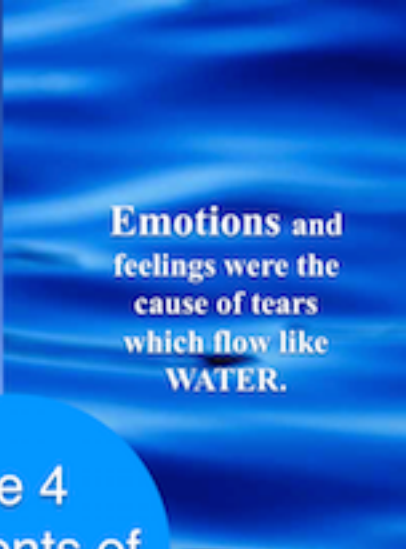
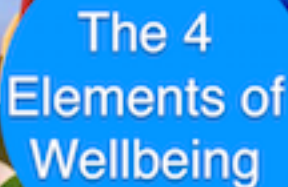


Mindsets and thoughts were likened to the free moving and unseen WIND.



Emotions and feelings were the cause of tears which flow like WATER.



The 4 Elements of Wellbeing



Lifestyle and the daily needs of the body was likened to the stability of the EARTH.



Purpose and passion was the courage of convictions that burns within us, and was likened to FIRE.