

CODE FOUR — FOUNDATION GUIDE

Energy • Rhythm • Alignment • Self-Awareness

“Life does not move in a straight line... it moves in cycles.”

This guide was created to help students understand how energy moves through life through: the elements the directions the seasons the body emotions moon phases food fabrics awareness daily rhythm The purpose of this system is not perfection.

The purpose is awareness, balance, and alignment.

This guide is designed as a foundation for understanding yourself energetically, emotionally, physically, and spiritually.

Awareness before mysticism.

THE CODE FOUR SYSTEM

The Code Four system is based on the observation that the same energetic pattern repeats itself throughout life.

We see the pattern of four through: the 4 elements the 4 directions the 4 seasons the 4 stages of life the 4 energetic functions within human experience At the center of the system is Spirit.

Spirit is not separate from the elements. Spirit moves through all of them.

Spirit is the center. The four elements are the ways energy expresses itself through life.

THE FOUR ELEMENTS & LIFE STAGES

■ FIRE — East / Childhood / Spring

Fire represents beginnings, courage, action, identity, motivation, passion, and willpower.

Fire is the spark of life. It is the energy that says: “I am here. I am ready to begin.”

When Fire is balanced: motivation increases confidence grows inspiration flows action feels clear When Fire is unbalanced: impatience rises burnout appears anger becomes easier impulsiveness takes over ■

AIR — South / Teen Years / Summer

Air represents communication, learning, movement, ideas, curiosity, social interaction, and mental stimulation.

Air helps energy move. It gives language to what we think and helps us connect ideas to action.

When Air is balanced: communication improves creativity flows the mind feels clearer thoughts organize more easily When Air is unbalanced: anxiety increases overthinking appears distraction becomes stronger mental exhaustion develops ■ **WATER — West / Young Adult / Autumn**

Water represents emotion, intuition, healing, relationships, reflection, and emotional depth.

Water is the part of us that feels, connects, remembers, and processes life emotionally.

When Water is balanced: emotions flow naturally intuition becomes stronger relationships improve emotional awareness increases When Water is unbalanced: emotional overwhelm appears attachment increases mood instability develops avoidance shows up ■ **EARTH — North / Elder Years / Winter**

Earth represents grounding, nourishment, discipline, structure, stability, routine, and physical care.

Earth supports all the other elements. Without Earth, the body cannot hold the energy of Fire, Air, or Water.

When Earth is balanced: you feel grounded the body feels supported routines become easier stability increases When Earth is unbalanced: fatigue appears instability increases lack of discipline develops stagnation grows **Earth is not only about rest. Earth is about support.**

DAILY INTEGRATION

The purpose of the Code Four system is not only to study energy. It is to live in alignment with it.

■ MORNING — FIRE

Morning is the time of Fire. This is the best time for: setting intentions movement breathing deeply prayer or

meditation activating motivation starting the day consciously Questions to ask yourself: What do I want to ignite today? What energy do I want to carry today? What action matters most today? ■■ **DAYTIME — AIR**

Daytime is the time of Air. This is the best time for: communication work learning planning networking creative problem solving ■ **EVENING — WATER**

Evening is the time of Water. This is the best time for: reflection journaling relationship awareness emotional processing shadow work Questions to ask yourself: How did I truly feel today? What emotion surfaced today? What do I need to release? ■ **NIGHT — EARTH**

Night is the time of Earth. This is the best time for: grounding hydration nourishment sleep restoration supporting the body Earth practices include: eating nourishing foods sleeping properly reconnecting with the body resting the nervous system

MOON PHASES & RITUAL TIMING

The moon represents emotional rhythm and energetic cycles.

This guide focuses on the four major moon phases as foundational learning.

■ NEW MOON

Energy: beginnings silence intention planting seeds Best for: goal setting planning spiritual resets journaling intentions quiet reflection Best time: nighttime early morning **The New Moon is the time to plant.**

■ WAXING MOON

Energy: growth attraction expansion momentum Best for: money work business growth love and attraction confidence building taking action toward goals Best time: morning afternoon ■ **FULL MOON**

Energy: illumination amplification truth emotional intensity In this system, the Full Moon is not used for forceful manifestation work.

