

# Daily Zohar studies about the four elements Fire, Air, Water and Earth

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DZ 2338

35,36

Fire, Wind, Water and earth are the first and roots of everything above and below. The Book of Formation, Sefer Yetzirah, which is the root of Kabbalah, written by Abraham the patriarch, reveals the four elements. Like the YHVH name

Fire – י ה – North, Shuruk, Left column, Gevurah, Gabriel  
Wind – ה ה – East, Chirik, Central column, Tiferet, Nuriel

Because Chokmah and Binah are in unification to deliver light to the lower world, Fire and Wind come together. Binah as wind helps the fire to grow and transform into heat of the water to manifest the earth in Malchut.

Water – ו י – South, Cholam, Right column, Chesed, Michael  
Earth – ה ה – West, Malchut that receives Fire, Wind and Water, Raphael

When the four elements unified in Malchut they create the metals of Gold, Silver, Copper and Iron.

Fire – Gold

Water – Silver

Fire + water + Wind + Earth together bring Gold, Silver and Copper.

All the above bring Iron and below the iron other similar metals.

DZ 2339

The Zohar reveals different spiritual aspects of the four elements. It would be incomprehensible to translate this and the following Zohar text but I will bring from other studies of the Zohar related to Fire, Water, Air, Earth.

Before the creation of the dry land the world was only water as we read in Genesis 1:2, the water existed before God started with the process of Creation. Water is the aspect of Chesed and like our body, the world is about 70% water.

God started creating the world with the word “וַיֹּאמֶר” “And (God) said” (Genesis 1:3).

The first two letters וי VY, represents the male aspect of the Light, YHVH, that brings down the Light force. The following three letters are אמר, which the root for “say” and also initials for אש מים רוח, “Fire”, “Water” and “Air”.

The most important body part that is strongly related to the four elements is the mouth. We can build or destroy worlds with the power of the mouth. The heat of the AIR/ vapor coming out of the mouth is FIRE and the moisture is WATER. The aspect of earth exists in the water. When we boil water or let it stand for a while we see the 'solids'/EARTH that is in the water.

The mouth is the aspect of Malchut and it creates and brings out the four elements. The inner 'fire' of the body is very important for the balance of the energies in the body. If the level of fire, temperature, is not as it should all the elements in the body are 'fighting' each other and this is a state of illness.

## DZ 2340

**Water** – Brain – body – The brain controls all body functions and water is its 'power' source. Without good and pure supply of water the brain goes out of balance. Prayers enhance the balance of water in the brain and help it connect and channel spiritually. It's good to start the day with good warm water (I squeeze a little bit fresh lemon הדר) to include before the morning prayer the aspect of Fire and Chessed in the body. Any intake of impure source before morning prayer would raise some negative elements and we should avoid it. The spiritual connection in the morning brings Chassadim and positive aspect to all of our actions, including helping the body to process and draw positive energy from the food. Those who don't pray would benefit greatly from Zohar scanning/reading/study/listening of the Daily Zohar and or from the Unity Zohar (check the free app for your phone)

The Pineal gland in the brain is sensitive to chemicals found in water (mostly in common soft drinks and highly processed food). This gland is the aspect of the 'third eye' and can help guide us in life like an excellent spiritual GPS.

**Fire** – Heart – It is the 'nuclear reactor' of the body that never stops. The brain commands and regulates it and that is why it is second on this list.

**Air** – Lungs – It's the cooling system of the heart. The lungs are like two wings 'hovering' over the heart and cool it as needed. When the heart runs faster, the 'Fire' grows and require proper cooling. Without that the heart could fail and lose its proper functions. Proper breathing of fresh air helps a lot in the quality of cooling and all functions of the body. If you live in a crowded city, take opportunities when the air is clear (after rain, early morning before the pollution increase and rise from the street and sidewalks) and spend few minutes to take it pure air with deep and controlled breathing. Go out of the city to where you can have good air to breath. Stop smoking.

**Earth** – Every cell in the body has the aspect of the four elements. The Fire and Air is delivered through the blood circulation. Body temperature should be maintained to keep

the body in physical health. Any change in the body temperature cause imbalance and disturbance among the four elements.

## DZ 2341

Everything consumed by the body passes through the stomach and liver to remove negative elements from the food. The liver supplies fresh and pure blood to re-energize the heart. To balance the functions of the liver we need to drink from good source of water and good food.

