





Being Connected with the Universe



The ancient Greeks believed that there were four elements that everything was made up of: earth, water, air, and fire. This theory was suggested around 450 BC, and it was later supported and added to by Aristotle. The idea that these four elements - earth, water, air, and fire - made up all matter was the cornerstone of philosophy, science, and medicine for two thousand years. The four elements were even used to describe the four temperaments a person could have, and Hippocrates used the four elements to describe the four "humors" found in the body.

- We are Earth People**
- We are Air People**
- We are Fire People**
- We are Water People**

			
<p>In Praise of Earth</p> <p>Let us thank the Earth That offers ground for home And holds our feet firm To walk in spaces open To infinite galaxies.</p>	<p>In Praise of Air</p> <p>Air: source of the breath That enables flowers to flourish, And calls the dark-rooted trees To ascend into blossom.</p>	<p>In Praise of Fire</p> <p>May courage Cause our lives to flame, In the name of the Fire, And the Flame And the Light.</p>	<p>In Praise of Water</p> <p>Let us bless the humility of water, Always willing to take the shape Of whatever otherness holds it.</p>

From John O'Donohue, *Benedictus*, 2007