Instead, it is used for: gratitude self-love reflection journaling emotional awareness observing patterns **“I do not use the Full Moon to demand. I use it to see clearly.”**

■ WANING MOON

Energy: release cleansing protection letting go Best for: ending unhealthy cycles breaking habits protection work removing negativity energetic cleansing Best time: evening nighttime **“You are not losing. You are creating space.”**

DAYS OF THE WEEK & ENERGETIC THEMES

Monday

Energy: emotions, intuition, ancestors, family

Best for: emotional healing, reflection, ancestral connection

Tuesday

Energy: courage, action, justice, protection

Best for: difficult decisions, standing up for yourself, protection work

Wednesday

Energy: communication, learning, planning, clarity

Best for: studying, important conversations, business planning

Thursday

Energy: abundance, growth, opportunity, expansion

Best for: money work, business growth, career planning

Friday

Energy: love, beauty, harmony, relationships

Best for: self-love, romance, relationship healing, beauty rituals

Saturday

Energy: grounding, protection, cleansing, boundaries

Best for: cleansing work, grounding, removing blockages

Sunday

Energy: confidence, identity, leadership, purpose

Best for: reconnecting with purpose, empowerment, spiritual gratitude

RISING SIGN STYLE GUIDE

■ Aries Rising

Bold, athletic, direct, confident styles. Best colors: red and black.

■ Taurus Rising

Grounded, luxurious, sensual, comfortable fashion. Earth tones and quality fabrics work best.

■ Gemini Rising

Playful, expressive, layered styles. Variety and communication through fashion.

■ Cancer Rising

Soft, comforting, emotionally safe styles. Flowing fabrics and calming colors.

■ Leo Rising

Radiant, noticeable, luxurious fashion. Gold, bright colors, dramatic pieces.

■ Virgo Rising

Minimalist, clean, polished looks. Structured simplicity and neutral tones.

■ Libra Rising

Elegant, balanced, harmonious styling. Refined and coordinated looks.

■ Scorpio Rising

Magnetic, mysterious, intense fashion. Dark colors and strong silhouettes.

■ Sagittarius Rising

Adventurous, relaxed, movement-friendly styles. Comfortable and free.

■ Capricorn Rising

Professional, timeless, structured fashion. Polished and authoritative.

■ Aquarius Rising

Unique, unconventional, experimental styles. Creative self-expression.

■ Pisces Rising

Dreamy, artistic, fluid fashion. Soft fabrics and flowing styles.

FABRICS & ENERGY

The fabrics we wear may influence comfort, body temperature, emotional ease, energetic awareness, and how the body breathes.

This section is presented as energetic observation and body awareness, not absolute scientific fact.

■ NATURAL FABRICS

Cotton

Breathable, grounding, comfortable, and supportive for everyday wear.

Linen

Light, fresh, calming, and breathable. Helpful in warmer climates and for energetic lightness.

Wool

Protective, warming, grounding, and supportive during colder seasons.

Silk

Soft, fluid, elegant, sensual. Some people experience it as emotionally soothing or spiritually softening.

■■ SYNTHETIC FABRICS

Polyester

May trap heat and feel overstimulating or restrictive for some people.

Nylon

Less breathable and may create discomfort when worn for long periods.

Questions to ask yourself: Does my body feel comfortable in this? Do I feel grounded or irritated? Do I feel more aligned or more restricted? **“The highest frequency is alignment between the body and what it wears.”**

FOOD & ELEMENTAL BALANCE

Food affects not only the body, but also mood, grounding, emotional balance, clarity, and energy.

This section is an energetic guide, not a medical diet plan.

■ FIRE TYPES

Fire-dominant people may already carry strong intensity, urgency, or heat.

They benefit from: hydration cooling foods calming nourishment grounding foods Helpful foods: cucumber watermelon leafy greens mint coconut water lighter meals Too much spice, caffeine, or stimulation may increase imbalance.

