



Deva Spirits

September Guidebook

Nabrita
Healing with Nature program

www.nabrita.com



Dear beautiful soul,

The Celts had a deep connection with Nature and believed that everything had a living consciousness. Not only that what we can see, but also the beings of the Unseen World: the Deva Spirits. They trusted the life forces of nature and used them for their own good and wellbeing.

Also Hinduism, Jewish mysticism, Greek and many other cultures talk about these Devas and most of us have heard about them in fairy tales and myths. They inspired composers, writers, poets, painters, choreographers and filmmakers in their creations.

Deva is Sanskrit and means "radiant" or "shining". It may also have some relation to the root diiv meaning "to play". Connected to Lithuanian Dievas, Latvian Dievs, Prussian Deiwas, Latin deus "god" and divus "divine", from which the English words "divine," "deity," and the French "dieu," and Italian "dio" are derived.

In this Guidebook we will tell you more about these Devas, Elementals and what they represent. A few examples are fairies, elves, nymphs, mermaids, crystal spirits, trees dryads, dragons, elementals, unicorns, kobolds and goblins.

They all have their own tasks, but their common task is to protect, nurture and take care of nature and everything on our planet. That includes also us. They bring everything back into harmony and balance.

If you open up to their energy, they can be great helpers on our journey through life, and support us being a spirit in a physical body here on earth, which is not always easy 😊.



Many cultures believe that the world consists of heaven and earth. Heaven being the realm where the goddesses, gods and angels live. The angels are their representatives and are sent to earth to support us to restore contact with the Divine and remind us of our Divine origin. They inspire us to higher thoughts and wisdom.

Earth is where we humans live. The representatives of earth are the Devas spirits. They are here to reconnect you with Mother Earth and make you aware of your earthly origin. Devas help you to bring your thoughts and wisdom into form. To manifest and create your imagination, magic and phantasies. As we and Mother Earth are magical and natural at the same time.

It is no wonder that we can easily connect with them through playfulness, our inner child and innocence. If you have ever experienced the tickling, playful energy of fairies as I did in the forest of St Nectan's Glen in Cornwall, you will know this is true.

Come and discover the playful world of devas according to the 4 elements and seasons. Find out how to connect with them. There are many more Devas than mentioned here. Please always trust your own intuition if it gives you other information and a different point of view. We would love to exchange experiences in our Member Circle and our Online Full Moon Gatherings.

Let's dive in!

Sending love & light,

Britta & Nathasja

Britta van Arman & Nathasja Gootjes



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WATER DEVAS

AUTUMN - HARVEST - LETTING GO



Water

Autumn, harvest, letting go of old patterns

Connected to grief, sadness and emotions and bringers of cleansing, joy and flexibility.

Place to connect

Streams, rivers, lakes, the sea, mist, waterfalls

No wonder the sea is the favourite place to be for both of us. As the water and breeze bring peace by cleansing our body, thoughts and emotions. The waves offer us calmness and flexibility as they remind us of a constant rhythm: everything comes and goes. The vast horizon offers us new perspectives. Being on the beach opens us up for the joy of life.

Biggest Deva

Oceanus, the son of Mother Earth. Shows us the Water World of mysterious depths, waves that softly lull your body and or wild waves.

Other Water Deva names

Undines or Ondines, Mermaids and Merman.



EARTH DEVAS

WINTER - SEED - CONFRONTATION



Earth

Winter, Seed and Confronting deepest fears

Offer us courage, trust, stability

Place to connect

Close to the ground in the treasures of Mother Earth they guard: rocks, stones, minerals, precious gems, hills and mountains.

Biggest Deva

Gaia, she creates landslides and volcanic eruptions to restore balance

Other Earth Deva names

Goblins, trolls, gnomes. Gnomes teach us lessons on power and welfare.

The Devas of minerals and crystals represent different aspects of who we are and remind us of and stimulate these aspects in us. They give us the courage to face what lies behind our problems. And thus support us in restoring balance.



AIR DEVAS

SPRING - GROWTH - HOPE



Air

Spring, Growth, Hope

Offer us clarity, inspiration, creativity.

Place to connect

Winds and breezes.

Biggest Deva

Awen which is Qi or Chi, the life force energy. She brings us ideas, stimulates freedom and clear communication.

