

The Elements and You

by Li Eckerheim and Åse Hagerman

Fire

Have many different shapes. It may be a sea of fire! Or a flame of fire. Or a wild volcano that completely belch out fire. Fire is never soft. Fire is impulsive and explosive and some say that you shouldn't play with fire.

Emotions like: furious, very nervous, passion and excitement.

Water

Have always soft curves. You can picture it like a big ocean. A single drop in the ocean. A strong backwash that comes and goes. Calm waves rolling in on a beach. Raindrops that falls from the sky. A fast stream. Water is flexible, adjustable and always connected.

Emotions like: friendly, understanding, smooth, sensual and soft.

Wind

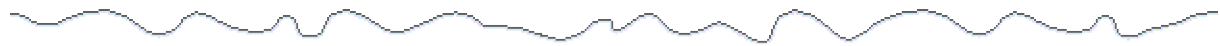
Has as well as water soft curves, but is much lighter than water. A soft breeze or baffling winds. A big storm or a tornado with violent whirlwinds. A ballet dancer.

Emotions like: ease, light, giggling, brightness and freedom.

Earth

Have no soft curves. It's steady like a rock. A strong feeling of gravity that is drawn to the centre of the earth. You can compare it with an old man or woman that gives you the same atmosphere as the longstanding mountain. No compromises or changes are possible. It's like an old mountain that has been there for ages.

Emotions like: solidity, trustworthy, non movable and heavy, determined.



Musical applications for vocal and visual unity:

- Vocal texture
- Balance
- Connected sound
- Choreography
- Characterization
- Emotional expression
- Rhythm
- Dynamics
- Energy and so on...