■ AIR TYPES

Air-dominant people may spend a lot of energy in the mind and nervous system.

They benefit from: grounding foods warm meals minerals routine eating Helpful foods: oats soups nuts root vegetables warm teas cooked meals Skipping meals, too much sugar, or too much caffeine may increase imbalance.

■ WATER TYPES

Water-dominant people often absorb emotional energy deeply.

They benefit from: hydration clean nourishment emotional balance gentle foods Helpful foods: fruits herbal teas sea moss fish soups hydrating foods Overly processed foods, emotional eating, or alcohol excess may increase imbalance.

■ EARTH TYPES

Earth-dominant people may be stable but can become stagnant or heavy energetically.

They benefit from: lighter digestion freshness movement cleansing foods Helpful foods: greens fruits bitters fiber-rich foods fresh meals Overeating, stagnation, or heavy foods all the time may increase imbalance.

FOOD & MOON CYCLES

New Moon: lighter meals, hydration, intention eating

Waxing Moon: nourishing meals and strength building

Full Moon: hydration and calming foods

Waning Moon: cleansing foods, bitters, lighter meals

INTEGRATION & SHADOW WORK

Integration means becoming aware of unconscious patterns and consciously changing your response.

Awareness alone is not enough. Integration happens when awareness changes how you respond.

Before Integration:

Patterns control reactions unconsciously.

During Awareness:

You begin noticing the pattern and asking: Why do I react this way? What emotion is underneath this? Is this the present moment or an old wound speaking?

After Integration:

You consciously choose how to respond instead of reacting automatically.

“Integration is when awareness enters where automatic reactions once existed.”

Shadow work means recognizing hidden fears, emotions, and behaviors without shame.

This may include: jealousy fear control avoidance people-pleasing emotional shutdown **“Real spirituality requires the courage to see your shadow too.”**

SPIRITUALITY VS MYSTICISM

Spirituality focuses on awareness, healing, growth, connection, and conscious living.

Spirituality is not only rituals. It is also: how you treat people how aware you are how honestly you understand yourself how consciously you move through life **Mysticism** focuses on direct spiritual experience.

Mystics may explore: dreams meditation visions intuition deep spiritual states **Spirituality seeks connection. Mysticism seeks direct experience with mystery.**

ENERGY HYGIENE

Energy hygiene means caring for your emotional, mental, physical, and energetic space.

People may influence or emotionally drain you, but awareness and boundaries help restore balance.

Energy hygiene includes: boundaries grounding rest hydration emotional awareness self-observation cleansing your space Questions to ask yourself: How do I feel before and after being around this person? Do I feel peaceful or drained? What boundary do I need? **Energy is protected through awareness and balance.**

HERB & BODY AWARENESS

Herbs are tools, not magical fixes.

They may support the body, emotions, grounding, clarity, or energetic balance, but they do not replace self-awareness or medical care.

The most important part of working with herbs is learning how your body responds.

How to Test if a Herb Works for Your Energy:

1. Start Small

Do not begin with heavy use. Start gently and observe your body.

2. Observe the Body

Ask: Do I feel calm? Do I feel clear? Do I feel anxious? Do I feel irritated? Do I feel grounded? **3. Track**

Your Response

Notice: mood sleep digestion energy level emotions **4. Respect Your Reaction**

A herb may work well for one person and not for another.

“Herbs are not only for use. They are for understanding your body.”

REFLECTION QUESTIONS

1. Which element do I need to balance most right now?

2. What patterns am I beginning to notice?

3. What cycle am I currently experiencing?
4. What do I need to release?
5. What do I need to nourish?
6. Where do I need more awareness?
7. What daily rhythm would help me feel more aligned?
8. How can I support my energy without forcing it?

FINAL MESSAGE

Life moves in cycles.

The moon changes.

The seasons change.

The body changes.

Emotions change.

Energy changes.

The work is not to fight the rhythm of life.

The work is to learn how to move with it.

Alignment begins with awareness.