



## *Sacred Order of Living Paganism*

Lesson Outline

Shanddaramon

Level 2 Class 3: Air Meditation

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### **Preparation**

Consider your daily experiences with Air

### **Questions to consider:**

What is the element Air?

What does it represent to you in your life?

### **Study:**

Air Meditation

### **Activity:**

Do an Air element meditation through your regular practice

### **Recommended Reading:**

- The Wisdom of the Elements: The Sacred Wheel of Earth, Air, Fire and Water by Margie McArthur
- The Elements of Ritual: Air, Fire, Water & Earth in the Wiccan Circle by Deborah Lipp

### **Follow Up**

Submit your answers to the above questions

Report on the results of your meditation

Enter all information in your BoS

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## Air Meditation

begin your normal meditation procedure

Once inside your inner temple:

face east, it is dark

feel a cool wind and a fog enter your space

see the sun rising in the mist

you are coming face to face with the element of Air

consider your thoughts, travels, methods of communication

how does the element of Air relate to you and your life?

listen and learn to what it teaches you

set an object in the east of your altar to honor Air

exit your temple and return