

# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## The Four Elements

The four elements—earth, air, water, and fire—are around us so much that we forget they're there.

They are terrestrial and yet each one is in its own way remarkable and magical. Look for their presence in your day-to-day life. If some appear more often than others, take note. If some don't appear at all, create opportunities for them to appear. Remember to marvel at your own world.

### Earth

Walk barefoot through the grass or on the beach, do some gardening, hug a tree, arrange some rocks in a row, start a compost heap, count how many things are made of wood that you can see and how many stone and how many glass, go to the vegetable aisle at the grocery store and smell everything, try to find plants that are taller than you

### Air

Do a breathing meditation, google plants that purify the air, watch tree leaves blowing in the wind, notice how good or bad the visibility is today and figure out why, sniff the air and wonder where that smell is coming from and how it got there, hold your breath as long as you can, turn on a fan and let the breeze touch your face

### Water

Take a shower and try to feel every drop separately, swim in the ocean or a lake, drink a tall glass of cold water, sip on a cup of hot water, clean your clothes in a washing machine, steam up your windows, watch a sad movie and cry your eyes out, work out and wipe the sweat off your face, take a picture of the morning dew on a plant

### Fire

Have a candle-lit dinner, burn some incense or sage, have a barbeque, meditate with a candle, sit in front of a fireplace, light some sparklers, take a candle-lit bubble bath, watch a fireworks display, use a gas-powered stove, set up tiki torches in your garden, watch a space shuttle take off, fall in love and make sparks

### BONUS:

Aristotle identified another element, **aether**, a material that fills the universe and heavens. Try to also get in touch with the aether around you.



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