Other Air Deva names

Sylphs, Elves and Fairies. Flower devas and Tree Dryads are special bringers of Hope. We often feel the energy of hope seeing a blossoming plant and her liveliness.

In Greek mythology Tree Dryads are Nymphs or other Nature Spirits who live in ancient trees. They often look like a beautiful young woman. Originally Dryads were the spirits of oak trees (drys: "oak"), but later all Tree Nymphs were named Dryads.

It is said they die when their tree dies, unless there is offspring.



FIRE DEVAS

SUMMER - BLOSSOMING - TRANSFORMATION



Fire

Summer, Blossoming, Transformation

Connected to passion and hate. Also life giving (fertile ashes) and destruction of life (burned)

Place to connect

Where there is fire: from volcanoes, open fires to candles.

Biggest Deva

Magma, a fire-spitting volcano. She leads you to the path of transformation that burns all that is conditional.

Other Fire Deva names

Vulcanii, Dragons, Fire Spirits, Salamanders. In the old days people kept the Spirit of Fire in the hearth literally alive by having the responsibility to keep it burning eternally.

Salamanders and other Fire Devas support us to take the next step, cross a threshold or border, burning the old and starting with a clean slate.



Connecting to Deva Spirits

Connecting and building a relationship with Devas can change your life. It can bring in loads of fun, playfulness and magic. And amazing support in your life for your own wellbeing, those around you and for the healing of Mother Earth.

I believe it all starts with believing and bringing back in the magic. Maybe you can bring back memories of your unicorn toy, your drawings of fairies and you playing the elf or swimming like a mermaid. How it felt, what their typical characteristics and movements were.

These memories and sensations are important as Elementals will show themselves in a specific form that helps you to understand who they are and how they can help you. They mirror your unique energy, connotation and imagination.

Also loving nature is important as that is their source. They can be a bit mischievous. A Fairy woman from Ireland once told me that the Fairies hid her keys several times and played games with her. She definitely was full of fun and laughter. She even helped me to activate my own fairy wings! She helped me to connect with these Devas and see everything in a lighter way and to enjoy life and nature more.



Exercise

This exercise was created by David Furlong. When I read it, I noticed it looks a lot like the exercises we already shared with you when working with the Nature Guides. Things that we naturally and intuitively do. So we added a few extra steps in *italic*. Maybe you have your own way of doing it, if so, do let us know! We hope it will help you to start learning to communicate with Elementals or deepen it.

We wanted to make it extra fun for you to **choose an element** to work with. Go check out our **Membership Circle** to pick one of our special made Deva cards!

Time: 30 minutes

Where: a quiet place in nature that corresponds with the Elemental you want to connect with

- *You can wear or bring specific colours, objects, or symbols connected to the element.*
- *Cleanse the area where you sit*
- Close your eyes and try to allow your imagination full reign. Be aware of experiences through all of your senses – what you see inwardly in your imagination, what you hear, what feelings you experience and what you sense through your body.
- Imagine that your heart is a bright yellow Marigold flower that is opening up and send out your feelings of love to nature
- *When you feel welcome Introduce yourself and communicate your intention. If you feel welcome (you will feel it), continue*
- Ask for the beings around you to make their presence felt.

Continue on the next page...



Exercise continued...

- Trust your perceptions and act on what you experience. So for example if you imagine that there is a gnome stood beside you, start to talk to it and try to hear inwardly or clairaudiently its replies.
- *Ask your questions, f.e. a symbol or sign, what kind of tasks it has, whether and how you can help each other.*
- *Thank the Elemental and leave an offer that corresponds with the element*
- *Write down your findings*
- Try not to be impatient if you do not appear to get any immediate response. The nature kingdoms are there, it is just that we have so de-tuned our sensitivity that it is difficult for many people to re-adjust to this new level of sensitivity.
- Once this process has been started there will be options for communicating with the nature kingdoms whenever you are in a park, garden or woodland. By continually sending out your love through your heart these kingdoms will hear and respond to you dancing alongside you in your walks. Patient perseverance will bring its rewards.

We wish you lots of fun connecting to this amazing world. And we would love to hear about your findings and which Elementals you have around you!

Sending love & light

Britta & Nathasja

*St Nectan's Glen
a true Fairy forest*

