ELEMENT ARCHETYPE SKETCHBOOK 2026

g·e·m·s

COLLEGE

OF ENERGY MEDICINE

WOOD ELEMENT: HERE COMES THE GENERAL

- dependable
- stable
- growing
- strength
- flexibility

FIRE ELEMENT: THE WIZARD

- passionate
- excited
- joyful
- engaging
- charismatic

EARTH ELEMENT: THE MOTHER

- nurturing
- centered
- grounded
- balanced
- careful
- harvest

METAL ELEMENT: THE KNIGHT

- protective
- perfecting
- refined
- polished

WATER ELEMENT: THE PHILOSOPHER

- considering
- resting
- seeking
- deep and profound
- flowing

AIR ELEMENT: THE NARRATOR

- contextualizing
- integrating
- the space between
- tell your story