GMO food has altered DNA, which makes it unnatural and elements that is not part of the original creation. The digestive system doesn't fully recognize GMO food and would have difficulties processing it. The DNA of the GMO is not included in the processing 'program' God 'installed' in the stomach and Liver. The danger is that the liver would reject some elements of the GMO as toxins that would affect the body sooner or later.

The GMO invention came to make greater profits to producers and that comes from greed, which is negative. Bad seed produce negative outcome. All types of food 'treatments' with chemicals, radiation, 'coating' etc. go against the natural process. It's very hard nowadays to find a rotten apple in the store because of the heavy treatments apples and other fruits go through. Some of the apples served in stores, especially in the US are many months old because of the preservation process. This kind of bad apple won't spoil the bunch.

I'm expanding the view on food because it is the source of health and balance in the body. If the body is not fed with balanced food in balance, then the imbalance cause different levels of unstable organs and illnesses. The body will be dependent on the local pharmacy for chemicals to balance the body. Many of us know people who take pills every day and half of those pills are taken just to counter the side effects of the other pills.

We need to have spiritual and mental balance by serving the soul with sleep, meditation and prayers but we'll keep this study for different lessons. Studying the Daily Zohar is an important part of this balance.

Our food is in four categories based on the four elements.

Fire – Wheat, fruit and vegetables that depend on the sun to grow and ripe.

Air – Food that grows on the surface of the earth, like mushrooms and similar

Water – All types of squash and similar

Earth – Potatoes and all root vegetables.

We better eat from all types of naturally grown food to balance the body for strength and health. Each body has its own type so the balanced food is individual. That is why

some can eat a lot of wheat products (carbs) and stay slim and healthy while others may get fat immediately. The bottom line is to listen to the body. It's better to stay hungry than to eat something that is not good for the body.

To add energy of life in our body, we should eat 'live' food, meaning food from a natural source without or with minimal processing. Animal flesh has aspect of death because of the killing process (sorry meat lovers). Kosher slaughtering is a merciful process because it release and elevate the soul that was incarnated in the animal. I still recommend eating less less meat that fresh fruits, vegetables and grains.

Maimonides, who was a great sage, physician and philosopher, said that the food we eat is our healer and with good food we won't need the help of medicine. As a rule he recommends to eat only when hungry and drink when thirsty because we cannot distinguish between real hunger that is caused by the drop of sugar level in the blood and desires for food caused by the sight or smell of it. Eating because of boredom or seeking temporary comfort should be avoided.

Maimonides also said that we should not hold from going to the bathroom because we need to vacate the waste from the body as soon as possible to avoid absorption of toxins in the intestines.

The Kosher laws are made to balance the body on the physical and spiritual level. Proper blessings of the food cleanse and balance the energy of the consumed food.

Most of the recommendations above are not easy but we should set goals to achieve a state of control over our eating and drinking in balance.

## DZ 2342

We discussed previously the aspects of the four elements in the physical world. Now we will have a short study about attributes of people according to the four elements.

There's a connection between the attributes of the elements to the people in that category. The Ramak, a kabbalist from the time of the holy Ari, explains that fire is warm and dry, Air/wind is warm and moist, water is moist and cold and earth is cold and dry. They are connected to each other with shared attribute.

The Holy Ari, reveals that the four elements have sub-elements. Fire has fire of fire, air of fire, water of fire and earth of fire and so on in the other elements, 16 in total.

The description below on different Zodiac signs is general. The hand type guide is for quickly recognizing people to be able to communicate with them without creating conflicts.

**Fire Signs:** Aries, Leo, Sagittarius. People with lots of fire in their chart are very active and involved and "can do" all kinds of things. Those with little fire can't get started and may need someone to light a fire under them.

Fire hand type: Oblong/rectangle palm and shorter (than palm length) fingers  
(Shorter/long fingers means relative to palm length)

**Air Signs:** Gemini, Libra, Aquarius. People with lots of air are analytical; they are able to resolve and draw conclusions. Those with little air have trouble with abstractions and ideas — getting the “big picture.”

Air hand type: Square palm, longer fingers

**Water Signs:** Cancer, Scorpio, Pisces. People with lots of water are very feeling and “sense”-ative. Those with little water can’t get a feel for things; they run cool.

Water hand type: oblong/rectangle palm, long fingers

**Earth Signs:** Taurus, Virgo, Capricorn. People with lots of earth are very practical. They can see how to do and use things. Those with little earth can’t be objective, aren’t grounded or practical.

Earth hand type: square palm, short fingers