

# 5 Elements (*Panchtattva*)

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## 1. Summary

Everything that exists is made of 5 Elements — Fire, Water, Air, Earth and Space. These are not just physical substances but five different types of energies. The combination and balance of these five energies create thoughts, emotions, experiences and results in life.

Your home, your body, your behaviour, your relationships — all are reflections of the 5 Elements. A change in the balance of these energies creates changes in your experiences and in the outcomes you get from life.

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## 2. Key Takeaways

- All life and matter are created from 5 Elements.
  - These elements exist as **vibrations**, not just physical matter.
  - Each element influences a certain aspect of thought and life:
    - Fire → Vision, cash flow
    - Water → Emotions, creativity
    - Air → Growth, ideas
    - Earth → Stability, support
    - Space → Clarity, connection
  - Imbalance of elements creates specific types of disturbances in life.
  - Every object and activity in your space carries an elemental frequency.
  - Placement and use of these objects affect your inner and outer experiences.
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## 3. Goal

To make participants:

- Understand the nature and function of each element.

- Realise how the 5 Elements govern the experience of life.
  - Begin observing the elemental quality of objects, emotions and thoughts.
  - Start applying element-balancing as a practical technique in home and self.
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#### 4. Utilization

- To diagnose the root cause of life problems based on elemental imbalance.
  - To use correct objects, colours, symbols and materials to bring balance.
  - To align space with Sankalp by matching elemental energies.
  - To guide transformation through specific elemental corrections in Vastu.
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#### 5. Theory

- Every object and space vibrates with one of the 5 elemental energies.
  - These energies correspond to different thoughts, behaviours and results.
  - Placement of an object in the wrong element zone disturbs harmony.
  - Right placement enhances clarity, growth and manifestation.
  - Example:
    - Placing a water object in Fire zone → emotional disturbance, cash loss.
    - Placing a fire object in Fire zone → vision and cash flow activated.
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#### 6. Practical Implementation

- Learn the **element of each zone** based on MahaVastu principles.
- Identify the **elemental nature of each object** in a room.
- Match or correct objects as per the zone's natural element.

- Use tools like:
  - Element strips (Fire, Water, Earth etc.)
  - Elemental objects (candle, plant, bowl, bell, crystal etc.)
  - Colour and material changes
- Practice reading and correcting a space using elemental awareness.