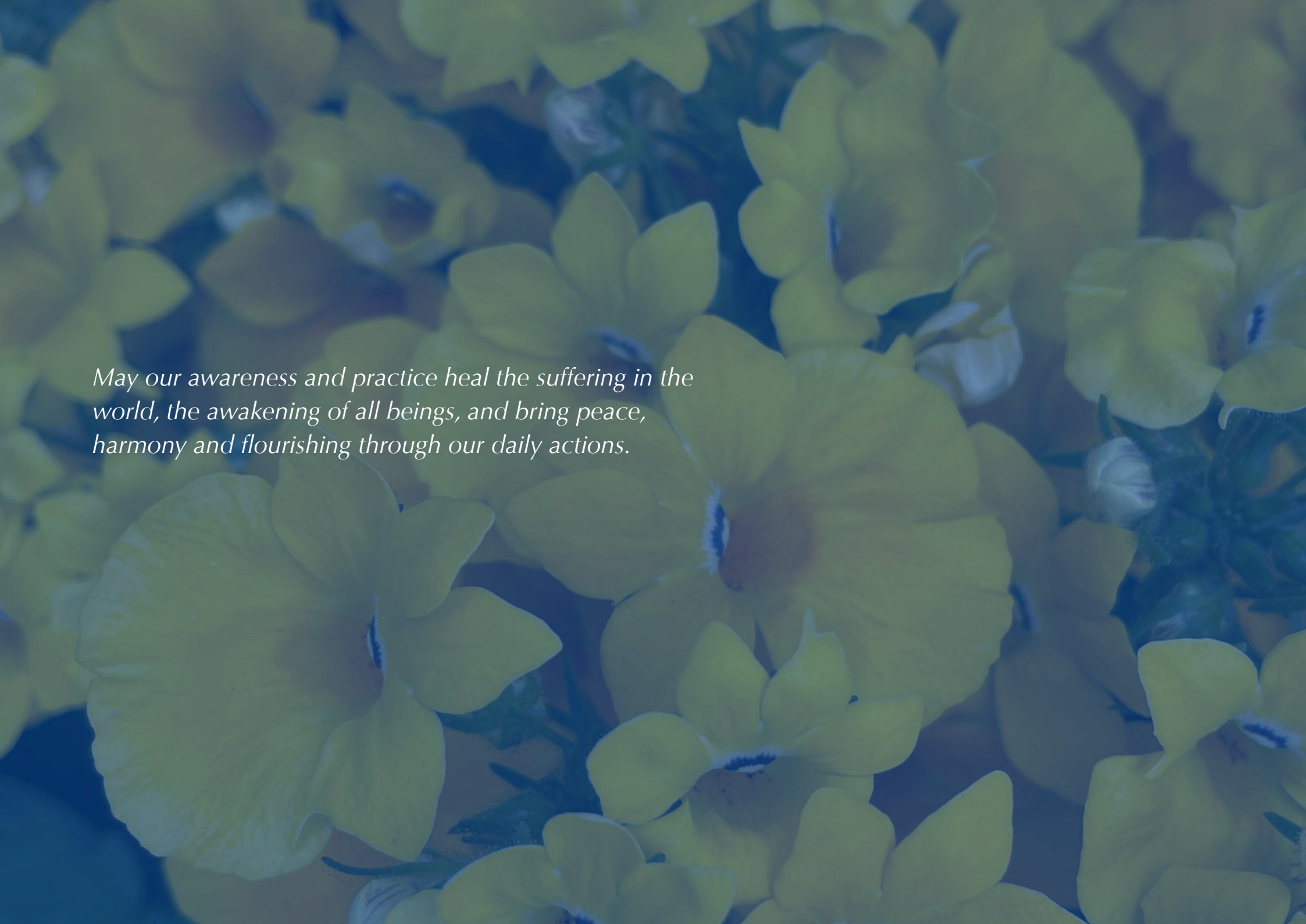
"There is no separation;

I am one with consciousness.

Breathing in, I dwell in this present moment.

Breathing out, this is a wonderful moment."

How wonderful!



May our awareness and practice heal the suffering in the world, the awakening of all beings, and bring peace, harmony and flourishing through our daily actions.



Thank you for your practice





