



AIR

CORRESPONDENCE & PRACTICE PAGE



DIRECTION
East



COLOR
Yellow



SEASON
Spring



TIME OF DAY
Sunrise

MAGICAL QUALITIES

Intellect, communication, inspiration, clarity, curiosity, new ideas, movement, change, freedom.

COMMON SYMBOLS



ASSOCIATED HERBS

Mint • Lavender • Rosemary • Basil
Chamomile • Lemon Balm • Thyme
Sage • Catnip

TREES

Pine • Birch • Aspen • Willow
Maple • Elm • Poplar

INCENSE

Sandalwood • Frankincense • Myrrh
Copal • Lavender • Pine
Juniper • Sweetgrass

CRYSTALS



Clear Quartz • Amethyst • Aquamarine
Fluorite • Sodalite • Citrine
Labradorite • Moonstone

AFFIRMATION

*With every breath,
I welcome wisdom, clarity,
and inspiration into my life.*

INSPIRING BOOKS I'VE READ



MEMORABLE CONVERSATIONS



NEW INSIGHTS



PERSONAL SYMBOLS OF AIR



WAYS I'VE EXPERIENCED AIR
in nature and in my spiritual practice

