

# AIR (or ARIE): The Whisper Between Thoughts

## December 4-6, 2026

**Spiritual Traits:** Air is the mover of stories, the breath of clarity and confusion. It is both the whisper of insight and the gale of change. Spiritually, it's the element of **curiosity, imagination, discernment, and transmission**. It invites detachment without dissociation—a sacred lightness.

**Shadow Tendency:** Dissociation, fragmentation, over-theorizing, bypassing embodiment.

### The Spiritual Meaning of Air and Wind

#### The Element of Breath and Spirit

Air is the invisible, life-giving presence that moves through and around us. Unlike fire, water, or earth, it cannot be held or grasped—it is the unseen force that fills the lungs, animates the body, and whispers across landscapes. In many traditions, air or wind is directly linked with spirit: in Latin *spiritus* means both "breath" and "spirit," and in Greek *pneuma* means both "wind" and "soul."

Air is the element of freedom, clarity, movement, and communication. It connects us to the breath of life, the voice of the Divine, and the currents of thought and inspiration. Spiritually, air reminds us that what cannot be seen is often the most essential.

#### Symbolic Qualities of Air/Wind



1. **Breath of Life**  
Air is our first and last exchange with the world. Each inhale is an invitation of life; each exhale, a release. Breath connects us to the present moment and to all beings, sharing the same currents of oxygen.
2. **Messenger and Communication**  
Wind carries voices, whispers, songs, and prayers. Spiritually, air represents thought, inspiration, imagination, and the communication of spirit into word.
3. **Clarity and Awareness**  
Just as a breeze clears fog, air is symbolic of

clarity, discernment, and insight. To “clear the air” is to make way for truth and understanding.

4. **Freedom and Movement**

Wind is unbound—it flows freely across earth, sea, and sky. Spiritually, air encourages flexibility, freedom, and openness to change.

5. **Invisible Presence**

Though unseen, air sustains us. Wind reveals itself only in its effects.

Spiritually, this mirrors the unseen presence of spirit, love, or consciousness moving through us.

## **Air/Wind in Spiritual Traditions**

- **Christianity:** The Holy Spirit is often described as a rushing wind or breath descending on the apostles.
- **Hinduism:** *Prana* is the vital life force carried on the breath, cultivated in yoga through pranayama.
- **Shamanic traditions:** Wind is honored as a messenger of spirits and ancestors.
- **Indigenous cosmologies:** Air is one of the sacred elements, representing direction, voice, and connection to the unseen realms.

## **Who Should Come**

**This is an open workshop so spiritual explorers or those seeking deeper understanding of themselves are welcome.**

## **Create your Space**

Each person is encouraged to bring whatever stones or crystals that feel appropriate or necessary to support your process. Comfortable chairs and blankets to support you are suggested.

## **Meals**

Dinner will be served on Friday night, Saturday- breakfast, lunch and dinner, Sunday breakfast and lunch

## **When and Where to Come Show up on time**

Registration will begin at 12:00 PM on Friday, the 15<sup>th</sup> at Camp Asbury. **The workshop will begin Friday at 3:00 pm** running into the night, Sat-all day and into the evening, and Sunday 9:00 a.m. to 12:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234.

For further information, kindly email Lisa Roll Kayser, [kayseroll23@gmail.com](mailto:kayseroll23@gmail.com) or [herb@onewhitehorsestanding.com](http://herb@onewhitehorsestanding.com)

### **What to Pay**

The fee for the workshop is **\$395 if paid by November 4th. If paid after the 4th, the fee is \$495.** Payments can be made via Check or Zelle.

**If paying by check,** send a cheque payable to Herb Stevenson, 9796 Cedar Road, Novelty, Ohio 44072. Once paid-in-full you will receive info on your stay at Camp Asbury.

**Due to the workshop focus and the unique facilities, the attendance will be limited to 25 people.**



**Herb Stevenson**

[http://  
www.onewhitehorsestanding.com](http://www.onewhitehorsestanding.com)